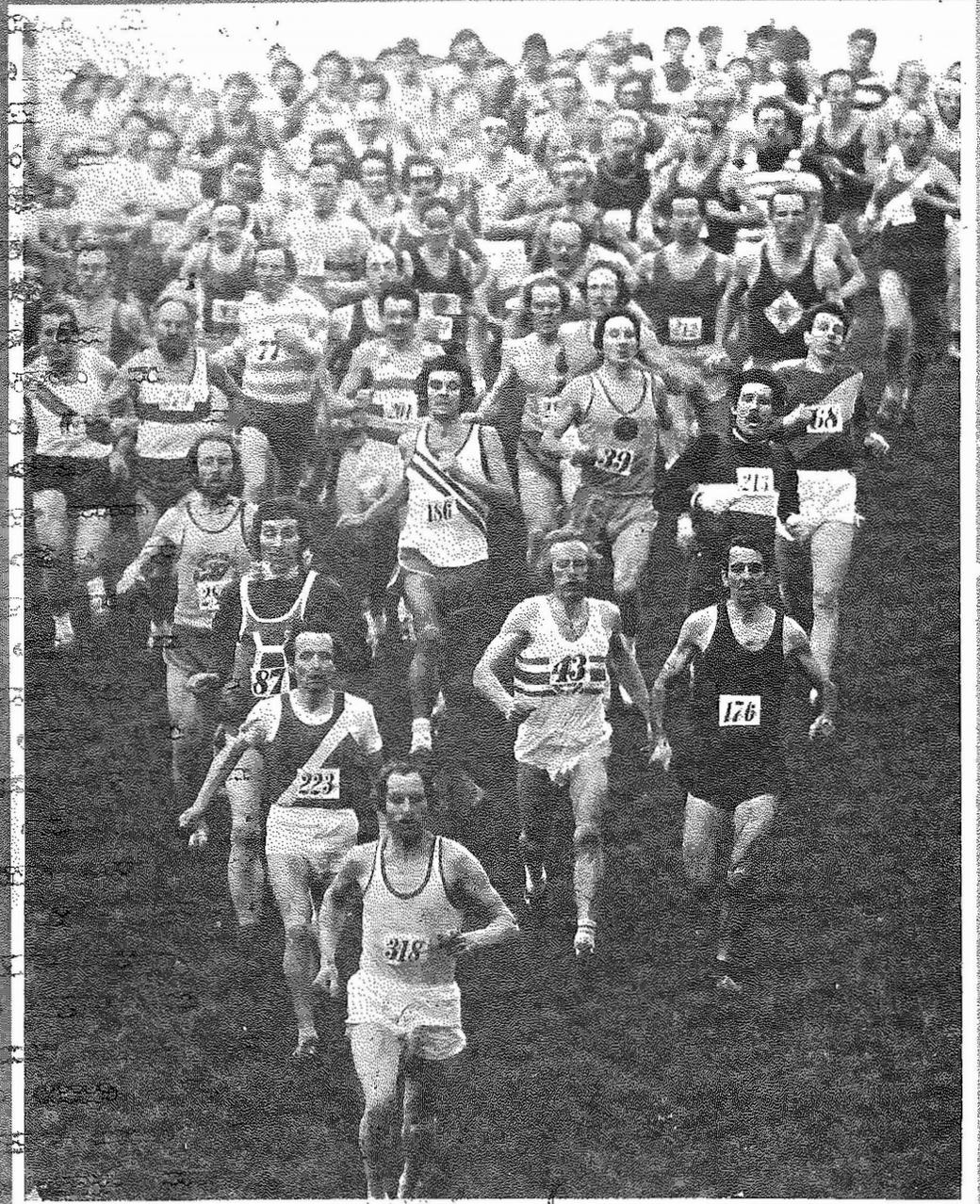


VETERIS



THE MAGAZINE FOR THE OVER-40 ATHLETE

April 1976

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 April 1976
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VETERIS

THE MAGAZINE FOR THE OVER-40 ATHLETE

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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 Shrunkle 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 Redman	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

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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.

FIXTURES

April 10/11	2nd New Zealand Track & Field Championships. Porritt Stadium. (Entries to J. C. Daly, 105 Galloway Street, Hamilt, Hamilton)	June 5/6	Jugoslavian Track & Field Champs including Half Marathon. Entry Forms from Nikola Turk, Ulica 8, Maja 5, Zagreb.
11	Dudley & Stourbridge 10Km Handicap Road Race.	12	Midlands Vets Track & Field Champs. Part 2. at Coventry.
24	Herne Hill 10 miles road race, at Crystal Palace. (Prizes to first 3 over 40. Entries to J. Hegarty, 80 Ansell Road, London SW17.)	12/13	Barnet Sports Gala at Cophthall Stadium.*
24 (3.00 pm)	Walthamstow A.C. Vets & Over 35's Road Race 4-1/4 mile. (Entries to: B. W. Hart, 134 Forest Glade, London E4 9RJ. Fees 25p per individual.)	20	Intercounties 10 Kilometres Road Race at Leamington. (Entries to George Phipps, 164, Millbank, Warwick.)
May 8	Veterans A.C. 10 Miles Road Championship at Richmond Park. (Entries to Arthur Welling.)	20	Bruges 25 Kilometres Road Race (includes Ladies over 35). (Details of touring party from Jack Fitzgerald.)
16	Midland Veterans Track & Field Champs Part 1. Dudley & Stourbridge.	June 21	First Veterans Open Meeting (organised by Veterans AC) Parliament Hill all-weather track. (Entries (20p per event) to Fred Smith, 26 Sunnymede, Chigwell Row, Essex.
30	Scottish Veterans Track Championships at Coatbridge new all-weather track. (Entries to Ben Bickerton, 72 Kirkshaws Avenue, Coatbridge.)	July 3	R.R.C. Marathon, Milton Keynes. Veteran awards.
		4	Northern Track and Field Champs at Cleckheaton. (Details from Norman Ashcroft.)
		4	Veterans A.C. Track Championships at Battersea Park. (Entries to Arthur Welling.)
		17	Southern Counties Track & Field Champs at Parliament Hill Fields.*
		Aug 7/8	National Track & Field Champs at Stretford. (Details from Keith Wittaker, 42 Heaton Grove, Bradford, Yorkshire.)
		14	World Vets 10,000 Metres Road Championship at Rugby. (Entry Forms from Roy Humphries, 361 Dunchurch Road, Rugby, Warwicks.)
		15	9th Worlds best Marathon Championships at Coventry. (Entry Forms from Jack Selby, 15 Tamworth Road, Coventry, Warwicks.)
		Sept 18	Midlands Vets 10 miles Road Race at Nuneaton.
		18	Crawley 10 Mile Road Race incorporating Southern Vets Champs. (Entries to John Cook, 15 Johnson Walk, Tilgate, Crawley, Sussex.)
		September (date to be decided)	ITALY Vets International Track & Field Meeting

*Entry forms from G. Harrison, 75 Gallows Hill Lane, Abbots Langley, Herts. (Tel: Kings Langley 63317) Send stamped addressed foolscap envelope.

BRUGES

VETERANS 25km

SUNDAY 20th JUNE AT 2pm

THREE CLASSES:

40-49 years/50-59 years/60 years and over

Starting point on the Market Square at Bruges.

A splendid medal for all competitors (value 4£) Club competition per 3 men in each category.

Entries before 27th May with name, christian name, address, date of birth to: J. Serruys Engelendalelaan, 25 8310 Brugge-St. Kruis (Belgium).

No entries will be accepted on the day of the race.

No entry fee for British competitors.

U.K. VETERANS: Contact Jack Fitzgerald, immediately for details of touring party. 6, Tyers House, Aldrington Road, London S.W.16. Tele: 01-677 1303.

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 12.

"All athletes over the age of forty shall be eligible for competitions amongst others of like age in veterans events. All athletes over the age of forty, who comply with rule 53, shall also be eligible for open competition. Competing in veterans events shall not preclude 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 confusing to say the least. In the IAAF context "all athletes" means all *eligible* (i.e. amateur) athletes which immediately confuses the situation. "Others of like age" could well be a reference to age-groupings and is superfluous anyway as veteran events can only field veterans, by definition. The third sentence simply repeats the second in another form. "Open competition" is also imprecise.

Resolutions 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 member nations to understand it.

What the rule is trying to say is, that *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 would 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 dearth of applications 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 one can foresee Sweden, for instance, being far more lenient than say Australia, who has a pro 'problem'. There would be no equity.

The veteran athlete wishes to have the freedom to have a go at next week's meeting "just for fun". The ineligible over-40's are no exception, and their presence would do much to give colour and excitement to veteran promotions. They would harm no one. Do the IAAF really believe that the presence (in veteran events only) of Tulloh, Ibbotson, Rowe, etc. would really endanger the amateur system for the

under-40's? After all, such meetings would still need to abide by IAAF rules.

The recognition of veteran athletics, and its special position, by the IAAF is imperative. The movement, and the scale of its international matches, is growing at such a rate that events could well overtake the Federation. If veterans chose to go their own way and invited ineligible athletes to compete at their meetings the Amateur authorities would have a terrible task sorting out eligibility at club level—indeed they would be powerless. Better that they accommodate the movement right now.

The need for the IAAF to accommodate the movement 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 umpteen so-called world championships held throughout the globe. For instance, a Frenchman recently sought to hold a world schoolboys athletics championships; and there was, of course, our own Toronto meeting. Such promotions manage alright with their grandiose titles until dissenters or rival promotions appear on the scene. Then whose 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 organisers Arthur Lamburt and Willi Haman. 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 around was also welcomed by all. But what reaction can be expected when they make a unilateral decision to reduce the veteran age to 32, and when the Coventry organisers resolve 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 right. Only when every nation is formally invited through a commonly accepted organisation can such a title be genuine.

The IAAF could remedy the situation this year if it had the courage to implement the following:

1. Form a Veterans Committee (which should include the present vets international committee);
2. Accept a proper amendment concerning ineligible veterans;

3. Give official sanction to the championships and venues proposed by the Veterans Committee.

Not only would such a move unite the world movement and rationalise its thinking, but it would make the *true* world championships representative of *all* nations and make them even more exciting and colourful spectacles than they have been to date.

BRITISH VETERANS ATHLETIC FEDERATION

In the welter of results etc of the December edition, we failed to report the very important item that immediately preceding the National Track and Field Championships at Leicester the above Federation was formed. Since then the first official delegates meeting was held on 8th February at Coventry Baths, and a more definite policy has emerged. The Officers elected at the Leicester meeting were George Phipps (Chairman), Jack FitzGerald (Vice-Chairman) and Ken Harland (Treasurer). Ron Blastland 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 was co-opted as Minute Secretary. Three representatives from both the Womens Veterans Athletic Club and Northern Veterans A.C. and two representatives from Midlands Vets A.C. and Southern County Veterans A.A.A. attended the meeting, (Fred Cuthbert and Darryl MacWhirter were unable to attend due to illness).

Several decisions were made regarding the financing and administration of the new Federation. On the finance side, it was agreed that an annual registration fee of 5p for all individuals be paid by constituent associations 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.

As this year's Cross country Championships were held at Parliament Hill Fields and last year's at Sheffield it was agreed that the 1977 Championships will be held in the Midlands on the third Sunday in February.

Because of the uncertain date of the proposed 2nd Worlds Track & Field Championships at Gothenberg, a definite date for the 1977 Track and Field Championships could not be fixed, but it was agreed that it be held in the South, probably in Mid or Late July. It was also agreed that in future National events, women participate in both Cross Country and Track and Field on the same occasion. It was agreed that British Veterans who compete in National events must be members of an Association affiliated to the B.V.A.F. Overseas competitors may compete if they are members of an appropriate Veteran or Masters organisation, but the National Champion must be recognised even if he does not win the event. The B.V.A.F. will affiliate to the A.A.A. and all championships are to be run according to A.A.A. rules.

Representation made by the U.S. Masters to the I.A.A.F. to amend the rule for International competition to include professionals over the age of 40 received the support of the meeting and the Secretary agreed to write to Ollan Cassell stating this. The Womens Veterans A.C. have also made proposals to the W.A.A.A. to amend the rule regarding Women starting in Marathons half an hour after the men, exempting women over 35.

It was agreed that the Annual General Meeting of the Federation be held at Stretford on Sunday, 8th August at 11.30 a.m.

VETERANS XMAS TOUR OF SOUTH AFRICA

A party of British Veterans will tour South Africa between December 17th 1976 and January 9th 1977. Meetings between David Pain's USMITT and South Africa's newly formed Masters Association will take place at Joburg, Pretoria, Cape Town, Port Elizabeth and Durban. The latter will be a new year's eve race over 15 Kilometres. Visits have also been arranged to the Kimberley Diamond Mines, Outshoorn Ostrich Farms, Kango Caves and Kruger Game Reserves. Current predictions of the Air Fare are from £200-£220 and accommodation of the Campus type will be an additional cost. Coach travel to the various venues is sponsored by the South African Masters. All interested competitors and supporters are asked to contact Alan Kimber, 1, Maple Close, Mitcham, Surrey, or phone 01-640-2327 without delay.

DISCUS THROWERS of the world beware. The four-times Olympic champion, Al Oerter, now 39, is back in training. Oerter, who threw 212ft 6in for his fourth gold medal in 1968, is already around the 180ft mark. He says he is not thinking seriously about Montreal, and already has a sore back, "mostly from overcoming the inertia of the last seven years." But the greatest of all Olympic competitors adds: "If I'm throwing well it would be foolish not to get back into international competition and the Games."

The Sunday Times

Despite losing minutes after being led off course by a traffic officer, JACK FOSTER (43) won the New Zealand National Marathon title on March 6th in a fast 2:16:27. Only 2 weeks earlier he had run 14:21.0 for 5,000 metres, 14 seconds outside his own world mark.

Australia's George McGrath, now 56, will be in the U.S.A. for two months from April 9th where he will be arriving for 2:30 in the Boston Marathon. He is currently training 80 miles per week.

A life-time surfer, McGrath only turned to running when past fifty. He made an immediate impact on the middle distance scene and soon moved up through 5000 and 10000 to his new best-love, the marathon.

"The track is just a novelty," says George, who was ranked World No. 1 in Class 2 of the 5000 and 10000 for 1975, and recorded a 2:37 marathon.

On a cool, damp, blustery night at Sydney on 26th March, George McGrath turned out in the N.S.W. Veterans track championships—"as part of my marathon training"—and won in a scorching 15:57. Some marathoner! Some novelty!

An Open Letter

to
ARTHUR LAMBERT (Secretary of the German Association of Long Distance Runners)

from
JACK FITZGERALD (Chairman of the International Veterans Committee)

Dear Arthur,

I write this letter to you more in sorrow than anger. I notice in your most recent edition of "Condition", that you have published notices of our races at Rugby and Coventry on August 14th and 15th, but do not state that they are the World Veterans Championships. Instead, you imply that the more recently arranged races in the Canary Isles scheduled for November 14th and 15th have this distinction. As this is a personal letter I am not sure what legal action will be taken by our official organisation in this matter, but I would like to remind you of the following facts.

We were first allocated the 1976 World Championships in Britain as long ago as 1970, when McInrad Nagelle was both Secretary of your Association and Editor of *Condition*. At that time it was published in *Condition* that it be held in the Manchester Area, probably because of Norman Ashcroft's position as leader of the English touring parties in Bensberg and Skovda. As we were holding the 1973 25 Kilometres Championships at the Isle of Man, under the auspices of the Northern Vets, we decided to attempt to transfer this 1976 race to the Coventry area, which we discussed with you and your committee at the Isle of Man, when you first agreed upon this course for 1976. Subsequently this was officially confirmed by you at Draveil in 1974, when Coventry City Councillors were present as observers. At no time were we informed by you of a change in your rules to include a 32-39 age group, nor to my knowledge was any democratic meeting arranged to implement this. Had there been, I have no doubts whatsoever that the majority of competing Countries would have voted against this retrograde step. Many leading International Marathon runners such as Hill, Kirkham, Roelants, Farrington, Usami, Philipp, Alder, Moore and Manners come into this age group and, quite apart from this, it would make our large International fields even more unwieldy with the extra competitors.

It was this unwieldiness at Draveil, which resulted in chaos in the 10,000 Metres and decided the Coventry observers to restrict that City to a Marathon only, as it was in Baarn, Skovde and Cologne. I know that you held 5000 and 10,000 Metre races at Bensberg, but these were on the track, and were not so difficult to control as the mass Road start, (although there were some anomalies in the lap scoring).

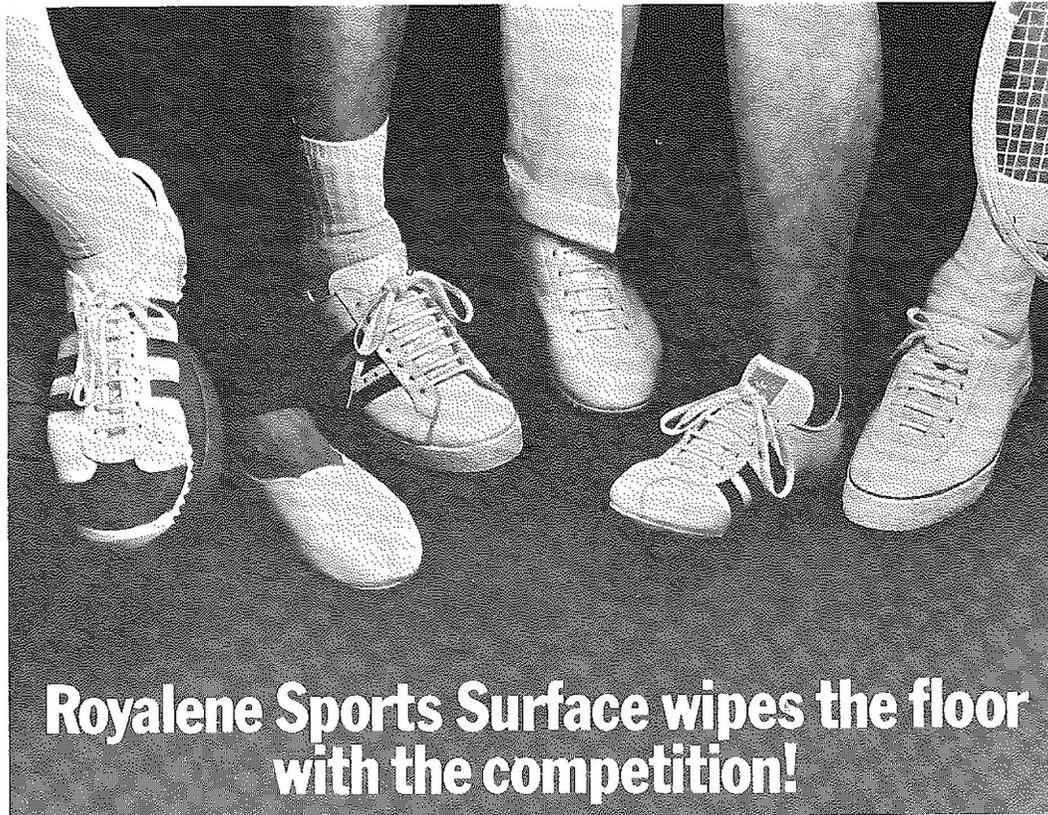
Willi Haman visited Coventry in July 1975, went over the course with Jack Selby and suggested several alterations in the early part of the course. These have been amended accordingly. Unfortunately because of the close proximity between the Worlds Track and Field Championships in Toronto and the 25 Kilometres World Championships in Japan, we were not as well represented as usual at the latter event and the committee meetings held there.

This clash was precipitated by the change of venue in 1975 from the original one at Aarau in Switzerland, agreed upon in 1973 at the Isle of Man, and which the Canadians took into account when they arranged their Championships. From the minutes of your Japanese committee meeting and subsequent telephone calls and correspondence, we made further efforts to stage a 10,000 Metres Road Race in the Coventry Area. Subsequently Rugby and District Athletic Club have agreed to stage it within 10 miles of the Marathon venue on August 14th.

However, our reasons for not including the 32-39 age group are manifold. First, from correspondence and phone calls received, it would appear that only Germany and the Lebanon are in favour of this inclusion. Quoting from the minutes of your meeting, the Czech representative Dr Hlavicka stated that his country was against bringing the age below 40. Mr. Doughty spoke of the dangers of over-60's trying to compete with under 40's and Mr Schuler of Switzerland stated that the organising committee of Aarau will only accept runners over 40. Does this mean that the Swiss will experience the same difficulties as we have had, next year? The other reason is sheer common sense. We can only organise one race at Coventry with Men over 40 and Women over 35 running together. We estimate at least a thousand runners, which will stretch our officials' resources to their limit. To include 32-39 for Men and 30-34 for Women would be impossible in one race, and your meeting unanimously agreed the resolution of Mr Kim of Korea, that younger members should start separately.

It makes me very sad that this action should have been taken by Willy and yourself. I feel it is most unworthy of two people I had held in high esteem both as organisers and sportsmen. I still hope that a congenial solution may be reached before your visits here in August. As Chairman of the steering committee for the next Worlds Track and Field Championships to be held at Gothenberg in 1977, I am convening a meeting at Coventry, at which your respective contributions could be invaluable. In the meantime I personally will continue to claim our races as the *9th World Marathon and 10,000 Metres Veteran Championships* in correspondence and publications.

Yours sincerely,
Jack FitzGerald.



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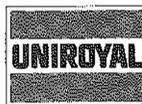
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For further information without obligation please contact Gerry Robertson, Uniroyal Limited, Heathhall, Dumfries, Scotland. Tel: 0387 3111 Telex: 778785.



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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: Awards 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:	W0	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.

(iii) Saturday, 14th August.
9.00 am to 12.00 noon.
1.00 pm to 5.00 pm

(iv) Sunday, 15th August.
7.30 am to 8.30 am.

and collect their numbers, programmes, award dinner tickets etc.

Numbers must be worn high up on vests (NOT on shorts).

The Registration Office is at:-

Coventry Baths,
Fairfax Street.

8. RACE DETAILS

START. The race will start promptly at 9.00 a.m. on Sunday, 15th August, 1976, from outside the Coventry Baths.

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

THE COURSE will be well marked and marshalled, and is over hard surface asphalt roads in accordance with I.A.A.F. Rules.

Runners MUST keep to the left hand side of the road. The roads are not 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.

The highest part of the course is less than 20 metres above the lowest.

FEEDING STATIONS. Feeding and sponge stations will be established as near as possible to international rules.

Feed at: 11Km-16Km-21Km-26Km-31Km-36Km-41Km.

Sponge at: 13½Km-18½Km-23½Km-28½Km-33½Km-38½Km.

The organisers will provide various drinks that will be easily identifiable, and placed conveniently on tables for competitors to help themselves.

Unauthorised feeding is not allowed and will lead to the disqualification of the competitor concerned.

TIMES will be clearly displayed at:

10Km - 20Km - 30Km - 40Km

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, communication and supplies. Selfish behaviour is bad for the sport, the competitors, the public and organisers.

AND THE 10Km WORLD VETERAN CHAMPIONSHIP

RUGBY, WARWICKSHIRE, ENGLAND

at
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,
Race Organiser,
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

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

5. REGISTRATION

Competitors must register on the day of the race at *Dunsmore School*, Rugby, from 9.30am until 1.30pm. 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.

Changing Accommodation At Dunsmore School. The Course will be well marked and marshalled, over a single lap of hard surfaced asphalt roads.

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

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

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

New Views of Speed Training Suggestions for making speed training both profitable and enjoyable. 52 pages. Price: 70p.

Encyclopaedia of Athletic Medicine Emphasis is on prevention, stopping injuries and illnesses at the source. Disabilities of bones, muscles, arches, 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.

Interval Training Ex Olympic marathoner Nick Costes takes a fresh look at the subject. 84 pages. Price: £1.10.

Runner's Training Guide Experts on all aspects of training philosophy present their methods. 100 pages. Price: £1.55.

The Running Body The physiology of running; how the body in action works and how to make it work more efficiently and effectively. 52 pages. Price: 85p.

Finnish Running Secrets The first full examination of the men and methods that brought the Finns back into world leadership in distance running, featuring Viren and Vasala. 96 pages. Price: £1.35.

Exercises for Runners How to increase power with strength work and reduce injuries with stretching. 84 pages. Price: £1.10.

the competitors, and the public. Please co-operate and make the day enjoyable for all.

7. ENTRY CLOSING DATE

ENTRIES CLOSE JUNE 30th 1976

NO LATE ENTRIES ACCEPTED

8. FEES

The entry fee is £3.50. Cheques/Bankers Orders/ Money Orders in sterling to be made payable to:

RUGBY AND DISTRICT ATHLETIC CLUB

ACCOUNT No. 50784109 Barclays Bank, Rugby

and sent to: Mr R. B. Humphries,
361, Dunchurch Road,
Rugby, Warwickshire,
England.

N.B. This event is completely separate from the World Veteran Marathon Championship being organised in Coventry on Sunday 15th August 1976. Please do not confuse your entries.

Age of the Runner Examines running's effects on aging and longevity and how a runner's age affects his performance. 68 pages. Price: 95p.

Running after 40 surveys all aspects of veteran running. Summarises background of leading vets. in classes 1 to 4. 36 pages. Price: 60p.

The Female Runner Looks at the special needs and problems of women runners, from sprinters to marathoners. 36 pages. Price: 70p.

Run Gently Run Long Joe Henderson's sequel to the popular 'LSD' book published 5 years earlier. Tells how to enjoy a long and productive running career with minimum of pain. 100 pages. Price: £1.35.

Race Walking The sport is surveyed, with advice on training and mastering the walking action. 52 pages. Price: 85p.

Tale of the Ancient Marathoner The amazing Jack Foster tells his own life story, littered with advice for runners of every age. 52 pages. Price: 85p.

The Complete Runner Articles 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 People. 208 pages; nearly 100 photos. Price: £3.40.

Yoga and the Athlete by Ian Jackson shows, in depth, what yoga has to offer to athlete; how it can break down barriers which seemed immovable. A deep thinking book of great value to the thinking veteran. 96 pages. Price: £1.35.

The African Running Revolution edited by Dave Prokop. The complete story of modern African athletics from Bikila to Bayi. Price £1.35.

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 endurance fitness point of view. 64 pages. Price: 85p.

ROY FOWLER RETAINS THE VETS NATIONAL C'C' TITLE

by Jack Fitzgerald

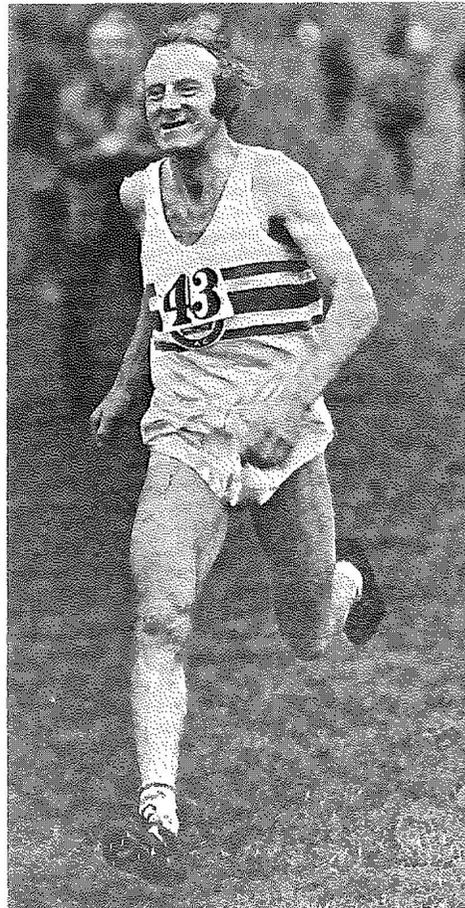
Forty-one years old Roy Fowler won the British Veterans National Cross-Country Championship at London's Parliament Hill Fields on February 22nd, thus retaining the title he won last year at Sheffield and once again beating Southern Champion Ron Gomez into second place (by 24 seconds to last year's 37 seconds). Ealing and Southall lost their team title to Verlea.

The Class 1A and 1B race started at 2.30 and was a most impressive sight as over 200 runners stormed up the hill for the first of the two laps. At the summit it was Dick Cooper, well fancied by the Midlands to challenge Roy Fowler for his title, who showed in front. Over the sticky plough however, Roy and his shadow, Southern Champion Ron Gomez, caught Dick and the battle was on. On the meadows before the drop down to Parliament Hill Track it was Roy and Ron together with Dick about 30 yards adrift and George Brown a further 50 yards back. Eric Austin had fought through to 5th place with yet another new face, Ken Spacie of the 7th Parachute Brigade, in 6th place and John Lusty running a blinder had moved into 7th. Colin Simpson was fighting hard to retain his 1B Title with spirited opposition from "Dusty" Rhodes. The Team race was developing into another great tussle between Ealing and Verlea. Both Clubs had their problems as Mike Barratt had been involved in a car crash 50 yards from his home on the previous Friday while Ron Macey was still recovering from recent injury and illness. Both were shadows of their real selves.

Roy Fowler gradually pulled away from Ron Gomez over the last two miles and little change appeared among the leaders throughout the second lap. There were some spirited duels along the flatlong finishing straight, the most exciting being between Pat Wilks, Johnny Wild, Bill Anderson and Ron Franklin with the T.V.H. Anglo-Welshman running a great race in this exalted company to clinch 3rd place behind Simpson and Rhodes in the 1B Class.

The team race was in doubt right to the end. With Mike Blagrove, Ealings 3rd scorer in their winning Southern team, dropping out it was left to John Hyatt to make up the deficit. This he gallantly failed to do, which left the formidable trio of Brown, Steed and Macey the victors by just two points. With a fit Ken Harland (yet another flu victim) Cambridge Harriers could have emulated their Class 2 team by getting among the medals, but nobody will begrudge third place to the Tipton Long Distance Trio of Eric Austin, Ron Bentley and Daryl MacWhirter, all running shorter and sharper than their normal specialities.

At the presentation of awards, George Phipps



ROY FOWLER

Photo: Ed Lacey

praised the efforts of the Southern Committee for a very successful championships. These were due solely to Fred Cuthbert and his fantastic band of helpers from Highgate Harriers, plus the Southern A.A.A.s officials Fred had rustled up. It is customary to leave the organisation to the Host Club, but let us not take this very efficient Club too much for granted. All Clubs have some very willing officials, and they can be reassured that no offers of assistance either at the Track and Field or Cross Country Championships will ever be refused.

1. R. Fowler 1A (Stoke)	31.39	79. A. Layton 1B (Vauxhall)	37.55	157. J. Ashmore 1A (Rotherham)	42.02
2. R. Gomez 1A (Vale of A)	32.03	80. J. Baker 1A (Woodford)	37.58	158. S. Dowling 1A (Rotherham)	42.03
3. R. Cooper 1A (Worcester)	32.14	81. G. Hoggett 1B (Highgate)	38.03	159. E. Warren 1A (Eaton Man)	42.11
4. G. Brown 1A (Verlea)	32.40	82. R. Poulteney 1A (Tipton)	38.06	160. P. Yates 1B (Kent)	42.17
5. E. Austin 1A (Tipton)	32.56	83. J. Foster 1A (Bury)	38.07	161. A. Ball 1B (Blackheath)	42.19
6. K. Spacie 1A (7th Para.)	33.06	84. R. Bryan 1B (Cambridge)	38.10	162. N. Adkins 1A (Verlea)	42.21
7. J. Lusty 1A (Ealing)	33.30	85. O. Connell 1A (Hercules)	38.12	163. P. Critchley 1B (B'heath)	42.23
8. J. Steed 1A (Verlea)	33.32	86. C. Brown 1A (Ealing)	38.13	164. B. Todd 1B (Met Police)	42.25
9. C. Simpson 1B (Smallheath)	33.44	87. K. Fidler 1A (Vale of A)	38.14	165. E. Elderfield 1B (TVH)	42.28
10. G. Rhodes 1B (Stafford)	33.50	88. D. Rikley 1B (Bracknell)	38.15	166. D. Carr 1B (Woodford)	42.34
11. M. Barratt 1A (Ealing)	34.05	89. G. Poole 1A (Highgate)	38.16	167. A. Brent 1B (Haringey)	42.45
12. N. Pittams 1A (Westbury)	34.23	90. G. Crowder 1A (Blackheath)	38.18	168. P. Orram 1A (Ketteringham)	42.49
13. L. Parrott 1A (Havering)	34.34	91. J. Bancroft 1B (Wirral)	38.19	169. A. Reed 1A (Herne Hill)	42.57
14. T. Billington 1A (Wrexham)	34.39	92. S. Charlton 1B (TVH)	38.23	170. L. Joyce 1B (Huntingdon)	42.58
15. J. Heywood 1A (Herne Hill)	34.43	93. G. Smith 1B (Kettering)	38.24	171. K. Whittaker 1B (ASVA BC)	43.04
16. G. Geoghegan 1A (Cam)	34.50	94. J. Roberts 1A (Crawley)	38.25	172. P. Holden 1A (Verlea)	43.09
17. J. Wild 1A (E. Cheshire)	35.01	95. J. Hills 1A (Blackheath)	38.29	173. J. Cunningham 1A (Sh'bury)	43.10
18. W. Anderson 1A (Met Pol)	35.02	96. R. Knowles 1B (Hillingdon)	38.32	174. W. Craig 1B (Kent)	43.14
19. R. Franklin 1B (T Valley)	35.05	97. D. Jones 1A (Ilford)	38.36	175. R. Harrison 1A (Dudley)	43.20
20. P. Wilks 1A (Poly)	35.06	98. A. Hazell 1B (Hallamshire)	38.42	176. D. Davidson 1A (TVH)	43.22
21. S. Allen 1A (Herne Hill)	35.08	99. J. Baker 1B (Herne Hill)	38.43	177. W. Reeves 1B (Crawley)	43.34
22. W. Hill 1A (Blackheath)	35.18	100. A. Tiffen 1B (Ilford)	38.48	178. D. Granger 1A (Orion)	43.36
23. J. Hyatt 1A (Ealing)	35.19	101. R. Johnson 1B (TVH)	38.53	179. A. Brunning 1B (Verlea)	43.41
24. R. Bentley 1B (Tipton)	35.22	102. A. Wakefield 1A (Luton)	39.01	180. B. Hart 1A (Walthamstow)	43.45
25. D. Bywater 1A (Epsom)	35.27	103. P. Kearsy 1A (Eaton)	39.08	181. K. Shard 1B (Waltham)	43.53
26. P. Wilkinson 1A (Derby)	35.28	104. J. Cook 1A (Crawley)	39.10	182. F. Dudman 1A (Blackheath)	43.59
27. R. Macey 1A (Verlea)	35.29	105. R. Curtis 1A (Tonbridge)	39.11	183. E. Dadds 1A (Verlea)	44.06
28. J. Macallister 1A (Wirral)	35.30	106. C. Jones 1A (QPII)	39.14	184. B. Williams 1A (Unattached)	44.14
29. D. Devey 1A (Highgate)	35.31	107. A. Bradshaw 1A (N'ark AC)	39.16	185. E. Bowring 1B (Cambridge)	44.24
30. E. Nolan 1A (Shaftesbury)	35.33	108. J. Hutchinson 1A (B'heath)	39.18	186. B. Saunders 1A (Barnet)	44.49
31. P. Ranger 1B (Crawley)	35.34	109. D. Rowe 1B (TVH)	39.21	187. P. Price 1A (Unattached)	45.04
32. J. Wood 1B (Barnet)	35.53	110. D. Oakley 1A (Barnet)	39.25	188. M. Southwaite 1B (H'shire)	45.08
33. D. Plater 1A (Ilford)	35.56	111. H. Smith 1B (Hallamshire)	39.27	189. H. McDowell 1B (Ranelagh)	45.24
34. A. Saunders 1A (7th Para)	35.57	112. C. Walker 1A (Belgrave)	39.31	190. R. McDonald 1B (Maryhill)	45.27
35. E. Andrews 1A (Havering)	35.58	113. P. Vivian 1B (TVH)	39.32	191. D. Searle 1B (Ealing)	45.44
36. R. Maitick 1B (B'mouth)	36.08	114. E. Willis 1A (S'hampton)	39.33	192. R. Naylor 1A (Walton)	45.47
37. A. Horne 1A (Ranelagh)	36.09	115. N. Thompson 1B (N'castle)	39.35	193. J. Best 1B (Smallheath)	46.01
38. G. Phipps 1B (Leamington)	36.14	116. R. Blots 1B (Basingdon)	39.40	194. H. Martin 1A (Herne Hill)	46.27
39. T. Everett 1A (Eaton Man)	36.19	117. R. Hall 1B (Bristol)	39.44	195. B. Judd 1A (Walton)	46.38
40. D. Dellar 1B (Cambridge)	36.20	118. W. Lane 1A (Verlea)	39.46	196. L. Pulman 1B (TVH)	47.26
41. B. Foulds 1A (Hallamshire)	36.24	119. J. Everett 1A (Feltham)	39.48	197. N. Fox 1A (Luton)	47.45
42. D. Hunt 1A (Haringey)	36.25	120. R. Margen 1A (Barnet)	39.54	198. R. Martin 1A (Kent)	47.47
43. D. McWhirter 1B (Tipton)	36.27	121. E. Nash 1A (Bristol)	40.02	199. E. Horwill 1A (Dudley)	48.00
44. K. Jones 1B (Vauxhall)	36.27	122. B. Strong 1A (Barnet)	40.06	200. P. Wooton 1B (Highgate)	51.02
45. J. Kirk 1A (Ranelagh)	36.28	123. J. Charman 1B (Mitcham)	40.07	201. C. Knowles 1B (Vale of A)	52.45
46. D. Archer 1A (W'stow)	36.29	124. J. Gurney 1A (Bracknell)	40.08	202. J. Hill 1A (Kent)	53.07
47. H. Soper 1B (Vauxhall)	36.31	125. M. Campbell 1A (Notts AC)	40.09	203. B. Reggione 1A (Eton Man)	53.59
48. J. Matinson 1A (SLH)	36.32	126. P. Maffia 1A (Highgate)	40.10	204. C. Gittens 1B (QPH)	54.15
49. J. O'Callaghan 1A (V'hall)	36.38	127. R. Johnson 1A (Tipton)	40.11		
50. W. Gilham 1A (Ilford)	36.42	128. N. Rees 1A (QPII)	40.12		
51. M. Rowbotham 1A (T'bge)	36.46	129. M. Byle 1A (Woodford)	40.13		
52. K. Morse 1A (Mitchelin)	36.47	130. C. Marsden 1A (Rotherham)	40.14		
53. P. Cobby 1B (Vale of A)	36.57	131. J. Telford 1A (Vauxhall)	40.17		
54. C. Weight 1A (Haringey)	36.58	132. R. Tinker 1A (Rotherham)	40.19		
55. E. Pickering 1A (R'ham)	36.59	133. R. Appleby 1A (Highgate)	40.22		
56. H. McLancey 1A (Verlea)	37.00	134. B. Saunders 1A (TVH)	40.24		
57. D. Smith 1B (Kettering)	37.04	135. O. Oxley 1A (Rotherham)	40.27		
58. J. Green 1A (Ranelagh)	37.05	136. R. Purkis 1A (Verlea)	40.31		
59. A. French 1A (Blackheath)	37.08	137. J. Lewis 1A (Walthamstow)	40.35		
60. J. Chaplin 1B (Cam/Cole)	37.09	138. M. Stock 1A (Met Police)	40.38		
61. J. Davies 1A (Belgrave)	37.10	139. R. Bonser 1A (Belgrave)	40.39		
62. M. Weston 1A (Bury)	37.12	140. J. Hayward 1B (Woodford)	40.45		
63. B. Boyce 1A (Tipton)	37.13	141. R. Gibson 1A (Newham)	40.48		
64. H. Downer 1B (S'hampton)	37.14	142. B. Shave 1A (Herne Hill)	40.45		
65. S. Risley 1A (Cambridge)	37.15	143. D. French 1A (Epsom)	40.56		
66. J. Merrony 1A (Cam/Cole)	37.18	144. R. Browne 1B (Elswick)	40.59		
67. J. Atkinson 1A (Barnet)	37.19	145. J. Skinner 1A (Barnet)	41.15		
68. R. Day 1A (Verlea)	37.21	146. G. Lee 1A (Hallamshire)	41.18		
69. D. Harris 1A (Dudley)	37.22	147. Travers 1A (Derby)	41.21		
70. S. Izzard 1A (Highgate)	37.24	148. A. Tonkin 1A (Blackheath)	41.22		
71. L. Worrell 1A (Crawley)	37.28	149. G. Timms 1A (Wycombe)	41.24		
72. W. Hmscomb 1A (R'lagh)	37.32	150. G. Beeston 1B (Derby)	41.32		
73. A. Hedger 1A (Ranelagh)	37.36	151. L. Opper 1A (Verlea)	41.40		
74. M. Harvey 1A (Kettering)	37.47	152. W. Hazle 1B (Woodford)	41.44		
75. J. Godbeer 1A (Cambridge)	37.49	153. K. Hill 1B (Crawley)	41.49		
76. T. Samuels 1A (Havering)	37.50	154. M. Gunstone 1A (Mitchelin)	41.58		
77. M. Grace 1A (Hallamshire)	37.52	155. T. Taylor 1A (Bracknell)	41.59		
78. J. Thorpe 1A (Verlea)	37.54	156. M. Robertson 1B (S Shields)	42.01		

TEAM RESULT:

1. Verlea	30 pts
2. Ealing & Southall	32 pts
3. Tipton M	56 pts
4. Cambridge H	94 pts
5. Havering	99 pts
6. Herne Hill	107 pts
7. Vauxhall M	112 pts
8. Ranelagh	112 pts
9. Vale of Ayles	114 pts
10. Blackheath	137 pts
11. Highgate H	143 pts
12. Ilford AC	145 pts
13. Crawley	157 pts
14. Barnet & District	167 pts
15. Thames Valley	172 pts
16. Hallamshire H	174 pts
17. Kettering TH	181 pts
18. Haringey & S	210 pts
19. Eton Manor	240 pts
20. Rotherham	252 pts
21. Belgrave H	253 pts
22. Derby & C	255 pts
23. Metropolitan Police	255 pts
24. Woodford Green	280 pts
25. Walthamstow	291 pts
26. Bracknell	292 pts
27. QPH	352 pts
28. Kent AC	424 pts
29. Walton AC	454 pts

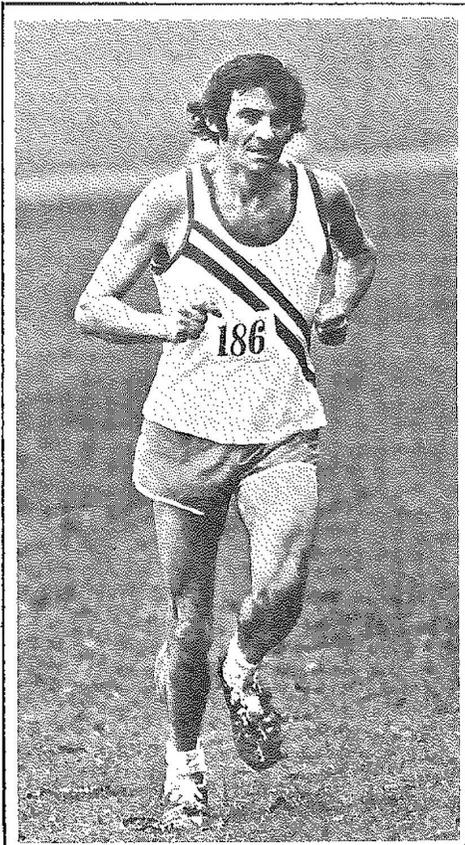
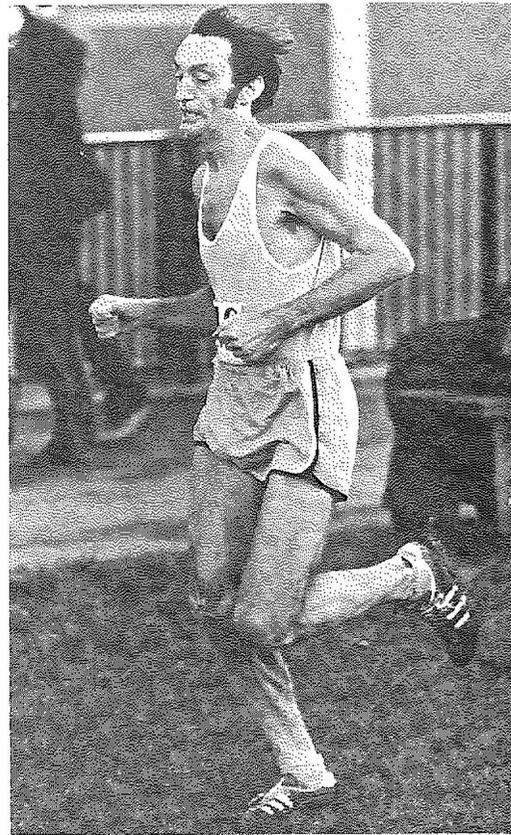


Photo: Ed Lacey



Vets National CC Champs: JACK BROWN WINS THE OVER 50 TITLE

The start up the hill from the swimming baths saw Ken Hall the previous champion in an early bid 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 as 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 30 yards and start moving away. Martin Jackson of Rotherham and Ron Hale of Kent were settled into 4th and 5th behind Ken Hall who had recovered his equilibrium. The white head of Wallace again made the pace over the initial 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 Scutts of Portsmouth easily took the 2B award in 7th place. He was obviously still 'high' from his results in the Toronto physical fitness tests where he excelled.

Star Allen

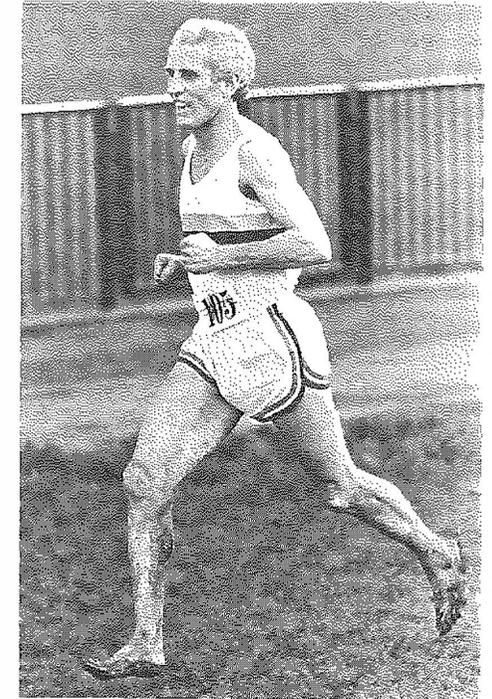
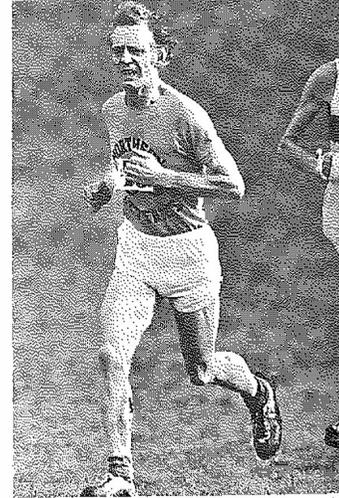
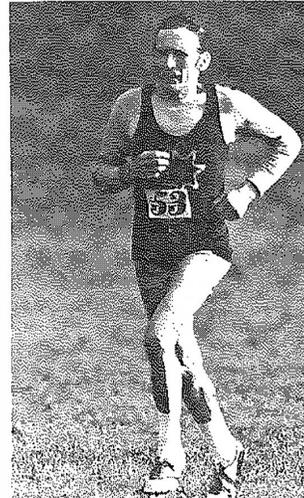


Photo: Ed Lacey

TOP: Winners Simpson (1B) and Brown (2A)
BOTTOM: Hale, M. Jackson and 2B winner Scutts.



Barefooted Wallace of Newport, runner-up to winner Jack Brown.

(Over 50)

1. J. Brown 2A (Cambridge)	36.13	37. A. Smith 2B (VAC)	43.20	73. D. Braybrook 2A (Orion)	51.06
2. P. Wallace 2A (Newport)	36.24	38. E. O'Bree 2B (Cambridge)	43.25	74. J. Heath 3A (Vale of A)	52.57
3. K. Hall 2A (Wirral)	36.59	39. W. Lake 2A (Blackheath)	43.27	75. B. Steeple 2A (Rotherham)	53.10
4. M. Jackson 2A (Rotherham)	37.45	40. H. Trafford 2A (N'castle)	43.28	76. T. Hall 2A (Newcastle)	53.49
5. R. Hale 2A (Kent AC)	38.35	41. E. Wallace 3A (Wirral)	43.32	77. C. White 4A (Ranelagh)	54.26
6. S. Jackson 2A (Bristol)	38.42	42. G. Eastwood 2A (W'ford G)	43.37	78. T. Yates 3A (Poly)	54.49
7. G. Scutts 2B (Portsmouth)	38.50	43. J. Coombs 2A (Verlea)	43.39	79. F. Jackson 3B (Norwich)	56.32
8. R. Ferneyhough 2A (M AC)	38.53	44. J. Baker 2A (Belgrave)	43.47	80. L. Phipps 3B (Thames V)	56.59
9. N. Neilson 2A (Blackpool)	38.55	45. H. Humphreys 2B (W'fd G)	43.55	81. R. Wiseman 4A (Cambridge)	60.30
10. J. Downes 2B (Queens Park)	39.22	46. H. Down 2A (Thames V)	43.56	82. S. Edwards 3B (Havering)	61.58
11. W. Brown 2A (E Cheshire)	39.26	47. T. Monaghan 2A (Maryhill)	43.57	83. E. Jacobs 3B (Waltham)	63.01
12. D. Martin 2A (Ranelagh)	39.27	48. S. Bradshaw 3A (Clayton)	44.26	84. S. Stein 2B (Highgate)	63.38
13. L. Blackeby 2B (Cambridge)	39.30	49. A. Cooper 2A (Newcastle)	44.49	85. H. Rainbird 4A (Cambridge)	66.45
14. A. Etches 2A (Rotherham)	39.51	50. L. Langley 2B (Folkestone)	45.08		
15. J. Fitzgerald 2A (Mitcham)	39.58	51. P. Munn 2A (Mitcham)	45.12	TEAM RESULT:	
16. G. Porteous 3A (Maryhill)	40.41	52. W. Byrns 3B (Rotherham)	45.29	1. Cambridge Harriers	31 pts
17. J. Haden 2A (Tipton)	40.03	53. F. Devenauld 3A (Ilford)	45.30	(1, 7, 23)	
18. B. Nielson 2A (Hillingdon)	40.15	54. J. Bennett 2B (Blackheath)	45.47	2. Ranelagh Harriers	42 pts
19. T. Harrison 2B (Maryhill)	40.21	55. D. Shor 3B (Woodford G)	45.55	(6, 16, 20)	
20. L. Brown 2A (Woodford)	40.27	56. S. Lee 3A (Horwich RMI)	46.10	3. Wirral AC	43 pts
21. H. Tempan 2A (VPH)	40.31	57. B. Spiller 2B (Polytech)	46.17	(2, 15, 26)	
22. G. Coleman 2B (V'hall M)	40.33	58. L. Cass 2B (Cams)	46.18	4. Rotherham Harriers	46 pts
23. E. Young 2A (Belgrave H)	41.23	59. W. Symes 3A (Queens Park)	46.40	(3, 8, 35)	
24. B. Jenkins 2B (Huntingdon)	41.25	60. G. Monshall 2B (B'heath)	46.45	5. Maryhill Harriers	53 pts
25. J. Fenn 2A (Orion II)	41.29	61. J. Whitbourne 2B (C'bridge)	46.48	(10, 11, 32)	
26. R. Salisbury 2A (Wirral)	41.30	62. D. Vanhegan 2A (Barnet)	47.07	6. Woodford Green AC	60 pts
27. A. Maslin 2B (Ranelagh)	41.32	63. D. Tingeley 2A (B'heath)	47.29	(12, 21, 27)	
28. F. Dyter 2B (Blackheath)	41.37	64. J. Foster 2B (Ilford)	47.37	7. Belgrave Harriers	61 pts
29. G. Meech 2A (Verlea)	42.10	65. R. Smith 3A (Blackheath)	48.19	(13, 19, 29)	
30. D. Hay 2A (Brighton)	42.16	66. F. Woolford 3A (SLH)	48.28	8. Verlea AC	68 pts
31. J. McDonald 2A (Belgrave)	42.26	67. R. Hopcroft 2B (Thames V)	48.37	(18, 22, 28)	
32. C. Bishop 2A (Ranelagh)	42.32	68. P. Waters 2A (Blaydon)	48.58	9. Blackheath Harriers	78 pts
33. B. Wade 2A (Woodford)	42.35	69. W. Ross 3B (Ryde)	49.44	(17, 24, 37)	
34. W. McMinnis 3A (Sutton H)	42.51	70. N. Dudley 2B (Coventry)	50.04	10. Newcastle Staffs AC	109 pts
35. D. Blyth 2B (Cambridge C)	43.00	71. D. Gardner 2A (Poys)	50.16	(25, 33, 51)	
36. W. Eyles 2A (Verlea)	43.12	72. A. Poynter 2A (Waltham)	51.00	11. Thames Valley Harriers	132 pts
				(31, 47, 54)	

YOU AND YOUR HEART

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 cloud of mysticism and superstition surrounding this vital organ for centuries, and even today old wives tales abound. The heart is probably the most powerful muscle in the human body and, like all muscles, it can be abused, neglected or overworked in a variety of ways.

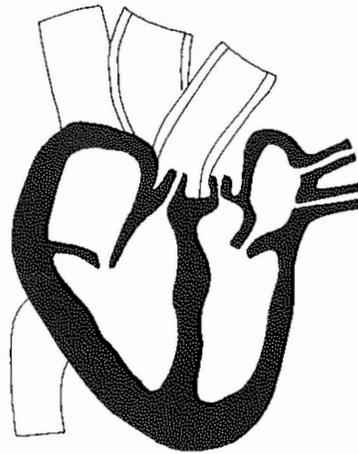
It is a popular belief amongst endurance athletes that their strenuous exercise is a sure insurance against cardiac problems. An insurance of sorts it certainly is, but there are other factors which have a significant part to play as well - psychological stress, diet and heredity. The last factor one can do little about but if the approach to the other three is sensible then longevity to enjoy 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 edifice, so perhaps that is why it receives the most attention. But is it an active attention? How many readers have ever had an electrocardiogram (ECG) taken? Is a routine medical by your doctor really sufficient? These are questions that need to be considered by active veterans. A medical by your G.P. is obviously of some value, but as far as 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 after a long period, regular physical activity would be well advised to have a stress-test. Let's face

THE HEART TEST by CLIVE SHIPPEN

"All I know is, that if I had a heart like yours I would want the reassurance of a favourable stress test result before I did anything strenuous". The words seemed to tail off into an echo chamber and were followed by utter silence. For a moment I thought I was dreaming. After all, it was not usual for me to be sitting in an armchair clad in dressing gown and paper slippers. But no, the white-coated consultant was definitely real and, as there was no one else in the room, he was obviously talking to me - me, who had been running for over half of my 44 years. I remained silent, baffled, collecting thoughts - of Milne, "But



it, there have been deaths through beginners undertaking too rigorous a programme - beginners who have felt perfectly healthy at a low level of activity. Such cases would almost certainly have been picked up by an exercise ECG, and under a carefully controlled training programme they could still have exercised in safety.

There are many post-cardiac patients who have run marathons after a careful long-term build up of training, and there is strong evidence that their longevity has been extended by the planned endurance work. The benefits of running do not need to be extolled in these columns, but a blind faith is not enough. Veterans in particular need to have their condition monitored from time to time. The majority will be perfectly O.K., but who knows that he is in with the majority? A stress-test will at least give you peace of mind.

The following articles illustrate that when abnormality, and even damage, exist, it is still possible to lead a full and happy existence and enjoy the benefits of regular endurance exercise; but keep yourself informed.

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 Centre's computerised records, with copies to my own doctor. But I had done so with the complacency of the typical athlete - you know, "there is no real need for me to be here, I have just come along to impress the staff and keep the record straight".

And now those words. Oddly enough, my very first thoughts were "If anything is wrong I'll give up competition, but nothing will stop me running. I'm the only one who knows how I feel when I run". This was followed by memories of Runners World letters and articles on similar cases which had come to naught and, thus reassured, I replied "Well, of course,

such cases are not uncommon amongst athletes, and resting E.C.G.'s can be misleading... can't they?" I had to be careful not to alienate him.

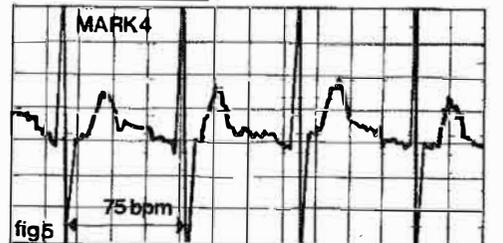
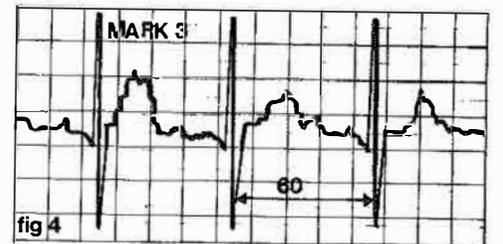
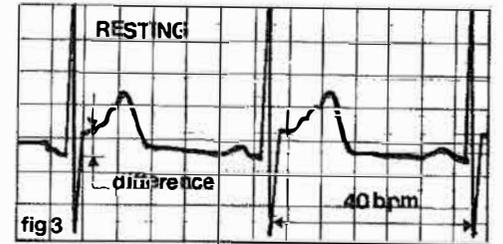
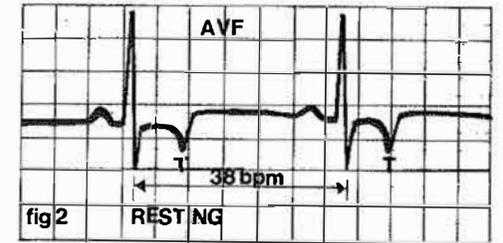
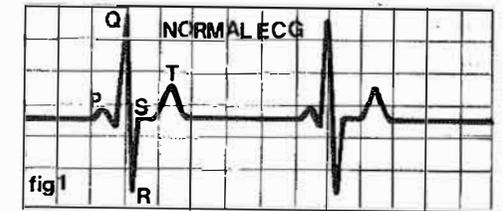
It turned out that the AVF node of my E.C.G. (the one attached to the left foot) had given a reading which was indicative of a myocardial infarct heart condition: that is a restricted blood supply to the heart muscle itself, caused by obstruction of the local circulation. A normal E.C.G. reading is shown in figure 1 and mine in figure 2. In the former the 'T' wave is elevated and in the latter it is depressed which indicates that the natural electrical wave, which produces muscle spasm and the resulting "beat", failed to activate part of the muscle on the underside of the heart. This was clearly explained to me the following afternoon by the enthusiastic cardiologist who, with the help of a charming cardiographer was to put me through the rigours of a stress test.

Before we commenced the test, on a bicycle ergometer, this second white-coated gentleman told me that he had that very morning used my E.C.G. graphs to illustrate a lecture (on what, he didn't say!) and that he had expressed the expectation that the afternoon's test would indicate normality under work-load; but at what point? I had visions of a hall of medical students waiting with bated breath for the results to be relayed through. In just shorts and shoes I sat on the bicycle awaiting instructions - a human guinea-pig.

The test procedure was to cycle at a constant speed, keeping the "speedo" on 20 kph. The resistance was set at Mark 2 and after precisely 2 minutes the recording equipment was switched on and a trace taken for 3 to 5 seconds. Without stopping, the resistance was increased to Mark 3 and the procedure repeated. By the time we had got to Mark 9 I felt as though it was my legs that were in need of investigation. 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 chest 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.

Figure 6 shows the pattern at Mark 9 and figure 7 the trace after five minutes recovery, which was singled out for particular comment by my friendly cardiologist who was in a bit of a sweat himself by now. The trace clearly shows that the normal condition has been maintained, yet the heart rate has dropped below the point where it was first rectified. This seemed to indicate that heart rate alone was not the criterion but that other factors such as work-load and stroke/volume decided when the "correction"



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, before dashing to 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 frighten

The heart test

away any unsuspecting persons who had come along for a quiet civilized screening.

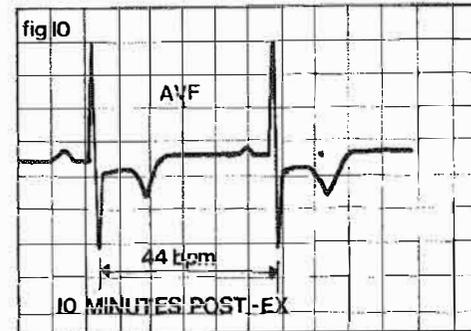
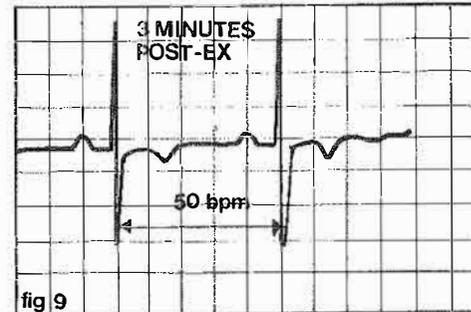
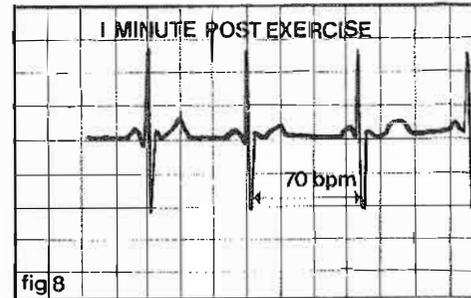
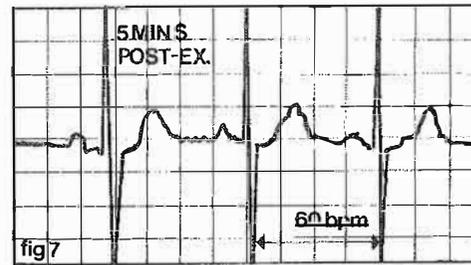
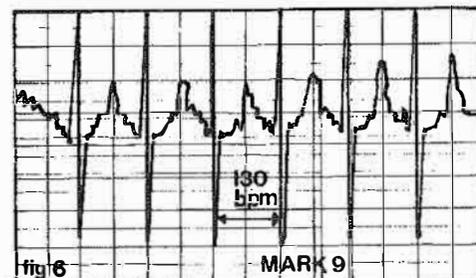
Figure 8 shows the trace after one minute's recovery with the "T" wave still in the proper elevated position and figure 9 (after three minutes) and figure 10 (after five minutes) show the patterns with the "T" wave back in its original dropped position.

All was now complete and, as I sat back enjoying my tea and biscuits, the cardiologist analysed the results and gave me the reassurance I had come for. "It's rather like having a six cylinder car and driving around on four of them for much of the time" he said. "When a certain work-load calls for increased power then the other two cylinders switch in for 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 wide-spread as mass X-ray.

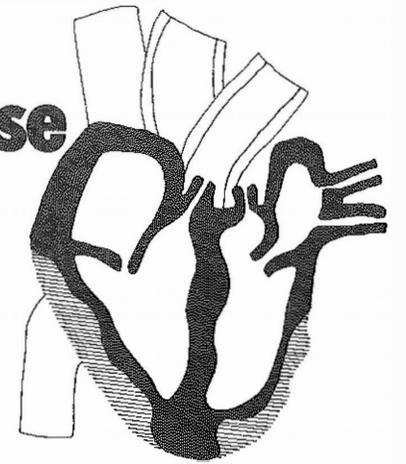
There is nothing unique in this case. I relate it simply because I believe other veterans will be interested; and that if one is outside the 95% normal range it does not necessarily mean that one is sub-normal; and last, but by no means least, the value of screening. My screen was O.K., but as the cardiologist 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 misled. 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 value, besides reassuring. 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, turned 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 massive 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 atherosclerosis of the vessels and damage is ordinarily progressive.

Bill Hargus did not have a final 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 atherosclerosis 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 no doubt would have had much more severe heart problems and died much sooner than he did.

Running & heart disease

by Harold Elrick MD.

The following remarks were prompted by the recent death of Bill Hargus. They are based on 9 years of personal research by the author, and analysis of the scientific literature on the interrelationship of living habits (especially exercise and diet), heart disease, optimal healthfitness, 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 single simple 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 is the best way to do this. 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 atherosclerosis (hardening of the arteries) as an inevitable part of the aging process, and therefore see 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 burn 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, maleness, personality type, EKG

abnormalities, stress, the typical American diet, and hypothyroidism. It will take many years of research to establish the order of importance of these factors.

There is much strong physiologic evidence that exercise can prevent and postpone heart disease, but it will take much more research to prove it. The same may be said for changes in the other risk factors. Nonetheless, I believe strongly in the importance of making every effort to eliminate or correct *all* of the risk factors as the logical course of action at this time. The philosophy of doing nothing until absolute proof of the importance of each factor is established is unreasonable and deplorable. Concentrating on one or a few of the factors only is also inadequate and to be deplored. This is the philosophy of those who consider exercise (in any form) and/or diet or heredity or personality type to be the all-important factors. It is not necessary for me to explain the absurdity of a programme of 30 minutes per week to achieve anything that one could call fitness.

The belief that atherosclerosis is a natural part of the aging process is deeply ingrained in the minds of many. Actually, there is much convincing evidence that it is a disease unrelated to the aging process. In Americans it is found frequently in children and in young adults, whereas in many other countries it is virtually absent in old people.

Bill Hargus died of far advanced disease of his coronary arteries, and this disease must have started years before his first heart attack in 1964. In spite of this, Bill became an accomplished distance runner with a record of 22 marathons, many more shorter races, and long jumping. Furthermore, his

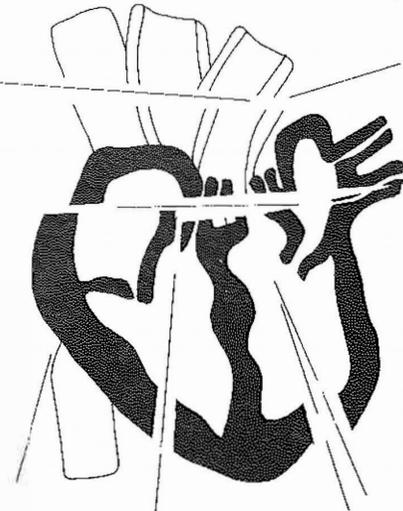
performance in these competitions was nearly always excellent for his age group. This year 6 men who had recovered from heart attacks completed the Boston Marathon, one of them with a time of 3 hours, 11 minutes. These facts are cited to demonstrate that feats of unusual physical endurance are possible by persons with serious heart disease. It follows, therefore, that the ability to perform activities requiring great stamina is no guarantee that one has a healthy heart or is immune to having a heart attack. It also means that there are many people doing distance running, both competitively and for recreation, who have serious heart disease and don't know it. Such heart disease in the stage before symptoms appear can only be detected by special testing (stress EKG and apex EKG) which is not done in the routine medical check-up. For this reason I have, for a number of years, recommended that all individuals who compete or engage in their sport regularly should have the special testing.

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- (2) *Marathon Running and Immunity to Heart Disease*. T.J. Bassler, M.D. *The Physician and Sports Medicine*, April 1975.
- (3) *Total Fitness in Thirty Minutes*. L.E. Morehouse Ph.D. and L. Gross. Simon & Schuster, Inc., 1975.
- (4) *Lectures on Preventive Cardiology*. Grune & Stratton, N.Y. 1967.

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 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!

That 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 life-style 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 and ate just about anything. Like most men I knew, I thought old age was creeping up on me. I considered it normal to have backaches, chest pains, shortness of breath, headaches, insomnia, indigestion and anxiety attacks.

One day during October 1966, when I was 55, I was having lunch at a restaurant when everything went blurry and I passed out. When I came to, I was in an ambulance en route to the hospital.

I knew I'd had a heart attack and I panicked because I remembered my father who'd suffered a heart attack when he was about my age.

He lived only a year after his attack. Then, just before I passed out again, I vowed that if I lived I'd never take my life or my health for granted again.

When I got out of the hospital, the first thing I did was cut down on my eating. I gave up sweet, fattening foods and began eating fruits, fish, fowl, skim milk and other low cholesterol foods.

Then I began an exercise program. First jogging, then running to build up my body. Each day I ran farther and farther and today I can run 6 miles in the time it took me to run 4 miles a year ago.

Being a psychologist, I knew that keeping my mind free of anxiety was the third necessary part of my plan to live to a ripe old age. So I began to practice

self-hypnosis whenever I'd feel tense or anxious. My three-pronged attack on physical apathy completely changed my life.

I'm 30 pounds lighter now and I run at least 15 miles a day. In 1973, I set 5 world records for men of my age in discus-throwing, shotput, the 50-yard dash, the 600-meter race and the 1,200-meter race.

I won 22 ribbons in one recent track season and a national sports magazine recently gave me an achievement award for running 25 miles in 3 hours, 47 minutes. And I celebrated my 63rd birthday by running 63 laps around a quarter-mile track.

Every once in a while, someone calls me a health nut. When they do, I run around the cemetery a few times and I'm sure I'd rather be a live health nut than a dead something else.

I don't care what anybody calls me—I'm happy because I've turned a death sentence into a life promise.

(Will acknowledgements to the USMITT Newsletter)

DON'T FORGET TO RENEW YOUR SUBSCRIPTION TO VETERIS THE MAGAZINE FOR THE OVER-40 ATHLETE

THE AUGUST ISSUE WILL FEATURE

* PREVIEWS OF THE 9th WORLD MARATHON & 10 km CHAMPIONSHIPS AT COVENTRY AND RUGBY

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* A FURTHER ARTICLE BY BILL SMITH ON THE VETERANS OF THE FELS

. . . . Besides our regular features.

Subscription Renewals to Tony Betteridge please (address page 1)

Veteran events at the Barnet Sports Gala June 12th/13th at the Cophall Stadium NW4

Saturday June 12th 4 p.m.

10K/M Road race for the Williams Cup. All classes.

Winner: Prize valued at £20
Next 5: Prizes valued £10 to £3
1st over 50 £5, 1st over 60 £5
Plaques first three teams (3 to score)

Sunday June 13th (first event 1 p.m.)

100m The Barnet Trophy
Class 1 Winner: Trophy, 2 & 3 plaques
Class 2 Winner: Trophy, 2 & 3 plaques
Class 3 Winner: Trophy, 2 & 3 plaques
200m The Barnet Trophy details as
400m The Barnet Trophy the 100m
800m The Barnet Trophy

(under A.A.A. & W.A.A.A. Laws)

Class 1 Winner: Trophy, 2 & 3 plaques
Class 2 Winner: Trophy, 2 & 3 plaques
1500m The London Trophy
Class 1 Plaques 1, 2 & 3
Please enclose S.A.E. for receipt and competitors ticket.

3000m Inter-Team race (class 1) for the Highgate Harriers Trophy Holders: Cambridge Harriers
Plaques first three individuals & first 3 teams (4 to run, 3 to score)
Long Jump Classes 1 & 2
Shot medals according
Disus to entry

High Jump (Class 1) medals 1, 2 & 3
WOMEN (over 35)

200m handicap prizes value
£7, £4 & £2

800m Trophy to winner: medals 2 & 3
High Jump Awards according
Shot to entry

Entries to Hazel Rider, 1 Malthouse Lane, Shoreme, Nr Gravesend, Kent.
200m Handicap Must be made on a W.A.A.A. Entry form as well as Barnet Sports Gala Entry Form

Entry fees 40p per event, Teams 30p in addition. Cheques and P.O.'s made out to: The London Borough of Barnet. Entries to G. Harrison, 75, Gallows Hill Lane, Abbots Langley, Herts, 40-63317 by 3rd June, no entries on day. Entry to Stadium Free for officials & competitors holding pass ticket which will be sent with receipt of all paid entry fees. Otherwise entry to Stadium:— Adults 30p Children 10p CAR PARK FREE. Overnight camping (own tent) and parking facilities for cars and motor caravans has been put at our disposal for the sports gala, situated at Moat Mount open space Mill Hill N.W.7. 10 mins from Cophall. Fees 30p per unit.

Bring your family and friends and enjoy all the sports at the Barnet Gala

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 miles a week man with occasional leaps to 120+. After some 17 years he persuaded his wife to go for a 1½ mile jog around the darkened streets of suburban London. While he was exhorting her to finish her last 20m 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!

Obsessed as we are with physical fitness, it was interesting to see the experienced bronze medal winner in the 1A group 10 000m at Toronto and first rate Cross Country runner (winner of two plaques) change last summer from a confident and mature adult to a bemused and bewildered worrier. The reason? he had hurt his knee . . . it was his first injury in over 20 years of running! We know a Veteran who, when asked 'are you injured this week?', replied 'How do I know until I get changed into my running gear'.

John Howell, the first Englishman to cover 25ft in the Long Jump and England's captain in the Perth games becomes of age this summer. He reckons that he can still jump 21 ft plus off his bad leg. He always sticks kitchen knives in the grass by the long jump run-up to mark his starting point; its one way of keeping them polished for the table I suppose.

If, as a good friend down at Crawley tells me, a vet can be recognised as a sciatic old man with arms akimbo stretching forwards and back to ease his lesions, we would like to postulate that the 39 year old athlete can be recognised as one who starts to lose weight rapidly as his 40th birthday approaches. This of course ignores the spurious sub-masters programme.

We hear that the San Diego Track Club held a Spring Retreat which was organised by Dorothy Stock - wife of steeplechaser Bill - at a school camp. Snag was that alcoholic beverages were forbidden in toto. Not a word to Frank Salvat 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 over the country in 1905 and the Olympic Games in 1912 but was best known for his coolness as a starter who developed the lateral stance. His coolness stood him in good stead recently when he fell in his garden and could not get up. Some time later his wife realised 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 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 000m. He was trying to beat his own world record of 16.14 which he set winning the US Masters crown. Oh, the race was won by Nicholas Lees (17) in 14.22.6 for a new UK age best!

The 40-49 age group race in the National Vets Cross Country Champs at Parliament Hill Fields saw an hirsute harrier plunge full length into the first ditch full of mud that he could find. His injury was further insulted by three wags with signs reading 5.8, 5.8 5.8. They explained that these were marks for technical merit and that they would have awarded a 5.9 but it was too early in the competition.



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 Gallop!!! Must be more than a jogger surely.

Don't forget to enter my 'Injury 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 brief 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!

UK Results

November 8th
Bernie Harnes Half Marathon

11. L. Parrott (Hav) 4#	72.04
25. F. Andrews (Hav) 43	77.45
28. T. Samuels (Hav)	78.27
32. A. F. Hefford (Orion)	80.06
43. D. W. Cooper (Camb H)	81.36
44. D. Ball (Bigg)	82.54
50. J. Ficken (Essex B)	84.31

(11 vets ran)

November 8th
Belgrave H v Blackheath H

1. A. Weeks-Pearson (B'ht)	31.43
2. W. Kerr (Bels)	31.46
3. W. Hill (B'ht)	32.13
4. J. Davies (Bels)	32.30
5. A. Bruce (Bels)	33.39
6. J. Dooley (Bels)	33.52
7. J. Roberts (B'ht)	33.53
8. J. Hills (B'ht)	34.05
9. P. Netterlein (B'ht)	34.15
10. G. Crowder (B'ht)	34.51
11. R. Coombs (Bels)	35.05
12. A. Stroud (Bels)	35.14

(30 ran)

TEAM RESULTS

1. Belgrave H.	143 pts
2. Blackheath H	151 pts

November 9th
Northern Vets 10Km C.C.

1. J. Wild (E Ches)	35.10
2. K. Hookinson (Salf)	35.26
3. M. Morrell (Wirral)	35.48
4. T. Rooke (Midd/bro)	36.01
5. R. Norman (E Ches)	36.08
6. R. Billington (Wrexham)	36.11
7. C. Aldred (Salf)	36.55
8. P. Madden (Blackburn)	36.48
9. G. Doggett (Salf)	37.49
10. K. Hall (Wirral)	37.50
11. J. Dawson (Clayton)	37.57
12. J. McAllister (Wirral)	38.10
13. A. N. Other (No. 501)	38.21
14. J. Betney (Clayton)	38.26
15. J. Haslam (Bolton)	38.37
16. J. Pickering	38.51
17. J. Alcock (E Ches)	38.58
18. F. Valentine (Bolton)	39.10
19. D. Garnett (ASVAC)	39.40
20. G. Foster (Bury)	39.46
21. G. Brady (Pembroke)	39.52
22. F. Thompson (Clayton)	40.00
23. I. Seanor (Sutton)	40.08
24. H. Smith (Clayton)	40.20
25. J. Thompson (Middbro)	40.25
26. K. Metcalfe (Blackburn)	40.29
27. G. Sutcliffe (Rochdale)	40.37
28. D. Howarth (Leigh)	40.38
29. J. McAloon (Pembroke)	40.40
30. M. Blankley (E Ches)	40.43

(79 finished)

TEAM RESULT:

1. Salford (2, 7, 9)	18 pts
2. East Cheshire (1, 5, 17)	23 pts
3. Wirral (3, 10, 12)	25 pts
4. Clayton (11, 14, 22)	47 pts

November 15th
Epsom 10 miles Road

9. M. Barratt (Ealing & S)	53.20
12. A. Shrimpton (S'hampton)	53.40
25. J. Lusty (Ealing)	55.35
37. D. Funnell (Epsom)	57.39
52. M. Blagrove (Ealing)	60.31
59. W. Kerr (Belgrave)	61.59
66. J. Fitzgerald 50+ (Mitcham)	62.58
92. F. Nickols 50+ (Vets AC)	84.16

1st Vet.
9. M. Barratt (E & S)

1st 0/50
66. J. Fitzgerald (Mitcham AC)

Vets Team

1. Ealing & Southall	8 pts
2. Epsom & Ewell H	15 pts

'Thank you for supporting this year's race next year's race November 13th, hope to see you again then.

November 23rd
Norman Walsh 5 Miles C.C.

10. J. Wild (E. Ches) 44	25.35
20. J. Salt (Roch) 43	26.17

November 23rd
Scottish Vets 5½ Miles C.C.

1. G. Eadie	32.22
2. W. Stoddart	33.01
3. J. Milne	33.26
4. J. Moore	34.45
5. B. Bickerton	35.27
6. B. Fickling	36.35
7. A. McManus	36.36
8. W. Armour	36.55
9. M. Rafferty	37.19
10. J. Foster	37.50
11. G. Porteous	37.54

(32 finished)

November 29th
Blackheath v Belgrave v Cambridge H.

1. K. Harland (Camb)	36.44
2. J. Herring (B'ht)	38.03
3. W. Hill (B'ht)	39.34
4. C. Shippen (Bels)	39.49
5. D. Dellar (Camb)	40.13
6. J. Davies (Bels)	40.30
7. J. Hills (B'ht)	40.55
8. G. Crowder (B'ht)	41.46
9. R. Coombs (Bels)	42.05
10. C. Walker (Bels)	42.25
11. P. Vetterlein (B'ht)	42.34

TEAMS: (5 to score)

1. Blackheath H.	31 pts
2. Belgrave H.	42 pts
3. Cambridge H.	47 pts

November 29th
Metropolitan C.C. League
Vets Results

1. M. Barratt (E & S) 42	27.15
2. J. Steed (Verlea) 40	27.40
3. J. Lusty (E & S) 42	29.01

December 5th
Fraternity Cup C.C. Race, Barnet

19. M. Barratt (E & S) 42	26.47
26. J. Steed (Verlea) 40	27.18
35. J. Lusty (E & S) 42	28.03

December 6th
Cambridge H v Blackheath v W'ford Gn

1. K. Harland (Camb)	21.22
2. F. Byrne (Camb)	22.32
3. D. Dellar (Camb)	22.39
4. J. Godbeer (Camb)	22.51
5. D. Maynard (Camb)	23.01
6. W. Hill (B'ht)	23.10
7. J. Hills (B'ht)	23.20
8. L. Blackeby 50+ (Camb)	23.34
9. G. Crowder (B'ht)	23.42
10. J. Baker (Woodford Green)	24.10
11. M. Payne (Camb)	24.33
12. P. Vetterlein (B'ht)	24.37
13. J. Hayward (W'ford Green)	24.44
14. D. Coffey (Camb)	24.50
15. J. Hutchinson (B'ht)	25.04

(28 ran)

TEAMS (4 to score)

1. Cambridge H	10 pts
2. Blackheath H	34 pts
3. Woodford Green AC	58 pts

December 13th
Vets AC 5 miles C.C. H'Cap.

1. P. Munn 50+ (10.00)	28.54
2. A. Kimber 40+ (4.50)	28.56

Fastest:
D. Devey 41 33.25

December 13th
North Staffs & Dist C.C. League

12. P. Goodfellow 42	28.28
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December 14th
Northern Vets 10 Km Road Race

1. M. Morrell (Wirral)	31:51
2. R. Billington (Wrexham)	31:55
3. J. Wild (ECH)	32:00
4. J. McKinnon (Leeds)	32:18
5. A. Walsum (Salford) 1B	32:26
6. A. Hughes (Rochdale) 1B	32:36
7. R. Norman (ECH)	32:51
8. E. Kirkup (Rother)	33:15
9. R. Kernighan (Pem) 1B	33:17
10. J. Daggart (Salford)	33:38
11. J. McAllister (Wirral) 1B	33:51
12. S. Smith (Pembroke) 1B	33:55
13. K. Hodgkinson (Salford)	34:01
14. J. Betney (Clayton)	34:04
15. J. Alcock (ECH) 1B	34:06
16. B. Gomersall (Leeds)	34:10
17. J. Foster (Bury)	34:18
18. F. Valentine (Bolton) 1B	34:25

(86 finished)

Class 2A: N. Neilson (B'Pool) 35:11
Class 2B: A. Etches (Roth) 37:38
Class 3+: E. Wallace (Wirr) 40:14

December 14th
Midland Vets Xmas C.C. H'Cap

1. P. Morris (Lozells)	31.00
2. J. Mills (Sparkhill)	31.25
3. C. Simpson (Small Heath)	31.53
4. D. McWhirter (Tipton)	34.17
5. D. Harris (Dud & Stour)	34.58
6. R. Richmond (Sparkhill)	35.15
7. P. Thompson (Birchfield)	35.22
8. B. Boyes (Tipton)	35.51
9. G. Lovell (Small Heath)	36.18
10. R. Johnson (Tipton)	37.03

(28 ran)

H'Cap Winner
R. Richmond

TEAM RESULT:

1. Tipton	22 pts
2. Sparkhill	22 pts
3. Birchfield	44 pts

December 20th

Hogs Back 10 Miles Road Race

28. A. Shrimpton (S & E) 40	53.25
44. W. Anderson (Met Pol) 44	54.57
58. A. Tunks (E Sy) 40	56.13
59. D. Devey (Highgate) 41	56.20
60. R. Franklin (TVH) 47	56.30
W. Hanscomb (Ran) 40	57.55

December 21st

Scottish Vets HC Xmas H'Cap

1. O. Flaherty (9.30)	21.08
2. R. McDonald (10.30)	21.29
3. A. Lust (W) (11.00)	21.30

Fastest man:

C. McAlinden	24.06
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Fastest woman:

P. Meldrum	29.49
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December 21st

Victoria Park H. 20 Miles Road Race

2. T. Ford (40+)	1.57.24
3. E. Flowers (50+)	2.03.15

December 26th

"Round the Walls" Race, Chester

10. E. Williams (Shrew) 40	18.26
17. M. Morrell (Wirral) 42	18.49
28. R. Billington (Wrex) 40	19.34

First Over-50

K. Hall (Wirral)	
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December 26th

Vets AC Boxing Day C.C. Races

3 miles:

1. G. Eastman (5.00)	14.31
2. J. Baker (4.00)	14.41
3. J. Leith (3.20)	14.42

Fastest:

R. Johnson	17.43
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4 1/2 miles:

1. S. Stein (21.15)	18.00
2. E. Hine (20.00)	19.26

Fastest:

D. Martin	24.36
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5 miles:

1. A. Smith (8.45)	24.06
2. A. Kersey (4.40)	24.12
3. G. Richards (6.05)	24.14

Fastest:

D. Devey	26.54
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22

December 20th

Newport-Tredegar 22 Miles Road

9. M. Hymans (Ports) 41	2.07.02
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December 27th

Sparkhill '5' Road Race

29. C. Simpson (S Hth) 46	25.08
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December 27th

Blackheath v Vets AC v Crawley

1. J. B. Herring (B'hth)	29.58
2. J. Hills (B'hth)	32.04
3. W. Hill (B'hth)	32.48
4. B. Worrel (Craw)	32.49
5. G. Crowder (B'hth)	33.05
6. R. Curtis (Craw)	33.17
7. D. Devey (VAC)	33.25
8. J. Roberts (Craw)	33.35
9. A. Kimber (VAC)	33.46
10. J. P. Baker (VAC)	33.49
11. P. Vetterlein (B'hth)	34.03
12. C. Henn (VAC)	34.50

(27 ran)

TEAM RESULT:

1. Blackheath 'A'	35 pts
2. Veterans AC	65 pts
3. Crawley AC	81 pts
4. Blackheath 'B'	127 pts

January 1st

City of London 10 Miles Road

1. L. O'Hara (Belgrave)	52.26
2. G. Brown (Verlea)	52.33
3. A. Shrimpton (S'ton)	52.54
4. J. Mills (Sparkhill)	53.48
5. J. Hayward (Herne Hill)	54.11
6. T. Billington (Wrexham)	54.41
7. W. Anderson (Met Pol)	54.47
8. W. Gilham (Met Pol)	55.03
9. E. Nolan (Shaftsbury)	55.19
10. P. Wilks (Poly)	55.48
11. R. Franklin (TVH)	56.19
12. G. Smith (Eaton Manor)	56.36
13. D. Devey (Highgate)	56.42
14. R. Budd (Havering)	56.59
15. D. Funnell (Epsom)	57.12
16. P. Rozier (Exeter)	57.24
17. I. McKenzie (Met Pol)	57.25
18. J. Hanscomb (Ranelagh)	57.25
19. E. Andrews (Havering)	57.28
20. J. Green (Vets AC)	57.37
21. C. Weight (Haringey)	58.01
22. D. Hunt (Haringey)	58.10
23. J. Godbeer (Cambridge)	58.50
24. F. Byrne (Cambridge)	59.01
25. K. Fiddler (V of A)	59.06

(66 finished)

(Over 50)

1. A. Hughes (W'ford Green)	
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TEAM RESULT:

1. Metropolitan Police AA	32 pts
2. Havering AC	68 pts
3. Cambridge H.	74 pts
4. Eton Manor AC	84 pts
5. Haringey AC	99 pts
6. Woodford Green AC	113 pts

January 10th

North Staffs C.C. League

15. G. Rhodes (Staff) 48	31.05
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January 3rd

County C.C. Champs.

Buckinghamshire

2. R. Gomez (V. o A.)	36.15
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Chestire

25. M. Morrell (Wirral)	
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Devonshire

5. D. Crook (Torbay)	48.02
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Hertfordshire

8. J. Steed (Verlea)	42.39
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Vets result:

1. J. Steed (Verlea)	42.39
2. B. Parkes (Highgate)	45.28
3. W. Hill (B'hth)	46.30
3. E. Nolan (Shaftsbury)	46.30
4. J. Wood (Barnet)	48.07
5. J. Atkinson (Barnet)	48.46
6. W. Lane (Verlea)	49.23
7. P. Maffia (Highgate)	49.36
8. B. Gilbert (Barnet)	49.36
9. R. Taylor (Barnet)	49.43
10. J. Thorpe (Verlea)	50.29

TEAM RESULT:

1. Barnet	20 pts
2. Verlea	29 pts
3. Highgate	41 pts

Kent

13. K. Harland (Camb. H)	38.17
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Middlesex

19. M. Barratt (E & S)	41.18
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Norfolk

Vets result:

1. K. Field	23.21
2. B. Harbottle	24.48
3. B. Chaplin	25.00
4. D. Bell	25.06
5. J. Brown	25.23
6. D. Buttle	26.16

Wiltshire

6. A. Shrimpton (S & E)	51.10
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January 3rd

Nigel Barge Trophy Road Race, Glasgow

16. C. McAlinden (Paisley H)	23.54
26. W. Ramage (Springburn H)	24.33
37. J. Irvine (Bellahouston H)	25.09
39. R. Calderwood (Vic Pk)	25.12
46. W. Marshall (Clyde Valley)	25.23
50. J. Barrowman (Garscube H)	25.40
55. G. Eadie (Cambuslang H)	25.58
64. T. O'Reilly (Springburn H)	26.29
68. P. Duffy (Aberdeen)	26.52
71. A. Peden (Paisley H)	27.10
79. A. McManus (Paisley H)	27.28
84. B. Bickerton (Shettleston H)	27.45
86. W. Armour (Bellahouston H)	27.49
91. C. Forbes (Victoria Pk)	28.16
93. B. Fickling (Springburn H)	28.22
98. M. Morrison (Victoria Pk)	28.48
99. T. Harrison (Maryhill H)	28.53
105. M. Phillip (Bellahouston H)	29.40
107. A. Forbes (Victoria Pk)	29.49
111. T. Fletcher (Shettleston H)	30.14
113. O. G. Flaherty (Edin S)	30.33
117. T. Monaghan (Maryhill H)	30.49
121. J. McNeil (Shettleston H)	31.56

January 17th

Birmingham C.C. League, Div 2.

4. R. Cooper (Worc) 40	26.28
18. E. Williams (Shrew) 40	25.53

Veterans AC Champs.

17th January

Vets AC C.C. Championship

1. D. Devey (41)	27.00
2. D. Bywater (40)	27.27
3. J. Green (43)	27.51
4. J. Hanscomb (40)	27.58
5. R. Johnson (48)	28.27
6. R. Poultney (40)	28.29
7. S. Charlton (49)	28.35
8. C. Walker (46)	28.53
9. A. Bruce (47)	28.59
10. R. Hunt (47)	29.06
11. P. Maffia (43)	29.07
12. D. Martin (52)	29.09
13. J. Everett (44)	29.12
14. J. Dooley (47)	29.15
15. R. Coombes (43)	29.26
16. J. Samuels (45)	29.43
17. A. Kimber (42)	29.46
18. D. Cameron (44)	29.50
19. R. Rowbotham (45)	29.55
20. S. Izzard (44)	29.59
21. L. Brown (53)	30.00
22. J. Charman (46)	30.05
23. E. Flowers (57)	30.08
24. J. Leith (42)	30.15
25. D. Jones (49)	30.18
26. A. Stroud (43)	30.22
27. C. Henn (44)	30.25
28. P. Webb (45)	30.27
29. G. Richards (49)	30.28

January 10th

Eastern Counties Vets C.C. Champs.

(40-44)

1. J. Daniels (Low)	40.21
2. J. Wright (Norf G)	41.18
3. J. O'Callaghan (Luton)	43.05

(45-49)

1. H. Soper (Luton)	42.03
2. J. Moroney (C & C)	42.36
3. K. Jones (Luton)	43.19

(50-59)

1. G. Coleman (Luton)	47.04
2. B. Jenkins (Hunt)	48.43
3. D. Blyth (C & C)	50.08

(Over 60)

1. F. Jackson (N & N)	63.45
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TEAM RESULT:

1. Luton	14 pts
2. C & C	35 pts
3. Hunts	52 pts

January 10th

Mitcham 25Km Road Race

17. L. O'Hara (Belgrave H)	83.18
26. A. Shrimpton (S'ton)	86.34
30. J. Mills (Sparkhill)	87.27
36. W. Anderson (Met Pol)	89.13
43. J. Geoghegan (Cam H)	90.41
49. I. MacKenzie (Met Pol)	92.31
51. R. Johnson (TVH)	92.58
52. D. Devey (Highgate)	93.00
53. E. Andrews (Havering)	93.22
54. W. J. Hanscomb (Ranelagh)	93.57
56. K. Fiddler (Aylesbury)	94.22
57. A. Risley (Cambridge)	94.37
58. D. Funnell (E & E)	94.51

30. A. Tompkins (43) 30.30

31. J. Fitzgerald (53)	30.34
32. J. Hay (49)	30.40
33. J. McGuillan (46)	30.44
34. M. Eastman (52)	30.48
35. E. Young (50)	30.58
36. B. Neilson (52)	30.59
37. J. Flowers (59)	31.00
38. P. Bonsor (41)	31.05
39. B. Wade (53)	31.38
40. A. Smith (55)	32.08
41. M. Carr (47)	32.23
42. L. Burnett (56)	33.00
43. G. Eastwood (51)	33.04
44. B. Weekes (56)	33.12
45. C. McDowell (47)	33.15
46. J. Walker (56)	33.24
47. R. Hewitt (47)	33.28
48. A. Goodwin (46)	33.37
49. J. Plummer (44)	33.44
50. P. Munn (52)	33.50
51. J. P. Baker (51)	33.55
52. C. Manning (48)	35.07
53. W. Symes (53)	35.09
54. B. Spiller (58)	35.11
55. D. Terry (40)	36.00
56. J. Shave (47)	36.04
57. R. Woodhouse (54)	37.10
58. F. Woolford (63)	37.20
59. R. Hopcroft (57)	38.10
60. C. Knowles (45)	38.36

Group Winners (40-49)

1. D. Devey	27.00
2. D. Bywater	27.27
3. J. Green	27.51

(50-59)

1. D. Martin	29.09
2. L. Brown	30.00
3. E. Flowers	30.08

(60-69)

1. F. Woolford	37.20
2. J. B. Heath	40.15
3. L. Davis	40.55

(Over 70)

1. R. White	41.10
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Handicap.

1. R. White (22.00)	19.10
2. G. Eastwood (10.40)	22.24
3. L. Brown (6.50)	23.10

January 10th

Springburn Cup Road Race, Glasgow

Northern Veterans Champs

January 26th
Northern Vets C.C. Champs, Clough

Class 1

1. J. Wild 1A (E Ches)	36.45
2. M. Morrell 1A (Wirral)	36.55
3. R. Billington 1A (Wrex)	37.02
4. P. Raidy 1A (Clayton)	37.12
5. T. Rooke 1A (M'boro & C)	37.27
6. P. Goodfellow 1A (Stoke)	37.38
7. G. Rhodes 1B (Staffs AC)	37.43
8. A. Hughes 1B (Roch H)	37.50
9. J. Wright 1A (Wallasey)	37.58
10. J. Salt 1A (Rochdale)	38.05
11. P. Pattison 1A (Gosforth)	38.10
12. K. Hodkinson 1A (Sal H)	38.24
13. P. Wilkinson 1A (D & C)	38.32
14. R. Norman 1A (E Ches)	38.36
15. J. McKenna 1A (Leeds C)	38.45
16. E. Kirkup 1B (Rotherham)	38.49
17. K. Smith 1A (Blackburn)	38.52
18. P. Madden 1A (Blackburn)	39.01
19. J. Dawson 1B (Clayton)	39.10
20. D. Brown 1A (Salford)	39.16
21. C. Aldred 1A (Salford)	39.21
22. K. Boyle 1A (Sunderland)	39.44
23. R. Peart 1B (Elswick)	39.49
24. J. McAllister 1B (Wirral)	39.57
25. B. Foulds 1A (Hallam)	39.58
26. R. Kernighan 1B (Pem)	40.00
27. A. Walsham 1B (Sal H)	40.12
28. M. Grace 1A (Hallam)	40.21
29. R. McKay 1A (North Vets)	40.25
30. E. Pickering 1A (Roth)	40.27
31. F. Valentine 1B (Bolton)	40.28
32. B. Bullen 1A (Stretford)	40.30
33. B. Lister 1A (Bolton)	40.32
34. M. Murphy 1B (North Vets)	40.42
35. R. West 1A (M'boro & C)	40.44
36. J. Haslam 1B (Bolton)	40.52
37. M. Weston 1A (Bury & R)	40.54
38. K. Heathcote 1A (Bolton)	41.00
39. C. Ratcliffe 1A (Clayton)	41.05
40. G. Eden 1B (Rotherham)	41.08
41. K. Metcalfe 1A (Blackburn)	41.11
42. T. Smyth 1A (Rochdale)	41.17
43. T. Seanor 1A (Sutton)	41.18
44. H. Thompson 1A (M & C)	41.26
45. H. Thornton 1A (Airedale)	41.30
46. J. Betney 1A (Clayton)	41.35
47. G. Sutcliffe 1A (Rochdale)	41.38
48. A. Prouse 1A (Gosforth)	41.43
49. J. Foster 1A (Bury & R)	41.48
50. A. Oxley 1A (Rotherham)	41.52
51. M. Capewell 1A (Lozells)	41.59

March 13th
English C.C. Union Championships -
9 miles

Although each club can only field a maximum of 9 runners there were still 1314 starters, a record, in this year's race at Leicester. Many good runners in the top clubs do not make their teams, so but for the restriction the field could well be in the 3,000 range.

Several veterans managed to acquire places in the lower-positioned teams and some of their positions were as follows:

206. R. Cooper (Worcester Nomads)
262. J. Steed (Verlea AC)
304. M. Morrell (Wirral AC)

26

52. S. Smith 1B (Pembroke)	42.01
53. P. Howell 1A (M YMCA)	42.03
54. R. Sheridan (S Shields)	42.07
55. K. Bland 1A (Heaton H)	42.10
56. N. Bancroft 1B (Wirral)	42.15
57. H. Smith 1B (Clayton)	42.20
58. E. Chappell 1A (M YMCA)	42.23
59. T. Meadowcroft 1A (M & R)	42.30
60. J. McAloon 1A (Pembroke)	42.35
61. F. Thompson 1B (Clayton)	42.36
62. B. Grundy 1A (M'boro)	42.42
63. J. Bloor 1B (Leeds C)	42.47
64. B. Crook 1B (Rochdale)	42.50
65. B. Gommersall 1A (Leeds C)	42.53
66. J. MacGregor 1A (B'pool)	43.00
67. G. Lee 1A (Hallamshire)	43.01
68. C. Marsden 1A (Roth)	43.02
69. R. Huddy 1A (Ches FH)	43.03
70. J. Hannington 1B (M & C)	43.07
71. A. Hazel 1B (Hallamshire)	43.08
72. D. Hush 1A (Gosforth)	43.19
73. F. McGrath 1B (Airedale)	43.28
74. V. Bateman 1A (Pembroke)	43.34
75. I. Thompson 1B (M'boro)	43.37
76. D. Creamer 1A (Roth)	43.43
77. G. Doggett 1A (Salford)	43.57
78. J. Lewis 1A (Salford)	43.58
79. G. Travers 1A (Derby & C)	44.05
80. J. Iddon 1B (Bolton)	44.06
81. M. Hutchinson 1A (M'boro)	44.08
82. J. Ashmore 1A (Roth)	44.11
83. D. Talbot 1A (Clayton)	44.12
84. L. Baldwin 1A (Wrex)	44.16
85. R. Tinker 1A (Roth)	44.22
86. J. Smith 1B (Airedale)	44.27
87. C. Marsden 1A (Roth)	44.32
88. E. Hamer 1A (Blackpool)	44.35
89. L. Mantersfield 1B (Hallam)	44.45
90. D. Wood 1B (Leeds C)	44.46
91. M. Robertson 1B (S Shields)	44.47
92. W. Rowbottom 1B (M&DH)	45.04
93. G. Dick 1A (Blackpool)	45.16
94. R. Brown 1B (Elswick)	45.26
95. R. Barlow 1A (Salford)	45.38
96. W. Buckle 1B (North Vets)	45.39
97. J. Lynch 1A (Wallasey)	45.44
98. P. Gregory 1A (Blackpool)	46.14
99. S. Dowling 1A (Roth)	46.20
100. N. Collinge 1B (Leeds C)	46.25
101. J. Lawton 1B (Leeds C)	46.37
102. W. Bowler 1A (Oldham)	48.07
103. K. Whitaker 1A (Airedale)	48.47
104. D. Howarth 1B (Leigh)	49.00
105. J. Loftus 1B (YMCA)	49.34
106. N. Eckersey 1B (E Ches)	49.54

405. M. Barratt (Ealing & Southall)
409. C. Simpson (Small Heath H)
450. J. Daniels (Lowestoft AC)
478. E. Williams (Shrewsbury & D)
483. J. Luxford (Horsham B.S.)
489. N. Pittams (Westbury H)
493. J. Mills (Sparkhill H)
549. J. Geoghegan (Cambridge H)
600. P. Wilks (Polytechnic H)
611. W. Anderson (Met. Police)
622. R. Kernighan (Liverpool P)
698. A. Weeks-Pearson (Crawley)
730. J. Hanscomb (Ranclagh H)
731. S. N. Allen (Herne Hill H)
745. H. Downer (Southampton & E)
773. T. Everitt (Eton Manor AC)
802. D. Hardy (Woodford G AC)

107. D. Newton 1A (Warr'ton)	50.07
108. R. Phillips 1B (Clayton)	50.13
109. W. Auty 1A (E Ches)	51.20
110. R. Rowbotham 1A (Roth)	54.37
111. T. Jenkins 1A (Boundary)	55.03

TEAM RESULT:

1. Salford H (12, 20, 21, 27)	80 pts
2. Rochdale H (8, 10, 42, 47)	107 pts
3. Clayton (4, 19, 39, 46)	108 pts
4. Bolton UH (31, 33, 36, 38)	138 pts
5. M'boro (5, 35, 44, 62)	146 pts

Classes 2, 3 & 4

1. K. Hall 2A (Wirral)	40.12
2. M. Jackson 2A (Roth)	41.22
3. N. Neilson 2A (B'pool)	41.36
4. W. Brown 2A (E Ches)	42.30
5. T. Smith 2A (E Ches)	43.04
6. A. Eiches 2B (Roth)	43.10
7. L. Nicholson 2A (Pem)	43.21
8. J. Caddy 2A (M'boro & C)	43.33
9. J. Williamson 2A (Stret)	44.42
10. N. Ashcroft 2B (Sutton H)	45.16
11. R. Shires 2B (Old & R)	45.25
12. M. Bromley 2A (H'shire)	46.00
13. S. Trafford 2A (New AC)	46.06
14. A. Lawton 2A (Leeds C)	46.30
15. J. Raiton 2B (M'boro & C)	47.13
16. A. Briggs 2A (Clayton)	47.20
17. L. Heald 2B (E Ches)	47.26
18. W. Vaughan (Rotherham)	47.56
19. B. Jackson 2B (Sal H)	48.05
20. A. Cooper 2A (N'castle AC)	48.12
21. S. Black 2A (Pembroke)	50.00
22. A. Locke 3A (E Ches)	50.03
23. D. Crewe 2A (E Ches)	50.24
24. S. Bradshaw 3A (Clayton)	50.41
25. W. Burns 3A (Rotherham)	50.51
26. J. Bradshaw 2A (YMCA)	51.42
27. G. Millar 2B (Pembroke)	51.58
28. C. Baldwin 3A (Bar AC)	52.06
29. T. Hall 2A (N'castle AC)	54.14
30. S. Smith 3B (S'port H)	54.42
31. K. Staves 2A (Rotherham)	57.40
32. W. Corfield 3A (M YMCA)	59.02
33. B. Carlyon 4A (S'land H)	60.35
34. B. Steeple 3A (Rotherham)	61.20
35. R. Royle 3A (Oldham & R)	00.00

TEAM RESULT:

1. Rotherham H (2, 6, 18)	26 pts
2. East Cheshire (4, 5, 17)	26 pts
3. Pembroke (7, 21, 27)	55 pts
4. Newcastle AC (13, 20, 29)	62 pts

818. B. Foulds (Hallamshire H)	
873. S. Izzard (Hermes AC)	
909. J. Atkinson (Barnet & Dist AC)	
953. R. Hale (Kent AC)	
999. J. Roberts (Crawley AC)	
1026. E. Hefford (Orion H)	
1056. J. Fitzgerald (Mitcham AC)	
1111. A. Kimber (Mitcham AC)	
1114. J. Lyne (Solihull AC)	
1133. K. Till (Crawley AC)	
1190. J. Fenn (Orion H)	
(1314 started, 1214 finished)	
February 14th	
Scottish C.C. Champs, Coatbridge	
56. C. McAlinden (Pais)	37.55
65. G. Eadie (Cambus)	38.26
84. W. Ramago (Spring)	39.06

1975 WORLD RANKINGS JL Hayward

* - Converted from Imperial measure

i - Indoors

RECORD REVIEW

Fourteen of our Class 1,2 and 3 'Best Performances' were improved upon during 1975 - which with the great meetings at White Plains and Toronto is not surprising. Those two meetings in fact, accounted for ten new bests, which included an improvement at each meeting in the 800m (2A), T.J. (3A) and Hammer (3A).

White Plains

100 m (1A)	10.7	R. Whilden USA
100 m (3A)	12.6	F. Sjostrand USA
200 m (3A)	25.9	F. Sjostrand USA
400 m (2A)	54.6	R. Stolpe USA
TJ (3A)	10.37-34'0"	T. Miyata JAP
Hammer (3A)	43.74-143'6"	J. Fraser GB
800 m (2A)	2:03.8	W. Fitzgerald USA

Toronto

800 m (2A)	2:01.9	W. Fitzgerald USA
3000 m (2A)	9:22.2	T. Orr AUST
3000 m (3A)	10:46.9	W. Andberg USA
T.J.	10.45-34'3/4"	I. Hume CAN
Shot (2A)	17.56-57'7/8"	H. Hombrecher GER
Hammer (3A)	44.50-146'0"	J. Fraser GB

Three of the other four fell to the great Jack Foster at 5000m. (14m07.0) and 10000m (29m11.4) and fellow New Zealander Jim Macdonald, who has confirmed in a letter that his time was even better than we had previously printed - 9m15.6 and not 16.6 sec.

As far as we know the last record of the year fell to Britain's Jack Brown who left it until the winter month of December to clip Orr's 3000m.2A down to 9m22.0. Unfortunately he doesn't show on the new record lists for fiftyseven year old John Gilmour knocked out a 9m21.0 at Perth, W. Australia, on 11th Feb. 76. This great athlete is obviously in great form for he has also posted 5KM and 10KM times of 16m09.8 and 33m44.2 on the 21st January and 4th February.

Jack Foster is putting an edge on his speed before making his bid for a place in the N-Z Marathon squad for Montreal - at Hamilton on 21st Jan. he removed Mimoun's fourteen year old 3000m. 'Best' with a breezy 8m17.4. Jack won't be the only veteran trying to make the N-Z marathon for a very much inform Jeff Julian is now in our ranks.

(Ed: Jack Foster did in fact make the N.Z. marathon squad for Montreal by winning the National title in 2:16:27, after going off course)

100 METRES Class 1 (40-49)

10.7	R. Whilden (40)	USA	9-8
10.9	T. Baker (43)	USA	9-8
11.0	R. Taylor (41)	GB	14-6
11.0	V. Parish (41)	USA	9-8
11.0	R. Thomas (42)	USA	9-8
11.1	M. Brown	USA	9-8
11.2	F. Smith (41)	GB	5-5
11.2*	W. Palmer (40)	USA	
11.3	A. Blackman (42)	GB	5-5
11.3	P. Presber (42)	USA	14-6
11.3	J. Greenwood (49)	USA	14-6
11.3	V. Thorlaksson (40)	ICE	6-9
11.4	G. Waterman	USA	14-6
11.5	R. Williams (40)	N-Z	1-2
11.5	L. Snelling (41)	AUS	29-3
11.5	C. Williams (46)	GB	14-6
11.5	R. Marlin	USA	14-6
11.5	O. Dawkins (47)	USA	14-6
11.5	E. Aguinaga	SP	11-11
11.5*	H. Green (45)	USA	
11.6	H. Washington (46)	USA	14-6
11.6	T. Brooks	USA	14-6
11.6	W. Morgan (40)	GB	21-6
11.7	N. Fletcher (41)	AUS	29-3
11.7	R. Meindiez-D.	CAN	13-8
11.7	K. Scott	GB	13-8
11.8	D. Howarth	GB	13-8
11.8	P. Schlegel	USA	13-8
11.9	R. Hochreiter	AUS	18-1
11.9	W. Clark	USA	13-8
11.9	B. Frederickson	USA	13-8
11.9	E. Eden	AUS	13-8

100 METRES Class 2 (50-59)

11.5	R. Stolpe (50)	USA	9-8
12.0	R. Valentine (51)	USA	9-8
12.0	S. Stein (54)	GB	9-8
12.0	R. Bower	USA	14-8
12.1	J. Rowe	CAN	15-3
12.1	A. Guidet (55-)	USA	14-8
12.2	J. Tennant (51)	AUS	15-3
12.3	K. Williams (50)	GB	14-6
12.3	W. Ambrose (50)	USA	9-8
12.4	C. Dillion	CAN	9-8
12.4	R. Roemer	USA	14-8
12.4	J. Tuttle	USA	14-8
12.4	D. Hall	USA	14-8
12.5	R. McRea (50)	AUS	29-3
12.5	H. Hermenson	SW.	14-8

100 METRES Class 3 (60+)

12.6	F. Sjostrand (62)	USA	9-8
12.8	L. Batt (61)	GB	14-6
12.9	Y. Brange	SW.	14-8
12.9	P. Duncan	CAN	14-8
13.0	J. Williams (65)	GB	10-8
13.1	A. Lasch	GER	14-8
13.1*	R. Edwards (61)	USA	9-8
13.2	F. White	USA	9-8
13.2	G. Braceland	USA	9-8
13.5	J. Satti	USA	9-8
13.5	K. Carnine	USA	9-8
13.5	J. Caruso	USA	9-8

1975 WORLD RANKINGS

200 METRES Class 1 (40-49)

22.2	R. Taylor (41)	GB	20-6
22.3	R. Thomas (42)	USA	10-8
22.5	T. Baker (43)	USA	10-8
22.6	P. Presber (42)	USA	10-8
22.7	M. Garbisch (40)	GER	16-8
22.9	F. Smith (41)	GB	10-8
23.1	W. Morgan (40)	GB	10-8
23.2	A. Blackman (42)	GB	11-6
23.2	J. Greenwood (49)	USA	10-8
23.2	N. Giaquinto	USA	10-8
23.3	H. Brutner	USA	10-8
23.3	W. Palmer (41)	USA	10-8
23.3	K. Scott (42)	GB	16-8
23.4	V. Parish (41)	USA	10-8
23.4	N. Fletcher	USA	10-8
23.4	M. Brown	USA	10-8
23.6	O. Dawkins (47)	USA	10-8
23.8	C. Williams (46)	GB	27-6
23.8	H. Crane	GB	6-7
23.8	D. Cheek (45)	USA	10-8
24.0	J. Wood	GB	15-6
24.1	N. Fletcher (41)	AUS	13-4
24.2	E. Eden (44)	AUS	9-2
24.2	L. Snelling (44)	AUS	30-3
24.2	K. Whittaker (44)	GB	6-7

200 METRES Class 2 (50-59)

23.9	R. Stolpe (50)	USA	10-8
24.3	R. Valentine (52)	USA	10-8
24.5	A. Guidet (57)	USA	10-8
24.8	S. Stein (54)	GB	10-8
24.8	R. Roemer	USA	10-8
24.8	W. Ambrose	USA	10-8
25.0	B. Clark (50)	AUS	10-8
25.5	K. Williams (50)	GB	14-6
25.6	A. Pindeli	FR	16-8
26.0	J. Upham (54)	USA	16-8
26.2	R. Bower (56)	USA	16-8
26.3	C. Killion (51)	USA	10-8
26.4	J. Tennant (51)	AUS	16-8
26.5	T. Hare	GB	8-5
26.6	H. Trafford	GB	6-7
26.6	J. Gurruchaga	SP	12-7
26.7	A. Dunn (56)	GB	29-7
26.8	C. Dillon (55)	CAN	16-8

200 METRES Class 3 (60+)

25.9	F. Sjostrand (62)	USA	10-8
27.2	G. Braceland (61)	USA	10-8
27.5	P. Duncan	CAN	16-8
27.5	Y. Brange	SW	16-8
27.7	J. Satti (61)	USA	10-8
27.7	R. Niblock (61)	USA	10-8
27.9	J. Williams (65)	GB	10-8
28.0	L. Batt (61)	GB	15-6
28.1	F. White (62)	USA	10-8
28.2	A. Lasch	GER	16-8
28.2	R. Isman	TUR	16-8
28.2	R. Edwards (61)	USA	-7

400 METRES Class 1 (40-49)

50.7	M. Garbisch (40)	GER	15-8
51.1	G. LeRoy (40)	GB	15-8
51.4	R. Thomas (42)	USA	10-8
51.5	W. Morgan (40)	GB	10-8

51.5	M. Grunjic	S-A	15-8
51.6	F. Smith (41)	GB	20-7
52.0	R. Taylor (41)	GB	12-7
52.0	J. Greenwood (49)	USA	10-8
52.4	T. Roberts (43)	AUS	29-3
52.4	D. Cheek (45)	USA	10-8
52.9	A. Blackman (42)	GB	30-8
53.1	K. Scott (42)	GB	15-8
53.3	H. Chandra (46)	SING	15-8
53.5	K. Whittaker (49)	GB	15-8
53.6	D. Hadler (40)	GB	25-8
53.7	G. Gluppe (42)	CAN	15-8
53.8	L. Snelling (44)	AUS	8-3
53.9	R. Cowell	CAN	15-8
54.0	D. Carr (42)	AUS	22-2
54.0	C. Williams (46)	GB	9-7
54.0	W. Krebs	USA	15-8
54.1	V. Parish	USA	10-8
54.3	H. Bruhner	SW	15-8
54.4	N. Fletcher (42)	AUS	11-4
54.4	J. Connor	USA	10-8
54.6*	W. Sharp (40)	USA	-6
54.7	T. Connelly	USA	10-8
54.7	R. Fox (40)	GB	21-9
54.8	T. Nasralla	USA	10-8

400 METRES Class 2 (50-59)

54.6	R. Stolpe (50)	USA	9-8
55.0	R. McRea (50)	AUS	29-3
55.4*	R. Valentine (51)	USA	-6
56.6	G. Puterbaugh (50)	USA	15-8
57.4	A. Guidet (57)	USA	15-8
57.8	K. Eriksen (55)	NOR	15-8
57.9	T. Clayton (55)	USA	15-8
57.9	B. Clark (50)	AUS	15-8
58.2	J. Upham (54)	USA	15-8
58.6	J. Rowe	CAN	15-8
59.2	J. Gurruchaga	SP	18-10
59.4	J. Stevens	AUS	29-3
59.4	P. Munn (52)	GB	20-7
59.5	M. Williams	USA	10-8

400 METRES Class 3 (60+)

59.7	F. Sjostrand (62)	USA	10-8
63.2	L. Batt (62)	GB	15-8
63.9	G. Braceland (61)	USA	10-8
64.0	R. Niblock (61)	USA	10-8
64.1	J. Satti (61)	USA	10-8
64.7	A. Smith	AUS	15-8
64.8	B. Dyer	USA	10-8
65.1	C. Kline (65)	USA	10-8
65.5	M. Tamer	USA	15-8
65.8	M. Jenkinson (66)	AUS	10-8

800 METRES Class 1 (40-49)

1:57.8	R. Allen (41)	GB	26-7
1:58.5	G. Wise (41)	AUS	29-3
1:58.7	P. Richardson (40)	USA	9-8
1:58.8	B. Bullen (42)	GB	9-8
1:59.6	B. Baillie (40)	N-Z	2
1:59.9	T. Connelly (40)	USA	9-8
2:00.2	M. Grunjic	S-A	9-8
2:00.2	L. Means (40)	USA	15-8
2:00.4	T. Roberts (41)	AUS	15-8
2:00.7	E. Whitlock (42)	CAN	14-8
2:01.6	R. Bowman (44)	CAN	15-8
2:02.0	E. Gookin	USA	14-8

1975 WORLD RANKINGS



Four Class 2 athletes who were prominent in the rankings (L to R) Bill Fitzgerald (USA) top ranker at 800 and 1500; Roger Boutard (FRA) 1500; Theo Orr (AUS) ranked 2, 2 and 4 in 5000, 10000 and 1500; Jack Pennington (AUS) 800 and 1500.

2:02.0	B. Fox (40)	GB	21-9	2:08.3	R. Clark (50)	AUS	10-8
2:02.6	L. Vagsmar (45)	NOR	15-8	2:11.4	A. Messinger	USA	10-8
2:02.8	A. Hughes (44)	GB	7-6	2:11.9	J. Gilmore (56)	AUS	11-1
2:03.0	D. Worling (40)	AUS	13-4	2:14.0	R. Brown	N-Z	-2
2:03.0	C. Simpson (46)	GB	1-7	2:14.5	J. Pennington (52)	AUS	14-8
2:03.5	N. Windred (46)	AUS	11-1	2:14.6	N. Neilson (50)	GB	15-8
2:03.5	E. Williams (40)	GB	20-8	2:16.6	A. Dale	USA	10-8
2:03.7	W. Oliver	S-A	15-8	2:17.1	J. Stevens	USA	10-8
2:03.7	V. Stevens	CAN	15-8	2:17.6	R. Poet	AUS	10-8
2:03.8	W. Krebs	USA	14-8	2:17.7	K. Eriksen (55)	NOR	14-8
2:04.0	G. Storer (40)	AUS	2-2	2:17.9	H. Fairbank	USA	10-8
2:04.1	N. Donachie (42)	GB	14-8	2:18.2	B. Neilson (51)	GB	14-8
2:04.2	M. Blagove (41)	GB	20-8	2:18.6	A. Rollins	USA	14-8
2:04.5	B. Butler	USA	9-8	2:18.7	W. Caudle (53)	AUS	22-2
2:04.6	A. Giblin	CAN	14-8				
2:04.8	N. Toft (45)	SW	15-8				
2:04.9	J. Connor	USA	9-8				
2:05.4	J. Hayward (46)	GB	15-8				

800 METRES Class 3 (60+)

2:23.9	R. Isman	TURK	15-8
2:25.0	S. Nicholls (63)	AUS	22-3
2:25.3	H. Stranage	SW	15-8
2:27.2	W. Andberg (64)	USA	10-8
2:27.2	N. Bright (65)	USA	15-8
2:27.3	L. Batt (62)	GB	15-8
2:28.6	L. Rolls (63)	GB	10-8
2:30.4	D. Horsley (62)	AUS	29-1

1975 WORLD RANKINGS

2:30.6	M. Jenkinson (66)	AUS	15-8
2:30.7	C. Kline (65)	USA	15-8
2:34.6	B. Dyer	USA	10-8
2:35.0	C. Sitkowski	USA	10-8

1500 METRES Class 1 (40-49)

3:55.4	A. Thomas (40)	AUS	29-3
3:58.0	G. Wise (40)	AUS	29-3
3:58.4	J. McDonald (40)	N-Z	-2
3:58.7	B. Baillie (40)	N-Z	-3
4:01.5	L. O'Hara (43)	GB	26-7
4:01.5	R. Allen (41)	GB	16-8
4:02.0	B. Bullen (42)	GB	26-8
4:02.2	T. Roberts (41)	AUS	18-1
4:02.5	E. Whitlock (42)	CAN	16-8
4:03.0*	J. Herring (40)	GB	-
4:05.2	B. Parkes (40)	GB	20-7
4:05.3	D. Worling (40)	AUS	29-3
4:06.0	W. Kerr (43)	GB	31-5
4:06.1	H. Higdon (42)	USA	9-8
4:06.7	W. Olivier	S-A	9-8
4:06.8	J. Oliver	GB	20-7
4:06.9	G. Wood	USA	9-8
4:07.3	T. Kilmartin (43)	GB	6-7
4:08.5	P. Freeman (40)	GB	-
4:08.6	A. Hughes (44)	GB	20-7
4:09.8	B. Gay	USA	15-8
4:09.9	G. Bjorkland	SWE	15-8
4:10.0	C. Simpson (46)	GB	21-5
4:11.0	E. Gookin	USA	15-8
4:11.1	M. Barratt (42)	GB	4-6
4:11.5	H. Kucpezyk (42)	USA	9-8
4:13.0	P. Doherty	USA	15-8
4:13.2	R. Wallingford	CAN	15-2
4:14.0	T. Fort	USA	15-8
4:14.0	L. Fuselier	USA	15-8

1500 METRES Class 2 (50-59)

4:16.3	W. Fitzgerald (50)	USA	7-6
4:22.0	J. Gilmour (57)	AUS	15-11
4:23.5	J. Ryan (53)	AUS	29-3
4:25.5	T. Orr (51)	AUS	29-3
4:26.3	J. Pennington (52)	AUS	29-3
4:27.9	A. Bryant	USA	9-8
4:30.2	M. Hernandez	USA	9-8
4:31.7	R. Boutard	FR	16-8
4:31.9	K. Routley (50)	AUS	9-8
4:33.5	P. Wallace (50)	GB	20-7
4:33.8	E. Joyson (51)	GB	16-8
4:35.0	R. Brown	N-Z	-3
4:36.1	N. Neilson (50)	GB	16-8
4:38.4	W. Sheppard (53)	AUS	9-8
4:40.4	R. Clark (50)	AUS	1-3
4:42.8	A. Messenger	USA	9-8

1500 METRES Class 3 (60+)

4:59.8	N. Bright (65)	USA	16-8
5:03.3	M. Jenkinson (66)	AUS	9-8
5:04.0	W. Andberg (64)	USA	9-8
5:18.4	L. Rolls (63)	GB	10-8
5:21.6	H. Chapman (72)	USA	9-8
5:21.8	S. Nicholls (64)	AUS	29-3
5:26.1	R. Barlow (70)	USA	9-8
5:26.3	O. Essig (65)	USA	9-8
5:27.5	B. Dyer	USA	9-8
5:27.6	F. B.-Brown	USA	9-8
5:36.9*	J. Wall (61)	USA	-6

30

3000 METRES (Open)

8:26.8	A. Thomas (40)	AUS	13-8
8:29.0	Jim McDonald (40)	N-Z	-2
8:31.0	L. O'Hara (43)	GB	14-5
8:42.4	John McDonald (40)	N-Z	13-8
8:45.6	D. Worling (40)	AUS	13-8
8:47.0	W. Kerr (43)	GB	-
8:50.6	A. Ida (43)	GER	13-8
8:52.4	G. Brown (42)	GB	15-6
8:55.0	P. Freeman (40)	GB	-
8:57.0	J. Herring (40)	GB	-
8:57.6	B. Parkes (40)	GB	13-8
8:57.6i	J. Doyle	CAN	15-1
9:01.4	J. Oliver	GB	13-8
9:03.4	F. Hlaging	USA	13-8
9:04.0	B. Allen (44)	CAN	13-8
9:07.0	P. Doherty	USA	13-8
9:08.2	T. Roberts (41)	AUS	15-3
9:08.2	A. Hughes (45)	GB	21-9
9:09.2	P. Wilkes (41)	GB	2-7
9:10.0	M. Morrell (42)	GB	1-7
9:10.0	J. Steed (40)	GB	3-8
9:11.0	B. Bullen (42)	GB	28-6
9:12.0	R. Wallingford	CAN	13-8
9:14.2	P. Mundle (46)	USA	18-1
9:15.4i	A. Taylor (46)	CAN	15-2
9:16.0	A. Walsham (46)	GB	22-7
9:16.2	G. Bjorkland	SW	13-8
9:18.6i	M. Kanduschur	CAN	15-2
9:19.6	A. Lunsford (42)	GB	7-9
9:22.0	D. Beatty	CAN	13-8
9:22.0	J. Brown (50)	GB	10-12
9:22.2	T. Orr (51)	AUS	13-8
9:22.8	J. Gilmore (57)	AUS	22-10
9:23.0	A. Gibbin	CAN	13-8
9:24.4	D. Colton	USA	13-8

5000 METRES Class 1 (40-49)

14:07.0	J. Foster (42)	N-Z	1-2
14:45.2	L. O'Hara (43)	GB	13-6
14:49.8	A. Thomas (40)	AUS	9-8
14:52.0	R. Fowler (40)	GB	16-8
14:57.6	Jim McDonald (40)	N-Z	27-12
14:59.6	G. Brown (42)	GB	13-7
15:06.0	K. Harland (42)	GB	16-8
15:09.0	M. Barratt (42)	GB	20-7
15:13.4	H. Higdon (42)	USA	9-8
15:14.6	John McDonald (40)	N-Z	16-8
15:15.0	P. Freeman (40)	GB	20-7
15:17.8	N. Cleverly (40)	AUS	11-4
15:21.2	M. Alonso (44)	SP	12-10
15:25.0	J. Patterson (40)	AUS	6-3
15:28.0	J. Oliver	GB	8-8
15:28.2	R. Gomez (40)	GB	13-7
15:30.8	J. Smart (44)	USA	9-8
15:33.6	D. Power (47)	AUS	29-3
15:42.8	J. Lunsford (41)	GB	26-4
15:45.6	P. Noreen	USA	9-8
15:46.0	M. Morrell (42)	GB	30-7
15:46.0	J. Steed (40)	GB	7-8
15:49.0	R. Hatton (43)	USA	16-8
15:53.0	P. Piper (47)	AUS	11-4
15:54.9	G. Hicks (42)	AUS	14-1
15:55.8	P. Mundle (47)	USA	9-8
15:57.2	R. Cheshire	N-Z	29-3
15:58.0	J. Brown (49)	GB	17-5
15:59.0	C. McAlinden (42)	GB	11-6
16:00.0	W. Stoddart (44)	GB	11-6

1975 WORLD RANKINGS



Photo: Harrison Funk

ALBY THOMAS (AUS), former world record holder at 2 and 3 miles eighteen years ago, topped the veteran rankings at 3000, and was ranked at 5000 (3rd) and 10000 (4th).

18:41.0	S. Nicholls (64)	AUS	29-3
18:44.6	W. Andberg (64)	USA	9-8
18:55.0	A. Touey (61)	AUS	29-3
19:04.2	T. Jensen	SW	16-8
19:19.0	M. Jenkinson (66)	AUS	9-2
19:42.6	J. Silveira	BRAZ	16-8
19:43.0	S. Hesketh (69)	AUS	11-4

10,000 METRES Class 1 (40-49)

29:11.4	J. Foster (42)	N-Z	24-1
30:21.0	L. O'Hara (43)	GB	16-4
30:47.6	R. Fowler (40)	GB	20-7
31:00.8	A. Thomas (40)	AUS	30-3
31:04.8	E. Austin (40)	GB	20-7
31:23.0	M. Barrett (42)	GB	16-4
31:47.6	R. Gomez (40)	GB	20-7
31:49.6	John McDonald (40)	N-Z	14-8
31:50.0	D. Power (46)	AUS	13-4
31:57.0	J. Patterson (40)	AUS	13-4
32:11.0	K. Harland (42)	GB	14-8
32:23.0	R. Balding (40)	GB	7-9
32:29.6	S. Steed (40)	GB	20-7
32:30.0	A. Walsham (46)	GB	20-7
32:31.8	P. Noreen	USA	10-8
32:32.0	M. Morrell (42)	GB	7-9
32:56.8	J. Brown (49)	GB	6-4
33:01.0i	A. Taylor (48)	CAN	15-2
33:03.4	N. Cleverly (40)	AUS	30-3
33:04.0	G. Hicks (42)	AUS	14-1
33:13.2	D. Bowers (40)	AUS	30-3
33:15.2	J. Smart (44)	USA	14-8
33:16.0	K. Michell (40)	AUS	30-3
33:31.6	J. Heywood (40)	GB	14-8
33:33.6	P. Piper (47)	AUS	30-3
33:40.8	B. Allen	CAN	14-8

10,000 METRES Class 2 (50-59)

34:05.4	G. McGrath (55)	AUS	14-8
34:09.2	T. Orr (51)	AUS	14-8
34:24.2	J. O'Neil	USA	14-8
34:32.8	K. Hall (53)	GB	20-7
34:40.0	B. Brown	N-Z	-2
34:40.2	J. Brown (50)	GB	14-8
34:45.8	G. Scuttis (56)	GB	13-7
35:06.4	R. Pape (51)	GB	10-8
35:06.4	J. Gilmore (57)	AUS	14-8
35:25.0	K. Routley	AUS	30-3
35:37.0	J. Daly	N-Z	30-3
35:47.8	W. Beames (52)	AUS	14-8
36:00.4	P. Wallace (50)	GB	2-9
36:01.6	M. Vandewattynne (50)	BEL	14-8
36:02.2	L. Dreher (54)	AUS	14-8
36:17.2	A. Ratelle	USA	14-8
36:22.0	B. Horman (57)	USA	-
36:33.6	J. Fitzgerald	GB	13-7
36:37.0	B. Evans	N-Z	30-3

10,000 METRES Class 2 (60+)

36:16.0	R. McMinnis	GB	20-7
38:28.0	S. Nicholls (64)	AUS	30-3
39:07.6	A. Touey (61)	AUS	30-3
39:16.0	T. Jensen	SW	14-8
40:38.0	J. Wall (62)	USA	-
40:47.0	F. Wallace (63)	GB	7-9
40:50.2	J. Silveira	BRAZ	14-8
41:01.0	T. Bain	N-Z	30-3

(Continued on page 56)

coroebus says...

There is no doubt that fans of Jack Brown (50) were disappointed at his showing in Canada. Mind you "bronze" in both the 2A 5,000m and 10,000m can hardly be regarded as failure, but in the light of his US Masters record of 16:14, a 15:58 before he left UK and no less than seven other races under 16:22 it was surprising to see him clock a relatively slow 16:59 in Toronto. Apparently he felt even worse than the time suggests, suffering also from achilles trouble and a debilitating cold. However, it is good to see that he has shaken off his disappointments with winter track times of 16:13 (5,000) and 9:22.0 (3,000) and wins in the southern and national cross-country championships. That 9:22.0 was brilliant and removed the name of his Toronto conqueror, Theo Orr, from the class 2 record list. But Jack was to hold the mark for exactly two months only, for on the 11th February at Perth, Australia, the remarkable John Gilmour (now 57 years old!) recorded 9:21.0. I've a feeling that Jack Brown's pride will get that record back this summer.



Photo: Jack Heywood

JACK BROWN tucks in behind Jim O'Neil (USA) in the US Master 5000, which he won in 16:14.

32

Vince Gironda is one of the world's greatest body-building authorities, having trained a lot of physique champions. He recently put the cat amongst the pigeons by publicly proclaiming that running produced up to 40% male hormone loss, besides loss of muscle tissue. This statement was followed by that of another cynic who believed that athletic activity was an alternative to sexual activity. It is quite amazing the lengths to which the anti-running brigade will go to present their case. The kindest one can be towards such comments is to say that they are extremely doubtful. These views, and the reaction to them were covered in some depth in the magazine "Iron Man", and the discussion also included reference to an article "Type A Behaviour and Your Heart" by doctors Friedman & Rosenbloom. The authors would not appear to agree with Gironda that running is a total disaster, but they do not help to nail the lie when they suggest that the encouragement of jogging is tantamount to mass murder!

The article says that little or no proof exists to show that strenuous exercise does anything to delay or prevent heart disease. It says that although exercise does strengthen the heart, heart muscles as weak as a kitten or as burly as an oxen have nothing whatever to do with your chance of having a heart attack. Hearts are destroyed by an accumulation of small disasters in the coronary arteries, the vessels that supply oxygen to the heart muscle.

Perhaps the most sensible observation on these anti-running comments, was made by the editor of "Iron Man", who wrote: "What many of these people who oppose such types of endurance exercise seem to fail to realise is that it is not the exercise that kills people, but rather the physical condition which has occurred for other reasons, which is the destructive part of the combination."

"The medical field seems to be very divided and confused as to the actual cause of heart attacks. That is, the original thing that caused the condition that caused the heart attack. Obviously, it has to be something in our environment or in our diet and probably in both, that brings about these conditions. It would, therefore, seem very wise for anyone not presently observing proper health habits in these areas to immediately instigate the proper habits in nutrition and avoid environmental conditions that would even be suspected of bringing about these conditions."

A sensible and balanced comment, though I would have added that improvement in the cardio-vascular

system must also improve blood supply to the body's vital organs and extremities, and that this in turn must improve the metabolism of the body.

Dave Jackson (USA) tells me that he regards his veteran world-record long jump at 23'-4 $\frac{3}{4}$ "/7.13m as fairly soft, even though he set it 3 $\frac{1}{2}$ years ago. I was talking to Dave and South Africa's Danie Burger in a Johannesburg hotel last December. We had not met specifically to discuss Dave's long-jumping prowess but to await the arrival of the ubiquitous David Pain whose rigorous itinerary when travelling leaves hardly a spare moment anywhere. A heavy thunderstorm had upset the USMITT leader's plans to be with us so I had the pleasant consolation of a long chat with my two companions. Dave's reason for regarding the mark as fairly soft, also applied to some extent to many other field events. He is not so sure that veterans should expect field marks to be poorer than track, and believes that it is because veterans enjoy taking part in several events that individual events do not receive the specialisation necessary to raise the world marks. In his own case, for instance, he feels sure that if he applied himself to just the long jump and worked as he used to on the important aspects of the event then he would be well over 24 feet. But he enjoys the hurdles (15.8 in Toronto, 2nd) and the triple-jump (44'-8 $\frac{3}{4}$ " in Toronto, 1st) so forgets specialisation. I've a feeling though, that having made the point he might well test out his theory for just one season. Keep your eye on that long jump record.

Still in that same hotel room, I also had the opportunity of discussing the newly formed South African Masters Association with Danie Burger. Danie, a Johannesburg chiropractor, is president of the association and has worked hard to get it established. There has been plenty of publicity, through contacts in press and radio, and the applications are flowing in. And yes, it is multi-racial; though how many blacks, coloureds or Asians are interested at over-40 level I do not know.

Secretary of the Association is Mrs. J. Venter whose husband, Joe Venter, is a sportswriter with the morning paper "Transvaler"

Danie himself was an international at high hurdles and decathlon and competed in White Plains and Toronto last August. The visit of Pain and Jackson was to set up an USMITT tour to South Africa next December. A British party also hopes to travel.

The winner of the US Masters cross-country title was Larry Damon, a name I am sure that is new to most readers. Larry first made his mark on the masters scene when he won the over-40 race in the classic Springbank International. To prove that was no fluke he turned out for the US Masters cross-country championships and gave that field the same treatment. Apparently he was 10th in the 1962 Boston Marathon, but turned his attention to cross-country skiing, since when he has made four US Olympic teams. He is obviously a very fit veteran.



HAL HIGDON (USA) leads Mike Barratt (GB), Willie Olivier (SA) and Ray Hutton (USA) at the watersplash in the Toronto cross-country event.

Hal Higdon's most recent book, *The Crime of the Century* (published by Putnam's), has nothing to do with running. The book describes the kidnap murder committed in 1924 by Nathan Leopold and Richard Loeb, which was attorney Clarence Darrow's most famous case. The book is the 13th Hal has had published, but he is not superstitious - for an understandable reason. While driving to the track where the World Masters meet was being held this summer, he saw a black cat dart across his path. He won the gold medal in the steeplechase that day.

Dick Cooper's third place in the British Veterans National cross-country championships took quite a few by surprise, until they cast their minds back 10 to 15 years, that is. Then they recalled that the names of Austin & Cooper appeared with great regularity in *Athletics Weekly* as this pair got amongst the road running awards in particular. Funny how the mind has lapses like that. Eric Austin made his mark last year as a veteran with considerable impact, yet no-one seemed to ask "where's Dick Cooper?" On February 22nd at Parliament Hill Fields they found out.

New veterans creep up on the scene every day. Not all have kept in the limelight during their late thirties so it is difficult to predict who is about to arrive on the scene. But here are some interesting names which are coming-up to the magical age of 40 in 1976 and who, I am assured, are intending to make their presence felt. Jeff Julian (NZ) who is running himself into his best-ever marathon form - definitely a sub-2:20 vet in the making. Gerry North (GB), former English and Inter-Counties cross-country champion - an old rival of Roy Fowler's. Don Taylor (GB), former UK record holder for the 10,000 metres (28:52:4), now manager of the Hayes (Middlesex) sports centre, is also looking forward to veteran status. Robin Ball (NZ) former decathlon champion, now resident in England, is tuning up nicely for his first veteran season. And, finally, the world's greatest ever natural 400 hurdler

33

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, Johany 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. Two weeks later she ran 50 miles on the track in 7:17. None of this reveals just what she went through to effect that come-back; which might have been of interest to California based Tom Sturak who fell from the track at Toronto with his achilles tender detached from the heel bone. Surgery, a plaster cast and a long lay-off were necessary but I have no news of his progress. Ironically, Tom had planned to have a 2-3 months lay-off following Toronto, but its enforcement came just 1½ minutes too early!

So you think you have problems with your running? Next time you think you have difficulties, problems to overcome and are lacking in willpower, think of those two American veterans Harry Cordellos and Pete Strudwick. Both run road races up to and including marathons, and Harry has clocked 2:57. Not exactly sensational you might think, but then you wouldn't know that Harry is blind and Pete was born without feet.

Keith Keen, 70 years-old member of Veterans AC, is more than just a veteran runner. To him, a full life means keeping fit and enjoying himself in a whole range of events. Frequently he puts them all together and tackles a pentathlon of a mile each at running, swimming, sculling, horse riding and cycling. I am told that he can complete this repertoire without pause and finish surprisingly fresh! Keen is quite a showman and is reputed to be the only commoner ever to have owned and lived in two ancient castles, Rhualt and Kenwith. His main events have been swimming and running but he frequently cycles these days.

He recently escorted the Duke of Edinburgh's Award Scheme team of 35 Cyclists from Buckingham Palace to Windsor Castle, piloting them through the dense, rush-hour afternoon traffic on their 25 mile jaunt. The average age of the remainder of the team was 23, yet, but for a self-confessed faux pas by old man Keen, he swears that he would have been an easy

first arrival at their destination. However, within sight of the Castle, he took "a short cut", which, actually, took him some two miles further out of his way, and he was fifth of the 15 competitors who completed the course.

In sheer disgust he turned his machine about and set out as the sole rider to attempt the return trip by road, only to become engulfed in an immense cloudburst at Hanwell, only some six miles from his Brondesbury home, at a point where there was a huge dip in the road; consequently, he found himself in four feet of water! He arrived home very wet and aggravated, but all was not lost, for he received an invitation from the Duke to attend the youngsters' awards ceremony at Buckingham Palace. You can't keep these vets out of anything!



KEITH KEEN (70) at Windsor Castle with the youngest competitor (12).

COROEBUS

A cautionary Tail by Michael Redman.



HOW MY DOG GOT ME IN WITH THE VETS

You won't know Jet. He's black, four-legged, athletic and has the distinction of having nearly eaten Tom Buckingham alive (the closest approach to a bone in the changing room). He holds Club records for stick-eating and leg-cocking. Mind you, 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. Cunning these women; she took about three years persuading me that she really did need a dog and, in retrospect, I realize 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 your Colin Simpson stuff - just three or four miles puffing and panting; and stopping and starting (Jet finds the call of nature irresistible and tends to shudder 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 Phipps 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 handicapped me, not on my own performance, but on Jet's. And that, I protest, was obviously unfair, as Jet, aged one on Boxing Day, is no Veteran I can assure you. If I tell you that by the time 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 fit. But Jet, who hasn't taken to wearing trousers, declares that he has no intention of giving up his training. As for the Veterans, they tell me I always seem so dog-tired.

(With acknowledgements to Midland Veterans Newsletter)

World news and results

Australia

There seems to have been an anti-climax since Toronto, and this is perhaps accentuated by the fact that all our State and the National Championships are scheduled for late March and early April, with little to report at time of going to press.

For this reason most athletes seem to be delaying their preparation so that they peak for these meets. Our National titles could be rather interesting as there is a strong possibility that we could have visitors from Sweden and New Zealand competing.

The outstanding performances reported so far include the evergreen John Gilmour who on 22.10.75 ran 9.22.8 for 3000 Metres. Later on he also ran 4.22 for 1500 Metres. Not bad for 56 is it?

Another tremendous run was produced by Victorian Veteran Judy Pollock, 35 years. Judy will be well known to athletic followers as a former Australian Olympic athlete who was a former 800 record holder with a time of 2:01, and retired after Munich because of injury. After hearing that a women's veteran group was being formed Judy returned to training to join in the fun and perhaps compete at Gothenburg. However, training produced quite good form, so much so that in the Victorian open 800 title she helped fellow Olympian Charlene Rendina to a new Commonwealth record of 1:59 (28.2.76). Her own time was 2:01.1 sec. and it seems that it will be Montreal before Gothenburg. If Judy is able to compete in Sweden her efforts will attract some attention.

The irrepressible John Gilmour continues to turn in good performances despite, as *Jack Pennington reports*, high temperatures in Perth and a demanding regime of 10 miles per day. His most outstanding achievement of late must be his 9:21.0 for 3K on the rubber-bitumen track at Perry Lakes. This is a new 2B world best and beats Theo Orr's 2A Toronto time of 9.22.2.

- 28.11.75. Brisbane (grass track)
 G. Buck (61yrs) 1500m 4:56.5
 M. Jenkinson (66yrs) 5K 19:49.0
 30.12.75. 3K Cross-country
 J. Gilmour 10:05 Clark 10.30 J. Ryan 10.40
 4.2.76. Perry Lakes, Perth
 J. Gilmour, 10K 33:44.2
 1500m - 1st J. Ryan, 4:28.0, 2nd J. Gilmour 4:33.0
 22.10.75 Perry Lakes, Perth
 J. Gilmour, 3K - 9:22.8, 1500m - 4:22.0,
 5K - 16:09.
 11.2.76 3,000 J. Gilmour 9:21.0

In contrast to Gilmour, the name of Theo Orr is at the moment less prominent. The quadruple gold medal winner at Toronto is no doubt biding his time



JOHN GILMOUR (412) won Toronto 3,000 & 5,000.

and preparing himself well as he did for the World Masters. He writes:-
 "When I saw the order of events at Toronto, it was clear that as the 1,500m was the last event, I had better get into condition for the 3Km/5km. and perhaps do the 10km and or Cross-country.

I did not want to risk injury in the late stages of training, so decided to get cracking on speed-work early, particularly during the warm weather. I'd had a long spell of easy distance training with the girls from Ringwood A.C., so I gradually progressed through to sessions of 20 x 200mts at 800mts racing pace, at the same time progressively reducing rest periods, I alternated these sessions with short sharp sprints.

Having reached the 20 x 200m stage I then went for 400's at 5km racing pace, until I was able to do ten a session; I then went to 600's at 1,500m pace times six, then to 800's, eventually running 1,200mts times six at 5km pace with a lap jog in between, so I had progressed to the slower reps, closer to Toronto, with less chance of getting an injury, Sundays was a fun run with the girls, long slow stuff.

Well, as you know the plan worked very well. There were other factors which modified my training, such as shift work and coaching, and that's why I have not been able to fit in competition at inter-club, I try to train every day, but never two hard days in a row, in fact if I am tired, through overdoing it, then I have a couple of days off or do some easy slow runs of 5 miles. I also do a number of stretching exercises."

Photo: Funk

September 28, 1975 -
 Bowden Park, Queensland

100 Metres

Class 1A	
1. E. Edon	12.0
Class 1B	
1. G. Brown	13.5
2. R. James	13.7
Class 2	
1. D. Frawley	13.3
2. W. Charles	13.6
3. J. Lynch	14.7
3.= C. Broekie	14.7

800 Metres

Class 1B	
1. R. James	2:20
2. A. Semple	2:27
3. W. Grady	2:27.5
Class 2	
1. W. Charles	2:42

3000 Metres

Pre-Vets (35-39)	
1. B. Biddle	10:24
2. J. Tolhurst	11:12

Class 1B

1. J. Weeks	10:15.5
2. A. Semple	10:46
3. R. Smith	11:55
Class 2	
1. J. Lynch	12:15
2. C. Broekie	12.54

10,000 Metres

Class 1A	
1. J. Patterson	32:45.5
2. D. Jones	42:56
3. E. Smith	43:12.2
Class 1B	
1. J. Weeks (rec.)	36:40
2. R. James	41:58
Class 2	
1. F. Eley (rec)	40:56
2. J. Lynch	42:17
3. K. Bell	43:51
Class 3	
1. M. Jenkinson (rec.)	41:58

(G. BUCK and L. EADES each ran a lap short in 38:16 and 38:29 respectively.)

Shot

Class 1A	
1. A. Ropelin	11.25m

Class 1B

1. G. Brown	9.03m
2. R. Frawley	8.97m
3. R. James	8.25m
Classes 2A, 2B (50-59yrs)	
1. D. Frawley	10.29m
2. W. Charles	9.59m
3. G. Vickers	9.54m

Discus

Class 1A	
1. A. Ropelin	28.02m
2. C. Stubbings	24.96m
3. N. Turner	21.12m
4. P. Mann	20.35m
Class 1B	
1. R. Frawley	31.65m
2. G. Brown	26.62m
3. R. James	23.55m
Class 2	
1. D. Frawley	32.23m
2. W. Charles	23.35m
3. G. Vickers	23.03m
Class 3	
1. N. Cheatham	28.28m

Canada

September 28th, 1975. Springbank International Masters "6"

This year's Springbank International 'Masters Six' got underway in ideal weather conditions with about 120 competitors and 5,000 encouraging type fans on hand. As they introduced a number of pre-race favourites a buzz went through the crowd and the runners as newcomer Larry Damon was introduced as having represented the USA in 4 Olympics in cross-country skiing. I turned to somebody and quipped "yes it's too bad but we don't have any snow today". As it turned out Damon didn't need any snow, he was right at home on the pavement. Running sub-15 minutes for the 1st lap and with no challenge in the 2nd lap he ran a creditable 30:19.2 bettered only by Ron Wallingford's 1973 record.

With John Doyle and Bill Allen absent it looked, as the gun was fired, that any of 5 runners could take it with Arthur 'old man river' Taylor the favourite. As the race entered Animal Hill for the first time Bowman led narrowly over Taylor, Dixon, Giblin, Damon and Jarvis (1972 winner) and the rest of the

1. Larry Damon	30:19.2	12. Cliff Hall	32:49	23. Doug Wolfe	34:34
2. Bob Bowman	30:50.8	13. Daniel Walter	32:51	24. Bill Salter	34:48
3. Gord Dickson	30:56.2	14. Alex Vance	32:59	25. Robert Truman	34:49
4. Arthur Taylor	31:03	15. Jim Landsfield	33:05	26. David Milne	35:03
5. August Jarvis, Jr.	31:06	16. Richard Kendall	33:27	27. Ted Maidman (1st +50)	35:04
6. Tony Giblin	31:28	17. Syd Shuttleworth	33:44	28. Dick Sullivan	35:05
7. Bob Lazenby	31:43	18. Jim Forshee	33:48	29. Max Nemazi (2nd +50)	35:18
8. Jerry Gonsler	31:55	19. Ed Van der Heuvel	34:07	39. Jack Habel (3rd +50)	36:39
9. Bryan Martindill	32:03	20. Jack Reid	34:08	41. Allan Phillips (4th +50)	36:51
10. Lorne Buck	32:07	21. John Gaskin	34:15	43. John A. O'Neil (5th +50)	36:56
11. Fred Wright	32:14	22. Bill Armstrong	34:27	44. Don Stiles (6th +50)	36:57

CORRECTION

In our August 1975 edition we published an advertisement concerning the publication "The Masters of Track and Field". We wish to point out that this book was in fact published by COLBAN of CANADA Inc.

field close behind. Jarvis was accidentally bumped on the corner and found himself face down on the pavement. Coming to the Dam hill for the 1st time Damon had moved up with Dixon, Giblin, Taylor and Bowman and went to the front by the top of the hill.

With 1st place determined after one lap it was Bowman, Dixon and Taylor left to fight it out for second. From the hair pin curve on they changed the lead every 25 metres with burst after burst. Finally 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 at the side of the road Taylor took after and passed Jarvis to take 4th. Gordie Dixon with 9 months of injury-free training ran like the Hall of Famer he is for Third and Bowman desperately hung on to take second behind Damon.

This year's race featured a new 'over 50' category which was taken by Ted Maidman following up from a good 20K run at Bancroft. 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 that 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 the 800m and 3,000m. Tony Giblin, improving by some 7 secs. on last years performance where he placed 4th, this time took the 1500m in a personal best time. In the 1B Class Arthur Taylor tried all

three distance events (there was no 10,000m) winning the 3,000 and 5,000m in good times but had to give best to Doug Beatty at 1500m.

Two triple title winners were Bob Bowman, now in Class 1B, who won the 200m, 400m and 800m, and John Watts in 2A who took the 800, 1500 and 3,000m.

Visiting athletes from the U.S. certainly made their presence felt. Claude Hills won the 50m hurdles, took 2nd in the long jump and 400m and came 3rd at 50m flat, whilst Stan Thompson went home with five firsts, one second and two thirds.

The greatest all-round performance though, must surely go to a home athlete, namely "iron man" Albert Brosz. He notched up four firsts, four seconds and a third, and one wonders where he was when the other two events in his class were held!

(Don Farquharson was our reporter from Toronto)

50 Metres

Class 1A (40-44)

1. G. Hunt (Oromocto TFC) 6.50
2. A. Sundin (Hamilton OC) 6.75
3. F. Sewell (Oshawa LTFC) 7.14

Class 1B (45-49)

1. F. Klassen (U of T TC) 7.03
2. M. Smee (University Set.) 7.09
3. W. Armstrong (Brantford) 7.19
4. R. Lang (Metro FC) 7.19
5. F. Schulte (Mississauga TFC) 7.19

Class 2A (50-54)

1. Stan Egerton (Unat) 6.70
2. N. Baum (Unat) 6.77
3. K. Pavasars (Latvian TFC) 6.89

Class 2B (55-59)

1. M. Pickl (Sportclub '64) 7.11
2. G. Jamieson (Toronto OC) 7.17

Class 3A (60-64)

1. P. Duncan (Unat) 6.98
2. G. Ward (Unat) 7.47
3. C. Hills (Philadelphia M) 7.70

Class 3B (65-69)

1. A. Brosz (Sportclub '64) 7.83
2. B. Till (Metro FC) 8.00
3. S. Thompson, (Phil. M) USA 8.64

200 Metres

Class 1A (40-44)

1. G. Hunt (Oromocto TFC) 24.82
2. G. Gluppe (York Uni TC) 24.96
3. A. Sundin (Hamilton OC) 25.47

Class 1B (45-49)

1. R. Bowman (Waterloo C) 26.84
2. F. Schulte (Mississauga TC) 27.15
3. R. Lang (Metro FC) 27.24

Class 2A (50-54)

1. N. Baum (Unat) 26.88
2. K. Virkav (Latvian TFC) 27.92
3. J. Nolan (Metro FC) 28.01

Class 2B (55-59)

1. G. Jamieson (Toronto OC) 28.44
2. M. Pickl (Sportclub '64) 28.78
3. B. Mackereth (Unat) 30.83

Class 3A (60-64)

1. P. Duncan (Unat) 28.01
2. G. Ward (Unat) 30.80

Class 3B (65-69)

1. A. Brosz (Sportclub '64) 32.67
2. B. Till (Metro FC) 32.70
3. S. Thompson (Phil M) USA 33.13

400 Metres

Class 1A (40-44)

1. G. Cluppe (York UTC) 54.81
2. G. Hunt (Oromocto TFC) 55.79
3. A. Vondette (CFB Toronto) 57.52

Class 1B (45-49)

1. R. Bowman (Waterloo C) 59.47
2. A. Lynn (Unat) 1:00.64
3. K. Buchanan (Oshawa L) 1:01.28
4. M. Smee (Uni Set) 1:19.56

Class 2A (50-54)

1. K. Virkav (Latvian TFC) 59.31
2. J. Nolan (Metro FC) 1:02.19
3. V. Teteris (Latvian TFC) 1:02.26

Class 2B (55-59)

1. A. Woodhouse (Unat) 1:08.39
2. G. Jamieson (Toronto) 1:08.92
3. T. Clark (Metro FC) 1:10.78

Class 3A (60-64)

1. G. Ward (Unat) 1:09.14
2. C. Hills (Philadelphia M) 1:10.41

Class 3B (65-69)

1. S. Thompson (Phil M) USA 1:15.77
2. B. Till (Metro Fitness C) 1:17.00
3. A. Brosz (Sportclub '64) 1:35.41

800 Metres

Class 1A (40-44)

1. E. Whitlock (Pierrefonds) 2:05.48
2. T. Giblin (Garden CG) 2:07.98
3. B. Oxley (Metro FC) 2:13.35

Class 1B (45-49)

1. R. Bowman (Waterloo C) 2:11.75
2. I. Jamieson (Unat) 2:18.52
3. V. Kukkola (Mississauga) 2:19.02

Class 2A (50-54)

1. J. Watts (Mississauga) 2:21.32
2. D. Farquharson (Metro) 2:22.74
3. G. Bakker (Unat) 2:29.85

Class 2B (55-59)

1. D. Stiles (Oshawa LTFC) 2:34.22
2. T. Clark (Metro FC) 2:42.07
3. J. Greenhill (Metro FC) 3:05.61

Class 3B (65-69)

1. A. Brosz (Sportclub '64) 4:00.05
2. S. Thompson (Phil M) 4:00.51

Class 4 (70 and over)

1. R. Bredenbeck (San D TC) 2:52.82

1500 Metre Finals

Class 1A (40-44)

1. A. Giblin (Garden CG) 4:18.36
2. L. Buck (Metro FC) 4:31.25
3. A. Vondette (CFB Tor) 4:45.00

Class 1B (45-49)

1. D. Beatty (Metro FC) 4:21.00
2. A. Taylor (Waterloo C) 4:25.84
3. V. Kukkola (Mississauga) 4:44.77

Class 2A (50-54)

1. John Watts (Mississauga) 5:11.84
2. W. Hartzenberg (B F J) 5:13.24
3. R. Madeley (Toronto OC) 5:24.04

Class 2B (55-59)

1. D. Stiles (Oshawa LTFC) 5:16.91
2. K. Hignell (Metro FC) 5:49.00

Class 3A (60-64)

1. G. Collins (Metro FC) 5:43.00
2. J. Young (Unat) 5:56.00

Class 3B (65-69)

1. A. Brosz (Sportclub '64) 8:30.03

Class 4 (70 and over)

1. R. Bredenbeck (San DTC) 5:44.00

3,000 Metres

Class 1A (40-44)

1. E. Whitlock (P Striders) 9:12.16
2. T. Giblin (Garden CG) 9:23.11
3. L. Buck (Metro FC) 9:50.00
4. A. Rappich (Metro FC) 9:58.00

Class 1B (45-49)

1. A. Taylor (Waterloo C) 9:11.77
2. D. Beatty (Metro FC) 9:22.58
3. J. Reid (Unat) 10:11.00

Class 2A (50-54)

1. J. Watts (Mississauga) 10:52.38
2. T. Maidman (Oshawa) 10:54.77
3. R. Madeley (Toronto) 11:13.71

Class 2B (55-59)

1. D. Stiles (Oshawa LTFC) 11:25.38

Class 3A (60-64)

1. W. Sheridan (Hamilton) 11:55.61

5,000 Metres

Class 1A (40-44)

1. W. Allen (E Ontario OC) 16:04.10
2. G. Dickson (Hamilton) 16:14.22
3. D. Milne (Metro FC) 18:09.71

Class 1B (45-49)

1. A. Taylor (Waterloo C) 15:59.80
2. J. Reeves (Uni of Tor) 17:09.45
3. R. Truman (Windsor) 18:00.56

Class 2A (50-54)

1. T. Maidman (Oshawa) 18:28.22
2. D. Laister (Toronto OC) 18:57.45
3. J. Stortz (Burlington) 19:32.55
4. B. Crozier (Mississauga) 19:56.31

Class 2B (55-59)

1. J. Stokes (Unat) 19:49.25
2. A. Obokata (Unat) 20:13.00
3. T. Clark (Metro FC) 20:14.00

Class 3A (60-69)

1. W. Sheridan (Hamilton) 21:06.00

50 Metre Hurdles

Class 1A (40-44)

1. T. Ojala (Etobicoke S) 12.28

Class 1B (45-49)

1. V. Cassis (Unat) 9.18

2. M. Woerle (Etobicoke S) 9.70
3. F. Klassen (Uni of T TC) 10.03

Class 2A (50-54)

1. J. Hutchinson (Torrington) 9.02

Class 2B (55-59)

1. M. Pickl (Sportclub '64) 10.16

Class 3A (65-69)

1. C. Hills (Phil Masters) USA 9.52
2. I. Hume (Richmond RTC) 9.69
3. J. Young (Unat) 10.13

Class 3B (65-69)

1. S. Thompson (Phil M) 10.90
2. A. Brosz (Sportclub '64) 12.29

Long Jump

Class 1A (40-45)

1. A. Sundin (Hamilton OC) 5.31m
2. T. Ojala (Etobicoke S) 4.28m

Class 1B (45-49)

1. F. Klassen (Uni of T) 5.04m
2. M. Woerle (Etobicoke S) 4.69m
3. K. Buchanan (Oshawa L) 4.59m

Class 2A (50-54)

1. K. Pavasars (Latvian TFC) 5.13m
2. S. Egerton (Unat) 5.07m
3. N. Baum (Unat) 4.73m

Class 2B (55-59)

1. M. Pickl (Sportclub '64) 4.59m

Class 3A (60-64)

1. I. Hume (Richmond RTC) 4.37m
2. C. Hills (Philadelphia M) 4.23m

Class 3B (65-69)

1. S. Thompson (Phil M) 3.90m
2. A. Brosz (Sportclub '64) 3.31m

Triple Jump

Class 1A (40-44)

1. T. Ojala (Etobicoke S) 8.79m

Class 1B (45-49)

1. V. Cassis (Unat) 10.65m
2. M. Woerle (Etobicoke S) 9.21m

Class 2A (50-54)

1. K. Pavasars (Latvian TFC) 10.22m
2. J. Hutchinson (Torrington) 9.69m

Class 2B (55-59)

1. M. Pickl (Sportclub '64) 9.29m

Class 3A (60-64)

1. I. Hume (Richmond RTC) 9.50m
2. C. Hills (Philadelphia M) 8.97m

Class 3B (65-69)

1. S. Thompson (Phil M) 8.01m
2. A. Brosz (Sportclub '64) 5.70m

High Jump

Class 1A (40-44)

1. T. Ojala (Etobicoke S) 1.51m

Class 1B (45-49)

1. V. Cassis (Unat) 1.56m
2. F. Schulte (Mississauga) 1.56m
3. F. Klassen (Uni of T TC) 1.51m

Class 2A (50-54)

1. S. Egerton (Unat) 1.51m
2. H. Gonnemann (S'club) 1.25m

Class 3A (60-64)

1. I. Hume (Richmond RTC) 1.41m
2. C. Hills (Philadelphia M) 1.20m
2. J. Young (Unat) 1.20m

Class 3B (65-69)

1. S. Thompson (Phil M) 1.26m
2. A. Brosz (Sportclub '64) 1.10m

Other results

Metro Toronto Road Runners Association - 10 miles road race held on 6th December in windy, cold conditions.

Masters Results:

1. Bob Lazenby 55:44
2. Jack Reid 58:02
3. Ralph Lang 62:09

50+

1. Doug Laister 64:25
2. Bob Madeley 65:40
3. Wilf Hartzenberg 70:36

September 7th, 1975

Metro Toronto Road Runners Association 25 Km Road Race in Sunnybrook Park, Toronto, Ontario.

Over 40's

1. Bob Lazenby 1:27.47
2. Lorne Buck 1:29.21
3. Syd Shuttleworth 1:33.58

Over 50's

1. Don Stiles 1:45.20
2. Pat Reeves 1:47.06
3. Doug Laister 1:48.30

January 10th, 1976
University of Manitoba, (included 30+)
3000 Metres

- G. Eales 9:08.2
- C. Allan 10:28.4
- J. Houlden 50+ 10:47.9

September 14th, 1975
Ontario Masters 20 Km Road Racing Championships, Bancroft, Ontario

Over 40's

1. Bob Bowman 1:12.46
2. Lorne Buck 1:14.23
3. John Kendall 1:15.32

Over 50's

1. Ted Maidman 1:22.56
2. Pat Reeves 1:25.40
3. Bud Crozier 1:29.28



GEORGE GLUPPE, winner of the Ontario Masters Indoor 400.

New Zealand

Clem Green and Ian Mallowes pre-viewing the 2nd Trans Tours New Zealand Veterans Track and Field Championships to be held at the Porritt Stadium, Hamilton on April 10th/11th:-

These 1976 Championships, after the success of the inaugural 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 visitors can expect the traditional good welcome from the New Zealanders. As far as the Championships events are concerned though, this welcome may be rather more than keen with the home athletes seemingly coming to the boil at precisely the right time.

Last year, Jack Foster, generally acknowledged as the greatest veteran athlete of all time, made the 10,000 metres the glamour event of the meeting. The same could be true this year, especially if that other Olympian of yesteryear, Jeff Julian, opts for that distance too. Julian (40) is back in top form and intends contesting the open National Marathon Championship in Auckland (March 6th). Foster, fresh from his victory in the Honolulu marathon (December) also competes in Auckland.

With these two running so well - Julian breaking a nine year old record in running off scratch to show 61:31 in the Manurewa Clubs Open 20K Road Race (7th Feb.), and Foster recording two personal bests in January, 47:42 for 10 miles on the roads in Jaupo and 8:17 for 3,000 metres in Hamilton - all the indications are for a real crowd puller for the organising committee.

Bill Baillie, reigning 800 and 1500 metre champion, also seems to be coming strong again. On Feb. 19th he turned in a 2:03.7 800 metres and confidently predicted that he'll be under two minutes at the Nationals!

Another home athlete who could make his mark in Hamilton is Alan Carter (44) who cut out 5,000 metres in 15:30 in February, whilst sprinters Doug Barry, Michael D'Ath and Fletcher Stanton are very fit, needing only a few races to tune up for the Nationals.

All in all it looks as though the generous support of sponsors Trans Tours will be well rewarded again this year.

John Drew, writing from Christchurch, reports that:-

"Veterans have had quite a marathon thing going in these parts with three such races within three months, the Great Westland on December 6th, the Christchurch Harriers Club Open and the Canterbury Open. Among veterans who ran all three are Captain Eddie Slater and your own correspondent. The first

mentioned appeared in the New Zealand Army team of whom seven finished to tie for honours with a police team led by 42 yr old Chief Inspector Tommy Thompson. There must have been some kind of record here for Eddie has only been training a year, and in the police team was one Vincent Nolan, a constable and pre-veteran, running marathons after being shot in the stomach two years ago with a twelve-bore shotgun from a range of 8 feet!

March 20th sees the annual 7 mile City to Surf jog in Christchurch, where 5,000 are expected to take part, including hundreds of "over 40's". Among these will be Eric Sharp, aged 86, who finished well last year, and his son Frank, aged 54, who is himself knocking off marathons in 2:54.

Veterans are preparing for the 26 mile Open (April 19th) starting near Mt. Hutt ski field in Central Canterbury and ending up at the country town of Ashburton. This is essentially a downhill course so they are setting sights on super fast times.

Fifty veterans are also expected to run in the Fletcher Marathon (sponsored by the giant Fletcher organisation) over the scenic area around Lake Rotorua on April 24th. So, one way and another, there are plenty of marathons on the menu, which should please Dr. Tom Bassler of the American Medical Joggers Association, who has gone on record as stating that "... the ability to race in and prepare for the marathon, and the life-style which goes with it, is co-existent with immunity from coronary troubles".

An inspiration to Hesitant Women Veterans

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

"When the Canterbury Veterans organised the International Veteran meeting before the Commonwealth Games, I was asked if I would help find some lady competitors. At that time I had not run for 14 years and weighed 13 stone 3 pounds, and had indifferent health. In three years I have lost 2½ stone and my health has improved out of all proportion. I have competed in the first N.Z. Championships in Ch.Ch., the N.Z. Women's Cross Country Champs at Wanganui, the N.Z. Road Champs in Ch.Ch., and I hope to compete at Hamilton in April. During this summer season I started and finished in a 20 mile road race, something I could never have done before. In competing as a Veteran over 35, I have found that I can take part in many events with my fellow vets just for the pleasure and companionship we get out of it without a lot of pressure being put there to win. I think most lady veterans could be shy in the first instance about taking up the sport, but if you can find a friend to run with or join a club where there are other women veterans, this feeling will disappear as you start to feel the benefit of getting out for runs. Wives of men veterans have the initial 'getting started' made easy for them with the husbands giving encouragement. It is best to run with someone so that you can help each other to benefit by tempering each

February 26th. Canterbury Veteran 10,000 m Championship, Q.E.II Park Stadium (Reporter John Drew).

Considering that he is chiefly renowned for being a speed merchant (he did 3 min 57 sec for 1500 metres on February 21st), New Zealand's veteran world record holder for the steeple chase, Jim Macdonald, did pretty well to knock off the Canterbury veteran 10000 metres championships on February 26th in 31 min 41 sec.

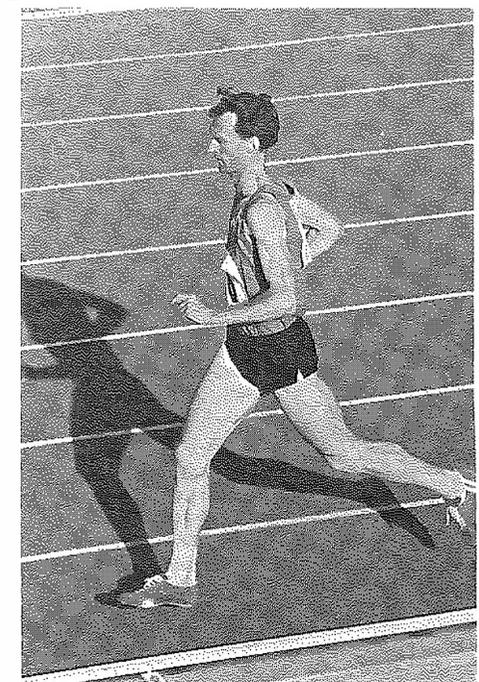
Many of his admirers think he may have quite an impressive future career over the longer distances on the track on the strength of this 31:41 performance although in New Zealand he is still overshadowed by "Super Jack" Foster in this event.

The race was held at the Q.E.II stadium, site of the Commonwealth Games, in a cold, atrocious southerly wind at 6 p.m. which made Jim's time all the more impressive and he ran all the way by himself with no group help on the journey. His performance can be judged by the way he double lapped the tough, well performed second place-getter Ronnie Stevens.

The bad weather did not prevent a record field of 17 contesting the race. Tom Bain of New Brighton '50' fame (he has three times run third in that event with a best time of 6 hrs 23) won the over-60 section in 40:14 - fast enough to have placed him second in Toronto, despite the conditions.

FOOTNOTE:

Jim's 1500 metres in 3:57 beat Laurie O'Hara's age-41 best of 3:58.5 set in 1973.



JIM MACDONALD Christchurch Press

other's moods or feelings towards running while training. Having now worked up to a few miles at a session, the mental relaxation is wonderful and I really feel good for hours after a run. The good thing about running as a woman veteran is that there is plenty of scope for all; long and short distances and field events where the more heavily built women can often, with training, perform better than one of light build."

Of course, the message for the menfolk in this letter is that you too can possibly assist your wives to make their lives fuller and more enjoyable by your

help in getting them to take up jogging and increase that to running and so join in our total activities.

Ian Mallowes reports on the Auckland Road Champs for veterans as follows.

"These were run from the Lovelock track over a fairly flat road circuit. Three laps for veterans. Bill Baillie with a leg injury did not start. Pacemaker for three quarters of the 10,000 m event was Dick Chase, but he was overhauled by Takapuna's Peter Aimer who won by some 70 m. Noel Calder of Takapuna was a close third. Results are:

- | | |
|---------------------------------|-------|
| 1. Peter Aimer (42) Takapuna | 32.59 |
| 2. Dick Chase (42) Lynn Dale | 33.11 |
| 3. Noel Calder (41) Takapuna | 33.14 |
| 4. John Fenton (42) L'dale | 33.25 |
| 5. John Hughes (42) L'dale | 33.36 |
| 6. Ian Craig (40) Manurewa | 33.56 |
| 7. Merv. Hellier (42) L'dale | 34.02 |
| 8. Dick Crosbie (46) Welsey | 34.10 |
| 9. Jock Kenny (45) Massey | 34.32 |
| 10. Alan Carter (43) Massey | 34.43 |
| 11. George Gibson (47) L'dale | 35.18 |
| 12. Bruce Harrison (-) L'dale | 35.40 |
| 13. B. Kendrick (-) Howick | 35.44 |
| 14. Tim Parcell (-) University | 36.08 |
| 15. Len Wilson (42) Technical | 36.29 |
| 16. John Somerville (43) Howick | 36.39 |
| 17. Wally Opperman (49) Tak. | 36.53 |
| 18. John Packer (40) Owairaka | 37.14 |
| 19. Chris Henty (40) Howick | 37.37 |
| 20. Russ Buchanan (45) L'dale | 37.50 |

Class II

- | | |
|-----------------------------|-------|
| 1. Fred Woods (58) Howick | 38.56 |
| 2. Ron Spiers (52) Owairaka | 41.35 |
| 3. Ron Bearsley (57) Tak | 41.38 |

Class III

- | | |
|------------------------------|-------|
| 1. Kingi Mason (63) G. Eden | 41.37 |
| 2. Anceel Browne (65) L'dale | 43.27 |
| 3. Andy Curteis (61) L'dale | 47.40 |

Ian also reports on Auckland Veterans in the Hamilton Marathon, 1975

- | | |
|-----------------------|---------|
| 12. Jeff Julian (1A) | 2:24.48 |
| 23. John Hughes (1A) | 2:33.05 |
| 41. Dick Crosbie (1B) | 2:43.19 |
| 65. Joe Regan (2A) | 2:56.03 |
| 118. Kingi Mason (3A) | 3:37.51 |

Otago Road Champs 16 km

- | | |
|-------------------------------|-------|
| 1. A. McKernan (C.Serv.) 1A | 55.07 |
| 2. R. Cain (Caversham) 1A | 56.29 |
| 3. Joe Cowie (C'sham) 1A | 56.41 |
| 4. F. Perry (Leith) 1B | 57.08 |
| 5. W. Baskett (C'sham) 1A | 63.13 |
| 6. A. Dowdall (C'sham) 1A | 63.28 |
| 7. R. Lindsay (Presb) 1B | 63.36 |
| 8. D. Milne (Leith) 1A | 64.17 |
| 9. K. Clearwater (C.Serv.) 1A | 64.26 |
| 10. D. Williams (Anglican) 1A | 65.49 |
| 11. B. Marr (Anglican) 1A | 66.03 |
| 12. R. Dowland (Alex.) 2A | 67.54 |
| 13. C. Redden (Pres.) 2A | 69.58 |
| 14. L. Raynor (Ariki) 2A | 74.01 |
| 15. T. Conway (Morn.tgn) 1A | 74.57 |
| 16. D. Fincham (Leith) 3A | 77.16 |

USA

Dutch Warmerdam (60), who held the world pole-vault record of 15'-7¾" for 15 years back in the forties, returned to competition at Glendale on December 6/7 with a decathlon. It was his first competition since 1942 but he was fit enough to set a new class 3 record of 4328 points, including a 10'-6" vault and a 5'-0" high jump.

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 2:47:46 to break the existing record of Gordon Porteous (GB) by 3 minutes 27 seconds. Winner of the National title was Ray Menzie (40) with 2:36:40 and Norman Bright (65) won the 3B class with a brisk 3:10:54.

TRACK & FIELD NEWS selected the following veterans as 1975 "Masters of the Year"

- Class 1A (40-44) Jack Foster (NZ)
- Class 1B (45-49) Jack Greenwood (USA)
- Class 2A (50-54) Bill Fitzgerald (USA)
- Class 2B (55-59) John Gilmour (AUS)
- Class 3A (60-64) Konstanty Maksinczyk (GB)
- Class 3B (65-69) Norman Bright (USA)
- Class 4A (70-74) Harold Chapson (USA)
- Class 4B (75-79) Paul Spangler (USA)



Photo: Sport Ontario News

42

GORMAN SETS WOMEN'S VETS WORLD MARATHON MARK

A new milestone in veteran long distance running was reached late in 1975, as the San Fernando Valley Track Club's diminutive Miki Gorman set a new world record for women over 40 in the marathon with a time of 2:47:45.

The 4-foot - 11-inch, 89-pound, 40-year old mother of an 11-month old baby ran a sensational race to easily win the women's open division, as well as the over-40 competition, in the National AAU Marathon Championships in Culver City, California.

Chuck McMahon set two new age 60 records at the Santa Barbara Masters meet on October 4th. The U.S. discus record (1 Kg) at 128' 2" and a world record of 130' 7" for the javelin are now his.

John Patterson, a 41-year-old Australian on the last stop of an American tour, won the Dipsea Race by covering the 6.8-mile course from Mill Valley to Stinson Beach in 44 minutes, 58 seconds with his seven-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 intrigued him, and he and George McGrath decided to prolong their stay a few hours and run. McGrath, a 56-year-old, finished third at 45.18, using a 13-minute handicap.

Rhoden Launches Comeback:

George Rhoden, double Olympic gold medallist, who said he was starting to feel sluggish, is competing again. On November 2nd at Escondido High School, he turned in 11.8 and 29.3 respectively in winning 100 yd and 220 yd races. Some slug!

More men and women are taking up jogging and long-distance running in ever-increasing numbers as tennis courts and golf courses crowd up. The week of December 28-January 3 was declared "National Running Week". A week-long series of running workshops, climaxed by a New Year's Eve Midnight run, was held in Mountain View, California.

December 13th. Honolulu Hawaii Marathon.

Overall winner was Jack Foster of New Zealand in 2:17.26.

- Other leading Masters were:-
- J. Gallop (USA) 2:43.23
 - H. Cole (USA) 2:51.41
 - S. Hamilton (USA) 2:56.31
 - J. Bohnet (Canada) 2:57.19
 - H. Danie! (USA) 2:57.46
 - A. Ivan (Canada) 2:59.57

The event is staged annually by the Honolulu City authorities and the American Medical Joggers

NORM BRIGHT (65)
rated top in the 3B Division for 1975.

Association, and this year was held in conjunction with a three day symposium on distance running and the prevention of coronary infarction. Doctors attended from all over North America, and 49 of them, some accompanied by their rehabilitated heart patients, entered the big race.

In all there were 707 finishers, a remarkable feat for, despite a 5a.m. start to avoid the heat, the conditions were horribly humid. The top medical man to finish was Dr. J. Gallop who ran to 19th placing in 2:43.23, an aptly named athlete if ever

there was!

Jack Foster, after his terrific performance in beating the best of all-comers, was masked and tested at the symposium for oxygen uptake, heart response, pulse recovery and blood analysis. As a result of further tests on a treadmill and an analysis of the computerised results, it was predicted that, given suitable conditions and motivation, he is capable of a 2hr 5min marathon!

(thanks to John Drew for details)

U.S. MASTERS CHAMPS.

November 15th, 1975 FIFTH ANNUAL NATIONAL MASTERS A.A.U. CROSS COUNTRY CHAMPIONSHIPS VAN CORTLANDT PARK, BRONX, 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 Damon, Green Mountain Athletic Club, in winning Division I shattered the course record by almost two minutes. The first six finishers broke the 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 ever ran under forty minutes. In this one race today the first forty-six finishers ran under forty minutes.

Defending Champion in Division I, Ray Hatton did not defend. Frank Pflaging, the 1972 Champion 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 McDonagh of the Millrose A.A., by two seconds. John Wall won his third straight Division III title by three and a half minutes. Bill Andberg did not complete.

Division I 40-49

1. Damon (41) Ga.Mt.	34.58	23. Dixon (48) Cent.P	38.00	13. Corbitt (55) Pion	46.45
2. Dyson (41) Hart	35.47	24. Jensen (41) PaAAU	38.00	14. Ross (52) Cap	46.50
3. Pflaging (43) Balt	35.59	25. Finch (40) PaAAU	38.02	15. Simon (51) Scar	48.36
4. Kandschur (45) Hart	36.06	26. Wick, (42) MAAAU	38.03	16. Sylvester (50) Cap	49.00
5. Vinnosky (45) Pot. V	36.09	27. Brannon (45) Ind	38.04	17. Augustin (50) Cap	49.09
6. Chiappetta (42) Mill	36.23	28. Falkenstein (40) Ind	38.10	18. Devan (54) Unat	49.23
7. Fortier (42) No. Med	36.49	29. Diamond (46) DC Ha	38.26	19. Whitney (55) NoMe	49.37
8. Menzie (41) PaAAU	36.53	30. Bastick (41) Mill	38.27	20. Shrader (59) Cap	50.04
9. Bamford (40) NoMed	36.54			21. Lentzer (50) Pion	54.11
10. Higdon (44) Ind.	36.56				

Division II 50-59

1. O'Neil (50) PaAAU	38.50				
2. McDonough (51) Mill	38.52				
3. Dreher (54) MAAAU	39.40				
4. Richardson (55) Unat	40.52				
5. Rodd (52) NCS	41.20				
6. Brown (50) Hart	41.21				
7. Sheehan (57) Shor	41.55				
8. Cole (54) Unat	42.27				
9. Fredette (55) Hart	42.48				
10. Coyne (53) Mill	43.28				
11. Greenberg (56) Unat	44.53				
12. Geer (56) Cap	46.20				

Division III 60+

1. Wall (62) HowC	42.05
2. Taylor (61) Unat	45.31
3. Westerholm (61) Mill	52.46
4. D'Elia (67) Jer	54.40
5. Lacey (65) Pion	54.56

Women Masters Open

1. Buchanan (38)	42.20
2. D'Elia (45)	43.01
3. Constant (32)	46.03
4. Pashkin (33)	52.07

October 26th, 1975 Eastern Masters XC Van Cortlandt (-) - overall place

Div. IA (40-44)

1. W. McConnell JSTC	37.24 (3)
2. J. Viverito LIAC	38.48 (5)
3. R. Fine NYPC	39.48 (6)
4. W. Krebs NYPC	40.01 (7)
5. W. Cunney WSY	43.03 (24)
6. P. Beckett LIAC	43.06 (25)
7. A. Montero	43.19 (27)
8. E. Seiff	43.55 (29)

Div. IB (45-49)

1. R. Alley JSTC	40.19 (9)
2. C. Vandezande	41.24 (14)
3. S. Chodnicki JSTC	41.38 (26)
4. H. Henriques JSTC	42.31 (22)
5. E. Anderson	43.08 (26)
6. J. Kernan NYPC	44.30 (31)

Div. IIA (50-54)

1. H. Short NYPC	40.44 (13)
2. F. Rodd NCAL	42.07 (21)
3. L. Lago JSTC	46.21 (42)

4. R. Devan	47.38 (45)	November 9th, 1975	20. Wallace (43)	45.58
5. M. Lentzer NYPC	55.11 (55)	Metropolitan AAU Masters	21. Burrow (48)	46.06
		Cross-Country	22. Borden (49)	46.52
<i>Div. IIB (55-59)</i>		<i>Div. I (40-49)</i>	23. Handelman (45)	47.00
1. S. Richardson	41.54 (19)	1. Chiappetta (42)	24. Bennett (44)	47.18
2. G. Sheehan SHR	42.41 (23)	2. Burns (46)	25. White (42)	48.16
3. G. Predette JSTC	44.01 (30)	3. Genovese (43)		
4. H. Greenberg	44.45 (33)	4. Gordon (41)	<i>Div. II (50-59)</i>	
5. D. Green CAP	48.23 (46)	5. Gordon (41)	3. McDonagh (51)	39.40
6. P. Hascup JSTC	50.51 (50)	6. Bastick (41)	18. Coyne (54)	44.25
7. R. Lawrence	53.09 (53)	7. Fine (44)	26. Simon (51)	50.43
		8. Krebs (40)	27. Glasse (51)	51.46
<i>Div. IIIA (60-64)</i>		9. Van de Zande (46)	28. Burke (57)	52.39
1. I. Taylor C.JR	48.18 (41)	10. Hoffman (40)	30. Lawrence (55)	55.59
2. W. Steckmest	48.43 (47)	11. Fitzpatrick (40)	31. Post (50)	57.15
3. W. Westerholm MLL	53.13 (54)	12. Kernan (45)	32. Lentzer (50)	58.40
		13. Druckman (45)		
<i>Div. IIIB (65+)</i>		14. Erskine (45)	<i>Div. III (60+)</i>	
1. R. Lacey NYPC	56.17 (58)	15. Beckett (41)	29. Westerholm (61)	53.30
		16. Anderson (49)	33. Lacey (65)	58.53
		17. O'Brien (44)	34. Granowitz (62)	61.08
		19. Cunney (42)		

RICHARD BREDENBECK of Independence, Ohio is a life member of the San Diego Track Club, and full of life he certainly is, for since reaching the age of 70 he has recorded the following performances:—
19 Oct 75: 1 hour run—8 miles 664 yards
(10000 m en-route, 44:46)
22 Nov 75: 5000 m—21:10

45 years old, NICKI HOBSON, current Lady President of SDTC, set club members just about the finest example she could on March 21st. She ran in the "Last Gasp" Marathon at Mission Bay and recorded a brilliant 2:57:41 to become only the second over-40 woman to break the magical 3 hours.

In the same race ED ALMEIDA (53) ran 2:41:11, which was just 2 seconds slower than the U.S. Age Best he set the previous month in the West Valley Marathon.

In the Trails End Marathon on February 28th, sleet and snow reduced the field from 829 to 605, but RALPH GARDENER (40) still managed 2:25:52 and the evergreen NORM BRIGHT (66) 3:15:32.

In the Yuma Marathon, on February 28th also, BILL STOCK (46) clocked 2:50:53.

(With acknowledgements to the SDTC Newsletter.)

The Masters Sports Association has made arrangements with the publisher of "The Running Experience", a new bi-monthly magazine patterned after Runner's World, emphasizing Easter Running, to publish all Eastern and National Masters results plus news and announcements relative to the Association. In effect, the magazine will serve as the M.S.A. newsletter while at the same time providing broad

coverage of our sport. This magazine retails for \$3.95 per year. There will be no extra charge to M.S.A. members, the cost being included in their \$5.00 subscription.

Those wishing to join the Masters Sports Association should write to JOHN POPOWICH, 24-11 23rd Ave., Astoria, N.Y. 11105.

CORRECTION

In our results of the US Masters T & F Championships at White Plains (Dec. 75 edition) there was an error in the result of the 5,000 metres, class 4A. The winner should have been R.F. "Chalky" White of Veterans AC in a time of 24:29. Chalky went on to Toronto where he won the gold there too, and seven seconds faster, in a new Canadians Open Record.



"Chalky" White (GB) 1415, leads E. Estle (USA), C. Bendig (USA) and M. Aftergut (USA). "Chalky" won the 4A premier awards at White Plain & Toronto.

Finland

The athletics season closed down here at the beginning of November and won't see the light of day again almost literally, until the end of March.

September 9th. North Finland Marathon Champs.

Ilkka Palatsi (35+ years) 2:39.38

October 26th. The Korso Marathon

40+yrs Sune Westerlund 2:40.11

Martti Lanne 2:41.32

Charles Greenlees 2:43.05

Antti Hyvarinen 2:43.49

The closing event of the season was at Korso where, as well as the open 25K race, there was a 'joggers' run over 16K in which over 100 people took part. *Charlie Greenlees, our reporter in Finland*, together with some Finns extended their season by making a trip to Sweden to compete in the Enhorna Winter Marathon. Well over 200 men, boys and women took part in this race showing what a hardy breed they are by facing freezing conditions of -5°C (25°F).

November 11th Korso, 25 Km

Over 35 yrs Jorma Niemi 1:21.21

Asko Raittila 1:22.44

Pekka Saarilauko 1:25.30

Charles Greenlees (10th) 1:32.43

Over 45 Erkki Lemettinen 1:29.05

Pentti Yla-Halinen 1:30.08

November 23rd. Enhorna (Sweden), Winter Marathon

Over 40 Konrad Hurnclind 2:38:40

Charles Greenlees 2:40:17

Over 50 Erik Ostby (SWE) 2:44:20

Run or Seize Up!

Arthritis, or more specifically osteo-arthritis, has commonly been regarded as a long-term hazard for athletes. Recent research in Finland though, suggests that running may not be one of the causes of this condition as had previously been thought. Seventy-four former athletes were involved in the Finnish research, their average age being 55 yrs. All had seen success in athletics, some holding national records and others world records, and all had competed for an average of 21 years.

The hip joints of these athletes were X-rayed for signs of osteo-arthritis and the results then compared with X-rays from 115 non-athletes of similar age.

Only three athletes (and one of these having only competed for 8 years, giving up only after collecting an Olympic gold), or 4% of the sample, had true osteo-arthritis compared with 8.7% of the non-athletes.

The results might suggest that running helps avoid this so called "degenerative disease" by causing more synovial fluid to be released into the hip joint.

(from a recent report in the British Medical Journal)



Sixth National Veterans Field & Track Championships

Stretford Sports Stadium,
Longford Park, Stretford, Manchester

7th & 8th August 1976

ORGANISED BY THE NORTHERN VETERANS A.C.
UNDER I.A.A.F., A.A.A. W.A.A.A. & R.W.A. LAWS

ON BEHALF OF THE BRITISH VETERANS ATHLETIC FEDERATION



MENS EVENTS (commencing 1.00p.m. each day)

SATURDAY: 200M, 1,500M, 10,000M, 400M Hdl, 3,000M S/C, Hammer, Javelin, High Jump, Triple Jump

SUNDAY: 100M, 400M, 800M, 5,000M, 110M Hdl, 5,000M Walk, Discus, Shot, Pole Vault, Long Jump

LADIES EVENTS (Saturday Only) 200M, 1,500M, Discus



FEES 95p First Event 50p each additional Event, Entries close 1st July 1976. Late entries cannot 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 M. Whitaker, "Ashmount", 42 Heaton Grove, Bradford, BD9 4EB.



Photo: W. R. Smith

Fell Racing is a branch of athletics confined almost wholly to the North of England and to Scotland, although there are the odd events in Wales, Ireland and the Isle of Man. Mountain races are also held in such countries as Switzerland, and the U.S.A. of course, but we are here concerned only with Britain. "Fell" is an old Norse word meaning hill and is but one of many ancient Norse terms still widely used in the North. If you look at a map, you'll find that the most southerly example of the word is used for Longridge Fell, in southwestern Ribblesdale. South of here, the most common terms are hill or moor, with the occasional edge, pike, tor, scout or moss, the latter usually referring to peat mosses or boggy grasslands.

Most fell runners are, as one might expect Northerners and Scotsmen, though one notable exception is Mike Davies of Reading A.C. Over the past fifteen years, Davies has established himself as

46

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 Vaux 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 1½ miles (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.

AN INTRODUCTION TO THE WORLD OF FELL RUNNING

by **BILL SMITH**

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 bad enough 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 trailing by 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.

Even the most seasoned mountaineer can be guilty of navigational errors in mist, but a novice, finding himself alone in such conditions, could be in real trouble and liable to panic. Exposure, caused by exhaustion and/or inclement weather, is another hazard which can again befall even the most experienced man of the fells, but which could prove doubly dangerous to the uninitiated. And it should be remembered that severe wintry conditions can be found on Britain's mountains and moorlands even in summer, and mountain weather should never be judged by valley temperature: there are days when it is warm and windless in the dale, but really bleak "on th' tops". Mountain Rescue teams are on duty in all of the long-distance fell races — and in some of the shorter ones too — to deal with such cases as those cited above, and also, of course, to aid injured competitors, though these are surprisingly few.

In addition to normal fell races, many long-distance fell runners also like to compete in mountain events in which rucksacks must be carried and strong mountain boots worn, such as the Lake District Four 3,000 Foot Peaks Marathon (45 miles), the Fellsman Hike (55 miles) and the High Peak Marathon (40 miles). The latter is a winter's night event (early November) for four-man teams, though both of the other two events also include the traverse of rough country by night. Entrants in the Karrimor Two Day Mountain Marathon must compete in teams of two, and although running shoes may be worn, each team must carry in their rucksacks sufficient food, cooking and camping equipment to see them over the weekend, and everyone camps together in the hills at night. This event is run on orienteering lines in that the course is made known to the competitors only at the start of the race, and they are required to visit a certain number of checkpoints over the two days.

Photo: Tommy Orr



HARRY WALKER negotiates a barbed wire fence in the 2-day 2-man mountain marathon of 1973.

FELL RUNNING

shepherds and farmhands who take up the sport quite naturally at an early age and gradually progress from boys' races to senior events. The majority 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 Bland. 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 Guide runners, rivalled only by Tommy Sedgwick of New Hutton, near Kendal. Hall is best remembered for his wins in the Three Peaks (1), the Ben Nevis (4), the Vaux Mountain Trial (2) and the Burnsall Fell Race (4), while his record time of 41.32 for the old Pendle Fell Race course, established in 1964, remains unbroken, a new course having been inaugurated last year. As a matter of interest, it might be mentioned that the fastest time for the Burnsall Fell Race, 12 mins, 59.8 secs, was created in a "special race" in September 1910, by the professional Lakeland runner, Ernie Dalzell of Keswick.

The first fell races, held in the 1850's (perhaps earlier) and '60's, were all professional events and the most famous one of all, the Grasmere Guides' Race, began in 1868, though over a different course (Silver Howe) to the present one (Butter Crag). No reference to this event would be complete without mention of the Caldbeck shepherd, Bill Teasdale, M.B.E., who has been victorious on eleven occasions (1950-66) and achieved a course record of 13.05 in 1965 at the age of 40. Some present-day amateur

W.R. "Bill" Smith became a veteran in May 1975. Liverpool-based, and a member of Clayton-le-Moors Harriers, he began fell-running in 1969, having previously kept fit with fell-walking and football. His main interest is in the ultra-distance courses over rugged terrain, with plenty of long, steep climbs and descents. His best performances have probably been in the Vaux Mountain Trial, Emmerdale Horseshoe, and the Wasdale and Borrowdale Fell Races, in which he has generally finished in the first twenty-five.

But his love of the ultra-distance events has produced many satisfying performances too - second with Andy Churchill and sixth with Alistair Patten in the Two Day Mountain Marathon - second, fourth and seventh in the Fellsman Hike - twice a member of Clayton-le-Moor's second-placed team in the High Peak Marathon - and record holder (with Boyd Millen) for the "Bob Graham's 42 Peaks" course (75 miles : 27,000 feet) in the Lake District.

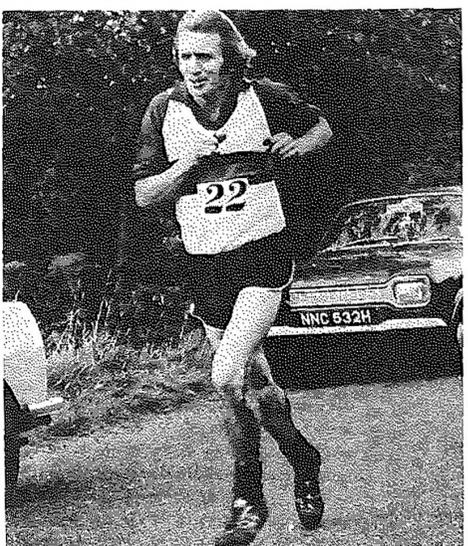
His future aim is to better the 55 peaks he conquered within 24 hours in 1975 (85 miles - 33,000 feet) by reaching 60 - a number beaten only by the ultra-distance 'King', Joss Naylor, with 72.

Bill Smith is also Honorary Press Officer of the Fell Runners Association.

events actually began as professional races, such as Latrigg in Lakeland, and Rivington Pike, Pendleton, Burnsall and Ingleborough in the Pennines - all short courses, incidentally. Before leaving the subject of professional fell racing, interested readers may like to know that Pete Bland's younger brother, Denis, who is also a runner, has co-authored with Michael Miller a fascinating volume entitled, *See the Conquering Hero Comes : An Illustrated History of the Grasmere Sports Senior Guides' Race* (Kendal, 1973). Some copies may still be available when this article appears and enquiries should be addressed to Peter Bland at 12, Dames Road, Staveley, Kendal, Cumbria, enclosing an S.A.E.

The most popular long-distance event is undoubtedly the Three Peaks Race over the North Yorkshire summits of Pen-y-ghent, Wharfedale and Ingleborough, 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 such proportions that, 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 of 2.29.53 in 1974, though his winning time of 2.41.37 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 a much more gruelling course, consisting of 4,418 feet of climbing and descending over steep, rugged slopes of boulders and scree (loose stones and rocks). Harry Walker set up a course record of 1.29.38 in 1973, but the man perhaps most closely associated with this race up Britain's highest mountain is the Lochaber A.C. veteran, Eddie



W. SMITH

Campbell, who has competed on 24 occasions and been victorious on three (1952, '53 and '55). To see Eddie negotiating the hair-raising descent with reckless speed, wearing only pumps (studs or ripples are the standard footwear for the fells), is indeed a sight to behold, and he is a generous host in the pub at night after the race. In addition to the normal veteran's prize, incidentally, the Ben Nevis Race officials also award one called the Heaton Trophy (donated by Alan and Ken Heaton of Clayton-le-Moors Harriers) to the fastest two-man veteran team from one club.

The Three Peaks Race, although an 'A'-Class event, is actually regarded by many seasoned fell runners as a smooth, fast course, containing comparatively few rough or steep sections. The runner whose fell running experience is limited to the Three Peaks and other grassy courses like Pendle, Rossendale or the Three Towers, may find himself in for a shock when confronted with the steep scree slopes and boulder-strewn terrain of, for example, such Lakeland peaks as Scafell Pike or Great Gable, both of which are included in the tough Wasdale and Borrowdale Fell Races (25 and 18 miles respectively). The infuriating maze of peat groughs (deep, slimy channels caused by the action of water on the peat) to be found on Bleaklow in the Derbyshire Peak District could prove yet another unpleasant experience for the uninitiated and, they can play hell with compass navigation in mist: just try staying on a bearing while sliding in and out of peat groughs that twist and turn in all directions!

The generally rough going on the southern gritstone Pennines - the Three Peaks are situated in a comparatively better-drained limestone area - is due not only to peat groughs but also to the wide stretches of generally boggy terrain, rather than to steep scree running and rock-hopping. Bleaklow is included in both the Marsden-Edale Trog (25 miles) and the High Peak Marathon. The Edale Skyline Fell Race (21 miles), though comparatively tamer, is reckoned by many hardy fell runners to be tougher than the Three Peaks. (All this is *not* meant to imply that the Three Peaks is an easy or perhaps disfavoured course, but is merely designed to show that it is not the toughest of fell races, as is sometimes claimed by ill-informed - or romantically-inclined - sports journalists.)

Other extremely gruelling long-distance events, all including sections of rock and scree, are the Bens of Jura Fell Race (16 miles) on the Isle of Jura in Scotland, the Welsh 1,000 Metres Peaks Race (18 miles) in Snowdonia, the Ennerdale and Langdale Horseshoes (23 and 15 miles respectively) in Cumbria, and the Vaux Mountain Trial, an orienteering type of event run over a different course each year (15-20 miles : 6-12,000 feet), also in Cumbria. The outstanding runner in this kind of race during recent years has been Joss Naylor, the 40-year-old Wasdale sheepfarmer, although he has so far not competed on Jura. Naylor has also established records for ultra-long-distance mountain courses like the Pennine Way (271 miles, 32,000 feet in 4 days, 4 hrs, 36 mins: 1974) and the Lakeland 24 Hour run (72 peaks, involving 38,000 feet over 105 miles: 1975).



ALAN HEATON on the Emmerdale Horseshoe 1972.

These are not organised races, by the way, but mammoth endurance tests in which the contender is accompanied by relays of pacers on the fells, 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.)

Alan Heaton, now 47-years-old, held both the Lakeland 24 Hour and Pennine Way records prior to Naylor; the Pennine Way in partnership with his Clayton-le-Moors clubmate, Mick Meath. Last summer, he narrowly failed to establish a new Lakeland record of 64 peaks by taking slightly longer than 24 hours, while this summer he will be attempting to recover the Pennine Way record. Bob Graham's 42 Peaks course, accomplished in 23 hours, 39 mins in 1932, was the real basis for the modern 24 hour record, though other 24 hour records had existed before this, notably those created by A.W. Wakefield in 1905 and by Eustace Thomas in 1920. Graham's "Round of the Fells", constituting 27,000 feet of ascent and descent over 75 miles, remained unequalled for 28 years, then along came

Photo: Tommy Orr



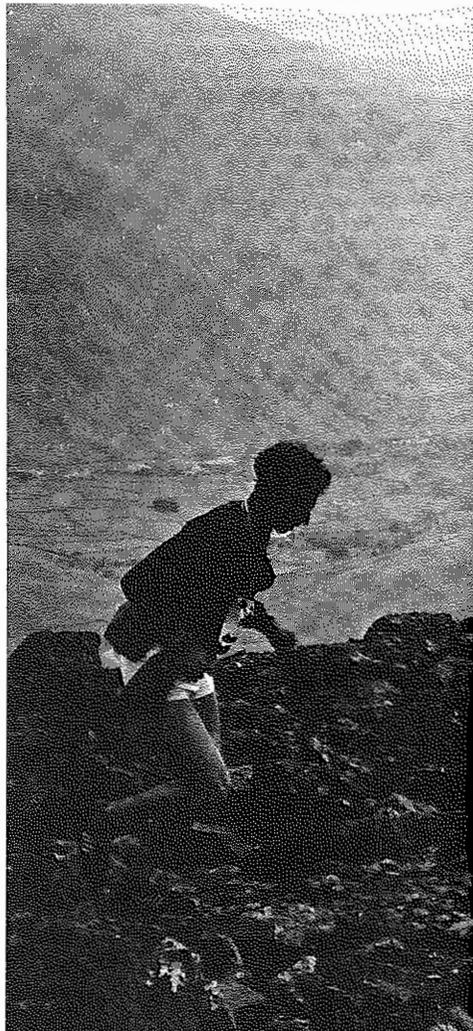
FELL RUNNING

Alan Heaton in 1960 to complete the same course in 22 hours, 18 minutes. Alan's brother, Ken, then achieved a round of 51 peaks in 1961, and Alan himself raised the total to 54, the following year. The late Eric Beard next set up a record of 56 peaks in 1963 and Alan achieved his ultimate of 60 peaks in 1965. Six years later, Joss Naylor conquered 61 peaks and made it 63 in 1972, the latter effort having been made in appalling conditions of rain, mist 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/105 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-holder.

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 Heaton brothers. It will no doubt be of interest to *Veteris* readers to learn that Bob Graham was 43 when he made his round, while other veteran achievements have so far been made by Stan Bradshaw (Clayton-le-Moors Harriers) at the age of 48 in 1960; Donald Talbot (Rucksack 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 Brass (41) and Alistair Patten (40). A "Bob. 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, enclosing an S.A.E.

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 each season. For this reason, and also as a guide for the runners themselves, the various courses were graded according to a set of rules devised by Mike Davies. Regardless of the actual distance of a course, an A-Class race would be one which had more than 250 feet of ascent or descent per mile and included a considerable amount of rugged terrain; a B-Class race would require at least 125 feet of ascent per mile and would contain some rough going; while a C-Class event would have some climbing in it, but may possibly be closer to a tough cross-country race, such as Rivington Pike or Harden Moss. In 1972 and '73, 22 points were awarded to the winner of an "A" race, 19 to 2nd, 18 to 3rd and so on down to 20th position; the winner of "B" races received 16 points, 2nd 13, 3rd 12 and so on down to 14th position; and

50



JOSS NAYLOR traverses Pillar Ridge above his native Wasdale in the 1972 Emmerdale Horseshoe.

in a "C" race, the winner got 4 points, 2nd 2, and 3rd 1. In 1974, C-Class events were excluded from the scheme in an effort to ensure that only the true fell runners achieved maximum points. The scheme was again altered in 1975, favouring even more the genuine mountain athlete rather than the tough cross-country runner, for "B" races have also now been eliminated. To make things fair to all, however, only the 12 best performances of a runner, out of a possible maximum of 23, would count. The reason for this new scheme is that it rules out the possibility of a runner with plenty of spare time and/or cash collecting points from all - or nearly all - of the "A" races and therefore being placed higher in the "Fell Runner of the Year" chart than an athlete of superior fell running ability whose time and/or cash is limited,

thereby preventing him from competing as often as he might wish to. Since the inception of the scheme in 1972, the title has been won by the ex-Kendal A.C. runner, Dave Cannon (1972), Harry Walker (1973) and Jeff Norman (1974) and Mike Short (1975). Cannon now devotes himself mainly to road and cross-country running in an attempt to further his ambition of winning an international vest.

This brief introduction to fell racing has been provided to set the scene for a series on fell-running veterans. The first one, to appear in the next issue, will feature the legendary Stan Bradshaw, and it is hoped that future subjects will include Eric Roberts (Kendall), Alan Heaton (Clayton), Eddie Campbell (Lochaber), George Rhodes (Stafford), and Eddie Foley (Bolton), to mention just a few, plus some of the less successful veterans - a description which will no doubt be applied to the author now he has attained veteran status!

Finally for those interested, here are the addresses of the secretaries of the three organisations devoted to fell racing. All enquiries should be accompanied by an SAE.

THE FELL RUNNERS' ASSOCIATION: George Broderick, 27 George Square, Edinburgh, EH8 9J.D.

THE CUMBERLAND FELL RUNNERS' ASSOCIATION: Danny Hughes, "Hallsteads", Gosforth, near Seascale, Cumbria.

THE LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION: Frank Travis, 13 Hallsenna Road, Seascale, Cumbria.

MIKE DAVIES, outstanding veteran in the fells and innovator of the fell classification system.

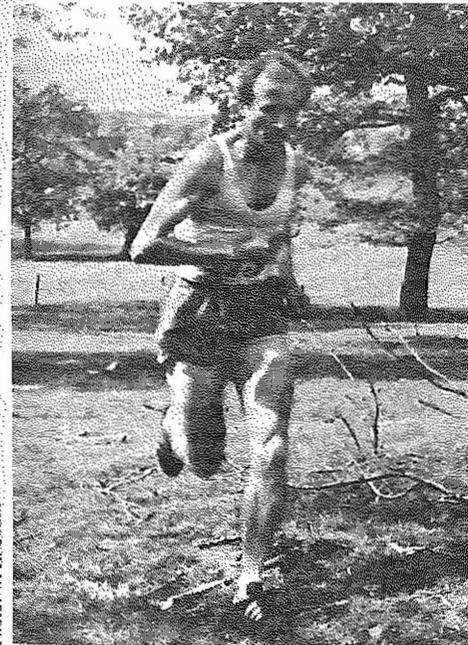


Photo: W. R. Smith

First Veterans Open Meeting

(to include pre-vets, 35-39 years)
Under AAA Laws

Parliament Hill
(All-weather track)

Monday, June 21

- 7pm 60m Handicap (including pre-vets)
- 7.20 600m Scratch (Class 1, 40-49; Class 2, 50-59)
- 7.35 1200m handicap (inc. pre-vets)
- 7.50 200m handicap
- 8.15 2 miles handicap
- 8.35 Club 4x200m relay, Scratch

Entries 20p per event.

Send to Fred Smith, 26 Sunnymede, Chigwell Row, Essex, giving name, address, age, club, event, and best recent performance at nearest event.

Closing date: 7 June.

Organised by Veterans Athletic Club.

Book review

by Sylvester Stein

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, veganism, and other fads 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 food facts and fantasies and special patent mixtures that he needs to consult his tables down the home straight.

When you come to look through the book for positive dietetic aids to racing, it is honestly difficult to list more than a very few.

1. For races lasting longer than 1½ hours, such as marathons, the carbo-loading diet is now tried and trusted, and is worth a few minutes advantage in the later stages of the race. There's a reasonable amount of scientific evidence collected to back this up. But for shorter races what is needed is not so much energy as more muscle and more oxygen for the muscles... and diet won't buy this for you.

2. Don't fill your stomach within a few hours of a race, though there's no harm in a drink.

3. Otherwise eat how you like, your training will keep weight problems in check, and any normal well balanced diet will guarantee sufficient vitamins, protein etc.

The authors are even surprisingly negative about salt replacement, believing anyway that it's not table salt, sodium chloride, we use up but potassium and magnesium, found in fruit and vegetables.

And here's one of their many super-stition-knocking paragraphs: "Steak for breakfast is best. Wrong. Steak may sit in your stomach for as long as four hours before even reaching the intestinal tract. The proteins of meat are slowly converted to sugars for energy. Steak has very little usefulness as a pre-event food".

Proteins in general they say give no magic lift before an event. And they're very down on wheat germ plus honey.

No, except for marathoners, all the athlete can learn from this book, if he looks at it closely, is that there's no magic in diets or pills. That's a lesson some people need to learn, and it's set down here very interestingly and readably.

Food for Fitness is another in that excellent and endless series produced by the Runners World group. The one criticism to be made is that the books often consist of a collection of individual articles cleverly

52

tailored into book form rather than a single considered work on the subject.

THE AFRICAN RUNNING REVOLUTION

(World Publications - Price £1.35 post free from VETERIS)

You can also get from Veteris another in the Runners World series, The African Running Revolution, edited by Dave Prokop. Oddly enough this book itself has the last word on diet for running. The tribal Kenyans and Tanzanians who made this famous running revolution were mostly brought up on a diet of soggy maize meal porridge and very little else. Work that up into a pill-popping theory!

They call this the biggest story in track and field of the latest decade, the breakthrough of African runners in international competition. Astonishingly it is quite a different story from the earlier breakthrough of the black runner into world sprinting and jumping. We have these great sprinters already with us in veteran competition... wait until the Kip Keino's and the Boits graduate into the over-forty class! That will stir up the middle and long distance contests.

Once again this, work represents a concerted attempt to find an answer for us, this time an answer to the question: What have the Africans got that we can make use of? And once again the attempt fails, and the authors have to admit that no known single factor appears to be responsible. But in their attempt they take us through a marvellous and interesting story.

What made the African revolution, and what can we learn about its making? How is it that two tiny tribal groups such as the Kalenjin and the Kisii, just two of more than 30 local tribes, should have collected 45 Olympic and Commonwealth track medals in ten years? What else have they got in common, Kip Keino, Ben Jipcho, Mike Boit, Sang, Kipkurgat, Kiprugut, Biwott, Koskei, Ngeno and others?

The authors analyse the parts played by the altitude factor, heredity, diet, national self-confidence and personal psychology, and it's fair to say that we are nowhere nearer the solution at the end - and yet we are much wiser!

It is of considerable value to have this book, and especially to read its profiles of individual athletes with their attitudes and training patterns. One of the most rewarding articles is by Tom Sturak, the American Masters athlete, who spent a great deal of time with Filbert Bayi during his 1975 US tour where he met and beat John Walker and Wolluter in several races.

We'll be watching out for Bayi at Montreal; so will Walker no doubt. And how many more exciting young Africans will be there making their debut, as Bayi did at Munich, aged 19.

(See page 9 for Postal Book Sales)

Walking

Although Jack Foster was regarded as "Athlete of the Year" among over-40-year-olds, that honour just as well could have gone to Gerhard Weidner. The 42-year-old West German finished second in the Lugano Cup 50-kilometer walk, the world championship of the sport. He recently lost his world "50" record to Bernd Kannenberg.

Dave Stevens of Steyning becomes a veteran this month and to show that he means business he slashed 3 minutes off his best ever time for 20 Km when he won the Sussex County Championship at Southwick on February 28th. His time of 95:28 was over 5 minutes ahead of the first veteran, Dave Boxall.

Britain's leading veteran walker, ROY THORPE (40) will be competing for the British team against East Germany this month, and is almost certain to compete against the West Germans in June where he might have the opportunity of another crack at the great Gerd Weidner.

Charlie Fogg (41) won the South Western Counties Championship 10 miles race on February 28th clocking 75:59.

Great Britain, once the masters of the world walking scene, finished third in the LUGANO TROPHY FINAL.

Good performances were put up by veterans Roy Thorpe (15th) and Charlie Fogg (20th) in the 50 Km. The spirit of those earlier years truly lives on with men like the above and what country could compete with the following, all born before the end of the first World War.

55-59	George Coleman	(52mins - 10K)
60-64	Bill Symes	(58mins - 10K)
65-69	George Hallifax	(10 hrs - 50mils)
70-74	"Bob" Roberts	(28mins - 5K)
75-79	Eddie McNeir	(23 hrs - 100 mls)
80+	Charlie Speechley	(26mins - 2 mls)

FRED NICKOLLS

September 5th/6th
Romandy 330K

4. Colin Young (41) 30:17:51

September 14th 1975

Italian 50K Champs.

3. A. Pamich (42) 4:12:23

September 20th 1975

5th. Cts. Vets 10,000m Road Chps.

40-49

1. J. Dunsford 50:36

2. T. Telford 50:42

3. R. Purkis 51:26

50-59

1. G. Coleman 52:20

2. J. Scamell 57:51

3. F. G. Nickolls 58:40

60+

1. W. Symes 58:43

2. G. Hallifax 62:38

3. W. Morris 69:41

September 21st 1975

AAU Masters 15K, California

1. Rudy Haluza 75:03

September 27th 1975

Highgate 1hr

1st Vet

C. Fogg (40) 12,230 metres

1st over 60

H. Whitlock (72) 9,991 metres

October 4th 1975

Rouen

1. D. Boxall (B&H) (41) 8:04

78.4K

October 8th 1975

3000m Crystal Palace

6. C. Young (E.B.) 41 13:27

October 11th 1975

Chippenhams-Calne 6 mls

4. G. Chaplin (Cov. G) 44 45:40

October 12th 1975

50K LUGANO CUP Final

2. G. Weidner 41 (W.GER) 4:09:58

15. R. Thorpe 42 (UK) 4:26:48

20. C. Fogg 40 (UK) 4:31:15

October 26th 1975

AAU Masters 25K, N. Jersey

1. R. Immm (50) 2:22:51

2. A. Medeiros (62) 2:28:36

3. W. Hakulich (50) 2:34:07

November 8th 1975

Enfield 7

6. G. Chaplin (Cov. G) 51:54

November 26th 1975

Blackheath Park 9Km

21. G. Eastwood (51) 51:39

25. F. G. Nickolls (58) 52:35

29. A. Roberts (73) 53:17

November 29th

Belgrave Open 7 miles Road Walk

21. P. Markham (Leic) 57:08

34. D. Maynard (Camb. H) 59:01

January 10th

Met Police Open 7 miles Road

10. C. Fogg (BoE) 42 52:24

14. G. Chaplin (Cov) 44 53:20

24. J. Eddershaw (Sheff) 40 54:51

35. P. Markham (Leic) 40 55:39

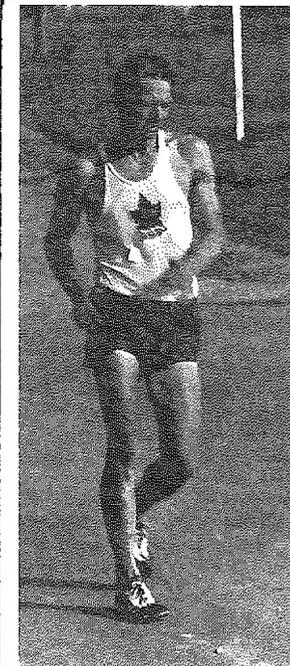
55. J. Dunsford (Bels) 41 57:55

January 24th

Nomads Open '10', Redditch

2. G. Chaplin (Cov) 44 76:28

8. J. Eddershaw (Sheff) 40 78:08



ALEX OAKLEY (Canada) won the Class 1B 25 Km in Toronto.

Postbag

Dear Editor,

It is becoming increasingly obvious that Great Britain is determined to eliminate sub masters (30-39) competition.

In your last issue (December), there is not one single submaster result listed from Toronto. Yes, I can see your point that it is an "extra" and we must watch numbers of events. Why then should women be included from age 30-39? If you are going to eliminate men's results then let's eliminate women's events, too.

As for John Hayward's comments (Page 14), sure he is correct, but he is missing the point. 30-39 year olds have just as much trouble competing on an "open" basis as a 40 yr old does. Generally speaking a man over 30 is not capable of performing like he could because he works out on an irregular basis. The idea behind masters competition is fun - is it not?

Any way, in Western Canada and all of U.S.A., sub master events are included in all masters track meets - on a full schedule basis! (The only exception is the national meet where only a few events are held). And perhaps what is best, the programme is growing, largely because key people realise its importance. Fortunately, sub master is popular over here, and I suggest you re-evaluate your programme for your benefit - after all, if you heave something for the 30 yr old to do, he'll make a good 40 yr old some day.

Sincerely,

Lynn Eves, 14771 S.W. Rainbow Dr., Lake Oswego, Oregon 97034, U.S.A.

P.S. Why not combine events, particularly longer ones, to save time? Sort out different age groups by coloured numbers.

Editor's note: It is not the policy of this magazine to be anti sub-masters. Our lack of emphasis on this particular aspect of the masters programme is due partly to space considerations, but mostly because outside of the U.S.A. and Canada the athletic club system caters for the 30-39 athletes to such an extent that this grade of age-group competition is virtually unknown. In Europe the international scene is studded with over-30 athletes and at inter-club level probably 25% of the competitors are in the 30-39 age group.

Dear Sir,

Having now had three issues of your "VETERIS" magazines, I think they are wonderful value for money, and containing so much information. A credit to you and your organisation. Now that a Veteran is classified once he has reached 40, several of my colleagues and myself feel that it would be much more interesting if, when races are organised, the age groups are clearly shown on the runner e.g. OVER 40, OVER 50, OVER 60, OVER 70. This would not only be a guide to the on-lookers, but I am sure

would be of great assistance to the runner himself especially in the longer races.

Many of us older runners are not happy about men of 50 and 60+ lining up with men of 40 without anybody knowing what age group they are all in. Several of my colleagues, who are over 60, still only look in their forties, and this confuses the race situation even more.

It would be interesting to see what other Veteran runners think about this idea of having their age group plainly shown on their vest.

Yours faithfully,
Sid Green,

49 Groomland Drive,
Billingshurst, Sussex.

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.

It is true that the word Veteran does indicate a senior person, but its connotation of loopy old age hardly suits the top athletes in the over-40 ranks. Similarly, the word Masters does not accurately describe some of the less serious performers nor the joggers unless one takes it in the sense of "old masters", i.e. a thin skin, covered in a pattern of fine cracks and supported on a frail frame!

I am aware of the differences of meaning of words as used in Britain and America, but it might be possible to obtain uniformity and more accurate definition in the following way:

- 1) Define Veteran as any athlete over 40 years old.
- 2) Define Master 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 as qualifying standards for Toronto.

In more contentious vein. I would also like to see the next World Championships restricted to Masters as defined herein.

At Toronto, as long as one could afford the fare one was entitled to wear a national team track suit even if performing in a less than mediocre way. I appreciate Don Farquarson's sentiments about all over-40's getting together in friendly competition but I do feel that some "athletes" brought Veteran athletics into disrepute by competing in a quite unprepared state.

There are plenty of competitions for Veterans, keep the World Championships for Masters.

Yours faithfully,
Kenneth Bray,
Woodford Green A.C.

P.S. I would happily accept whichever status I was accorded.



Sport Ontario News

AL GUIDET

Dear Editor,

I have carefully read with great interest the December 1975 issue of "Veteris" in which you state in your Editorial and in certain articles by John Hayward and Hal Higdon that certain changes should be made in forthcoming Masters competitions.

I agree with some of the recommendations, BUT I feel I must state my objections to some of the others.

I do not agree with the suggestions concerning the reprogramming of age groups to ten year groups (40-44)1A, (45-49)1B that we now have.

When Masters track and field first started in a big way in the USA, and until 1973, we did compete in ten year age groups until we finally awakened to the fact that the average person in his late 40's, 50's and 60's was not able to compete with and hold his own against a man in his early 40's, 50's or 60's, with of course the exception of three or four outstanding individuals.

I do not believe that the person who wrote the Editorial or Hayward or Higdon bothered to study the results of the Toronto and N.Y. meets, for if they had, they would have seen in black and white (and figures don't lie) that with but a few exceptions, the individuals in the "B" section of their divisions would not have placed among the top three in the "A" section of their division. Oh, there were exceptions, such as the Greenwoods, Orrs, Stolpes and B. Fitzgeralds. Compare the times and distances of the top three men and women in "A" and "B" sections

of all divisions and see whether I am right or wrong. One of the very best things for Master Competition is the five year age groupings, for it makes for better and more equal competition among competitors. Just stop and think for a moment of the mental attitude of the individual who would have to, at lets say age 59, run against the likes of a Greenwood or Stolpe who in 1976 will be 50 and 51 years of age. Its tough enough for the 53 or 54 year old individual to take on these two in the "A" section of their division. I hope that I have made my point, for the physical abilities of a conditioned 59 yr old athlete are not those of a conditioned athlete eight or nine years their junior; those nine years make one HELL of a difference especially at that age.

I do not agree with the suggestions concerning the elimination of hurdles for the older (?) runners just because there were only one or two outstanding competitors with good form in this event. Were not ALL the lanes filled in this event in both sections of Divisions 1 & 2? Is not the name of the game participation and competition? Lets keep the meets as they now are for all athletes forty and over in championship meets and for sub-masters as well in the smaller meets.

I would however suggest one change for the high hurdles as one article suggested and that is to shorten 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. Its too bad that Division 1A distance man Hal Higdon would suggest the eliminating of an event in which he does not participate. Perhaps if he were a hurdler he would see things differently. We can't all be perfectionists, all we can do is the very best that our tired old bodies will permit us to do in our respective events.

One last thing, which no one mentioned, and which MUST be resolved prior to 1977, is the standardization throughout all countries of the way the age of a competitor is determined to place him or her in their proper division. In some countries such as Canada, England and the U.S.A., age for placement in divisions is determined by DATE OF BIRTH; in other countries it is as of 1 January of that year regardless of the month and day you were born. I remember our 1972 Masters tour of Europe and the dilemma Alphonse Juillard ran into. In England he was considered 49 and ran in Division 1, yet in Finland he was considered 50 and ran in division 2; then in Gothenburg he was 49 again and in Division 1 and in Germany he became 50 again and ran in division 2. Now comes a question, in what division and group should his records be considered, division 1B or division 2A?

I am a great believer in the date of birth being the way a man should be considered for placement into a division. Lets before 1977 standardize the age situation for all Masters and all countries.

Al Guidet
10681 Applewood Dr., California City,
California, U.S.A. 93505

110 METRES HURDLES (Open)

14.7	L. Marien	BEL	13-8
15.0	U. Thoriakson (40)	ICE	6-9
15.2	M. Burger	S-A	10-8
15.3	J. Greenwood (49)	USA	10-8
15.8	D. Jackson (43)	USA	13-8
15.9	L. Schaefer (44)	AUS	10-8
16.0	C. Shafto (40)	GB	10-8
16.0	B. Lawson	USA	10-8
16.6	J. Busquets	SP	20-7
16.9	R. Williams (40)	N-Z	-1
17.5	J. Phillips	GB	20-7
17.6	J. McGrath (43)	AUS	9-11
17.7	J. Wallace (45)	USA	10-8
17.9	R. Fitzhugh	USA	10-8
18.2	P. Candau	FR	13-8
18.4	D. Brodie	AUS	30-3

400 METRES HURDLES (Open)

55.9	J. Dixon (43)	GB	5-7
57.8	J. Greenwood (49)	USA	15-8
58.8	W. Lane (41)	GB	20-7
59.4	C. Shafto (40)	GB	10-8
60.3	M. Burger	S-A	9-8
60.4	K. Whittaker (44)	GB	9-8
60.7	V. Parish	USA	9-8
61.7	A. Sheahan	USA	15-8

3000 METRES STEEPLE-CHASE (Open)

9:15.6	J. McDonald (40)	N-Z	1-2
9:18.6	H. Higdon (42)	USA	15-8
9:22.4	D. Worling (40)	AUS	15-8
9:45.6	J. Shettler	USA	9-8
9:51.0	M. Morrell (43)	GB	20-7
10:01.2	H. Wijngarden (40)	AUS	22-2
10:06.0	J. McClean (40)	AUS	30-3
10:10.0	T. Nailor (40)	AUS	30-3
10:15.0	M. Barrett (42)	GB	13-7
10:18.8	M. Luxford (40)	GB	20-7
10:22.0	I. Hassal (40)	AUS	4-1
10:22.0	J. Hershberger	USA	9-8
10:28.0	B. Fernhester (45)	SW	15-8
10:30.0	R. Curtis (41)	GB	15-8
10:31.0	J. Conway (41)	CAN	15-8
10:36.0	D. Elliott (40)	AUS	30-3
10:36.6	T. Orr (51)	AUS	15-8
10:37.0	J. Patterson (40)	AUS	8-2
10:37.0	W. McConnell (41)	USA	15-8
10:38.0	S. Allen	GB	15-8
10:38.4	D. Greig	N-Z	29-3
10:47.0	W. Squires	USA	15-8
10:50.0	B. Stock (45)	USA	15-8

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

Ryde Harriers—Isle of Wight
Athletic Meeting on Sunday May 9th at 2 p.m.
 Venue Small Brook Stadium Ryde, 15 minutes from Westridge Cross.
 Open Veteran Events in conjunction with the meeting:—
 200 Metres 800 Metres 5000 Metres
 for each of the following Classes:—
 Women over 35 Men 50-59 Men 60 Plus
 Entry fee 1 Event 20p 2 Events 30p 3 Events 40p
 Medals 1, 2 and 3
 Closing Day May 1st although entries can be taken on the day. Reply to E. Leal, Ryde Harriers Club H.Q., 31 High Street Oakfield, Ryde, I.o.W. P.O.33 IEF.

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. These 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.

April 11	200 metres	1500 metres
May 9	400 metres	1500 metres
June 6	200 metres	800 metres
July 18	100 metres	3000 metres
Aug 29	200 metres	1500 metres
Sept 19	100 metres	3000 metres
Sept 26	100 metres	10,000 metres open

AREA & NATIONAL ORGANISERS

GREAT BRITAIN		BELGIUM:	(Flanders) Jacques Serruys, Engelendalelaan 25, 8310 Bruges. (Walloon) Alex Audiart, Avenue Albert I, 7130 Binche.
Southern Vets:	Fred Cuthbert, 37 The Meadway, Cuffley, Herts.		
Midlands Vets:	Jack Selby, 15 Tamworth Road, Coventry, Warwicks.	CANADA:	Don Farquharson, 269, Ridgewood Road, West Hill, Ontario M1C 2X3
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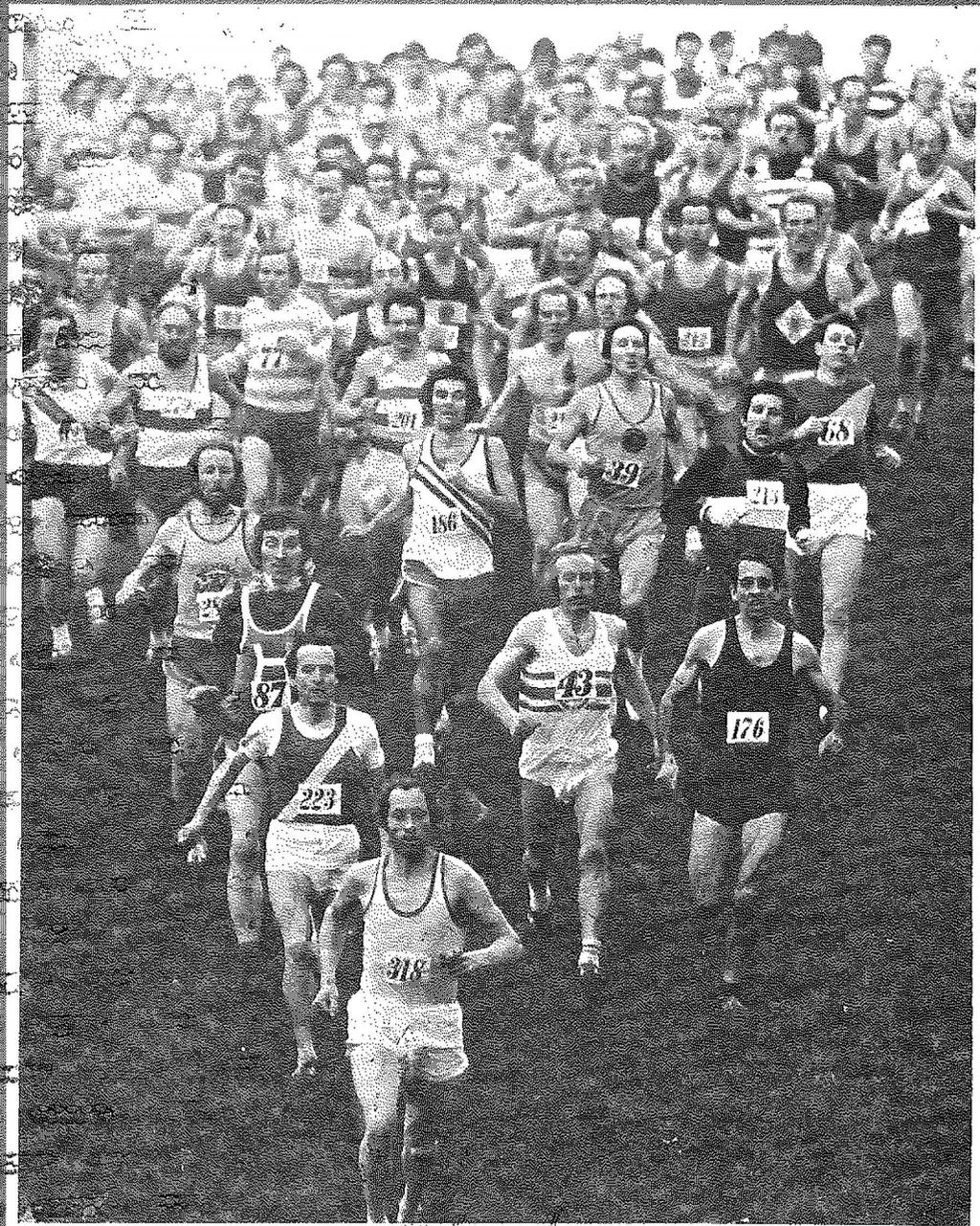
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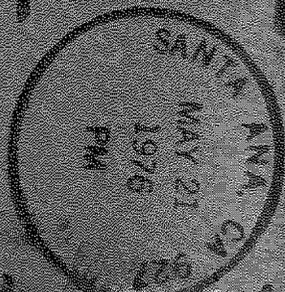
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