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FRONTISPIECE: (Photo: M.F. Jones) Roy Thorpe (40), selected for Britain’s ’A’ squad.
FRONT COVER: (Photo: Christchurch Press) Don Cameron, N.Z., 1380 mile record breaker.
The veteran movement can look back on 1974 with much satisfaction. The principal countries in this movement all report a large increase in participants, with the trend still directed skywards. There is no doubt that the attraction of international competition for ordinary athletes, irrespective of standard, has played no small part in our rate of progression. And as we cross the dateline into 1975 we find that the greatest gathering of all is only 7 to 8 months away yet. With a probable final bill in the $200,000 range the Canadians have set a standard which will be hard to emulate. Or so it seems. But it is not likely that the 1st World Masters Track & Field Championships will prove as much a point to the veteran movement as that of 1971. Finances will seem quite ordinary by the time the second such event comes round? Much, of course, depends on publicity and the proper attention of the media. We say 'proper' because veteran athletics, by its very nature, is likely to suffer at the hands of the press rather than more athletics at 'open' level.

This further boost to over-40 sport could well stimulate interest in those countries who have not yet shown the same enthusiasm as those going to Canada. The ubiquitous David Pain has already made sounds in the direction of Moscow (and even China) so what are the odds of Moscow 1980 following the example of Montreal 1974 by staging the World Masters in the preceding year? Seems far-fetched now perhaps, but not to did Toronto four years ago. As Toronto is a highly probable that an International will be formed to provide uniformity in the administration of National organisations and to standardise the whole area of veteran athletics. Such a body, we hope, would keep in close touch with the I.A.V.H.A. With regard to the Games themselves, considerable further information is contained in the following pages. It is apparent that the athletes are determined to make it an occasion to remember for the anticipated 2,000 competitors and their families. Visitors can rest assured that they will be in good hands.

Veteran athletics is not yet established in the woman's ranks to the same extent as the men's. Perhaps the acknowledgement of advancing age is harder for a woman to accept than for a man; or perhaps family commitments make it too difficult. Whatever reasons may be postulated, two ladies in 1974 gave the women's movement a shot in the arm by performing near-record times which many young athletes not retire completely from the sport, and to induce those already retired to return to the fold.

The heroes were Joyce Smith (36) and Maree Kyle (46), both mothers. Joyce became the fourth woman to break 9 minutes for 3,000 metres when she recorded 8:55.6 at Crystal Palace, from the front, and unpressed a time which only four male veterans had bettered. Maree had a similar run-away victory at Cambridge, where she recorded 61:7 for 400 metres. She also did all the prime time publicity work, and has given to Hanz Rider's growing band of pilgrims here in the United Kingdom.

In our last issue we appealed to organisations to address the generally accepted system of age divisions, IA, IB, 2A, 2B etc. We now appeal to race promoters to include each competitor's age in the race programme and, even more important, to include the age that the official times refer to. It would be much easier to keep track of ages when only the minority of results submitted to us include them. It should not be difficult, as all veteran entries should state ages anyway.

An important aspect of the Veteran Cross Country is the closer association with the standard Game rather than competing at the edge of the race programme and, even more important, to include that age on the results sheet. It is extremely difficult to keep track of ages when only a minority of results submitted to us include them. It should not be difficult, as all veteran entries should state ages anyway.

The score of the Standard Veterans Cross Country Champs at Graves Park, Sheffield, on June 26th was: 1. J. Brown (49) 2. Mitcham 3. G. Brown 4. Fitzgibbon. It was very close, with only 4 points separating the first three. The next two were 11, R. Pape (50) and 12, I. Gomez. The Women's Champs were: 1. R. Pape 2. McLean 3. J. Brown.

The British Vets National C.C. with walking programme and, even more important, to include that age on the results sheet. It is extremely difficult to keep track of ages when only a minority of results submitted to us include them. It should not be difficult, as all veteran entries should state ages anyway.

The participation of over 1,100 competitors in May 1974 was a considerable success. The British Vets C.C. Champs on January 26th, the 13th race, was covered by Stirling Times. The report is detailed on page 3, 4 and 5.

The event was staged over a course of 3,000 metres in memory of the late Sir John Pain, who was a great supporter of veteran athletics. The field was dominated by men and women runners over 40, with a few under 40, including 80-year-old John Pain. The race was won by John Pain, who set a new British record of 6:46. The men's race was won by John Pain, who set a new British record of 6:46. The women's race was won by Joyce Smith, who set a new British record of 8:18. The event was a great success, with many veterans and their families enjoying the atmosphere of the occasion. John Pain even tried to run, but had to retire due to injury. He died in hospital at London on 19th January 1975, aged 50. He will be sadly missed by us all.

## STOP PRESS

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TORONTO'S $100,000 BUDGET

The University of Toronto located in the Center of Metropolitan Toronto, equipped to house and feed all athletes and guests during our stay from the 10th through the 17th of August. As it will be our Summer Session all University facilities, which are extensive, will be available including use of the Track for meets which are priced at $50.00 per day and $10.00/day, single or $45.00-$50.00 per week, respectively. Those doing so, however, must arrange their own transport.

Awards are available nearby but we suggest the University as far the most reasonable as the center of activity for the week.

Hotels are available nearby but we suggest the University as far the most reasonable as the center of activity for the week.

All business and no pleasure has never been our philosophy. Our Canadian hosts will, I assure you, be happy to give us lessons of which Elwyn Davies is the best qualified, although most of the CMITT are a close second.

The Committee has selected the following 3,000 at such an affair. Details, regarding this aspect, will be released later.

fit and ready at post time. These teams may be composed of as many 4,400 teams in the 3 divisions as it may desire. None of the members of these unseeded teams will be considered to win any of the races, however. These teams shall consist of two members in their 40's, 50's, 60's, $70.00-$80.00, 70-79, 80+.

Rays will prove a highlight of the Meeting with the U.S. Sprinters being hotly contested for the first time. There will be a National team in the 4x100 and 4x400 in 10 divisions. Each country may field but one team which obviously will be composed of its 4 best athletes in their Divisions.
**Vets in the news**

**Pride of place this month must surely go to one of Australia's outstanding division 2 runners: JACK RYAN (51). At Sydney on 2nd November, he ducked under the magical 16 minutes to set a new 5,000m record of 15:54.0 and, three weeks later, took the 1500m world mark with a brilliant 3:46.4.**

**JOHN GILMOUR (55), Australia, (see SPOTLIGHT, this issue) can rarely be kept out of the news. As a Western Australia 15 miles road race winner and in addition Howard competed in all the Ry EVAN (51). At Sydney on 2nd November he ducked under the magical 16 minutes to set a new 5,000m record of 15:54.0 and then, three weeks later, took the 1500m world mark with a brilliant 4:14.6.**

**HOWARD PAYNE, excused that man again—has at last left the stage of major international competition. For after his best ever season he and his wife Rosemary left the stage of major international competition. This pair of great veterans have put it into print that 'it's the end'—except that they will probably enjoy the experience!**

**U.S.A. in the 50 Kilos walk and finished 4th of the supporting act to Chuck Currie's article, John Johnson. There's no way he has long gone. Let's hope that at a later date some kind of report will appear on these two.**

**REG BARLOW (70), Australia, has been running for 54 years and that's how long it took him to make the World record list!**

**On a cold wet night at the Box Hill rubber bitumen track, Reg ran a wonderful 5,000m, to slash 5 minutes from the over 70 years World best of Noel Johnson U.S.A. Reg's new time is 21min26sec, and his 3 mile time of 20min45sec is also a World best. Reg has his sights set on a number of other records, recently getting to within 2 seconds of Harold Chapman's U.S. mile mark of 5:54.0.**

**THAT multi-lingual world citizen FRANCOIS CAVIGLIOLI (60+) who could be anywhere in Europe at this moment, racing, was elected "The Sports Personality of 1974" by the Sports Council of Basildon, Essex. Reversing the normal trend, he thus followed in the footsteps of his son, Guy, who gained that honour in 1970.**

**MAX GOULD (58) must surely be the oldest full marathoner with a time of 2:26:15 back in 1963. He is now making a comeback with Toronto in mind.**

**AARON and JUDITH KAZIDAN (Canada) must be the first husband and wife team to finish a marathon at the same level, certainly at veteran level, and indubitably at class 2 level. For Aaron and Judith are both in the over-50 class and their result in completing the tough 1974 Boston 26.2 mile race is certainly worthy of recognition.**

**RUG McRAE (50), Australia, has frequently trailed the great deeds of Theo Orr and John Gilmour, but now he has emerged in a figure of his own right—by lowering the class 2 world best for 400m to 55.9.**

**CHRISTOS IORDANIDIS (Greece) completed the Marathon to Athens course on October 19th in 2:25:15 nearly 4 minutes faster than when he won the year before. Well, Christos is reputed to be 95 years old and to have 34 grandchildren!**

**GARRY WISE (40), Australia, is the latest veteran to pare down the class 1 4000m mark. At Sydney on 30th November he lowered the record to 1:56.9.**

**ARTUR TAYLOR (48) of Canada could well become the second Erik Cabaey. In winning the Canadian Masters Cross-Country title he took his third major title of 1974. The others were the class 18 divisions of the World Marathon in Paris and the Canadian Masters Marathon at Waterloo, Ontario (2:29:18).**

**Canada's BOB BOWMAN (43) won the John F. Kennedy Masters Cross Country Race at Schenley Park, Philadelphia, in 18:36 from Dave Colton (U.S.A. 18:45).**

**MAEVE KYLE (46), Northern Ireland, hit the headlines during 1974 for her brilliant running at the British Veteran Champs, and in New Zealand. And 1974 was recorded off very nicely for her when her 19 years old daughter, Shauna, was chosen as "Miss Sportsworld '74" by Sportsworld magazine. Shauna has won titles and set records in the hurdles, 200m, 400m and pentathlon. Her prize is a cruise on the Q325 and five days in U.S.A.**

**HARRY and JUDITH KAZIDAN must surely be the oldest full marathoner with a time of 2:26:15 back in 1963. He is now making a comeback with Toronto in mind.**

**GERRY LE ROY (GB) was a sub 47 secs 400 man in 1971, but he now records 2:29:22 in the Scottish Marathon.**

**ERIC AUSTIN (GB) has been the unsung hero of countless road races in the last decade. Always in the footsteps of Wilkinson, Hayley, Acland, Austin, Hill and now Thompson, Eric has had few international trips. In July he will be 40, and with a 1974 best of 2:19:25 in won't be following in the footsteps of many, if any, veterans.**
UK Results

September 15th

Buckingham 10 Road Race

74. J. Stempin (Keele) 53:56
75. G. Phillips (Leam) 55:50
76. D. McWard (Newcastle) 56:43
77. P. Furlong (Darby) 56:43
78. D. Jackson (Newcastle) 57:48
79. R. Hens (Birmingham) 57:58
80. G. Scott (Stoke) 58:27
81. T. Buckland (Lancs) 58:27
82. M. James (Peterborough) 60:00

September 21st

Yateson (Dorset) Trophy Meeting

400H: J. Dixon (Bristol) 57:31

September 22nd

Wanderer's Black Cross-Race

Over 1,000 entries were received for this "athletes' family" meeting, with races for youth, juniors, women, masters, and masters plus four races for a team of veterans.

October 5th

Newbury R.C. Road Race

1. B. Smith (Kensington) 39:17
2. J. Savage (Bristol) 39:35
3. J. Savage (Bristol) 39:35

October 12th

Scottish V.C.C. League, Invergordon

A. R. Redden (Aberdeen) 22:59
North Staffs District C.C. League

Three Towers Race (2,500')

17. G. R. Rodd (48) 22:10
27. G. J. Kelly 43 (B&W)
40. J. Philbin 40 (H&W)

S.L.H v Orion v Blackheath.

(Conditions: Wet and windy)

2. C. Wilson 42 (S.L.H) 43:49
37. W. Ackers 43 (MP)
4. J. Barrowman 5:05
L A. Galbraith 4:36

November 10th

North Staffs C.C. League (Div 4)

1. B. Haggatt (61:40)
28:29
27. G. Rhodes (48) 30:41

North Staffs C.C. League, Ashton

21. G. Booth (46) 32:10

November 24th

Southport C.C., Bootle v S.A. v Ovms v Blackburn.

1. A. Harvey (50) 34:05
2. C. Wilson (42) 34:49
3. W. Hill (43) 44:45

November 26th

Didsbury Marathon, Hulme

63. E. Nolan (40) 2:40:22
64. B. Price (36) 2:42:31
60. E. Boden (40) 2:42:31
23. W. Breeze 2:51:13
12. W. Mertlan 2:58:16
186. B. Newson 3:30:30

November 30th

Scottish Vet 15k Road Races

(Conditions: Rainy and windy)

Race A

1. G. Sproat 52:40
2. A. McArthur 55:36
3. J. McKen 55:36
4. D. McQuay 57:04
5. R. Thomas 57:12

Race B

1. C. McAllister 58:28
2. D. Mitchell 58:29
3. M. McRae 60:30
4. B. McNeil 60:48
5. M. Dongerty 60:50

Race C

1. T. Paton 66:30
2. S. Robertson 66:31
3. H. Hogg 66:45
4. G. Balfour 66:45
5. J. Mitchell 66:50

Race D

1. W. Pyk 62:50
2. D. Devers 67:30
3. D. Rikky 65:50
4. D. Rikky 65:50
5. D. Rikky 65:50

November 14th

Second City C.C. match @ S.H.

1. R. Herry (5m/h) 20:40
2. J. Frost 20:40
3. H. Thomas 20:40
4. J. McAllister 20:40
5. D. McQuay 20:40

November 15th

Great Edinburgh Race

1. S. Robertson 31:12
2. H. Hogg 31:13
3. T. Harriman 31:14
4. J. Frost 31:22
5. D. Balfour 31:29

November 16th

Swindon 40 Mile Road Race

2. D. R. James 1:22:29
3. H. Fogg 1:22:30
5. B. McNeil 1:22:33

November 17th

Petersfield 20 Mile Road Race

1. J. Pringle 1:22:24
2. D. R. James 1:22:29
3. H. Fogg 1:22:30
5. B. McNeil 1:22:33

November 18th

Veteran C.C.'s Cross Country Run

1. L. Oldham (20) 23:38
2. J. Evans 23:38
3. A. Goodwin (A16) 24:43

Paien: D. Dewey 27:22

November 19th

Shorts Vet 10k Road Race

1. J. Foy (31) 33:21
2. R. Mann (Wool, Gt) 33:24
4. T. Bane 35:26
5. J. Foy 35:26 (run)

November 20th

Vet 10k Road Race

1. J. Foy (31) 33:21
2. R. Mann (Wool, Gt) 33:24
4. T. Bane 35:26
5. J. Foy 35:26 (run)

November 21st

Vet 10k Road Race

1. J. Foy (31) 33:21
2. R. Mann (Wool, Gt) 33:24
4. T. Bane 35:26
5. J. Foy 35:26 (run)

November 22nd

Vet 10k Road Race

1. J. Foy (31) 33:21
2. R. Mann (Wool, Gt) 33:24
4. T. Bane 35:26
5. J. Foy 35:26 (run)

November 23rd

Vet 10k Road Race

1. J. Foy (31) 33:21
2. R. Mann (Wool, Gt) 33:24
4. T. Bane 35:26
5. J. Foy 35:26 (run)
19th November 1974

Red Rose C.C. League
19 J. Sill 60 (Rec) 26.06
25 T. Smith 41 (Rec) 24.42

14th December 1974

New Army C.C. Match, Lichfield
6 B. Bickerton 36.27
3 A. McFarlane 28.22

Inter-Area C.C. Match, Lichfield
14th October 1974
6 B. Bickerton 36.27
3 A. McFarlane 28.22

Midland Vets Xmas C.C. Handicap
9 J. Moore 20.29 (Brock) 28.28
10 W. Mottram 20.48 (West Brom) 28.48

Newport-Tredegar 22 miles
8 D. Harris 40.44 (D & S) 28.22
9 W. Hammond 20.44 (Wol & Bil) 28.44

Sussex C.C. Champs
15th December
10 A. Galwey 30.09

1st January 1975

City of London 10 miles
60 J. Daniels 50.15 (Woodford G) 30.29
86 F. Webb 50.15 (Woodford G) 30.29
85 H. Humphreys 50+ (W.G.) 30.59
76 J. Hayward 50+ (Woodford G) 30.89
52 A. Hefford 50+ (Orion) 30.99
37 B. Cole 50+ (Eton Manor) 31.29

3rd January 1975

Buckinghamshire C.C. Champs
15 S. Coffoy 50+ (M&D) 37.51
11 R. Norman 50+ (E & S) 36.51
13 J. Haslam 50+ (Bolton) 37.11
35 I. Lawton 50+ (Leeds) 39.51

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Accolade is a scientifically balanced formulation containing mineral salts and glucose which can improve the quality of mineral supplements. Take it mixed with chilled water, before, during and after training and actual performance.
Readers of VETERIS could be forgiven at times for imagining that our pages are concerned only with the elite of our sport. It is only natural that excellence should command much of our attention and, after all, if you normally read about, even in these columns.

Tony Weeks-Pearson

by

Joggers and beginners only

First, to get a 'Commercial' for 'Veteris' across to readers of this article before they stop reading. One reason for doing this is to underline how circulations figure - not excuses - but, shall we say, 'Running Illustrations' - which are really designed to do this? And you normally read about, even in these columns. That seems a good enough reason for him to figure here. Story may encourage others who make no pretence of class performances, as well as sending him off heartened to Australia where he's bound to make some copies of 'Veteris' in addition to the end of the first lap. At least, I think myself as I pursue my controlled and measured effort, I take him now from stage to stage a flashy whirled finish (one of the old specials) on the second lap and show the kid up in front of his family.

So I'm near enough now to see the alien figure quite clearly, aren't I? And I'm feeling I'm back in competition with, as they say, a"vengeance, "Keep it going, love," says Dad up ahead. No, not to me, to the kid, of course. And equally, of course, fairly soon after, I think, 'Pur-PC' and, in fact, about the time I was taking for the penny to drop with you, "What are you doing there, as the man Hamlet says, is the rub. For me, that is. Well, after all, she was the one who sprung to figure - Japanese and otherwise - in the illustrations of 'Veteris'. (See July issue (end of second brief but tedious 'Commercial').

I wish I had space to relate the full story of this last lap. It was pretty thrilling. I can tell you. At least, the husband dropped back fairly quickly. But, alas, print and the Editor do not permit.

The moral? (No, not that one). Well, none, really, except that it makes a nice change to remember all the joggers and recreational runners that fortunately still abound in Veteran sport. We could understand how they feel if at times they find that readers of athletics like the Outbys and the Alitstrn Woods is about as close to the experience of ordinary aching mortals as the exploits of Batman or Flash Gordon. And, if there's no moral (what do you expect for 30p?) at least it makes an original introduction to 'Veteris' for our Editor.

Fred Toy is one of the latest recruits to the ranks of Crawley A.C. Vets. and not the sort of Veteran you normally read about, even in these columns. That seems a good enough reason for him to figure here. Story may encourage others who make no pretence of class performances, as well as sending him off heartened to Australia where he's bound to make some copies of 'Veteris' in addition to the end of the first lap. At least, I think myself as I pursue my controlled and measured effort, I take him now from stage to stage a flashy whirled finish (one of the old specials) on the second lap and show the kid up in front of his family.

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The moral? (No, not that one). Well, none, really, except that it makes a nice change to remember all the joggers and recreational runners that fortunately still abound in Veteran sport. We could understand how they feel if at times they find that readers of athletics like the Outbys and the Alitstrn Woods is about as close to the experience of ordinary aching mortals as the exploits of Batman or Flash Gordon. And, if there's no moral (what do you expect for 30p?) at least it makes an original introduction to 'Veteris' for our Editor. 

Fred Toy is one of the latest recruits to the ranks of Crawley A.C. Vets. and not the sort of Veteran you normally read about, even in these columns. That seems a good enough reason for him to figure here. Story may encourage others who make no pretence of class performances, as well as sending him off heartened to Australia where he's bound to make some copies of 'Veteris' in addition to the end of the first lap. At least, I think myself as I pursue my controlled and measured effort, I take him now from stage to stage a flashy whirled finish (one of the old specials) on the second lap and show the kid up in front of his family.

So I'm near enough now to see the alien figure quite clearly, aren't I? And I'm feeling I'm back in competition with, as they say, a"vengeance, "Keep it going, love," says Dad up ahead. No, not to me, to the kid, of course. And equally, of course, fairly soon after, I think, 'Pur-PC' and, in fact, about the time I was taking for the penny to drop with you, "What are you doing there, as the man Hamlet says, is the rub. For me, that is. Well, after all, she was the one who sprung to figure - Japanese and otherwise - in the illustrations of 'Veteris'. (See July issue (end of second brief but tedious 'Commercial').

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During the winter evenings he started to run from home on his own, but sometimes also with his son or daughter for company and to keep him going over a regular two-mile course. Here, his first efforts took over twenty one minutes. Now, he has a best time of 15 minutes 43 seconds on this lap, with much improved recovery and less distress than when he was going far faster.

Encouraging though we hope this may be to new or would-be Vets., as opposed to those who have been running for years, they ought also to expect a slower.

Well, he's back on the road again and stepping up the mileage. After a winter in which he worked up to fifteen or twenty miles a week he increased in February and March to about five at a time. This summer has seen him start a training diary and clock the mileage. After a winter in which he worked up to fifteen or twenty miles a week he increased in February and March to about five at a time. This summer has seen him start a training diary and clock the mileage.

The inclusion of women's events in the 1st World Master's Team and Field Championships to be held in Toronto from August 11th to 17th 1975 has already proved stimulating. Rosemary Payne and Merv Kyle have expressed interest.
In Japan they beat dummies with bamboo sticks... 

...but in Britain the only way to get rid of tension—job-induced or home-produced—is to stifle it with a handful of pills.

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The most overused word in the vocabulary of our so-called Sports writers in the National Press is 'phenomenal'. It has been used to describe so many athletes of varying talents, that it is a word I am now most wary of, but if anybody is deserving of this accolade it is Tom Buckingham, the Leamington wonderboy.

If this doesn't read like the usual tribute, I apologise. The fact is that I have suffered so many defeats by Tom over the last couple of decades that my admiration for him has become tainted by the frustrations I am continually experiencing.

Did somebody say "Sour Grapes"? Maybe, but how can I ever convince anybody that I am a long distance runner when I point out to them the man who invariably beats me? Few, if any, of our fraternity are built like Gorst but Tom, who tips the scales at 12lbs (56Kg) in his boots, really looks like the man who gets sand kicked in his face in the Charles Atlas ads. I can still see the looks of incredulity on the faces of the Swedes when we tried to convince them that the little man dozing in the corner really was the same Tom Buckingham who had won the World over-50 Marathon Championships at Baarn and Skuvde. He really should be known as the indiarubber man, as every time you think he is on the decline at last, back he bounces with yet another incredible performance.

I didn't take his run in the 25 Kilometres at the Isle of Man too seriously, as he was one of the unfortunates who missed the start and the torrential rain couldn't have helped his myopic vision. However, having beaten him by 7 minutes, I thought it reasonable to assume that I could hold him over the T.T. Course the following Monday. I really should have known better. Tom came past me up the mountain as if it wasn't there, and I thought I was having a good one! After crushing through the Maxwell in 2 hrs 45 a week later, we met again in the inter-counties 10,000 Sitters. Running a similar distance in 80 odd degrees the previous day, I thought at least I had a good excuse for not winning, but Tom had a better one as he had participated in the Chigwell '10'. Once again Tom deflated my ego by beating me by 22 seconds. I finally got Tom off my back in July 1973, when he joined Norman Ashcroft's party for the U.S. Masters tour. There he similarly ribbograted our American friends by placing fifth overall in the Masters Marathon in 2:46.33, beating Wayne Zook the first Class 2 American by 1 minute. They can be excused for writing off what they saw as a mirage. I can hardly believe it myself. I have been watching Tom posterior disappearing into the far distance for umpteen years, but am convinced it is all done with mirrors. He wrote to me from California saying that he had visited Disneyland. Disneyland should have visited Tom Buckingham! I replied immediately protesting that he took out naturalisation papers, but to no avail. Tom returned to record his latest time of the year (2:42.43.) in the Preston-Morecambe Marathon.

After a quiet winter, Tom again hit the highspots in the Worlds Vets Champs at Paris by finishing first Class 4 (55-59) in the slow time for him of 3:06.41 (80° temperature and 50% Cross Country course!) Unfortunately I can't really work up a hate campaign against him, as not only is he the toughest runners I know, but also the most unassuming.
decisions right now.

arena with artificial turf for all-purpose use. This was at the stadium situated within the grounds of the C.N.E. (after all, they are the reason for switching to the Etobicoke Stadium on one of the principal sponsors) and the organizing committee will no doubt be staging some events or the other within the C.N.E. grounds. Either way, competitors will still have their C.N.E. passes.

The threshold age for women veterans in Britain is 35 years. I'm not quite sure why it should be less than the men's after all, their life expectancy is supposed to be 6 years longer (74 to 68)! But I go along with the earlier start for all that, as five years supposed to be 6 years longer (74 to 68) ! But I go along with the earlier start for all that, as five years supposed to be 6 years longer (74 to 68) ! But I go along with the earlier start for all that, as five years supposed to be 6 years longer (74 to 68) ! But I go along with the earlier start for all that, as five years supposed to be 6 years longer (74 to 68) ! But I go along with the earlier start for all that, as five years supposed to be 6 years longer (74 to 68) ! But I go along with the earlier start for all that, as five years supposed to be 6 years longer (74 to 68) ! But I go along with the earlier start for all that, as five years supposed to be 6 years longer (74 to 68) ! 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Spotlight on John Gilmour

By Chuck Poller

By the side of the Swan River in Perth, Western Australia, is a concrete basement set back from the Indian Ocean, an unseen area of grass with a 400m track marked on it. Almost any evening of the week around 5.30 pm, there will be between 30 to 80 male and female athletes training there. One of the few cyclers will be John Gilmour. He, being one of the early birds, will have finished his training stint of not less than ten 1000m laps along the south bank of the river and back along the line of gun trees. He will be standing just to one side of, but close to, the first, but fastest, of a line of people watching, perhaps, Kenny O'Connell, former Australian Junior 200m hurdler (now a long-time medical co-ordinator in the State Senior 400m Open Record breaker), or a completely green, but boisterous, youth, nervously trying to run-up to put his right foot on the leaf John has strategically placed for him, and to all his protestations to give great young man who had joined the forces of set them them never knew they had, and being ever patient with their temporary failures. Often he will be interrupted by ropepullers and long distance runners exclaiming "What shall I do now, Mr Gilmour? I've finished my 10 poles!" or "I think I've pulled a muscle. What do you think I should do about it?"

John, you see, is a father-confessor and gentleman and, for your correspondent, is world-class in them all. He is not tall, not strong (except in the heart and leg) and, less obvious, recognises each of the athletes around him by their bulk or lack of it, the stance or style of running, by the clothes they wear or by their voices—because, except for a few laps apiece, he doesn’t see his charges feather well enough.

That is probably theScottish of the Meet and Gilmour clans, John, with his parents, emigrated to Western Australia as a toddler of 2½. It was a job, he was working as a school teacher, and his job was to keep fit, the low calorie, vitamin deficient rations provided to the POWs kept John fit and strong. The POWs were training on a grassy area of the Indian Ocean, an uneven area of grass with a 400m track marked on it. By then permanently damaged and his sight badly impaired. Nevertheless, when the POWs were transferred to Kobe, Japan, John was drafted to work like the rest, on the waterfront, in a garbage factory or on the clocks, unloading ships and loading railway trucks, his living space in his ‘tree’ dandered between the palm leaves.

All together he was a POW for 3½ years and on being freed and discharged was only a shadow of the fit and healthy young man who had joined the forces. He was standing just to one side of, but close to, the first, but fastest, of a line of people watching him. He was the then WA Champion 800m and 1500m runner and his doctor who had said his war damaged body could not go on standing the further punishment his training programme had given him, had given him back, to his own, his club's and his State's glory. Yes he was 43? Not if John Gilmour could help it. He was running in spite of his doctor's advice and that of well-meaning friends and his worrying relatives. John took up his training schedule and smiled his thanks for people's concern. Able to see the track lines and run between them for fairly close spacing) he worked his way back to athletic fitness and success.

So that first year, 1946, he was the State 440 yards title and ran second in WA's first ever 15 miles road championship. In 1947 he set new State times for the 6, 7, 8, 9 and 10 mile events. In 1948 he ran 3:08.00 for the 15 miles East to Northam to start his Army training. His subsequent achievements put him in the world spotlight.

Then came the world-wide surge of interest in veteran athletics and John suddenly saw there were no more mistakes in their lives. In spite of his doctor's advice and that of well-meaning friends and his worrying relatives, John took up his training schedule and smiled his thanks for people's concern. Able to see the track lines and run between them for fairly close spacing) he worked his way back to athletic fitness and success.

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Things were looking good to the bright eyed, 23 year old champion runner John Gilmour, especially the prospect of seeing something of the world with his "escape" affidavit, discipline for the POWs tightened under the Inquisitorial clamps, however John found he was nearer to the usually cloudless skies of the Southern hemisphere, so in 1941 our man in the spotlight prompted famous WA Australian Rules football club to ask his permission to hold a sports day! It was a great success—for the athletes, the entertained onlookers and the Inquisitorial clamps, however John found he was nearer to the usually cloudless skies of the Southern hemisphere, so in 1941 our man in the spotlight prompted famous WA Australian Rules football club to ask his permission to hold a sports day! It was a great success—for the athletes, the entertained onlookers and the
he first annexed the titk. He has also removed the name of Normw Bright (USA) from two events in World news and results Australia

JACK PENNINGTON writes: -

... stand their own costs. 

not preclude anyone competing, but seems to mean

The Australian National Veteran Association's

towards team expcnscs--recent indications suggest a

a) a linear loss of performance with age

Hammer

T.J.

3 Km S/C 5K m Walk 25:0 0 25:30

L.J.

200 m 25.0 26.3 27.8

ll OmH

10 Km 33:4 5 34:5 5 36,30

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Event 40/44 45/49 50/54

(62)

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10 :40

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24th August 19 74

21st September 19 74

22nd September 19 74

24th September 19 74

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Canada

During this year, although Masters events continue to mushroom all around the globe, preparations for, and final realisation of, the first Masters Games here in Canada will be the focus of all activities and many emerging facets of our sport start that all roads will lead to Toronto in August, 1975.

The big news this month is that the Provincial Government of Ontario has granted us $50,000 towards the running of the meet and the Federal Government have told us (verbally) that they will also be supporting us, although not approaching the amount of the Provincial Government. These assurances, of course, will not fulfill our budget, but together with the C.N.E., sponsorship and other financial contributions which we plan to acquire, in addition, it lends us considerable confidence in our ability to look forward to a successful meeting and to look forward to individuals for more sponsorship or assistance.

At the time these commitments are forthcoming, we already are engaged in making travel arrangements, accommodation, transport (within Toronto, estimate $250,000.00), air and ground transport, hotel accommodation, entry fees, 13 meals and much else ($1,495.00). Write to Ken c/o Cramond Travel, 415 6 E. Hastings St. North Toronto 12.

While the list of "interested" grows daily, we have written to all interested bodies to get their interest as to get-together may be achieved, with Montreal 76 (with a cleaned up line-up) the target.

Meanwhile the list of "interested" grows daily. Twenty four countries have written to us and we could well see 2000 competitors of all ages, from the young to the old, to deal with.

Apart from a large number of Canadians and Americans, we have indicative entries or 400 Swedes, 200 Australians, 200 British and 70 Yugoslavs. Estimations from New Zealand and South Africa are yet to come. Unfortunatly we have not yet had significant reaction from Germany, France, Holland, Britain and Switzerland, as readers with contacts of their own in these countries are requested to pass the information to the Competitions further publication. It is desirable for such countries to have its own party organisation.

Glen Arnold has relinquished his job as Meet Director. We are indebted to him for setting matters in motion. The new Meet Director is Ken Twigg who has masterminded the Maple Leaf Games and many other Ontario events, coincidentally the first to discuss with David Pate the possibility of the World Masters Meet being held in Toronto. We are fortunate that Ken's commitment allows him to accept the job.

The additional women's events and men's relays were listed in the last edition of VETERIS. Since then a men's pentathlon has been introduced for both distances. The events will be held on the morning of Tuesday, 12th August, and they are keenly looked forward to.

Two top-quality perpetual cups have been donated for competition by National teams in the cross-country races (men & women) to be held on Tuesday, 15th August, as with the Veteris and the Ontario Masters as the veterans teams to be entered into these events.

The Springbank Road Races held on 29th September, despite some wet, windy weather, proved a great success than ever. John Doyle (Windsor) won convincingly. We hope that next year's masters meet will contain an over 50's and 60's event.

The many Masters and their fine efforts impressed us all--that he is a fine runner at any distance. 2:37:31. Bob Lazenby in 2:39:14, and Jack Reid, 7 in 2:45:15 won the over-40s title for the home club whilst Bob Modley took the over-50s and, teamed with Ken Kazaun and Jack Webh, won the team title for the Ontario Masters.

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Improved by sixteen minutes and thirty-six seconds over last year. Les Ingman and Bill Buck, both of CFB Kingston decided against beating one another's brains out in the late going and crossed the line together to pick up bronze medals in the over forty.

26th October 1974
1 Earl Crangle 77:26 Firemen fighting a large fire a block

31st August 1974
Norman Nielson (So+) 21:49 5,000 metres, track
1 Bill Cameron 76:32
Bill Allen (43) 15:47.0

5,000 metres, track
Charles Ratti (40+) 2:47:27 Toronto Road Runners Club, 20 Km

45 A. Dancer (CRR) 39:56 6 Brian Oxley (40) 50:08
Montreal in a time of 2:44:35 followed by Chuck pick up bronze medals in the over forty.

20 D. Kyle (Unat) 36:40 4 Bob Ilowm1 (43) 46:56

September 1974
2 Bryan Martindill 33:52 3 Pavasars 12:8 2 Hills 30:8 3 Yeomans 15:14.6

38
30 P. May (CRR) 69:02 20 Elwyn Davies 87:19 6

Nova Scotia Marathon 6th October 1974
2 Bryan Martindill 33:52 3 Pavasars 12:8 2 Hills 30:8 3 Yeomans 15:14.6

10th November 1974
John Doyle (40) 45:09 9 J. Haddow (EOC) 60:36.6
J. Bohnet (CRR) 59:05

S. Lang (56) (CRR) 2:47:10 2nd November 1974
S. Lang (56) (CRR) 74:23.4

19th September 1974
10th November 1974
John Doyle (40) 45:09 9 J. Haddow (EOC) 60:36.6
J. Bohnet (CRR) 59:05

S. Lang (56) (CRR) 2:47:10 2nd November 1974
S. Lang (56) (CRR) 74:23.4

19th September 1974
2 Bryan Martindill (HAC) 33:06.7
3 Long 30.1 2 Ivan I 0:33.0

22 Don Farquharson 88:41 Bill Armstrong (WXB) 38:20
57 J. Mandsley (Unat) 41:07 8 Doug Beatty (43) 50:18 100 Metres 4 Forrester 28.2
51

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New Zealand

Cameron's Epic Run: 1380 Miles at 60 Miles Per Day

By JOHN DREW

Most veteran distance runners would be happy to achieve a weekly mileage of 60, but New Zealand's Don Cameron averaged that mark daily for more than three months. The record-breaking runner accomplished this by running the full length of New Zealand. Yet 10 years ago this 42-year-old veteran was an overweight, heart-attack-risk. JOHN DREW writes of the man and his epic run.

Doyne of New Zealand ultra-distance runners, veteran Donald George Cameron, aged 42, was given a hero's welcome when he arrived back in Christchurch city after running the length of New Zealand from bottom to top.

Don, a member of both the Baptist and Catherine Harrold Chlvw said good-bye to the light-house keeper at Stirling Point, the southernmost tip of New Zealand, at 6 a.m. on October 6th 1974. He picked up the beam of a lighthouse light at the northernmost tip of New Zealand 23 days and a few hours later.

He had covered the 1380 miles at an astonishing average close to 60 a day and beat the previous record set by the Auckland runner T. Young by more than 10 days. Young, who set his record of 34 days in 1966, was 13 years younger than Cameron too.

Don lost 15lb in weight and both big toe nails on the journey - but he was on top throughout and was obviously aglow with strength and well being at the finish. Too only after-effect of the run was a temporary loss of voice caused by his returning the greetings of thousands who cheered and encouraged him along the way.

Don, a former wrestler, took up distance running after his doctor told him that he was overweight and a heart attack risk. This was 10 years ago and he brought his weight down from 14 stone to about 10s without distance running by about 30,000 miles of training. He ran the length of New Zealand to emphasise the role of stamina training in preventing heart attacks and to promote community fitness at all levels. His great feat has already had the effect of attracting hundreds of ultra-marathon runners and serious training throughout the length of the country.

The back-up and excellent feeding he received through the organisation of Trans Tours. The vitamin food additives which were specially prescribed for him by the sports medicine specialist Dr. Tam Anderson who was medical referee with the New Zealand team at the Munich Olympics. The encouragement he received from the thousands who lined the road to see him pass, and the hundreds who ran with him.

He threw his arms round the base of the light house and kissed it. Minutes later he was having a long cool beer with the keeper of the light.

The New Zealand National Heart Foundation of New Zealand sent their $10,000 mobile heart unit through the country with Cameron and gave educational demonstrations at all main centres.

Cardiologists at the main cities of Dunedin, Christchurch and Auckland also examined him and pronounced him to be in fine shape. Trans Tours, one of New Zealand's largest travel organisations, provided a land rover and caravan and mobile and motel and hotel accommodation throughout the journey.

One of the most remarkable aspects of the run was that Don became stronger the further he went. He put up the greatest daily mileages during the last few days of the run. Yet this was difficult uncharted country and over rough roads in the far north of the north island; one of the most sparsely populated regions in the country.

One of New Zealand's most popular sportsmen (he narrowly missed first place in the Canterbury sportsman of the year vote) Don has a good sense of humour.

After the last long days dash to his destination Don reached Cape Reinga light house after a 50 mile "dash" which began at 3 a.m. the same day he said: "I felt so strong, I felt as if I could just go on and on." It had to be a last day's dash because he had to be at Cape Reinga light house before 2 p.m. in the afternoon. This was because he and the TV film of his arrival had to be back in Auckland to catch the national telecasts that night. Trans Tours had a light aircraft waiting and flew him back the 230 miles to Auckland city without 10 minutes to spare.

For the first few days of his Journey through the deep south Don was a lone figure slogging out 50 and 60 miles a day through a succession of gales and wind and rain. But the further he got northwards the better the weather became. Over the last few days he stroke last conditions. He commented; "I like the heat and I had an ideal gradual process of acclimatisation as I headed into the warmer climate."

Later, as the run progressed, the fame of his achievement spread. Through every district more and more turned out to run with him.

He had been 2 years with the New Zealand armed forces in Malaysia and soldiers from the main military camps throughout New Zealand turned out to greet him and run with him. At every main centre the Police Officer in duty signed the journey register. Cameron took with him. This bound volume also contained the names of the many hundreds who ran with him at different stages as well as the signatures of local dignitaries who officiated at receptions and ceremonies of welcome along the way.

The further he went the greater the public involvement became. Athletes, footballers, families, groups and children turned out. In some areas a whole school would be given leave to jog with him for encouragement. Families groups left their front gates to run with him. One dairy farmer left his milking shed and joined Don with his gun boots for half a mile. "I just wanted to be able to say I ran part of the way with Don Cameron," said the farmer.

On his way through Auckland, New Zealand's biggest city, the commander of the police district, Assistant Commissioner Gideon Tait, ran with him for 10 miles as did a number of other senior police officers. Don is aged 58, is a leading veteran runner in Auckland and was a personal friend of Don's. The two often met at Veteran runners in Christchurch where Mr Tait was a former commander of the police district.

The Mayor of Auckland, the Hon. Colin Tait, Mr Tait's twin brother. Dr Hay shook hands with Don and said: "You have done a tremendous job." Also on the steps to greet Don was one of New Zealand's top cardiologists, Dr David Hay, the Mayor's twin brother. Dr Hay shook hands with Don and said: "You have done a tremendous job." Cameron listed three factors which he considered helped to his success.

The back-up and excellent feeding he received through the organisation of Trans Tours. The vitamin food additives which were specially prescribed for him by the sports medicine specialist Dr. Tam Anderson who was medical referee with the New Zealand team at the Munich Olympics. The encouragement he received from the thousands who lined the road to see him pass, and the hundreds who ran with him.

Don, who is employed as an electrician, is now on eight weeks recovery running at about 50 miles a week. He averaged more than 40 miles a week during his record breaking run and says he finds his present programme of "active rest" very enjoyable and relaxing.

Don has other big projects in view but in the meantime he is devoting much of his energies to organizing for the "fitness month" to be held in all main centres of New Zealand next March.

The results of Don's run are already becoming evident. The number of half-marathon has almost doubled in city parks in recent weeks.

And about twice the usual number of veterans are taking part in the present running runners and summer programme of open races"
Roy Hutton (42) returned to his best form in this year's National, Hal Higdon (43), in convincing manner, Hutton led the field through the mile mark in 4:43 with Higdon in close attendance and the field trailing by 40 metres. Roy pulled away to win by over 150 metres and it is clearly in great form.

Gerry Smartt (43) led home an impressive half dozen in 2nd place 40 seconds covering the six, and whip-in being the 46 years old "daddy" of Division 1–Pete Mundie.

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USA

NORM BRIGHT

by SAM LEE

Those who attended the international vets. Meeting at Crystal Palace, the Meetings in Cologne and Bensberg will, I think, remember Norman Bright - tough guy of the U.S. Masters.

8000m to 10,000m, steppe-cross, cross-country, mountain race or marathon he tackles with all enthusiasm and vigour.

In 1944 Norman ran his first Boston marathon and was placed 112d in 2:52:50. He was then 24. Thirty years elapsed before he was again on the Scenes of Holkham impatience for the start of his second run to Boston, and nearly three hours later than this Norman Bright was racing through the streets of Boston heading for a 6:15min. placing in a time of 2:58:59, only the third 650d man to break the three hour barrier and last two years a year younger than his first race.

Such a man himself was amazed that he should take such a prodigious tumble from 11th to 615th, in a space of only 25 seconds. But he proudly noted that he was easily faster than his within 10 minutes and was ahead of John Kelly, two years his senior but who had won the Boston on two occasions in 45 years of participation in the event. Kelly is second on the all time best flat at a 2:58:46 at age 61.

This astonishing run of Norman Bright's can be attributed to a decision he made in February to follow a £5 diet a day programme.

Norman says he has even got himself a coach – Floyd Riddle, a San Francisco-aircrew navigator.

As a young man Norman had taken part in a tattoo run known as the Pigona Race. In the 6.8 miles between Mill Valley and Stinson Beach is a mountain trail of unspeakable danger involving the like of which no runner could take without extreme caution.

Some couldards won't let their athletics run.

But the race came so natural to Norman that he established a record that stood for 60 years. Then he came back to win the event (with a staggered start, the oldest all the way) in 1970, the year his record was broken by John Kelly.

Norman's first ever after the Boston was the Berkshire 10 Mile Masters Road Race on May 5th. He started the marathon with the 60/64 days in a time of 61:51 and by a margin of 10

NORM WRIGHT

by SAM LEE

Minutes. This was only 41 seconds slower than the winning time in class 50/54 and nearly 7 minutes faster than the winner of class 55/50. He was also placed 28th. From 185 finishers.

Though time was made for no man it hasn't gained much ground on Norman Bright. 

USA
European Miscellany

September 1st
1. R. Makowski (POL) 1:03:57
2. E. Fizar (POL) 1:04:30
3. S. Dolny (POL) 1:06:37
4. P. Jurek (POL) 1:06:37
5. J. Wodzicki (POL) 1:10:14
6. M. Podolski (POL) 1:12:52

September 2nd
21.8 km, East Lomvern, Switzerland
1. F. Gugger (SUI) 1:04:11
2. E. Sances (SUI) 1:04:32
3. L. Schmid (SUI) 1:05:51
4. P. metaphor (SUI) 1:07:10
5. P. Fussenegger (SUI) 1:12:52

Europe TOPS

2nd September 1974
Marathon, Rotterdam, Netherlands
22. C. Boquer 3:20:17
42. T. Jones 3:37:55

29th September 1974
21 km Cham St. Maurice, Switzerland
1. R. Moser (SUI) 1:13:56
2. W. Vangelder (BEL) 1:13:32
3. B. Weier (FRA) 1:18:36
4. R. Willinger (FRA) 1:18:49
5. M. Zanetti (FRA) 1:20:29
6. J. Messinger (FRA) 1:20:30
7. K. Michal (CZE) 1:24:40
8. P. Ronka (FRA) 1:28:12
9. J. Carey (USA) 1:39:40

24.57 km (42 km)
1. R. Moser (SUI) 1:13:56
2. W. Vangelder (BEL) 1:13:32
3. B. Weier (FRA) 1:18:36
4. R. Willinger (FRA) 1:18:49
5. M. Zanetti (FRA) 1:20:29
6. J. Messinger (FRA) 1:20:30
7. K. Michal (CZE) 1:24:40
8. P. Ronka (FRA) 1:28:12
9. J. Carey (USA) 1:39:40

3rd September 1974
Kosice Marathon, Czechoslovakia
1. J. Fuster (3) 2:22:24
2. V. Strojilov (CZE) 2:47:22
3. J. Sopka (CZE) 2:51:12
4. R. Valera (50) 3:31:54

4th October 1974
30 km, Linz, Austria
1. T. Schaller (AUST) 1:52:21
2. P. Pajak (POL) 1:53:17

(Approx. 20,000 km)
1. H. Leibinger (SCH) 56:33
2. L. Overly (SCH) 56:39

Over 60 (10 km)
1. A. Sermon (SCH) 4:05
2. F. Schilder (SCH) 4:10:32

Women 1,500 m, over 50 (10 km)
1. H. Nilon (SCH) 50:01
2. R. Harnage (CZE) 50:27
3. H. Endzko (CZE) 50:48

Class 2 (15 km)
1. J. Felcand (SCH) 1:19:21
2. J. Nicolos (BEL) 1:20:21
3. L. Morand (POL) 1:45:02
4. - Roellet (LUX) 1:38:20
5. - Inglis (Canavas) 1:38:21
6. - Endzko (CZE) 1:38:22

Class 2 (14 km)
1. G. Fiell (FRA) 1:25:31
2. B. Boissonas (BEL) 1:38:23
3. B. Buil (Spain) 1:40:34

4th October 1974
16.4 km, Morat-Fribourg, Switzerland
1. F. Felcand (FRA) 1:24:58
2. E. Oster (Cheseaux) 1:25:18
3. G. Lottberg (SWE) 1:26:43

Class B
1. F. Feleand (FRA) 1:50:03
2. P. Bureau (FRA) 1:52:43
3. S. Michant (FRA) 1:55:43

22. 1./2 km elevation, Switzerland
1. F. Feleand (FRA) 2:24:12
2. K. Ruhmacher (CZE) 2:24:30
3. F. Agne (ITA) 2:24:34

20.1st September 1974
10.36 km, Essen, West Germany
Although billed as a marathon the course was later found to be 42 km. The course was short of the recognised 42 Km 19.5m.
1. F. Annaly (Pollen) 2:24:30
2. K. Ruhmacher (CZE) 2:24:40
3. B. Buil (Spain) 2:24:44

Women's Veterans (15 runners)
1. H. Kriemler (52) 1:54:17
2. E. E. Westphal (56) 2:00:42
3. K. Vuchrer (44) 2:02:34
4. F. Etter (45) 2:07:41
5. T. Salarka (40) 2:10:54
6. P. Bureau (FRA) 2:11:35

November 24th
42.16 km, Paris, France
1. F. Fettbou (42) 2:00:54
2. M. King (42) 2:02:54
3. E. O. Shakos (42) 2:03:54

November 28th
100 km, Kostrzyn, Poland
1. K. Nagel (40) 3:38:27
2. R. Manke (42) 3:42:27
3. S. Michant (44) 3:48:27

Although billed as a marathon the course was later found to be 42 km.
1. J. Harrington 3:58:09
2. A. Thompson 3:58:19
3. Partridge 3:58:29

20th October 1974
18 km, Pettinengo, Italy
1. J. Peronnik (30) 1:02:44
2. J. Kappeler (30) 1:03:45
3. - Crofante (30) 1:04:44

Women's Veterans
1. R. Salz (50) 2:10:37
2. J. Hutter 2:10:43
3. M. Cavan 2:10:46

November 20th
42.16 km, New Brunswick, France
1. F. Fourquet 3:48:24
2. H. Brossard 3:49:24

November 27th
Aluns Marathon, Neufchale, France
1st Veteran: E. Westphal 56 (SCH) 3:56:07
2nd Veteran: F. Feleand 50 (FRA) 4:01:40
3rd Veteran: S. Michant 44 (FRA) 4:07:20

30,000 m track race at Santa Barbara on October 19th, GERRY SMARTY (43) beat PETE MUNDE (45) in 32:45. Munde had run with a 50 m advantage at Central Park, New York, on November 2nd, with 5:53:09.
Walking

This year London to Brighton walk on September 7th which held in the front condition ever seen for the race—continual heavy rain and near gale force winds, mainly against the walkers. All who finished were real heroes.

Results:
1. R. Middleton (38) 8:17:50
2. D. Boxall (41) 8:45:05
3. F. Worth (40+) 9:13:08
4. B. Saunders (40+) 9:47:41
5. J. Reowin (42) 10:09:14
27. T. Tally (40+) 10:30:58
30. G. Hallifax (60) age best 10:37:19
32. H. Noon (45+) 10:42:41
F. G. Nickolls (37) 11:05:10
37. J. Morgan (45+) 11:36:45
39. L. McNee (70) age best 11:40:53

On the same day in Rome, but in vastly different conditions (19°F), Gerhard Weidner (41) was finishing 7th in the European 50 Kilometres in 4:10:52.

In the Highgate 1 hour race (28 September 1974), Harold Whitchurch, 1936 Olympic 30 kilometre champion put in a rare appearance to cover 6 miles 169 yards.

Bob Roberts, 2 years older at 72 but very fit from walking championships in Rome on August 1st.

In the Leicester 7 (October 5th) George Chaplin (43) covered 6 miles 189 yards.

In the 5Km—2:48:48
30Km—2:54:06 (30:02)
10Km—57:17 (28:29) 35Km—3:24:22 (30:16)
20Km—1:54:34 (29:01) 45Km—4:26:21 (31:02)
25Km—2:24:04 (29:34) 50Km—4:37:52 (31:31)

In another race at Central Park, New York, he was pitted against such class walkers as Romanski, Ladasay, McNee, Summers, etc., and finished 7th in a field of 39, clocking 1:47:55 for the 20 Kilometres, just 54 seconds outside his class 2 record. No need to say who the first veteran was.

Following thorough checking of the lap-scoring charts for the ACCOLADE 8 HOURS walking race, the result sheet has been adjusted and the final performances of the winner and veterans are now as follows:

Roy Thorpe (40) (Brighton) 49miles—21yards
14. T. Casey (40+) (Ri tol.) 45miles—37yards
10. D. Boxall (40+) (Brighton) 49miles—21yards
10. D. Boxall (40+) (Ri tol.) 49miles—21yards
10. D. Boxall (40+) (Ri tol.) 49miles—21yards
15. J. Dowling (40+) (Sheffield) 44miles—110yards

That evergreen character of international race walking, ARION FAMIC, finished third in Italy's 20 Km race walking championships in Rome on August 1st.

FRED NICKOLLS

Walking Results—cont.

11th October 1974
Leicester Open '7' Road Walk
G. Chaplin (44) (Cw. G.) 5:11

11th November 1974
London Open '7' Road Races
B. Boxall (41) 60:56

11th November 1974
Stamper Park '7', Brighton
B. Boxall (Hot WC) 58:36

25th June 1974
Winter Walk League, Redditch
G. Chaplin (43) (Cw.) 38:04

30th November 1974
London Winter League, Redditch
G. Chaplin (43) (Cw.) 45:31

23rd November 1974
Winter League, Coventry
G. Chaplin (43) (Cw.) 45:31

14th December 1974
Cambridge AC '7' Open Walk
K. Livermore 40 (Esf.) 54:43

25 December 1974
Enfield Open '7' Winter Walk
D. Boxall 40+ (Esf.) 57:59

CAMPAIGN FOR BETTER ROAD WALKING

1888 was a vintage year for walkers, and Charlie Speechley has been proving it ever since that January day—long ago when his great heart first began beating.

Eighty seven years old Charlie has been a member of Belgrave Harriers for 55 years and was their 20 mile champion (1hr 2m) when 24, and the following year (1923) he returned a 5m 24s for the Highbury Open '7' at Regents Park.

In the 1935 middlesex 10Km the time was 81:55, which 47, and the same year he did the county 2 in 15:27.

During the late Twenties, America saw his prowess. In the 1928 USA Olympic Trials at Newark, N.J. he finished 5th in his 3 miles in 24-12 and on Independence Day that year set a 2 mile handicap meeting record (of 60secs) with 14:38.

There were lots of sub 7:40 miles that year, including a 7:24 at Madison Square Garden.

It was back to England in 1929 and Charlie covered the London/Brighton course in 9:48:43. Since the end of World War II we have been blessed with his charming and modest presence at countless open and veteran events including the 100m and 200m sprints.

Some of his old age pensioners' times may never be beaten.

2nd Walk 17:24 ag: 67
3000m 20:02 82 (triple to 21-36 for 2m)
3200m 22:20 86 " (29:40-7m)
5 mile 43:17 68

2575 saw a year devoted to springtime. 1974 was the great come-back at walking. He improved his times in each of the five LESTER POINTS CUP races for Veterans AC to keep ahead of the landlapper and finished the season with 110 points for yet another trophy!

One of the high lights of the Veterans AC dinner and dance is to see Charlie, a Past President, dancing and giving the whole evening away, and putting many of his younger ones to shame.

F. G. Nickolls

I remember very well the Surrey Walking Club 4 day 100 mile races at Hoppenborough, held in 1954, I was a 20 year old attempting distance walking for the first time against the likes of Vic Stone, the then holder of the World's best 100 mile. Charlie (then a mere youngster at 66!) finished the first day's 25 miles in fine style and then enjoyed the holiday. He closely followed the fortunes of the rest of us on the remaining three days and was delighted at my surprise victory. It seems such a long time ago now but, incredibly, Charlie even then was an old age pensioner!!

Colin Young

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Dear Editor,

First and foremost we cannot agree with you more, we must have an International Veterans Federation. With such a Federation we can co-ordinate World Championships, and put an end to the uncertainty about events, height and implements and age qualifications.

Postbag -- 3kg, 5kg, 8kg, 15kg.

1 An International Federation should handle all aspects of Veteran competition, co-ordination being the key word.

2 Similar to the A.A.U. with Regional representation, each body to meet every 4 years, World Veterans T. & P. Championships, otherwise business to be decided by mail vote. This is a big question and would require a much closer look into various committees.

3 We are not oddity athletes, which we are possibly best qualified to manage, let us stick to what we know and let other sports manage their own affairs. It seems the Olympic Games could already be restricted to a few individual competitive sports so that we have a little less Nationalism and more of the "Veteran" good will.

Hoping to help and we looked for more copies of your fine magazine.

Yours faithfully,

J.J. JOWN
Secretary/Manager.

N.Z. Veteran, Australia.

Dear Editor,

I fear "Veteran" very much and think it is far the best magazine out. Please keep it going. I would like to respond to my friend Roger Rush of Canada. I side with Paul and Joe Phillips concerning the 12 week interval for all competitions, as was done in the Senior Olympics, Canadian and U.S. Masters and which will be done in the World Masters in Toronto.

I think Roger misses the main point of Veteran competition. It is not record setting (even though it is nice to do so that is important, it is participation and competition; the opportunity to compete with other peers or almost equal them. The main body of scorers in distance races in this area.

We call our age groupings, Divisions, 5 years within which events permit.

4 We use the exact date of birth.

5 Events competed in as follow the Olympic program. with the addition of 3:36 and 3:46 Walk.

6. We use for our full 50 years Steeplechase or hurdles events.

Dear Editor,

In this country there is no dearth of competition for the 30-39 group.

In fact this age group would appear to form the main body of scorers in this area.

This pre-vest thing could easily get out of hand. One must be able to enter pre-vests, leading naturally to the pre-pro-pre-vests stage, until we catch the waxy-supposer.

Let us remain uncomplicated and keep veterans' competition confined to the over 40's.

Yours sincerely,

Ken Hall.

World A.C.

Dear Editor,

With the turn of the year talk turns inevitably towards the World Masters Championships in Toronto, and in this context I have heard several comments about sponsorship of competitors.

I understand that the organization who can attract quality, have sponsored any competitor who ranks in the first three in the World at his event and within his age group. No doubt the sponsors want their money's worth, but surely the whole attraction of this meeting is that provided one has a certain standard of fitness, anyone can enter and cross swords with the best; and the greater volume of competitors will come from those who are willing to dig very deep into their pockets to attract the best talent from all over the country, many at the expense of the family budget. To me the whole attraction of Veteran Athletics has been the absence of the sponsored "star", who having been nurtured comfortably through a glowing career, probably retired with a little more than mere satisfaction from his efforts. He is now to be restructured to continue his well paid career at the expense of the true enthusiasts who are forming the backbone of the Masters movement, many of whom are in their thirtieth continuous season.

Having recently watched a "Spotlight Special" and wondered at the amount of money being poured into Sport is an endeavour to encourage the young people of this country, would it not be possible to filter off some of these funds as assistance to those who also look forward to many years in Sport, but who have a similar number of years behind them.

Might I suggest that the various regional organizers who are showing signs of getting together to form a National Association, seek sponsorship of all who are willing to compete in Toronto, winning either with travel or accommodation irrespective of the quality of the athlete concerned. If they have shown willingness to take part, then back off before their basis.

Bene state there must be a lot of forties-Sports Council or Industry.

Yours sincerely,

M.E. Morrall.

Word A.C.

Spotlight (Cont'd from page 35)

3rd overall in the Over 40 Australian 1000m Championships.

John says running is his life and he covers an average of 40 miles a week, Summer and Winter, showing that it is. He is currently set on getting to Toronto, Canada, for the August 1973 World Veterans and Field Championships and if he gets there (money is tight and he has to rely on sponsors) he will surely give, as always, a magnificent account of himself.

But John is a top Australian coach as well as a great veteran athlete. In the distance events his proteges include Fred Langford, David Eltringham and even his own son who has shown signs of getting together to form an Australian "Veteran" Champions. He also trained Max Rimington and Jeremy Winton, who represented Australia in the Christchurch Commonwealth Games, and a whole string of State Champion hurdlers down to juvenile level about all of whom, no doubt, will be eligible.

The end of the John Gilmour story? There is no end in sight. One man who has a long list of other than the presidency of the WA Marathon Club, Vice-President of the WA Veterans Club, a life member and Vice-President of both the WAAAA and the Canning District AAC (he actually founded the latter 25 years ago) and all are unanimous positions, for John takes his duties seriously and makes them so.

Above all John has one special attribute for the discerning. Whether he is standing talking to young-sters, officials, administrators, or sipping his lemonade during a fund raising "do" after a beautiful exhibition of hurdle dancing was the case, he always treated them alike. John is the real thing and his wonderful wife (who has always willingly gone along with "this mad, beautiful thing, athletics," even crazier Veteran Athletics") or receiving the admiring congratulations of his fellow athletes after a gold winning run in England, Finland, Sweden, Norway, Denmark or West Germany, John Gilmore is always, without doubt, a true and very modest gentleman.
When Runners World first appeared in the "sixties" it filled a gap in the athletics literature of the day. Instead of being just another specialist publication it was directed to all who ran, irrespective of standard and, as such, was quick to appreciate, at age too.

The American running fraternity at that time were largely confined to the collegiate system, where the vast majority were in their mid-teens, and converts from the jogging craze. In Britain, the club system was already strong and eager to take runners through to veteran status, which meant that the majority of vets were sooned campaigners. There seemed to be an "us versus them" in either country and one would have been justified in being sceptical of Runners World finding the audience it sought.

Well, Runners World proved the sceptics wrong. They found the journalistic formula which appealed to runners of all standards and their monthly magazine went from success to success. As runners themselves, the publishers knew just what athletes wanted to know and hear. Articles on the physiology of the runner were of immense interest and Dr. George Sheeham, the running doctor, was soon one of the most popular contributors.

Yes, Kenneth Cooper's famous "Aerobics" was undoubtedly responsible for large numbers of the sedentary population in the States getting out of doors to achieve Dr. Cooper's modest points totals and have fun at the same time. This, in turn, gave Runners World another boost and they then embarked on the very ambitious project of producing their "Month by Month" series. Each booklet studied an individual aspect of the world of the runner and looked at it in depth. It was practical, easy to assimilate and usually rewarding to read. No less than forty-three of these booklets have now been produced and there is no sign of them running out of steam. Suggests the correct habits. Gives advice on running as 'training.' It is a book for runners, by runners- and as the publishers say on the flyleaf "If you want to run seriously, don't start reading this book until you have finished reading every other book about running."

This booklet is not the first biography produced by Runners World, but it is certainly one of the most notable. It is a book directed to all who ran, irrespective of standard, and it should be read by every runner, whether veteran or otherwise.

The chapter on Foster's philosophy is particularly interesting and ranges from the dedication of his early cycling days in Britain to the feelings he experienced before, during and after the race against Thompson in New Zealand.

There are no less than 60 such articles by 42 different writers, and almost all are of value to the veteran athlete. Just as the non-readers of Runners World have a barrier on their hands, so too do the regulars who will find much new and interesting material within the 400 pages of this well illustrated book (88 photographs).

To some, the title may suggest yet another specialised book aimed at the aging or impeding champion. They couldn't be more wrong. It is a book for runners, by runners- and as the publishers say on the flyleaf "If you want to run seriously, don't start reading this book until you have finished reading every other book about running."

The most complete book on running ever published. Over 300 pages cover every aspect of the sport: training, racing, injuries, conditioning, nutrition, physiology, motivation etc. A valuable addition to every Runner's Library, selector International or Novice, Sprinter or Marathoner.

An up to date reference and guide book for all your running questions and problems.