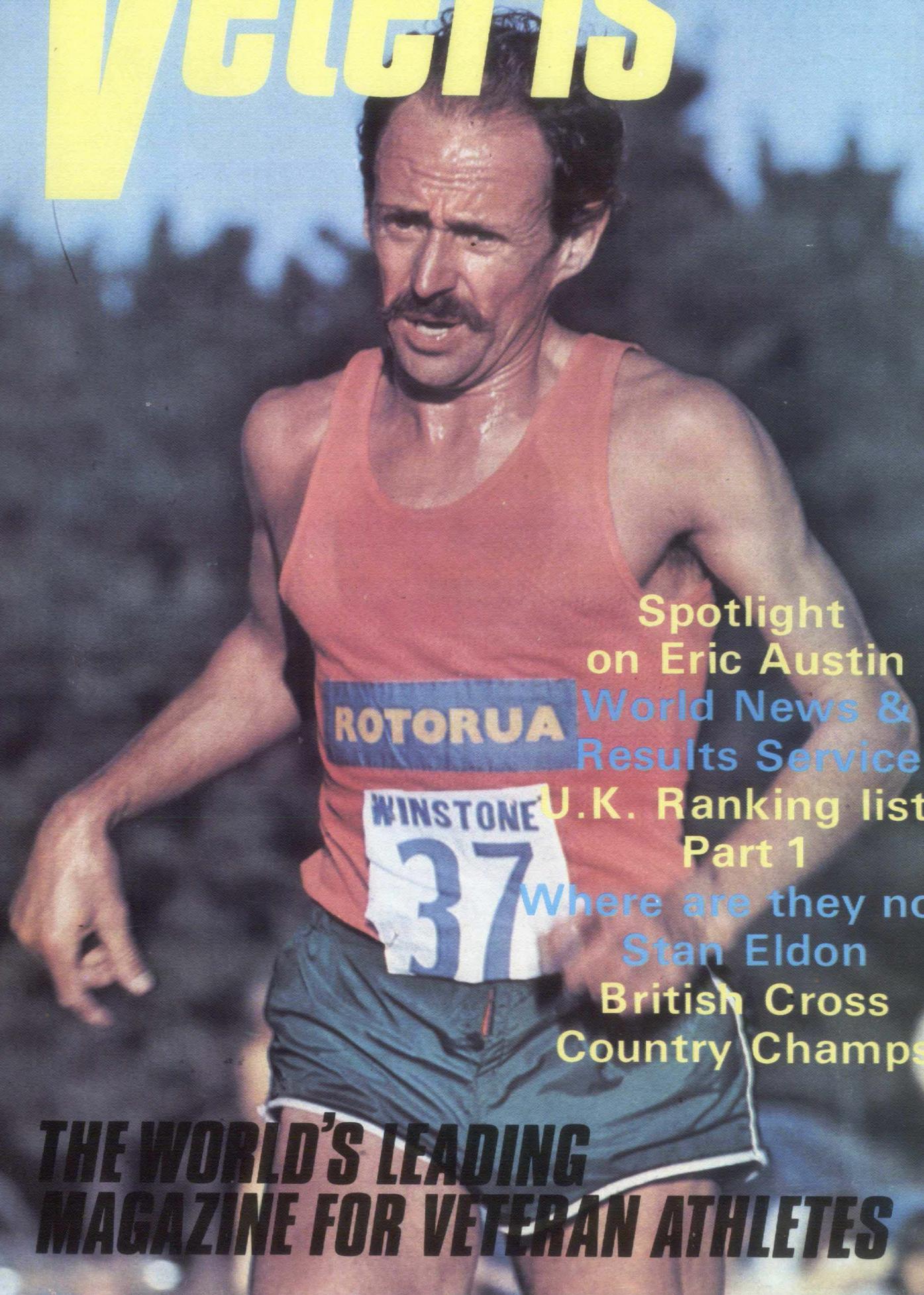


Veteris



Spotlight
on Eric Austin
World News &
Results Service

U.K. Ranking lists
Part 1

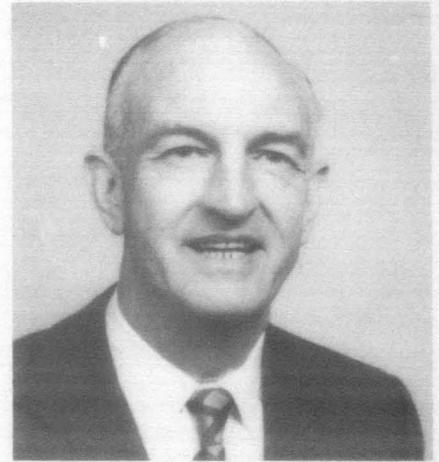
Where are they now
Stan Eldon
British Cross
Country Champs

**THE WORLD'S LEADING
MAGAZINE FOR VETERAN ATHLETES**

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BY DON FARQUARSON
(Canada)



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AMAZINGLY AS it now seems, *Veteris* has been continuously published for a period of five years. From this date on it is to become a professional publication and so it seems appropriate to look both backwards and forwards briefly as this important step is taken.

The first issue came about following the wave of enthusiasm that followed those momentous events in London, Helsinki, Stockholm, Gothenburg and Cologne in 1972 — the first Veterans International Track and Field meets. I can remember the excitement with which I scanned the pages after Clive Shippen handed me my first copy when we travelled to the Isle of Man for the IGAL 25km race of 1973, but it took a second reading to digest the editorial which outlined the aims of the Association of Veteran Athletes who published the magazine that has since become a part of our lives.

Those aims were:—

- 1, To encourage physical fitness amongst all over-40's.
- 2, To encourage former athletes to renew their activities.
- 3, To maintain contact with Masters throughout the world.
- 4, To publicise all major Masters tours and events.
- 5, To co-ordinate moves to rationalize the competitive structure of veteran athletes.
- 6, To act as a forum for veteran athletic news and views.

I am sure that you will all agree with me in congratulating *Veteris* upon the way they have followed these aims faithfully. The tremendous upsurge in numbers and enthusiasm evidenced at every major event serves as a witness to the success with which they have followed up on the first, third and fourth aims. The great number of former name athletes about whom we have not only heard but have now met with and competed against surely must be traced largely to the *Veteris* door.

Over the past four years we have seen veteran athletes from all over the world, many with differing and sometimes opposing views, gradually drawn together; and whilst a lot has yet to be done in this direction much has already been achieved, always reflected and often shaped by the *Veteris* editorials and the "Post Bag." Of later issues some headway has been made with news reflecting attitudes of many nations other than English-speaking.

Let us pay tribute where it is due, *Veteris* has really been a small group of enthusiastic veterans collecting news from the rest of us world wide. — But only those who have published a magazine know how much devoted work is required for amateurs to turn this news into final printed form. On behalf of all veterans may I offer a huge thankyou to them.

Now *Veteris* will become a larger and more frequently published epistle. I feel sure you will join me in wishing the new publishers the best of luck, but with the admonition that we hope the magazine will always reflect those original aims; and, amongst other considerations, that the international content will always remain a principal feature. Of course, to do this requires a two-way effort. We must continue to supply news, photographs, views etc. Not only the posted correspondents but veterans of every description and point of view.

Now we sit tight and look forward with anticipation to future issues of "*Veteris*."

Don Farquarson.

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EDITORIAL

AFTER many months of preparation, many days of sifting through results, tremendous help from the previous owners, we have finally put together for your pleasure, Issue One of Veteris, the magazine for everybody who has an interest in over-forties athletics throughout the world.

Each month we will be publishing results and reports of meetings held throughout the world. In addition there will be articles from well-known athletes of the past and present, a special 'Where are they now?' feature, a section on how different athletes train (this will not only be on class athletes, but also much lesser mortals), fixtures of events for the coming months, and of course, our main aim, and that is the furtherance of the veteran movement throughout the world.

If we include joggers, then there are somewhere in excess of one million participating in running etc. each weekend. Granted, a great many take part in their event as just one of many of their pursuits, but the staff here at Veteris headquarters hope that our publication will be of interest to you all, and we welcome all criticism of a constructive nature.

So if you are an active competitor, interested in an official capacity, or indeed should you be generally keen on our branch of the sport of athletics, then Veteris is the magazine for you.

Lastly my personal thanks to all those who have helped us in bringing you the first issue and in particular Jack Fitzgerald and Clive Shippen.



Best wishes,

Ernie Barrett

**ERNIE BARRETT, Editor and Chairman of
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Coroebus says...

— So this is the new Veteris. I must say that it is nice to have plenty of elbow room when writing a column of this sort. The larger format gives writer and reader a feeling of spaciousness, which is perhaps in keeping with the lives we lead. One thing is certain — there should be no more letters complaining about the size of print. Our class 5 readers can now throw away their magnifying glasses.

— The veteran movement has travelled a long way since the first edition of VETERIS was published in May 1973. The 1972 World Rankings occupied three pages in each of the first two issues; whereas to publish the full 1977 rankings would now require a complete book. The first editorial suggested that the inaugural publication would be the forerunner of a well established journal. This latest development in the publication of Veteris could well be the most significant step of all.

— The growth of veteran athletics has led to the formation of regional and national bodies in Great Britain. Other countries too have formed national associations for organising and promoting veteran activities. This has led, in turn, to the creation of the World Veterans Athletic Association (WVAA), which controls the organisation of major international events and keeps in close touch with the I.A.A.F. The British Federation (BVAF) has rationalised the home championships situation and can now speak internationally as one voice. So there is a continuing dialogue between the BVAAF and the WVAA.

All the more strange then to hear that the AAA regards the BVAF as no more than a specialist club, and has consequently rejected the application of the Federation for direct affiliation. I understand though that the BVAF will now be making application to the Sports Council who, interestingly, will only accept membership from bodies **not** affiliated to the AAA or similiar organisations.

Membership of the Sports Council would have possible financial advantages should the BVAF wish to apply for the 1983 World Veterans Championships.

The debate on these questions has been highlighted by the recent furore concerning the Fell Runners Association (F.R.A.), who were regarded as affiliated to the AAA without even applying! Many fell runners wish their association to be similiar to that of the Orienteers, independent of the AAA and affiliated to the Sports Council. By the time you read this, the F.R.A. will have held their A.G.M. and decided on their next move.

Whatever the outcome, I expect it will be some time before it is sorted out just who should be affiliated to what.

— Jack Pennington (2B), one time Polytechnic Harrier and now a leading Aussie Vet, is editor of the bi-monthly Australian magazine 'The Veteran Athlete.' Jack is a great admirer of the late Percy Cerutti and dedicates his publication to Perce with the famous sandhill picture of Cerutti and Elliott, and the equally famous slogan "Be Fit or be Dammed."

Jack is in many respects a controversial character himself and never hesitates to express his views in a forthright manner. "Whenever I feel strongly about something," he told me recently, "I scribble it down immediately and stick it in the pending

tray." His comments certainly capture the heat of the moment, which is a good way of fattening the postbag!

A letter from Wal Sheppard in edition No. 33 of the Veteran Athlete threw forth light on the medal winning appearances in Gothenburg of Australians Austin and Hogan who competed under a U.S. label, for obvious reasons. Wal wrote, "The Swedish authorities had been made aware that Messrs Austin and Hogan might enter, and if entered as Australians might not be able to comply with the entry requirements. The Swedes requested

Austin and Hogan to produce their amateur accreditations. The two athletes were allowed to compete after they had allegedly produced what purported to be Australian accreditations. These were so similar to the official forms that they were initially accepted by the Swedish authorities. However, subsequent comparison with forms issued to other Australians revealed a number of material discrepancies which greatly disturbed the Swedes. I understand the A.A.U. of Australia has since written to the A.A.U. of Sweden informing them that Australian accreditations were never issued to Austin and Hogan."

Jeck Pennington put his own view succinctly — "It makes me sick."

— Seeing that photograph of Herb Elliott on the front of that Aussie magazine reminded me that Herb reached veteran status on February 25 this year.

When Percy Cerutti saw him win a mile on 4.22 at the age of 16, he said "This boy can be coached to break Landy's world mile record of 3.57.09 within three years," and proceeded to do just that.

Herb was unbeaten over a mile, and he won the 1960 Olympic 1500 in Rome by the extraordinary margin of

20 metres in a world record 3.55.06.

He now lives in Dusseldorf, has six children, and no plans to compete as a veteran.

— Whatever one's views on the South African situation, one cannot help feeling sorry for **Anne McKenzie**. Anne, who scooped gold medals galore at Toronto, will be 53 years old in July. She is without doubt the outstanding middle distance runner of her age group world wide.

She recently clocked 65.05 for 400 metres and ran a solo 3,000 metres in 11.27.05 — performances which would have given her comfortable victories in the W2B class at Gothenburg.

Quite apart from her lack of opportunity to compete internationally any longer, she also lives over a thousand miles from Johannesburg and its veteran competitors, so that all her races are against very much younger adversaries.

— Jack Fitzgerald's detailed commentary on the Bruges and Gothenburg tours in the last edition of *Veteris* mentioned so many names and incidents that it was no surprise really to hear that he had incurred the wrath of Alan Hughes and Fred Smith.

As Alan pointed out, with justifiable heat, he had in fact entered for the

marathon and was not one of the late entries to which Jack referred. Furthermore, Alan has always been a voluble opponent of organisers who accept late entries.

Fred, of course, did qualify for the 200 metres final and was disappointed to read that he had not.

As Jack says "Articles written off the top of one's head are always liable to produce a couple of rickets." Which makes me wonder what mine will be this month!



New Zealand super over-60 year old Tom Bain (9), aged 65 on his way to set a world class time in the NZ 100km event.

— My photo shows 65-year-old New Zealander Tom Bain (9) competing in his nations 100km event last January. Tom finished the race in good time and is building himself an international reputation for ultra-distance efforts in Class 3.

He first came to my notice in the Kiwi's annual New Brighton 50 miles road race when he finished third in the open race. To show that this was no fluke he repeated the performance the next two years. Three successive third places around age 60 — no mean performance. How fast did he run them? Well, 6hrs 23mins was his best, and for the 50 miles that's not hanging about at any age.

Age is meaningless to Tom. He recently retired from the Post Office and now intends to step up his mileage. Whoever thought we would see full-time athletes on a pension!

— Hal Higdon, author of the big-selling 'Fitness After Forty' (see *Veteris* Book Shop, on the back cover), tells me that this is his seventeenth publication. As a freelance writer Hal has been featured in almost everything from National Geographic to Playboy.

Continued to page 6.

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Peaks 4½-7½ £10.99

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Continued from page 5.

Although readers of this magazine know Hal principally for his running, and his writings on the world of running, he has also had books published on other subjects — The Business Healers (management consulting) and The Crime of the Century (the Leopold and Loeb case).

His running career has been equally full, spanning no less than 40 years during which time he won AAU titles at Junior, Senior and Masters levels. He is also current holder of the World Veterans 3,000 metres Steeplechase title (Class 1B) and former holder of Class 1A.

It might be reasonable to suppose that his efforts in both fields will now be starting to tail off. Not on your life!

Not only is Hal extremely busy with two new publications but he has also been offered the opportunity to write a film script for a documentary movie on running. And as if that isn't enough, he has been aiming at 100 miles a week since January in an attempt to better his all-time best in the Boston marathon (when he was the first American finisher in 1964). The Michigan snows may have dented that plan somewhat, but knowing Hal's approach to the 'big one' I'm expecting a pretty good time to come out of Boston this year.

— Primitive man possessed a stamina level that is extraordinary by today's standards. He could run tirelessly for miles and miles when he hunted. His cardiovascular system was much healthier than that of today's average man, and he kept his fitness throughout his life. Although life-spans today are much longer because of advances in medicine and sanitation, most adults spend a large percentage of their lifetimes in a state of physical deterioration. The life of modern man — filled with stress and lacking in exercise and a correct diet — atrophies our muscles and weakens our cardiovascular systems.

This modern form of existence is the unnatural life of urban man, and the diseases he experiences are those that have haunted so-called civilizations since time immemorial. But if our life is unnatural in so many respects, what is natural when we all know that the body is uniquely adaptable?

Former British international athlete Bruce Tulloh, now an active veteran, is also a biologist who has made a study

of contemporary primitive tribes. He has drawn upon his experience of life among the Masai and Samburu tribes of East Africa and the Tarahumara of Mexico — in addition to his wealth of experience as an athlete and biologist — to write a book on Natural Fitness (*'Natural Fitness: Simon and Shuster USA — 'Naturally Fit,' UK.*)

Bruce claims that his book is not for athletes, doctors, biologists or coaches, as they should know how to live anyway. However, that may be, it is a book, well worth reading by veteran athletes — and an ideal one to pass on to your friend whose muscles are atrophying as he gorges pop-corn and coke in front of the television.

— To run eight marathons inside 2hrs 50mins as a veteran is creditable to say the least — even in these days of soaring standards. But to achieve this within the space of **six months** is truly remarkable whatever the standards.

John Sawyer of Longwood Harriers ran the following marathons during the period April 10 — October 16, 1977.

Huddersfield	2.46.02
A.A.A.	2.48.39
Isle of Wight	2.48.27
Poly	2.36.22
R.R.C.	2.37.32
Preston Morecambe	2.44.40
Rotherham	2.45.03
Cleveland	2.39.57.

John's only regret is that he will not be able to repeat the sequence this year as the Huddersfield event has been discontinued. However, with the veteran marathons of West Berlin and Viareggio to be added to the programme it could be tougher still this year. Any challengers?

— It is good to see The Sunday Times taking such a positive lead in the health education field, and with particular respect to the encouragement of jogging. For well over a year now the newspaper has featured regular items on jogging and fitness — and with key staff men John Lovesey, Norman Harris and Cliff Temple all running regularly they are indeed practising what they preach. Readers of our Gothenburg issue of Veteris will have noticed that The Sunday Times was the only newspaper who took the trouble to cover the championships.

Chris Smith's excellent photographs vividly captured the spirit of the veteran movement, and it was as a result of the generous gesture by the Sports Editor, John Lovesey, that Veteris had free use of the Chris Smith photos.

The newspaper has now moved on from the introductory phase of why exercise is beneficial to one's life style, and is now becoming involved with the practical aspects of jogging. A series of articles on neighbourhood jogging groups and the setting up of jogging clubs will shortly be featured, and these will lead up to The Sunday Times National Fun Run in October 1. I believe this to be an important contribution well worth following.

●●●●●●●● Coroebus



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Bob Shrunkle column

The Championship Secretary of the Southern Vets Association was amused when a gentleman from Oxford sent his entry for the Southern Vets Cross-Country races at the last possible moment with A TRIFLE URGENT typed in capital letters on the envelope. Our man of iron ... he has to be able to sort out the individual and team entries including those individuals who did not know that their clubs had entered teams or even entered them ... returned the compliment by typing on his acknowledgement envelope NOT QUITE SO URGENT!

Incidentally the same entry forms turned up a wealth of information including the fact that Norman Myers a 1A man is a former holder of the up and down record for Killimanjaro, 14,200ft up and presumably 14,200ft down as well. Poor old Dennis Plater must have thought that it was a handicap event as he claimed that he would be off his crutches in time for the Cranford race. It only seems yesterday that Dennis was winning the Southern '20' from Jim Derham of Herne Hill who is now the president of a company in the U.S.A.



Right Jackie Brown (Camb H) and Dave Case (Ealing) "on their way to a wedding?"

Photo Ed Lacey

Dave Case of Ealing & Southall used to take a group for long and involved runs on Saturday mornings. Involved in as much as they would suddenly divert themselves around other people's gardens, laundrettes and up and down the 18 floors of skyscraper flats. One Saturday they were passing their local church as a bridal group lined up for their photographs, quick as a flash, Dave joined in at the end of the back row and then left before the group really knew what had happened. The local paper had its usual two pages of weddings-of-the-week photographs the next weekend and there on page 6 was the proud groom,

the blushing bride and in the back row, right at the end the sweaty, grimy, smiling figure — indistinct — but certainly David Case.

Have you heard about the new Puma Hydro road shoes. It seems that they have a sole which is full of light- instead of heavy-water and outer sole material of a revolutionary new material. It incorporates micro capsules which are self perpetuating so that as the sole wears down, they burst to form a brand new outer layer. Sounds good, doesn't it, so good that a well known shoe fancier actually rang the Puma rep. in this country to check!

A late tale from the last FitzGerald tour to the States. It seems that Dave Dellar and a couple of other Cambridge Harriers were trotting down an eight lane highway in the desert somewhere in the middle of America. Approaching them was a lone figure who hailed them and asked if they were the British team of Masters on tour. On being told that this was the case he said, 'Great, I've got to come over and see Ron Franklin, you see I have a new pair of shoes that I want to show him.' That's what I call an International reputation!

George Pallet was the mainstay of Civil Service track athletics just after the war and excelled in competing and coaching sprints, long jump, triple jump, high jump and pole vault. He was looking after a 15-year-old George Broad who had already jumped over 23ft and was training hard for the pole vault. The session was long and hard and George got crosser and crosser at young George's lack of appreciation of a specific point about planting the pole. Palet took the pole, launched himself down the runway planted, soared over the 9ft bar and landed in the sand with his cigarette still alight and still clamped firmly between his lips.

I saw George Broad come back to vaulting when he was over 40. The meet was at Southampton and George and one other were left in. George's p.b. for the year was 9ft 6in and the RNAC South representative had a foot better. After 9ft George suggested that they both go for the big one and the bar went up to 11ft. The RNAC South man just failed three times and George smashed the bar off with gay abandon. George won the competition as he had checked the position before the final six failures and he was leading by one clearance. Nice to see a real master at work.

The Sunkist 6 mile open road race was over and a spectator approached Frank Shorter who had just finished 44th. 'Hey,' he said, 'you're Frank Shorter.' 'No,' replied the depressed marathon champion, 'I used to be.'

We were wandering around the Cranford dressing rooms after the Southern Vets Cross-Country race and heard a tall bearded runner with a tale of woe that is interesting if not unique. It seems that this chap was running round and wearing a yellow balaclava to keep the rain of his glasses and keep his balding head warm. The stream came as a complete surprise to him and he collapsed down in the middle of the storm flood waters to discover that the water shot up the front and inside his shorts, his vest, his balaclava and his glasses. The grey flood then receded and left him gasping and having to strip off his top woollen layer to wipe the residue mud from the inside of his glasses. Should teach him to check the entire course next time.

Don Claxton takes this issues Injury of the Month award. He stumbled into the same ditch at Cranford and scooped up one stone for each shoe through holes at the front that he made for his big toes. He stopped, lost 30 places, shook the stones out and then did exactly the same thing on the next lap when he scooped up two new stones through his gaping uppers. He ran with these for a mile and then retired with grace. I hope the blisters heal soon and that you enjoy your Shrunkle certificate.

That group we mentioned in the last column — the one that told the young lad that he would still be in intensive care the following Tuesday — have had some interesting long Sunday morning runs recently. They took a young Irish visitor to the Tower of London — and lost him on the way back, visited a medieval castle site in Blackfriars, saw the prehistoric monsters in Crystal Palace grounds, nothin to do with the BMC, went to Nonsuch Palace in Surrey and ran around St. James's, Hyde and Green Parks. Putney Bridge, Downing Street and Soho. One trip involved the purchase of ice creams in Wimbledon High Street and another racing to the top of a high-rise building. They may not run well as a club, but they really do know London.

SUBSCRIBERS !

Don't forget to let us know if you change your address, at least 14 days before you are due for your next issue Remember to show both your old and new address.

BRUGGE INTERNATIONAL & INTER CLUB 25 KILOMETRES ROAD RACE FOR VETERANS

Men over 40 in 5 year age groups, Women
over 35 in 10 year age groups.

I have provisionally booked a railway party ticket for up to 50 people, leaving Victoria Station, London on Saturday, July 8, and returning on Monday, July 10. The cost of this journey should be in the region of £21 inclusive of a fully comprehensive insurance. I have also reserved accommodation at 'Groene Poorte' for a similar number. This accommodation, which includes some single and double rooms is available at an overall cost of 800 Belgian Francs (approx. £13-£14 at present rates of exchange) from an evening meal on our arrival until breakfast on our departure on Monday morning.

The proprietors of 'Groene Poorte' have agreed to waive payment in advance, which means we can settle our accounts on arrival and avoid the loss in exchange rates and bank charges. I have entry forms for the race which I will send to prospective competitors on request, when stamped addressed envelopes would be appreciated. These have to be completed and returned to Jacques Serruys by June 9, but Jacques has very kindly agreed to accept payment for this in Belgian Francs on our arrival. Please state that this is your intention when you return the completed form to him. The awards banquet will also be at 'Groene Poorte' at an additional cost of 300 Belgian Francs, so unless I hear to the contrary from you, I will book the entire party to this function.

To confirm this booking, please send £21 to me by April 17, as the British Rail fare is increasing again on May 1, so I must confirm final bookings before that date. Cheques can be made out to either myself or Frames Tours Ltd.

Jack FitzGerald,
6, Tyers House,
Aldington Road,
London. S.W.16.

VETERAN SHOWS HOW ITS DONE

ANNE MACKENZIE, the veteran Pinelands Springbok who is an object lesson in dedication to younger athletes, set a world age group 3,000m record during the Cilson Cup athletics meeting at the Green Point Stadium.

Mrs. MacKenzie, who will be 53 in July, completed the 7½ lap race in 11.27.05 — a fine effort considering she was running solo.

Defence sprinter Mark van Gesselleen sped to an excellent 100m time of 10.08sec in spite of the hampering south-easter.

Another convincing winner was Isak van der Merwe of Spartan Harriers. The lanky stamina runner lapped the field in the 10,000m to win in the useful time of 30.50.05. Defence's Mervyn Appleton was second in 33.11.04.

Good performances were also turned in by Hendrik Geldenhuys, who won the hammer throw with a distance of 55.74m and his Police club-mate Clive Truter, who recorded a leap of 12.38m in the triple jump.

IRISH NATIONAL CROSS-COUNTRY CHAMPIONSHIPS Pheonix Park, Dublin. Sunday, March 5th

The race for individual honours developed into a battle between G. Blackburn of Westbury Harriers, England, and N. Hendricks of D/P, Wexford. Willie Dunne, Donore Harriers, tried to stay with them but found the pace too fast and had to settle for the bronze medal. It was only in the last 500m that Blackburn edged away from Hendricks to win by seven seconds.

The race for team honours was also very close. Liffey Valley A.C., the hot favourites never really got to grips with the race despite a great effort by their ex-international and now 46 year old Jimmy Douglas. It then developed into a struggle between Loughnea A.C. and Metropolitan Hrs. At the halfway stage, with Tommy Maddon having a great run being well supported by K. Ryan and F. Mitchell and their 4th scoring runner, 57 year old Willie Morris coming through the field in amazing style, Loughnea seemed on the high road to victory. Then with about one mile to go Mitchell was passed by King, Donore A.C., and Cunningham of Metropolitan Hs. Loughnea were now in trouble and victory depended on whether Morris could hold his 22nd placing against the 23rd placed Metropolitan Hs runners. He was strongly challenged a number of times but belying his years he held off the challenges and finished pulling away leaving Loughnea A.C. close but deserving winners by just two points.

Frank Mitchell.

NORTHERN VETERANS CROSS-COUNTRY CHAMPIONSHIPS Stewarts Park, Middlesborough. January 22, 1978.

At one o'clock, uncomfortably close to Sunday lunchtime, four dozen athletes, all of fifty-plus years, set out on a 10,000m cross-country journey across undulating parkland. It wasn't long before Super-Vet Ken Hall in the now familiar green-and-white stripe cutaway pyjama bottoms led the pack. Moving as sprightly as a latter-day Steve Ovet, he was partnered for the first 5,000m by French of Bingley.

At the start of the third lap, Hall made his break and French appeared to be suffering as he slipped back to third, (such is the price for following that kind of pace). At the finish, Hall was over twenty seconds clear of French and Fielding who fought it out all the way to the funnel. It seemed just reward that French didn't lose out on the runner-up position through trying to make a race of it with Ken Hall.

The 'juniors' race for those in the forty to fifty age group confirmed the pundits' forecasts with Pendlebury winning by almost a clear minute. Within one mile he was twenty-five yards clear and the effect of pursuing him was to break up the leading bunch into so many individuals. At the finish a gap of over two minutes covered the first six places and from then on the finish was as tight as any national. Wirral A.C., finishing 4,6,10,15 were easy overall winners in the 40-45 age group.

WHERE ARE THEY NOW ?

Stan Eldon

STAN ELDON was one of the finest track, road and cross-country runners produced by Britain. U.K. record holder at six miles, 28.05, and 10,000m, 29.02.08. Stan also ran 13.22.04 for 3 miles. A former policeman Stan's finest cross-country performance came in 1958 when he won the International Cross-Country Championship at Cardiff, beating Alain Mimoun of France. More a jogger now, Stan has a certain enthusiasm for veteran running and who knows maybe he will be seen setting the track alight once more.

I ran my last serious races around 1965, having given up serious training sometime earlier. Like so many athletes I did not intend quitting altogether but pressures of building up a business and the loss of dedication to everyday training meant that I fell away from active athletics completely. Apart from keeping contact with athletes by selling athletic clothing and equipment, and also some involvement with the Berks A.A.A., my association with athletics ceased. My running became more and more infrequent and at times it would be months between one run and the next.

In the spring of 1973 at very short notice, I was asked by the Variety Club of Great Britain to be their representative on a charity run from Windsor to London. However, as most of my sponsorship money was donated by Reading companies including a very substantial sum from the Reading Evening Post, it was decided I should start my Charity Walk/Run from Reading. Having made careful plans to run for a couple miles and then walk a couple of miles, I did not stick to it but ran all the way to Windsor covering the eighteen and a half miles in two and a quarter hours. Although I suffered on the walk from Windsor to Tottenham Court Road, the first part did show me that I had not lost the technique of running.

In spite of suffering so much in covering the fifty miles, it was some time before I got round to getting in a steady jog. In fact, my return to running was brought about by one or two older members of Reading Athletic Club dragging me out on a Sunday morning. My running did not improve very rapidly as I weighed something approaching fourteen stone (racing weight ten stone) and I did not really make much headway until the spring of '76 when I started assisting with a sports programme on the new local radio station. This was at the time jogging was being pushed as an aid to fitness and we decided using air time to get the people of Reading jogging in a local park. We started on the first Tuesday after Easter that year and the response was staggering with as many as 4/500 people turning up to jog.

From there my own running progressed as I was now running on a Sunday and Tuesday and by the end of that summer was running on Thursday evening as well. As a result of this my weight came down to a more respectable 12½ stone and I became quite a bit faster.

Over the last twelve months I have gradually got very much more involved with athletics both actively and in an administrative capacity. Last summer I sponsored and organised, along with the Reading Sports Council, a Reading 'Superstars' type of competition for leading local sportsmen and women as Reading's main sporting contribution to the Jubilee Celebrations and Fund. On the athletic front I have recently been appointed Vice-Chairman of Reading Athletic Club at a time, we hope, when a lot of changes should be taking place; in particular we are pushing for greatly improved athletic facilities in the town. Plans are now being made locally by athletes and joggers to organise a large 'Fun Run' in Reading in 1978.

On the active side, running in the Club Christmas Handicap, I was pleased to run my fastest time to date of just over 18mins. for the 3 Mile Road Course. And so it seems that approaching the age of 42 I can still look forward to improving my athletic performance.



Stan Eldon photographed during the South of the Thames senior race at West Wickham, Kent. 2-2-1963. Photo Mark Shearman

Going back to my athletic heyday, the performances that gave me most satisfaction were winning the International Cross-Country Championship when only 21 and beating the great Frenchman Alain Mimoun, winning the A.A.A.'s 3 and 6 Mile Championships in 1958 and being awarded the Harvey Gold Cup as the best champion of the year. Then with Bruce Tulloh (who came second) winning the 5,000 Metres in Moscow in 1959 and in the same month recording 13.47.02 in Finland in an attempt on the World Record which at that time stood at just under 13.36. It wasn't a race but more of a time trial as the only opposition came from two Finnish runners, one of whom dropped out at 1500m and the other I lapped by just over half way.

Spotlight on Eric Austin

by Wilfred Morgan

PERHAPS THE most surprising aspect of Eric Austin's life-style is the number of active interest he has apart from a time consuming devotion to long distance running. A teacher of physical education at a Worcester secondary school, he is engaged in spare time study for an Honours degree at the Open University and also finds time for a variety of hobbies. He reads avidly — mostly novels, dabbles in photography and stamp collecting, enjoys camping and would you believe it, walking!

Eric lives in Worcester and runs to and from school each day as part of his training routine. Victories in three consecutive World Veteran Marathon Championships has made him a star figure in veteran athletics. At the 1977 Championships in Sweden he was one of only two competitors to retain an I.A. Title from the previous championships in Canada.

Moving back down the years we find that the first competitive running Eric ever did was cross-country at school. This happened only when the rugby pitches were considered to be unfit for play, but on those occasions he showed up as one of the better runners. He must have relished the thought of running across the country rather than playing rugby for with his light build he was hardly suitable for such a robust game. Eric's headmaster at the Worcester Royal Grammar School was Mr. A. G. K. Brown, a well-known quarter miler in pre-war days who was second in the 400 metres at the 1936 Olympics.

Not long after leaving school he began a two years National Service stint in the Army. He was posted to Hong Kong and while out there remembers getting third place in the regimental cross-country event. As is usual with servicemen he took part in most sports and had not yet developed a serious interest in running. He was however keen on cycling and managed to get hold of an old bicycle to do some training.

After leaving the Army in 1955 he went to teachers training college and it was around this time that he joined the local athletics club, Worcester Y.M.C.A. Harriers. Although he raced across the country during the winter, come the spring he reverted to two wheels and spent the summer months training and sometimes racing with the cyclists.

One gains the impression that Eric would perhaps have preferred to have made his mark at cycling rather than running. Indeed in 1959 he bought a new 'iron,' increased his mileage, and attempted to improve his racing performance. Alas he did not get the sort of returns he had hoped for and decided to drop cycling and give all his attention to running. He certainly could not have imagined that within six years he would have gained international honours running a distance he had not yet attempted.

In 1957 Eric took part in his first Worcestershire Cross-Country Championship, an event he has contested every year since and never been able to win. Dick Cooper was the stumbling block in the years when Eric might have had a real chance. It was in the early sixties that he discovered his true forte, long distances on the road, and moving up through 10, 15 and 20 mile races he took the obvious step and tried his hand at a marathon.



Austin leads Fowler and Gomez in Vets 10,000m.

Photo Ben Bickerton

His first marathon was the Midland Championship of 1962 and after going with the leaders for 15 miles 'blew up' badly and struggled home in 2.51.35. Later that season he ran his first Polytechnic Marathon and fared only slightly better coming in 38th with 2.46. This incidentally was 23-year-old Ron Hill's first 'Poly' and he won it in 2.21. Another familiar name Ron Franklin, was the second Briton home in 2.25. Eric claims he ran badly in both races and felt he could do much better.

The 1963 season saw a marked improvement in Eric's performances. After a number of good road races which included a particularly good Hereford '20' he lined up for the Midland Marathon at Leamington. He paced himself carefully up to 20 miles, at which point the late Tom Buckingham had built a lead of about 5 minutes. Confident that this time he would not fade he moved after Tom, pulled him back and went on to win in 2.31. This was the first marathon victory and the one he seems to prize above all others! So, down to London for the 'Poly' again and a considerable improvement on the previous year with 11th place in 2.29. This race was won by a fellow member of the teaching profession 'Buddy' Edelen (U.S.A.) in what was then the fastest ever time of 2.14.28 for any marathon anywhere in the country.

In August '63 the A.A.A. Marathon was held at Coventry and on home territory Godiva Harriers Brian Kilby and Basil Heatley placed first and second. Eric Austin who was now beginning to make his mark among British marathoners placed 5th with 2.26.

Eric's run in the A.A.A. race gained him a trip to Kosice (Czch) for the October International Marathon. Wearing the British vest for the first time he showed up well and went on to place 12th of 115 finishers in a personal best time of 2.25. Edelen who had an outstanding season was first in this one and Basil Heatley fourth.

If the process of improvement could have continued into 1964 Eric would certainly have moved into the reckoning for Olympic selection. However this was not to be, indeed several lean years were to pass before he was able to recover his promising form of '63. One run worthy of note was his attack on the 2 hours record with Jim Alder at Walton-on-Thames in October 1964. Eric covered 23 miles 335 yards in this time, while Jim went even better with 23 miles 1071 yards, a world record.

The next 'big year' in the Austin story was 1968, he took 3rd place in the 'Poly' with 2.20, and won a 25 mile track race at Walton in a world best of 2.10.48. but did not make the 1968 Olympics squad. He explains his feelings about Olympic selection this way, "I somehow felt it was just not there, and if I had trained an extra 20 or 30 miles each week I would still not have made it." A surprising statement perhaps, but at the Olympic trials of 1972 he almost proved himself wrong!

The Maxol Marathon in Manchester was the Olympic trial race of '72 and the selectors were committed to taking the first three British finishers to Munich. At 20 miles Eric was the 3rd places Briton behind Hill and Bernie Plain, and Plain was

coming back fast. However, behind him three runners were coming on fast and a tough battle for Olympic places was developing. Colin Kirkham and the Don McGregor moved past Eric and although he caught Bernie Plain, Don Fairclough also squeezed past right at the death to push him back to 5th place.

Although a little disappointed at being so close — only 40 seconds away from a place, Eric must have been very pleased with a personal best time of 2.15. This had been one of the best 'in depth' marathons held in this country, the first 24 runners were inside 2.20 in warm conditons.

Eric must differ from most distance men when he admits to a liking for warm weather, in fact he never takes a drink during a race even in the warmest conditions. With a darker skin than most Englishmen and the fact that his favourite country is Italy, perhaps there is a little Latin blood somewhere in the Austin lineage.

The lowest points of his athletic life occurred in the sixties. In 1964 he awarded himself a black mark for not completing the Midland Marathon. Although he was very weak with a stomach upset he says he kicked himself for some time after. Then far more seriously for him and his family, in 1966 he underwent surgery for tuberculosis and did not run at all for six months.

Since turning vet in 1975 Eric has proved himself a cut above all the marathon men in his age group. Only the non-appearance of New Zealander Jack Foster has taken some of the shine off his victories. Foster is still able to make his national team for Olympic and Commonwealth Games and has run faster times.



Eric Austin

Photo Ben Bickerton



Eric Austin on the way to winning Group 1A marathon in World Vets Championships, Coventry 1976.

Photo Ken Bray



Continued from page 11.

These two are unlikely to meet now, in the I.A. Division anyway.

Of his three world championship wins Eric was most pleased with the one at Coventry in 1976 when he was lifted by the support he got along the way. "There were so many people on the course shouting for me . . . Blokes were there I had not seen for years . . . I saw Brian Kilby and Juan Taylor shouting me on."

Eric has never been coached as such, but during his early days on the road gained much know-how from conversations with more experienced men like Colin Kemball and John Tarrant.

The 'bleed out' diet that seems to be standard practice for most marathon men at present was first used by Eric in 1971, and he found it a genuine help in staving off fatigue in the later stages of a race.

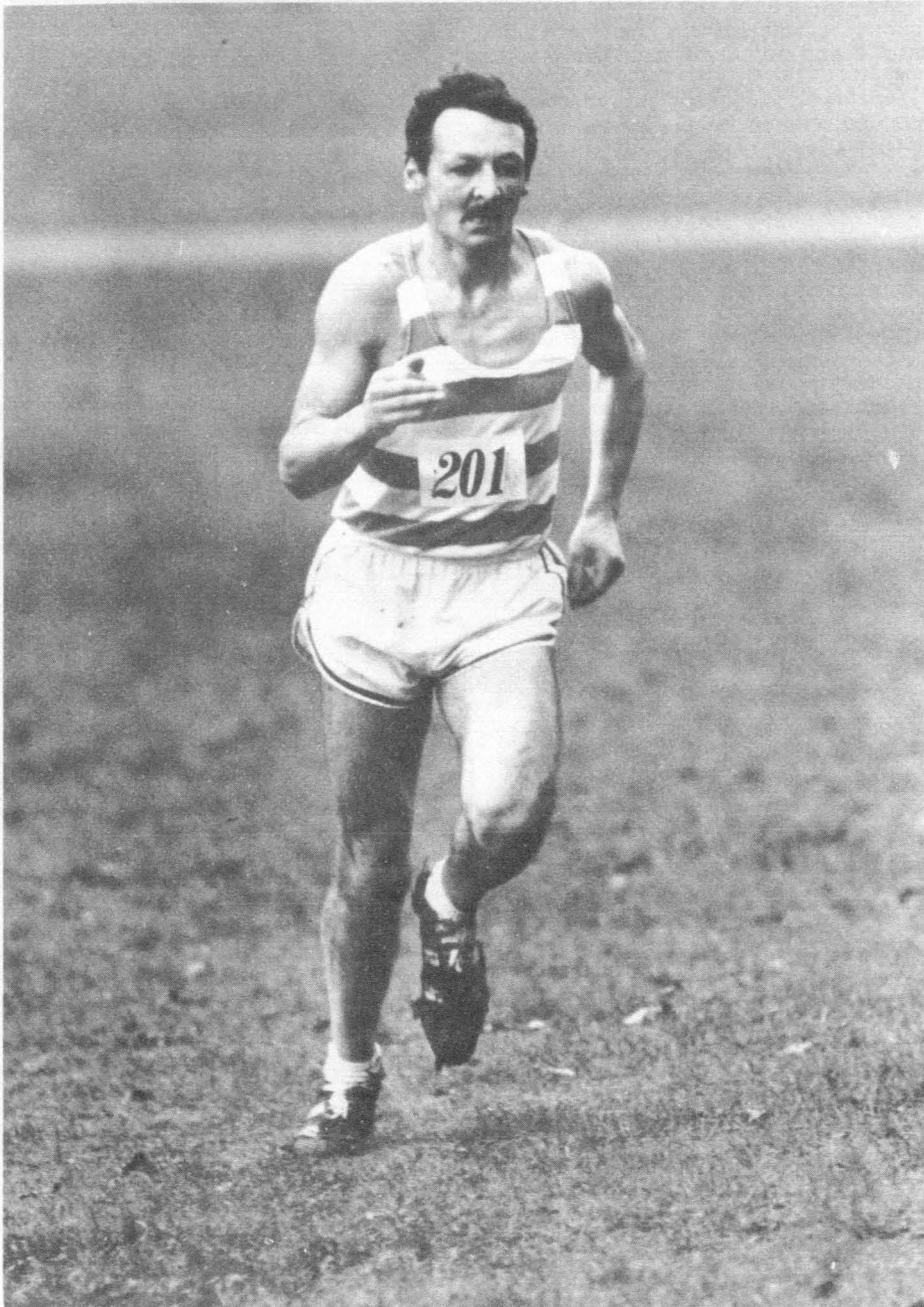
It would not be true to say he has an aversion to running on the track but he certainly prefers road and country. He states a preference for swimming in the sea rather than a swimming pool and enjoys walking in the country. Obviously a man that seeks plenty of elbow room for his outside recreation.

A rather well-read man, he studied the 19th century novel as part of his university course and reads modern novels purely for pleasure. Thomas Hardy seems to be his favourite author and he also enjoys the works of Monsarrat, Shute and Graham

Greene. He certainly tends to disprove the notion that distance runners are obsessed with their sport and solely interested in chalking up an impressive weekly mileage.

Eric himself covers 80 to 90 miles each week when training hard and has been up to 120. At the moment he is not sure if he will run a marathon in 1978, and talks about an easy year, turning out only in local road races. One way or the other I am sure he will be around for quite a while yet.

Wilfred Morgan.



FULL NAME Eric John Austin
BORN Worcester
DATE July 9, 1935
HEIGHT 5ft 6in
WEIGHT 133lbs
OCCUPATION School Teacher
CLUBS Worcester YMCA, Tipton Harriers

BEST TIMES	UNDER 40	VETERAN
Marathon	2.15.59	2.17.41
25 miles (track)	2.10.47	
20 miles	1.42.39	
25kms		1.21.34
15 miles	1.14.57	1.17.17
10 miles	48.40	51.01
10,000m	31.25	31.04
5,000m	15.26	15.30
3 miles	14.27	
1 hour run	12 miles 43 yards	
2 hour run	23 miles 335 yards	

YEARLY BEST TIMES FOR MARATHON

1962	2.46
1963	2.25.25
1964	—
1965	2.31.48
1966	—
1967	2.23.20
1968	2.20.16
1969	2.26.34
1970	2.24.50
1971	2.16.24
1972	2.15.59
1973	2.21.56
1974	2.19.25
1975	2.17.41
1976	2.20.50
1977	2.25.57



Eric Austin (Tipton H) during the over 40 to 49 race and age groups 40-44 years old.

Photo Ed Lacey

Assisting the exhausted Marathoner

by Cliff Bould

CLIFF BOULD was a famous figure on the British athletic scene twenty years ago. As physiotherapist to the British team he performed valuable services to our athletes at the Commonwealth, European and Olympic Games. In 1962 Cliff emigrated to Australia where he soon became a respected member of the running fraternity. He kept his fitness going into his fifties and was one of the first veterans to compete internationally back in 1970. Cliff has often been unhappy at the well-meaning onlookers have attended to exhausted marathoners at the finish of their event. He describes here what the right approach should be.

Often at the end of a race, marathon runners are thirsty, overheated, dazed and exhausted. An athlete finishing his race in this kind of state should be attended to as quickly as possible. Start by covering him up with a blanket and lie him down (in the shade if it is a hot day) with his legs supported in an elevated position. Check his pulse rate which might be weak and fast at this stage. Start giving him gentle artificial respiration by placing one hand on each side of the chest low down on the ribs. Apply gentle pressure pressing the ribs gently inwards towards the centre of the chest when he is breathing out. Release your pressure as he breathes in so you are working with the same rhythm as the athlete's breathing. When his breathing becomes more normal and his pulse stronger, you can stop giving the artificial respiration.

While you are giving the artificial res-

piration, someone else should be sponging the athlete's face, head and back of his neck with cold water. Once he starts feeling all right again, he can go and have a shower. He should drink as much fluid as he can tolerate and have a good rest.

If it is a very hot day and the athlete is perspiring a great deal, cover him up with one blanket — but not with more, as more would make it like a sauna bath and this can be dangerous by further overheating an already overheated body. On a cold day cover him with two blankets to make sure that he does not get cold.

When an athlete finishes a race in these exhausted conditions, some people who are trying to help have the mis-guided idea that you should keep the athlete walking until he recovers. Generally what happens while he is being walked about, is that his knees give way and he collapses. It should be realised that the athlete's body has had as much work or strain as it can tolerate, and therefore, it needs rest not more exercise. So, to recap:—

The four things to aim at in helping the athlete to recover quickly are:

- 1, To replenish the lost body fluids. This can be done by the athlete drinking as much fluid as he can tolerate.
- 2, To bring down the temperature of the over-heated body. This can be achieved by sponging the athlete with cold water.
- 3, To treat the dazed and exhausted condition. This is done by (a) laying the athlete down with his legs elevated and supported thus getting the blood which is carrying the oxygen back to the brain and around the body. (b) by the athlete resting in this position, (c) by giving artificial respiration which means getting more oxygen into the body.

It is well known that there is a lot of blood still in the legs after finishing a long distance run and it tends to be fairly static while the athlete is in the upright position. It is for this reason that the athlete should lie down with his legs elevated.

by Cliff Bould.

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Veteran Athletes and Weight

by James Christie

JIM CHRISTIE, a Scottish sprint coach, competes in veteran events at sprinting and jumping. He has observed the early tailing off in performance by most athletes in the 'explosive' events. Is this due to the need for special facilities, the concentration involved of just simply — weight problems?

What is the biggest single factor which enables a man or woman to continue in athletics long past the accepted span of his or her contemporaries? Could weight in many cases be the answer? It has been stated by physiologists that, ideally, if a person could weigh the same at forty-five as he did at twenty-five, then he would, all things being equal, be much fitter and more healthier than his fellows who had put on what Western civilisation seems to accept as the norm, i.e. anything from twenty to forty pounds over this period of twenty years.

Exercise of course is the thing which most people assume is the crux of one's remaining slim, trim and fit; but perhaps there is something more? In the area of field events in youth one is encouraged into heavy weight sessions and also to eat in excess in the hope that these two functions will result in greater strength and ultimately longer throws. In the jumping events and sprints, again we have the area of weight training being used with the result expected of more explosiveness and so faster times, higher heights and longer distances achieved. When these particular athletes decide to ease off competitive athletics or even give the sport up entirely, it is noticeable that it is from these groups that weight problems arise.

The middle and long distance runner we find starts off with being usually slim in build and sometimes it is found that should he decide to drop athletics his weight may not vary too much. However, it is noticeable that the biggest proportion of athletes that form the backbone of veteran athletics in the world today, are drawn from the distance ranks. Is this because there have always been fewer awards available for distance events considering the large fields involved in say cross-country races, and so therefore many distance athletes do genuinely take part in their branch of athletics as a social function, as they have done since their youth, without the necessity of reward other than being part of the whole involvement? Perhaps also there is the advantage and simplicity of the equipment and facilities required for them to function effectively i.e., a vest, shorts and rubber shoes, allied to a road, lane or field and you have the background needs of a distance runner to function at the basic level.

Not so the sprinter, jumper or thrower who cannot function, not even ineffectively, if they have no flat surface, pit or circle. Another facet of short distance or explosive jumping events is the amount of tension and concentration involved. In for example the hundred metres, it is imperative that the start must be done with an efficiency to warrant the competitor a fighting chance during the rest of the race. In the jumps there is the concentration to pour into seconds, the acquired technique of a whole winter on many occasions. This factor, tension, is probably why the turnover in sprinters and jumpers is so high.

Another aspect is that while many an athlete leaves the sprint events it does not mean that he leaves the sport, as on many occasions their concession to age is to move up a distance, first middle-distance events of eight and fifteen-hundred metres, then cross-country in winter and later to five and ten thousand metres. If we concede therefore that first and foremost the distance athlete in youth if of a light build and that through the medium of his training, he is constantly burning up energy in large quantities, it becomes clear that in all probability in his later years his weight and therefore probably his efficiency could remain at a level which is reasonably constant to his youth. The other groups however are at a disadvantage in that their training is not so arduous, or frequent. They have learned technique, and for the sprinter he has his speed which is obviously going to fade as the years go by. He can do very little to avoid this slowing down process except by trying to remain as fit as possible, though he has the added bugbear of more frequent muscle pulls.....a legacy of all speed and explosive events.

The final problem, weight, probably lies in the way in which athletes spend the rest of their time. Do they have a vocation or job which is conducive to athletics and health? Or are they on their feet all day in a factory or schoolroom? Do they sit in an office, with periodic breaks for tea and coffee? Have they had a position that pushes them into cocktail parties, heavy luncheons and dinners? The last being the price people pay for advancement in position and authority with age.

These are the factors that appear to lead to people dropping out of athletics first. Then follows the unfitness which they can feel they can never repeal by themselves, hence the mushrooming of 'health farms' where individuals abdicate their own responsibility of staying fit by paying others to diet them, exercise them with machines and generally be their backbone for them.

In conclusion, if we assume that the distance fraternity appear more fortunate through nature to avoid weight problems, then what about their more muscular brothers and sisters in the sprint and explosive events? The answer seems to lie in diet. A balanced one which will give them more than adequate energy to live, work and play with the same enthusiasm and near enough same weight they had twenty years earlier. After all you may not be able to run as fast as before (unless your name is Thane Baker), according to a stopwatch, but at least you can feel fit enough and capable of expending the same amount of enthusiasm and energy so as not to notice the difference in time.



ED ALMEIDA

by Molly and Steve Barbe

WHILE THE average American considers himself 'over the hill' at fifty, Ed Almeida hadn't even 'peaked' at that age. At fifty-four, Almeida isn't just spectacular, he's a phenomenon.

In just four years of running, he's written himself into the record books. To list a few:

- 1974 30km National Champion,
- 1974 50km National Champion,
- 1975 50km National Champion,
- 1975 National Best Over-50 Marathon,
- 1975 One Hour National Champion,
- 1976 West Valley Marathon 2.41.09 (PR),
- 1976 Coronado Half Marathon 76.53.

Ed's fantastic energy level brought him into running. Feeling a need to do something other than work and biking, he modestly began to jog on a track near home, and enjoyed the feeling. He had no previous knowledge, just a desire to use his energies constructively. He knew one thing, "It felt so good."

This great feeling took him into his first race in January, 1973. While reading the local paper, he discovered a 5 mile race was scheduled at Mt. Miguel. Ed went, paid his dues, ran and was happy. Afterwards he mingled with the others, feeling somewhat shy, when one of the runners started talking to him. It turned out to be Dr. Harold Elrich, a warm and friendly person, who invited Ed to train with him the next day. Ed said, "Sure" and that was the beginning. "It's my biggest thrill, the race at Mt. Miguel;" it brought Ed to the great world of running.

Almeida was born in Oxnard, California where five generations before him have toiled agriculturally and physically up and down the Pacific coast. In asking his relatives about past athletes in the family, Ed discovered there were none. "I asked my uncles and great uncles but they can't remember anyone being in athletics. We've all worked hard, though."

Roads, hill, dirt trails and grass is par for the course Ed follows on his daily 15-18 mile training schedule. A two mile brisk walk is used as a warm up and cooling down. He avidly believes it is very important to warm up to avoid injuries. He does a 7.30 minute pace, with speed variations after about ten miles; usually one to two miles flat out racing and then slows back to his 7.30. Other times, he employs a three mile fartlek. Ed feels he has always had a natural speed, he just didn't know how to bring out this potential. He encountered the usual tendonitis, pulled hamstrings and shin splints during the first year until he learned more about training.

His diet is ordinary. "I eat what everybody eats, some granola, wheat germ, fresh vegetables, meat, everything, just half of what everybody else eats." His 5ft 7in frame carries 132 pounds of power.

His training time averages two hours per day with long 3 hour runs thrown in every five weeks or so. "Stay off the

track as this mentally impedes you and don't count miles. Run about 1 hour, 1-1 1/2, without thinking of miles. All my training is done alone so I can run the way I want." Ed enjoys daydreaming while training.

Almeida found his favourite shoe early in his running career. After six or seven tries, he found the best shoe for his foot — the Nike Boston. "I think everyone should look carefully until they find the perfect shoe for his or her foot."

His racing style is highly unconventional compared to many runners who generally pace themselves throughout the race. Whether it be a three mile or a marathon, Ed runs flat out. The most gruelling part of a marathon is the first mile, usually 5, 5 1/2 minute pace which I continue until I'm synchronized, then down to 6 minutes for the next 20 miles and about a 6 1/2 minute pace to the finish." Catching the guy in front of him provides the basic incentive for his fiercely competitive spirit. "I love the competition."

Another unorthodox procedure. Ed doesn't stop at an aid station during a race. However, he does hydrate the week before a long run, carbo loading with sweets and starches which add about ten pounds to his slender build. This is quickly lost in the first twenty miles.

Ed hasn't always found out what the course was before a race but after his experience at the Nike Marathon in Eugene, Oregon last October, he's more careful. Taking a wrong fork in the road, Ed ran approximately three miles before a biker finally caught him and gave him the sad news. Ed wisely dropped out and was at the finish line to greet his friends and fellow runners.

Running four marathons a year between January and May, Ed usually bikes about four hours the day after a race to loosen up. Then back to his usual routine. No questions about it, endurance is Ed's thing!

His lifestyle is simple — he lives alone and has been working on a part-time basis which just suits him fine as it allows him the necessary time for his true love: Running.

He sleeps an average eight hours, takes an average 'one a day' vitamin morning and evening and enjoys excellent health. Prior to running, he caught colds two or three times a year, but now, all Ed's colds are short lived — "No cold will live in my body. After three miles, a snuffle or sore throat is gone. I run the germs out."

Ed feels better and younger than when he started running at fifty. His vitality and exuberance are testimony to this. So are his racing records. His children are understandably proud.

Ed's idol is Frank Shorter — in fact all good runners inspire him to do his very best in every race.

Ed Almeida is the idol of many — A champion master runner — A natural wonder!

(With acknowledgements to the San Diego Track Newsletter)

FRED PENDLEBURY

KING OF THE VETS

THIS YEARS English Veterans Championships were held at Graves Park, Sheffield. The weather was unbelievably cold with snow covering the course and several parts iced up. There was disappointment before the race due to firstly the defending champion Roy Fowler being unable to compete as he was suffering from a persistent injury, and Southern Champion Nat Fisher, the victim of a late entry being returned by the organisers. A problem in this country is that veteran athletics is almost like being a member of a secret society and if you're not 'in the know' you are more than likely not going to be informed in plenty of time before event meetings, as how or when to enter. Organisers please note. Back to the race. Fred Pendlebury was considered the man to watch and watch him all the competitors did. Nobody managed to head the galloping printer from Manchester who assumed control from the outset and the further the race went the wider grew his advantage. Fred, who had run 8.18 for 3,000m just before his fortieth birthday in September last, is undefeated as a vet winning the Northern Championships and the prestigious Schweppes, Gateshead meeting. Ray Carruthers, another Northerner, followed Fred home as he had done in the two races mentioned which was won by Pendlebury. Dick Cooper was the first 'old' International to finish, in third position. The over fifties champ turned out to be Bill Fielding, a recent convert to running. A former cyclist, as was Fred Pendlebury, Bill showed a remarkable turn of speed in the last half mile to out distance Bill

Marshall whilst Don Lee was a comfortable third. Favourite for that age group was Welshman Ron Franklin but he 'choked' on the day. Norman Ashcroft made sure that the North completed the grand slam in the decade age groups winning from Bill McMinnis and Gordon Porteous. The Quinary Champions were Mike Barratt, Ron Salisbury and John Farrell. Growing every year the ladies branch of Veterans cross country is becoming more difficult to win with each succeeding year. So Bridget Cushen must have been delighted to have won the title. The former International runner pulled away from Barbara Brookes after half distance and kept going powerfully to the finish. Judy Farr, without doubt, the outstanding vet walker in the world showed that she isn't a slouch when it comes to running either and took third spot.

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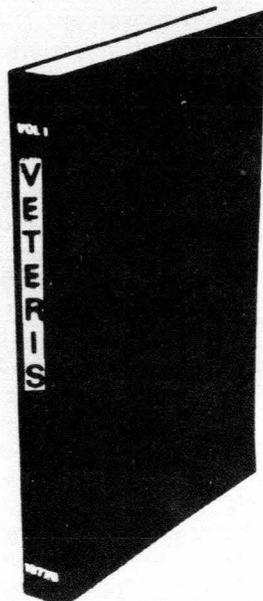
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WORLD SNIPS.

— by Peter Scott —

Jack Ryan (56 yrs) ran 9.12.07 for 3,000 metres at the Olympic Park, Melbourne on January 24th. He turned in 74/75sec laps all the way with 35sec for the last 200 metres.

Helen Pain of 'Sports Travel' (USA) is arranging for teams from the USA and South Africa to visit the Orient in September, where she has organised competition in Tokyo, Hong Kong and Singapore.

A grandad veteran turned up late for the South Australian 10 mile Champs during the winter, ripped off his track-suit to reveal an ancient jock-strap. The face was red and the bum blue but fortunately there was a recall. Just as well — the course passed the Police Station!

Joyce Smith, that ageless veteran cross-country runner, took third place in the English Women's Cross-Country Championships towards the end of February. She first won this title in 1961, the year the girl ahead of her in second place was born!

That veteran champion squash player, **Jonah Barrington**, struck a blow for jogging by stating in an English newspaper recently . . . "I'd love to be Minister for Sport. I wouldn't sit there, like Mr. Howell does, about 3 stone overweight, setting such a dreadful example to the rest of the country. I would get out there in a tracksuit and show everyboby you should jog for your life."

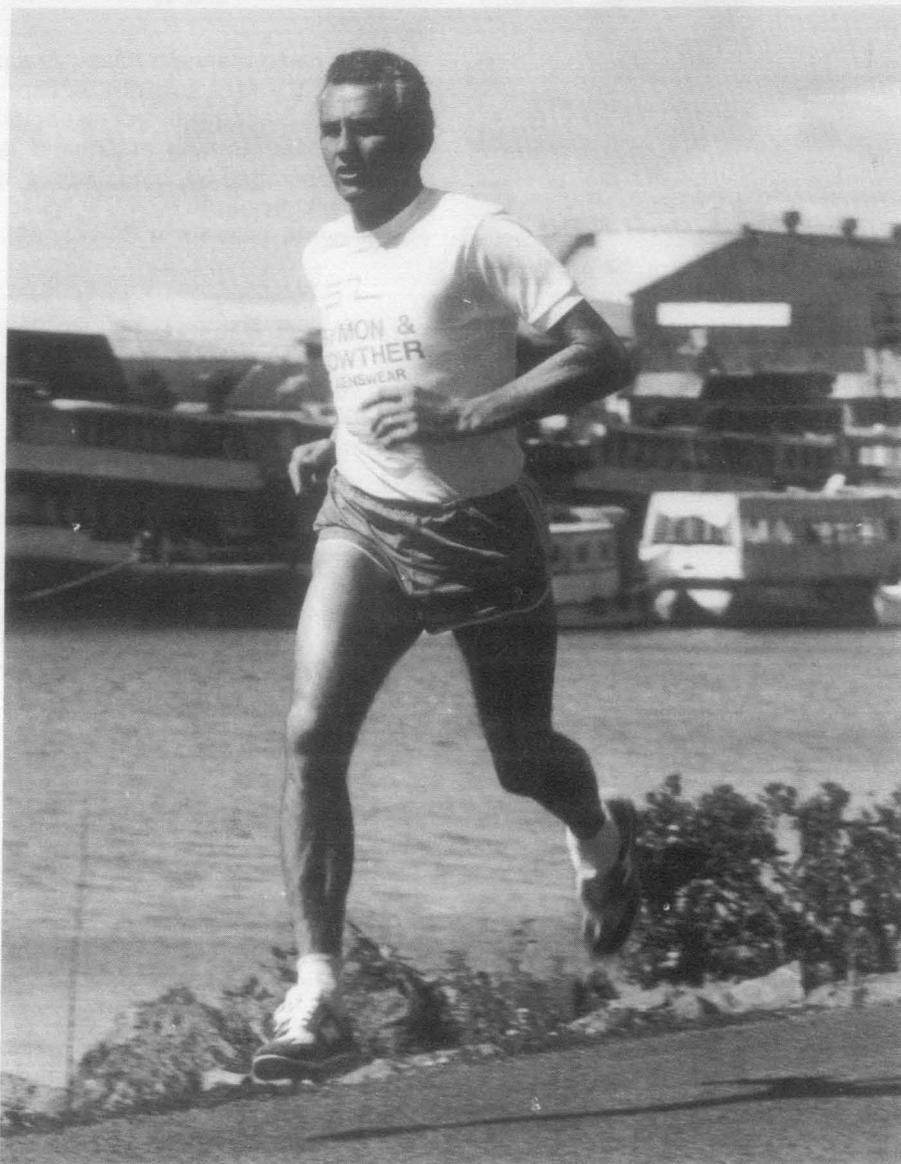
RACE REPORTS

January 1978.

New Zealand: Long Distance Runners Club 100km, Christchurch. Two hundred or so starters set off at 6am on this inaugural event. The course consisted mainly of the

steeply undulating roads along the top and between the hills seperating the port of Lyttleton and the city itself.

The honours were expected to be contested between John Hughes, former rugby flanker and New



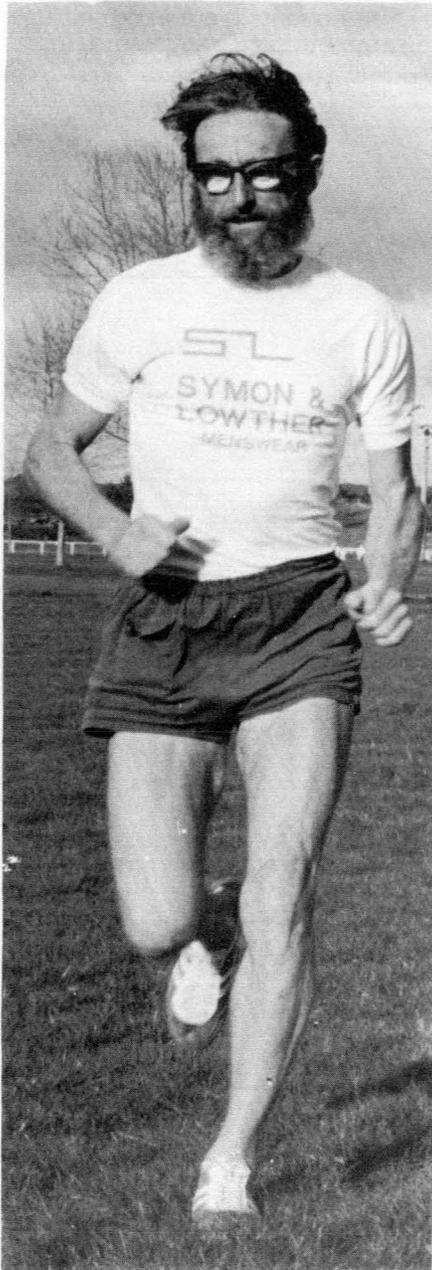
John Hughes winner of Mens New Zealand 100km.

Continued from page 17.

Zealand boxing champion, and German-born pre-vet Ziggy Bauer (37) winner of the South African 1,000 mile race two years ago. Bauer has an awesome reputation as a tough ultra distance athlete having already set the 1,380 mile record for the run from the tip to the top of New Zealand.

Also in the field were Don Cameron, who set a Sydney to Melbourne record, and Dennis Stephenson, holder of the New Zealand 24 hour record of 142 miles.

But it was Hughes (44), hailed by many as the new world long distance find, who set a cracking pace with



Dennis Stephenson

long, powerful strides which no-one believed he could maintain. Powering up-hill and down dale with relentless drive he increased the pace and soon left the other challengers far behind. John only took up running four years ago but quickly proved his class by beating world famous Max Telford by more than half an hour in the annual 80 mile Auckland to Hamilton city race.

Of the 45 or so who finished on the first day, nearly half were about 40 years old, the oldest being Tom Bain (64) who set what must be a world class time of 9.53.21 for 9th place. He is already regarded as one of the top men in the world for his age over 50 miles and his run over the first 62 miles showed he is as formidable as ever.

- 1, J. Hughes, 7.21.24;
- 2, ?
- 3, Z. Bauer.

Agreat performance by New Zealand veteran **Cy McLaughlin**, a former Maori All Black rugby representative. He took up running at 50 and last December, aged 60, completed a 100 mile track race in 16.03.47, believed to be a world best for a 60-year-old.

Hal Higdon is reported to be setting his sights on the Boston Marathon this year. He hopes to up his mileage to 100 per week in an attempt to better his all-time best.

A world class marathon performance for women by **Maria D'Orlando** (43). Running at Monza Park, Italy in January she finished in 2.54.16 for what is believed to be a second best ever time for W1B.

Stan Nicholls (66), of Ballarat, a former Empire Games 3 miler (5th in 1934) has his eyes on any record he considers within his grasp, particularly those set by the great Norman Brought (USA). Stan's new times are:—

1 mile	5.37.02
3km	10.47.08
5km	18.10.00
10km	37.52.02
Marathon	3.07.48
6 miles	36.55.08
3km Steeplechase	12.44.06

Frank Cahill (77), the grand old man of Irish atheltics is really getting younger. He proved it last December at Pheonix Park when he carried off the Waterhouse-Byrne-Baird Shield for the second succesive year. In the process he ran the Donore Harriers 10 Mile Cross-Country Handicap 1 1/2 minutes faster than he had won it 12 months earlier. Frank is the oldest veteran competing in Eire and has travelled quite a bit in his time. In fact he's been at every Olympics since 1932 bar one. He missed the 1956 Melbourne Olympics, ironically it was then that Ron Delaney took the 1500m Gold!

February 19th, 1978

Spain: National Cross-Country Championships, Elgoibar.

Unusually for the time of the year the weather was sunny and temperature around 16°C for the event held this year in Basque country near the Bay of Biscay. Masters in five different categories competed over a course where grass, mud, asphalt, iron and wooden planks were all included to some degree along the way. The organization was excellent and hospitality true to Basque tradition with all participants receiving a souvenir and invited to sit down to a fine dinner and wine.

Forthcoming events in Spain include a half-marathon to be held at Castro Urdiales (between Santander and Bilbao) on April 16th — details from Hermanos Morales, Cafeteria Bristol, Castro Urdiales, and a first Popular Marathon of Madrid on May 21st (final details not yet decided).

Congratulations to one of the nicest couples in running, who celebrated their 25th wedding anniversary on April 8th, **Dave** and **Iris Dellar**. Best wishes from all at Veteris.

ACKNOWLEDGEMENTS

Thanks to John Drew, Jack Pennington, Peter Colthup, Jose Carrasco, Frank Mitchell, Jim Macdonald, for supplying material from which this compilation was made.

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YOUNG, 31-year-old, middle/long distance runner wishes to meet sincere girl. Lives near Surrey. Box No. 101. V5/78

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YOUNG, 35-year-old middle/distance runner would like to correspond/meet lady athlete with similar interests. Write Box No. 105. V5/78

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If you do not wish to cut up your magazine, we will accept subscriptions on note paper.

FORTHCOMING EVENTS

APRIL 15.

Walthamstow Road Relays Men
Highams Park
Stanwick '10.' 3pm Venue not known
Westland Internation Marathon 3pm
Venue not known
Finchley '20' (Incor. Inter-County 20)
2.30pm
Leicestershire County 20km Track Cham-
pionship Walk. Saffron Lane, Leicester
National Post Office Championships Walk
Sutton Coldfield
Midland Womens Spring League Walk.
Birmingham
ROHM & HAAS Road Races.
Venue not known.

APRIL 16.

Cambridge '10.' 3pm Venue not known
APRIL 22.

Walthamstow Veterans Road Relays Men
Highams Park
Herne Hill '10' 3pm Venue not known
Hampstead '10.' 3pm Venue not known
Longwood Harriers '10.' 2.45pm
Venue not known
Midland '20.' Mile Championship Walk.
Leicester

APRIL 23.

Michelin '10.' Venue not known
Northern Vets 10km meeting Wallasey

APRIL 29.

English Schools Walking Championships.
Croydon

APRIL 30.

Gloucester '18.' 3pm. Venue not known
Leicester Mercury Novice 20 Mile Walk.
Venue not known

MAY 1.

Bradford on Avon '10.' Venue not known
Trowbridge & District A.C. May Day '10.'
2.30pm.

MAY 6.

Essex County '20.' Southend
Chicester to Portsmouth 25km 3.15pm.
S. B. Crosland '10.' 3pm.
Trig Point Walk or Run. Walkers 11am,
Runners, 12.30pm.

MAY 7.

East Hull '20.' 2pm.
A.A.A.'s and Sandbach Marathon.
Surrey Silva Fell Race. 11.30am.
Northern Vets T & F Championships.
Blackpool

MAY 13.

The Ben Lomond Hill Race, 2.30pm.
Croxdale '10.' 3pm.

MAY 14.

Wansbeck Festival of Sport Road Races.
Ashington Leisure Centre

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Island (03743) 64981 or 64956 for details.

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and cross-country periodical in Great Britain and
our sister magazine Veteris is one of the most
popular athletics periodicals in the world.

MAY 20.

Isle of Wight Marathon. 2pm.
Thirteenth College '10' Road Race. 3pm

MAY 21.

Ernest Harper '10.' 2pm.
Pembroke '20.' (Incorporating Cheshire
'20') 2pm.
Dudley 25km.

MAY 27.

Newport '15.' 2.45pm.

MAY 28.

Isle of Man '40.' 10.30am.
AFOS '20.' 2pm. Hull
North Allerton to Thirsk Road Race '9'
miles. 2pm.

MAY 29.

Faversham 17km. 4pm.

JUNE 16.

World Veteran 10km Championships.
West Berlin

JUNE 17.

World Veteran Marathon Championships
West Berlin

JUNE 25.

Northern Vets 20km Championships.
Y.M.C.A. Manchester

JULY 16/17.

National Vets T & F Championships.
Wolverhampton

SEPTEMBER 3.

Our 10km Track Championships & AGM.
Bolton

SEPTEMBER 10/16.

European T & F Championships. Italy

**EAST HULL HARRIERS AC
present****AFOS 20 MILE ROAD RACE**

(Under AAA Laws)
Incorporating Humberside County
& Yorkshire County 20 Mile
Championships.

PRIZES

First 20 Individuals. First 3 Vets
&/40, 0/45, 0/45. First Vet 0/60.
First 3 Teams. First Vet Team (3
to score).

Entries. 40p per individual to:—
Peter Dearing, 1 Collyns Close,
Willerby, Hull, N. Hum. Hu10 6AS

SOUTHERN VETERANS 1978 10,000m Championships

Wednesday, May 19, 1978
CRYSTAL PALACE

Entries to:— Jack Heywood,
14 Darling Avenue,
London. SE4.
Fee 40p by April 12.

SURREY TRIG POINTS Saturday May 6th, 1978

Place:
Nower Lodge School, Dorking. G.R. 161 485

Time:
Walkers, 11am;
Runners, 12.30pm.

Fee:
40p for one event. 80 for weekend. Entries close May 3rd, entries on line 10p extra.

Distance:
10 miles. To keep to footpath or bridleway except The Nower.

Equipment:
Map, compass, whistle, cagoule.

Certificate: To all finishers.

Accommodation:
Tanners Hatch Y.H., Holmbury St. Mary Y.H., Ewhurst Green Y.H. Camping on Ranmore limited facilities (car parking) G.R. 132 502. List of hotels and guest houses from organisers.

Map: O.S. 187

Checkpoints:
Manned on summits or Trig points.
Nower Lodge School - Start - G.R. 161 485. Trig Point 589 G.R. 138 464. Leith Hill Tower, G.R. 139 430. Redland Trig Point, G.R. 158 455. The Nower Trig Point, G.R. 155 485. Finish, GR. 161485.

SURREY SILVA FELL RACE Sunday May 7th, 1978

Car park:
On road from Dorking to Coldharbour, Surrey on right of road at G.R. 152 451.

Time:
Juniors and Females, 11.30am. Seniors, 12.30pm.

Fee:
80p for weekend. 40p for one event. 10p extra for entries on line.

Map: O.S. 187.

Prizes:
First three in all classes.

Equipment to carry:
Cagoule, map, compass, whistle. Food is advised.

Refreshments:
Orange at finish and half-way on Senior race.

Checkpoints manned:
Leith Hill Tower, 139 431, Holmbury Hill Fort, 105 430, Windmill Pitch Hill, 078 428.

Distance:
Junior and Females, 10 miles, Senior, 15 miles.

Facilities: None.

Accommodation:
Youth hostels; Tanners Hatch, Holmbury St. Mary, Ewhurst Green. Camping with minimum facilities, G.R. 132 502. Parking 1 mile. Few hotels in area, list from organisers.

Entries and enquiries to: G. Peddie, Prospect Lodge, Polesden Lacey, Dorking Surrey. Bookham 52528.

Sunday July 9th, 1978 at 10.15am. INTERNATIONAL 25km FOR VETERANS

Men over 40, women over 35 in 5 year groups.
Entry fee: 250f (Belgian).
Awards dinner: 300f.

Closing date: June 15th, 1978.

Entry forms for English competitors by J. Fitzgerald, 6 Tyers House, Aldrington Road, London SW16 (South); J. Selby (Midlands); N. Ashcroft, 16 Davids Avenue, Lane Ends, Warrington, Lancashire, or by J. Serruys, Engelenalelaan 25, 8310 Burgge-Belgium.

Payment in BF by Bank Brussel-Lambert, Markt Brugge-Belgie nr. 380-0862635-31 with communication "Wereldkampioenschap Marathon."

SECOND ANNUAL WEST HARTFORD CONNECTICUT ROAD RACE.

Sunday May 21st, 1978 at 1pm.

5 MILES A.A.U. SANCTIONED.

Shower facilities. Free parking.

Start and finish at centre of West Hartford, Connecticut.

All benefits go to Juvenile Diabetes Foundation.

Prizes awarded in many categories and every competitor gets a free tee shirt.

Entry fee's \$3 to:— THE JUVENILE DIABETES FOUNDATION,
999 ASYLUM AVENUE,
HARTFORD, CT 06105.

Entries close 12 noon on day of the race.

Telephone (203) 246 9909.

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(under A.A.A. and E.C.C.U. rules)
 Hay-on-Wye to Kington
 15 miles along Offas Dyke Long Distance Footpath.
Sunday, JUNE 18, 1978, 2.30pm
 Awards to the first six individuals, first three veterans, first three local runners, first runner from Kington and District, first team and first veteran's team (6 to run, 3 to count).
 Application forms can be obtained from P. Joyce, 8 Bridge Street, Kington, Herefordshire. on receipt of a foolscap S.A.E.
 Closing date for entries **Saturday June 3,**

DUMBARTON A.A.C.

THE BEN LOMOND HILL RACE

(3,192 ft., 9 miles, cat. 'A')
on SATURDAY, 13th MAY 1978

at 2.30 p.m.

Sponsored by



Prize values:

Men	Ladies
1st — £40	1st — £25
2nd — £30	2nd — £12
3rd — £16	3rd — £8
4th — £12	
5th — £10	
6th — £6	

Veterans

1st — £15	2nd — £8
-----------	----------

Teams

1st—3 x £10	2nd—3 x £6
-------------	------------

ENTRY FEE — £2
 (includes meal)

ENTRIES CLOSE ON SATURDAY 29th APRIL

to

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 4 BROWN AVENUE
 DUMBARTON
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Under S.A.A.A. and S.W.C.C.U. Rules

LONGWOOD HARRIERS OPEN 10 Miles Road Race

(under A.A.A. laws)
 from the club headquarters at Leeds Road Playing Fields, Huddersfield.

Saturday April 22.

commencing at **2.45pm**
 Interesting new course; More than £100 in prizes, good changing facilities and showers. Refreshments afterwards.

Prize list values:—
 First £25; second £15; third £10; plus fourth place to eighth place prizes to the value of £5 each.
 Team prizes (three to score) 3 at £5; 3 at £3 and 3 at £2.

Veterans awards: First £5, second £3; third £2

ALSO ON THE SAME DAY AT 2pm (same venue).

THREE MILES ROAD RACE FOR BOYS (aged 14 and 15) as at April 1, 1978

Awards to the value of £25, kindly donated by the Longwood H.A.C. Supporters Club. Entry fee for the 10 mile race, 30p. Boys, 3 miles, 20p.

Closing date for entries. **Saturday April 8.** All entries to (and any further details from) J. G. Beckett, 32 Ingheld Avenue, Dalton, Huddersfield, W. Yorkshire. Tel Huddersfield 28690.

Trowbridge & Dist A.C.

MAY DAY 10 Mile ROAD RACE

Monday MAY 1, 2.30pm

Venue Trowbridge Town Football Club, Frome Road, Trowbridge.
 (Including Wilts '10' Championship.)

Entry 30p to Mr. T. Heydon, 24 Green Lane, Trowbridge, Wilts. Tel (02214) 3176 by April 22.

PRIZES:— First 3 individuals — First 2 vets O/40, First 2 vets O/50, First 3 teams, First 2 ladies, First lady vet.

Mens Race for the 'Nestle Shield'
 First vet for the 'Gores Bakery Cup'
 First lady for the J&E Gore Memorial Trophy. Entry 25p

ALSO supporting races.
 Boys under 14, under 16, under 18.
 Girls under 13, under, 15, over15.

RYDE HARRIERS 22nd Annual International ISLE OF WIGHT MARATHON

(under A.A.A.laws).
 Incorporating the County A.A.A. Marathon Championships for Hampshire, Wiltshire and Dorset.

SATURDAY MAY 20.

Winner to hold Ryde Challenge Cup for one year; Holder, Mike Woods, A.F.& D.A.C. Winning team to hold Joan Tait Cup for one year. Holders, Invicta A.C.

PRIZES.
 First four individuals. First three teams of three. First two Veterans (40-49). First two Veterans (50-plus). First Veteran (60-plus).
STANDARD MEDALS.

First class, 2hrs 47mins, second class 3hrs 10min. Certificates to all finishers

Also announcing 3rd Annual WOMENS ISLE OF WIGHT MARATHON

(under W.C.C. & R.W.A. rules)
 Winner to hold the Albert Leal Memorial Cup for one year. Holder Sheila Smith (Highgate Harriers).

PRIZES. First three individuals. First Veteran (35-plus)

STANDARD MEDALS
 First class, 3hrs 10mins, Second class, 3hrs 33mins. **LADIES PLEASE NOTE!!**

THIS RACE ALSO INCORPORATES THE INAUGURAL WOMENS NATIONAL MARATHON CHAMPIONSHIP.

To ensure the continuation of this Womens race your support is urgently requested!!

- All individuals, £1.
- Womens National, 50p.
- Hants County A.A.A., 30p.
- Entry Fees: Wilts County A.A.A., 30p.
- Dorset County A.A.A., 50p.
- NO TEAM FEES.

Closing Date.
 Monday May 15. Please state (1) Full Name, (2) Date of birth, (3) Name of club, (4) Please enclose stamped addressed envelope for reply.

Entries to **Marathon Secretary, Ryde Harriers H.Q., 31 Oakfield High Street, Ryde, Isle of Wight. PO33 1EJ**

and note this special offer by

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From May 19 to 21 (with option to extend for a week at special low rate).

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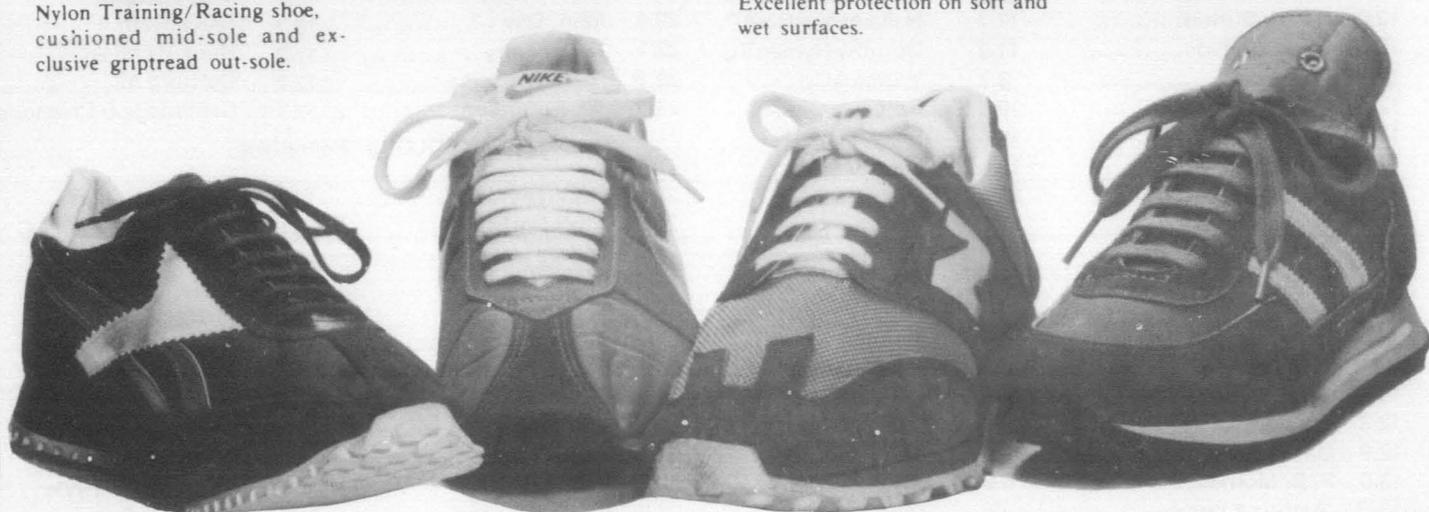
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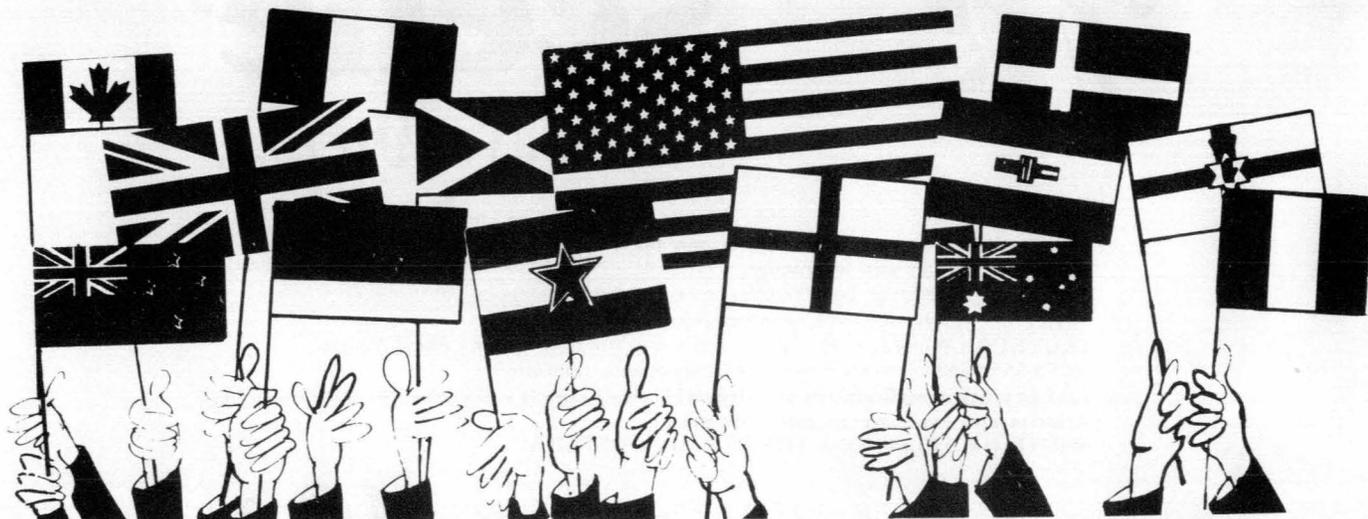
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Nylon and suede upper, grooved heel, economically priced.



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WORLD SERVICE RESULTS



U.K. Vets Ranking list '77

100 METRES (GROUP 1A 40 - 45) (PLUS MARATHON, ALL AGE GROUPS) PART ONE.			
11.2	Ron Taylor.....	4.9	Midland Vets.
11.4	Fred Smith.....	10.9	Woodford Green AC
11.6	Wilfred Morgan.....	6	Lozells
11.7	Ron Anderson.....	28.5	Morpeth H
11.7	Bernard Persighetti...	19.6	Southend AC
11.8	Danny Herman	28.5	Manchester H&AC
12.0	David Burton.....	17.7	Hallamshire H&AC
12.0	Peter Watson.....	11.9	Dorothy Hyman TC
12.1	Ken Cole.....	3.7	Worcs AC
12.1	Charles Jones.....	19.6	Barnet & Dist AC
12.1	David Gale.....	19.6	Blackheath H
12.1	Keith Scott.....	19.6	Newbury AC
12.2	B. Barker.....	19.6	Unatt.
12.2	John Coggin.....	3.7	Midland Vets
12.2	Alan Mellett.....	4.9	Leicester C
12.4	Eric Hamer.....	24.4	Blackpool & Fylde
12.4	A. M. Robinson.....	4.9	Peterborough
12.5	R. Beeby.....	4.9	Leicester
12.6	K. Rhea	28.5	Billingham
12.6	John D. Howell.....	29.6	HHH
12.8	Gerald mason.....	3.7	Midland Vets
12.9	David Terry.....	19.6	E&S
13.0	P. R. Morris.....	4.9	Unatt
13.3	Arthur Kimber.....	4.6	Dartford H
14.1	Walter Nicholls	28.5	Stretford
14.8	T. O'Reilly.....	29.5	Scot Vets
15.8	John Trustram-Eve...	24.7	Ploy H
16.5	A.J. McManus.....	29.5	Scot Vets
			BOLD: Heat
			110m H
16.0	John D. Howell.....	10.8	HHH
16.2	Colin Shafto.....	8	Rowntrees AC
17.1	David Gale.....	30.7	Blackheath H
17.27	Darel Clarke	17.7	Boro of Enfield
19.0	Joe Phillips.....	19.7	Trowbridge
20.4	John Day.....	19.7	Blackheath
22.1	David Terry	17.7	Boro of Enfield
22.8	Arthur Kimber	17.7	Dartford AC
23.7	K. Robinson	17.7	Cambridge & Coleridge
			BOLD: In Pentathlon
			200m
22.7	Ron Taylor.....	16.7	Midland Vets
23.2	Fred Smith(SF).....	6.8	Woodford Green AC
23.5	Wilfred Morgan.....	6	Lozells H
23.9	Danny Herman.....	5.7	Manchester H&C
24.1	Ron Anderson.....	28.5	Morpeth
24.2	Bernard Persighetti.....	16.7	Southend
24.2	John D. Howell.....	13.7	HHH
24.2	Colin Shafto.....	10.7	Rowntrees AC
24.3	David Burton.....	28.6	Hallamshire H&AC
24.5	Keith Scott.....	19.6	Newbury
24.6	Eric Hamer.....	15.9	Blackpool & Fylde
24.6	Charles Jones.....	29.5	Barnet & Dist
24.7	M. Pyle.....	29.6	Woodford Green AC
25.0	Peter Watson.....	10.7	Dorothy Hyman TC
25.1	John Coggin.....	3.7	Leicester C
25.2	Tony Crocker.....	3.7	Stourport AC

25.4	Ken Coles.....	3.7
25.6	Gerald Mason.....	3.7
25.7	B. Barker.....	19.6
25.7	Arthur Kimber.....	16.7
26.4	Joe Phillips.....	16.7
26.9	David Terry.....	19.6
27.4	Christopher F. Newman	29.8
33.7	Rory Allen.....	29.5

400m

50.5	Gerald Leroy.....	8
51.0	Ron Anderson.....	28.5
51.6	Wilfred Morgan.....	8
52.1	Eric Hamer.....	3.7
52.4	Fred Smith.....	17.7
53.8	Bryan Grundy.....	28.5
53.8	Gordon Richards.....	28.5
53.9	T. Knight.....	19.6
54.4	Keith Scott.....	17.7
54.8	S. Entwistle.....	24.7
55.1	Niel Donachie.....	8
55.1	Colin Shafto.....	17.7
55.3	D. Stones.....	24.7
55.4	M. Pyle.....	19.6
55.7	Arthur Kimber.....	6.8
55.8	N. Connachie.....	29.5
56.4	D. Wright.....	29.5
56.7	Anthony McManus.....	21.6
59.2	George Lee.....	21.8
59.7	David Burton.....	14.5
60.8	Gerald Mason.....	3.7
61.3	H. Bennett.....	29.5
75.4	Thomas O'Reilly.....	29.5

BOLD: Heat

800m

1.56.3	Ron Anderson.....	4.6
1.57.4	Nat Fisher.....	9.8
1.58.7	Eric Hamer.....	5.7
1.59.6	Brian Bartholomew...	17.7
2.01.2	Bryan Parkes.....	19.6
2.01.7	Ronald Allen.....	17.7
2.02.4	Arthur Kimber.....	3.9
2.02.5	Hunter Watson.....	18.9
2.02.6	William Lane.....	17.7
2.03.1	Niel Donachie.....	8
2.03.4	T. Knight.....	21.8
2.04.4	Graham Martin.....	17.7
2.04.6	S. Tewkesbury.....	14.9
2.06.9	Pat Wilks.....	22.6
2.07.5	Bryan Bullen.....	17.7
2.08.8	John Knight.....	12.6
2.08.9	Evan Williams.....	17.7
2.09.8	E. Checkley.....	28.5
2.13.0	Christopher Newman	8.8
2.13.6	D. Baines.....	19.6
2.14.6	Donald Hunt.....	19.6
2.16.7	R. Hunt.....	19.6
2.17.0	Anthony McManus...	15.5
2.23.9	H. Fletcher.....	29.5
2.28.2	S. Robson.....	28.5
2.30.1	W. Alcock.....	19.6
2.38.7	Rory Allen.....	29.5
3.05.8	Brian Trustram-Eve...	24.7

BOLD: Heat

Worcs AC
Midland Vets
Unatt
Dartford H
Trowbridge AC
E&S
Medway AC
Poly H

Tonbridge AC
Morpeth
Lozells AC
Blackpool & Fylde
Woodford Green AC
Midd/Clev
Leeds
Vets AC
Newbury AC
Farnsworth
Woodford Green AC
Rowntrees
Horwich
Woodford Green AC
Dartford
Scot Vets
Scot Vets
Paisley H
Hallamshire H&AC
Hallamshire H&AC
Midland Vets
Scot Vets
Springburn

Morpeth
Harlow AC
Blackpool & Fylde
B&H
Highgate H
Harrogate AC
Dartford H
Aberdeen AC
Verlea AC
Woodford Green AC
Vets AC
Cambridge H
Havering AC
Poly H
Stretford AC
Launceston
Shrewsbury AC
Heaton
Medway AC
Belgrave H
Harringay Southgate
Vets AC
Paisley H
Scot Vets
Gateshead
AFD
Poly H
Poly H

3000m Steeplechase

9.36.0	A. Shrimpton.....
9.42.2	Maurice Morrell.....
10.03.8	Peter Knott.....
10.06.0	Thomas O'Reilly.....
10.15.6	T. Everett.....
10.23.0	M. J. Keough.....
10.30.6	W. Robinson.....
10.37.8	Ray Curtis.....
11.09.0	P. Ferguson.....
11.11.6	Stan Allen.....
11.31.2	B. Jackson.....
11.36.0	Chris Newman.....

1500m

3.56.6	Nat Fisher.....
4.02.0	Bryan Parkes.....
4.03.1	Ronald Allen.....
4.04.7	Alan Kimber
4.04.8	Evan Williams
4.07.1	Bryan Bullen.....
4.08.0	Hunter Watson.....
4.09.4	John Oliver.....
4.10.0	D. Welsh.....
4.14.0	P. J. Freeman.....
4.14.7	Pat Wilks.....
4.15.1	R. Checkley.....
4.15.2	R. McKay.....
4.17.0	Arthur Kimber.....
4.18.0	BRIAN WHITTAKER
4.18.8	Ronald Allen.....
4.19.6	Don Taylor.....
4.19.8	D. Cooper.....
4.21.0	Eric Hamer.....
4.21.5	Len Parrott.....
4.21.8	F. Everett.....
4.22.3	Joe O'Keefe.....
4.22.8	Donald Hunt.....
4.23.0	A. Tewkesbury.....
4.26.0	Howard Harrington...
4.26.6	Thomas O'Reilly.....
4.26.6	John Peet.....
4.27.7	P. Madden.....
4.28.4	Roy Kernaghan.....
4.29.4	T. Malcolm.....
4.39.0	P. Maffia.....
4.40.3	David Arnold.....
4.41.4	L. Pratt.....
4.41.6	M. A. Weston.....
4.42.1	J. B. Leith.....
4.43.2	F. Cowan.....
4.47.6	Derel Clarke
4.47.7	S. Robson.....
4.48.7	B. Covell.....
4.48.8	J. Kearsley.....
4.50.3	Don Harris.....
4.55.2	John Thomas.....
4.56.2	N. Jones.....
5.00.2	Alf Jacobs.....
5.04.9	Joe Phillips
5.15.8	H. Fletcher.....
5.16.0	C. Hawkins.....
5.19.2	K. Robinson
5.40.6	J. Backhouse.....
5.44.0	Rory Allen.....
6.01.3	Malcolm Terry

16.7	Southampton AC
16.7	Wirral
16.7	Blackpool & Fylde
8.5	Springburn AC
16.7	Eton Manor AC
28.5	Basingstoke
8	
8	Tonbridge AC
16.7	HHH
16.7	Portsmouth AC
3.9	Medway AC
17.6	Harlow AC
8	Highgate H
8	
21.8	Mitcham AC
16.7	Shrewsbury
16.7	Stretford
12.6	Aberdeen AC
16.7	Kent AC
28.5	Highgate
2.7	Ealing & Southall
6.7	Poly H
28.5	Heaton
29.5	Clyde Valley
11.6	Dartford H
27.8	ROTHERHAM H
28.5	Highgate
16.7	HHH
3.7	Worcs Nomads
14.6	Blackpool & Fylde
	Havering AC
	Eton Manor AC
7.9	Poly H
16.7	Harringay AC
10.8	Havering AC
19.6	Essex Beagles
29.5	Springburn AC
3.7	Tamworth AC
28.5	Blackburn
18.6	N. Belfast
29.5	
19.6	Highgate H
19.6	Tonbridge AC
4.9	Charnwood AC
4.9	Bolton UH
16.7	Hillingdon AC
29.5	Scot Vets
17.7	Boro of Enfield
28.5	Gateshead
29.5	Scot Vets
13.7	Vets AC
3.7	Dudley
14.8	Overton H&AC
28.5	Warrington
3.7	Wolv & Bilston
17.7	Trowbridge
29.5	Scot Vets
3.7	Stourport AC
17.7	Cambridge AC
29.5	Scot Vets
14.8	Poly H
17.7	Ealing & Southall

CAPS: 1 mile time less 18 secs

BOLD — Pentathlon

5000m

14.29.4	Roy Fowler	8
14.41.0	Ron Gomez	8
15.05.0	Ken Harland	17.7
15.15.4	Robin Campbell	8
15.17.8	Harry Clayton	8
15.28.4	Roy Kernaghan	8
15.32.0	Michael Barratt	17.7
15.43.0	P. J. Freeman	21.9
15.43.0	John Steed	7.5
15.47.2	John Mills	17.7
15.48.0	Eric Austin	3.7
15.52.8	Don Taylor	17.7
15.53.0	John Oliver	17.7
15.56.0	William Stoddart	
15.56.2	Pat Wilks	8.6
15.56.8	L. Williams	17.7
15.57.4	J. Irvine	
15.59.0	D. Welsh	28.5
16.02.0	W. Drysdale	15.5
16.03.0	D. Cooper	3.7
16.06.8	Len Parrott	17.7
16.10.0	Richard Balding	28.5
16.15.0	J. Barrowman	15.6
16.15.4	G. Dance	28.5
16.16.0	Peter Knott	17.7
16.17.4	John Peet	17.7
16.23.6	Ted Nolan	27.7
16.36.0	Thomas O'Reilly	15.6
16.41.0	K. Lupton	28.5
16.42.6	P. McIlwain	17.7
16.50.0	Arthur Kimber	15.5
16.50.0	T. Malcolm	15.6
16.51.0	M. Coyne	15.6
16.56.6	N. Jones	28.5
17.02.2	G. Doggery	28.5
17.02.6	Anthony Quick	17.7
17.05.0	Ron Pannel	3.7
17.07.2	David Arnold	17.7
17.11.0	D. Wright	15.6
17.14.0	Brian Webster	3.7
17.14.4	Michael Caudwell	17.7
17.33.6	John Thomas	30.7
17.36.0	Albert Prouse	17.7
17.42.4	R. Fellows	28.5
17.45.2	P. Kearsey	17.7
17.49.0	A. Gilbraith	15.6
17.51.0	Bevan Gore	17.7
17.56.0	B. Fickling	15.6
17.57.4	D. George	28.5
18.02.0	R. E. Williams	18.9
18.14.2	E. Howarth	28.5
18.15.0	Don Harris	3.7
18.18.0	Alf Jacobs	3.7
18.18.6	K. Metcalfe	28.5
18.19.6	W. Fevry	28.5
18.29.6	Tony Boothby	28.5
18.35.0	W. Armour	15.6
18.46.8	W. Allcock	17.7
18.58.9	George Lee	21.8
19.00.0	G. Dickson	15.6
19.11.0	A. Lett	21.8
19.19.0	M. Phillip	15.6
19.43.0	R. McDonald	15.6
19.51.0	R. McIntyre	15.6
19.59.0	J. Riddell	15.6
20.00.8	D. Newton	28.5
20.03.8	L. Hodgkinson	28.5

Staffs Moreland	
Vale of Aylsebury	
Cambridge H	
Essex Beagles	
Whitchurch Masters	
N. Belfast	
Ealong & Southall	
Ealing & Southall	
Verlea AC	
Sparkhill	
Tipton	
HHH	
Kent C	
Greenock Wellpark	
Poly H	
Welsh Vets	
Bellahouston	
Harrogate	
Scot Vets	
Worcs Nomads	
Havering AC	
Heat AC	
Scot Vets	
Longwood	
Blackpool & Fylde	
Tamworth AC	
Shaftesbury AC	
Springburn	
Burn Rd	
Harringay Southgate	
Dartford H	
Springburn	
T.V.H.	
Warrington AC	
Salford	
Watford AC	
Bristol AC	
Tonbridge AC	
Scot Vets	
Warley AC	
Croydon H	
Overton H&AC	
Gosforth AC	
Wirral	
Eton Manor	
Scot Vets	
Trowbridge AC	
Scot Vets	
Sale H	
Croydon H	
Sale H	
Dudley	
Wolv & Bilston H	
Blackburn H	
Liverpool Pem	
Linc W.A.C.	
Scot Vets	
A.F.D.	
Hallamshire H&AC	
Scot Vets	
Leeds AC	
Scot Vets	
Warrington	
N Vets	

400m h

58.1	Colin Shafto
58.8	William Lane
63.5	John Howell
66.7	Arthur Kimber
70.0	George Lee

BOLD — Heat

TRIPLE JUMP

13.67	David Smith
12.36	Michael J. Burrell
12.26	Joe Phillips
11.51	T. Gardiner
10.66	David Terry
9.94	Jim Day
9.86	Arthur Kimber

HIGH JUMP

1.75	Gordon Hickey
1.70	David Gale
1.60	Anthony Crocker
1.60	Michael J. Burrell
1.55	Charles Jones
1.50	Joe Phillips
1.40	Jim Day
1.35	George Lee

10,000m

31.34.7	Roy Fowler
31.48.0	Eric Austin
31.59.3	Ron Gomez
32.15	Fred Pendlebury
32.15.8	Robin Campbell
32.32.5	Harry Clayton
32.36.2	Alan Jones
32.41.2	Len Parrott
32.42.8	John Steed
32.56.6	Maurice Morrell
33.05.0	D. Lee
33.06.9	W. Robinson
33.22.8	Richard Galding
33.30.0	Roy Kernaghan
33.38.8	Ted Nolan
34.22.0	M. Murphy
34.28.0	Brian Fore
34.31.6	P. J. McIlwain
35.01.0	Peter Knott
35.14.0	K. Heathcote
35.50.2	Frank Locup
36.14.0	S. Malcolm
36.21.0	E. Newport
36.35.0	B. Sabini
36.41.6	Ian Farr
37.02.6	Albert Prouse
37.24.0	Arthur Kimber
37.39.0	J. Foster
37.50.0	W. Ratcliffe
38.04.0	R. E. Williams
38.11.0	L. Hudson
38.16.0	H. Thornton
38.25.8	Reginald Dellar
39.58.0	A. Leadbetter
41.22.0	C. Perks
42.47.0	A. Pemberton
43.03.0	B. Court
43.06.0	D. Newton
43.2	L. Vaughan-Hodkinson

Rowntree AC
Verlea
HHH
Dartford H
Hallamshire

T.V.H.
Surrey Beagles AC
Trowbridge AC
Rugby AC
Ealing & Southall
Blackheath H
Dartford H

Blackheath H
Blackheath H
Stourport AC
Surrey Beagles AC
Barnet & Dist AC
Trowbridge AC
Blackheath H
Hallamshire H&AC

Staffs Moreland
Tipton Harriers

Manchester
Essex Beagles
Whitchurch Masters
Cambridge H
Havering AC
Verlea AC
Wirral AC
Bolton

Heaton H
N. Belfast
Shaftesbury AC
Sutton
Rugby & Dist
Harringay Southgate
Blackpool
Bolton U.H.
City of Hull
Northern Vets
Liverpool Pem
Bolton U.H.
Trowbridge & Dist
Gosforth H
Dartford H
Bolton U.H.
Frodsham
Croydon H
Rockingham
Asvac
Watford H
Northern Vets
Northern Vets
Chester
Northern Vets
Warrington
Northern Vets

POLE VAULT

4.00	Robin Ball
3.30	Jim Day
3.10	John R. Lovell
2.45	David Terry
2.40	Anthony Crocker
2.30	Don Harris
2.24	Anthony McManus
1.83	Michael Cotton

LONG JUMP

6.44	David Gale
5.93	David Burton
5.88	Charles Jones
5.73	Michael J. Burrell
5.72	Derek Clarke
5.67	John D. Howell
5.62	Joe Phillips
5.55	Trevor Gardner
5.50	K. Rhea
5.31	David Terry
5.26	Eric Hamer
4.98	Jim Day
4.92	Arthur Kimber
4.91	Thomas O'Reilly
4.77	Anthony McManus
3.88	K. Robinson

BOLD: In Pentathlon**SHOT**

16.24	Sid Clark
13.34	Edward Byan
13.21	Brian Penny
12.30	Ian Swindale
11.88	Robin Ball
11.75	Derek Clarke
11.03	Barrie Strange
10.65	J. Drummond
10.37	Bill Treharne
10.36	Gordon Hickey
10.16	John Howell
10.04	Fred Hobson
9.97	Kevin Madden
9.78	G. Curtis
9.76	David Terry
8.60	A. Tewksbury
8.39	Joe Phillips
7.79	George Lee
7.67	Walter Nicholls
7.20	K. Robinson
7.12	E. Horwill
6.96	C. Hawkins
6.94	Don Harris
6.90	R. McDonald
6.89	Thomas O'Reilly
6.46	D. Morrison
5.90	J. Geddes
5.72	Arthur Kimber
4.75	A. Saunders

BOLD: In Pentathlon**DISCUS**

46.26	Bill Treharne
45.30	Derek Clarke
44.20	Robin Ball

Redhill & Reigate AC
Blackheath H
Surrey Beagles AC
Ealing & Southall AC
Stourport
Dudley
Paisley H
Middlesboro & Clev H

Blackheath H
Hallamshire H
Barnet & Dist
Surrey Beagles AC
Enfield
HHH
Trowbridge
Coventry God
Billingham
Ealing AC
Blackpool & Fylde
Blackheath H
Dartford H
Springburn H
Paisley H
Cambridge & Cole

Woodford Green
Army
Swansea H
Enfield AC
Redhill & Reigate
Boro of Enfield H
Oxford C
Scot Vets
Surrey AC
Blackheath H
HHH
S.A.C.
Sale H
Essex Beagles
Ealing & Southall
Havering
Trowbridge AC
Hallamshire H&AC
Stretford
Cambridge Coleridge
Didley & St.
Stourport AC
Dudley
Scot Vets
Springburn H
Scot Vets
Scot Vets
Dartford
Northern Vets

Surrey AC
Enfield AC
Redhill AC

38.90	Ian Swindale
34.78	Barrie P. Strange
32.84	J. Drummond
32.56	Fred Hobson
32.46	B. Lewis
30.84	George Curtis
30.72	David Burrige
30.30	Walter Nicholls
29.10	John Howell
28.70	Colin Brand
22.70	W. Brittee
22.68	E. Horwill
21.96	Thomas O'Reilly
20.26	D. Morrison
16.00	J. Geddes
11.52	A. Saunders

JAVELIN

60.20	Robin Ball
56.38	Derek Clarke
48.92	Joe Phillips
46.54	Colin Brand
41.68	John D. Howell
38.90	Neil Reid
35.72	Kevin Madden
31.68	John Coggin
28.04	Walter Nicholls
24.40	C. Hawkins
21.38	George Lee
20.86	Don Harris

HAMMER

50.58	David Bayes
46.26	Bill Treharne
45.50	Kevin Madden
44.68	John Head
43.54	Wally Dixon
40.36	B. Lewis
39.89	Brian Sumner
38.42	Douglas Birch
37.60	George Curtiss
37.14	Barrie P. Strange
31.02	Fred Hobson
30.22	John R. Lovell
26.22	Neil Reid
25.44	J. Rider
17.04	John D. Howell
15.26	E. Horwill

MARATHON ALL AGE GROUPS

2.25.57	Eric Austin
2.29.04	Nat Fisher
2.31.44	R. Macey
2.32.49	Gordon Eadie
2.33.38	William Stoddart
2.35.56	D. Lawson
2.36.22	Roy Keenaghan
2.36.45	G. Kay
2.38.01	T. Wood
2.38.13	Derek Davies
2.38.31	R. Campbell
2.38.43	Harry Clayton
2.39.13	K. Heathcote
2.39.39	Bernard Cordes
2.39.50	John Burney
2.39.50	John Geoghgan

Enfield AC
Oxford
Scot Vets
S.A.C.
Hillingdon AC
Essex Beagles
Barnet
Stretford AC
HHH
Blackheath
Scot Vets
Dudley & S.T.
Springburn H
Scot Vets
Scot Vets
Northern Vets
Redhill AC
Enfield
Trowbridge AC
Blackheath
HHH
Poly H
Sale H
Midland Vets
Stretford
Stourport AC
Hallamshire H&AC
Dudley

Shorts AC
Surrey AC
Sale H
Essex Beagles
Cambridge H
Hillingdon AC
Cannock AC
Croydon AC
Essex Beagles
Oxford AC
S.A.C.
Surrey Beagles AC
Poly H
Cambridge H
HHH
Dudley

1A Tipton
1A Harlow
1A Verlea
Cambusland
1B Scot Vets
1A Bingley
1A Liverpool Pem
1A Barnsley RRC
1 Epsom & Ealing
1A Hereford
1A Essex Beagles
1A Whitchurch Masters
1 Bolton UH
1 Morpeth
1A Notts AC
1A Cambridge H

Continued to page 28.

Continued from page 27.

2.40.55	W. McBrinn	1	Clyde Valley
2.41.40	B. Mills	1	Ryde
2.41.55	G. Spink	1	Bingley
2.42.35	D. Ashton	1	Grimsby
2.43.52	J. Murphy		Hereford
2.44.13	P. Whittaker	1	Longwood
2.44.40	J. Sawyer		Longwood
2.45.21	Ronald Day	1B	Verlea
2.45.45	W. Russell	1	Clyde Valley
2.46.50	Eddie Kirkup	1B	Rotherham H
2.46.67	W. Feary		Liverpool & Pem
2.47.20	Russel Brandon	1A	T.V.H.
2.48.09	T. Llewellyn		Lancaster & More
2.50.45	Ron Blastland	1B	Derby & Co
2.51.13	Brian Forey	1A	Rugby C
2.51.45	R. Meadowcroft	1	Altringham
2.52.13	John Howcroft	1A	Leigh
2.52.16	A. Hitchins	2A	Colchester
2.52.26	Colin Brookes	1A	Exeter Univ
2.52.44	Ted Joynson	2A	Gateshead
2.54.11	Gordon Porteous	3A	
2.54.38	M. Laker	1	S.L.H.
2.54.38	George Eden	1B	Rotherham H
2.54.45	Les Manterfield	1B	Hallamshire H&C
2.55.47	L. Hudson	1	Rockingham
2.58.04	K. Bingley	1	Wakefield
2.59.52	K. Pickering	1	Rockingham
3.00.22	R. Mathieson	2	Longwood
3.00.29	Robert McManus	3A	Sutton H
3.02.02	George Phipps	2A	Leamington
3.02.21	K. Sutton	1	Gosforth
3.02.47	George Lee	1A	Hallamshire H&AC
3.03.48	J. Robertson	2	SS
3.04.04	W. Willis	1	W. Cornwall
3.05.40	W. J. Hanscombe	1	Ranelagh
3.09.50	T. Taylor	1	Unatt
3.09.59	Don Creamer	1	Rotherham
3.10.59	K. Ridgeway	1	Rotherham
3.12.56	J. Hill	1	Rotherham
3.19.19	William Watts	2B	HHH
3.21.02	M. Payne		Cheltenham
3.22.12	K. Jordan	2A	Barnsley RRC
3.25.51	Joe Teesdale	1B	Durham City
3.32.20	S. Dowling	1	Rotherham
3.32.26	G. Chambers		R.N.A.S.C.
3.32.50	R. Walker	2	Saltwell
3.33.17	Joe Teesdale	1B	Durham
3.33.20	G. Betts	2	QPH
3.33.40	P. Jackson	1	Rotherham
3.35.00	Sam Lee	3B	Horwich RMI
3.36.06	R. Tinker	1	Rotherham
3.47.00	Harry Smith	1B	Hallamshire H&AC
4.03.00	W. Marshall	1	Rotherham
4.12.36	G. Bendig	4A	

OVER 45 NEXT MONTH

Lists by kind permission of N.U.T.S Compiled by David Burton, 71 Nethergreen Road, Sheffield S117Eh to whom additions or amendments should be sent.

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

WOKING 10 OVER 40 YEARS 25-2-78

1, Claxton D., HHH, 51.55; 2, Campbell R., Essex Beagles, 52.12; 3, Moody R., Maidenhead, 52.26; 4, Daniels DJ., Lowestoft, 52.52; 5, Switzer B., Southampton, 53.52; 6, Bulpitt S., Southampton, 54.78; 7, Wood T., Epsom, 55.00; 8, Kimber A., Dartford Harriers, 55.56; 9, Thomas J., Overton Harriers, 56.25; 10, Gilham W., Metropolitan Police AC, 56.34; 11, Hicks B., Metropolitan Police AC, 57.35; 12, Fiddler K., Vale of Aylsebury AC, 57.48; 13, Fiddes D., Blackheath Harriers, 58.07; 14, Pryce W., Cardiff AC, 58.13; 15, Nash D., Dartford Harriers, 58.28; 16, Blatchford A., Epsom and Ewell Harriers, 60.01; 17, Bell A., Woking AC, 60.05; 18, Webster R., Unattached, 60.36; 19, Champion I., Metropolitan Police AC, 60.48; 20, Everett J., Feltham AC, 61.07; 21, McGuire J., Maidenhead AC, 61.32; 22, Smith B., Hillingdon AC, 62.22; 23, Heaney F., Ilford AC, 62.28; 24, Bradshaw D., Salisbury AC, 64.00; 25, Syrep I., Worthing and District AC, 64.09; 26, Toogood A., Thames Valley Harriers, 64.51; 27, Smith D., South London Harriers, 66.45; 28, Davis G., Highgate Harriers, 70.35; 29, Quarrendon J., Woking AC, 78.16.

VETERANS (45-50 years).

1, McQuillin J., Epsom and Ewell Harriers, 59.48; 2, Wise H., Shaftesbury Harriers, 60.03; 3, Clarke P., Dartford Harriers, 62.20; 4, Gates R., Vets AC, 62.53; 5, Collins P., Herne Hill Harriers, 66.36; 6, Coe D., Fleet and Crookham, 72.21

VETERANS (Over 50 years).

1, Franklin R., Thames Valley Harriers, 54.37; 2, Lee D., Shaftesbury AC, 56.21; 3, Funnell D., Epsom and Ewell H, 57.25; 4, Rikly D., Bracknell AC, 58.21; 5, Yeabsley D., British Aerospace SC, 62.05; 6, Charnoch C., Collingwood AC, 64.32; 7, Mace D., Unattached, 68.26; 8, Rowley T., Woking AC, 72.54; 9, Bury L., Lowestoft AC, 76.44; 10, Symes W., Queens Park Harriers, 77.56.

HILLINGDON '5' 1978**Veterans only.**

1, R. Campbell, Ess B, 25.58; 2, R. Freeman, Ealing, 26.58; 3, M. Barratt, Ealing, 27.08; 4, E. Nolan, Shaft, 27.09; 5, B. Slowe, H'gate, 27.24; 6, A. Quick, Watford, 27.48; 7, D. Evans, Watford, 27.57; 8, G. Dacam, Ver, 28.11; 9, G. Archer, Hill, 28.23; 10, D. Blackett, Hill, 28.36; 11, J. Leith, Hill, 29.05; 12, M. Burnham, Watford, 29.06; 13, D. Wright,

Ealing, 29.19; 14, V. Joseph, H'gate, 29.23; 15, C. Weight, H&S, 29.38; 16, R. Dellar, Watford, 29.45; 17, C. Brown, Ealing, 29.50; 18, G. Meech, Ver, 29.54; 19, R. Wolton, Hill, 30.15; 20, R. Bastable, Watford, 30.27; 21, B. Neilson, Hill, 30.34; 22, J. Benjamin, Hill, 30.44; 23, B. Smith, Hill, 31.00; 24, C. Wadsworth, Hill, 31.00; 25, G. Lowe, Watford, 31.03; 26, C. Pickett, Windsor, 31.04; 27, G. Knox, Hill, 31.14; 28, R. Gates, Vet, 31.17; 29, K. Dearing, Watford, 32.06; 30, J. Lusty, Ealing, 32.41; 31, J. Turner, GEC, 33.02; 32, M. Kemp, H&W, 33.12; 33, P. Baker, Hill, 33.43; 34, W. Coleman, Hill, 33.55; 35, B. Longhurst, Hill, 34.23; 36, J. Small, Hill, 35.40; 37, J. Gorrod, Hill, 36.29; 38, B. Spiller, Poly, 36.35; 39, M. Tucker, Hill, 36.38; 40, D. Holman, Hill, 37.02; 41, T. Adams, H&W, 37.33; 42, D. Terry, Ealing, 38.06; 43, J. Harris, Watford, 39.20; 44, F. Caviglioli, Bas, 39.23; 45, W. Eife, Hill, 41.54.

Vets team race — All run 6 score:

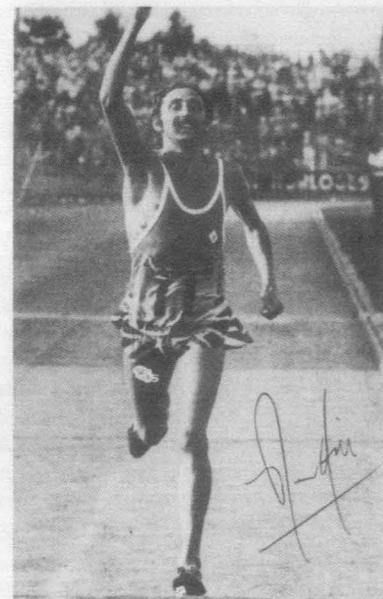
1, Watford	56pts
2, Hillingdon	59pts
3, Ealing & Southall	73pts

**8th NATIONAL CROSS COUNTRY
CHAMPIONSHIPS, GRAVES PARK,
SHEFFIELD. FEBRUARY 19th, 1978**

Men over 40 years, 6 miles

1, F. Pendlebury, Manchester, 1A, 32.15; 2, R. Carruthers, Gosforth, 1A, 33.04; 3, R. Cooper, Worcester, 1A, 33.09; 4, C. Lee, Salford, 1A, 33.17; 5, B. Lee, Notts, 1A, 33.42; 6, M. Barrett, Ealing & Sth, 1B, 33.49; 7, C. Plumpton, Portsmouth, 1A, 33.51; 8, M. Gomez, V of Aylesbury, 1A, 34.04; 9, P. Morris, Lozells, 1B, 34.19; 10, D. Lawson, Bingley, 1A, 34.28; 11, G. Black, Durham, 1A, 34.29; 12, A. Saberton, Camb & Cty, 1A, 34.29; 13, R. Balding, Heatom, 1A, 34.30; 14, T. Rooke, M'bro & Clev, 1B, 34.33; 15, E. Isaacs, Wirral, 1A, 34.55; 16, B. Baylis, Wirral, 1A, 34.42; 17, G. Spinks, Bingley, 1B, 34.57; 18, B. Cooke, Stafford, 1A, 34.58; 19, G. North, Portsmouth, 1A, 34.59; 20, R. Ryder, Morpeth, 1A, 35.03; 21, A. Hughes, Rochdale, 1B, 35.04; 22, R. Anderson, Morpeth, 1A, 35.05; 23, E. Eccleton, Wirral, 1A, 35.11; 24, M. Murphy, Sutton, 1A, 35.12; 25, J. Peet, Tamworth, 1A, 35.17; 26, D. Evans, Cambridge, 1A, 35.230; 27, M. Robinson, Blaydon, 1A, 35.25; 28, D. Pickering, East Hull, 1A, 35.31; 29, M. Morrell, Wirral, 1B, 35.32; 30, R. Jeans, Salisbury, 1A, 35.33; 31, G. Rhodes, Stafford, 1B, 35.34; 32, B. Whitakker, Rotherham, 1A, 35.38; 33, M. Capewell, Lozells, 1B, 35.42; 34, K. Pickersley, Notts, 1A, 35.43; 35, L. Parrott,

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Continued from page 29.

Havering, 1A, 35.45; 36, J. Wright, Wirral, 1A, 35.47; 37, J. Georgegan, Cambridge, 1A, 35.49; 38, R. Hague, Derby, 1A, 35.56; 39, J. Oliver, Kent, 1A, 35.58; 40, M. Grosse, Rotherham, 1B, 35.59; 41, J. Burney, Notts, 1A, 36.00; 42, P. Carmichael, Morpeth, 1B, 36.01; 43, K. Heathcote, Bolton, 1A, 36.02; 44, M. Coyhne, Falkirk, 1A, 36.03; 45, C. Simpson, Smallheath, 1B, 36.05; 46, J. Irving, Bellahouston, 1A, 36.07; 47, P. Ashton, Grimsby, 1B, 36.10; 48, T. Everitt, Eaton Manor, 1A, 36.16; 49, T. Hoyles, Havering, 1A, 36.17; 50, G. Kay, Stafford, 1A, 36.18; 51, D. Claxton, Herne Hill, 1A, 36.19; 52, J. Adlington, Notts, 1A, 36.20; 53, D. Dellar, Cambridge, 1B, 36.22; 54, M. Whattaker, Stafford, 1A, 36.23; 55, R. Proffitt, Salford, 1A, 36.24; 56, J. Rose, Frodsham, 1A, 36.25; 57, K. Hodgkinson, Salford, 1B, 36.26; 58, H. Barlowman, Garscube, 1A, 36.29; 59, M. Weston, Bolton, 1B, 36.40; 60, J. McKenna, Leeds, 1A, 36.42; 61, W. Anderson, Metro Police, 1B, 36.47; 62, K. Sutton, Gosforth, 1A, 36.48; 63, R. Turton, Smallheath, 1A, 36.51; 64, R. Frogatt, Smallheath, 1A, 36.54; 65, G. Martin, Cambridge, 1A, 36.55; 66, J. Hawes, Heaton, 1A, 36.56; 67, J. Howitt, Matlock, 1A, 36.57; 68, N. Rees, APH, 1A, 36.58; 69, H. Jacques, Salford, 1B, 37.02; 70, R. Chetley, Heaton, 1A, 37.05; 71, S. Allen, HHH, 1A, 37.06; 72, G. Dance, Longwood, 1A, 37.10; 73, B. Court, Bolton, 1A, 37.18; 74, P. Pattison, Gosforth, 1B, 37.26; 75, A. Walsham, Salford, 1B, 37.30; 76, E. Kirkup, Rotherham, 1B, 37.33; 77, T. Farrell, M'bro & Clev, 1A, 37.34; 78, G. Smith, Eaton Manor, 1A, 37.36; 79, D. Harris, Dudley, 1A, 37.38; 80, A. Prowse, Gosforth, 1A, 37.38; 81, H. Gamble, M'bro & Clev, 1B, 37.41; 82, J. Farr, Trowbridge, 1A, 37.42; 83, K. Pickering, Rockingham, 1A, 37.43; 84, R. Sheraton, S. Shields, 1A, 37.46; 85, A. Pawsey, Mitcham, 1A, 37.49; 86, R. Bentley, Tipton, 1B, 37.53; 87, M. Wakefield, Notts, 1A, 37.57; 88, D. Rowley, Glos., 1A, 37.58; 89, A. Beesley, Salford, 1A, 37.59; 90, G. Eden, Rotherham, 1B, 38.04; 91, B. Boyce, Tipton, 1B, 38.04; 92, R. Nelson, Lozells, 1A, 38.15; 93, C. Mould, Havering, 1A, 38.16; 94, P. Chaplin, Camb & Col, 1B, 38.17; 96, G. Crowder, Blackheath, 1B, 38.18; 96, H. Tewkesbury, Havering, 1A, 38.19; 97, K. Broadhurst, Derby, 1B, 38.20; 98, B. Jackson, Portsmouth, 1B, 38.21; 99, P. Potts, Blaydon, 1A, 38.22; 100, D. Lee, Bolton, 1A, 38.23; 101, J. Emmett, ASVAC, 1A, 38.24; 102, R. Collinson, E. Hull, 1A, 38.25; 103, G. Goodair, Wakefield, 1A, 38.26; 104, W. Fury, Liv. Pem, 1A, 38.38; 105, G. Smith, Kettering, 1B, 38.39; 106, J. Haslam, Bolton, 1B, 38.39; 107, D. Hunt, Harringay, 1A, 38.40;

108, B. Lister, Bolton, 1B, 38.41; 109, K. Bingley, Wakefield, 1B, 38.44; 110, P. Chappell, Trowbridge, 1A, 38.45; 111, P. Brooke, Holmfirth, 1B, 38.47; 112, A. Kimber, Mitcham, 1A, 38.48; 113, D. McWhirter, Tipton, 1B, 38.48; 114, J. Heywood, HHH, 1A, 38.48; 115, G. Freeman, Sunderland, 1B, 38.53; 116, E. Howard, Sale, 1A, 38.55; 117, W. Pickles, Saltwell, 1B, 39.01; 118, J. Nesbitt, Morpeth, 1A, 30.08; 119, P. Jones, Derby, 1B, 39.10; 120, D. Howarth, Leigh, 1B, 39.11; 121, I. Brown, Rugby, 1A, 39.12; 122, D. Barton, Clayton, 1A, 39.17; 123, V. Bateman, Liv. Pem, 1A, 39.18; 124, (No. 401), 1B, 39.19; 125, J. Clayton, Manchester, 1A, 39.23; 126, J. Longden, Sutton, 1B, 39.24; 127, P. Ferguson, Aylesbury, 1A, 39.28; 128, A. Jacobs, Stafford, 1A, 39.29; 129, P. Poultney, Tipton, 1A, 39.31; 130, J. Porter, Mitcham, 1A, 39.34; 131, H. Crane, Gosforth, 1A, 39.38; 132, A. Simpson, Wigan, 1A, 39.39; 133, G. Thomas, G.F.C., 1A, 39.41; 134, P. Kearsley, Eaton Manor, 1A, 39.46; 135, L. Hodgkinson, North Vets, 1A, 39.48; 136, G. Brady, Liv. Pem, 1B, 39.50; 137, L. Manterfield, Hall H, 1B, 39.51; 138, D. Whitmore, S. Shields, 1A, 39.52; 139, R. King, Blackburn, 1B, 39.53; 140, J. Blackburn, Bracknell, 1B, 40.02; 141, I. McDonnah, Wirral, 1A, 40.05; 142, E. Andrews, Havering, 1B, 40.06; 143, M. Mirter, M'bro & Clev, 1A, 40.08; 144, K. Boyle, Sunderland, 1B, 40.08; 145, C. Burton, Portsmouth, 1B, 40.09; 146, K. Metcalfe, Blackburn, 1A, 40.10; 147, D. Griffiths, Bracknell, 1A, 40.12; 148, F. Valentine, Bolton, 1B, 40.15; 149, C. McCartney, Skyrac, 1B, 40.16; 150, R. Moore, Notts, 1A, 40.20; 151, E. Newport, Liv. Pem, 1A, 40.27; 152, T. Rushton, Plessey, 1A, 40.29; 153, M. Price, Glos., 1A, 40.30; 154, R. Johnson, Mid Vets, 1A, 40.34; 155, G. Travers, Derby, 1A, 40.35; 156, B. Fickling, Springburn, 1B, 40.42; 157, K. Fiddler, Aylesbury, 1A, 40.49; 158, R. Kemp, E. Hull, 1A, 40.49; 159, C. Hill, Rotherham, 1A, 40.50; 160, P. Yates, Kent, 1B, 40.50; 161, G. Corbishley, Michelin, 1A, 40.50; 162, G. Daggatt, Salford, 1A, 40.51; 163, R. Budd, Havering, 1B, 40.52; 164, R. Kelsall, Newcastle, 1A, 40.53; 165, J. Gebbels, HHH, 1A, 40.54; 166, R. Kersey, Mitcham, 1A, 40.55; 167, H. Thornton, ASVAC, 1A, 41.03; 168, W. Smith, Clayton, 1A, 41.03; 169, H. Smith, Hall H., 1B, 41.10; 170, C. Robb, G.F.C., 1B, 41.17; 171, S. Boyd, Blackburn, 1A, 41.29; 172, K. Keighley, Hall H, 1A, 41.32; 173, T. Boothby, Lincoln W., 1B, 41.47; 174, A. Oxley, Rotherham, 1A, 41.49; 175, A. Carter, M'bro & Clev, 1A, 41.57; 176, D. Cream, Rotherham, 1B, 41.02; 177, F. McGrath, ASVAC, 1B, 41.04; 178, J. Alexander, North Vets, 1B, 41.05; 179, M. Payne, Cambridge, 1B, 41.07; 180, S.

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Continued to page 31.

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(O/40, Group 1A).

1, F. Pendlebury, manchester, 32.15; 2, R. Carruthers, Gosforth, 33.04; 3, R. Cooper, Worcester, 33.09.

(Group 1B).

1, M. Barratt, Ealing & Southall, 33.49; 2, P. Morris, Lozells, 34.19; 3, T. Rooke, M'Bro & Clev.

TEAM RESULT OVER 50

1, Wirral AC (15, 16, 23, 29)	83
2, Notts AC (5, 34, 41, 52).	132
3, Stafford AC (18, 31, 50, 54).	153
4, Cambridge	181
4, Salford	185
6, Morpeth	202
7, Gosforth	218
8, Rotherham	238
9, Portsmouth	269
10, Havering	273
11, Bolton	275
12, M'Boro	315
13, Lozells	316
14, Herne Hill	401
15, Derby	409
16, Tipton	419
17, Eaton Manor	474
18, East Hull	477
19, Mitcham	493
20, Liverpool Pem	514
21, Airedale	630
22, Hallamshire	672
23, Bracknell	681
24, G.F.C.	688
25, Rugby	704

Over 50's results will be printed next month.

Continued from page 22.

**VETERANS ATHLETICS CLUB
FIXTURES 1978**

Evening meetings commence 7pm, Saturday and Sunday meetings 2.30pm.
Sat April 15, Tooting Bec, 100m Handicap and Relay.

Sat. May 27th. Norbiton, 100m Handicap and Relay.

Wed., May 31st. Battersea Park. 100m Handicap and Relay.

Wed., June 7th. Victoria Park. 1500m Handicap.

Wed., June 21st. Ladywell Park. 100m Handicap and Relay.

Sun. July 9th. Victoria Park. 200m Handicap and Relay.

Wed., July 12th. Parliament Hill. 100m Handicap and Relay.

Wed., July 26th. Battersea Park. 100m Handicap and Relay.

Sun., August 6th. Parliament Hill. V.A.C. Club Championships.

FIXTURES FROM MAY 1st.

May 5/6/7th. South Eastern Masters Track and Field Meet for the North American Veterans Championships. North Carolina State University, Raleigh, North Carolina.

May 6th. Veterans AC 10 Miles Road Championships. Richmond Park.

May 21st. 2nd Annual West Hartford, U.S.A. Road Race.

June 9/10/11th. Barnet Festival of Sport includes Veterans Track Races and 10km Road Race. Cophall Stadium, Hendon.

June 16. Worlds Best Veterans 10 km Road Race. West Berlin. Hendon.

June 17th. Worlds Best Marathon Championships. West Berlin am start. Details of touring parties from Laurie Durrant and Norman Ashcroft. Entries close April 30, 1978.

June 18th. Veterans Inter Counties 10 km Road Race. Leamington Spa. Entries 50p to George Phipps (Men) and Jeanne Coker (Women) by June 11, 1978.

June 25th. Manchester Y.M.C.A. 20km Road Race (Includes Northern Vets Championships.)

July 3rd. Veterans AC Open Vets meeting at Parliament Hill Fields. Details from Fred Smith, 26 Sunnymede, Chigwell Row, Essex.

July 8th. Southern Vets Track and Field Championships. Avon Sports Ground, Southampton.

July 9th. Bruges 25km Road Race. Details of touring party and entry forms from Jack Fitzgerald.

July 15/16th. National Track and Field Championships. Aldersley Park, Wolverhampton. Entry forms and enquiries from Eric Horwill, 'Pevensey,' Enville Road, Wall Heath, Brierley Hill, Staffs.

July 16th. B.V.A.F. Annual General Meeting at Wolverhampton.

August 6th. Veterans AC Track Championships. Parliament Hill Fields.

September 10-16th. First European Veterans Track and Field Championships at Viareggio. Details of touring parties and entry forms from Laurie Durrant, Ted O'Bree, Norman Ashcroft and Jack Fitzgerald. Please send stamped addressed 9in X 6in envelopes for entry forms. Entries close June 17th, 1978

WORLD RESULTS

AUSTRALIA. South Australia Veterans Club Championships, Kensington Olympic Park.

100 metres.

P. Butler	12.1	1A
D. Janssan	12.3	1A
M. Schnyder	12.6	1A
G. Powell	12.8	1A

S. Grimm	13.0	1A
D. Mallett	13.4	1A
R. Wall	13.4	1A
P. Pye	13.4	1A

N. Main	13.1	2A
R. Clarke	13.3	2A
H. Barnes	13.7	2A
J. Campbell	14.8	2A

A. Lampard	14.1	3A
A. Digance	15.2	3A

J. Liascos	12.3	1B
D. Paul	12.9	1B
S. McIntosh	13.5	1B
R. Leedham	13.5	1B
F. Murphy	14.0	1B

A. Gransden	14.0	2B
D. Kimber	14.5	2B
F. Pine	15.1	2B

100 metres**WOMEN**

V. Fullager	14.2	AW
P. Leedham	14.8	AW
A. Miller	14.9	BW
G. Boyce	15.8	BW
B. Parkinson	14.1	1AW
E. Dollery	14.1	1AW

200 METRES

P. Butler	25.2	1A
D. Janssan	25.6	1A
M. Schnyder	25.6	1A
G. Powell	26.0	1A
S. Grimm	26.7	1A
R. Daniels	27.1	1A

R. Clarke	26.3	2A
R. Sara	22.7	2A
H. Barnes	28.1	2A
J. Campbell	30.3	2A

J. Liascos	24.7	1B
D. Paul	25.4	1B
S. McIntosh	26.4	1B
R. Leedham	26.8	1B
F. Murphy	27.1	1B

A. Gransden	29.7	2B
F. Pine	30.4	2B

A. Lampard	29.1	3A
A. Digance	31.2	3A
J. Groat	31.3	3A

200 METRES WOMEN

A. Miller	31.0	BW
B. Parkinson	28.8	1AW
E. Dollery	29.3	1AW
M. Thunig	31.6	1AW

400 METRES

P. Butler	55.8	1A
G. Powell	57.4	1A
M. Schnyder	58.5	1A
R. Daniels	61.5	1A
B. Grahame	61.6	1A
D. Mallett	62.9	1A
M. Dollery	64.5	1A

R. Clarke	58.6	2A
R. O'Neil	62.8	2A
H. Barnes	64.3	2A
J. Campbell	66.3	2A

D. Paul	56.9	1B
J. Liascos	57.6	1B
S. McIntosh	58.6	1B
F. Murphy	61.0	1B
M. Cubitt	67.1	1B

D. Kimber	65.4	2B
W. Caudle	68.5	1B

A. Lampard	66.0	3A
J. Groat	71.6	3A

400 METRES WOMEN

A. Miller	68.8	BW
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E. Dollery	71.9	1AW
S. Malbutt	83.2	1AW

800 METRES

P. Binns	2.12.1	1A
R. Auld	2.14.2	1A
G. Adams	2.15.7	1A
R. Daniells	2.20.2	1A

W. Caudle	2.29.4	2B
D. Kimber	2.29.4	2B

A. Lampard	2.42.0	3A
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D. Paul	2.01.1	1B
R. Woodcock	2.12.2	1B
F. Murphy	2.12.5	1B
G. Parkinson	2.19.2	1B

R. Clarke	2.15.9	2A
R. Sara	2.24.0	2A
R. O'Neil	2.25.0	2A
J. Campbell	2.35.1	2A

800 METRES WOMEN

A. Miller	2.42.6	BW
J. Brown	3.00.0	BW
M. Thunig	2.44.1	1AW
B. Parkinson	3.05.6	1AW
S. Malbutt	3.06.3	1AW

5000 METRES

R. Woodcock	4.36.8	1B
F. Murphy	4.39.7	1B
R. Sutcliffe	4.42.2	1B
G. Parkinson	4.46.9	1B
P. Jenkins	5.52.0	1B

W. Caudle	5.01.6	1B
F. Pine	5.39	2B

A. Lampard	5.35	3A
J. Groat	5.49	3A

G. Wenk	4.26.0	1A
G. Adams	4.26.7	1A
R. Auld	4.36.8	1A
D. Mallett	4.50.6	1A
P. Pye	5.10.0	1A

G. Seagrim	4.47.3	2A
G. Inwood	4.49.3	2A
N. O'Neil	4.51.9	2A
R. Sara	5.02.6	2A
W. Rust	5.07.0	2A

1500 METRES WOMEN

M. Thunig	5.46	1AW
J. Brown	5.48	BW
H. McFarlane	6.15	BW
N. Sutcliffe	6.20	BW
N. Young	6.38	BW
S. Malbutt	6.46	1AW

5000 METRES**(All classes one race)**

G. Hicks	16.45.9	1B
P. Afford	16.47.6	1A
W. Beames	17.57.4	2B
G. Seagrim	17.59.0	2A
T. Nailor	18.25.0	1A
N. Scott	18.35.0	1A
L. Frisby	18.36.0	2A
J. Devereaux	18.56.0	1A
P. Pye	18.58.0	1A
R. Sara	19.10.0	2A
R. Auld	19.13.0	1A
W. Caudle	19.27.0	2B

G. Parkinson	20.26.0	1B
L. Hart	20.28.0	1A
D. Mallett	20.41.0	1A
A. Gottschalk	20.41.0	1B
F. Pine	21.09.0	2B
M. Thunig	21.59.0	1AW
J. Brown	21.59.0	BW
F. Toye	22.00.0	1B
P. Jenkins	22.46.0	1B
L. Merrett	23.05.0	2A
M. Barnes	23.26.0	2B
A. Digance	23.40.0	3A
N. Young	24.32	BW
N. Sutcliffe	24.35.	1BW
H. MacFarlane	26.01.0	BW

10,000 METRES**(All grades one race).**

G. Hicks	34.04	1B
P. Afford	34.26	1A
R. Sutcliffe	35.51	1B
W. Beames	36.49	2B
G. Inwood	37.29	2A
G. Seagrim	37.56	2A
R. Woodcock	39.03	1B
W. Caudle	39.55	2B
T. Nailor	40.55	1A
R. Auld	41.28	1A
L. Hart	43.07	1A
W. Rust	43.08	2A
F. Pine	43.34	2B
M. Barnes	47.36	2B
P. Jenkins	47.36	1B
J. Brown	47.56	BW
A. Digance	48.44	3A
E. McFarlane	51.10	BW
N. Sutcliffe	52.36	1BW

110 METRES HURDLE

2, G. Powell	20.00	1A
3, A. Lampard	25.00	3A

400 METRES HURDLES.

D. Brown		
G. Powell	62.8	1A
D. Kimber	72.5	2B
A. Lampard	80.8	3A

3000 METRES STEEPLECHASE

P. Afford	10.21.8	1A
P. Binns	10.35.7	1A
G. Inwood	11.47.7	2A
R. Sutcliffe	12.02.4	1B
D. Mallett	12.22.3	1A

1500 METRES WALK**(All classes).**

T. Nailor	7.23.5	1A
F. Leonard	7.48.2	1A
S. Malbut	8.02.4	1B
R. O'Neil	8.08.7	2A
M. Cotton	11.48.0	2A
J. Webber	8.28.5	3A
G. Ross	10.28.4	3A
E. McFarlane	9.36.5	BW
M. Cahill	11.44.0	2BW

3000 METRES WALK

T. Nailor	15.57.4	1A
F. Leonard	16.23.1	1A
G. Ross	21.24.1	3A
M. Cahill (800m)	5.49.5	2BW

JAVELIN THROW

G. Powell	29.28	1A
M. Schnyder	28.99	1A
D. Mallett	26.20	1A
S. Grimm	24.73	1A
P. Pye	18.04	1A
A. Gottschalk	20.87	1B
J. Slater	27.31	2A
R. Sara	25.40	2A
M. Cotton	23.00	2A
A. Gransden	22.84	2B
P. Dalwood	20.03	2B
A. Digance	15.62	3A
P. Barnes	21.26	3B

JAVELIN THROW—WOMEN

G. Boyce
E. Dollery
S. White
M. Cahill

DISCUS

D. Leadbetter	26.85	1A
G. Powell	25.35	1A
M. Schnyder	20.85	1A
S. Grimm	17.25	1A
W. Horsnell	25.94	1A
A. Digance	17.28	3A
P. Barnes	26.30	3B

E. Dollery	20.96	1AW
M. Thunig	12.10	1AW
S. McIntosh	18.82	1B
D. Frawley (Queens)	32.55	2A
J. Slater	23.70	2A
P. Dalwood	25.90	2B
A. Gransden	15.90	2B
G. Boyce	19.06	BW
A. Miller	19.04	BW
M. Cahill	13.94	2BW

HAMMER THROW

D. Leadbetter	45.10	1A
A. Gordon	43.58	1B
D. Frawley (Queens)	39.16	2A
P. Dalwood	28.60	2B
P. Barnes	23.90	3B
W. Horsnell	20.26	3A

SHOT PUTT

D. Leadbetter	10.08	1A
G. Powell	7.76	1A
P. Dalwood	9.98	2B
A. Gransden	7.74	2B
W. Horsnell	8.48	3A
D. Paul	8.79	1B
S. McIntosh	6.99	1B
M. Cotton	8.55	2A
J. Slater	7.32	2A
N. O'Neil	5.56	2A
P. Barnes	8.083B	

SHOT PUTT—WOMEN

E. Dollery	8.92	1AW
M. Thunig	6.58	1AW
G. Boyce	6.85	BW
A. Miller	6.26	BW
S. White	10.45	1BW
M. Cahill	5.00	2BW

HIGH JUMP

G. Powell	1.36	1A
R. Clarke	1.34	2A
G. Adams	1.28	1A
A. Lampard	1.32	3A
R. O'Neil	1.26	2A
S. McIntosh	1.24	1B
S. White	1.24	1BW

TRIPLE JUMP

M. Schnyder	10.20	1A
R. Auld	9.83	1A

G. Powell	9.02	1A
M. Cubitt	8.22	1B
R. Clarke	9.47	2A
A. Lampard	9.23	3A

LONG JUMP

M. Schnyder	5.51	1A
P. Butler	5.28	1A
G. Powell	5.10	1A
G. Boyce	3.52	BW
B. Parkinson	4.43	1AW
E. Dollery	4.09	1AW
S. White	3.77	1BW
R. Leedham	5.18	1B
G. Parkinson	4.72	1B
S. McIntosh	4.25	1B
R. Clarke	4.71	2A
D. Frawley (Queens)	4.66	2A
A. Lampard	4.12	3A

POLE VAULT

R. Daniells	3.10	1A
G. Powell	2.00	1A

SOUTH AUSTRALIAN CLASSES**MALE**

1A	40/44
1B	45/49
2A	50/54
2B	55/59
3A	60/64
3B	over 65

Women

BW	35/39
1AW	40/44
1BW	45/49
2AW	50/54
2BW	55/59
3AW	60/64
3BW	over 65

EIRE — Tullamore Festival of Road Races, 3,000m. 15-1-1978.

1, N. Hendricks	8.45;
2, G. Kavanagh	8.55;
3, J. Douglas	8.56;
4, J. Cronin	8.57;
5, J. Flannery	8.58;
6, C. Wright	9.00.
First 50+ H. McNeil (41st).	
First 55+ R. Woodcock (39th).	

EIRE — Liffey Valley Cross-Country, 4 miles, Pheonix Park, Dublin. 19-2-1978.

1, J. Douglas	22.27
2, P. Byrne	22.37
3, W. Dunne	22.45
4, T. Twomey	22.53
5, G. Kavanagh	23.10
6, J. Cronin	23.24
7, K. Ryan	23.35
8, M. Salmon	23.39
9, M. Kane	23.49
10, H. Gorman	23.52
11, G. Malone	23.54
12, P. O'Neill	24.09
13, J. Cunningham	24.14
14, D. Walshe	24.15
15, T. Wesby	24.47

NEW ZEALAND — Christchurch. 9-2-1978

800m.

W35.	
L. Donaldson	2.40
J. Papps	3.05.8
B. Tweedie	3.14.6

1500m

M40

T. Lucas	4.54.4
N. Sutton	5.18.5

M45

L. Steel	5.38.1
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M60

C. Ell	5.50
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Canterbury Championships QEII (Open).

10,000m. J. K. Macdonald (43) 31.36.

5,000m. J. L. Macdonald (43) 15.38.

5,000m. J. D. Macdonald (43) D.N.F. — 2 miles 9.19.5.

1,500m. J. D. Macdonald (43) 4.4.6.

Hammer. D. Leech (51) 39.0.
R. Rose (43) 40.23.

Javelin. S. Leary (40) 55.76 3rd.

LADIES.

Discus. Y. Young (40) 42.92.

Shot putt. Y. Young (40) 13.78.

SPAIN — Veterans Cross - Country Championships, Elgoibar, 5,370 metres. 19-2-1978.

Class 1A. (40/44)

1, José Latzage	17.31
2, Teo Cristobal	18.05
3, Juan Morales	18.17
4, Luis Garcia	18.23
5, Iluminado Corcuera	18.31
6, Tomás Barranco	18.38
7, Joaquin Aguirre	19.52
8, Cesar Morata	20.01
9, Aureliano Gonzalez	20.08
10, Mariano Martinez	20.14

Class 45/50.

1, E. Martinez	18.39
2, A. Manzano	19.01
3, R. Elizalde	19.33
4, J. Mateo	20.14
5, P. Amat	20.30
6, J. Doctor	20.57

Class 50/54.

1, J. Valls	18.42
2, I. Abdon	18.44

3, M. Vergara	20.04
4, V. Zuniba	20.36
5, J. Echeverria	20.48

Class 55/59.

1, C. Longuas	13.53
2, J. Ondarzo	14.09
3, F. Laborda	14.24
4, F. Almela	14.40
5, F. Perez	15.18
6, R. Garbizu	16.10

Class 60/64.

1, R. Richard	16.07
2, A. Sobirana	16.17

Class 65 +

1, S. Casanova	15.26
2, V. Huerta	17.12
3, J. Muntada	26.47



Cambridge Harriers in the form of Dave Dellar (32) and Jack Brown pictured after establishing a new world best time for the 5,000m parlauf for two runners whose combined age totals 100 years. Dave was 48 and Jack at the time of their record. (9.4.77). Time 14min 30secs.





THE PARTY OF THE YEAR

In October R.A.C.E. celebrates its first year in print and to mark the occasion we plan to hold a party. In fact we plan to make it the party of the year.

You can meet the staff of R.A.C.E., including our principle contributors.

Also present will be many of Britain's most famous athletes. Above all of course you meet each other — A fantastic opportunity to meet sociably on this NIGHT OF NIGHTS.

The date will be FRIDAY, OCTOBER 27, 1978 in London.

To enable us to get some clear idea as to how many people plan to come, please send us your name and address on the coupon below. The sooner we have a notion of how many to expect, the sooner we will be able to book the right size of hall.

We plan to have plenty of entertainment with a top class band and the cost includes a basket meal.....

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Please reserve for me tickets at £6 per ticket per person to attend

R.A.C.E. Party of the Year.

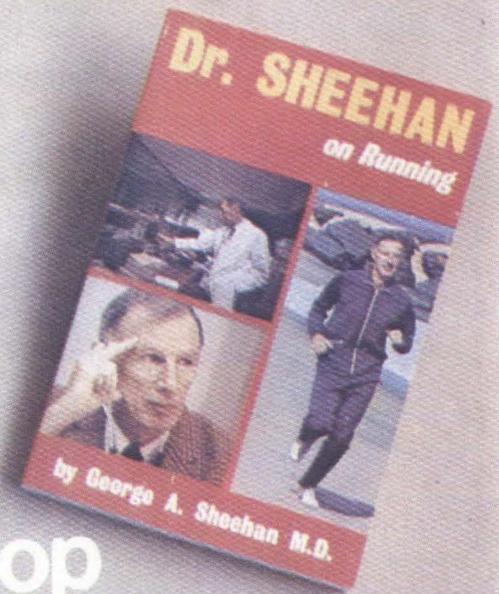
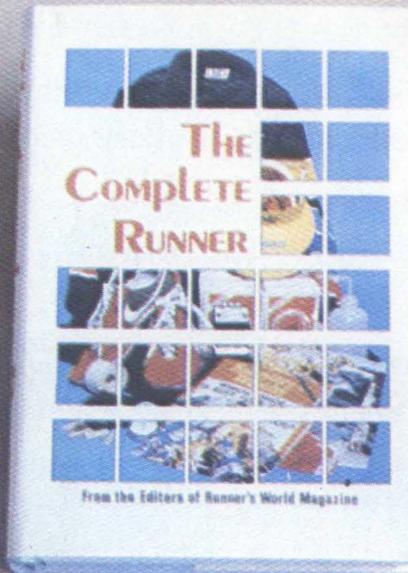
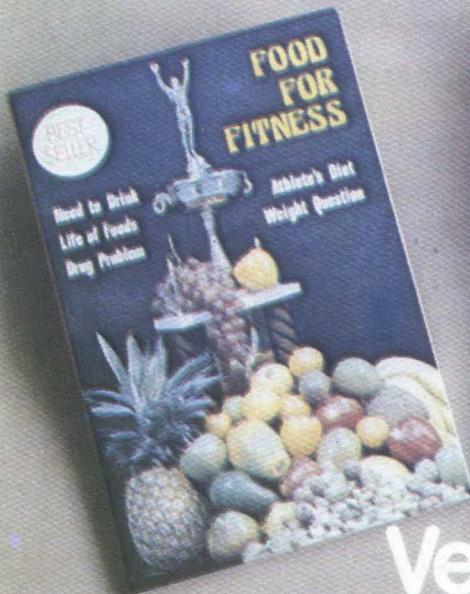
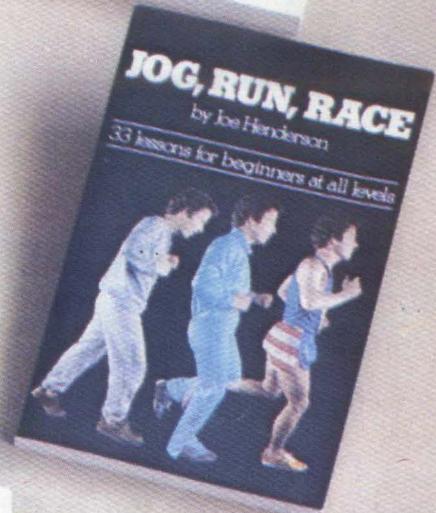
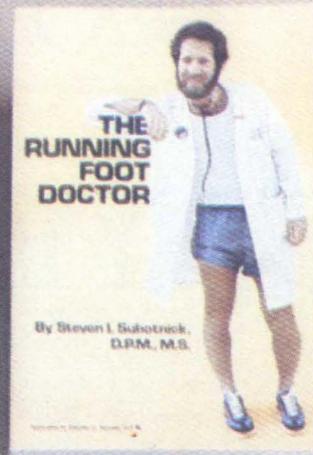
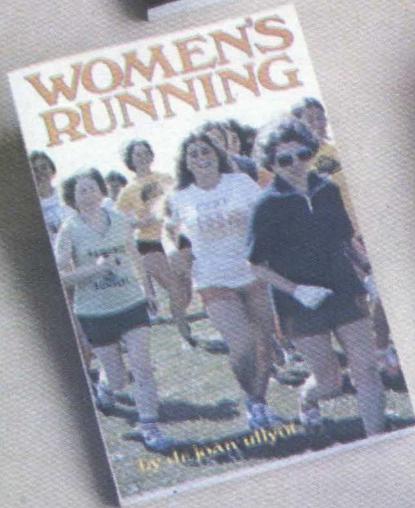
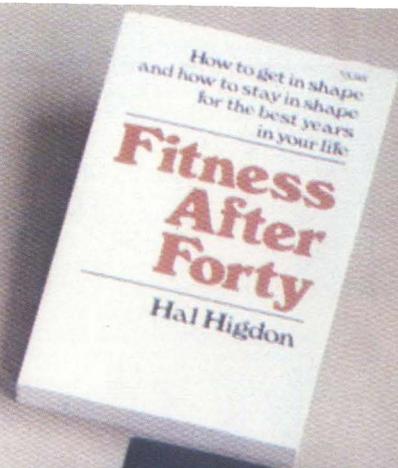
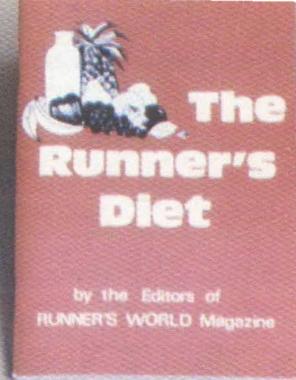
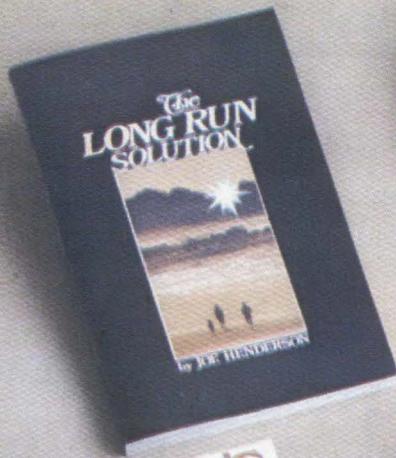
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