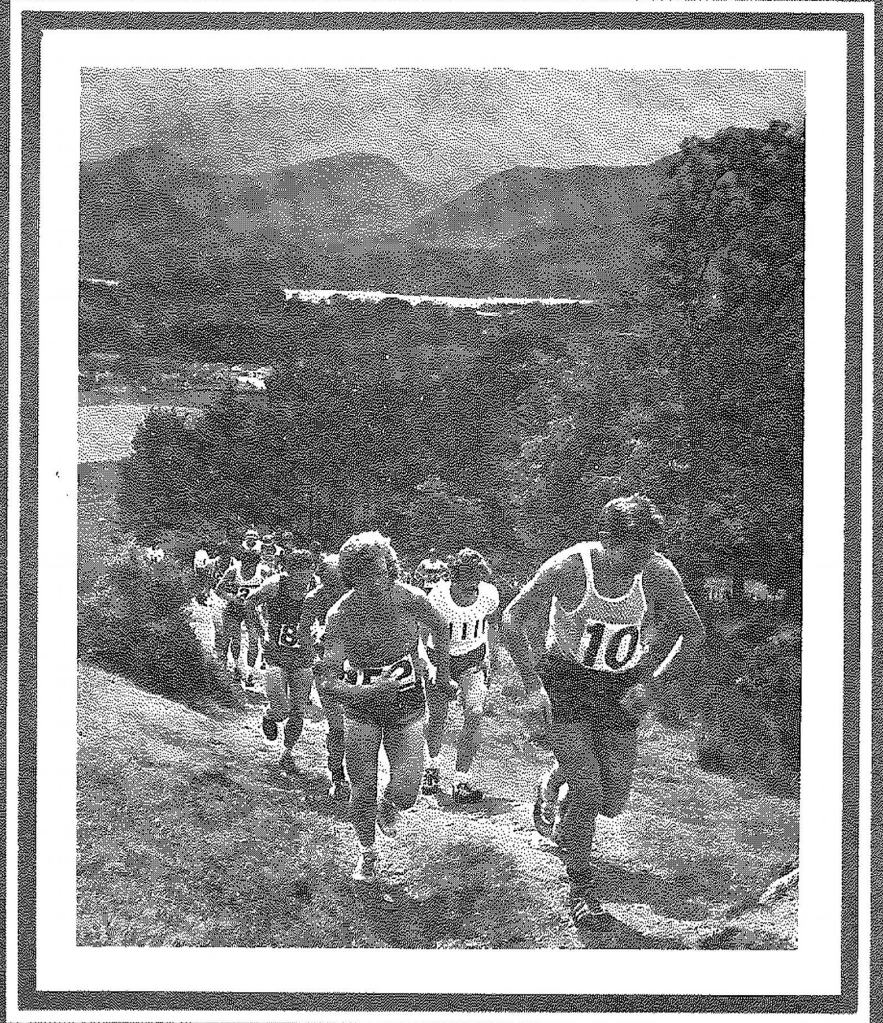


VETERIS

The magazine for the over-40 athlete



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VETERIS

THE MAGAZINE FOR THE OVER-40 ATHLETE

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FRONTISPIECE (J. L. Hayward): Erik Ostbye (SWE), convincing 2B winner in Coventry World Marathon.

FRONT COVER (Frank Wood): Veteran fell runner Eric Roberts leads the climb up Latrig in the Skiddaw Race.

FIXTURES

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|---|--|
| <p>Jan 1 Blackheath Harriers Vets Inter Club Cross Country Race. West Wickham.</p> <p>2 City of London 10 Miles Open Road Race. Medals for first over 40 and first over 50. <i>Entries (25p) to Reg Jacobs, 123, Coxite Green Road, Brentwood.</i></p> <p>15 Mitcham A.C. 25 Km Road Race. Includes over 40, over 50, over 60, over 35 Ladies and Vets Handicap awards. <i>Entries (25p) to Jack Fitzgerald.</i></p> <p>15 Veterans A.C. Cross Country Championships at Wimbledon Common. <i>Entries to Arthur Welling, 65, Browning Avenue, Worcester Park.</i></p> <p>22 Southern Vets Cross Country Championships at Crawley (awards for 3 to score and 6 to score). <i>Entries (40p) to John Cook, 15, Johnson Walk, Tilgate, Crawley.</i></p> <p>23 Midlands Vets Cross Country Championships 11.30 am at Sparkhill. <i>Entries to Ken Westley, 18, Pinewoods Avenue, West Hagley, Stourbridge.</i></p> <p>23 Northern Vets Cross Country Championships at Rotherham. <i>Entries to Norman Ashcroft, 16 Davids Ave., Lane Ends, Warrington, Leeds.</i></p> <p>Feb 20 National Vets Cross Country Championships (Men & Women) Perry Park, Birmingham. Changing at Birchfield Harriers HQ, Perry Bar. <i>Entries to Ken Westley. 50 pence per person by 5th February.</i></p> <p>Mar 13 Inter Area & International Vets Cross Country Championships at Stoke. Changing at Michelin Sports Club. <i>Entries (30p) to Norman Ashcroft.</i></p> <p>Mar 30 5 x 2 Miles Vets "Pedro Domecq" Road Relay at Crystal Palace motor racing circuit. <i>Entries (£1.50 per team) to John Hills, 34 Links View Road, Shirley, Croydon.</i></p> <p>Apr 9/10 Australian National Vets Track & Field Championships. Perth.</p> <p>Apr 11 Midlands Vets 3 x 5000 Metres Handicap Road Relay Race at Tipton Harriers HQ. <i>Entries to Ken Westley.</i></p> <p>May 5 Veterans A.C. 10 Mile Road Championships at Richmond Park. <i>Entries to Arthur Welling.</i></p> | <p>June 17 Southern Vets 10,000 Metres Track Championships. Cophall Stadium.</p> <p>18 Barnet Festival of Sport open 10,000 Metres Road Race. Cophall Stadium.</p> <p>18 Coventry Carnival includes Mens & Womens Vets Track Races at Coventry Municipal Track.</p> <p>19 Southern Vets Track & Field Championships. Cophall Stadium.</p> <p>26 Inter-Counties Vets 10,000 Road Race at Leamington. <i>Entries to George Phipps, 164 Millbank, Warwick.</i></p> <p>July 2 R.R.C. Marathon Championship at Milton Keynes.</p> <p>3 Veterans A.C. Track Championships at Battersca Park.</p> <p>16/17 National Track & Field Championships. Cophall Stadium or Parliament Hill Fields, includes 1st National Vets Pentathlon</p> <p>17 11 am. British Veterans Athletic Federations 3rd Annual General Meeting. (above venue)</p> <p>30 Worlds Best 10,000 Metres Road Championships at Bruges, Belgium.</p> <p>31 10th Worlds Best 25 Kilometres Road Championships. Bruges Belgium. <i>Details of entries from Jacques Serruys, Engeldaleluan 25, 8310 Bruges, Belgium. Details of touring parties from Jack Fitzgerald (South) and Norman Ashcroft (North) and Jack Selby (Midlands). Friday to Monday tour.</i></p> <p>Aug 8 to 13 2nd Worlds Masters Track & Field Championships. Gothenberg. <i>Details of entries from Roland Jerneryd, Ullevi, Skanegatan S-411 40 Gothenburg, Sweden. Details of Touring Parties from Laurie Durrant (South) 18 Bisterne Avenue, Walthamstow, London E17 3QS and Norman Ashcroft (North). Air Tours are arranged from 4th-17th, but it is also hoped that sea tours can be arranged from Tilbury and Immingham respectively for those who prefer to take their own transport.</i></p> |
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For addresses of Organisers see page 6.

EDITORIAL

August 14th and 15th was a key weekend for veteran runners competing at Rugby and Coventry. But it was important too for the organisers and administrators of two influential bodies – the World Masters Track & Field Association (WMTFA) and the International Association of Long Distance Runners (IGAL).

The WMTFA is striving to rationalise the world masters programme in track and field, road running and walking. It was born out of Toronto and although largely representative of the English-speaking nations, it is fast being accepted by other countries as the body best able to plan international activity in the full range of athletic events. Its steering committee includes members from the UK, USA, Canada, Australia and Sweden.

The IGAL has rendered invaluable service to veteran distance runners. Born in Germany, its influence soon spread to neighbouring countries and in 1968 it inaugurated the first of the "World Best" marathon races. For distance runners, its annual "Championships" (marathon and 10km one year, 25km the next year) are red letter days, and have been staged at venues from Sweden to Japan.

Both these organisations planned to meet separately, and together, at Coventry. But difficulties arose in the preceding months. It had been agreed by the IGAL at Paris in 1974 and in Japan in 1975 that Coventry would be the venue for the 9th World Best Marathon. Yet, with the Coventry organisation in an advanced state, it was found that influential members of the IGAL in Germany were organising a rival promotion in the Canary Islands. This had been done, it is alleged, because the IGAL had earlier dropped the veteran age to 32(!) and when Coventry refused to budge from the internationally accepted 40, the Germans felt obliged to accommodate their new young "veterans". There was evidence to suggest that the age change met with much opposition amongst the Germans themselves, whilst foreign veterans were flabbergasted at a change that many felt should have gone the other way if at all.

Meanwhile, the WMTFA had been having troubles over the South African question. They had been upset at the Canadian Government's behaviour at Toronto when the South Africans were banned only after landing in North America. The courageous decision to defy the ban proved to be an expensive one when cash grants were withheld. The WMTFA clearly wanted to adhere to a non-political, purely sporting line which would eventually allow everyone, but anyone, over the age of 40 to compete against his contemporaries. Unfortunately, such idealism is not for this present world, and before the steering committee could even discuss the matter, the IAAF Congress had ruled that all South African athletes (previously it was teams only) should be banned from international competition. This was to produce another dimension to the WMTFA "eligible athlete" problem, and the question of IAAF sanction for the 1977 Track & Field Championships in Sweden.

So both organisations went to Coventry in August with difficulties. Before anything was to be resolved they were going to find those difficulties compounded, misunderstandings prevalent and some individual reputations tarnished.

As Chairman of the WMTFA Steering Committee, Jack Fitzgerald planned that its meeting should be held on the Saturday evening of the Championships with an adjournment to the following day so that the last item on the agenda could be discussed at a meeting open to supporters of both organisations. This item concerned the integration of WMTFA and IGAL for all future world events. A free vote would be regarded as a fair indication of the wishes of veteran runners.

However, unknown to Jack Fitzgerald, the IGAL officers had met on the Friday evening, and moved that the two meetings be reversed. This request was made and acceded to only a few hours before the first meeting and just prior to the Mayor's reception where two representatives from each country were to be in attendance.

When the reception was over, the delegates trooped into the Council Chambers expecting the IGAL meeting and nothing else. This eleventh hour *fait accompli* by IGAL meant that not only were many interested parties not present, including the British Secretary Norman Ashcroft, but some observers who were present were under the impression that the meeting was the first part of the WMTFA meeting.

Confusion commenced when Jack Fitzgerald rose to explain the position to the assembly. He was immediately shouted down by Hideo Okada, the Japanese Vice-President of IGAL, who clearly objected to a non-IGAL officer taking the chair, even though it was a joint meeting under the auspices of the WMTFA. A bewildered Fitzgerald gracefully withdrew to permit Jack Selby, the Coventry organiser, to explain the situation and nominate Brian Doughty as a peace-keeping chairman acceptable to all. Doughty was a V-P of IGAL too, but also a keen supporter of amalgamation.

The question of amalgamation was quickly dispensed with when, reflecting the mood of the assembly, Brian Doughty pointed out that present differences of opinion between the two organisations were not yet conducive to a union, whereupon no proposition was forthcoming. The expectation of the preceding weeks died in a flash, and there were murmurings of IGAL wrecking tactics.

IGAL matters were then discussed and the first resolution, passed unanimously but with a handful of significant abstentions, was the reversion of veteran entry ages to 40 (men) and 35 (women).

Konrad Seuler (Switzerland) notified the assembly that his country was unable to meet its commitment to stage the 1977 25km Championship, but Canadian Don Farquharson's suggestion that it could be postponed a year in view of the marathon being staged at

the WMTFA meeting in Sweden, stood little chance of being accepted by this very touchy assembly. It was left to Jacques Serruys (Belgium) to produce a compromise solution by offering to stage the event near enough to the Gothenburg meeting to enable visitors to Europe to compete in both.

With the principal decisions settled and the temperature reduced, controversy raged once more when the chairman requested that Germany's Lambert & Haman apologise to the Coventry organiser for endangering the promotion by their staging of a rival race in Tenerife. Doughty was clearly upset at the behaviour of his IGAL colleagues and wanted to put the record straight. But there was little chance of acquiescence in that climate and Lambert, through an interpreter, simply dodged the question and expressed his disappointment, as President of IGAL, that he had not been invited to chair the meeting. Brian Doughty then formally announced his resignation as an IGAL Vice President and the meeting closed in the same turmoil and confusion with which it had started.

There is no doubt that language difficulties compound problems at international level. Minor problems are blown up out of all proportion and differing national characteristics produce suspicion and resentment where often there is no cause for either. The Coventry gathering illustrated more than ever before that however good the intentions may be of individual organisers, and however much they may wish to preserve the informal, friendly approach of their affairs, that when the movement as a whole reaches large international proportions, then some form of order must prevail. They can't have it both ways. They either stick to their local promotions and the occasional small international gathering, and do things the way they want, or they continue to expand at international level and abide by some form of international agreement. The behaviour at and preceding Coventry, illustrates just why the athletics world needs the IAAF. To the cynics it may not seem to do much, but its absence would cause chaos far greater than that witnessed at Coventry.

Although the WMTFA is a younger body than IGAL, it has been much quicker to appreciate the needs of a truly representative international federation which would enable all nations of the world to compete to a recognised set of rules without the intrusion of personalities and without the feeling that some nations have undue influence on the progress of the movement. The IAAF is an existing body representing almost all athletic nations. Through the Federation all nations would be aware of the veteran movement and, by receiving the official sanction of the IAAF, Championships become truly **WORLD CHAMPIONSHIPS**, open to all nations and with the attendant IAAF publicity through its members.

Following the bedlam in the Coventry Council Chambers, the WMTFA Steering Committee meeting was a sober affair. In addition to the committee, other interested representatives were present. These

were permitted to enter discussion but not to vote. They included Cesare Beccalli (Italy), Peter Gehrman (Germany), Konrad Hernelind (Sweden), Jacques Serruys (Belgium) and George Phipps (Great Britain).

U.S. Masters Chairman, Bob Fine, initiated the discussion on "Should we become an affiliate of the IAAF" and a letter from the Federation was read. It recognised the growth of masters athletic endeavours and outlined certain terms for co-operation between the Masters and the IAAF. Fine proposed that the Committee conform to the terms and Gehrman offered support from a significant group of German veterans. But Helen Pain (USA) felt that "all that had been achieved at Toronto would be lost" and, when the meeting was resumed the following day, produced a typewritten proposal calling for decisions to be made without regard to governments or international bodies.

For practical reasons the Committee felt unable to endorse the proposal. After all, the Swedes had decided it was essential for them to seek sanction from the Swedish A.A.A. for the Gothenburg meeting. Such sanction would not be forthcoming if it did not comply with IAAF rules. Once again it was illustrated that amateur organisations can only go so far in their own sweet way. Ignore all the rules in your own little corner of the globe and you will get away with it without undue difficulty. But try it on a world scale and the problems will engulf you. Fine's motion was carried and the Gothenburg Meet was subsequently given official sanction by the IAAF.

The 1977 WMTFA Championships were discussed in detail, and it was agreed that,

1. A full complement of Olympic events be held for men in Five Year classes to age 79.
2. All Olympic events be included for women.

It was also agreed that no mandatory entry standards would be set but it was strongly recommended that all intending participants be able to meet the published marks for their event and age class.

How nice, too, to see the Committee giving a lead to the Olympic movement by deciding that all ceremonies would be of a cultural and festive nature and not oriented to Nationalism. There would be no national flags.

Finally, it was resolved that every effort would be made to work with the IAAF, and that a presentation (in English and French) would be made in Gothenburg outlining an internationally acceptable constitution for the WMTFA.

There is no doubt that the WMTFA is moving in the right direction. There is also evidence to suggest that support for the present IGAL leaders is waning. Perhaps by the time Gothenburg arrives all differences will have been resolved, and the World Veterans movement will once again plough ahead into new fields with a unified voice.

Vets in the news

ERIC AUSTIN (GBR) was an impressive winner of the Veterans World Marathon title at Coventry in August. His time of 2:20:51 was nearly five minutes clear of the field in hot conditions. The previous week in the British Vets T&F Champs. he had given Roy Fowler the hardest competition the Stoke man had had for some time when he clocked 31:05.6, 10.6 seconds behind Fowler.

To round off the season, Eric ran in the Unigate Marathon at Harlow on October 23rd, and finished eighth in the Open race with 2:23:10, just four minutes behind the winner, in very windy conditions.

ROY FOWLER (GBR) just cannot be kept out of the news. This great competitor, who always does only what is necessary to ensure victory, scored another double at the British Vets T&F Champs. with 14:54.2/30:55.0. The following week, at Rugby, he was a convincing winner of the Veterans World 10 km road title when he finished ten seconds ahead of Makinen (Finland).

Our fell-running correspondent, BILL SMITH, was himself in the news earlier this year when he completed a round of 63 Lakeland peaks in 23 hrs 55 mins. Apart from substituting Rossett Pike instead of Great Calva, it was the same round of 63 that Joss Naylor did in 1972 when he first set the record.

ROBIN BALL (41) caused a stir when he won the Javelin, discus and pole-vault at the British Vets Championships. But it shouldn't have done, for those who know Robin will recall that he was New Zealand decathlon champion in 1964 (6650 points on the 1962 tables) and N.Z. javelin champion six times in the "sixties". Resident in Britain, he has been back in training for 18 months now and already his javelin, discus, shot and pole-vault performances will put him in the 1976 rankings. In 1977 he is aiming for the following decathlon p.b.'s: 12.5/5.60/13.00/1.55/56.0/17.0/45.60/3.80/61.00/4:50. That lot adds up to 6114 points, and it makes his 5500 target quite feasible. He could be in the news for some time to come.

MATT CULLEN (GBR), Honorary Secretary of the Swansea Valley AC, is now 75 years of age. At his club's annual championships in September, Matt threw the 1 kilo discus 34.30 metres (112'-6") to record a new over 75 world best performance.

FRED CUTHBERT (Highgate Harriers), did not stand for re-election, Honorary Secretary, at the A.G.M. of the Southern Veterans A.A.A. held at The Polytechnic, Regents Street, London W.1 on 8th October,



DAVE CHAPMAN

DAVE CHAPMAN, one time British steeplechase international, joined the veteran ranks this year and celebrated his 40th birthday on August 21st by running a British veterans record of 9:34.0 over the barriers.

MANUEL AUGUSTO ALONSO (SPA) has been in the Vets news before; but now, as a Class 1B athlete, he reappears with another set of impressive times for 1976.

April 11th	1500m:	4:10.6	(WAB for 45 years)
May 1st	5000m:	15:28.8	(WAB for 46 years)
July 23rd	3000 s/c:	9:53.8	(WAB for 46 years)
August 14th	3000m:	8:52.0	(WAB for 46 years)

NORMA CAMPBELL (GB) was ranked 11th last year in the Womens World Marathon lists, but we got her age wrong. Norma was no less than 47 when she clocked her 3:16:20 at Barnsley. She is now 48, took 15 seconds off her personal best 1500 metres when she recorded 5:28.1 at the British Vets Track & Field Championships in August and now plans to duck under the magical 3 hours for the marathon. Norma only started running when she was 40, and now she finds that her 3:16:20 marathon is a world age-best for a woman.

JACK HEYWOOD (Herne Hill Harriers) is the new Honorary Secretary, and his address is 14, Darling Road, Brockley, London SE4 1YQ.

AREA & NATIONAL ORGANISERS

GREAT BRITAIN

Southern Vets: Jack Heywood, 14 Darling Road, Brockley, London SE4 1YQ.
 Midlands Vets: Ken Westley, 18 Pinewoods Ave., West Hagley, Stourbridge, W. Midlands.
 Northern Vets: Norman Ashcroft, 16 Davids Ave., Lane Ends, Warrington, Lancs.
 Scottish Vets: Walter Ross, 10 Thornley Ave., Glasgow, W3.
 N. Ireland Vets: E. Johnston, 126 Ballygomartin Rd., Belfast 13-3NE.
 Women Vets: Hazel Rider, 1 Malthouse Lane, Shorne, Nr. Gravesend, Kent.

AUSTRALIA: Wai Sheppard, 2 Montgomery Place, Bulleen, Victoria 3105.

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

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SOUTH AFRICA: Dr. Danie Burger, P.O. Box 17735, Hillbrow, Johannesburg 2038.

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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: £1.65

Exercises for Runners How to increase power with strength work and reduce injuries with stretching. 84 pages. Price: £1.30

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Running after 40 surveys all aspects of veteran running. Summarises background of leading vets. in classes 1 to 4. 36 pages. Price: 70p

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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: £1.65

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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: £1.65

The African Running Revolution edited by Dave Prokop. The complete story of modern African athletics from Bikila to Bayi. Price £1.65

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: £1.05

Eric Austin wins World Veterans Marathon

Coventry/Rugby, 14/15th August, 1976.



The favourites came out on top at Rugby & Coventry during the hot weekend of August 14th/15th; especially in the marathon where none of the division winners caused a surprise.

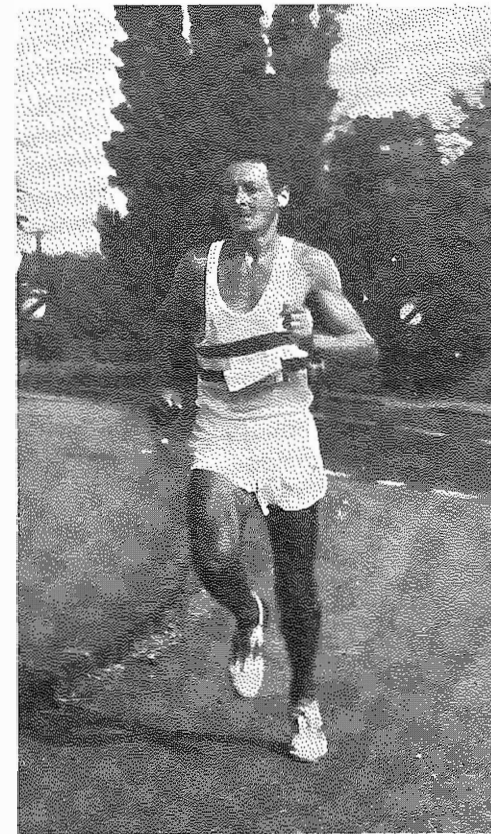
The 1976 marathon champion is Eric Austin who took the lead at about 10 miles and relentlessly forged into an invincible lead which, by the finish, had stretched to almost five minutes. In some respects Eric was luckier than most, for his speedy running enabled him to miss the real brunt of the heat, which those outside 3 hours could not avoid.

The temperature was pleasantly warm when the 500 strong field sped through Coventry City Centre at 9 a.m. on Sunday, 15th August. For two miles, a sizeable group led the race, at which point Phil Hampton of Cambridge Harriers, made a break. Having done nothing of note for some years, this former holder of the World's 50 miles track record looked remarkably determined. Such was his effort that only Eric Austin was able to go with him, and the pair gradually eased away from the following group which soon thinned out as a result.

At about ten miles, the runners reached a long steady climb and it was here that Austin pulled away. It says much for Hampton's courage that he was able to stay clear of the chasing group for the final 16 miles, and indeed he actually increased his lead over them. Meanwhile, Austin moved away with every stride and received tremendous applause from a well spectated route.

Interest soon dwelt on the chasing runners. At 10 miles, with Austin and Hampton nearly two minutes clear, John Steed was running the race of his life, leading an illustrious group of Alistair Wood (the holder), Nikula (Finland), Piet Van Alphen (Holland) and the two strong Germans Roggenbach and Wetzel. Back in 13th place an unhappy looking Terry Rooke was fighting to keep clear of another formidable group - Bill Allen (Canada), Willie Dunne (Ireland), Willie Vergison (Belgium), Ron Franklin and P. Raidey. Soon they were coming thick and fast, a multi-coloured parade of toiling flesh. Concentration was intense amongst most of the forward runners, but as the competitive types moved on, a gradual slackening of tension became apparent. There were more smiling faces and more conversation until at the rear an almost social atmosphere prevailed. A Japanese and a German in their sixties shuffled along together at the rear, quietly determined to finish the course without too much stress. They were not wanting for applause.

Meanwhile, Austin & Hampton, barring accidents, were pretty safe for the gold and silver. At 17 miles their form was as good as ever. But two minutes behind Hampton, a battle royal was in progress.



ERIC AUSTIN

Wood, Steed and Van Alphen were in line abreast with Wetzel and Eadie tucked behind. Wetzel had been dogging Alistair's footsteps since the start and one wondered whether the German had realised that the Scot was not in fact leading the race.

A couple of hundred meters back, the tall lanky Jansen of Holland loped alongside the tough little Belgian with the white skull cap, Willie Vergison; while a relaxed Nikula and a worried looking Dunne kept them company. A short distance behind, Arthur Walsham, the former holder of this title back in 1970 and 1972, was striving hard to get up to the Van Alphen group, where the Dutchman was leading the 1B division - or was it to shake off his perennial rival, Erik Ostbye? The remarkable Swede was there

WORLD VETERANS MARATHON

358. W. Ross (SCO) 2B	4:04:01	392. Y. Tazaki (JAP) 3B	4:34:41	426. G. Eiserfelder (GER) 3A	6:08:40
359. K. Wardaues (SWE) 3A	4:04:15	393. G. Mitsuhashi (JAP) 3B	4:35:00	427. H. Morita (JAP) 3A	6:08:41
360. J. Jamieson (NZ) 3B	4:05:18	394. G. Broeders (HOL) 1A	4:35:01		
361. R. Phillips (ENG) 2A	4:05:20	395. J. Van der Ryden 2A	4:35:01		
362. D. Purdon (ENG) 2B	4:05:41	396. J. Innocent (ENG) 1B	4:35:19		
363. S. De Bauve (FRA) 1B	4:06:26	397. A. McManus (SCO) 1A	4:37:55		
364. F. Hassia (SWI) 3B	4:07:33	398. J. Luther (GER) 3A	4:37:59		
365. G. Vang (NOR) 4A	4:07:53	399. C. Buisson (FRA) 1A	4:38:49		
366. J. Endrizzi (FRA) 2B	4:08:53	400. R. Oldham (ENG) 2B	4:39:57		
367. R. Engelrest (BEL) 1B	4:08:56	401. J. Davies (ENG) 1B	4:42:49		
368. A. Schlott (GER) 3A	4:09:53	402. N. Yamashita (JAP) 3A	4:43:14		
369. J. McCormack (ENG) 2A	4:11:40	403. D. Nutt (ENG) 2B	4:43:45		
370. J. Legge (ENG) 1B	4:12:55	404. J. Van Santen (HOL) 1B	4:44:17		
371. M. Bars (FRA) 2B	4:14:00	405. R. Nilsson (SWE) 2B	4:46:34		
372. T. Tanaka (JAP) 2A	4:14:27	406. M. Arnkilde (SWE) 3B	4:47:09		
373. E. Laiho (FIN) 3B	4:15:57	407. E. Peacock (ENG) 3B	4:47:14		
374. W. Day (ENG) 2A	4:16:16	408. H. Greenwood (HOL) 2B	4:48:47		
375. P. de Jong (HOL) 1B	4:17:09	409. P. Croq (FRA) 1A	4:49:39		
376. F. Stewart (ENG) 1B	4:18:54	410. S. Nakayama (JAP) 4B	4:49:49		
377. A. Pohlan (GER) 2B	4:19:50	411. J. Baker (ENG) 2A	4:55:53		
378. D. Kerlogue (USA) 3A	4:19:57	412. T. Hughes (ENG) 1A	5:10:14		
379. L. Laiho (FIN) 3B	4:20:38	413. M. Nakamura (JAP) 2A	5:12:39		
380. T. Elsinghorst (HOL) 1A	4:21:29	414. A. Pieters (BEL) 2B	5:13:23		
381. J. Shave (ENG) 1B	4:22:01	415. K. Kato (JAP)	5:14:14		
382. W. Lachner (GER) 3B	4:22:49	416. B. Lams (BEL) 2B	5:19:51		
383. A. Premoli (FRA) 3A	4:23:21	417. J. Van Der Horst (HOL)	5:20:16		
384. B. Stoute (HOL) 2B	4:24:43	418. T. Hori (JAP) 2B	5:20:27		
385. D. Crewe (ENG) 2A	4:24:52	419. A. Neuchel (GER) 4B	5:21:05		
386. H. Fassbender (SWI) 1B	4:26:09	420. H. Koike (JAP) 3B	5:21:21		
387. C. Schneiter (SWI) 3B	4:26:28	421. L. Ettlinger (SWI) 3A	5:37:10		
388. B. Grogan (ENG) 1B	4:26:46	422. I. Sakamoto (JAP) 3A	5:41:28		
389. J. McKeon (ENG) 1B	4:30:24	423. J. Narumiya (JAP) 1B	5:47:40		
390. J. Kindl (CZE) 3A	4:30:47	424. T. Nakagawa (JAP) W1	5:53:41		
391. R. Habermann (GER) 1A	4:31:16	425. C. Ogawa (JAP) 3A	6:08:02		

Team Result

1. ENGLAND	7:16:06
E. Austin, P. Hampton, S. J. Steed.	
2. HOLLAND	7:40:57
P. Van Alphen, R. Jansen, L. Vink.	
3. GERMANY	7:41:08
W. Wetzel, G. Nanthey, P. Kohn.	
4. FINLAND	7:42:10
S. Nikula, P. Urponen, M. Utrianen.	
5. SWEDEN	7:54:23
E. Ostbye, V. Berggren, K. Hernelind.	
6. SCOTLAND	7:55:23
A. Wood, G. Eadie, J. Foster.	

Club Result

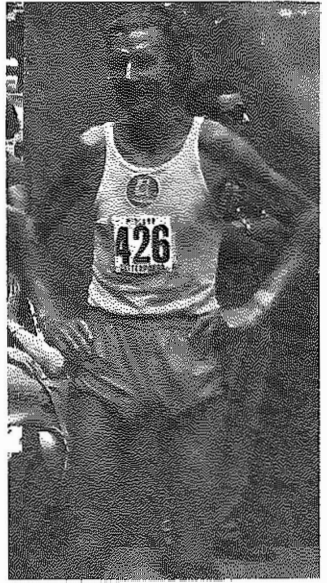
1. Tipton H. (1, 30, 52)	7:44:34.8
2. Cambridge (2, 55, 88)	8:05:57.8
3. Thames Valley H. (13, 14, 132)	8:11:44
4. ETSV Gut Heil (3, 34, 136)	8:12:09
5. Verleia AC (5, 65, 91)	8:12:29
6. OSC Hochst (17, 37, 102)	8:12:35



1B Champ: P. Van-Alphen (HOL)



2A Champ: K. Hernelind (SWE)



2B Champ: E. Ostbye (SWE)

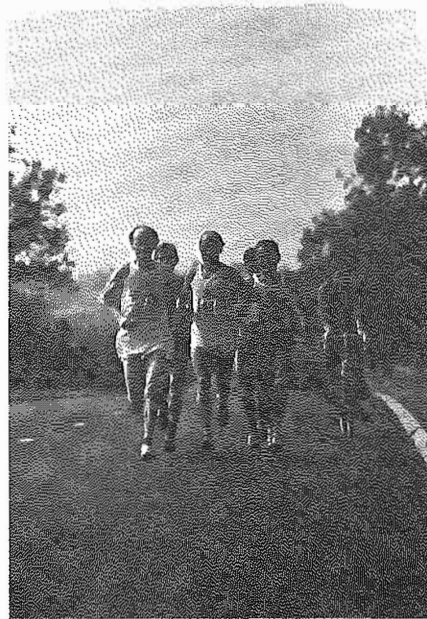


Photo: C. Shippen

The fight for 3rd place. Wood, Steed and Van Alphen lead Wetzel and Eadie at 17 miles.



Photo: C. Shippen

The Chasing group. Jansen, Vergison, Nikula and Dunne in 8th place at 17 miles.

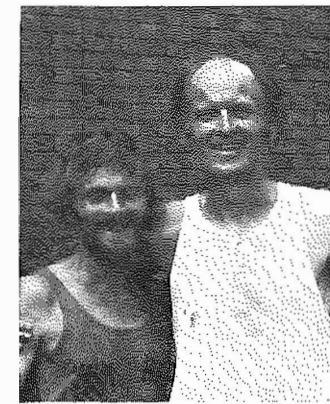


Photo: J. Hayward

3A Champ: G. Porteous (SCO)



TOP: Bentley, Holmroos & Nikula BOTTOM: Wetzel & Woods.



BOTTOM RIGHT: First woman, C. K-Rijper (HOL).



Photos: A. Rockall & C. Shippen

what they said

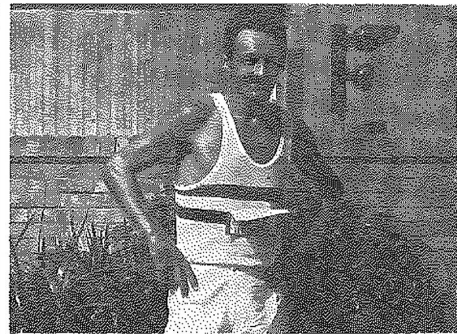
ERIC AUSTIN

"Before the race, I thought I had seen Phil Hampton in the dressing-room, but I thought 'It can't be', and forgot about it. I'd had quite a few battles with him four or five years ago, but he has been away from the scene since. I think he went overseas with the Navy. I had intended staying with the leading group for up to ten miles, but when Hampton made a break at about two miles, I knew for sure it was him and I just had to go with him -- you can't mess about with Phil".

"I think that I was stronger than him on the hills, though I wasn't purposely pushing it -- you can't afford to push it too early in a marathon. Anyway, I managed to get clear on the long climb at about ten miles".

"I was getting pretty tired at the end and it wasn't entirely due to the heat. I think it was a fairly hilly course. You are told every time it's a flat course, and when you go round it in a car it is a flat course. But when you run up a slope at 24 miles in the race, it's a hill -- whatever you called it in the car!"

"I didn't train up especially for this race. I keep fit all year round".



BILL ALLEN

"It was a tough race for me. I haven't run a marathon for two years, so I came in a little light on mileage and had to really gut it out".

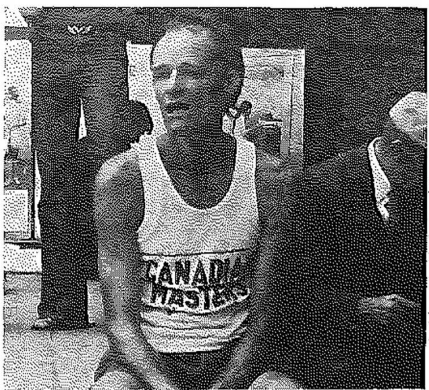
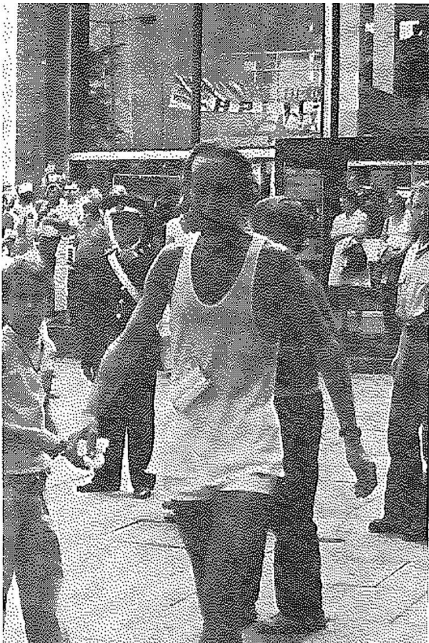
"I ran mostly with Willie Dunne & Ron Franklin. We went through 10 km in 34:04, and the halfway mark in 1:13:35, so we weren't wasting any time. Ron got away in the latter stages and I just had to hang on. But I was very pleased with my run. It was a fast start, and a gutsy finish and tremendously competitive the whole way. I tried to relax and hold my form, but it was tough, and also hot and sticky at the end."

"I've run a few 10,000 metres this last couple of years, but nothing like this. I'm a recreation runner at heart and run about eight miles a day. I try to keep it fun".

PHIL HAMPTON

"I just wasn't fit enough to keep with Eric, but I had a good run considering. I've been out of running for a couple of years, and haven't long started training again, so I was just hoping for the best".

"I don't think I'll be running the 25 km championship next year. I'll stick to marathons for a time as I reckon that I could do 2:20 when I get properly fit".

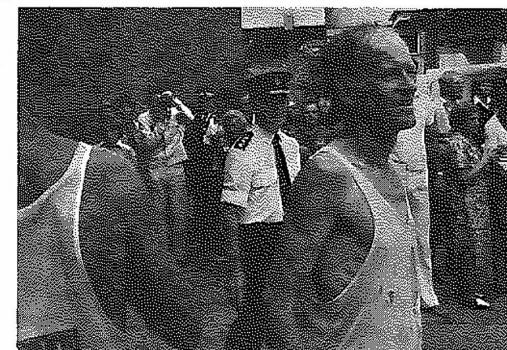


after the marathon

ALISTAIR WOOD

"I never really got going at all, and was never really in the race. I have no desire to make excuses but this tendon injury of mine has meant that I've not been out for more than ten miles at a time. The site of the trouble is at the attachment to the heel bone, and if this specialist Williams considers it can be operated on, then I will have it done. But the other thing is that I've run so many marathons (that's about my 52nd) that I've so many mental blocks I really can't help myself any more. I don't think I could tackle another one seriously".

"I believe that I could still do about 49 minutes for ten miles, and I'll make that about the limit. Races between 10 km and 10 miles yes, but I've no real wish to do this any more. But then with people like Fowler to contend with, the pressure can be just as great. Perhaps I'll give it a rest for a year".



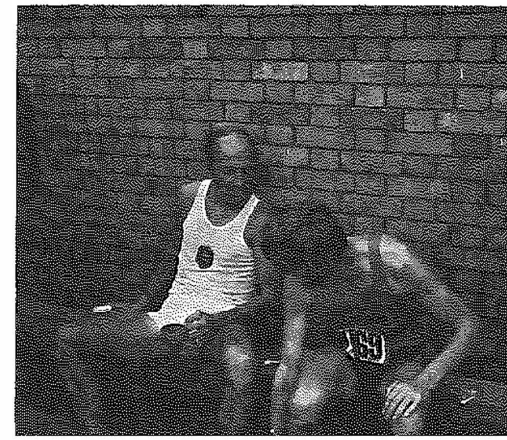
"I'm not a good loser. Fourth or fifth doesn't really interest me -- and in that frame of mind I was bloody glad to see the end!"

JOHN STEED

"I blew up. That's what I did -- blew up! My friend Macey came third yesterday in the 10 kilos at Rugby, so I had to run right up to form to match his performance. But I went too fast at the start and although I held 3rd for 20 kilos, I was caught by a pack and then dropped my place at 30-35 kilos".

It was only when I realised that Wood, ahead of me, was Scottish, that it dawned on me that I was 3rd Englishman and could clinch the team race. So I really hung on. Both my toes went at about 2 miles out, and I daren't take my shoes off to look at them -- it felt as though they had exploded!"

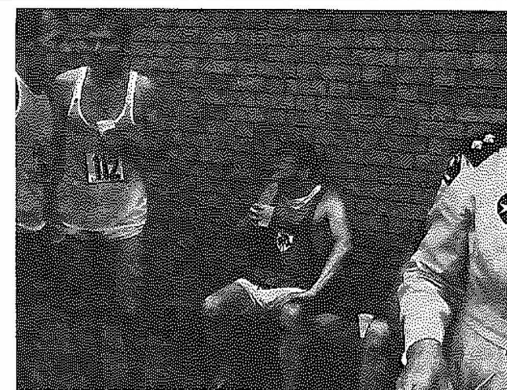
"Yes, I was pleased with my run. It was the fastest I've run for several years, though I've only ever run three marathons. I'm a bike rider actually, and when all the cyclists around the course recognised me, I got lots of extra support, which was a great help".



WILLIE DUNNE

"The distance got me in the end. I really haven't been able to do the work. I have a groin injury but the doctor can't diagnose the problem. After a while my leg just goes dead on me".

"I was up in 8th place at about 17 miles, and my time at halfway was fairly good, but in the last 3 or 4 miles I went back to 25th. It was very much warmer at the end and in the last part of the race the heat seemed to get me".



Photos by A. Rockall & C. Shippen

International Veterans Gathering - Glasgow

22nd August
International 10,000 M Veterans Road Race, Bellahouston, Glasgow

1. W. Stoddart	36:53
2. R. McKay	37:39
3. T. Rooke	37:50
4. C. McAlinden	37:58
5. R. Calderwood	38:42
6. W. Allen (CAN)	38:44
7. W. Ramage	38:47
8. R. Bowman (CAN)	38:59
9. J. Irvine	39:23
10. E. Kirkup	39:32
11. W. Marshall	39:43
12. L. Buck (CAN)	39:59
13. J. Foster	40:06
14. J. Haslam	40:09
15. M. Coyne	40:26
16. E. Dolan	40:30
17. J. Barrowman	40:54
18. J. Milne	41:04
19. B. Bickerton	41:21
20. T. O'Reilly	41:25
21. A. Byers	41:58
22. W. Armour	42:17
23. J. Moore	42:32
24. C. Forbes	42:56
25. B. Fickling	43:03
26. J. Brierly	43:04
27. J. Thomson	43:09
28. J. McGregor	43:24
29. J. Gray	43:33
30. J. Lawton	43:42
31. S. Robson	43:54
32. N. Ashcroft	43:58
33. J. Kelly	44:05
34. G. Porteous	44:26
35. A. Galbraith	44:33
36. M. Morrison	44:35
37. A. Forbes	44:42
38. F. Kieley	44:49
39. W. Brown	44:53
40. C. Beeston	45:00
41. W. Jenkins	45:04
42. T. Fletcher	45:10
43. C. Third	45:10
44. M. Campbell	45:24
45. A. White	45:33
46. A. McManus	45:44
47. W. McBrinn	45:48
48. A. Lawton	45:55
49. D. Wood	46:00
50. R. Hindley	46:02
51. J. Brownlie	46:04
52. J. Idden	46:07
53. R. Anderson*	46:15
54. T. Harrison	46:17
55. W. Miller	46:24
56. J. Farrell	46:30
57. H. McErlan	46:41
58. P. Meldrum*	46:52
59. J. Jacobs	47:26
60. R. Gannon	47:37
61. W. Baxter	47:42
62. R. Anderson	47:46
63. R. McDonald	47:50
64. S. Lee	47:51
65. N. Stocks	47:53

66. A. Dunbar	48:02
67. J. Hanton	48:11
68. L. Heald	48:15
69. B. Sefton	48:28
70. F. Bias	48:32
71. A. Cook	48:48
72. K. Richardson	48:50
73. R. Thompson	48:55
74. E. Harrison	48:57
75. P. Minchin	49:02
(115 finished)	

Over 40

1. R. McKay	37:39
2. T. Rooke	37:50
3. C. McAlinden	37:58

Over 45

1. W. Stoddart	36:53
2. R. Bowman	38:59
3. E. Kirkup	39:32

Over 50

1. B. Bickerton	41:21
2. C. Forbes	42:56
3. J. Melly	44:05

Over 55

1. N. Ashcroft	43:58
2. W. Jenkins	45:04
3. T. Harrison	46:17

Over 60

1. G. Porteous	44:26
2. A. Forbes	44:42
3. G. Bell	49:46

Over 65

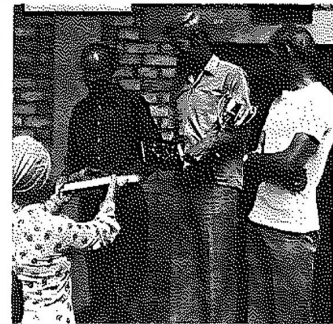
1. J. Farrell	46:30
2. E. Harrison	48:57
3. S. Smith	49:54

Over 70

1. W. Fellows	65:11
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*Ladies

1. R. Anderson	46:15
2. P. Meldrum	46:52



McKay, Stoddart and Rooke receive their awards.



Duncan Maclean entertains at the Glasgow City Chambers.



The Bowmans & Allens of Canada join the Scottish dancers at The Astor.

Photos: Ben Bickerton



WELCOME TO GOTHENBURG SWEDEN

and

The Second World Masters Track and Field Championships

including

Cross Country Race (10 km), Walk (5 and 20 km) and Marathon

8th to 13th August

Open to men over 40 years old in 5 year age groups
and women over 35 years old in 5 year age groups

Information and registration forms

from

World Masters Championships 1977

Ullevi, Skanegatan, S-41140 Göteborg, Sweden.

Telephone (00946) - 31 801640

2nd WORLD MASTERS TRACK & FIELD CHAMPS:

The Second International Masters Track and Field Championships will be held in Gothenburg, Sweden, from 8th to 14th August 1977, and the European Cup Track and Field 'B' Final at the same stadium on 6th and 7th August, 1977. Several tours are being planned to include both events. Contact your National organisers for details.

Laurie Durrant (18 Bisterne Avenue, London E17 3QS) is organising a tour for U.K. veterans on a return fare of £55, approximately, through Laker Airways. The flight will be Gatwick/Stockholm plus coach to Gothenburg. Various grades of accommodation are available, with bed and breakfast costs varying from about £2 to £10. The probable itinerary is:-

Depart Gatwick 19.00, 4th August 1977
Arrive Stockholm 20.30, 4th August 1977
Depart Stockholm 21.30, 17th August 1977
Arrive Gatwick Midnight, 17th August 1977

The Gothenburg Championships will be a great competitive and social occasion, with plenty of scope for the fun-runner and those who just want to share in the spirit of the gathering. Gothenburg and its surrounding areas also have much to offer the visitor, and the following notes are to whet your appetite:-

GOTHENBURG

Gothenburg lies on the Swedish West Coast at the mouth of Göta River.

Before Gothenburg was founded by King Gustavus Adolphus 11 in 1621, towns had been in existence for centuries at the Göta River, but these were frequently attacked and destroyed during the wars of that time. The site of the new city was therefore chosen by the King because the topography was favourable for defence.

The new city grew rapidly and became the second largest city in Sweden. Gothenburg is now an industrial, commercial, educational and cultural centre of international stature. Scores of modern hotels and restaurants, amusements and meeting facilities will impress even the most demanding visitors.

The Harbour

Gothenburg is Sweden's seaport to the west. And that is due to its fine harbour.

Gothenburg's maritime traditions are more than three hundred years' old. Originally the canals through the town formed the actual harbour area.

Gothenburg's harbour is the biggest in Scandinavia and ranks among the world's fifteen biggest seaports. Over a hundred regular shipping lines include Gothenburg in their traffic. On the average a ship arrives or departs every twelve minutes.

An interesting tour through the harbour is the trip to the 17th century fortress Elfsborg.

Liseberg - Gothenburg's amusement park

Liseberg, one of the largest amusement parks in Scandinavia and one of the most beautiful in the world features top attractions such as rides, guest appearances by international artists and many other special arrangements.

Botanical Gardens, internationally renowned for its collection of orchid flowers and trees from all over the world.

Museums

Many fine museums, e.g. East India House (archaeological, ethnographical and historical collections). The Museum of Art, The Museum of Natural History, The Maritime Museum, The Ship Museum. The Museum of Arts and Crafts etc.

Sightseeing under 20 bridges through the Moute, the canals and in the harbour, or by bus through and around Gothenburg.

Excursions to Marstrand with Carlsten Fortress, (1697), Kungälv with Bohus Fortress (1308), Nääs Manor, Gunnebo Manor and Tjolöholm Manor.

To the Tjörn Bridges (with a magnificent view over a world of islands).

And after the championships excursions to Denmark, Norway (Oslo) and Stockholm will be arranged for groups.

Transportation

A special card, valid for all city trams and buses, entrance to Liseberg Amusement Park, all public baths and swimmingpools and training centres during the World Masters Championships will be supplied to competitors, familymembers and guests from the registration centre at Slottsskogsvallen for a very low (subsidised) price.

AGE CLASSES:

Events will be contested in following age classes:

CLASS	IA	Men born between	Aug. 7th 1932	&	Aug. 8th 1937	incl.
"	1B	"	"	"	1927	"
"	2A	"	"	"	1922	"
"	2B	"	"	"	1917	"
"	3A	"	"	"	1912	"
"	3B	"	"	"	1907	"
"	4	"	"	"	on or before Aug. 8th 1907	"

CLASS	IA	Women born between	Aug. 7th 1937	&	Aug. 8th 1942	incl.
"	1B	"	"	"	1932	"
"	2A	"	"	"	1927	"
"	2B	"	"	"	1922	"
"	3A	"	"	"	1917	"
"	3B	"	"	"	1912	"
"	4	"	"	"	on or before Aug. 8th 1917	"

GOTHENBURG THROWS AND HURDLES

The WMTFA Steering Committee has decided that official weights will be:-

	CLASS 1	CLASS 2	CLASS 3 AND ABOVE
Javelin	800 gm.	800 gm	600 gm
Shot	7.25 kg	5.5 kg	4.0 kg
Hammer	7.25 kg	7.25 kg	6.0 kg
Discus	2.0 kg	1.6 kg	1.0 kg

There was some discussion on changes in hurdle heights and distance between hurdles. It was finally voted that distances remain standard and the following heights be used.

	CLASS 1	CLASS 2	CLASS 3 AND ABOVE
110 M Hurdles	39" (99.6 cm)	36" (91.4 cm)	33" (84.0 cm)
400 M Hurdles	36" (91.4 cm)	33" (84.0 cm)	30" (76.2 cm)

THE PROGRAM:

The program will comprise:

Men:-

- All standard Track and Field events at the Metric measurements except that Classes 2, 3 and 4 will use those specific field implements and heights listed.
- An internationally scored cross country race. (10 km)
- A Marathon Road Race, also internationally scored.
- A 20 km Road Walk.
- A 5 km Track Walk.
- A pentathlon.

Women:-

The following events will be open in Classes 1, 2 and 3 for women in all stated W age classes:

100 metres	Cross Country
400 metres	High Jump
1.500 metres	Long Jump
3.000 metres	Shot Put
5.000 metres walk	Discus
Marathon	Javelin

AWARDS:

- A specially struck quality World Masters medal will be presented to the first three competitors in each event and at each age class: gold, silver and bronze respectively.
- A Certificate of Performance suitable for framing to each finisher.
- A souvenir award to each finisher.
- Special prizes in events with many competitors.
- Special prizes for best results in the different age groups.

ENTRIES

Must be received by the WORLD MASTERS CHAMPIONSHIPS 1977, Ullevi, Skånegatan, 411 40 Göteborg, Sweden, not later than July 1st, 1977.

Confirmation of acceptance will be returned immediately. If confirmation has not been received by July 15th, please cable WORLD MASTERS CHAMPIONSHIPS 1977. This deadline does not apply to relays.

ENTRY FEES:

All Masters Track and Field 25.00 Sw. Crowns
events, Pentathlon, Cross first event,
Country, Marathon and Road 15.00 Sw. Crowns
Walk (both men and women) each other event
Relays and Team Competitions 40.00 Sw. Crowns
per team

All entry fees must be payable in Swedish Crowns to "WORLD MASTERS CHAMPIONSHIPS 1977".

SOCIAL FUNCTIONS:

A full calendar of social events, sightseeing and tourist trips, are planned from Saturday August 6th onwards. Qualifying round in European Cup in Track and Field for National Teams (8 teams) take place in the arena of Slottsskogsvallen on Saturday 6th p.m. and Sunday 7th p.m. A fellowship festival is planned Saturday evening, August 13th on one of the big ferries to Denmark, which will return at midnight.

CORRESPONDENCE

President of the World Masters Championship 1977: Roland Jerneryd, Sweden.

Address for all correspondence:
World Masters Championships 1977
Ullevi, Skånegatan
S-411 40 GÖTEBORG
Sweden

Information (00946) 31-801640
Swedish Bankgiro account 444-9773
Swedish Postalgiro account 849436-1

Spotlight on **RON TAYLOR**

Born: 7 Dec. 1933
 Place: Kingston, Jamaica
 Height: 5'-11"
 Weight: 158 pounds
 Clubs: Halesowen, Lozells, Birchfield

	Personal Bests	
	Under 40	Over 40
100m	10.7	11.0
200m	21.5	22.2
400m	47.7*	52.0
800m	1:56.0	
*440yds minus 0.3		

by Wilf Morgan

Ron Taylor came to Birmingham from Jamaica in 1952. During his boyhood in Kingston Ron played several sports, all of them ball games and never took part in athletics at all. He confesses that he had no knowledge at that time of the famous Jamaican sprinters McKenley, Wint, Rhoden etc. Although, after coming to England he saw newsreels of McDonald-Bailey and remembers being very impressed, "he seemed like some kind of superman".

Ron's introduction to athletics happened in 1953 when he played in a football match for his work's team against a team composed of athletes from Halesowen A.C. Playing in the wing position, his ability to sprint obviously impressed the opposition, because after the match he was invited to join the Athletic Club. Some weeks' later, without any training, Ron was pitched into the club's 440 yds Championship, and proceeded to outstrip everyone, including the Worcestershire Junior Champion in a time 'around 51 secs'. However, Ron's amazing start in athletics did not meet with the approval of his father, who hoped his son would follow him and play cricket. Indeed Ron's father Derief Taylor was a regular member of the Warwickshire County Cricket Team for several seasons, during the 50's, and has been coach to the County Colts for many years. Determined to dissuade his son from becoming a runner he challenged Ron to a race. A rough 100 yds was marked out on the road outside the house, and Taylor senior proceeded to out-sprint Taylor junior to the line. So the first vet to defeat Ron Taylor was not Thane Baker but a certain Mr. Derief Taylor. Even now Ron recalls this race with genuine irritation and complains "my old man would never give me another chance".

Luckily, this did not deter Ron from pursuing his interest in sprinting and he was to become a respected competitor on the Midlands athletics scene for some years to come.

In the late 50's and early 60's the standard of sprinting in the Midlands counties was of a high order, and Ron recalls both the Warwickshire and Midland Championships of 1958 as evidence of this. In the County 440 yds, he was 2nd to Mike Rawson; in the Midlands 220 he was 4th behind Robby Brightwell, Peter Radford and John Salisbury. The significance being that these four all went on to become finalists over different distances in the

European Championships at Stockholm that year. In fact, Rawson won the 800 metres, Salisbury was 2nd in the 400, Radford 3rd in the 100 and Brightwell 5th in the 200.

Research into the racing record of Ron Taylor produces some interesting names from the Warwickshire 'Class of '58'. In the County Championships of that year, Colin Simpson won the one mile with 'Mack' Capewell 3rd, George Chaplin was 2nd in the 2 miles walk and Ian Swindale won both shot and discus.

However, in the following seasons Ron was to win many county titles at 220 and 440 yds. Moving to Lozells Harriers in 1960, Ron's arrival coincided with an upward turn in that Club's fortunes. One particularly satisfying victory was when Lozells won the A.A.A. 4 x 440 yds Championship in 1962. Running the first leg in 47.2, he handed over a good lead which was whittled down over the next two exchanges, but with international Barry Jackson holding off the late John Cooper of Birchfield on the last leg Lozells came home to defeat their mighty neighbours. Ron changed clubs once more at the end of that season, this time to Birchfield, adding to their powerful squad of quarter milers.

Ron selects as his most cherished memory a win in the 440 in the Triangular Oxford v. Cambridge v. Birchfield match at Iffley Road in 1963, coming home inches ahead of Adrian Metcalfe in a personal best time of 48.0. That season also saw some fine running in the Inter Counties Quarter, after being fastest qualifier with 48.3, he placed 3rd in the final behind Pat Jones of Essex. Ron's 48.0 placed him 8th in the ranking lists that year.

Although occasionally missing a season, he turned in some fine performances in his 30's, and the records show a 300 yds on grass at the Murrayfield Highland Games in 30.5, and a 21.5 220 in Liverpool. In 1971 he showed 48.6 and 21.9, and at the age of 38 he must have eyed the veteran scene with keen interest.

Ron became National Veteran Champion at 100 and 200 metres in 1974 at Hendon and successfully defended both titles at Leicester in '75. At Stretford this year, unsure of his fitness, he chose only to defend his 100 title, and proved fit enough to register his third successive win in this event.

The World Masters in Toronto brought about a long awaited clash with Thane Baker (U.S.A.) and

Ron claims injury robbed him of two gold medals. It is difficult to judge whether his problems prevented him from producing top form in Toronto for he showed 11.0, 11.0 and 11.1 to take the silver medal behind Baker, and these times are as good as anything he has done as a vet. However, his withdrawal from the 200 metres certainly proves something was wrong. According to Ron his form in training prior to Toronto was so good he began to think in terms of 10.6. Like most of the other British sprinters he did not have a high opinion of the track surface in Toronto, but conceded that Keith Scott did extraordinary well to place 2nd in the 200. In 1975 his running over 200 metres was outstanding, he set a world record 22.2 at Grimsby and equalled that time some weeks' later in the Nationals at Leicester.

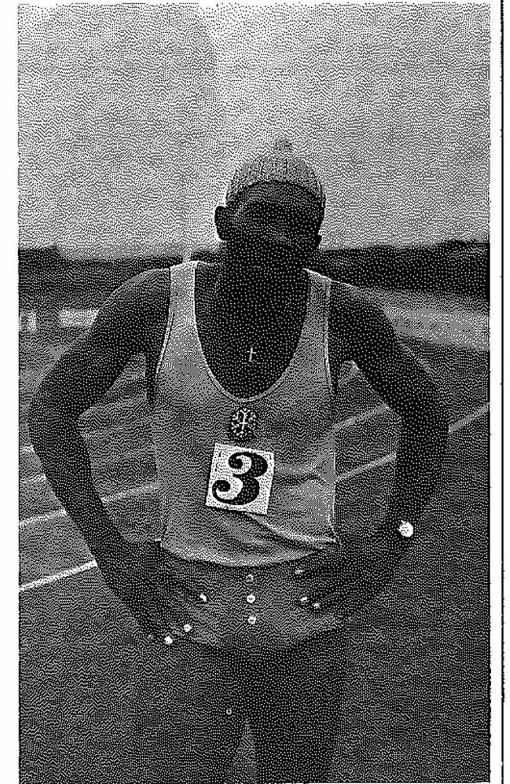
Ron is married, has a son 18, who is in the R.A.F. and a daughter of 14. He has had several jobs and at present is a van-driver. He sometimes finds time for an easy jogging session before starting work. Diet and sleep play an important part in his plans, and he claims these things demand as much attention as training. He has never trained hard by modern standards, but now as a vet. he trains harder than he did in his pre-vet days! In training, he pays a great deal of attention to 'feel', and never pushes himself unless he "feels right". He has never been coached and has gained most of his "know-how" from watching carefully how star-athletes went about their business. He thinks most coaches demand too much effort from their athletes in training, and confesses he finds some training schedules frightening. Perhaps one gains insight into a luke warm attitude to coaches generally when one hears that at the age of 24 at a coaching course at Cosford, he was told by the then National Coach for the Midlands, that he was too old to make much progress as a sprinter. Knowledge of Ron's personality leads one to believe that this was just the sort of statement likely to give him all the incentive he needed. He has always had an easy, fluent running style that has not changed much over the years, and he continues to grow old gracefully.

Ron's 'showy' and egocentric attitude to his racing may not please everyone, but he is convinced he races better when he is in a mean frame of mind, and says a touch of arrogance is necessary for anyone who wants to succeed. He eats, drinks, sleeps and lives athletics with a passion that is difficult to describe.

If there is a secret to his success, perhaps it is contained in his remarks:- "Because I ate the right things, got the right amount of sleep, lived the life of an athlete, and thought carefully about my training, I have been able to carry on running fast times into my 40's."

Ron does not have training methods - rather a training philosophy. He never over-trains and never over-races, but in a race, any race, he develops a hard uncompromising attitude that has unfailingly produced a good performance.

He is prepared to argue with anyone who suggests he may not be able to improve upon the times he has set since turning 40, firmly believing he can go faster yet. When asked to list the best times he did in his



RON TAYLOR

hey-day, he replied, "my hey-day is today". Certainly, he could not be accused of negative thinking.

Ron Taylor was the first West Indian athlete to make an impact on athletics in the Midlands, and is now well respected by the present young generation of coloured lads, who often turn to him for advice. He has the ear of Ainsley Bennett, Glen Cohen, and several promising sprinters.

Although, in his former days, he was mainly a quarter-miler, his veteran races have been confined to 100 and 200 metres, and he does not plan to move up to the 400, "until someone arrives on the scene who can thrash me in the sprints".

At present his sights are set on the Gothenberg Championships in which he hopes to make amends for what he saw as a failure in Toronto.

Of course, there is another race which if it came off would surely rival the Gothenberg 100 in importance for Ron in 1977 - a re-match with his father, in the Midland Vets Championships!

The above article was prepared from a tape recording on the athletic career of Ron Taylor, produced for the National Library of Athletic Literature at Birmingham University.

Photo: Ben Bickerton

Walking

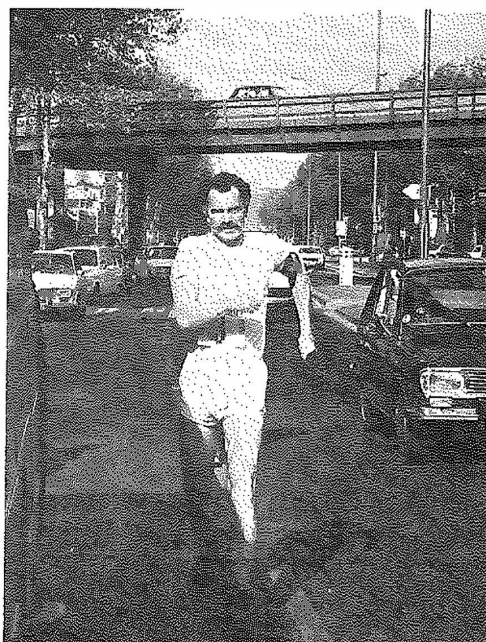
JOHN HEDGETHORNE, who will be writing walking notes in future, has been a veteran for 5 years. He was born in Essex in 1931 and started in open athletics in 1947: he has just finished his 30th summer on the track.

After regular army service John entered Essex Police in 1955 and has been concerned in police cadet training since 1969. He switched from running to walking in 1962 after a knee injury made running painful. His first race was the Police long distance, 34 miles, Barking to Southend.

In 1968 John tried the Leicester to Skegness 100 miles and finished 2nd, in 19h 01m 40s. Encouraged he has specialised in long walks since then, representing Britain against France in 1970 at 24 hours.

John Hedgethorne is heavily involved in athletics administration having been Essex Police athletics secretary for 20 years, as well as various other police positions from time to time.

He is Essex Walking Secretary and Press Officer to both Southern and National R.W.A. Last year he was President of Essex A.A.A.



JOHN HEDGETHORNE competing in the Rouen 24 hours race of 1975 where he covered more than 200 km.

IN JOINING the team writing for *Veteris* I have to start with a confession: I had not realised before that I had risen to this station in life -- that is to say, veteran, not writer to which even now I should perhaps not aspire.

Mind you, I suspect I am not alone in this among walkers, who tend to be later developers than other athletes.

One tends, as the years pass, to go on taking on all comers with scant regard to their ages. After all, in a good sprint finish there is hardly time to defer to a rival's less advanced years.

I mention all this only to explain why I have no idea how old -- sorry how young -- many of my colleagues are. Some will have already been confronted with my abrupt, "How old are you?" If you haven't and are not mentioned in these reviews, perhaps you would let me know your score.

Highgate Harriers Hour Races are always liberally sprinkled with veteran competitors. One was pleased to see Harold Whitlock, victor in Berlin 1936, with his shoes on again, still able to cover nearly 6 miles.

I recently competed in the 9-day, 300 kms, Tour de Romandy in Switzerland where several veterans were tackling the climbs like funicular locomotives. I had the undoubted pleasure of being the oldest competitor by a few months over Richard Heilmann (44) of Muhldorf, West Germany. Colin Young, Essex Beagles (42) and Michel Marchal (40), France, also competed. Of course the Russian team, being nominated as a national squad were very strong, one of them Evisukov later competing in the World

Championship 50 kms and finishing 10th in 4 hrs 7 mins.

The Leicester Open 7 miles, on 2nd October, proved, as usual, a popular event for over 40's. How marvellous to see Lol Allen at 55 still looking very stylish, indeed most noticeable among many less elegant gaits all around him. On a difficult 7 he still broke the hour.

One must mention also George Eastwood, who took up this pastime at 50, tackled the 24 hours last May and is now getting to grips with 7's.

National Champion

As I am new to this column you must forgive my failure to delve back into past results to bring things up-to-date. With so much veteran walking activity it is hard to know where to stop. The results, therefore, will be a selection.

One must mention one past feat, however, that of Roy Thorpe (42) in winning the RWA 50 kms on a difficult course at Birmingham in July. Alas Roy had a less fruitful day in Malmo at the World Championship 50 kms but he stuck it out to finish.

Denis Vale's 9 kms yacht handicap races at Blackheath Park are a most enjoyable feature of the London scene. Organised on behalf of the London Postal Region they take place on Wednesday or Sunday, thus avoiding -- or adding to -- the rest of the racing programme.

Their popularity may be gauged from the field of 60 which tackled the most recent promotion on 20th October. They were of all ages, from the Essex and Metropolitan Police Cadets to Bob Roberts who was wearing No. 75 but denied being this age despite remarks to this effect by some rivals (he is 74), and of all abilities from Paul Nihill, with the fastest time of the day, to 60 years old, Vets AC Sec. A. Welling with the slowest.

Yacht handicaps, in theory, mean that everyone should arrive on the final line together. Alas it was not so, though the recorders doubtless thanked their lucky stars, though on this occasion handicapper Vale had let himself in and took 3rd place, beaten by Police Cadet Sean Maxwell, recently 2nd in the national youth championship.

1. S. Maxwell	Belgrave H	43:13
3. D. Vale (49)	Surrey	46:48
5. J. Hedgethorne (45)	Essex Police	45:19
8. P. Ray (44)	Enfield	49:11
9. F. Nickolls (59)	Vets (Surrey)	53:31
18. D. Fotheringham (46)	Met Police	47:28
22. A. Roberts (74)	Vets (Highgate)	53:57
29. R. McMullen (56)	Belgrave (Vets)	48:39
35. J. Bromley (48)	Belgrave H	51:21
47. W. Symes (64)	Vets (Q.P.H.)	58:30
60. A. Welling (60)	Vets AC	77:02

Essex Walking League

This is the toughest walking competition in the country, consisting of 12 races, spread over the whole year, October -- September, varying from 3000 mts to 50 kms.

This years campaign began with a 7 miles on the tough Woodford Green circuit and six Essex veterans took part.

Result:

1. A. Seddon	Tendring AC	51:41
2. S. Gower	Ilford AC	53:19
3. K. Carter	Southern AC	54:17
13. J. Hedgethorne (45)	Essex Police	59:22
17. D. Fotheringham (46)	Woodford Green	61:21
26. K. Easlea (51)	Ilford AC	64:20
32. J. Clifton (48)	Woodford Green	67:15
38. G. Eastwood (52)	Woodford Green	70:32
40. C. Megnin (61)	Woodford Green	73:22

Incidentally these and other vets figured in last years final league result.

12. J. Hedgethorne (45)	Essex Police	222
22. D. Fotheringham (46)	WGAC	143
31. K. Easlea (51)	Ilford	94
35. J. Clifton (48)	WGAC	81
39. G. Woods (60)	Southend	77
44. P. Worth (46)	Essex Police	43
45. G. Eastwood (52)	WGAC	41
46. C. Megnin (61)	WGAC	40
60. C. Young (42)	Essex Beagles	28
68. J. Scammell (54)	Newham	16
70. H. Neilson (60)	WGAC	15

RESULTS

July 4th
Veterans AC 3200M Track
Championships, Battersea Park
(40-49)

1. A. Meadows	16:23.2
2. A. Goodwin	18:26
3. T. Cook	19:10

1. D. McMullen	16:28
2. K. Easlea	18:14
3. F. G. Nickolls	19:15

(70+)

1. A. East	21:20
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July 13th
Veterans AC 5 Miles Battersea

1. A. Fotheringham	41:35
2. J. Clifton	45:37
3. J. Morris	45:48
4. G. Eastwood	45:50
5. C. Megnin	47:27
6. T. Cook	48:54
7. A. Goodwin	49:10
8. F. G. Nickolls	49:22
9. A. Roberts	49:25
10. A. East	54:03
11. H. Neilson	55:52
(World 24 hour record holder 1960)	
12. W. Morris	61:24

July 17th
RWA 50 Kms Birmingham

1. R. Thorpe (42) (Sheffield)	4:23:43
5. C. Fogg (43) (Linfield)	4:29:20

12. D. Boxall (41) (Brighton)	4:43:45
13. K. Harding (45) R Sutton	4:45:36
14. G. Chaplin (45) (Cov)	4:46:28

Veterans AC 1976 Lester Points Cup
(Based on FIVE, 5 miles summer handicaps)

1. F. G. Nickolls	105
2. A. Roberts (75)	97
3. A. East (71)	81
G. Meadows	81
5. T. Cook	66
6. G. Eastwood	63
7. A. Goodwin	55
8. C. Speechley (88)	53.

Only the winner did all five races but nice to see the 70's and 80's still scoring heavily. Twenty-four walked in at least one race.

August 7/8th
British Vets T & F Championships
Stratford
5000M Walk
(40-49)

1. R. Thorpe (Sheffield)	23:25.2
2. J. A. Dowling (Sheffield)	26:10.2
(50-59)	
1. R. D. McMullen (Belgrave)	26:23
2. L. Allen (Sheffield)	26:57
3. G. M. Eastwood (W Gn)	28:12
4. J. Johns (Sheffield)	28:58
5. J. Volta Domenech (Sp)	32:34

(60-69)	
1. A. H. Poole (Worcester)	27:12.2
2. S. Smith (Stockport H)	29:44
3. A. Llado Bonastre (Sp)	32:45
4. W. Stanley (Sheffield)	34:22

September 4th
London-Brighton (Vets)--53 miles

6. D. Boxall (41) (Brighton)	8:39:17
7. P. Worth (46) (Verlea)	8:57:20
J. Morris (51) (Belgrave)	9:35:11
J. Keown (44) (Belgrave)	9:46:03
36. E. McNeir (76) (Camb.)	11:49:59

Can McNeir keep going until he's 80 and if he does, can he beat the 12 hour limit? This chap really is evergreen, a sterling performer.

October 2nd
Leicester Open 7 miles,

1. G. Scatter (N Zealand)	50:41
2. J. Warhurst (Sheffield)	51:11
3. Mick Greasley (Sheffield)	51:17
8. G. Chaplin (45) (Coventry)	53:09
15. J. Eddershaw (41) (Shef)	54:33
17. P. Markham (41) (Leicester)	55:06
39. J. Hedgethorne (45) (B Pol)	58:11
50. L. Allen (55) (Sheffield)	59:32
55. P. Worth (46) (Verlea)	60:30
71. J. Englert (48) (Sheffield)	62:56
86. G. Eastwood (52) (W Gn)	65:07
101. C. Megnin (61) (Wood' Gn)	68:11
113. H. Neilson (60) (Wood' Gn)	73:06

Pennine Way

Jack Englert, Sheffield, another Vet at Leicester, and a former police 2 miles national champion incidentally, tells me that last year he achieved his ambition to traverse the Pennine Way (270 miles) and did it, self supporting, in 10½ days.

OVERSEAS ROUND-UP

I hope we will be able to build up a network of good friends who will let us know what is going on in the world. For the present I have some results from U.S.A., Switzerland, Netherlands and Canada.

Max Gould (59) has had some fine recent successes. On June 6th he finished 2nd to Pat Farely



MAX GOULD

in the Canadian Open Champs at 50 kms. On August 8th he was overall Masters winner at 4:03.21 in the NE USA 40 Kms in New Jersey. On September 6th he finished 2nd in the Ontario Summer Games 10 Kms in 52: 57. 2 (all the other competitors were under 24!).

Those great veterans Golubnichiy (41) USSR, and Weidner (43) West Germany, were in Montreal for the Olympic 20 kms and finished respectively 7th in 89.24 and 18th in 92.56. Such a turn of speed as 'Golub' produced when over 40 is quite remarkable.

Rudy Haluza, former USA Olympian, won 1st overall in the Senior Olympics Race Walks 5 km and 10 km events at Irvine on June 26/27. Competitors were from Arizona, Arkansas, California and Ohio.

USA

May 16th
Grandfather Games, L.A.

One Mile

1. Bob Lons (Div II)	9:04.3
2. C. Unruh (Div III)	9:44
3. J. H. Kelly (Div II)	9:55
4. E. Ladenpera (Div IV)	10:00
5. M. Blakesley (Div III)	10:14
6. B. Milhald (Div III)	11:33

May 22nd

Master Striders Relays, Cal Poly Univ.

1. Bob Lons	9:02.8
2. C. Unruh	9:39.3
3. M. Blakesley	10:04.2
4. J. Garcia	N.T.

May 29th

3 Mile Walk (60+)

1. H. McWilliams (60)	28:07
2. M. Blakesley (64)	30:54
3. C. Unruh (69)	33:03
4. B. Milhald (62)	35:54

June 26th/27th

Senior Olympics Race Walks, Irvine.

5 Km

(40-44)	
1. Rudy Haluza	24:15.7
2. Ray Archibald	32:31.0
3. James Fields	32:42.0

(50-54)

1. John Kelley	33:15.0
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(55-59)

1. Bob Long	28:49.5
2. Charles Heaton	29:00.0

(60-64)

1. Otto Wenk	30:54.0
2. Hugh Yeomans	33:36.0
3. Mickey Blakesley	33:49.0
4. Joe Wehrly	53:27.0

(65-69)

1. Chesley Unruh	34:17.0
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(70-74)

1. Erkki Lahdenpera	33:52.0
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10 Km

(40-44)	
1. Rudy Haluza	48:53.3

(50-54)

1. John Kelley	70:03.5
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(55-59)

1. Charles Heaton	61:21.4
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(60-64)

1. Hal McWilliams	59:46.3
(New meet record. Old record 61:39.0 by Larry O'Neil of Montana)	
2. Mickey Blakesley	68:54.5
3. Hugh Yeomans	69:24.6
4. Joe Wehrly	84:24.0

(65-69)

1. Chesley Unruh	74:58.8
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CANADA

September 11/12th

3rd Canadian Masters T&F Champs

Oshawa, Ontario

2B Max Gould (Can)	25:41
3A Hugh Yeomans (USA)	33:28.8
3B Art Keay (Can)	35:22.4
2W Ernestine Yeomans (USA)	34:32

NETHERLANDS

October 2nd

20 Kms Drachten, Holland

1. A. James (Enfield)	96:21
2. J. Muller (Frankfurt)	96:48
3. P. Nihill (Croydon)	99:50
13. N. Schrotten (42) (AVH)	108:42
20. H. Kloppe (52) (RGB)	115:01
24. G. Warche (43) (LGC)	122:16
25. E. Bielefeld (44) (LGV)	122:20
27. G. Sowa (42) (LGV)	131:00
29. Steinbrecher (45) LGC	135:10
30. J. Hayward (70) Enfield	135:14

SWITZERLAND

Tour de Romandy, approx 300 Kms in 9 events

1. B. Iakolev (USSR)	26:46:52
2. N. Tourischev (USSR)	26:46:56
3. E. Evsikov (USSR)	26:47:15
7. C. Young (42)	27:49:30
11. J. Hedgethorpe (45)	28:49:58
15. R. Heilman (44) (WG)	30:14:58
18. M. Marchal (40) (FRA)	33:45:09

The British Track and Field Championships

The sixth British Veterans Championships, staged in the Stretford suburb of Manchester on 7/8th August, were the first to be spread over two days, and they courted enough approval for it to be deemed necessary to repeat the programme next year - when they will be held at Cophthall Stadium North London 23/24th July.

As far as Stretford was concerned, Meeting Secretary Keith Whittaker and his able team produced a well run and enjoyable two days, blessed with fine weather and support from Canada, Spain, Yugoslavia, Ireland, Australia and the U.S.A. In all about 200 veterans competed, although it must be said that there were quite a few home 'names' missing, especially from the south.

As is customary for Veteran Meeting Secretaries, Keith also competed, contesting seven heats or finals

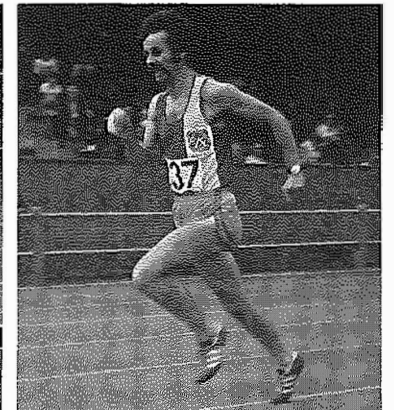
and finding the energy and form to take 3 firsts and a second in the 1B events.

Even so the Trophy for the 'Most Outstanding British Athlete' did not go his way, but to name sake Peter Whittaker who impressed when winning the 2A 100m and 200m in 12.0 and 24.5. The latter improved the National Best and the former equalled it. One can only hope he will be seen around at Gothenburg.

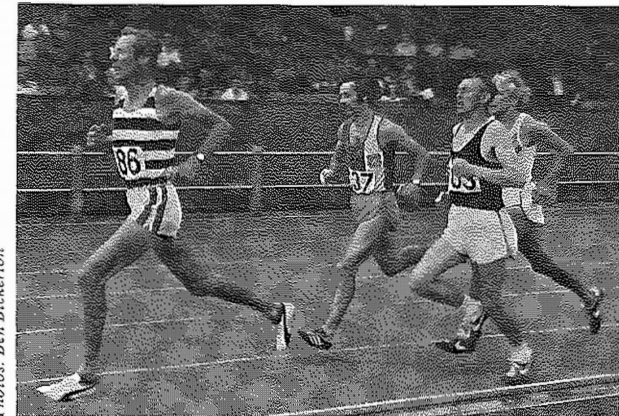
The Whittakers did not monopolise the limelight, for a study of the results show that Smith (1A), Fowler (1A), Phipps (2A) on the track, and Ball (1A) and Maksimczyk (3A) in the field, were very close challengers. Had it been an open trophy, then the two Canadians, Bowman (1B) and Hume (3A) would also have been in contention.



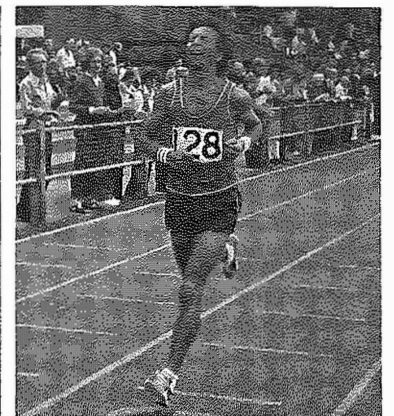
Fowler leads Harland and Morrell in 1A 5000 m



E. Williams, 1500 m (1A) winner



Parkes leads Williams, Allen and Bullen in 1500 m (1A)



Gerry North, 3rd in 10,000 m (1A)

coroebus says...

Much has been written about the late Tom Buckingham's athletic prowess and in fact his record speaks for itself, but those of us who knew him well, appreciate him for another attribute. This was the ability to throw in the sly piece of repartee when it was least expected. Very dry would sum up our Tom, and two gems I shall always remember as examples of his quick wit occurred at different venues. The first was at the National Veterans Track and Field Championships at Derby in 1971. Howard Payne was throwing the Hammer very long distances, and the announcer kept reminding us of Ian Chipchase's ground record. Ian wasn't too well known in Athletic circles at that time and somebody enquired who Chipchase was. A "Chipchase" replied Tom, "must be three times round the fish shop".



Photo: C. Shippen

TOM BUCKINGHAM

The second was at Draveil in 1974. After the race, we indulged ourselves in the customary guided tour of Paris, and the courier was proudly extolling the virtues of her native City. On visiting a famous historical place of worship, she covered the interior in considerable detail until Tom, spotting an isolated brown-paper parcel, enquired "And that I suppose is the lunch-pack of Notre Dame?"

28

Merv Jenkinson, Australia's 66 year old champion runner appeared on Australian television earlier this year. He was seen striding in a park and giving a running(!) commentary. His leg action was that of a young man. After watching Merv's legs gliding round that Park, Australian viewers saw him win a 1500 race. There was much favourable comment on the programme and one young lady was reported to have told Jack Pennington that she thought she had seen him on television — and Jack is twelve years younger than Merv! There was no doubt that Jenkinson looked a good twenty years younger than his real age.

Back in 1929, Merv placed 7th in the Queensland cross-country championships, and showed good promise, but the depression of those years curtailed his activities and he found himself as a young surveyor working outside the athletics scene. In 1939 he joined the Royal Australian Air Force and ran only for fitness.

In 1962 at the age of 52, he found by accident Fred Wilt's book "How They Train" which detailed the training sessions of the World's best runners. Merv wondered whether he was still able to run and, if so, what would this new-fangled interval training do for him. He tried it for a couple of months, but could only get his mile time down to a "mere" 5 mins 35 secs, and was disheartened by this. He accepted that he was now over the hill.

Eleven years' later, at the age of 63, he read that one of his old schoolmates, Jack Cook, was president of the Queensland Veteran Club, so the old running

TOM BUCKINGHAM

At a committee meeting of the B.V.A.F. held at Leamington on October 24th, it was unanimously agreed that a Tom Buckingham Memorial Trophy be purchased for presentation at a suitable race. A decision on the actual race cannot be divulged until the organisers' committee actually meets, but it is hoped to be at an annual long standing championship. Tom's outstanding Class 2 record as World Marathon Champion in 1968 & 1970, and 25 Kilometres World Champion in 1969, will be engraved on the Trophy. If you would like to be associated with the obtaining of a suitable trophy please send donations to Geoff Pearson, 64 North Acre, Garratt Lane, Banstead, Surrey.

bug returned. In 1973, he started training for the National titles to be held in Sydney the following year. From the Nationals he went to Toronto where he won the over-65 3,000 meters in 10:54, beating the "unbeatable" Norm Bright (USA).

So, within a couple of years of taking running seriously again, Merv was a world champion and a TV star. He is now semi-retired from his profession, and he is able to globe trot. He will train three or four times a week and include a couple of games of golf. That's the life — and it started at 63.

Are potential officials diverted from the ranks of athletics administration by the activities of the Veteran movement? This is a question which is frequently asked and, indeed, many overworked officials genuinely believe that the veteran movement is taking men who would otherwise be officiating.

Frank Thomas (55) of Haringey and Southgate AC, felt obliged to write to *Athletics Weekly* on the subject. "In the past one could expect a feed-back into the clubs of men who had given up active running and who were then prepared to give their services as officials, coaches and judges. On whom now are clubs to call, if the very men whose experience and standing qualify them for these jobs themselves continue to compete...?"

In my own experience the vast majority of those athletes "whose experience and standing qualify them for these jobs" are never interested in officiating anyway. When they retire they are lost forever. What the veteran movement has done is to give this significant section of the sporting world the opportunity to continue active participation until the ends of their lives. It seems to me that you are either the helpful sort or you are not. If you are, then as a young active athlete you are taking on small jobs here and there; and when past your peak perhaps more onerous official positions come your way. On reaching 40 as an established official it is quite out of character for this type of person to renounce his responsibilities and turn to the "selfishness" of his own training and competition. Indeed, as Jack Fitzgerald wrote in reply, "If there were some magical formula that turned a non-administrative athlete into a hard working official on retirement from active athletics, then I for one would not be so fanatical about veteran athletics. The plain truth is that the same old mugs get lumbered with all the jobs throughout their lives".

Mike Porter, the honorary treasurer of the Northern Vets also had something to say. "Why on earth should one not do what one can do?" wrote Mike. "One might think the whole purpose of athletics is to reach a peak at around 25 and thereafter a steady (or sometimes rapid) decline, into middle and old age".

Frank Thomas was not attacking the vets, but was simply concerned at the present dearth of officials. It is a problem which is difficult to solve. But what I do know is, that many of the Veteran officials, organisers and administrators in the U.K. also play significant roles in the running of their own athletic clubs.



My picture shows our erstwhile photographer BEN BICKERTON receiving a first place award and a cheque for £500 at London's Hilton Hotel. I know Ben is turning in some good performances in Class 2A these days and has picked up quite a few awards too; but the London Hilton?... And £500?... perhaps the professional circuit is not dead after all!

Truth is, that Ben has won the Zenith Photographic Award for 1976 with a spectacular action colour photo entitled "industrial fireworks".

Ben has always been a generous contributor to VETERIS and those of us who have enjoyed his many fine photographs will be delighted to hear of this latest win.

U.S. Master Virgil McIntyre (65), former holder of the World Veterans Class 3, 200 meters mark, has been back in competition this summer after two years of inaction due to a hip ailment. He was a significant absentee at Toronto. He celebrated his return with a fine 13.76/28.3 100/200 double in Class 3B of the US Masters at Gresham, Oregon in July.

McIntyre had been a sprinter during his high school and college days, and was a track coach for nine years after that, but during middle age he took no active part in athletics. In 1962 at the age of 51 he suffered a pulmonary problem which required surgery.

"It was the pulmonary problems that got me started at competing in Masters track events" he says. "I had to have a lung resection in 1962 and when you come back from something like that you need an activity to build up your oxygen intake. I didn't take to it immediately, but my son and daughter-in-law, both marathon runners, talked me into jogging in the late 1960's.

McIntyre lost 35 pounds before he felt ready to give it a go with the Masters, and when he did he became a scourge in his age class, setting a World Class 3 record of 26.6 for 200 meters in 1971.

He trains every day, doing 2½ miles of running for condition, and 1½ miles on technique work. And he has no plans to slow down. "I'll keep at this as long as I can and I'll compete in the Masters track and field as long as they'll let me" he says.

JOHN HAYWARD, our statistician, recently received a mass of revisions and additions to the 1975 Track & Field lists he so carefully compiled for VETERIS. Some of this information came from sources which had failed to respond to deadline dates for such information; but the lists were seriously affected when a comprehensive German publication came into the possession of our statistician. It is not practicable to publish revised 1975 lists when we are on the brink of entering 1977, but we can assure our readers that

past lists and records are up-dated for future reference and notification of additions or revisions are recorded even if they are not noted in VETERIS. In the following article JOHN HAYWARD attempts to review the mass of additional material, and pleads for a better response to his appeals for ranking material. If all race results, from whatever source, are channelled through VETERIS then our annual lists stand a chance of being truly representative of the World Veteran scene.

THOSE 1975 RANKINGS!

by JOHN HAYWARD

After the last of our 1975 Lists went to press a publication came our way, from JORG RECKEMBIER in Germany, which covered in great depth and detail performances of their "ALTERS-KLASSE" athletes.

Their Class 1 starts at 32 years and doesn't concern us until "Class 3" which starts at 40 and then progresses in five year groups upto "Class 7" for 60 years and over.

Compilation of such lists in Germany is made easy for the statisticians—for ALL Track & Field Meetings in Germany have to return results to their area associations which then, through the governing body, are made available for statisticians—a dream come true and one every athlete should encourage in his own country. STATISTICS ARE ONE OF THE CORNER STONES OF OUR SPORT and it should concern us all that they are thorough and complete.

Our lists are exposed as false, for the method of compilation is a shambles and relies upon gathering information from results that may, or may not, be

published in magazines or come from personal contacts who may or may not answer our requests.

Its a disgrace to our sport that we have been in being for so long yet do not have a system which will improve the reliability of all that work countless well meaning statisticians put in. We all should urge governing bodies in our respective countries to bring the German system into being. So get a pen out now and send a copy of what we mention here in an effort to get things moving.

If we take the German Lists and all the other late information and corrections sent us, our 1975 Lists should be reprinted—but time and space will not permit.

So to do the German veteran scene justice we print below a schedule of 3 Classes indicating their top mark and next to it a number which informs us of how many performers would have made our list if we had continued to use our qualifying marks.

(NOTE their Class 2 & 3 throwers use only senior implements!)

	CLASS 1		CLASS 2		CLASS 3	
100 M	11.0	26	12.3	2	12.9	2
200 M	22.7	5	25.7	4	28.2	1
400 M	50.6	3	59.4	1	—	—
800 M	2:01.7	5	—	—	—	—
1500 M	4:03.1	1	—	—	—	—
3000 M	8:36.4	28	—	—	—	—
5000 M	15:01.2	29	16:40.6	6	19:03.4	1
10,000 M	29:20.8	20	33:53.6	5	40:34.0	1
110 M Hurdles	16.4	3	—	—	—	—
400 M Hurdles	56.9	1	—	—	—	—
3000 M SC	9:38.6	5	—	—	—	—
High Jump	1.85 m	30	1.50 m	9	1.45	10
Long Jump	6.78 m	32	5.78 m	32	5.28 m	15
Triple Jump	12.16 m	1	10.14 m	3	9.72 m	1
Pole Vault	3.40 m	1	—	—	—	—
Shot	16.62 m	30	16.62 m	2	11.28 m	1
Discus	51.64 m	30	43.76 m	8	32.64 m	1
Javelin	62.00 m	29	45.08 m	4	42.10 m	2
Hammer	61.40 m	28	41.74 m	5	—	—

POINTS OF INTEREST. They throw up 3 WORLD BESTS—all in Class 3.

3000 M 10:12.4 Gunter Thiele (61) Berlin 16-9
 JAVELIN 42.10/138'-1" Otto Eisenmann(62) Itzehoe 25-9
 L/JUMP 5.28/17'-4" Hans Schneider (61) Erkelenz 26-7

In the LONG JUMP their top five were all better than the VETERIS listed WORLD BEST—the amazing gentlemen being (in addition to above) —

5.24 W. Feldges (61) 26-7
 5.18 W. Rumig (61) 24-8
 5.12 R. Reckwardt (61) 12-7
 5.10 K. Petzold (62) 12-7

Six German athletes would have topped our lists. The three world bests mentioned above plus—

1. The fifty year old HERMANN HOMBRECHER, who won the Class 2 SHOT at Toronto in a World Best, pushed the 16lb ball out to 16.62/54'-6¼".

2. PETER SPECKENS (40) had a final throw in the DISCUS of 51.64/169'-5".

3. WALTER WEBA (52) who topped our Class 2 marathon lists (2:35:46) clocked a fine 33:53.6 over 10,000 m.

The Class 1 throwing lists are staggering and so obviously would have been the Class 2 and 3, for their veterans use only senior implements; which makes that 138'-1" Javelin Record of sixty-two year old OTTO EISENMANN modest to what he must be able to perform with the 600 g spear.

Coroebus (Continued from page 29)

Virgil is an example of what organised physical activity can do for one's health. "This country (USA) spends millions for health care", he says. "It depresses me that it doesn't spend some of that to change the life-styles of its citizens. If it did that, there wouldn't be such a need for health care".

Virgil McIntyre has shown by example that it's never too late to start running, and that much satisfaction can be derived from the activity. But most important, he does not reckon on needing any US federal money for health care in his advancing years.

Wilf Morgan tells me that the National Library for Athletics Literature is keen to receive as gifts, or just on loan, anything connected with athletics (my colleague Bob Shrunkle should have some interesting suggestions!). The library already holds a collection of magazines, books and programmes, but is now widening its interest to include taped interviews, pennants, plaques, medals and anything in the realm of athletics nostalgia. Readers are invited to lend or donate items of interest which will be preserved for posterity. Send to John Bromhead, National Library for Athletics Literature, Birmingham University, Edgbaston.

Whilst on the subject of sending items of interest, you will recall that Hal Higdon recently appealed for anecdotes and stories concerning veteran running for a book he is writing on the subject of veteran track athletics, and fitness running. Well, the subject is gaining in popularity, for James Fixx of Connecticut,

GUNTER THIELE'S 3000 m run of 10:12.4 (two 5:06.2 1500 metre races together!) hacked 34 sec of the Class 3 record we list, probably underlining that it has been a soft record and that marathoners such as DAVIES (USA), PORTEOUS (GBR) and MONTGOMERY (USA) should be able to return a good time if they tried. (These four—plus McMINNIS (GBR), BRIGHT (USA) and ANDBERG (USA) should make a race worth seeing in Gothenburg.)

The amazing HERBERT SCHMIDT (now 65) is still flexing the pole in the "STABHOCHSPRUNG" and cleared 3.40/11'-2" at MULHEIM on 7th June.

In the running events their veterans' form is quite erratic, for the Class 1 lists indicate impressive depth in the 100, 3000, 5000 and 10,000, yet modest to poor in all other events. With two exceptions this applies to all other classes.

Over all its obvious that if our German friends trouble to cross the SKAGFRACK next summer there should be some considerable increase in exciting competition.

P.S. TO MAKE OUR 1976 LISTS A BETTER REFLECTION OF THE WORLD SCENE, AND TO ENSURE THAT YOUR NAME IS NOT MISSING WHEN THEY ARE PUBLISHED JUST BEFORE GOTHENBURG,—PLEASE SEND YOUR BEST T&F RESULTS TO: JOHN HAYWARD 128 PRINCES ROAD, BUCKHURST HILL, ESSEX.

USA, is writing a book on physical fitness with special emphasis on running and jogging. He wants to get at "the psychological changes that occur in runners and how those changes affect behaviour". Bob Shrunkle is surely the best example of how dramatic those effects can be!

ED LACEY

Ed Lacey (55), the photographer, was killed in a road accident near his home at Bookham, Surrey, on Sunday 14th November 1976. His death is a tragic loss to the world of sports photography, and in particular to the athletics community at large.

Ed joined Belgrave Harriers in 1948, at the age of 27, and competed at a modest level for about eleven years. In his thirties photography took up more and more of his spare time and soon occupied every Saturday, to the exclusion of his running. His photographs were regularly featured in the athletics and provincial presses and by the time he was 40 the National Press too was using his work. He not only covered athletics, but football and swimming too and by the time he had become a full-time freelance photographer, at the age of 44, the dramatic moments of most sports had been recorded by Ed's camera.

For the last eleven years the photographs of Ed Lacey have appeared throughout the world, and only recently an exhibition of his work was staged at the Kodak Photographic Gallery in London.

This magazine, as young as it is, has featured scores of Ed's pictures—all contributed with typical generosity by a man who showed a genuine interest in his photographic subjects. He will be sadly missed by all who knew him, and VETERIS will be the poorer for his passing. Our condolences are extended to his widow, Kathleen, and her three children.

Long Jump	
<i>Class 1A</i>	
1. Shafto (GBR)	5.51m
2. Day (GBR)	4.78m
Discus	
<i>Class 1A</i>	
1. Lukacevic (YU)	32.72m
2. Turk (YU)	26.50m
<i>Class 1B</i>	
1. Vujaklija (YU)	30.22m

<i>Class 1W</i>	
1. Kozar (YU)	33.82m
2. Jelenecki (YU)	29.70m
3000 M	
<i>Class 1A</i>	
1. Rizzo (ITA)	10:04.4
2. Hanak (YU)	10:09.8
3. Maffia (GBR)	10:16.4
<i>Class 1B</i>	
1. Ivanovic (YU)	11:53.0
<i>Class 2A</i>	
1. Canale (ITA)	11:58.8
2. Orione (ITA)	12:05.8

<i>Class 3A</i>	
1. Arnone (ITA)	13:37.0
Medley Relay	
(400-300-200-100 M)	
1. England	2:08.6
(Morgan/1A, Whitaker/1B Shafto/1A, Hamer/1A)	
2. Italy	2:17.9
(D. Innocenti/1A, Beccally/1A Musco/1A, Rossini/1B)	

New Zealand

August 14th

Veteran National Cross Country Championships Invercargill, Southland

Invercargill is at the southern tip of the South Island and the four days there of fine, warm weather preceding race day turned sour at the vital hour with the big day dawning mistily with light rain developing to a steady downpour by race time. The four-lap undulating course with some sharp hills ran partly through the paddocks of a meat slaughter works, presenting some messy waste in contrast to the usually typical winter mud! Even the top senior athletes who raced over the same course on the same day found the surface so slippery as to make the hurdling of obstacles almost impossible.

RESULTS

9000 M	
<i>Class 1A</i>	
1. J. Macdonald (Olympic)	30.53
2. R. Stevens (Olympic)	31.00
3. W. Kenny (Leith)	32.08
4. R. Jones (Whakatane)	32.12
<i>Class 1B</i>	
1. B. O'Brien (Taieri)	32.30
2. A. McKernan (Civ Ser)	33.03
3. B. Keown (New Brtn)	33.59

<i>Class 2A</i>	
1. D. Ashton (Leith)	34.55
2. C. Kernahan (Univ Cant)	35.10
3. R. Dowland (Alexandra)	35.52
<i>Class 2B</i>	
1. C. Jelley (Olym)	38.56
2. C. Green (Scot)	43.06
3. L. Frances (Masterton)	45.19
<i>Class 3A</i>	
1. F. Plant (Masterton)	42.38
2. R. Geddes (Civ. Ser)	43.10
3. G. Currie (United)	44.21

4000 M	
<i>Women</i>	
1. D. May (Univ. Chch)	18.33
2. J. Stead (Tech. Chch)	19.03
3. J. Miles (Olymp. Chch)	19.25
4. N. Bates (Olymp. Chch)	20.44
5. G. Heseltine (Olymp. Chch)	21.10
6. C. Tennant (N.Brtn Chch)	21.43
7. B. Ashton (Caver, Otago)	22.21
8. F. Clarke (N. Brtn Chch)	23.20

Ian Mallowes, reporting from Auckland, tells us of Jeff Julian's debut in the veteran cross-country scene. This event at Massey, although only 4200 metres, was over a very heavy and hilly course, the mud and gradients soon taking toll on those who started too quickly. Early leaders Parker, Carter, and Chase were by half-way, forced to give way to Magec and Julian. By the three quarter mark Jeff was moving steadily ahead and finished in 15.32 to Barry Magee's 15.52 and Dick Chase's 16.12, with Alan Carter 16.16.

By the time about half of the veteran field had finished, Jeff Julian had lined up with the senior field for another 8200m of the course. Jeff finished seventh, only 55 sec behind Howard Healey's winning time of 27.49!!

JOHN MACDONALD (51) and RONNIE STEVENS (52)



Photo: Christchurch Press

The eventual winner was John Macdonald, of the long raking strides, but not before some fierce "hurry up" from club-mate Ronnie Stevens, of the short clipped stride, who finally took a meritorious second. Ronnie, who has been knocking out 10 mile training runs in about 52 mins. during the winter, led over the first half of the race and was making good times up the hills. However, Macdonald's swinging action, sheer guts and fitness enabled him to make the break which decided the issue.

These championships were decided in conjunction with the senior and junior titles. Clem Green, our reporter on this event, points out that this integration is one of the great social benefits of veteran athletics accompanied as it was by the warmth of traditional Southland Province hospitality.

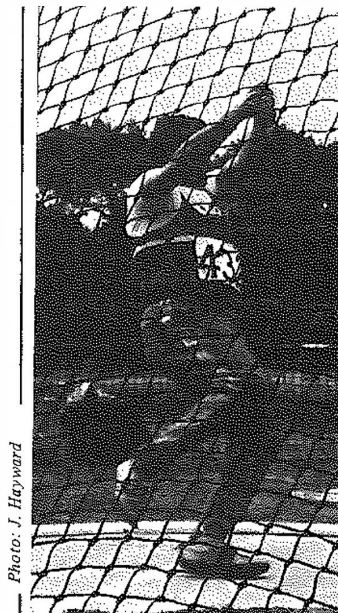
Clem goes on to say that one of the most heartening aspects of the New Zealand veteran athletics movement is the number of women now taking part, with eight pretty stalwarts entering their first ever National event.

Spain

25th/26th September
11th Spanish Veterans Track & Field
Championships, Vigo.

100 M	
1A A. Larrazabal	11.9
1B J. Antón	12.2
2A J. Tapias	13.3
2B J. Gurruchaga	13.3
200 M	
1A A. Larrazabal	25.2
1B J. Antón	25.5
2A P. Virgili	29.2
400 M	
1A L. Bartolomé	54.7
1B M. Olazábal	59.1
2A V. Huiçi	61.8
800 M	
1A J. Amondarain	2:14.2
1B M. Olazábal	2:19.5
2A V. Huiçi	2:35.6
2B J. Gurruchaga	2:36.5
1500 M	
1A E. Moreno	4:31.9
1B M. A. Alonso	4:19.8
2A M. Fernández	4:37.5
5000 M	
1A E. Moreno	17:08.0
1B M. A. Alonso	15:52.6
2A I. Rueda	17:48.2
2B S. Marti	20:05.0
110 M Hurdles	
1A J. Lobo	18.4
1B L. Noriega	19.9
2A J. Cladellas	20.5

Photo: J. Hayward



J. Elorriaga, Spain's 1B record holder for Hammer, seen here throwing at the British Vets Champs.

5000 M Walk	
1A J. Alvarez	29:16.8
1B M. López	32:09.2
2A J. Voltá	32:24.8
2B A. Lladó	31:57.8

400 M Hurdles	
1A F. Lorente	1:05.9
1B L. Beltrán	1:15.9
High Jump	
1A A. Joaniquet	1.45m
1B A. Badia	1.35m
2A S. Martinez	1.55m
2B S. Franquet	1.25m
Long Jump	
1A A. Joaniquet	5.84m
1B A. Badia	5.14m
2A J. Utiel	4.82m
2B J. Sánchez	3.96m
Pole Vault	
1A S. Vila	3.00m
Shot	
1A I. Anza	12.77m
1B J. Collado	13.53m
2A M. Szigris	9.13m
2B F. Esausquin	10.00m
Discus	
1A J. Cortés	45.38m
1B J. Elorriaga	40.86m
2A A. forcano	29.68m
2B J. L. Celaya	38.32m
Javelin	
1A L. Curiel	50.34m
1B F. López	45.14m
2A J. Utiel	40.34m
2B R. Rodriguez	(x) 33.48m
Hammer	
1A J. Louzao	45.96m
1B J. Elorriaga	(x) 55.98m
2A F. Colomar	36.60m
2B J. L. Celaya	31.68m

(x) = Spanish Vets Record

USA

MIKI GORMAN (41) CLOCKS 2:39:11 IN NEW YORK MARATHON

Over 2,000 runners left the starting line on the Staten Island side of the Verraza-no-Narrows Bridge on Sunday October 24th. Of these no less than 88 were women.

Miki Gorman (5'2-0"/87 lbs), a petite 41 years old Californian who did not take up running until she was 33, was the first woman to finish in an excellent 2:39:11. This time placed her 70th in the massive Open field.

100 M	
1. D. Glasgow	12.0
2. R. Wagner	13.2
220 Yds	
1. D. Glasgow	25.5
2. R. Wagner	27.9

800 M	
1. B. Holmes	2:14.8
2. L. McGuire	2:14.9
1500 M	
1. D. Fraitag	4:48.0

5000 M	
1. R. Archibald	18:30.1
2. D. Fraitag	20:04.0
3. K. Barnard	22:05.0

GERRY SMARTT'S new address is:—
6142 Navajo Road, Westminster, California 92683.

July 31st — San Diego Track Club All Comers Meet

Southwestern's track coach Rich Behring, along with a group of students, did a masterful job in preparing the track and supplying continued help throughout the meet. Despite it being the final day of Olympic competition, a number of veteran/masters turned out with the following results:—

FELL VETERANS

incidentally, and Eric remembers him as being "a very strong runner with a beautiful running action".

He left Boundary in 1956 to emigrate to Canada, where he lived for three years and did cross-country ski-ing most winter weekends. He did not, however, compete in any athletic events for fourteen years, though he did continue to run about 12 miles a week in three sessions to maintain general fitness.

In August, 1970, now aged 38 and living in Carlisle, he was introduced to the sport of orienteering by Ian Andrew of the Borderliners O.C. and took part in an event at Coniston in the Lake District where, by his own admission, he "made a hopeless mess of things". He persevered, however, and soon became a competent navigator, competing in about twenty events. Of these, his best performance was in gaining 4th place in the 1972 Scottish Veteran Championships, which are open to competitors of all nationalities. He won a Silver Standard Badge (senior) and a Gold Standard (veteran). 1972 was also the year in which he ceased to compete as an orienteer, for he had by then become "hooked" on fell running and was finding it difficult to concentrate on both sports.

Having regained a reasonable standard of fitness through his training as an orienteer, Eric had decided to have a go at the 1971 Ennerdale Horseshoe Fell Race, a tough 23-miler with a total ascent of 7,500 feet in western Lakeland. He had heard about the event from Bill Bryson of Wigton, Cumbria, and did his first training run on the fells a fortnight before the race. Joss Naylor's course record then stood at 3.53.00 (he has since lowered it to 3.30.40: in 1972) and Eric decided he would be happy if he could get around in 6 hours or so.

On the day before the race, a young work colleague good-naturedly called him a "silly old bugger" for entering, and this made Eric all the more determined to do well. He recalls that one of the first things that impressed him about the race was the friendly, informal atmosphere. Another was the slow start most of the competitors seemed to make. He says he "ran easily" and was guided over the course by Jim Smith (Bury & Radcliffe) and Cliff Firstbrook (then of Manchester YMCA): "I still value greatly the encouragement I received from these two lads, and I try as much as possible to do likewise in such long races by helping all obvious newcomers". He finished 11th out of 46 starters with a time of 4.34.55, and realised then that this was to be his sport.

In September of that year, Eric was placed 8th out of 114 starters in the Vaux Mountain Trial, a rugged Lakeland fell race run on orienteering lines (course not disclosed till the start), and with Derek Hartley won the first Standard Class event in the Two Day Mountain Marathon, another orienteering-type race held in Snowdonia on that occasion.

The following season, his first as a veteran, Eric competed in eight fell races, winning five 1st veteran prizes and finishing runner-up to Alan Heaton in this

category in the inaugural Wasdale Fell Race. Since then he has generally competed in ten or twelve fell races a year, rarely venturing outside the Lake District, save for the Two Day Mountain Marathon, which is held in a different area of Britain each year, the Three Peaks Race in Yorkshire, and the Parbold Hill Race (cross-country) in west Lancashire. He has won two 1st veteran prizes in the Three Peaks and one in the Parbold. He also competed in the Chevy Chase Fell Race from Wooler, Northumberland, in 1972 and '73, being the fastest veteran on each occasion.

However, Eric considers his outstanding achievement to be his second placing, in company with Derek Hartley, in the Elite Class of the 1974 Two Day Marathon, held in the Cheviot Hills and won by Stig Berge and Harry Walker. The Ennerdale Horseshoe is his favourite set course, though he is enthusiastic about all long races, particularly the Two Day and the Vaux Mountain Trial. He expresses the opinion - which I share, incidentally - that the Vaux is "perhaps the best fell race of all in that it demands speed, strength, endurance, skill, courage... and luck!", adding that "it certainly sorts out the men from the boys".

All of Eric's training is directed towards long-distance fell running. He has averaged 10 miles a day for the last 5½ years, and says he tries to train every day, though he does occasionally miss one. During winter he does around 50 to 70 miles a week, consisting of hour-long road runs on weekdays and longer runs of up to 2 hours on road, country or fell at the weekend. Throughout the fell racing season - from early spring to late autumn - he does 60 to 90 miles a week, including at least an hour's roadwork each weekday and long fell runs of between 4 and 6 hours' duration at weekends. He regards the latter of utmost importance as they "build up strength providing they involve continuous movement, and effort on all climbs... Most of my running on the fells is done at a steady pace, though I do include some fast sections at racing speed".

In his fell training, Eric sticks firmly to general mountain safety rules by carrying emergency rations (usually a Mars Bar) and sufficient clothing to safeguard against the risk of bad weather. He will come down if the weather turns really bad, and he always leaves behind details of his intended route so rescue teams would know where to search if he were ever overcome by injury or illness. He once did a 5 mile training run with Jim Alder and says he learned more about running on that one occasion than he had done from all his previous athletic experience.

Eric also enjoys cross-country races and says he would compete more often in them if he lived in an area such as Lancashire where it is possible to attend meetings most weekends throughout the winter. He was selected for the Cumberland and Westmorland cross-country team in 1974 and ran in the Inter-Counties. "It was too fast for me", he recalls, "but I did enjoy overtaking about 50 younger lads walking up the first hill. The average runner does not tackle hills with sufficient determination". In March, 1976, he was selected to represent the Welsh veteran cross-country team in a 10,000 metres international

event at Blackburn: "I finished about 28th, far too slow, though I enjoyed the race tremendously".

He does a little road-racing, too, including the Derwentwater "10" and the New Year's Day Morpeth-to-Newcastle half-marathon, of which he says: "The support from the crowd is fantastic. I really enjoy this event". However, he prefers fell racing most of all because it suits his running style and temperament: "I regard it as being similar to fartlek in that you run at varying speeds according to the terrain. The golden rule is to concentrate and run as fast as possible wherever the terrain permits".

In reply to a query as to which runners he particularly admired, Eric mentioned Ron Hill, Joss Naylor and the late Arthur Newton (of whose writings on athletics he also approved), but said that he admired "all triers". He was one of Naylor's pacers when Joss did his record 63 and 72 Peaks runs in 1972 and '75 respectively: "His performances were beyond description and a source of great inspiration. I particularly remember trying to find Sergeant Man (one of the Langdale summits) on the 63 Peaks run. The pacers for this section were Allan Walker, Pete Walkington and myself. It was about 2 o'clock in the morning: pitch black, thick mist, raining hard and a gale force wind blowing. We weren't quite sure of our location but decided we had reached the correct summit. Joss refused to accept the location and just ran off by himself and found Sergeant Man. Did we feel foolish! I marvelled at his strength of character".

(Joss afterwards referred to this incident in his notes: "Apparently too many summit cairns on Sergeant Man!").

Eric himself was the thirteenth man - "13 is my lucky number" - to complete "Bob Graham's Round of the Fells" (42 Peaks), which is the basis of the modern Lakeland 24 Hour Fell Record. He did it in July, 1973, taking 21 hrs. 56 mins. At the time of writing, 48 runners have completed the course inside 24 hours, and Eric's expert guidance has played a major role in the success of many of these attempts, including my own.

He would like to see handicap races introduced into all the main fell running events as he feels it would incite runners of all standards to increase their training and racing performances. Eric has in fact already worked out handicap systems for the 1975 Copeland Chase and the 1976 Ennerdale and Kinniside Fell Races, all Lakeland events, incidentally.

Among his ambitions for the future are to break 4 hours for the Ennerdale Horseshoe (his best time so far is 4.08.12, achieved in the 1974 event), and to finish in the first five in the Vaux Mountain Trial (his highest placings to date are 7th and 8th). "My training has been aimed at producing consistent running", he says, "and I wish to go on doing this for as long as possible". A noble sentiment which is surely shared by all runners.



Photo: Frank Wood

Roberts leads the climb up Jenkin Hill in the 1975 Skiddaw Race

Postbag

Dear Editor,

I would find it invaluable if you featured more material on the training and injury aspects of veteran athletics. I feel sure that your readership would welcome such articles.

This leads me to mention a related problem which is very difficult to solve and affects sprinters primarily. I have seen dozens -- literally *dozens* -- of over-40 sprinters coming back into competition for the first time, getting very excited about their future, and then injuring themselves irretrievably on the very first outing. They don't realise how much at risk they are without hard work-outs, and a tremendous warmup and stretching session before a race; they have been running around somewhere locally and doing all right, but what they forget is that when they come under competitive pressure, they have to assert themselves just that much more and the muscles are not able to deal with it. Bing! Or rather, ping!

I once saw three 200 m heats in a row in which one such runner after another limped off at the bend clutching torn hamstrings. And they were probably lost to us forever.

Unfortunately, you can't get to these chaps until it's too late. They come timidly into their first meeting, nobody spots them to warn them, and the damage is done.

There are perhaps some wise vets, or coaches, who have worked out ideas on these problems, with particular reference to vets. May we hear from them?

Yours sincerely,
Sylvester Stein,
62 Regents Park Road,
London NW1.

Ed's Note: We welcome letters or articles on all aspects of veterans athletics, but in particular those related to the veteran himself -- his training, his injuries, his diet, his physiology, his philosophy, etc.

Dear Sir,

I would refer you to the almost complete absence of Walking News in recent issues of VETERIS -- a fact regretted by many of your readers.

The space previously allotted to our sport seems to have gone to Fell Running, interest in which I have yet to find amongst VETERIS subscribers.

I am sure that your overseas readers, which include walkers, are not interested in this Northern England sport in which very few veterans compete.

Yours sincerely,
A.G. "Bob" Roberts,
57 Sherwood Park Avenue,
Sidcup, Kent.

Eds Note: Bob Roberts will no doubt be pleased to see that he has been beaten to the gun by our new Walking Column, compiled by John Hedgethorne.

Dear Sir,

The last three issues of Veteris have contained articles accusing upper age group Veterans of: A. Bringing the movement into disrepute by poor performances in Toronto.

B. Picking up easy medals by simply entering our own regional and national championships. I would have thought that the rules governing these championships, (i.e. medals according to entries) would compensate for this, but in any case we are not aware of the number of potential competitors when we enter.

So that we may enter the Worlds Masters at Gothenberg without fear of offending any Athletic purists, could the B.V.A.F. give some indication whether prospective entrants are welcome, by letter or some other means.

Yours Sincerely,
T. W. E. Hines,
53, Talbot House,
Harvist Estate, N7 7LT.

Ed's Note.

I am sure the officers of the B.V.A.F. have too many other problems on their plate to act as a selection committee, even if they were mandated to so do. The Gothenberg steering committee have laid down standards which prospective competitors are advised to attain and which seem well within the capabilities of the average Club Athlete. Even so, these are not compulsory standards, so that anyone who feels it worth his or her while to make the trip should do so, whether a prospective Gold medalist or an also ran.

Dear Editor,

I am writing a book for a major American publishing house on physical fitness, with special emphasis on running and jogging. (I am a marathon runner myself, if not an especially good one, so I have more than a casual interest in the subject.)

I would be grateful for anything your readers could send me that would illuminate the running experience. Specifically, I am interested in how people's lives have changed as a result of running, either for better or for worse. If you can provide me with specific anecdotes or incidents that illustrate this, they would be particularly valuable. What I'm trying to get at is the psychological changes that occur in runners, and how those changes affect behaviour.

Communications can be sent to me at the address below, and would be especially helpful if they include the writer's age and occupation. I will give credit in the book for whatever I am able to use.

Yours sincerely,
James F. Fixx,
37 Crescent Road,
Riverside,
Connecticut, USA

UK Results

Northern Veterans Champs

July 4th Northern Veterans T&F Championships Cleckheaton	Class 3B 1. J. W. Burns 2:53.6	High Jump Class 1A 1. R. Walker 1.47m 2. M. E. Morrell 1.43m 3. P. J. Allen 1.35m
100 M	1500 M	Long Jump
Class 1A	Class 1A	Class 1A
1. D. Herman 12.2	1. R. I. Allen 4:08.2	1. D. Burton 5.80m
2. H. Crane 12.3	2. B. Bullen 4:09.0	2. R. Walker 5.66m
3. D. Burton 12.6	3. V. Baylis 4:26.2	Class 1B
Class 1B	Class 1B	1. I. Steedman 4.07m 2. J. Dean 3.62m
1. K. M. Whitaker 12.6	1. W. Marshall 4:31.1	Class 2A
2. D. R. Howarth 12.6	2. E. Kirkup 4:51.4	1. H. S. Trafford 4.57m 2. H. Smith 4.52m
3. A. J. Tipping 12.9	3. W. Buckle 5:01.0	Class 2B
Class 2A	Class 2A	1. G. Norman 4.14m
1. D. Pinnington 13.3	1. M. Jackson 4:38.2	Discus
2. H. Smith 13.4	2. E. Joynson 4:38.7	Class 1A
3. H. S. Trafford 13.7	3. N. S. Neilson 4:45.0	1. F. W. Hobson 36.59m 2. R. Walker 36.15m 3. J. Maloney 33.09m
Class 2B	Class 2B	Class 1B
1. T. Kershaw 14.4	1. N. Ashcroft 5:13.5	1. M. Dowthwaite 25.81m 2. D. Jepson 17.58m
2. G. Norman 14.7	Class 3B	Class 2A
3. A. Evans 14.8	1. J. W. Burns 5:50.0	1. H. S. Trafford 27.82m 2. D. Pinnington 25.32m 3. D. Wood 19.07m
200 M	5000 M	Class 3
Class 1A	Class 1A	1. A. Dirkin 25.38m
1. D. Burton 24.3	1. P. J. Freeman 15:50.2	Shot
2. H. Crane 24.4	2. M. E. Morrell 16:13.8	Class 1A
3. D. Herman 24.7	3. F. Lucop 17:00.0	1. R. Walker 12.00m 2. W. F. Mann 10.18m 3. F. W. Hobson 9.62m
Class 1B	Class 1B	Class 1B
1. K. M. Whitaker 25.1	1. A. Walsham 15:51.6	1. M. Dowthwaite 7.63m 2. D. Jepson 6.57m
2. A. J. Tipping 26.0	2. R. G. Franklin 16:36.0	Class 2A
3. E. Allan 27.3	3. E. Kirkup 16:53.0	1. H. S. Trafford 11.18m 2. D. Wood 7.11m
Class 2A	Class 2A	Javelin
1. D. Pinnington 27.1	1. K. Hall 17:15.4	Class 1A
2. H. Smith 27.2	2. E. Joynson 17:23.6	1. J. Coggin 37.32m 2. W. F. Mann 36.46m
3. H. S. Trafford 27.8	3. D. Wood 19:15.2	Class 1B
Class 2B	Class 2B	1. M. Dowthwaite 30.55m 2. D. Wood 25.72m
1. G. Norman 31.3	1. N. Ashcroft 19:15.2	Class 2A
400 M	3000 M S/Chase	1. D. Wood 25.72m
Class 1A	Class 1A	Hammer
1. B. Grundy 53.1	1. C. Shafto 17.0	Class 1A
2. C. Shafto 53.9	2. R. Walker 17.5	1. J. Maloney 140'-0"
3. E. Hamer 54.2	Class 1B	2. F. W. Hobson
Class 1B	1. M. E. Morrell 10:23.0	3. J. Dean
1. K. M. Whitaker 54.6	Class 1B	
2. A. J. Tipping 57.9	1. T. R. Colson 11:01.8	
3. T. Brown 58.2	110 M Hurdles	
Class 2A	Class 1A	
1. E. A. Gallagher 58.2	1. C. Shafto 17.0	
2. R. Davenport 78.0	2. R. Walker 17.5	
800 M	Class 1B	
Class 1A	1. I. Steedman 19.6	
1. R. I. Allen 2:03.8	Class 2A	
2. V. Baylis 2:07.3	1. R. Davenport 28.2	
3. K. Maughan 2:12.0	400 M Hurdles	
Class 1B	Class 1A	
1. J. M. Dean 2:26.4	1. C. Shafto 58.8	
2. T. E. Robson 2:28.5	2. V. Baylis 67.6	
Class 2A	3. M. Capewell 69.9	
1. B. Bickerton 2:20.4	Class 1B	
2. N. S. Neilson 2:30.6	1. K. M. Whitaker 61.6	

June 2nd
1500 M at Bristol
P. Wallace (Newport H)
(UK over 50 record) 4:32.0

June 9th
Birkenhead Park '5'
3. R. Fowler (Stoke) 25:23
20. A. Walsham (Salford) 26:56

June 16th
Swinton '6'
12. K. Hodkinson (Salford) 30:59
16. A. Walsham (Salford) 31:26

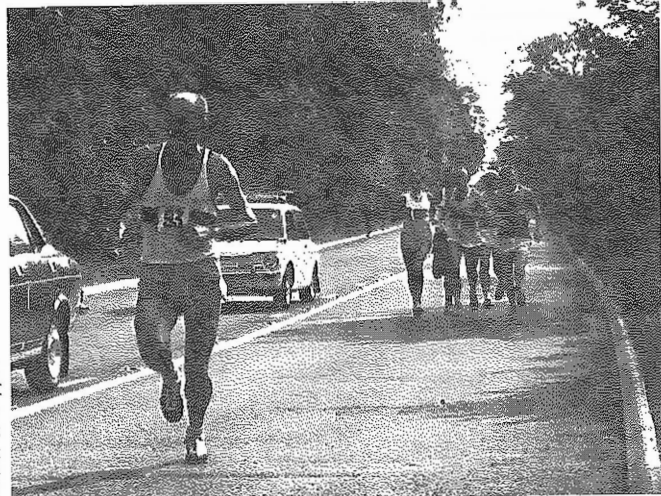


Photo: C. Shippen

TERRY ROOKE leads Franklin, Allen, Raidey, Vergison and Dunne after 10 miles of the Coventry World Marathon.

June 18th
Midland 10,000 M at Aldersley Stadium
7. R. Fowler 30:05.6

June 20th
Bolton '6'
20. A. Walsham 33:39

June 20th
Staines Carnival '5'
7. G. North (Belgrave) 25:26
10. M. Barratt (E & Southall) 25:35

June 26th
Scottish Marathon at Edinburgh
9. H. Mitchell (Shettlestone) 2:43:19
12. A. Wood (Ach) 2:46:26

June 27th
Northern Vets 20 Km Championships
40-44

1. K. Heathcote (Bolton) 73:32
2. J. Dawson (YMCA) 74:27
3. J. Sawyer (L'wood) 76:05

45-49
1. A. Walsham (Salford) 68:51
2. R. Franklin (TVH) 71:53
3. J. Haslam (Bolton) 76:56

50-54
1. K. Hall (Wirral) 76:59
2. L. Nicholson (Pembroke) 85:00
3. A. Lawton (Leeds) 91:44

55-59
1. N. Ashcroft (Sutton) 80:58
2. B. Mathieson (L'wood) 82:30
3. B. Jackson (Salford) 85:42

60+
1. S. Lee (Horwich) 97:13
2. S. Smith (Stockport) 97:13
3. D. Rosenfield (YMCA) 98:11

July 4th
Hyde '8'
16. K. Hodkinson 43:27

July 4th
Winsford '7'
1. R. Fowler 34:08
17. P. Goodfellow (Stoke) 37:50

July 10th
Cheltenham 7½
14. R. Fowler 37:18

July 10th
B.S.C. Phoenix 6
11. A. Walsham 31:46
13. K. Hodkinson 32:20
20. E. Kirkup (Rotherham) 34:10

July 11th
Yorkshire League (Div 1)
400 H
C. Shafto (Rown) 58.5

July 17th
Belgrave '20' Road Race
18. A. Horne (Ranelagh) 1:59:27
19. E. Nolan (Shaftes) 1:59:33
22. T. Ford (Vic. Pk) 2:00:17
23. I. McKenzie (MPAC) 2:00:28
28. P. Newell (Belgrave) 2:04:06
30. W. Anderson (MPAC) 2:04:41
36. J. Davies (Belgrave) 2:08:18
41. D. Funnell (E&E) 2:09:32
44. W. Hanscomb (Ranelagh) 2:10:36

July 17th
Preston to Morecambe Marathon
19. J. Berry (Bingley) 2:50:10
24. A. Llewellyn (L & M) 2:53:10

July 18th
Milets 10
9. J. Berry (Bingley) 60:00
11. G. Spink (Bingley) 60:36
14. F. Lucop (City of Hull) 61:40

July 25th
North Tyneside 20
3. B. Cordes (Morpeh) 1:55:58
10. R. Franklin 2:05:37

July 17th
Horsham 10
14. M. Hyman (Portsmouth) 52:51
18. G. North 53:19

July 17th
John Oultram 10
2. R. Fowler 51:07
15. E. Austin 53:24

July 17th
Salford 5
27. A. Walsham 25:38
37. K. Hodkinson 25:59

July 25th
Reebok 8
30. A. Walsham 38:19

July 25th
at Luton
100 Metres
W. Lane (Verlea) 12.0
800 Metres
W. Lane (Verlea) 2:02.7

July 31st
Woodford-Southend 37½ miles
14. B. Gomersall (Leeds) 4:26:19
17. D. Funnell (Epsom) 4:34:03
21. E. Flowers (VPH) 4:41:35
25. M. Campbell (Notts) 4:51:54

July 31st
Welsh Marathon
11. J. Sawyer (Longwood) 2:40:29
27. T. Wood (Newport) 2:54:44

August 1st
Northern League (Div 2)
400 H
C. Shafto (Rown) 58.0

August 1st
Sunderland Carnival 5½ Miles
26. T. Rooke (Middlesbrough) 27:43

August 4th
Gloucester Carnival 7
6. E. Austin 33:41
22. R. Cooper 35:16

August 7th
Cranham Boundary Chase
2. M. Hyman (Ports AC) 31:09

August 15th
Stockport '6' Road Race
11. Hodkinson (Salford) 31:45
34. Salt (Salford) 35:14
52. O'Flynn (YMCA) 38:12
56. Gregory (Blackpool) 39:29
58. Evans (Macclesfield) 39:35
65. Porter (Stretford) 50+ 40:44
68. Howarth (Leigh) 41:10
70. Pittock 41:35
75. Wagstaffe 42:46

August 15th
Shaftesbury 10
Vet Result:
1. L. Parrott 54:35
2. D. Powell 55:24
3. R. Budd (Havering) 55:51

August 29th
Northern Vets Smiles X-City
1. K. Hodkinson (Salford) 27:00
2. A. Walsham (Salford) 27:16
3. J. Wright (N Vets) 28:15
4. J. Salt (Rochdale) 28:19
5. V. W. Baylis (Wirral) 28:47
6. K. Hall (Wirral) 28:57
7. R. Norman (East Ches) 29:00
8. J. Smith (Pembroke) 29:05
9. J. Haslam (Bolton) 29:05
10. N. Murphy (Sutton) 29:13
11. K. Heathcote (Bolton) 29:19
12. M. Weston 29:30
13. J. Betney (Clayton) 29:43
14. D. Allen (East Ches) 30:15
15. K. Bingley (Wakefield) 30:29
16. J. McAloon (Pembroke) 30:33
(74 finished)

Please Note Times: It is thought that there could have been a Three Minute discrepancy in everyones times.

September 1st
Lynotype '5' Altrincham
9. R. Fowler (Moorlands) 23:45
47. A. Walsham (Salford) 25:24
89. B. Bullen (Stretford) 26:44
94. S. Smith (Pembroke) 26:50
122. J. Foster (Bolton) 27:49
126. H. Thornton (Airedale) 27:55
134. F. Williams (YMCA) 28:08
135. G. Doggett (Salford) 28:10
141. A. Beesley (Salford) 28:25
144. B. Crook (Rochdale) 28:32
146. J. McAloon (Pembroke) 28:45
148. A. Hardman (Altrincham) 28:52
150. P. Blunden (Michelin) 29:02
161. B. Rawlinson (Sale) 29:30
166. R. Mathews (Pembroke) 29:43
168. R. Fernyhough (Michelin) 29:45

August 21st
Two Bridges '36'
13. R. Bentley (Tipton) 4:03:28
18. W. Russell (Clyde Valley) 4:14:49
19. D. McWhirter (Tipton) 4:16:33

August 25th
at Whitechurch, Shot Put
Dr K. Maksimczyk (Westbury) 13.25m

August 29th
Bracknell '5'
15. G. North (Belgrave) 25:07
19. L. O'Hara (Belgrave) 25:22
24. M. Barratt (Faling & S) 25:36

August 30th
Tendring 6½
4. L. Parrott (Havering) 34:19

September 4th
Witney 12 Miles Road Race
7. E. Austin 64:06
13. G. North 65:07
31. C. Simpson (S Heath) 68:37

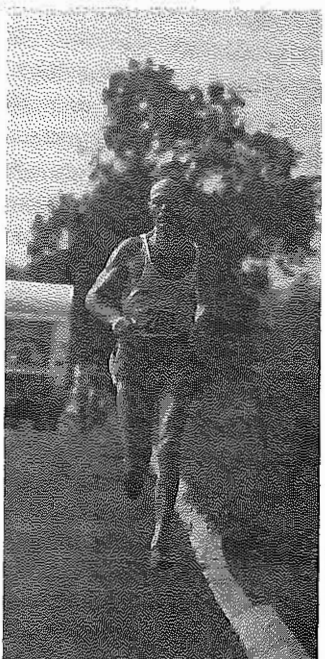


Photo: C. Shippen

ARTHUR WALSHAM at 17 miles in the Coventry World Marathon

September 12th
Rossendale Fell Race
39. J. Salt (Rochdale) 68:06

September 4th
North Staffs RRA 10 mile track
8. P. Goodfellow 56:53

September 4th
SLH 30
6. E. Nolan (Shaftesbury) 3:07:31
11. R. Reynolds (TVH) 3:21:05
13. M. Laker (SLH) 3:23:02
14. J. Flowers 3:24:22
15. E. Flowers 3:24:22
18. F. Byrne (Cambridge) 3:30:28
20. D. Cooper (Cambridge) 3:33:40
21. D. Funnell 3:34:42
22. E. Marsh (RAF) 3:37:05
26. J. Ayers (SLH) 3:48:01
27. M. Campbell 3:48:23
29. A. Fern (South & East) 3:57:07
30. L. Opper (Verlea) 3:57:29

September 5th
Frodsham Hill Race
7. R. Fowler 23:45

September 5th
Rugby Marathon
18. R. Bentley 2:45:25
33. D. McWhirter 2:52:53

September 5th
Mistley 5
7. L. Parrott 26:49
8. D. Chapman (Woodford) 26:53
19. J. Wright (Norfolk G) 28:17

Northern Vets 10,000 Metres
Track Champs
40-49
1. K. Hodkinson (Salford) 32:20
2. A. Walsham (Salford) 32:31
3. M. Weston (Bolton) 35:04
4. J. Haslam (Bolton) 35:10
5. H. Thornton (Airedale) 35:16
6. R. Kernighan (Pembroke) 35:22
7. K. Heathcote (Bolton) 35:31
8. J. Metcalfe (Blackburn) 35:35
9. S. Smith (Pembroke) 36:00
10. E. Newport (Pembroke) 36:25
11. J. Poster (Bolton) 36:34
12. A. Paisley (Salford) 36:57
13. J. McAloon (Pembroke) 36:59
(24 ran)

50-59 & Over 60 Race
1. K. Hall (Wirral) 36:29
2. B. Crook (Rochdale) 37:41
3. W. Brown (ECH) 38:25
4. L. Nicholson (Pembroke) 39:04
5. L. Williamson (Stretford) 39:41
6. N. Ashcroft (Sutton) 39:49
7. E. Harrison (Lincoln) 41:07
8. R. Salisbury (Wirral) 41:44
9. L. Heald (East Ches) 42:00
10. S. Wingate (Wirral) 42:18
11. S. Lee (Horwich) 43:11
(26 ran)

September 12th
Scottish Veterans 7½ miles road race,
Mount Blow
1. B. Bickerton * 43:53
2. W. Armour 44:29
3. D. Wright 44:34
4. B. Pickling 44:36
5. J. Bierly 44:51
6. M. Morrison 45:41
7. C. Forbes * 45:54
8. A. Galbraith 46:19
9. A. Forbes ** 46:49
10. T. Fletcher 49:01
11. A. Sifton 49:51
12. T. Monaghan 49:54
13. R. McDonald 50:31
14. W. Lowrey 52:20
15. W. Ross * 52:47
16. D. Causon * 55:47
17. J. Cascarina ** 56:11
18. R. Devon ** 67:16
* Over 50
** Over 60

September 11th
Greenwich 11
12. L. Parrott 59:26

September 11th
at Swansea 1 Kilo Discus
Matt Cullen
(Over 70 British record,
probable over 75 WR) 34.30m

September 18th
Nuneaton 10
4. E. Austin (Tipton) 51:01
15. R. Cooper (Worcester) 54:04
20. C. Simpson (Small Heath) 54:51
27. L. Cook (Wolv & B) 56:19

The Bob Shrunkle Column

Two letters of heartbreak have arrived at the editorial offices with each one claiming the 'injury of the Month' award. The first comes from Johnny 'O' who slightly pulled a top thigh muscle during a track session in October. Oh no, he is not claiming for that injury, but another you see when he retired for the night he rubbed some embrocation into the top of his thigh and in his groin which was also slightly injured. He awoke at 2 o'clock in the morning to find that he had been sleeping on his side and that a portion of his body was red hot where it had fallen on his thigh. Some injury!

The other claim, from 'KN', concerned his run home from work. As he wended his way through the throng going to the station he slipped past a cigarette smoker just as the smoker flicked his ash away with downward sweep of his hand. The cigarette struck KN on the left thigh to cause a burn while the smoker was left trying to work out why his cigarette was now bent in three places. We have solved the problem of this dual claim by having two certificates drawn up this time. If you feel you have qualified for one of these valuable awards just write to me c/o the editor.

We have heard about a Veteran athlete who makes, MAKES his wife read this column - not first I trust.

A club clothing steward was amazed when a young thin lad asked for a size 40 chest in his track top. The next time the two met all was revealed, the huge top was covered with badges. So if you want to know where to stick your club badges ask the man who sells the gear.

Not an entry for the Injury of the Month Competition, but it could have been and it certainly was, perhaps, The Sight of the Month. It was Ron Macey of Verles in the Southern Counties Road Relay Champs... With a mile to go he treated his thigh with a pain killing spray. I hope that his aim was accurate!

I've noticed that those who double up over 5 000m and 3 000m steeple usually finished doubled up with fatigue.

A definition of cruelty... firing the recall gun after 300m in a 400m race!

The British competitors in the recent Italian Masters meeting in Milan wore national veteran vests of varied vintages (white with horizontal stripes, white with angled stripes etc) except for one new vet, Eric Ilamer, who ran in an orange vest and was not recognised by the rest of his team who thought that he was Yugoslav. Rumour has it that Eric is trying to reach Ray O'Donoghue but we thought that he had a real CB vest from his 'B' International days.

The Milan results sheet after the recent Vets meeting confined itself to surnames only. Can you imagine the Welsh Vets Cross Country Championships results? 1 Jones 2 Jones 3 Jones 4 Davies 5 Davies 6 Davies 7 Jones...

I have been told a lovely little story by Ken Hallam of Colne in Lancashire. It seems that during the Northern Track and Field Championships a 2A gentleman was leading a group some distance behind the eventual winner. Some 7 yards from the lap marker he called "How many?" "Nine" was the answer. "How many?" "I said Nine!" and again he asked "How many?" "Are you deaf? I said NINE!" shouted the irate lapmarker. This caused great merriment for runners, judges and spectators alike and was only bettered when the aforesaid gentleman came round on his next lap to an orchestrated bellow of "EIGHT" from everybody within 100 yards of the Finish.

I met "Yo Yo" last week, or at least that is what his wife calls him because he leaps in and out of bed with leg cramp after marathons.

The same wife scolded her athletically minded son for wearing his sandals to run in the mud in the local park "You should have changed, that is your only pair of shoes" "How could I" said Junior "if they are my only pair?"

John Drew, the New Zealand marathon runner and cyclist reckons that the Post Office telegraph branch always corrects his spelling on overseas cables before they send them on to Australia, South Africa or London England.

I read an interesting letter recently which agreed with that eminent urologist Hans-Dieter Bastian that athletes undertaking endurance training should drink more beer. Beer it seems assures diuresis. Fair enough say I. I recently took a party of seven 80/1500m runners to the Masters and Maidens Marathon run down at Guildford. We built up distance Sunday by Sunday and young John swore that if he lasted the full 26 miles 385 yards he would celebrate with at least 4 pints of beer. Jack Fitzgerald heard of this plan during the marathon and suggested that John would be able to drink a lot more than that as Jack had put away 7 pints after a hot dry marathon in Canada. John was delighted with this news and flashed through the field to finish 14th. The evening however, turned out to be dry. He got home, fell asleep in the chair and was too stiff to get down to the pub!

'I'm not a middle distance man' said the hammer thrower when asked to make up a Vets 4 by 100m relay team at the end of a meet.

Ron Clark (the UK Olympic marathon competitor at Melbourne, not the other one) was crossing the forecourt of a main London railway station when he heard shouts of 'stop that man!' Ron looked round and took off as a teenager shot past. The chase went out of the station, round the taxi rank and into the nearby public gardens with Ron slowly gaining and thinking that perhaps his quarry had been caught in a multiple rape on the Southern Railway or was a cut-throat and purse snatcher. After 800m the young man collapsed and Ron 'arrested' him and waited for the Railway official to arrive some minutes later. 'Thanks mate', said the official, 'he did not pay his fare!' Mixed feelings from Ron.

If you have ever run in freezing conditions then an ancient tip is to wrap a newspaper or magazine around your middle. Looking at some of the more avant garde magazines perhaps we should try the idea, they are surely hot enough.

Two of my club's octogenarians were invited to our Cross Country Champs to present the prizes for the various age groups. They thought that their racing days were over until the Park Keeper started to bolt the only gate out.

"Many shall run to and fro and knowledge shall be increased..." Daniel XII.4. So that is why we do it!

The field gathered in the shadow of Windsor Castle for the start of the famous Polytechnic Marathon. They walked round the sacred lawn (nobody is allowed to walk on the grass) when Micky said to his friend "Is the Queen starting the race?" "No" said his friend "he's over there taking his sweat suit off, so must be competing!"

Warren Boskin, a member of the San Diego Track Club, was recently cited for a moving violation while jogging through the city at about 5 mph. This professor of recreation, health and safety could well be excused for starting a campaign to make driving in cars or walking in city limits illegal.

Talking about the local athletic club the President was heard to remark that it seemed to him that the drunkards got more publicity than the runners and field events men. Perhaps he had more good drunkards than good athletes.

A close friend of mine wanted to run in a Furniture Five Mile Road Race as he had heard that one of the prizes was a tall boy... silly silly man.

Percy Thrower is either that well known gardener or a vet with nausea problems during training.

'I did not enter as I expected to be injured in May'

WORLD NEWS & RESULTS (Continued from page 49)

European Miscellany

August 14th Blumenstein Hill Race, Germany 8 Km distance, 1600 m elevation

Veteran Result:	
1. P. Graf	43:27
2. P. Brun	44:44
3. P. Klopfenstein	48:05
4. R. Blatter	54:21
(26 ran)	

August 14/15 Sporttage Bozberg 9 Km, Switzerland

Veteran Result:	
1. F. Kappeli	32:57
2. A. Peter	37:08
3. J. Sacchetto	38:25

September 5th Bodensee Marathon, Kressbronn, Germany (40-59)

1. P. Horberg (42)	2:53:22
2. H. Fick (43)	2:56:25
3. H. Immel (47)	2:56:27
6. J. Stuzle (58)	3:08:14
7. W. Beck (49)	3:12:33

17. G. Weiler (57)	3:31:41
22. F. Lutz (55)	3:37:47
(44 ran)	
(Over 60)	
1. F. V. Ossowski (72)	4:18:35
(5 ran)	

Women	
1. Ch. Quentin (38)	3:30:12
2. H. Franke (39)	3:39:00
3. F. Rosch (46)	3:43:04
4. D. Trokan (53)	4:03:00
(7 ran)	

September 11th 25 Km Road Run, Munster, Germany

8. I. Goritz (47)	1:28:47
9. G. Klosem (41)	1:28:50
15. H. Mische (40)	1:30:39
16. G. Saleina (45)	1:30:51
21. R. Luck (42)	1:32:05
33. B. Baumhoff (45)	1:35:06
37. D. Henstein (46)	1:35:28
61. H. Lemke (59)	1:44:05
98. B. Werle (64)	1:55:18
104. H. Roll (67)	1:56:46

September 25th 7th International Marathon, Dulmen, Germany

6. G. Manthey (42)	2:34:11
7. W. Schiek (43)	2:35:40
14. J. Wedeking (41)	2:40:19
18. J. Kayser (43)	2:43:20
19. W. Soch (43)	2:43:44
23. F. Schuler (41)	2:44:29
28. K. Nagel (47)	2:47:43
65. H. Aust (46)	2:55:47
68. V. Altemura (46)	2:56:34
83. P. Jost (51)	2:59:58
85. E. Weingerber (50)	3:00:22
101. G. Thiele (62)	3:05:16
143. G. Menzel (50)	3:17:57
156. G. Stahmer (50)	3:20:17
183. R. Brockmeier (52)	3:25:46
185. H. Wigge (54)	3:26:13
(317 ran)	

October 17th Route de Vin Half Marathon, Luxembourg

The conditions were good for this race run along the banks of the Mosel River. Best finishers amongst the veterans were:-

15. R. Monseur (IA)(BEL)	1:10:45
39. R. Coxen (IB)(GBR)	1:15:07
103. H. Humphreys (2B)(GBR)	1:24:38

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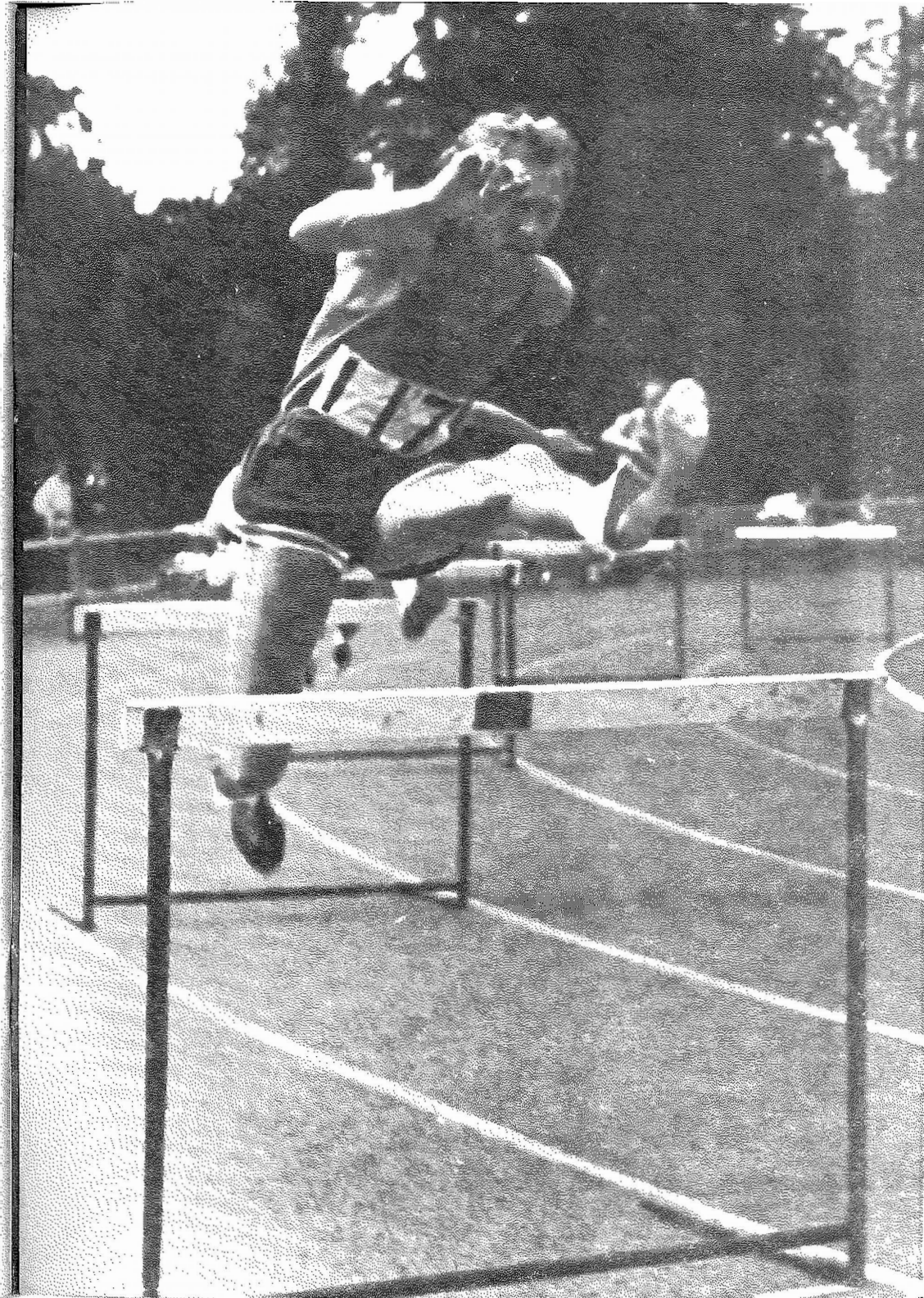
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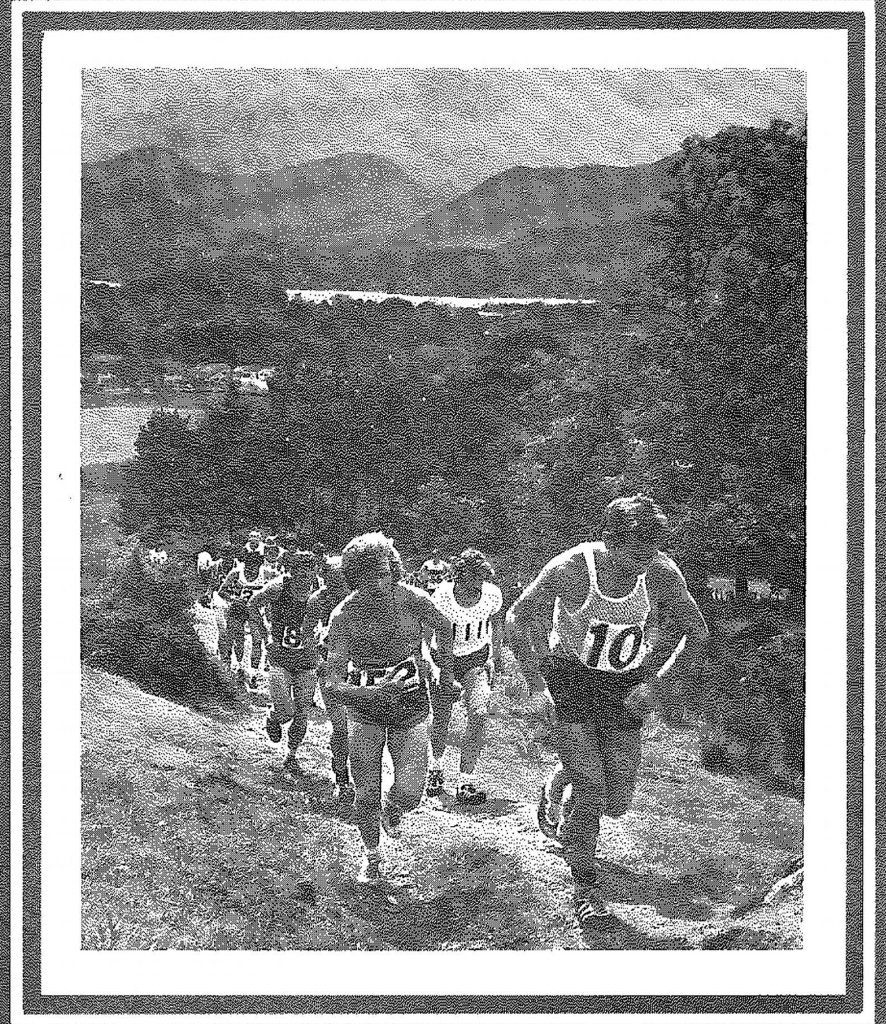
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BACKPIECE PHOTO (J. L. Hayward): Jim Dixon on his way to victory in the British 400 hurdles



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