CONTENTS

Editorial ........................................ 3
Race Details (9th World Champs for marathon and 10 km) ............ 7
British National Vets C.C. ................................ 10
You and Your Heart ................................ 14
The Bob Shminkle Column ................................ 20
U.K. Results ........................................ 21
1975 World Rankings by John Hayward .................... 27
Coroebus ........................................... 32
How my dog got me in with the Vets by Michael Reiman ....... 35
World News & Results: Australia .................. 36
Canada ........................................... 37
New Zealand ................................ 40
U.S.A. ............................................ 42
Finland ............................................ 45
An Introduction to the World of Fell Running by W. R. Smith ....... 46
Book Review ....................................... 52
Walking ............................................ 53
Postbag ............................................. 54
Veteran Organisers ................................ 56

Subscription Rates
Four issues a year—All prices include postage

United Kingdom: £3.00
Europe: £3.50
N. America: £8.00
S. America: request
Africa & India: rates on request
Australia: £9 per ¼ page
New Zealand: £15 per ¼ page

Advertisement Rates per insertion
£3 per s.c. inch
£3 per % page 10% discount on series of four
£20 per page consecutive bookings

FRONT COVER (Ed Lacey): The British Veterans National C.C. Field streaks over the first hill with Fowler (43), Gomez (213) and Cooper (318) already to the fore.

FRONTISPIECE (Ed Lacey): Dick Cooper keeps a wary eye on an intruding dog as he leads the race over Parliament Hill Fields.
**EDITORIAL**

When the IAAF Council meet in London this month they will be considering a proposal from the United States AAU that the following paragraph be added to Rule 110C:

> “All athletes over the age of forty shall be eligible for competitions amongst others of like age in veteran championships. Athletes over the age of forty, who comply with Rule 53, shall also be eligible for open competition. Competing in veteran events shall not prejudice an athlete from competition in open events.”

It is unfortunate that such an important proposition should be so badly worded. To anyone not familiar with veterans and the ex-pro problem it is misleading to say that the “IAAF context “all athletes” means all eligible (i.e. amateur) athletes while the “context “all veterans” means all athletes of like age” could well be a reference to age-groupings and is superficial anyway at veteran events can only feature veterans, i.e. in distinction. The third sentence simply repeats the second in another form. “Open competition” is also imprecise.

Resolution of this nature need to be compiled with great care, as a constitution rule change has to have a clarity which will enable the most remote of IAAF members understand it.

What is the problem to say the, is ineligible veterans shall be permitted to compete in veteran events (held under IAAF rules) without eligible veterans having their amateur status affected?

It is clear that the vast majority of veterans are in favour of such an amendment and it is to be unfortunate if the ambiguous and foggy wording of the amendment was instrumental in its probable rejection.

In their consideration of the above proposition the IAAF should note that it is not enough for them to rely on the reinstatement clause for ineligible veterans. To presume that a dash of apologists for reinstatement indicates a negligible desire to enter or return to amateur athletics at 40 would only show how out of touch with reality they are. Ineligible veterans, more perhaps than any others, are unlikely to regard entry to competition as so important that they are prepared to go through the formal rigmarole of applying for renewal of amateur status. Such application has to go through the national body first and can take time which, for instance, being far more lenient than say Australia, who has a pro 'problem'. There would be no equity.

The need for the IAAF to accommodate the move as a special case is urgent from another viewpoint. Only the IAAF can give events world championships status. If this were not so there could be no more so-called world championships held throughout the globe. For instance, a Frenchman recently sought to hold a world schools athletics championship, and there was, in effect, an invitation to the Toronto meeting. Such promotions manage alright with their grandiose titles until disasters or real promotions appear on the scene. When this is really the world title!

Such a situation has already hit the veteran scene and we publish in this issue an open letter written by Jack Fitzgerald (GB), chairman of the international veterans committee formed at Toronto, directed to West German organiser Arthur Lambert and Willi Human. The Germans were the innovators of world veteran championships for marathons and they deserve all praise for such ideas. Their decision to promote such a championship was welcomed by all.

Their subsequent decision to 'permit' the venue to be moved away was also welcomed by all. But what reactions can be expected when they make a unilateral decision to reduce the veteran age to 32, and when the Coventry organiser resolves to adhere to the universal 40 the Germans lay on an alternative race in the Canary Islands also called the 1976 World Championships?

Neither race really has the right to call their event a World Championship-not even Toronto had that position, by the IAAF is imperative. The movement, through a commonly accepted organisation can such an acceptance to veteran promotions. They would harm the veteran athletes" means all athletes over the age of forty, who comply with Rule 53, shall also be eligible for open competition. Competing in veteran events shall not prejudice an athlete from competition in open events.”

When the IAAF Council meet in London this month they will be considering a proposal from the United States AAU that the following paragraph be added to Rule 110C:

> “All athletes over the age of forty shall be eligible for competitions amongst others of like age in veteran championships. Athletes over the age of forty, who comply with Rule 53, shall also be eligible for open competition. Competing in veteran events shall not prejudice an athlete from competition in open events.”

It is unfortunate that such an important proposition should be so badly worded. To anyone not familiar with veterans and the ex-pro problem it is misleading to say that the “IAAF context “all athletes” means all eligible (i.e. amateur) athletes while the “context “all veterans” means all athletes of like age” could well be a reference to age-groupings and is superficial anyway at veteran events can only feature veterans, i.e. in distinction. The third sentence simply repeats the second in another form. “Open competition” is also imprecise.

Resolution of this nature need to be compiled with great care, as a constitution rule change has to have a clarity which will enable the most remote of IAAF members understand it.

What is the problem to say the, is ineligible veterans shall be permitted to compete in veteran events (held under IAAF rules) without eligible veterans having their amateur status affected?

It is clear that the vast majority of veterans are in favour of such an amendment and it is to be unfortunate if the ambiguous and foggy wording of the amendment was instrumental in its probable rejection.

In their consideration of the above proposition the IAAF should note that it is not enough for them to rely on the reinstatement clause for ineligible veterans. To presume that a dash of apologists for reinstatement indicates a negligible desire to enter or return to amateur athletics at 40 would only show how out of touch with reality they are. Ineligible veterans, more perhaps than any others, are unlikely to regard entry to competition as so important that they are prepared to go through the formal rigmarole of applying for renewal of amateur status. Such application has to go through the national body first and can take time which, for instance, being far more lenient than say Australia, who has a pro 'problem'. There would be no equity.

The need for the IAAF to accommodate the move as a special case is urgent from another viewpoint. Only the IAAF can give events world championships status. If this were not so there could be no more so-called world championships held throughout the globe. For instance, a Frenchman recently sought to hold a world schools athletics championship, and there was, in effect, an invitation to the Toronto meeting. Such promotions manage alright with their grandiose titles until disasters or real promotions appear on the scene. When this is really the world title!

Such a situation has already hit the veteran scene and we publish in this issue an open letter written by Jack Fitzgerald (GB), chairman of the international veterans committee formed at Toronto, directed to West German organiser Arthur Lambert and Willi Human. The Germans were the innovators of world veteran championships for marathons and they deserve all praise for such ideas. Their decision to promote such a championship was welcomed by all.

Their subsequent decision to 'permit' the venue to be moved away was also welcomed by all. But what reactions can be expected when they make a unilateral decision to reduce the veteran age to 32, and when the Coventry organiser resolves to adhere to the universal 40 the Germans lay on an alternative race in the Canary Islands also called the 1976 World Championships?

Neither race really has the right to call their event a World Championship-not even Toronto had that position, by the IAAF is imperative. The movement, through a commonly accepted organisation can such an acceptance to veteran promotions. They would harm the veteran athletics" means all athletes over the age of forty, who comply with Rule 53, shall also be eligible for open competition. Competing in veteran events shall not prejudice an athlete from competition in open events.”

When the IAAF Council meet in London this month they will be considering a proposal from the United States AAU that the following paragraph be added to Rule 110C:

> “All athletes over the age of forty shall be eligible for competitions amongst others of like age in veteran championships. Athletes over the age of forty, who comply with Rule 53, shall also be eligible for open competition. Competing in veteran events shall not prejudice an athlete from competition in open events.”

It is unfortunate that such an important proposition should be so badly worded. To anyone not familiar with veterans and the ex-pro problem it is misleading to say that the “IAAF context “all athletes” means all eligible (i.e. amateur) athletes while the “context “all veterans” means all athletes of like age” could well be a reference to age-groupings and is superficial anyway at veteran events can only feature veterans, i.e. in distinction. The third sentence simply repeats the second in another form. “Open competition” is also imprecise.

Resolution of this nature need to be compiled with great care, as a constitution rule change has to have a clarity which will enable the most remote of IAAF members understand it.

What is the problem to say the, is ineligible veterans shall be permitted to compete in veteran events (held under IAAF rules) without eligible veterans having their amateur status affected?

It is clear that the vast majority of veterans are in favour of such an amendment and it is to be unfortunate if the ambiguous and foggy wording of the amendment was instrumental in its probable rejection.

In their consideration of the above proposition the IAAF should note that it is not enough for them to rely on the reinstatement clause for ineligible veterans. To presume that a dash of apologists for reinstatement indicates a negligible desire to enter or return to amateur athletics at 40 would only show how out of touch with reality they are. Ineligible veterans, more perhaps than any others, are unlikely to regard entry to competition as so important that they are prepared to go through the formal rigmarole of applying for renewal of amateur status. Such application has to go through the national body first and can take time which, for instance, being far more lenient than say Australia, who has a pro 'problem'. There would be no equity.
It was the latter of results etc of the December edition, we failed to report the very important item that immediately preceded the National Track and Field Championships at Liverpool the Inter-Club was held. Since then the first official delegations were held on 8th February at Coventry Baths, and a more definite policy has emerged. The Officers elected at the Inter-Club meeting were George Phillips (Chairman), Jack Fitzgerald (Vice-Chairman) and Ken Hartland (Treasurer). Ron Blundell was elected as Secretary, but subsequently reported that he was unable to accept this post owing to a change of job.

Accordingly, at the Coventry meeting Norman Ashcroft was elected Hon. Secretary and Ron Franklin appointed as Minute Secretary. Three representatives from both the Women's Veterans Athletic Club and Northern Veterans A.C. and two representatives from Midlands Vets A.C. and Southern Counties Veteran A.A.A., attended the meeting. The motion that the 30-34 age group be exempt for women over 35 was carried.

Several decisions were made regarding the financing and administration of the organisation.

On the finance side, it was agreed that an annual registration fee should be charged for all individual constituents to the Federation by April 1st each year. It was also agreed that with the exception of the Inter Counties 10,000 Metres Road Race, which would continue to be held at Leamington each June, National Track and Field and Cross Country Championships should operate on a rota system to the three areas in turn.

At this year's Cross Country Championships were held at Parliament Hill Fields and last year's at the same venue. We decided to attempt to hold in the Midlands on the third Sunday in February.

Because of the uncertain date of the proposed 2nd World Track & Field Championships at Gothenberg, it was decided that National Championships could not be fixed, but it was agreed that they be held in the South, probably in Mid or Late July. It was also agreed that in future National events, women participate in both the Cross Country and Track and Field on the same occasion. It was agreed that British Veterans who compete in National events should be members of an appropriate Veteran or Masters Association, and that it be held in the Manchester Area. If balance in the Finnish team was not impossible in one race, we estimate at least a 1000 Metres Road Race at the Coventry Area, which we discussed with you and your committee at the last meeting of this organisation in this matter, but I would like to remind you of the following facts.

Since losing money after being led off course by a traffic officer, Jack Foster (43) won the New Zealand National Marathon title on March 6th in a time of 2:37:22, while only running 10 miles of the Marathon venue on August 14th. How about that!
Most synthetic sports surfaces tend to become rather unsporting when the temperature drops. The resilience of Royalene Sports Surface, on the other hand, stays remarkably constant under all conditions at all times of the year. So the surface you train on will feel the same as the one you compete on. And this isn't the only reason why Royalene's unique synthetic rubber makes it superior to its competitors.

Ball bounce is spot on and utterly predictable because Royalene is factory-produced under rigorous control of both quality and dimension. Grip experienced over a wide variety of foot gear is sure and completely consistent.

You think that, because it offers so much more, Royalene would lose out a little to its competitors on cost. But Royalene Sports Surface wipes the floor with them price-wise too.

For further information without obligation please contact Gerry Robertson, Uniroyal Limited, Heathhall, Dumfries, Scotland. Tel: 0387 3111 Telex: 728783.

**RACE DETAILS**

**The 9th World Veteran Marathon Championship**

**COVENTRY BATHS, COVENTRY, ENGLAND**

**AT 9.00 A.M. SUNDAY, 15TH AUGUST 1976**

1. **ORGANISERS**
   The Race is being organised and promoted jointly by the Coventry City Council and the Midland Veterans Athletic Club under I.A.A.F. laws.

2. **CORRESPONDENCE**
   All correspondence, entries etc., should be sent to:
   Mr. P.M. MacGregor, 
   Director of Recreation, 
   9th World Veterans Championships - Marathon, 
   Council House, 
   Earl Street, 
   Coventry CV1 5RR, 
   England.
   Marked for the attention of J. Rowley, Race Secretary.
   Tel.No. 0203 25555, Ext. 2360.

3. **ENTRY QUALIFICATION & FEES**
   Open to amateur (Male and Female) veteran athletes who will compete in separate races (although for the purpose of administration they will run together). Males must be 40 years of age or over, and Females 35 years of age or over on the day of the race.
   Entries close: 31st May, 1976 (no late entries accepted).
   Entrance Fee £4.00: Includes Dinner £3.00. Accommodation Fee per night, Bed and Breakfast, Evening Meal in Halls of Residence (single beds) £6.00.
   Cheques/Bankers Orders/Money Orders in sterling made payable to Coventry District Council and sent to above address.
   Age Classes will be:-
   Male: 1A 40-44 years 1B 45-49 years
   2A 50-54 years 2B 55-59 years
   3A 60-64 years 3B 65-69 years
   4A 70-74 years 4B 75-79 years
   5 80 years or over
   Female: WO 35-44 years W1 45-54 years
   W2 55 years or over
   All ages as on the day of the Race.

4. **MEDICAL CERTIFICATE**
   This must be completed and returned with the completed Entry Form with appropriate fees. No entries will be accepted without a signed Medical Certificate.

5. **TEAM EVENTS**
   All male competitors will be entered in their National and Club Teams, in which any number may be entered. Only the times of the first three runners in any team, regardless of age, will be totalled to determine the team result.
   There are no female team events.
   There are no team entry fees, but all team members must enter as individuals and pay their entry fee. Competitors must be first claim members of the club they represent.
   Violations by any competitor will result in his disqualification and being reported to the International Veterans Committee.

6. **AWARDS**
   (a) **INDIVIDUAL AWARDS** will be made to the first three competitors to finish overall in the male race, and the first three to finish in each age class, including the female classes. There will be a special award for the first female runner to finish.
   (b) **TEAM AWARDS** will be made to the first three national teams, and the first three club teams to finish overall. There are no age group team awards.
   (c) **COMMEMORATIVE AWARDS** All competitors who complete the course will receive a race souvenir.
   Competitors who complete the course in the five (5) hour time limit will receive a certificate showing their time and finishing position in their class.

7. **REGISTRATION**
   Competitors may register on:-
   (i) Thursday, 12th August.
   9.00 am to 12.00 noon
   1.00 pm to 5.00 pm
   (ii) Friday, 13th August.
   9.00 am to 12.00 noon.
   1.00 pm to 5.00 pm.
FEEDING STATIONS: Feeding and sponge stations will be established as near as possible to international rules.

Feed at 11.3Km - 16Km - 21Km - 26Km - 31Km - 36Km - 41Km.

Sponge at 13Ks - 18Ks - 23Ks - 28Ks - 33Ks - 38Ks - 43Ks.

The organisers will provide various drinks that will be easily identifiable and conveniently on tables for competitors to help themselves. Unauthorized feeding is not allowed and will lead to the disqualification of the competitor concerned.

FINISH: The Finish will be in the road outside Coventry Baths. SAFETY: Supporters and spectators must not follow the runners around the course or offer refreshments, since this may lead to the disqualification of the competitor.

Personal attendants on the course are not allowed. Roads must be kept clear for the normal travelling public, officials, Police, Ambulance, competitors and supplies. Selfish behaviour is bad for the sport.

SAFETY: Runners must keep to the left hand side of the road. Rules must be closely adhered to, but all major intersections will be policed, and in the interests of safety runners must obey the instructions of Course Marshals and Police.

The highest part of the course is less than 200 metres above the lowest.

AND THE 10Km WORLD VETERAN CHAMPIONSHIP

RUGBY, WARWICKSHIRE, ENGLAND

2.00pm SATURDAY 14th AUGUST 1976

1. ORGANISERS

The race is being organised by Rugby and District Athletic Club under I.A.A.F. rules.

2. CORRESPONDENCE

All correspondence, entries, etc. should be sent to: Mr. R. B. Humphries, 361, Dunchurch Road, Rugby, Warwickshire, England.

Telephone: Rugby 812141.

3. ENTRY QUALIFICATION

Open to amateur (male and female) veteran athletes who will compete in separate races (although for the purpose of administration they will run together).

Males must be 40 years of age or over, and females 35 years of age or over on the day of the race.

Age Classes will be:

Male: 40-44 years - 45-49 years - 50-54 years - 55-59 years - 60-64 years - 65-69 years - 70-74 years - 75-79 years - 80 years or over

Female: 35-44 years - 45-54 years - 55 years or over

All ages on day of race.

4. AWARDS

COMMENORATIVE AWARDS: All competitors who complete the course will receive a race souvenir. Conquerors who complete the course will receive a certificate showing their time and finishing position in their class.

5. REGISTRATION

Competition must register on the day of the race at Dunsmore School, Rugby, from 9.30 am until 11.30am. Race commences at 2.00pm. Numbers must be worn high up on vests (NOT ON SHORTS).

6. RACE DETAILS

The race will start promptly at 2.00pm on Saturday 14th August from outside Dunsmore School.

Competitors who refuse to start from behind the start line will be disqualified.

Runners must keep to the left hand side of the road. The roads cannot be closed to traffic, but all major intersections will be policed, and in the interests of safety, runners must obey the instructions of course marshals and police.

Finish will be on the playing field of Dunsmore School.

SAFETY: Supporters and spectators must NOT follow the runners around the course or offer refreshments, since this may lead to the disqualification of the competitor.

5. REGISTRATION

Runners must register on the day of the race at Dunsmore School, Rugby, from 9.30am until 11.30am. Race commences at 2.00pm. Numbers must be worn high up on vests (NOT ON SHORTS).

6. RACE DETAILS

The race will start promptly at 2.00pm on Saturday 14th August from outside Dunsmore School.

Competitors who refuse to start from behind the start line will be disqualified.

Runners must keep to the left hand side of the road. The roads cannot be closed to traffic, but all major intersections will be policed, and in the interests of safety, runners must obey the instructions of course marshals and police.

Finish will be on the playing field of Dunsmore School.

POSTAL BOOK SALES

RUNNERS WORLD BOOKLETS

Send to Book Dept., "Veterian", 24 Frystien Avenue, Coulsdon, Surrey CR3 2 FP enclosing cheque or postal order payable to "VETERIAN". All prices quoted are inclusive of postage and packing.

Food for Fitness covers diet for all sports. Eat the right foods. 140 pages. Price: £1.60.


Encyclopedia of Athletic Medicine Emphasis is on prevention, stopping injuries and ailments at the source. Disability of bones, muscles, arteries, tendons etc. and internal problems are dealt with. 100 pages. Price: £1.10.

The Runner's Diet Suggests ways to improve performance through dietary control. 84 pages. Price: £1.10.

11th March Race Walking is surveyed, with advice on training and mastering the technique. 56 pages. Price: 85p.


The Complete Runner's Article on style, training, philosophy, diet, conditioning, running for fun, great runners and races, motivation, injury prevention, etc. 400 pages. Hardback. £5.50.

Guide to Distance Running Nearly 100 articles divided into 5 chapters: Basics, Races and Racing, Coaching and Training, The Reasons Why, The Philosophy, Diet, conditioning, running for fun, great runners and races, motivation, injury prevention, etc. 400 pages. Paperback. £3.15.

Food and Fitness is aimed at the beginner or the athlete returning to fitness, but still of value to the thinking veteran. 64 pages. Price: 85p.

First Steps to Fitness is aimed at the beginner or the athlete returning to fitness, but still of value to the veteran. Over 50 topics discussed from the entrance fitness point of view. 64 pages. Price: 85p.
FOUR-YEARS-RETAINS-HE-MOST-CONFIRMED-CC-TITLE
by Jack Fitzgerald

FOXY WILSON
praised the efforts of the Southern Committee for a
great season. The following list gives the members
who

ROY WILSON

Fifty-four years old Roy Wilson won the British National Cross Country Championship at
London's

Pineapple of Fun

Pineapple of Fun

The Veterans' Cross Country Championship at London's

Pineapple of Fun

Pineapple of Fun
JACK BROWN WINS THE OVER 50 TITLE

The start up the hill from the swimming baths saw Ken Hall, the previous champion, in early but to establish his authority. This brave effort came to grief however in the first muddy ditch when he missed his footing and came to an abrupt halt. This enabled Jack Brown, of Cambridge, and the bare-footed Wallace of Newport to open the gap they needed for immediate effect. Wallace ran the next muddy portion so well that at they came back through the mile gate he had a 30m lead on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. This brave effort came to grief however in the first muddy section of the loop but Jack could not be held as soon as the going improved and he ran home winner by 11 seconds.

The white head of Wallace again made Ken Hall was isolated in third place and George the Toronto physical fitness tests where he excelled. Wallace ran the next muddy portion so well that at as they came hack through the mile gate lw had a 30m lead on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. This brave effort came to grief however in the first muddy section of the loop but Jack could not be held as soon as the going improved and he ran home winner by 11 seconds.

Ken Hall was isolated in third place and George the Toronto physical fitness tests where he excelled. Wallace ran the next muddy portion so well that at as they came hack through the mile gate lw had a 30m lead on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. This brave effort came to grief however in the first muddy section of the loop but Jack could not be held as soon as the going improved and he ran home winner by 11 seconds.

Ken Hall was isolated in third place and George the Toronto physical fitness tests where he excelled. Wallace ran the next muddy portion so well that at as they came hack through the mile gate lw had a 30m lead on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. This brave effort came to grief however in the first muddy section of the loop but Jack could not be held as soon as the going improved and he ran home winner by 11 seconds.

Ken Hall was isolated in third place and George the Toronto physical fitness tests where he excelled. Wallace ran the next muddy portion so well that at as they came hack through the mile gate lw had a 30m lead on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. This brave effort came to grief however in the first muddy section of the loop but Jack could not be held as soon as the going improved and he ran home winner by 11 seconds.

Ken Hall was isolated in third place and George the Toronto physical fitness tests where he excelled. Wallace ran the next muddy portion so well that at as they came hack through the mile gate lw had a 30m lead on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. This brave effort came to grief however in the first muddy section of the loop but Jack could not be held as soon as the going improved and he ran home winner by 11 seconds.

Ken Hall was isolated in third place and George the Toronto physical fitness tests where he excelled. Wallace ran the next muddy portion so well that at as they came hack through the mile gate lw had a 30m lead on Jack. The fast mile section was enough for road-running Jack to quickly make up the 30m gap on Jack. This brave effort came to grief however in the first muddy section of the loop but Jack could not be held as soon as the going improved and he ran home winner by 11 seconds.
The following succession of articles are all related to the heart in some form. All should be of interest to the veteran athlete. There has been a dearth of mysticism and superstition surrounding this vital organ for centuries, and even today old wives tales abound. The heart is probably the strongest muscle in the human body and, like many muscles, it can be abused, neglected or overlooked - it is a variety of ways.

It is a popular belief amongst insurance companies that strenuous exercise is a sure insurance against cardiac problems. An insurance of sorts it certainly is, but there are other factors which have a significant part to play as well - psychological stress, diet and exercise. The last factor one cannot do much about but if the approach to the other three is sensible then longevity on your active life is a strong possibility. Poor diet can also negate the benefits of a peaceful mind and regular exercise, whilst acute stress can similarly bring down the super-fit body to a wreck situation in double-quick time.

The heart is the cornerstone of the cell, so perhaps that is why it receives the most attention. But is it an active organ? How many coaches have ever had an electrocardiogram (E.C.G.) taken? Is it a routine medical by your G.P. is obviously of some value, but an in-the-heart is concerned behaviour at rest can be quite different from behaviour under physical stress.

Those veterans who are considering taking up, or resuming a long period, regular physical activity would be well advised to have a stress-test. Let's face it, there have been deaths through beginners undertaking too rigorous a programme - beginners who have felt perfectly happy during a low level of activity. Such cases would almost certainly have been picked up by an exercise E.C.G. and, under a carefully controlled training programme they could still have been exercised in safety. In the still enclosed space of the race-room, he was obviously talking to me -- me, who hadn't said anything in, that if I had a heart like yours I would have had no doubts. The test results were anticipated if the afternoon's test would indicate normalcy under work-load; but at what point? I had visions of a hail of medical students waiting with bated breath for the results to be relayed through. In the still enclosed space of that room the humidity soared as the perspiration flowed. Throughout the test the heart was also monitored visually on a screen, though at Mark 9 I was in no state to watch it!

Post-exercise traces were taken at 15 seconds, one minute, three minutes and five minutes to check behaviour during recovery. All of the traces were taken from other electrodes so their pattern was different from that illustrated in figure 2. Figure 3 shows the trace just before exercise and the "fault" is indicated here by the difference in levels between the start and finish of the Q wave. The test was to see if, and when, these points levelled out, and when they re-occurred on recovery. Figure 4 shows the trace at Mark 3 and figure 5 the trace at Mark 4, and it can be seen that the latter work-load did the trick at about 75 beats per minute.

The beating of my own heart was all the sound I heard. I had gone to the Cavendish Medical Centre for a full screening the previous week. I had simply felt that it was a good idea for a veteran to have a comprehensive examination every three years or so, and to know that everything imaginable had been entered in the U.C. records, with copies to my own doctor. But I had close on with the complacency of the typical athlete -- you know, "there is no real need for me to be here -- the heart rate has been going on, and in normal conditions the heart rate alone was not the criterion but that other factors such as work-load and stroke/volume decided when the "connection" should switch in or out.

Just one final part remained to be done. A five minute spell of cycling at Mark 6, culminating in a 30 seconds sprint at 40 KPH, and the largest calibration of the resting E.C.G. set-up for a post-recovery check with the foot and wrist electrodes attached. As I staggered from one room to the next on buckling legs, and in an aura of sweat, I only hoped that I didn't faint.
The heart test

away any unsuspecting persons who had come along for a quiet civilized screening. Figure 8 shows the trace after one minute's recovery with the "T" wave still in the proper position. Figure 9 (after three minutes) and figure 10 (after five minutes) show the patterns with the "T" wave back in its original dropped position.

All was now complete and, as I sat back enjoying my tea and biscuits, the cardiologist analyzed the results and gave me the reassurance I had come for. "It's rather like using a six-cylinder car and driving around on four of them for much of the time" he said. "When a certain word-load calls for increased power then the other two cylinders switch in as long as needed". So, when I shoot past my rivals with a surge of power in the middle of my next race they will know why! Though, somehow, I don't think its quite like that.

So I was cleared, even though my heart behaviour was not "normal", and it made me wonder whether long-term training itself could produce healthy abnormalities - something we will not know for sure until heart testing becomes as widespread as men X-ray.

There is nothing unique in this case. I rule it simply because I believe other veterans will be interested, and that if one is outside the 95% normal range it does not necessarily mean one is sub-normal; and last, but by no means least, the value of screening. My screen was O.K., but as the cardiologist said: "This record could well be of immense value to you in the future". My resting ECG could easily be interpreted as heart damage and should this trace not be revealed until very late in life, perhaps during an emergency situation or through chest pains caused by some other factor, then diagnosis of the true condition could be missed. In short, no one would know that the abnormal reading was normal for me.

Screening provides a base line for your medical history. A 100% pass can be of considerable reassurance. I had been reassured; and although I had been confident enough to take my running gear along with me for a run afterwards, I must admit that I floated round Regents Park with a much springier stride than usual that afternoon.

The effects of endurance exercise on an individual case of heart disease

by William C. Herrick MD

53 years-old Bill Hargus of the San Diego Track Club, died from heart failure on September 30th last. He first had a heart attack back in 1964 but, after recovery, tuned to distance running where he became fit enough to complete 22 marathons in the ensuing years. Because Bill Hargus's condition would be of concern to other veteran athletes the San Diego Track Club Newsletter published, at Mrs. Cathy Hargus's request, the following summary and comments on Bill's autopsy.

To summarize the pertinent findings at autopsy, Bill Hargus died of cardiac insufficiency (or insufficiency of heart muscle). This was due to previous old areas of coronary thrombosis and myocardial infarction which occurred ten years prior to his final demise. This process which occurred ten years ago was followed by scarring and calcification of the area of involved heart, creating essentially a non-productive area of the heart. This type of damage is not reversible and to a large degree the asthenia of the vessel and damage is ordinarily progressive.

Bill Hargus did not have a fatal coronary thrombosis or myocardial infarction that could be seen by the examiner. His heart failure and insufficiency stemmed from his previous massive attack and progressive athrosclerosis which occurs essentially in most people as part of the aging process.

One can only postulate at this point on the effect that ten years of running had on Bill Hargus's heart. It would seem reasonable that aerobic exercises and running would increase the efficiency of oxygen consumption and metabolism of the cells of the body, greatly decreasing the work-load of his heart. In other words it would seem reasonable that had Bill Hargus not been a runner, he had more than such severe heart problems and died much sooner than he did.

Running & heart disease

by David Elrick MD

The following remarks were prompted by the recent death of Bill Hargus. They are based on 9 years of personal research, a careful reading of the medical literature on the relationship of living habits (especially exercise and diet), heart disease, optimal healthfulness, and longevity. Dr. Elrick enumerates the many factors involved in heart disease and seeks to show that there is no panacea for this condition. For those who believe they have the simple single answer it is a case of wishful thinking versus the facts.

Many concerned and thoughtful people are searching for a shortcut or simple way to good health and protection from heart attacks. Some have convinced themselves that running or some other form of exercise in the correct way is the answer. Others believe strongly that a certain diet or food supplement is the answer. Still others consider heredity or personality type the most important factor(1). Finally, there are those who look upon athrosclerosis (hardening of the arteries) as an inevitable part of the aging process, and therefore are no way to avoid heart attacks.

Those who put their faith in exercise have even narrowed it down to a certain amount as the effective dose; the marathon every so often, or a daily run of more than 6 miles (2). Another promises "total fitness in 30 minutes per week" by doing any exercise which burns 300 calories per day (shopping, housework, carrying groceries) (3).

What are the facts based on a very large and impressive volume of scientific research over the past 20 years? The "cause" of heart attacks is complex. At least 15 factors (the so-called coronary risk factors) are known to be involved, and it is probable that still others will be identified in the future (4). High blood pressure, high blood cholesterol, and cigarette smoking are considered by some to be the most important factors. Other risk factors are overweight, high blood triglycerides, diabetes, high blood uric acid, sedentary life, family history of heart disease or diabetes, male sex, personality type, EKG...
My heart attack...the best thing that happened to me!

by George W. Knox

Dr. George W. Knox is a practicing psychologist and hypotherapist in Columbus, Ohio—but he very nearly wasn’t. It took the traumatic shock of a heart attack to make him realize that optimum health depended on three factors: natural diet, endurance exercise and alienation of stress.

My heart attack was the best thing that ever happened to me. This may sound odd to those who’ve known the searing pain of a heart attack and the terrifying sensation of flirting with death, but my attack shocked me into changing my lifestyle and I’m healthier now than I’ve ever been.

Before my attack I was half dead and didn’t know it. I wasn’t sick—I was just an average guy in poor health who’d never paid any attention to his physical condition. I was 30 pounds overweight—crowding 200 pounds at the ages of 24 and 25. I had a blood pressure of 140/90, and the sister of the Nightingale was my doctor. It took the traumatic shock of a heart attack to make him realise that optimum health depended on three factors: natural diet, endurance exercise and alienation of stress.

My heart attack was the best thing that ever happened to me. This may sound odd to those who’ve known the searing pain of a heart attack and the terrifying sensation of flirting with death, but my attack shocked me into changing my lifestyle and I’m healthier now than I’ve ever been.

Before my attack I was half dead and didn’t know it. I wasn’t sick—I was just an average guy in poor health who’d never paid any attention to his physical condition. I was 30 pounds overweight—crowding 200 pounds at the ages of 24 and 25. I had a blood pressure of 140/90, and the sister of the Nightingale was my doctor. It took the traumatic shock of a heart attack to make him realise that optimum health depended on three factors: natural diet, endurance exercise and alienation of stress.

My heart attack was the best thing that ever happened to me. This may sound odd to those who’ve known the searing pain of a heart attack and the terrifying sensation of flirting with death, but my attack shocked me into changing my lifestyle and I’m healthier now than I’ve ever been.

Before my attack I was half dead and didn’t know it. I wasn’t sick—I was just an average guy in poor health who’d never paid any attention to his physical condition. I was 30 pounds overweight—crowding 200 pounds at the ages of 24 and 25. I had a blood pressure of 140/90, and the sister of the Nightingale was my doctor. It took the traumatic shock of a heart attack to make him realise that optimum health depended on three factors: natural diet, endurance exercise and alienation of stress.

My heart attack was the best thing that ever happened to me. This may sound odd to those who’ve known the searing pain of a heart attack and the terrifying sensation of flirting with death, but my attack shocked me into changing my lifestyle and I’m healthier now than I’ve ever been.

Before my attack I was half dead and didn’t know it. I wasn’t sick—I was just an average guy in poor health who’d never paid any attention to his physical condition. I was 30 pounds overweight—crowding 200 pounds at the ages of 24 and 25. I had a blood pressure of 140/90, and the sister of the Nightingale was my doctor. It took the traumatic shock of a heart attack to make him realise that optimum health depended on three factors: natural diet, endurance exercise and alienation of stress.

My heart attack was the best thing that ever happened to me. This may sound odd to those who’ve known the searing pain of a heart attack and the terrifying sensation of flirting with death, but my attack shocked me into changing my lifestyle and I’m healthier now than I’ve ever been.

Before my attack I was half dead and didn’t know it. I wasn’t sick—I was just an average guy in poor health who’d never paid any attention to his physical condition. I was 30 pounds overweight—crowding 200 pounds at the ages of 24 and 25. I had a blood pressure of 140/90, and the sister of the Nightingale was my doctor. It took the traumatic shock of a heart attack to make him realise that optimum health depended on three factors: natural diet, endurance exercise and alienation of stress.

My heart attack was the best thing that ever happened to me. This may sound odd to those who’ve known the searing pain of a heart attack and the terrifying sensation of flirting with death, but my attack shocked me into changing my lifestyle and I’m healthier now than I’ve ever been.

Before my attack I was half dead and didn’t know it. I wasn’t sick—I was just an average guy in poor health who’d never paid any attention to his physical condition. I was 30 pounds overweight—crowding 200 pounds at the ages of 24 and 25. I had a blood pressure of 140/90, and the sister of the Nightingale was my doctor. It took the traumatic shock of a heart attack to make him realise that optimum health depended on three factors: natural diet, endurance exercise and alienation of stress.
The Bob Shrunkle Column

The SCAA meeting held at Crystal Palace on 12 November saw Jack Brown of Cambridge Harriers (double bronze 10,000 and 5,000 in World's Masters) recording 16.28 for 5,000. He was trying to beat his own record of 16.14 which he set winning the UK Masters crown. Oh, the record was won by Nicholas Lines (17) in 16.22 for a new UK age-best.

The 40–49 age group race in the National Vets Cross Country Championships at Parliament Hill Fields saw an impressive finish to cap off the first ditch full of foul that he could. His injury was further insured by these three with marks of 6.99, 5.84, 5.83. They explained that these marks were for technical merit and that it would have awarded a 5.9 but it was too early in the competition.

The Bob Shrunkle Column

The 20th of November found him. He was stretched out on his back in the garden for a long time and developed the late ral stance. His coolness stood him in good stead. He had been in the garden for a long time and couldn’t get up. Some time later his wife realized that he had been in the garden for a long time and went to find him. He was stretched out on his back in the rose bed smoking a cigarette.

The Bob Shrunkle Column

Our first injury of the Quarter certificate goes to SA of Croydon. He writes to say that he is a regular 100 mile runner. While he was exhorting her to finish her last 20 miles on a slight uphill he trod on half a brick and twisted his left ankle. Well done SA of Croydon, we hope that you like the certificate!

John Howell, the first Englishman to cover 25 ft in one morning! Of course ignores the spurious sub-master’s programme.

We hear that the San Diego Track Club held a Spring Retreat which was organized by Dorothy Stowe. There was a running of the Bob Shrunkle Bill at a suburb ranch. Snag was that alcoholic beverages were forbidden in town. Not a word heard of Jack Salva who once won the UK AAA 3 mile title at 4.20 after a few pints at 2 o’clock.

Fred Hulford (1883–1976) ran for England in the country and 1905 Olympic Games in 1912 as captain of the Oxford University Club and for his coaching a starter who developed the lateral stance. His cooker stood in great need recently when he fell in his garden and could not get up. Some time later his wife realized that he had been in the garden for a long time and went to find him. He was stretched out on his back in the rose bed smoking a cigarette.

Don’t forget to enter my ‘لقتيق of the Quarter’ competition. All injuries can be entered with a short description of how they happened and, if possible, a physiotherapist’s note. We will award an engraved prize for the most original entry. And try to publish a short final free of details of all recommended injuries. To be frank this competition is the result of hearing that a well known veteran had pulled his hamstring while shaving one morning!

The Bob Shrunkle Column

Did you hear about the road runner who used to stop to comb his hair and brush his beard everytime he saw a road sign reading LOOK RIGHT!

A member of the American Medical Joggers Association ran in the Honolulu marathon this year and finished 19th in 2 hr 43 min. His name: Doctor Callison!! Must be more of a jogger surely.

The Bob Shrunkle Column

Our first injury of the Quarter certificate goes to SA of Croydon. He writes to say that he is a regular 100 mile runner. While he was exhorting her to finish her last 20 miles on a slight uphill he trod on half a brick and twisted his left ankle. Well done SA of Croydon, we hope that you like the certificate!

John Howell, the first Englishman to cover 25 ft in one morning! Of course ignores the spurious sub-master’s programme.

We hear that the San Diego Track Club held a Spring Retreat which was organized by Dorothy Stowe. There was a running of the Bob Shrunkle Bill at a suburb ranch. Snag was that alcoholic beverages were forbidden in town. Not a word heard of Jack Salva who once won the UK AAA 3 mile title at 4.20 after a few pints at 2 o’clock.

Fred Hulford (1883–1976) ran for England in the country and 1905 Olympic Games in 1912 as captain of the Oxford University Club and for his coaching a starter who developed the lateral stance. His cooker stood in great need recently when he fell in his garden and could not get up. Some time later his wife realized that he had been in the garden for a long time and went to find him. He was stretched out on his back in the rose bed smoking a cigarette.

Don’t forget to enter my ‘لقتيق of the Quarter’ competition. All injuries can be entered with a short description of how they happened and, if possible, a physiotherapist’s note. We will award an engraved prize for the most original entry. And try to publish a short final free of details of all recommended injuries. To be frank this competition is the result of hearing that a well known veteran had pulled his hamstring while shaving one morning!

The Bob Shrunkle Column

Did you hear about the road runner who used to stop to comb his hair and brush his beard everytime he saw a road sign reading LOOK RIGHT!

A member of the American Medical Joggers Association ran in the Honolulu marathon this year and finished 19th in 2 hr 43 min. His name: Doctor Callison!! Must be more of a jogger surely.

The Bob Shrunkle Column

Our first injury of the Quarter certificate goes to SA of Croydon. He writes to say that he is a regular 100 mile runner. While he was exhorting her to finish her last 20 miles on a slight uphill he trod on half a brick and twisted his left ankle. Well done SA of Croydon, we hope that you like the certificate!

John Howell, the first Englishman to cover 25 ft in one morning! Of course ignores the spurious sub-master’s programme.

We hear that the San Diego Track Club held a Spring Retreat which was organized by Dorothy Stowe. There was a running of the Bob Shrunkle Bill at a suburb ranch. Snag was that alcoholic beverages were forbidden in town. Not a word heard of Jack Salva who once won the UK AAA 3 mile title at 4.20 after a few pints at 2 o’clock.

Fred Hulford (1883–1976) ran for England in the country and 1905 Olympic Games in 1912 as captain of the Oxford University Club and for his coaching a starter who developed the lateral stance. His cooker stood in great need recently when he fell in his garden and could not get up. Some time later his wife realized that he had been in the garden for a long time and went to find him. He was stretched out on his back in the rose bed smoking a cigarette.

Don’t forget to enter my ‘لقتيق of the Quarter’ competition. All injuries can be entered with a short description of how they happened and, if possible, a physiotherapist’s note. We will award an engraved prize for the most original entry. And try to publish a short final free of details of all recommended injuries. To be frank this competition is the result of hearing that a well known veteran had pulled his hamstring while shaving one morning!

The Bob Shrunkle Column

Did you hear about the road runner who used to stop to comb his hair and brush his beard everytime he saw a road sign reading LOOK RIGHT!

A member of the American Medical Joggers Association ran in the Honolulu marathon this year and finished 19th in 2 hr 43 min. His name: Doctor Callison!! Must be more of a jogger surely.
<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>December</td>
<td>Midland Vase Xmas C.C.</td>
<td>1st</td>
<td>Birmingham</td>
<td>P. Gough</td>
<td>31.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd</td>
<td>Liverpool</td>
<td>J. Mills (Sparkhill)</td>
<td>31.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd</td>
<td>Gloucester</td>
<td>C. Simpson (Gloch希尔)</td>
<td>31.33</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4th</td>
<td>Newport</td>
<td>D. McWhirter (Tyneside)</td>
<td>34.77</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5th</td>
<td>Blackpool &amp; District</td>
<td>H. R. Richard (Sparkhill)</td>
<td>34.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6th</td>
<td>Blackpool &amp; District</td>
<td>D. Rowley (Blackpool)</td>
<td>35.11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7th</td>
<td>Liverpool</td>
<td>B. Royds (Plymouth)</td>
<td>35.31</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8th</td>
<td>Birmingham</td>
<td>J. Stevens (Wolverhampton)</td>
<td>36.24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9th</td>
<td>Southampton (E&amp;P)</td>
<td>R. Johnson (Tipton)</td>
<td>37.03</td>
</tr>
</tbody>
</table>

**Road Race**

<table>
<thead>
<tr>
<th>Month</th>
<th>Team</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>December</td>
<td>Fastest man:</td>
<td></td>
<td>December</td>
<td>I. P. Morris (Lozells)</td>
<td>3. Birchfield</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>E. Williams (Shrew)</td>
<td>40.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Hills (B'hth)</td>
<td>22.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C. Simpson (Eh)</td>
<td>46.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Mills (Sparkhill)</td>
<td>31.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C. Simpson (Gloch希尔)</td>
<td>31.33</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. McWhirter (Tyneside)</td>
<td>34.77</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>H. R. Richard (Sparkhill)</td>
<td>34.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Rowley (Blackpool)</td>
<td>35.11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>B. Royds (Plymouth)</td>
<td>35.31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Stevens (Wolverhampton)</td>
<td>36.24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>R. Johnson (Tipton)</td>
<td>37.03</td>
</tr>
</tbody>
</table>

**Veterans AC Champs.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>City of London 10 Miles Road Race</td>
<td>1st</td>
<td>City of London</td>
<td>L. O'Shaughnessy</td>
<td>52.36</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Brown (Versailles)</td>
<td>52.56</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>B. Evedon (Southend)</td>
<td>52.54</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Mills (Sparkhill)</td>
<td>53.48</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Hayman (West Heath)</td>
<td>54.11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>T. Billinghurst (Wimbledon)</td>
<td>54.41</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C. Simpson (Eh)</td>
<td>54.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>W. Gilham (Met Pol)</td>
<td>55.22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>W. Young (Sherfin)</td>
<td>56.11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>B. Milne (Salthill)</td>
<td>56.38</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>R. Shaw (Met Pol)</td>
<td>57.53</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Stock (Leyton)</td>
<td>57.54</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>R. Brown</td>
<td>58.42</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>B. O'Brien</td>
<td>59.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>R. Harvey</td>
<td>59.26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Bell</td>
<td>59.06</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Brown</td>
<td>60.08</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Battle</td>
<td>61.66</td>
</tr>
</tbody>
</table>

**Midlands**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>Veterans AC Champs.</td>
<td>1st</td>
<td>Birmingham</td>
<td>J. O'Callaghan (Luton)</td>
<td>34.05</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>S. Hetherington (Epsom)</td>
<td>34.11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Perry (Wimbledon)</td>
<td>34.14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Miller (Luton)</td>
<td>34.17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Bracken (Luton)</td>
<td>34.20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>L. Haynes (Luton)</td>
<td>34.23</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>B. Miles (Wimbledon)</td>
<td>34.26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Hambrook (Belfast)</td>
<td>34.29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>R. Brown</td>
<td>34.32</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Battle</td>
<td>34.36</td>
</tr>
</tbody>
</table>

**Veterans AC Champs.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>Eastern Counties Vets C.C. Champs.</td>
<td>1st</td>
<td>Eastern Counties</td>
<td>J. Daniels (Law)</td>
<td>40.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>H. Reilly (Colchester)</td>
<td>41.18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. O'Callaghan (Luton)</td>
<td>43.05</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>S. Hetherington (Epsom)</td>
<td>44.11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Perry (Wimbledon)</td>
<td>45.14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Miller (Luton)</td>
<td>45.18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Perry (Wimbledon)</td>
<td>45.22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Hambrook (Belfast)</td>
<td>45.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>J. Hambrook (Belfast)</td>
<td>45.28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>R. Brown</td>
<td>45.31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>D. Battle</td>
<td>45.34</td>
</tr>
</tbody>
</table>

**Veterans AC Champs.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>1st</td>
<td>Newport</td>
<td></td>
<td>L. Black</td>
<td>41.27</td>
</tr>
<tr>
<td></td>
<td>2nd</td>
<td>Newport</td>
<td></td>
<td>J. White</td>
<td>42.23</td>
</tr>
<tr>
<td></td>
<td>3rd</td>
<td>Newport</td>
<td></td>
<td>J. Black</td>
<td>43.19</td>
</tr>
<tr>
<td></td>
<td>4th</td>
<td>Newport</td>
<td></td>
<td>J. White</td>
<td>44.15</td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>Newport</td>
<td></td>
<td>J. Black</td>
<td>45.11</td>
</tr>
<tr>
<td></td>
<td>6th</td>
<td>Newport</td>
<td></td>
<td>J. White</td>
<td>46.07</td>
</tr>
<tr>
<td></td>
<td>7th</td>
<td>Newport</td>
<td></td>
<td>J. Black</td>
<td>47.03</td>
</tr>
<tr>
<td></td>
<td>8th</td>
<td>Newport</td>
<td></td>
<td>J. White</td>
<td>48.00</td>
</tr>
<tr>
<td></td>
<td>9th</td>
<td>Newport</td>
<td></td>
<td>J. Black</td>
<td>49.05</td>
</tr>
<tr>
<td></td>
<td>10th</td>
<td>Newport</td>
<td></td>
<td>J. White</td>
<td>50.01</td>
</tr>
</tbody>
</table>

**Veterans AC Champs.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>1st</td>
<td>London</td>
<td></td>
<td>A. Risley (Cambridge)</td>
<td>94.37</td>
</tr>
<tr>
<td></td>
<td>2nd</td>
<td>London</td>
<td></td>
<td>D. Devey (Cardiff)</td>
<td>95.34</td>
</tr>
<tr>
<td></td>
<td>3rd</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>96.31</td>
</tr>
<tr>
<td></td>
<td>4th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>97.28</td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>98.25</td>
</tr>
<tr>
<td></td>
<td>6th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>99.22</td>
</tr>
<tr>
<td></td>
<td>7th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>100.20</td>
</tr>
<tr>
<td></td>
<td>8th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>101.17</td>
</tr>
<tr>
<td></td>
<td>9th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>102.15</td>
</tr>
<tr>
<td></td>
<td>10th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>103.12</td>
</tr>
</tbody>
</table>

**Veterans AC Champs.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>1st</td>
<td>London</td>
<td></td>
<td>A. Risley (Cambridge)</td>
<td>94.37</td>
</tr>
<tr>
<td></td>
<td>2nd</td>
<td>London</td>
<td></td>
<td>D. Devey (Cardiff)</td>
<td>95.34</td>
</tr>
<tr>
<td></td>
<td>3rd</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>96.31</td>
</tr>
<tr>
<td></td>
<td>4th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>97.28</td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>98.25</td>
</tr>
<tr>
<td></td>
<td>6th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>99.22</td>
</tr>
<tr>
<td></td>
<td>7th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>100.20</td>
</tr>
<tr>
<td></td>
<td>8th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>101.17</td>
</tr>
<tr>
<td></td>
<td>9th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>102.15</td>
</tr>
<tr>
<td></td>
<td>10th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>103.12</td>
</tr>
</tbody>
</table>

**Veterans AC Champs.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Competitor</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>1st</td>
<td>London</td>
<td></td>
<td>A. Risley (Cambridge)</td>
<td>94.37</td>
</tr>
<tr>
<td></td>
<td>2nd</td>
<td>London</td>
<td></td>
<td>D. Devey (Cardiff)</td>
<td>95.34</td>
</tr>
<tr>
<td></td>
<td>3rd</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>96.31</td>
</tr>
<tr>
<td></td>
<td>4th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>97.28</td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>98.25</td>
</tr>
<tr>
<td></td>
<td>6th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>99.22</td>
</tr>
<tr>
<td></td>
<td>7th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>100.20</td>
</tr>
<tr>
<td></td>
<td>8th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>101.17</td>
</tr>
<tr>
<td></td>
<td>9th</td>
<td>London</td>
<td></td>
<td>J. Black</td>
<td>102.15</td>
</tr>
<tr>
<td></td>
<td>10th</td>
<td>London</td>
<td></td>
<td>J. White</td>
<td>103.12</td>
</tr>
</tbody>
</table>
January 26th
Northern Vets C.C. Champs, Clough

52. S. Smith (B Penrith) 4.06
53. D. Ireland (Reading) 4.06
54. E. Hogg (Ayr) 4.06
55. E. Harrigan (W. Bromley) 4.06
56. R. H. Ford (D Tra unexpectedly)
57. J. Daniels (Lowestoft AC) 9.45
58. J. Atkinson (Barnet & District AC) 9.45

Places in the lower positioned teams:
698. A. Weeks-Pearson (Crawley)
731. S. N. Allen (Herne Hill H) Scottish C.C. Champs, Coatbridge

Maximum of 9 runners there were still:
483. J. Luxford (Horsham B.S.)
999. J. Roberts (Crawley AC)

Althought each club can only field:
478. E. Williams (Shrewsbury & D)
953. R. Hale (Kent AC)

And some of their positions were as:
730. J. Hanscomb (Ranclagh H)February 14th
January 26th

52. S. Smith (B Penrith) 4.06
53. D. Ireland (Reading) 4.06
54. E. Hogg (Ayr) 4.06
55. E. Harrigan (W. Bromley) 4.06
56. R. H. Ford (D Tra unexpectedly)
57. J. Daniels (Lowestoft AC) 9.45
58. J. Atkinson (Barnet & District AC) 9.45

Places in the lower positioned teams:
698. A. Weeks-Pearson (Crawley)
731. S. N. Allen (Herne Hill H) Scottish C.C. Champs, Coatbridge

Maximum of 9 runners there were still:
483. J. Luxford (Horsham B.S.)
999. J. Roberts (Crawley AC)

Althought each club can only field:
478. E. Williams (Shrewsbury & D)
953. R. Hale (Kent AC)

And some of their positions were as:
730. J. Hanscomb (Ranclagh H)February 14th
### 1975 World Rankings

#### 400 Metres Class 1 (40-49)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Country</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>R. Taylor</td>
<td>GB</td>
<td>40.0</td>
</tr>
<tr>
<td>2</td>
<td>D. Thoms</td>
<td>USA</td>
<td>40.3</td>
</tr>
<tr>
<td>3</td>
<td>F. Baker</td>
<td>USA</td>
<td>40.5</td>
</tr>
<tr>
<td>4</td>
<td>F. Pinzone</td>
<td>USA</td>
<td>40.8</td>
</tr>
<tr>
<td>5</td>
<td>M. Gurtman</td>
<td>GER</td>
<td>42.5</td>
</tr>
<tr>
<td>6</td>
<td>R. Smith</td>
<td>GB</td>
<td>43.0</td>
</tr>
<tr>
<td>7</td>
<td>W. Morgan</td>
<td>USA</td>
<td>43.2</td>
</tr>
<tr>
<td>8</td>
<td>L. Morgan</td>
<td>USA</td>
<td>43.3</td>
</tr>
<tr>
<td>9</td>
<td>M. Gurtman</td>
<td>GER</td>
<td>43.3</td>
</tr>
<tr>
<td>10</td>
<td>J. Williams</td>
<td>USA</td>
<td>43.4</td>
</tr>
<tr>
<td>11</td>
<td>R. Niblock</td>
<td>USA</td>
<td>43.6</td>
</tr>
<tr>
<td>12</td>
<td>J. Satti</td>
<td>USA</td>
<td>43.6</td>
</tr>
<tr>
<td>13</td>
<td>G. Braceland</td>
<td>USA</td>
<td>43.8</td>
</tr>
<tr>
<td>14</td>
<td>F. Sjostrand</td>
<td>USA</td>
<td>44.0</td>
</tr>
<tr>
<td>15</td>
<td>J. Satti</td>
<td>USA</td>
<td>44.0</td>
</tr>
<tr>
<td>16</td>
<td>R. Bower</td>
<td>USA</td>
<td>44.2</td>
</tr>
<tr>
<td>17</td>
<td>L. Snelling</td>
<td>USA</td>
<td>44.5</td>
</tr>
<tr>
<td>18</td>
<td>K. Williams</td>
<td>USA</td>
<td>44.6</td>
</tr>
<tr>
<td>19</td>
<td>R. Smith</td>
<td>USA</td>
<td>44.8</td>
</tr>
<tr>
<td>20</td>
<td>B. Dyer</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>21</td>
<td>R. Bower</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>22</td>
<td>J. Satti</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>23</td>
<td>G. Braceland</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>24</td>
<td>R. Bower</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>25</td>
<td>J. Satti</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>26</td>
<td>G. Braceland</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>27</td>
<td>R. Bower</td>
<td>USA</td>
<td>45.0</td>
</tr>
<tr>
<td>28</td>
<td>J. Satti</td>
<td>USA</td>
<td>45.0</td>
</tr>
</tbody>
</table>

#### 200 Metres Class 3 (60+)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Country</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>J. Satti</td>
<td>USA</td>
<td>60.7</td>
</tr>
<tr>
<td>2</td>
<td>R. Fox</td>
<td>USA</td>
<td>60.9</td>
</tr>
<tr>
<td>3</td>
<td>J. Fries</td>
<td>AUS</td>
<td>60.9</td>
</tr>
<tr>
<td>4</td>
<td>L. Snelling</td>
<td>USA</td>
<td>61.0</td>
</tr>
<tr>
<td>5</td>
<td>W. Morgan</td>
<td>USA</td>
<td>61.1</td>
</tr>
<tr>
<td>6</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.2</td>
</tr>
<tr>
<td>7</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.2</td>
</tr>
<tr>
<td>8</td>
<td>G. Braceland</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>9</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>10</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>11</td>
<td>G. Braceland</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>12</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>13</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>14</td>
<td>G. Braceland</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>15</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>16</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>17</td>
<td>G. Braceland</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>18</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>19</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>20</td>
<td>G. Braceland</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>21</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>22</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>23</td>
<td>G. Braceland</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>24</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>25</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>26</td>
<td>G. Braceland</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>27</td>
<td>R. Bower</td>
<td>USA</td>
<td>61.3</td>
</tr>
<tr>
<td>28</td>
<td>J. Satti</td>
<td>USA</td>
<td>61.3</td>
</tr>
</tbody>
</table>

#### 800 Metres Class 3 (60+)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Country</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>R. Taylor</td>
<td>GB</td>
<td>1:59.8</td>
</tr>
<tr>
<td>2</td>
<td>D. Thoms</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>3</td>
<td>F. Baker</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>4</td>
<td>F. Pinzone</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>5</td>
<td>M. Gurtman</td>
<td>GER</td>
<td>1:59.9</td>
</tr>
<tr>
<td>6</td>
<td>R. Williams</td>
<td>GB</td>
<td>1:59.9</td>
</tr>
<tr>
<td>7</td>
<td>L. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>8</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>9</td>
<td>L. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>10</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>11</td>
<td>L. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>12</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>13</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>14</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>15</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>16</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>17</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>18</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>19</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>20</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>21</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>22</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>23</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>24</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>25</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>26</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>27</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
<tr>
<td>28</td>
<td>W. Morgan</td>
<td>USA</td>
<td>1:59.9</td>
</tr>
</tbody>
</table>
### 1975 World Rankings

#### 1500 METERS Class 1 (20-49)

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Country</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:54.4</td>
<td>G. Wallick (40)</td>
<td>USA</td>
<td>1</td>
</tr>
<tr>
<td>3:56.8</td>
<td>J. Ryan (53)</td>
<td>GB</td>
<td>2</td>
</tr>
<tr>
<td>3:58.2</td>
<td>J. Pennington (52)</td>
<td>GB</td>
<td>3</td>
</tr>
<tr>
<td>3:59.2</td>
<td>J. Bryant (64)</td>
<td>GB</td>
<td>4</td>
</tr>
<tr>
<td>3:59.6</td>
<td>M. Hernandez</td>
<td>GB</td>
<td>5</td>
</tr>
<tr>
<td>3:59.8</td>
<td>T. Brown</td>
<td>GB</td>
<td>6</td>
</tr>
<tr>
<td>4:00.2</td>
<td>K. Rogerson</td>
<td>USA</td>
<td>7</td>
</tr>
<tr>
<td>4:00.8</td>
<td>T. Cuneo</td>
<td>USA</td>
<td>8</td>
</tr>
<tr>
<td>4:01.5</td>
<td>K. Haga</td>
<td>USA</td>
<td>9</td>
</tr>
<tr>
<td>4:01.7</td>
<td>J. Clemen</td>
<td>USA</td>
<td>10</td>
</tr>
<tr>
<td>4:10.7</td>
<td>T. Ford</td>
<td>USA</td>
<td>11</td>
</tr>
<tr>
<td>4:14.0</td>
<td>L. Pusateri</td>
<td>USA</td>
<td>12</td>
</tr>
</tbody>
</table>

#### 5000 METERS (Open)

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Country</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>13:40.4</td>
<td>G. Maccarthy (55)</td>
<td>GB</td>
<td>1</td>
</tr>
<tr>
<td>13:42.4</td>
<td>L. Wallick (40)</td>
<td>USA</td>
<td>2</td>
</tr>
<tr>
<td>13:44.8</td>
<td>A. Thompson (40)</td>
<td>GB</td>
<td>3</td>
</tr>
<tr>
<td>13:45.8</td>
<td>J. McDonald (40)</td>
<td>GB</td>
<td>4</td>
</tr>
<tr>
<td>13:48.0</td>
<td>P. O'Byrne</td>
<td>GB</td>
<td>5</td>
</tr>
<tr>
<td>13:49.8</td>
<td>J. Slattery</td>
<td>GB</td>
<td>6</td>
</tr>
<tr>
<td>13:51.2</td>
<td>J. Slattery</td>
<td>GB</td>
<td>7</td>
</tr>
<tr>
<td>13:52.8</td>
<td>R. Mccormick</td>
<td>GB</td>
<td>8</td>
</tr>
<tr>
<td>13:53.6</td>
<td>G. Henderson</td>
<td>GB</td>
<td>9</td>
</tr>
<tr>
<td>13:55.2</td>
<td>T. Haddow</td>
<td>GB</td>
<td>10</td>
</tr>
</tbody>
</table>

#### 10,000 METERS Class 1 (20-49)

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Country</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>29:11.4</td>
<td>J. Foster (42)</td>
<td>GB</td>
<td>1</td>
</tr>
<tr>
<td>30:21.0</td>
<td>L. Wallick (42)</td>
<td>USA</td>
<td>2</td>
</tr>
<tr>
<td>30:27.0</td>
<td>P. O'Byrne</td>
<td>GB</td>
<td>3</td>
</tr>
<tr>
<td>31:00.0</td>
<td>C. Masters (40)</td>
<td>USA</td>
<td>4</td>
</tr>
<tr>
<td>31:00.6</td>
<td>P. Anderson</td>
<td>GB</td>
<td>5</td>
</tr>
<tr>
<td>31:01.0</td>
<td>J. Hargreaves</td>
<td>GB</td>
<td>6</td>
</tr>
<tr>
<td>31:04.0</td>
<td>B. Hargreaves</td>
<td>GB</td>
<td>7</td>
</tr>
<tr>
<td>31:05.0</td>
<td>D. Power</td>
<td>GB</td>
<td>8</td>
</tr>
<tr>
<td>31:05.6</td>
<td>F. Carrara</td>
<td>USA</td>
<td>9</td>
</tr>
<tr>
<td>31:07.0</td>
<td>T. Pearsall</td>
<td>USA</td>
<td>10</td>
</tr>
<tr>
<td>31:10.0</td>
<td>E. Healy</td>
<td>USA</td>
<td>11</td>
</tr>
<tr>
<td>31:12.0</td>
<td>T. Healy</td>
<td>USA</td>
<td>12</td>
</tr>
<tr>
<td>31:15.0</td>
<td>B. O'Hara</td>
<td>USA</td>
<td>13</td>
</tr>
<tr>
<td>31:30.0</td>
<td>S. Vearn</td>
<td>USA</td>
<td>14</td>
</tr>
<tr>
<td>31:32.0</td>
<td>M. Overton</td>
<td>USA</td>
<td>15</td>
</tr>
<tr>
<td>31:38.0</td>
<td>M. Goodall</td>
<td>USA</td>
<td>16</td>
</tr>
<tr>
<td>31:44.0</td>
<td>J. Hargreaves</td>
<td>GB</td>
<td>17</td>
</tr>
<tr>
<td>31:48.0</td>
<td>J. Foster (42)</td>
<td>GB</td>
<td>18</td>
</tr>
</tbody>
</table>

### ALBY THOMAS (AUS), former world record holder at 2 and 3 miles eighteen years ago, topped the veteran rankings of 3000, and was ranked at 5000 (3rd) and 10000 (4th).
There is no doubt that fans of Jack Brown (50) were surprised to see him clock a relatively slow 16:59 in Toronto. Apparently he fell even worse than the time sugars, suffering also from achilles trouble and a debilitating cold. However, it is good to see that he has shaken off his disappointments with winter back this summer.

"Iron Man" (publ ished by Putnam's), has nothing to do with exercise which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book. The crime of the Century (published by Putnam's) describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous book.
GERD POTGEITER (South Africa). Now recovered from the motor accident which ended his international career, he is keen enough to use that natural ability to test himself in the veterans ranks. There are many others, of course, creeping up all around us who are likely to make a bigger impact than those former stars who are expected to do grand things.

One such name is Blackheath's current president, Johnny Baldwin, whose form as he approaches his 40th birthday is likely to shake up the British veterans distance-running scene. It all adds spice to the season.

It is remarkable how enthusiastic runners will overcome adversity to pursue their aims. A year ago, America's Donna Gookin (39) broke her leg, dislocated her ankle and fractured it in two places while out running. Did it put her off? Not on your life. She fought her way back to fitness just in time for the Toronto marathon where she won the women's open division in 3:09:40, just a minute outside her best.

Keith Keen, 70 years-old member of Veterans AC, is the closest approach to a bone in the changing room. He holds Club records for stick-eating and leg-cocking. Blind, he's friendly... but he does need plenty of exercise. My wife, who differs from him in several respects (she neither holds any club records nor has she yet succeeded in biting Bucke) told me I needed exercise. Running these wounds, she took about three years persuading me that she really did need a dog and, in the end, I realized it was simply a means of getting me off my backside.

Certainly, the result of these conspiring circumstances is that I do now go running (trotting) with Jet semi-detached on his lead. None of our Colin Simpson staff - just three - are four miles puffing and plodding, and stopping and starting (Jet finds the call of nature irresistible and tends to shuffle to a halt fairly frequently). All the while I'm pretending that I'm enjoying it and that, anyway, it's doing me good.

Well, it was on one of the occasions down the Myton Road when Jet was both on and in the lead, if you see what I mean, that George Phillips saw me. He was obviously impressed by my Jet-propulsion because, before I knew what was happening, I was in a Veterans Road Race and he promptly told me, not on my own performance, but on Jet's. And that, I protested, was obviously unfair, as Jet, aged one on the day I had finished the race some five minutes after everyone else, Ted Clifford had virtually worked out the complete results sheet, you'll understand how I felt about it. Ann (that's my wife) looked apprehensive if not guilty when I staggered back. But at least I didn't have to wait for a shower - everyone else appeared to be ready to go off for a pint.

It's a long way, 10,000 m. Well I think it is, and I now speak from considerable experience having actually run the distance twice. Tim (my son), with rather more athletic ability than me, thinks I'm overdoing it. Perhaps he's right; none of my trousers needed exercise. As for the Veterans, they tell me I always declare that I have no intention of giving up training. As for the Veterans, they tell me I always needed exercise. As for the Veterans, they tell me I always needed exercise. As for the Veterans, they tell me I always needed exercise.
There seems to have been an anti-climax since scheduled for late March and early April, with little ran 9.22.8 for 3000 Metres. Later on he also ran 4.22 to report at time of going to press.

Sweden and New Zealand competing. is a strong possibility that we could have visitors from include the evergreen John Gilmour who on 22.10.75 record holder with a time of 2:01, and retired after Munich because of injury. After learning that a Victorian Veteran Judy Pollock, 35 years. Judy will (28.2.76). Her own time was 2:01.1 sec. and it seems Rendina to a new Comm onwealth record of 1:59 women’s veteran group was being for formed Judy that it will be Montreal before Gothenburg. If Judy is able to compete in Sweden her efforts will attract reports, in contrast to Gilmour, the name of Theo Orr is at

regime of 10 miles per day. His most outstanding achievement of late must be his 9:21.0 for 3K on the 28.11.75. Brisbane (grass track)

3K Cross-country

9.22.2.

30.12.75. 3K

3. W. Grady 11:17

2. J. Tolhurst

3. W. Grady

As the gun was fired, that any of 5 runners could take the lead of the race entered Animal Hill for the first time Damon had moved up with Dixon, Giblin, Taylor and Bowman and went to the front of the hill. Bowman got 5 metres on Dixon after the hill and Taylor who was forced to stop temporarily due to nausea was passed by Jarvis. But after doing his thing With John Doyle and Bill Allen absent it looked, as the gun fired, that any of 5 runners could take it with Arthur ‘old man rae’ Taylor the favourite. As the race finished Animal Hill for the first time Bowman led narrow by Taylor, Dixon, Giblin, Damon and Jarvis (1972 winner) and the rest of the

2. Bob Bowman 30:50.8

3. Bob Giblin 31:03

4. Angus Jarvis, Jr. 31:08

5. Tady Camill 31:24

6. Bob Lazenby 31:43

7. Bryan Mantell 32:03

8. D. Frawley 32:30

9. Fred Wright 32:47

10. Cliff Hall

11. Danal Walter

12. Alex Vasquez

13. Jim Leinfield

14. Richard Kennedy

15. Cy Stanteforth

16. Jim Fergusson

17. Eric Hanson

18. Chris van der Heuvel

19. Jack Host

20. John Gaskin

21. Bill Armstrong

22. J. Rogers

23. D. Wurff

24. Bill Baker

25. Robert Tramont

26. David M. Taylor

27. Ted Maclean (1st +50) 30:04

28. Dick S. Karst

29. John O’Rourke

30. Mike Nema7i (2nd +50) 35:18

31. Jim Nunn

32. Ivan Phillips (4th +50) 36:51

33. John A. O’Neil (5th +50) 39:59

34. Don Sills (6th +50) 36:57

This year’s race featured a new ‘over 50’ category which was taken by Ted Maudlin following up from a 200 km run at Buncroft. The next 4 places were taken by U.S. runners. (Reporter Bob Bowman)
Canada

21ST FEBRUARY, 1976, 6TH ONTARIO MASTERS INDOOR CHAMPIONSHIPS – C.N.E. TORONTO

These Championships, although producing no records, saw some keen competition, such as between Gary Hunt and George Gluppe. Gary took the 50m to retain his title, and the 200m in good time considering the 200m circuit. George got back at him however in the 400m, whilst Eddie Whitlock won best time. In the 1B Class Arthur Taylor tried all Class IA (40-44)

2. B. Till (Metro FC) 8.00
3. A. Obokata (Unat) 20:13.00

Class 1B (45-49)
3. F. Sewell (Oshawa LTFC) 7.14
2. G. Jamieson (Toronto OC) 7.17
3. W. Armstrong (Brantford) 7.19

Class 3B (65-69)
2. A. Thompson (Oshawa LTFC) 6.75
1. Stan Egerton (Unat) 6.70
3. S. Thompson (Phil M) USA 33.13

Class 2A (50-54)
2. M. Woelke (Sportclub '64) 4.95
1. T. Ojala (Metro FC) 10:54.77
2. M. Wocrlc (Etobicoke S) 9.21

Class 3A (60-64)
2. J. Hutchinson (Torrington) 9.02
1. C. Hills (Phil M) 9.19.21
3. J. Reeves (Unat) 5.04
2. M. Woelke (Sportclub '64) 4.95
3. K. Bucuman (Ontario OC) 4.59

Class 2A (50-54)
2. M. Woerle (Etobicoke S) 9.18
1. St. Egerton (Unat) 9.15
2. A. Thompson (Metro FC) 9.10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Class 2A (40-44)
1. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10

Other results

Metro Toronto Road Runners
Association – 8 miles road run held on 6th December in windy, cold conditions.

Metro 10000-Meter
1. L. Hume (Richmond RFC) 4:37
2. W. Allen (Ontario OC) 4:37
3. W. Armstrong (Metro FC) 4:29

Class 2A (40-44)
1. L. T. Ojala (Etobicoke S) 13:28
2. A. Thompson (Sportclub '64) 13:30
3. A. Thompson (Sportclub '64) 13:31

Class 3B (65-69)
2. A. Thompson (Sportclub '64) 8:44
1. T. Clark (Metro FC) 28:10
2. M. Cassis (Unat) 28:10
3. A. Obokata (Unat) 28:10
New Zealand

Chen Green and Ian Mallowes, previewing the 2nd Trans Tours New Zealand Veterans Track and Field Championships to be held at the Portritt Stadium, Hamilton on April 10th/11th

These 1976 Champions, after the success of the first meeting last year, have attracted entries from Sweden, Canada, Australia and Japan, whilst invitations have also been extended to the U.S. masters.

A full track and field programme (except Marathon) covering all classes for both men and women veterans, as well as some pre-veteran events, has been arranged and all veterans can expect the traditional good welcome from the New Zealanders. As far as the Championships events are concerned those on offer are quite different, with the emphasis on the new events, namely, the Women's veterans, as well as some pre-veteran events, including a Marathon covering all classes for both men and Masters.

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"

Chen Green and Ian Mallowes previewing the 2nd Trans Tours New Zealand Veterans Track and Field Championships to be held at the Portritt Stadium, Hamilton on April 10th/11th

These 1976 Champions, after the success of the first meeting last year, have attracted entries from Sweden, Canada, Australia and Japan, whilst invitations have also been extended to the U.S. masters.

A full track and field programme (except Marathon) covering all classes for both men and women veterans, as well as some pre-veteran events, has been arranged and all veterans can expect the traditional good welcome from the New Zealanders. As far as the Championships events are concerned those on offer are quite different, with the emphasis on the new events, namely, the Women's veterans, as well as some pre-veteran events, including a Marathon covering all classes for both men and Masters.

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"

Chen Green and Ian Mallowes previewing the 2nd Trans Tours New Zealand Veterans Track and Field Championships to be held at the Portritt Stadium, Hamilton on April 10th/11th

These 1976 Champions, after the success of the first meeting last year, have attracted entries from Sweden, Canada, Australia and Japan, whilst invitations have also been extended to the U.S. masters.

A full track and field programme (except Marathon) covering all classes for both men and women veterans, as well as some pre-veteran events, has been arranged and all veterans can expect the traditional good welcome from the New Zealanders. As far as the Championships events are concerned those on offer are quite different, with the emphasis on the new events, namely, the Women's veterans, as well as some pre-veteran events, including a Marathon covering all classes for both men and Masters.

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"

Chen Green and Ian Mallowes previewing the 2nd Trans Tours New Zealand Veterans Track and Field Championships to be held at the Portritt Stadium, Hamilton on April 10th/11th

These 1976 Champions, after the success of the first meeting last year, have attracted entries from Sweden, Canada, Australia and Japan, whilst invitations have also been extended to the U.S. masters.

A full track and field programme (except Marathon) covering all classes for both men and women veterans, as well as some pre-veteran events, has been arranged and all veterans can expect the traditional good welcome from the New Zealanders. As far as the Championships events are concerned those on offer are quite different, with the emphasis on the new events, namely, the Women's veterans, as well as some pre-veteran events, including a Marathon covering all classes for both men and Masters.

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"

The following sincere note is repeated with permission of the writer, provided it remains anonymous.

"The ladies are setting sights on super fast times. Having now worked up to a few miles at a time, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran in that there is plenty of scope for all, long and short distances and fast or slow. And don't be put off by the more heavily built women who are setting sights on super fast times!"

"One of the best things is you too can possibly assist your wives to train!"
In the National Masters Marathon Championship at Central Point, Oregon, on October 12th last, Clive Davies (60) became the first over-60 marathon to break 2:50. He clocked 2:47:45 to break the existing record of Gordon Porteous (GB) with a time of 2:47:58.

USA

GORMAN SETS WOMEN'S VETS WORLD MARATHON MARK

A new milestone in veteran long distance running was reached in 1975, as the San Francisco Track Club's diminutive Miki Gorman set a world's record by setting a new 2hr Smn marathon! 2hr Smn marathon is the equivalent of 2:36:40, and Norman Bright (65) won the 3B class with a brisk 3:10:54.

Cluck Mcmahon set new men's 60 records at the Santa Barbara Masters meet on October 4th. The U.S. discus record (1kg) at 1'32.0" and a world record of 120' 7" for the javelin are now his.

John Patterson, a 41-year-old Australian on the last leg of an American tour, won the Dipsea Race by covering the 8.1-mile course from Mill Valley to Stinson Beach in 44 minutes, 58 seconds with a 11-minute handicap.

Patterson hadn't even planned to run in the Dipsea and just happened to be in the Bay Area at the time. A newspaper story about the race interested him and his coach, and the pair decided to try it. They stratged their stay a few hours and ran, McGrath, a 56-year-old, finished third at 45:13, using a 13-minute handicap.

Rhodue Launces Comeback:

George Rhodes, double Olympic gold medalist, was too sick to be starting to feel sluggish, is competing again. On November 2nd at Escondido High School, he returned to form he's barely been able to set a new world record in 1975, as the San Francisco Track Club's diminutive Miki Gorman set a new 2hr Smn marathon! 2hr Smn marathon is the equivalent of 2:36:40, and Norman Bright (65) won the 3B class with a brisk 3:10:54.

The course is of such difficulty that in the two previous years that Masters have been running on it only eleven individuals even got under forty minutes. In this one race today the first forty-six finishers ran under forty minutes.

Defending Champion in Division I, Ray Hattow did not defend. Frank Pringle, the 1972 Champions placed third with Hal Higdon, the 1971 and 1973 Champion, hampered by a heel injury, placed tenth. The closest Championship race was in Division II, where Larry O'Neil, representing the Pacific A.A.U., finished ahead of Jim McDough of the Milwaukee A.A.U., by two seconds. John Wall won his third straight Division III title by three and a half minutes. Bill Andberg did not complete.

November 15th, 1975 FIFTH ANNUAL NATIONAL MASTERS A.A.U. CROSS COUNTRY MEET AT NEW YORK CITY, NEW YORK

The 1975 National Masters Cross-Country Championship gathered together the largest field ever and quite possibly the best. Course records were set over the extremely difficult Van Cortlandt Park 10,000 meter course. Larry D'Elia, cross-country record holder, won the Division I championship and set a new course record in Division I, the first three in Division II, and the first two in Division III. The course is of such difficulty that in the two previous years that Masters have been running on it only eleven individuals even got under forty minutes. In this one race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.

In this race today the first forty-six finishers ran under forty minutes.
In the Yuma Marathon, on February 28th also, BILL STOCK (46) clocked 2:50:53.

Richard Breckenbeek of Independence, Ohio, which was just 2 seconds slower than the U.S. Age record for 45 years old, NICKI HOBSON, current Lady President "Last Gasp" Marathon at Mission Bay and recorded a 70 he has recorded the following performances:—

- November 9th, 1975
  - Metropolitan AA/NU Meet
  - Cross-Country

2. B. Panth (54) 2:57:41 to become only the second over-40 runner to

In effect, the magazine will serve as the M.S.A. Div.万公里, which is the furthest distance in the world.

Hoffman (40) 4:33:33.


For those wishing to join the Masters Sports Association should write to JOHN POPOWSKI, 2411 3rd Ave., Aston, N.Y., 11105.

- MENS EVENTS (commencing 1.00p.m. each day)
  - 200M, 1,500M, 10,000M, 400M Hdl, Pole Vault, Long Jump, Triple Jump
  - DISCUS
  - HURDLES
  - HURL
  - JUMP
  - VOLLEY
  - TAPE
  - Match play

- SUNDAY: 200M, 1,500M, 10,000M, 400M Hdl, Vault, Long Jump, Triple Jump

- LAZARUS EVENTS (Saturday Only) 200M, 1,500M, Discus

- LAWS

- FEES 95p First Event 50p each additional Event, with note of best recent performance) to:

- Bradford, BD9 4EB.

- Entries close 1st July 1976. Late entries cannot


- ON BEHALF OF THE BRITISH VETERANS ATHLETIC FEDERATION

- MISSIVE EVENTS (commencing 1.00p.m. each day)

- SATURDAY: 200M, 1,500M, 10,000M, 400M Hdl, 5,000M Hurdles, High Jump, Triple Jump

- SUNDAY: 1,500M, 5,000M, 10,000M, 5,000M Walks, Discus, Shot, Discus, Vault, Long Jump

- FEES £5 First Event £2 each additional Event, entrance now July 1975. Late entries will be accepted and early entry would be appreciated.

- Full details, entry forms (or entry on A.A.A. form with note of best recent performance) to:

- Keith H. Whitaker, "Ashdown", 40 Shenley Grove, Bradford, BD9 4SB.
Fell Racing is a branch of athletics confined almost wholly to the North of England and to Scotland, although there are the old events in Wales, Ireland and the Isle of Man. Mountain races are also held in grasslands.

"Fell" is an old Norse word meaning hill and is but one of many ancient Norse terms still widely used in Britain, the most common terms are hill or moor, with the latter usually referring to peat mosses or boggy ground. An exception is Mike Davies of Reading A.C. Over the past fifteen years, Davies has established himself as one of the sport's outstanding practitioners, with particularly memorable victories in such events as the Three Peaks Race (4), the Ben Nevis Race (3) and the Vass Mountain Trial (3). During 1973, in his first season as a veteran, Davies was placed 3rd in the "Fell Runner of the Year" competition behind champion Harry Walker (Blackburn Harriers) and runner-up Bobby Shields (Clydesdale Harriers).

The distance of a fell race can vary from a tough 1/4 mile (Burnsall in the Yorkshire Dales) to a gruelling 30-miles like the Manx Mountain Marathon on the Isle of Man. In the shorter events, the course, if not marked, is quite obvious, but in many of the longer ones, mountain craft, including the art of navigation by map and compass, plays almost as great a part as athletic ability. Too, the fell runner has often to contend with weather conditions which are never experienced by the track, road or cross-country runner.

The fell runners are the iron men of the athletic world, and only a few of the lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.

The fell runners are the iron men of the athletic world, and only a few of the top lowland runners dare to take them on at their own game. Some of the courses they run are quite frightening. They are hard to climb up, but the descents, to the uninitiated, are positively suicidal. Many a class runner has reached the summit first only to be left trudging the skilled "down" men whose feet merely stroke the boulder-strewn slopes. But the sport covers a far wider range of courses than is popularly imagined, varying from tough cross-country races to orienteering and mountaineering, everything, in fact, that the rugged terrain of Northern England and Scotland can provide. Bill Smith will be writing a series on the leading veteran fell runners of our time. In this introductory article he covers the scene generally and speaks of the principal events in the British calendar.
FELL RUNNING

Shepherds and foremen who take up the sport quite naturally at an early age and gradually progress from horsed to unmounted and ultimately compete for enjoyment, without any thought of the cash prizes. In recent years, a few professionals have successfully applied for amateur status, so that they can enjoy the longer events, a notable example being the Kendal A.C. runner, Peter Blair. On the other hand, two well-known amateurs, Peter Hall and Fred Reeves, both formerly of Barrow A.C., turned professional and Reeves is now one of the top-grade runners, rivaled only by Tommy Sedgwick of New Horwich near Manchester. Hall is best remembered for his wins in the Three Peaks (1), the Ben Nevis (4), the Vaux Mountain Trial (2) and the Bournemouth Fell Race (4), while his second time of 41.21 for the old Pendle Fell Race course, established in 1964, remains unbroken.

The most popular long-distance event is undoubtedly the Three Peaks Race over the Yorkshire Outlying Peaks, Wensleydale and Arkengarthdale, involving 5,000 feet of ascent and descent over 22 miles. The inaugural event took place in 1954, when there were four competitors, but the race has since grown to include eight runners, for safety reasons, a limit of 350 entries is now applied, much to the disappointment of many Luckless applicants.

Jeff Norman (Altrincham A.C.), the 1974 "Fell Runner of the Year", has won the last six races and established a record in 1974, with his winning time of 4:21.37 this year was achieved over a longer course than usual.

The Three Peaks is matched in popularity only by the Ben Nevis Race from Fort William in the Scottish Highlands. Though only 10 miles in distance, this is actually much more gruelling course, consisting of 4,418 feet of climbing and descending over steep, rugged slopes of boulders and scree (solid rocks and stones), Harry Walker set up a course record of 2:41.37 in 1972, but the man perhaps most closely associated with this race up Britain's highest mountain is the Lochcarron A.C. veteran, Eddie Reeves, who has been victorious on 24 occasions and has won victories in three (1952, 1953 and 1955). To refute claims of high altitude, one must only compare the altitude of Pendle Fell (418 feet) with the技术人员的爬高能力。

ANALYN BEATON on the Emmerdale Horseshoe 1972.

These are not organised races, by the way, but immense endurance tests in which the contender is accompanied by relays of pacers on the fell, with further supporters at access points to provide food, drink, changes of clothing and, in bad weather, shelter while resting. (A complete article on Joss Naylor's career and achievements is intended for a future issue.)

A.W. Wakefield in 1905 and by Eustace Thomas in 1915. That same year Sir John counted 24 runners, and a member of the party, the Three Peaks is an easy or perhaps disfavoured course, but is merely designed to slow that it is not an ultra-distance course, by the way, but immense endurance tests in which the contender is accompanied by relays of pacers on the fell, with further supporters at access points to provide food, drink, changes of clothing and, in bad weather, shelter while resting. (A complete article on Joss Naylor's career and achievements is intended for a future issue.)

FELL RUNNING

Alan Heatn in 1960 to compete the same course in 22 hours, 18 minutes. Alan's brother, Ken, then achieved a round of 31 peaks in 1961, and Alan himself raised the total to 58, the following year. The late Eric Beard next set up a record of 55 peaks in 1963 and Alan achieved his ultimate of 60 peaks in 1965. Six years later, Jon Naylor conquered 61 peaks and made it 63 in 1972, the latter effort having been made in appalling conditions of rain, sleet and high winds, and was afterwards acknowledged as a world record for endurance running. This performance he beat yet again in 1975 when he accomplished his incredible 72 peaks,38,000 feet/905 miles in 23 hours 11 minutes. A true sporting spirit prevails in all these long-distance mountain record attempts, for the contender is often assisted by the record-breaker.

Over the past few years, the 42 Peaks has come to be regarded as a test course for long-distance fell runners and has been completed by about 30 men, including the 42-plus men, Naylor, Beard and the Hodder brothers. It will no doubt be of interest to Fell runners to learn that Bob Graham was 43 when he made his round, while other veteran achievements have so far been made by Stan Brashaw (Clayton-le-Moors Harriers) at the age of 48 in 1960; Donald Tulbot (Back Jackie Club) aged 40, in 1971; Ken Brooks (Leyland Motors) 41, in 1972; Eric Roberts (Kendal A.C.) 41 in 1973; Tom Sykes (Rochdale Harriers) 42, in 1974 and during the same year, two more Clayton runners, George Bruns (41) and Allnair Patton (40). A "Rob Graham 24 Hour Club" was formed in 1971 by Fred Rogerson of Windermere, who has also published an invaluable book (at present available in duplicated form only) on the Lakeland 24 Hour Fell Record, encompassing the years 1864-1972. (A 1975 Supplement covers more recent attempts: 1972-74). Only a few copies now remain unsold and intending purchasers should address their enquiries to Fred Rogerson at "Tethers End", Lindeth, Windermere, Cumbria.

The Fell Runners' Association was formed in 1970 to further the interests of the sport, and a scheme was devised to find out who were the top fell runners of the year. The First "Fell Runner of the Year" contest took place in the years 1970-73. (A 1975 Supplement covers more recent attempts: 1972-74). Only a few copies now remain unsold and intending purchasers should address their enquiries to Fred Rogerson at "Tethers End", Lindeth, Windermere, Cumbria.

The Fell Runners' Association was formed in 1970 to further the interests of the sport, and a scheme was devised to find out who were the top fell runners of the sport. The Association is a non-profit making organisation with the aim of promoting fell running at all levels and providing a forum for fell runners to meet and discuss their common interest. The Association organises various events throughout the year, including fell races, fell marathons, and other social events. The Association also provides a means for fell runners to compete against each other, with various races held throughout the year.

The Association is open to all fell runners, whether they are experienced or new to the sport. The Association aims to promote fell running to all age groups and abilities, and to encourage a healthy and active lifestyle. The Association is run by a committee of volunteers, who work hard to ensure that all runners enjoy the sport and benefit from their participation.
FOOD FOR FITNESS (World Publications - Price £1.60 post free from VETERIS)

Here, in Food for Fitness, is everything the athlete needs to know about diet. Vitamins, carbohydrates, the good and bad effects on weight and health, special diets for training and for racing, vegetarianism, and other facts and specialities ... you name it.

And yet, paradoxically, everything the athlete needs to know about diet is very little indeed! It almost seems that the main importance of this book is in its negative findings. In the last analysis what it says is: Don't worry too much about your intake; get on with the training. It is generally the answer to the runner who is so obsessed with facts and fantasies and special patent mixtures that he needs to consult his tailor down the road straightaway.

The one criticism to be made is that the books often readably.
Dear Editor,
It is becoming increasingly obvious that Great Britain is determined to eliminate sub masters (35-39) competitions.

In your last issue (December), there is not one single sub-master runner listed from outside of the USSR. Yes, it is possible to see your point that it is an "extra" and we must accommodate the 30-39 athletes to such an extent. But isn't the national meet where only a few events are held? And if you are going to cater for the 30-39 athletes to such an extent, to save time? Sort out different age groups by outside of the U.S.A. and Canada the athletic club system caters for the 30-39 athletes to such an extent, to save time? Sort out different age groups by outside of the U.S.A. and Canada the athletic club system caters for the 30-39 athletes to such an extent. Thus, the word Masters does not accurately describe some of the less serious performers nor the small number of performances. It is true that the word Veteran does indicate a senior group of athletes, but the term Veteran is not applied to the over 30 age group. Why then should women be included from age 30-39? If you are going to keep the World Championships for Masters.

Dear Sir,
While in Toronto, it seemed to me a pity that there was a lack of correct definition in either the words Veteran or Masters. There are plenty of competitions for older (35-39) runners just as much trouble competing on an open basis as a 40 year old does. Generally speaking, one cannot run over 30 or not capable of performing like he could because he works out on an irregular basis. The idea behind masters competition is fun! It is not any where in the programme for the sub master is popular over here, and I hope that the race in their forties, and this confuses the race officials and myself feel that it would be much easier to see what other Veteran runners think about this idea of having their age group plainly shown on their race numbers or events. Why should Veteran stars perform in a competition for sub-masters. Our lack of emphasis on this particular aspect of the masters programme is due partly to the confusion of words as used in Britain and America, but it might be possible to obtain uniformity and more accurate definitions in the following way:

1. Define Veteran as any athlete over 40 years old.
2. Define Masters as any athlete over 40 years old who has achieved a standard of performance for his age group which shall be determined by an international rules committee.

These standards should, I suggest, be considerably higher than those set in qualifying standards for Toronto. In more conventions such as the Greenwoods, Orrs, Stolpes and eight individuals. In some countries such as the USSR, there is a lack of correct definition in either the words Veteran or Masters. In your Editorial and in certain articles by John Hayward and Hal Higdon that certain changes should be made in forthcoming Masters competitions.

I would however suggest one change for the high hurdles as one article suggested, namely, the distance between hurdles; I would suggest from 30 feet to 27 feet. This would enable the older hurdlers to maintain their steps, form and speed in this event. It is too bad that Division IA distance man Hal Higdon would suggest the 100s competition in which he does not participate. Perhaps if he were a hurdlers he would not act differently. We can't all be perfectionists, we can do the very best that our tired old bodies will permit us to do in our respective events.

Dear Editor,
I have carefully read with great interest the December 1975 issue of "Veterans" in which you state that the top three men and women in "A" and "B" sections were virtually unknown. In Europe the international scene is virtually unknown. In Europe the international scene is virtually unknown. In Europe the international scene is virtually unknown. In Europe the international scene is virtually unknown. In Europe the international scene is virtually unknown. In Europe the international scene is virtually unknown. In Europe the international scene is virtually unknown.
Closing Day May 1st although entries can be taken on the following Classes:

- Westridge Cross
- Women over 35
- Men 50-59
- Men 60 Plus

Medals 1, 2 and 3

400 METRES HURDLES (Open)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>J. Dixon (43)</td>
<td>55.9</td>
</tr>
<tr>
<td>2</td>
<td>G. Greenaway (49)</td>
<td>56.8</td>
</tr>
<tr>
<td>3</td>
<td>B. Hall (48)</td>
<td>57.6</td>
</tr>
<tr>
<td>4</td>
<td>J. Wallace (43)</td>
<td>59.6</td>
</tr>
<tr>
<td>5</td>
<td>M. Burger</td>
<td>60.3</td>
</tr>
<tr>
<td>6</td>
<td>C. Warleigh (44)</td>
<td>60.4</td>
</tr>
<tr>
<td>7</td>
<td>V. Parish</td>
<td>60.7</td>
</tr>
<tr>
<td>8</td>
<td>A. Sheahan</td>
<td>61.2</td>
</tr>
</tbody>
</table>

1000 METRES HURDLES (Open)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>J. Dixon (43)</td>
<td>10:38.0</td>
</tr>
<tr>
<td>2</td>
<td>J. Greig</td>
<td>10:38.4</td>
</tr>
<tr>
<td>3</td>
<td>W. McConnell (41)</td>
<td>10:37.0</td>
</tr>
<tr>
<td>4</td>
<td>J. Patterson (40)</td>
<td>10:37.0</td>
</tr>
<tr>
<td>5</td>
<td>D. Elliott (40)</td>
<td>10:36.6</td>
</tr>
<tr>
<td>6</td>
<td>J. Conway (41)</td>
<td>10:36.0</td>
</tr>
<tr>
<td>7</td>
<td>T. Orr (41)</td>
<td>10:35.8</td>
</tr>
<tr>
<td>8</td>
<td>M. Barrett (42)</td>
<td>10:35.0</td>
</tr>
</tbody>
</table>

800 METRES STEEPLECHASE (Open)

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>J. McDonald (40)</td>
<td>7:53.6</td>
</tr>
<tr>
<td>2</td>
<td>H. Higginson (42)</td>
<td>7:54.2</td>
</tr>
<tr>
<td>3</td>
<td>D. Wehring (40)</td>
<td>7:54.4</td>
</tr>
<tr>
<td>4</td>
<td>J. McQueen (40)</td>
<td>7:54.6</td>
</tr>
<tr>
<td>5</td>
<td>T. Curtis (41)</td>
<td>7:54.8</td>
</tr>
<tr>
<td>6</td>
<td>D. Elliott (40)</td>
<td>7:55.0</td>
</tr>
<tr>
<td>7</td>
<td>J. Conway (41)</td>
<td>7:55.2</td>
</tr>
<tr>
<td>8</td>
<td>H. Wijgman (40)</td>
<td>7:55.4</td>
</tr>
</tbody>
</table>

Veterans Events - Poly Stadium - Chiswick

It is intended to hold two veteran's events on each of the morning's upon which meetings for Five Star Awards, or Club Championships are held. There will be at 11 a.m. and 11.30 a.m. The races will be open to all veteran's to enter on the day. There will be no entry fees or prizes but times will be given.

Venue: Small Brook Stadium Ryde, 15 minutes from Ryde Harriers Club H.Q.

Entry fee 1 Event 20p 2 Events 30p 3 Events 40p

Field Events & Marathon Rankings will appear in our next issue, together with amendments and additions to the above list.

A time trial will convince you it is a must for standard letters, personalised draft minutes of meetings, recording and updating of statistical records etc.

TUCKER BUSINESS ASSOCIATES LIMITED
No. 1 Park Road
Baker Street
London NW1 6XN
Telephone 01-402 6007 and 01-723 7846