Spotlight on – Sylvester Stein

Footsteps on My World
by Ken Proctor

Italian Veterans

Indoor Championships – Genova

1978 Eastern A.A.U. Masters

Indoor Championships

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EDITORIAL

MOST runners, coaches and officials have something worth telling about, their thoughts and feelings regarding their own particular branch of the sport. In fact since publishing our first athletic magazine R.A.C.E., we have received simply hundreds of articles from people.

Most people that write to us would never consider themselves to be writers, probably less that half having written to or for a publication. The people writing to us are athletes, coaches and officials who have something worth saying about the sport. Frankly, we are interested in giving them the chance to say what they are thinking, and encouraging them to write to us. Now we are inviting you, our readers of Veteris, to submit your efforts to us.

However, if you are thinking of writing for us, may we give you some guidelines as to what sort of work would receive most consideration. Like running in a big race, your article must be planned, as you would your training up to the big day. It’s work. It takes a lot of preparation. It can be very frustrating and perhaps off-putting when you think that up to 15,000 people will be reading what you write.

1. Think carefully about your subject.

We have received a least a dozen articles on ‘How I felt running a particular marathon’ etc., etc. Obviously this type of writing tends to repeat itself, so, consequently, is of little value to us. Try us for areas in which we are weak for articles, especially overseas contributions. Walking and any unusual topics which we might be interested in featuring.

2. Photo-Journalist type articles.

Paying attention to what we have said above, marry up your article with your photographs.

We may not use your article immediately, but should we be interested then it would be placed in our file for future use. If rejected, we would return your manuscript to you. Do not think that if we reject your article it is necessarily because of poor writing.

As we have said elsewhere this is YOUR magazine. It’s for athletes of all levels of ability. So if you have something to say, we are waiting to hear from you. Oh, one last point, all submitted work should be type-written.

ERNE BARRETT

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A Mark Shearman photo epitomises the beauty of veteran running.

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Profile on ROY THORPE

by Guy Goodair

ONE OF the best known athletes on the British race walking scene is Roy Thorpe of Sheffield United Walking Club, who began walking comparatively late, being in his mid-twenties when he was a member of York All Blacks, he competed in mainly seven and ten mile events.

He took part in his first twenty mile event in 1965 and at first in these longer distances Roy used to take quite a 'packet,' mainly in the form of cramp due to lack of training as at that time all his training was short, fast work. In 1966 York disbanded and he joined Wakefield Harriers and with clubmates George Barras and Guy Goodair he began to introduce twenty miles training spins at the weekend and almost immediately started to improve. Later that season he took 6th spot in the National 10 miles and 50kms Championships he won his first major distance event, the Isle of Man T.T. Course Walk over 37¾ miles. After being the early leader he had been overtaken on the mountain by Dennis Vale of Surrey W.C. (another active vet) and at 30 miles was 4½ minutes down, but a fast 5 miles split in 42.26 swept Roy into the lead and he won by 2½ minutes in 5.56.56. Then in the next few years he made steady progress and could always be relied on for a solid performance and it appeared that he was destined to become one of those athletes who are consistently amongst the leaders but who never quite make the breakdown right to the top.

In 1972 the National 50kms was held on a very hot day at Badminton he took 5th place, his highest ever placing in a National and he realised that with harder, more consistent training he could achieve an international vest. Throughout the winter of 1972-3 Roy evolved the training programme which he still uses today which is:-

**Sunday** 20 miles aiming for around 3h.

**Monday** 8 miles hard (Evening)

**Tuesday** Morning 1-1½/h at 6-6½mph

Evening 10 miles at a good pace

**Wednesday** 7 miles fast

**Thursday** Morning as Tuesday

Evening 10-15 miles at a good pace

**Friday** Go for an ordinary walk or jog

**Saturday** 20 miles steady or a race.

As he is naturally a supple person Roy does no other exercising except for a 15 minute session every lunchtime, Monday to Friday, with 2 x24lb iron boots — 30 leg extensions 10 leg curls each leg. His summer programme being:-

**Sunday** 20-25 miles in 3-3½ hours

**Monday** Morning 10 miles (6½mph)

Evening 10 miles hard 76 minutes

**Tuesday** Morning 10 miles (6½mph)

Evening 15 miles 2hrs 5min

Wednesday Morning 10 miles (6½mph)

Evening 20k sub-100 minutes if poss

Thursday Morning 10 miles (6½mph)

Evening 15 miles 2hrs 5min

Friday Morning 10 miles (6½mph)

Evening Rest

Saturday Morning 20 miles (2.50-3.00)

Afternoon 8 miles dressed stroll

After finishing 6th in the 1973 National 10 miles he took fifth spot in the National 20kms and he was rewarded with his first international vest against West Germany over 35kms, finishing 5th in 2.59.37.2, nine days after his 39th birthday. later that season after 'blowing' a big lead in the National 50kms to finish 5th Roy made no mistake in the Commonwealth games 20 miles Trial, finishing 2nd to Jake Warhurst in a personal best of 2.34.4.

The following February, in Christchurch, at the Commonwealth Games he again finished 2nd, so taking the Silver medal in the 20 miles walk in his fortieth year. Then followed a season which gave Roy more satisfaction than any one particular race — 2nd National 10 miles, 1st National 20 miles, 3rd National 50kms! Also this season he won his first ever veterans championship and this decided him to go and compete the following year in the World Masters Championships in Toronto. Whilst over in North America he achieved the 'double' winning both the 5kms and 20kms in the U.S. Masters Championships at White Plains then going on to Toronto and repeating the performance in the World Masters.

Then in 1976 he found both success and disappointment. After what Roy describes as one of his easiest races — the Leicester Mercury 20 miles. Five of the Mexican Olympic squad were there plus walkers from Japan and Columbia together with a strong home contingent, Roy decided before the start that the pace would probably be suicidally fast, so for one of the few occasions in his career made no attempt to go with the early pace set by future Olympic champion Bautista. As a result he walked a relaxed race and when challenged by other walkers at 15
miles was able to respond by pulling away from them to finish 4th in 2hrs 32mins 16sec and move into 2nd spot on the all-time British list at the distance. A fortnight later he had a very good win against the West Germans over 35kms in 2.51.02.8, not far outside the British best. Still on top form a month later he won the National 50kms title over a tough course, on a hot humid day at Birmingham in a personal best of 4.23.43. Alas, the 1976 Olympics were the games that the 50kms walk was dropped so away went Roy’s chance of making the Olympic team. However, as a consolation he was selected to go to the inaugural World 50kms Walk Championship in Malmo, Sweden. This proved to be a big disappointment, as having taken his family over for a holiday the hotel accommodation proved to be poor, the course in Roy’s opinion was a poor one, and additionally he was plagued with back trouble so finished a very disappointed 32nd in 4.35.57.

1977 was a mediocre one by his standards, and injuries, rare occurrences in the past, became more frequent — so much so that he did contemplate retiring but thanks to his wife, Beryl, who has constantly encouraged him throughout his career, the old enthusiasm is back.

As he puts in the miles around the pleasant village of Stockton on the Forest, where he lives and works as a school caretaker, Roy still has a few ambitions left. One of these is to regain the World Masters title he was unable to defend in Gothenburg last year and another is to become the first winner of the recently announced new championship distance of 100 kilometres. If he really sets his mind on winning these, I for one, would not bet against him achieving his aims.

**Name**
Roy Stuart Thorpe

**Date of birth**
18/5/1934

**Club**
Sheffield United Walking Club

**Occupation**
School caretaker

**Annual progression at 50kms.**

<table>
<thead>
<tr>
<th>Year</th>
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<tr>
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<td>1977</td>
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Old people in China were urged to train for sports competitions and ‘win honour for the motherland.’

A letter to the newspaper ‘Sports News’ said China should hold special sports events for the elderly. Those between 70 and 100 years old should try to break world records for veterans athletics. If the aged could excel at sports it would ‘fully show the superiority of the socialist system.’
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Bob Shrunkle column

The Daily Telegraph in its edition of March 20th, back page, centre and down the bottom next to the crossword screamed to the world with a headline FLYNN MISSES WORLD RECORD. It started my mind shrunkling and I could see my local paper with the headlines like SHRUNKLE MISSES WORLD RECORD ... DID NOT START or on a club level, HARRIERS IN MATCH ... HARRIERS IN ANOTHER MATCH ... or NO MATCH FOR HARRIERS THIS WEEKEND or ........

Next year's National Vets Cross-Country Race is planned for Parliament Hill Fields, which is in the London Borough of Camden. The Camden Council have a policy of positive discrimination in favour of minorities and we want to know if this means that all sprinters and Welshmen will be given discrimination in favour of minorities and we want to know if this means that all sprinters and Welshmen will be given a few minutes start. Even Shrunkles perhaps?

There is a surprise parlauf at the Barnet Festival of Sport ... The surprise is that they are not going to hold it. Reminds me of a 20 miles training run I used to do that went past a pub — past it I said — called the Surprise. It had a notice outside that read Surprise Car Park. Every time I trotted past I imagined cars turning into the gate and dropping down a 60ft deep hole.

Saw a vet running to work last week. He approached a traffic census point where the sign read 'Slow Down for Traffic Census.' He did so, going into a bionic action complete with that TV noise. After taking his details the students on the survey suggested he should speed up before the local traffic warden booked him for parking in a restricted zone.

Did you hear about the young lady in the National Vets Cross-Country Championships? It seems that one or two of the leaders tried to lap her!

Feel pity for that polevaulter who received so many congratulatory African style hand slaps after his 5.31 record clearance at Cosford that he could only clear 5m for 13th in the European Indoor Championships.

A current International Steeplechaser who had a good run in this year's National got a little above himself on the train back to London with a session of Mel Battly bailing. 'You are the great Mel Battly, aren't you? You won this race once or twice in the 60's didn't you? Where did you finish today then? So you are the great Mel Battly.' As he walked away a small voice was clearly heard to say, 'O.K. Mel, so now we all know who you are, but who the hell is he?'

The European Vets Championships have a limit of only three events per man/woman. Seems a pity ... especially if you wanted to do a pentathlon.

The Cambridge & Coleridge team in the Southern Vets Cross-Country Championships used a unique method of lodging their team result. They did not return the official brown envelope and their discs like most good boys but printed it in large capitals on the inside of the flap of their 'application for results' envelope. Jack Heywood reckons that this indicates a tremendous faith in the ability of our officials to send out the results before they have worked them out.

Brian Gorman is a Belgrave Vet who does not know very many athletes but is very keen on encouraging new runners. The Wimbledon Common Sunday morning run saw Brian, diminutive Dave Cocksedge (don't say cock say Co), and a mystery hooded figure. Brian chatted to the hooded one as they went across the common to Cemetery Hill and let drop the warning that he was going to steam up the hill. Hooded one replied that he would try to stay with him. Into Richmond Park and Brian upped the pace still followed by the hooded figure. Brian went faster and faster and was still followed by hooded. As they returned to Lauriston Cottage Brian turned and gasped 'That was good, you ought to take it up seriously.' The hood slipped back to reveal the smile on the face of Steve Ovett. 'Thanks, I will,' he said and left before the bemused Belgravian found out who he was.

The Empire State Building saw an unusual race recently. It was up the 85 floors and was only open to those who had raced over at least 50km previously. Winner Gary Muhrke pranced up the 1575 steps in an astounding 12 minutes 32 seconds and said that it was easier than he thought. It was not so easy a few days later when the New York Fire Department ordered a review of Muhrke's disability pension of $11,822 tax free per year. Whoops!

Jack Stevens of Brisbane interrupted the Dellar household one Saturday night in the middle of Starkeys and Hutch with a telephone request that Dave should enter him for the European Vets Championships in Italy. After due consideration of Jack's travel difficulties Dave suggested that if the Australian stayed where he was we would bring the European Championships to him in Brisbane.

I read an interesting book the other day called 'Limp to the Top' by J. Silver and published by the Hispaniola Press. There have been many men in athletics who have overcome physical handicaps to reach the top — Murray Halberg is a noted example — and this book is about one John Silver a one-time innkeeper in the Bristol area who conquered a major handicap to become a champion at ultra-distance events. He was a familiar figure at professional meetings and was instantly recognised by his unusual gait and his coach, Captain Flint. The Captain had a character all of his own and had a famous cry which went 'Pace it for Eight, Pace it for Eight.' It was originally an instruction to Silver to preserve his strength for the first eight miles of a distance event and later became a catchphrase taken up by the crowd wherever Silver was racing. The two became inseparable and when Silver retired after setting a Bristol to London and back record, Flint went with him. He was so small of stature that Silver often used to carry him jovially on his shoulder.
The art of true laziness

Exploring basic yoga as an injury preventative

by Fred Smith

Don’t be fooled by the title. I have not found an easier way to success on the track other than by hard training, but I may have relieved some of the frustration and tension brought about by continual injury. Most veterans (or masters) have some kind of muscle problem that rears its ugly head every now and again. I am sure that almost every reader has a weakness or a thickening from an old tear or strain in the leg, or the back or the foot. If you haven’t, then there must be something wrong with you! When I was in my late ‘thirties’, I realised that years of sprinting had left me with muscle tension and thickening from dead tissue in several places. I managed to train and be “there on the day” most of the time, but there was persistent pain, and training became limited in quality. When I took the dog for a walk I always had a slight limp because of a permanent twinge to which I had become accustomed. Then in training I felt a tightening in the groin every time I did repetitious bend-running. I had treatment at different times, but the discomforts increased and by the time I was into my second year as a ‘vet’ I realised that my sprinting days were nearly over because I was becoming crippled up with these muscle deficiencies. I could probably get away with the 400m for a while, but nothing shorter. I was not happy with this state of affairs because I enjoy the 200 metres in particular. Just as I was about to challenge Roy Fowler for the title of “most injured athlete” I began to read various articles on yoga and associated exercises, some by runners, and others by doctors or osteopaths etc., and I decided that perhaps it was not too late to combat my problem.

Just think for a moment – have you stoically endured an injury for a year, two years or maybe longer? I can tell you that you may still be able to conquer your disability. I shall endeavour to discuss a series of exercises with a view to making you, the veteran athlete, more supple, more relaxed, physically better proportioned, less prone to injury, stronger, and hopefully more comfortable organically.

Many of us have some incorrect spinal curvature which may have been there from birth. You will not correct this now, but you may be able to stop it from worsening as you get older and your muscles get harder and tighter. Others have tight hamstrings which make them more prone to injury. An osteopath told me that I was “born with tight hamstrings”. I remember having a unique problem during my National Service whenever we were on parade. I was always being told to straighten my legs because my knees were slightly bent. I strained to no avail and needless to say I never attempted to explain to the idiot N.C.O.s that if I forced them any further I would break my leg! However, my osteopath friend reflected that some of the fastest animals in Africa have tight hamstrings and bent knees so perhaps it is an advantage in the long (or short?) run!.

Another important point is that running over the years, more especially sprinting, creates a physical imbalance. That is to say we develop strong muscles, for example, in the quadriceps, but nothing much happens to stretch or strengthen the opposite side of the leg, i.e. hamstrings.

Also, we become strong in the upper back and shoulders which can pull on the spine and make us round-shouldered. I am especially concerned with bad posture caused by driving (cars that is – not your body!). Take stock of yourself next time you drive for any length of time. Are you hunched up with tension in your left hamstring hovering over the clutch and is your right leg waiting to accelerate? Make yourself sit up straight and every now and again, e.g. at traffic lights, relax both legs and have a good stretch.

The hunched shoulders can result in dropping of the chest muscles and sometimes cause inexplicable twinges of pain. This leads me into the first simple movement which aims to counter the above. From a standing position, feet nearly together, arms hanging by the sides bring your shoulders and chest up towards your ears and push back the blades whilst breathing in. Then relax the shoulders to the start position, breathing out. Do this 20/50 times a day in 10’s or even 5’s.

Pull-ups are a good corollary to the above. I have fixed an iron bar to my garage framework. Just hanging stretches the spine and the chest muscles. If you can find somewhere to do pull-ups, (e.g. using a bar on the framework of the local children’s swings) take a deep breath before pulling yourself up and breathe out evenly as you come back down.

I consider sit-ups a ‘must’, at least through-out the winter. The stomach muscles take a pounding during competitive running. They are best performed with somebody holding down your ankles. Steady at first, then increase the number and try and get your head near your knees. These will also assist to supple the spine and stretch the hamstrings.

And now to a series of elementary yoga movements. I prefer to have a mile jog in order to get the circulation going first. Then about 20 minutes for a programme which I have carried out for 5 days per week for over 15 months now. Upon completion of these exercises I am ready for the normal track or
The art of true laziness

The art of true laziness

Grass session. I think I can safely say that without my new approach I would not have been racing over 200m in 1976. In order to be more realistic I have not used a “yoga expert” in my illustration. It would be easy to portray someone like my 14 year old cousin who is an extremely flexible ballet student. But she will never run a sub 52.0 quarter and does not experience the problems of a veteran athlete. Consequently I have posed for the movements myself so that you can see the deficiencies and feel confident that you can compete with me in your attempt to eventually attain perfection in each exercise.

Always remember that you should not strain to reach the ideal position otherwise you will be defeating the whole purpose. Many of us get used to hurting ourselves in our running training, pushing harder to lower our times for forcing an extra repetition with our last breath. But do not try this with yoga. It took me a long time even to get into the starting position with a couple of the movements. Do not be discouraged by lack of initial success. Be patient and try and perform each exercise at least five days per week if possible.

After a couple of months you will begin to see some improvement and eventually you will surprise yourself with your own ability. Eventually, I hope you will become so proficient in most of the movements that you will begin to discover “the art of true laziness” in yoga. A further crucial point before we launch into action, remember your breathing. It should always be a steady deep breathing. At first you will be a little jerky, but as you improve and hold the position longer breathe more slowly and more deeply to obtain the necessary relaxation. When you are stretching you will feel a tightness at first in the muscle being stretched. Do not go past the pain barrier or you will cancel out your previous efforts. Sometimes you will feel your ‘nerve ends’ protesting instead of tightness or both. Just breathe easily and deeply and eventually this feeling will disappear altogether.

Fig. 1 & 2. Back Flexor

Stand upright, feet about 5 inches apart. In one movement bend forward to touch your toes then unfold and then come back up, past the starting position and bend backwards above the waist as far as possible. Legs must be straight and locked at the knees feet should be flat with heels remaining in contact with floor all the time. Repeat the movement 20 times with a slow steady rhythm. This should keep your lower spine flexible and help keep away back aches and pains, whilst also helping to keep the pelvic area supple and hamstrings stretched.

Fig. 3. Triangle Position

Stand with feet apart (3½ ft) with lead foot at 90° (i.e. rt. foot in picture) and other foot slightly inwards. Arms out straight then bend trunk from waist down to right side, so that one hand touches right foot and you are now looking up along left arm which is vertical. Try not to be pulled forward as the object is to pull back the upper ribs. Pull your shoulders back to obtain a good line and you will feel the parts of the spine that are being stretched. The upper back muscles also come into play and the side-abdominals and hamstrings are stretched. Repeat position with a left leg lead. Hold for a few breaths at first and gradually increase over the weeks. You will see from photo that I am not yet far enough down, so my left arm has not yet attained a vertical position.

Fig. 4. Fencer’s Position

Start as above but feet wider apart. Look along left arm and sink down on left leg until thigh at right angle with calf. If you go farther or less than 90° the balance is incorrect and other muscles will strain to try and compensate. This applies to most of these exercises, but you will gradually ‘feel’ which is the beneficial position as you become aware of your muscles. Right leg must remain straight and relaxed.
Keep the shoulders and arms pressed back and you will improve your upper body. Most of all, however, as with Fig. 6 you are stretching the inner hamstrings near insertion at the pelvis and I have not found any other position that can do this job effectively. Hold for 10/30 seconds and do not forget to repeat on the other side. This stretch is a must for sprinters doing fast bend-running.

**Fig. 5. Posterior Stretch Position**

You can have a sit down now, with legs stretched straight in front and locked at the knees so that you cannot cheat and so lose benefit. Stretch arms in front towards your feet, gradually bending forwards. At first, hold as far forward under your calves as possible and hold the position. Eventually you should endeavour to hold the toes with your forehead resting on knees, but as you will see from the photo I still have some way to go. I find I can get much further in the warmer weather, which of course is natural, but I mention this as encouragement for those of you who are commencing the exercises during the colder months. This position stretches the whole of the spine to its greatest length and helps with circulation and toning the nervous system. It helps to remove surplus fat from the abdominal region and makes you more supple in the pelvic area, thus increasing your running speed, whatever distance you perform. Muscular pains in the dorsal and lumbar regions, and also the thighs, can be alleviated.

**Fig. 6. Praying Stretch**

This is my own title as I feel it aptly describes the position, which is an extension of Fig. 4. From the fencer’s position raise the arms and clasp them above the head. Gently turn towards your leading leg, stretching upwards and pulling your torso around to face the direction of the lead leg. Eventually progress to throwing the head back. As well as a good spine stretch your chest muscles are stretched. This will help to negate the poor posture of car drivers mentioned earlier. Finally this seems to be one of the few movements which stretch the iliopsoas muscle complex in the lower back, a muscle which gives stress pain to 400 metre men especially, for some reason, possibly because it is the longest sustained sprint. Or it was before Juantorena came on the scene!

**Fig. 7. Snake Position.**

Lie face down with hands together behind back. Lock fingers together, straighten arms and breathe in. Then raise your head and chest as high as possible. The legs should be relaxed and you will be supported only by the abdomen. It will help to place a folded towel under the pelvis to take the pressure and give you a very slight leverage which will not take away any benefit and will stretch you even higher, especially when you are first beginning this exercise. Hold a few seconds and repeat several times. There can be several benefits including toning the small of the back, straightening the shoulders, dissolving abdominal fat and improving the digestive system.

**Fig. 8. Twisted Triangle Position**

This is a more advanced relation of Fig. 3 and is intended to improve rotation and also stretch the outer hamstrings which are not brought into play so much in the other exercises. Starting position as in Fig. 3, but then as you rotate to the left place right hand to floor behind left foot, left arm should stretch upwards in a straight line with head turned to gaze in same direction. Press shoulders back and keep legs straight and squarely balanced. Hold for 10 seconds to start with and repeat on opposite side.

**Fig. 9. The Plough Position**

You start by assuming the position some of you may use for ‘upside-down bicycling’, i.e. lie flat on your back, bring knees up to chest then, by supporting your hips and finally your back bring your legs into a vertical position supported in the middle of your back by your hands. Now slowly let your legs drop over your head until you can touch the ground, but be sure to keep the legs straight. Do not cheat by bending at the knee. You may only be able to draw a few short breaths at first (!) but after practice you
should be able to breathe more easily and comfortably. Extend your arms behind your head at first. Then after a few weeks stretch them in the opposite direction. All the body's posterior muscles are exercised here and I feel that there is some useful stretching around the pelvic region which is beneficial to the veteran athlete. It also purports to tone up the thoracic region and improve the efficiency of the entire spinal nervous system. Hold the position only for a few seconds initially, but try and tend to a couple of minutes or more as you progress.

**Fig. 10. Adductor Stretch**

Sit on floor with back straight, knees drawn up to chest, and hands flat on floor as support. Now push knees down towards floor and press soles of feet together. After practice the idea is to get the knees as near to the floor as possible, without straining of course. The chances are that you may be nearly twelve inches away to commence with and months later you may have not made much progress. However, as with every one of these exercises you do not have to reach the perfect position before you benefit. Merely going through the programme and making slight progress will be beneficial both for your athletics and your general well-being. Do not let the feet get too far in front of your trunk. This is the very first step towards the classical 'lotus' position, which only the real yoga experts can perform. The object of the exercise for our purposes is to help prevent strains in the groin area.

**Fig. 11. Trunk Bend-Side Stretch**

Stand up straight with legs well apart, hands held behind back. Turn trunk to left and point left foot at right angles. Keeping legs straight, bend trunk so that head is aiming towards left knee and at the same time push your hands up towards your shoulder blades. At first you may be some distance from touching your knee but be patient and perseverve because this is a good exercise for stretching that tough muscle at the back of the thigh which inserts on the inside of the leg just above the knee. This is a nasty one to pull especially for sprinters who can have problems here driving out of the blocks or if they have not warmed up properly before a race. Hold the position where you are just experiencing a stretching feeling for about 30 seconds and as the weeks go by gradually push further and further down. As always, repeat on the other side.

It may be that you will not have time to do every one of the movements on top of your running. However, when you have a hard training session, include just a few or hold the positions briefly. Then the following day you may have a lighter running programme when you can place more emphasis on the full set of exercises to balance up your sessions. Above all, do not let the exercises become a chore. Try and regard them as a way of life like eating and sleeping, and enjoy doing them. I think you will once you have started to improve and feel some benefit. Remember it may take time because a veteran's deficiencies, malposture, tensions etc., have usually formed over a long period of time and consequently they will take longer to over-come than with younger people.

Must dash now ... I have an appointment with my physio ... it's this leg muscle . . . !

"We cannot stop the process of getting older, but we can control the way we grow older. Yoga can be practised at any age, in fact I consider it almost a necessity for people over 40, since I have seen in my teaching how rapidly ageing and inactivity can limit the body's movements".

(Tillie Mia)
Footsteps around the world

by Ken Proctor

VOLUME ONE NUMBER ONE

AFTER THE collapse of three business ventures in a row, I decided that I had either lost my touch or my senses. That it was time to rein in my horse, shed my Don Quixote suit of armour and forget about windmills for a while. After all, I was sixty years old and still had a minimum of two assets. I didn’t have to worry whether there would be paella in the pan, and I was a world class veteran runner, finishing eighth in the Toronto World Championships 2B Class 1500m in 1975.

My wife Jacque, a tall slender specimen of natural good health, had at least as many assets as I. One was boundless courage and the other a hobby of 30 years which had crescendoed into passion — she loved to travel. She could never seem to get her lipstick on until a party had been in progress for at least an hour, but if I casually said, “Let’s search for ancient cave paintings in the Sahara Desert,” she would have located a camel and got perched in the saddle before I could get my desert boots out of storage.

So I said goodbye to the rat-race, at least for a while as together we planned a trip around the world — with a difference. First, we decided that our trip would not merely be ‘around the world’ — that seemed to anticipate an ending and thus had the wrong flavour for our heady concoction. We would reverse the words of Tony Newley’s hit musical, we would ‘Stop the World — We want to get on.’

We wanted to sever the umbilical cord with finality, leaving no chance for a quick return in a moment of weakened spirit as we gagged on a piece of blubber sweating in a smoke-filled igloo four degrees from the North Pole, or suffered the indignity of being Americans changing depressed dollars in a Swiss bank. Therefore, everything had to go. The house we had built so recently as the perfect retirement home with its cathedral ceilinged living room, my wine making facility in the cellar and all the nostalgic paraphernalia we had collected in out of the way places for it. Our furniture, clothes, cars, personal possessions, everything except 78 scrap books and a few family treasures went to our kids, charity and to the lecherous hordes who attend garage sales.

We kept two essential items — well, three really — two English Viscount bicycles, four pairs of skis and one pair of Nikes. Oh yes, we did manage to save the bare necessities to

Ken and Jacque Proctor Photo-Berger
compliment our transport systems, and those we didn't have we bought. When all was assembled we had including our two wheelers and downhill and cross-country skis, less than 85 pounds of worldly goods apiece. Not bad for a former Executive Vice President of a small conglomerate.

Before we left, the Philadelphia Inquirer sent photographers out to ‘shoot’ us on our 10 speeds, Bell helmets, cycling shorts and all. Jacque looking quite fashionable in knee high black boots. The story was captioned ‘Around the world in 80 ways.’ If we could have conducted a contest to name our new life style, we could not have found a better description. While we wanted to try to circumnavigate this polluted globe using as often as possible our cycles, that idea was not descriptive of the main thrust of our adventure. We wanted to move off our little cul-de-sac in Bryn Mawr, Philadelphia, and into the world on whatever way seemed handiest at that moment.

A year later we stood on the deck of the President Kennedy, waving goodbye to our daughter and her husband as we left the port for Seattle bound for Yokohama. Jacque’s mother was there also, having shared a beautiful Christmas holiday with us. We couldn’t help wondering if we would see that lovely 78-year-old lady again. Our cycles had been shipped to friends in Bremen along with a small trunk containing paniers, sleeping bags, a tent and other essential touring equipment. With us were skis, boots, Pakamacs and a minimum of street clothes. We had done it. Our adventure had begun. We had burned our bridges, made our farewells and I was setting out to make footsteps on my world.

I have heard Nike LD1000’s, with their accentuated flared heels, both damned and praised. One runner said to me, “They have got to be the biggest rip-off around.” For me, they are the greatest shoes I have ever worn. Expensive, but after suffering interminably for 10 years with various problems ranging from my hips to my big toes, I will sing my song of admiration for the soft ‘ride’ I get from them. First of all, I like to run on roads. Any will do, even concrete but I prefer smooth new concrete but I prefer smooth new. Expensive, but after suffering intermittently for 10 years with various problems ranging from my hips to my big toes, I will sing my song of admiration for the soft ‘ride’ I get from them. First of all, I like to run on roads. Any will do, even concrete but I prefer smooth new concrete but I prefer smooth new.

That is when my Nike’s come into their own with their thick pillows and wide flanged heels to cradle my poor old feet, to cushion my ancient knees, to save my time-worn hips and shelter my achilles tendons. Let them laugh at the ‘wings’ on my soles, I am still running where others are limping or have vacated the field. The steel plated deck of a cargo ship may even surpass concrete for hardness as a running surface. For 13 days I found myself thumping back and forth in a U-shaped pattern on our American President Line freighter. It was January and we were following the Northern route past the Aluetian Islands. It was cold and not infrequently rough, so running on the sea-sprayed deck became a challenging exercise. The roll of the ship and the accumulation of ice eliminated all chance of boredom and caused me to limit my runs to an hour and to wait until midday, as then the sun and wind served to reduce these hazards to a minimum.

As I ran in my confined area, down the narrow port side, past railings and cabin an abrupt turn around the ship at a steel door, back the same way and around and down an identical starboard deck to be turned back by another closure, I thought of the audacity of our decision. It made me smile as I paced along, sometimes almost weightless as the ship eased down the side of a wave, others feeling gravity’s increase as we shuddered back into an upright position. I though again of Tony Newley singing ‘What kind of fool am I?’ and my smile widened to a grin as I said to the Pacific winds, ‘The kind who will chuck it all and go looking for life while there is still time.’ Fool? Perhaps. We’ll see. ‘Freighter people are fighting a losing battle. For many years a small segment of the human race, disdaining the luxury (and cost) of the majestic passenger liners plying the seven seas in quiet satisfaction, smug in their knowledge of how serene and comfortable life can be, as they explored the world’s out of the way places at the charges of the merchant marine. With costs mounting on all fronts, the economy of building ships with space allotted to 12 animate objects has dictated the elimination of these quarters and the
perched between two life boats on deck. The room attendants were buxom girls wearing short mini skirts below which appeared weight lifters legs, what they lacked in beauty though, they made up in smiles.

The food surprised us. It was good if not excellent. Our meals were served by a roly poly brunette with short straight hair. She had a shy smile and really did her best to please us. There was variety to choose from and always one Japanese dish. Cold roast beef flavoured with garlic, sardines, pimentos, tomatoes and, of course, shish-kebab. We had a delicate fish mousse that was unique and good, pea soup thick and hot, eggs and sausages for breakfast. Little did we know that it was all down hill after we left the ship.

My new Nike LD1000's had seen no use since pounding the deck of the S.S. President Kennedy and since the S.S. Khabarosk was larger, I was anxious to try them out on Russian 'soil.' I ran three times on that ship and each one I thought would be my last. The wind was almost at gale force as I made my horseshoe course and although the sun was brilliant it helped little in the cold Japan straights. My Hemingway beard, started two weeks before leaving Philadelphia became coated with frost and in my white running suit, I looked more like a mobile snow man than that famous author by the time I finished three miles of squirrel cage running. In spite of the cold, wind and wet I felt the beneficial effects of my determined torture immediately. The withdrawal symptoms well known to runners who stop suddenly, left me and it was good not to suffer from that peculiar uneasiness that is its trademark.

At times like that it is helpful to have an unbreakable principle to run daily. It would otherwise have been so easy to stay inside with a good book.

If anyone noticed my running they made no sign. There were sixty passengers on board and though I passed cabins and the bar repeatedly no eyes turned in curiosity. Most of our companions were Russian with a smattering of Scandinavians, Australians and another American but the dis-interest in my activity was universal.

To be continued next month.
# WORLD RESULTS SERVICE

## U.K. Vets Ranking list '77

### MEN O/45 WOMEN All classes

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
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**Notes:**
- **BOLD** indicates in heat.
- **PolyH** indicates Poly Halesowen.
- **Leigh** indicates Leigh Halesowen.
- **Vale of Aylesbury** indicates Vale of Aylesbury.
- **Northern Vets** indicates Northern Vets.
- **Asvac** indicates Asvac Highgate.
- **Highgate H** indicates Highgate H.
- **Notts AC** indicates Notts AC.
- **Woodford Green AC** indicates Woodford Green AC.
- **Wycombe Pheonix** indicates Wycombe Pheonix.
- **Hillingdon** indicates Hillingdon.
- **Sutton h** indicates Sutton.
- **Liverpool H** indicates Liverpool H.
- **Northern Vets** indicates Northern Vets.
- **Lothian AC** indicates Lothian AC.
- **Bingley** indicates Bingley.
- **Tipton H** indicates Tipton H.
- **Rochdale H** indicates Rochdale H.
- **Notts AC** indicates Notts AC.
- **Woodford Green AC** indicates Woodford Green AC.
- **Eton Manor AC** indicates Eton Manor AC.
1500 Metres.
4.09.3 Alan Hughes
4.09.4 John Hayward
4.12.5 Howard Harrington
4.27.9 George Smith
4.24.8 James Charmar +
4.33.6 William Marshall
4.44.6 K. Bray
4.50.0 Fred Wiggley
4.53.0 D. McWhirter
4.53.5 William Mottom
4.53.5 T. Prescote
4.57.8 A. Singh
4.58.0 J. Young
4.59.1 Joseph McGregor
5.03.5 Roy Kornoghan
5.08.8 J. Daniels
5.10.9 C. Stockings
5.17.5 D. Denvers
5.28.0 J. Moore
5.47.8 B. Thomas
5.57.6 Colin Knowles

5,000 Metres.
15.16.9 Laurie O’Hara
15.33.2 Jack Haywood
15.37.7 William Stoddart
16.05.0 Pastoral Morris
16.16.1 David Dellar
16.18.0 William Marshall
16.26.8 Alan Hughes
16.32.6 Bryan Harvottle
16.34.0 W. McBrinn
16.36.0 George Smith
17.04.8 Roy Budd
17.05.4 L. Suleway
17.24.6 M. Watson
17.34.0 A. Singh
17.49.4 P. Chaplin
17.51.4 Douglas Sudbury
17.53.2 R. Blastland
17.54.0 D. McWhirter
17.56.0 H. Smith
18.02.6 S. Smith
18.11.4 G. Brady
18.19.0 J. Young
18.22.2 J. McAlon
18.26.0 William Mottom
18.34.9 R. Brown
18.34.8 T. Prescote
18.55.8 A. Hardman
18.58.8 A. Evans
19.25.0 Owen Flaherty
20.10.0 C. Dowell
20.44.4 P. Shillito

10,000 Metres.
31.58.4 Laurie O’Hara
32.09.6 Jack Haywood
32.49.3 William Stoddart
33.19.6 Paschal Morris
34.03.0 Terrance Rookie
34.21.6 David Dellar

20.06. Howard Warrington
20.09.4 James Charmar
21.50.0 T. Richnauss
21.59.5 D. McWhirter
21.88. Joseph McGregor
25.14. J. Dean

BOLD — In heat.

34.35.6 Bryan Harbottle
35.06.0 Eddie Kirkup
35.27.4 Ronald Day
35.40.4 E. Andrews
35.58.0 M. Weston
36.19.0 A. Byers
36.34.0 F. Valentine
37.10.0 S. Smith
37.11.0 J. McAlon
37.13.0 William Mottram
37.28.0 B. Lister
38.28.0 W. Fielding
38.30.0 Roy Kornoghan
38.31.6 Dave Jones
38.50.0 J. Longdon
40.43.0 W. Midgley
42.03.0 J. Alexander
42.28.8 C. McDowell
43.34.0 J. Loftus
44.13.0 A. Hill
46.14.0 P. Smith

110 Metres Hurdles.
18.0 Ian Steedman
18.6 Peter Field
19.5 C. Knowles
21.0 J. Daniels
22.0 B. Thomas

5000 Metres Hurdles.
60.5 Keith Whittaker
62.5 Peter Field
66.5 Ian Steedman

BOLD — In heat.

High Jump.
1.50 C. Knowles
1.40 A. Kalirai

Long Jump.
5.46 Derek Howarth
5.26 A. Kalirai
5.13 C. Knowles
4.95 Ian Steedman
4.67 W. Britee
4.46 James Christie
4.33 E. McGrostie

Triple Jump.
10.78 C. Knowles
10.38 A. Kalirai
9.94 B. Thomas

Javelin.
38.80 W. Mann
30.30 P. McEvoy
29.82 Fricis Laboudelli
17.20 D. Jeppson

Shot.
10.98 J. Watson
10.44 Ian Briggs
10.12 W. Mann
9.76 B. Tyndall
9.75 Tony O’Neill
9.11 P. McEvoy
8.46 J. Daniels
8.28 D. Levy
7.20 J. Moore
7.11 R. Buckley
7.10 C. Knowles
6.84 B. Thomas
5.70 D. Jeppson

Pole Vault.
4.00 Robert Brown
2.55 Colin Knowles

Belgrade H.
H.H.H.
Scots Vets
Scots Vets

Altrinham
Macclesfield
Edinburgh S.H.
Ranelagh H.
Liverpool P.
Tipton H.
W. Bromwich H.
Vale of Aylesbury
Woodford Green AC
Llanrhian
Killy AC
Edwardian AC
Manchester YMCA

Lowestoft H.
Verleac A.
Haverin AC
Bolton
Clyde Valley H.
Rochdale H.
Lowestoft AC
Clyde V.
evans
Manchester YMCA

Rotherham
Leeds C.
Liverpool P.
Ilford AC
Sutton
Longwood
Northern Vets

Manchester YMCA

Lothian AC
Dartford
Lothian AC

Vale of Aylesbury

Sueory Beagles

Vets AC

London Irish
Midland Vets
Northern Vets

Notts AC

Vale of Aylesbury

Vale of Aylesbury

S.L.H.
Derby & County AC
Clayton-le-Moors
Liverpool P.
Liverpool P.
Liverpool P.
W. Bromwich H.
S.L.H.
Chester & E.P. AC
Altrinham
Macclesfield
Edinburgh S.H.
Ranelagh H.
Liverpool P.
Belgrade H.
H.H.H.
Scots Vets
Scots Vets

Middlesbrough
Cambridge H.
Discus:  
37.86 Tony O'Neill  
37.30 J. Watson  
36.18 Ian Briggs  
35.84 Laurence Bell  
28.56 P. McEvoy  
25.58 J. Moore  
17.82 R. Buckley  
15.52 D. Jeppson  
5.32 Sylvia Arnold W1A  
5.485 Brenda Voller W0  
6.000 Yvonne Smith W1A  
6.003 Nadine Kilvert W1B  
6.157 Margaret Cox W0  
6.370 Irene Bruns W1B  
6.474 K. Jones  
6.480 Florence L'Bree W1B  
7.003 Margaret Hame W1A  
Blackpool & Fylde  

Ladies 3000 Metres:  
10.298 Pearl Meldrum W0  
10.412 Barbara Brooks W0  
11.002 Judy Farr W0  
11.284 Rainbow Jackson W1A  
11.332 Patricia Maffia W1A  
11.464 Hazel Ridge W1A  
11.530 Sylvia Arnold W1A  
12.154 Brenda Voller W1A  
13.044 Jeanne Coker W1A  
13.120 Nadine Kilvert W1B  
13.142 Sheila Jennings W2  
13.414 Margaret Cox W0  

Ladies 10,000 Metres:  
52.305 Miriam Durrant W1A  

Ladies Marathon:  
3.051 Pat Day W0  
3.143 Betty Norrish W1B  
3.215 Norma Campbell W2  
3.343 Brenda Cook W1A  

Ladies Long Jump:  
4.80 Maev Kyle W1B  
4.58 Val Surety W0  
3.61 Margaret Cox W0  

Ladies High Jump:  
1.35 Val Surety W0  
1.30 Maev Kyle W1B  

Ladies Javelin:  
23.16 Maev Kyle W1B  
15.57 Margaret Cox W0  

Ladies Shot:  
16.01 Brenda Bedford W0  
12.73 Suzanne Alladay W1  
9.72 Angela Moore W1A  
9.00 Margaret C. Tipping W1  
8.60 Gwen Charman W1B  
8.21 Maev Kyle W1B  
6.98 Val Surety W0  
6.45 Margaret Cox W0  

Ladies Discus:  
44.28 Suzanne Alladay W1  
37.80 Brenda Bedford W0  
34.12 Gwen Charman W1B  
31.20 Margaret C. Tipping W1  
27.22 Maev Kyle W1B  
25.72 Angela Moore W1A  
19.62 Florence Ball W0  
18.40 Hazel Rider W1  
15.60 Val Surety W0  

Ladies 5,000 Metres Walk:  
24.377 Judy Farr W0  
28.364 Sheila Jennings W2  
29.136 Yvonne Smith W1A  
31.249 Hazel Rider W1  

Results continued page 32  
Remainder of lists next month.  
Lists by kind permission of N.U.T.S Compiled by David Burton, 71 Nethergreen Road, Sheffield S117 Eh to whom additions or amendments should be sent.
A commonsense guide to health, fitness and survival by Clive Shippen

HEART DISEASE is fast reaching epidemic proportions in the developed nations. Every year millions die from heart and blood vessel disease and millions more are crippled by heart attacks.

Not only is this menace on the increase among the middle aged, but it is also reaching down to men in their thirties and even twenties. Women are also finding that they are not as immune as was once imagined.

There are four basic causes of the problem, three of which are examined at some length in this article:

1. Heredity
2. Poor diet (and smoking)
3. Psychological stress
4. Inadequate exercise

Any one, or a combination of these, could be responsible for your potential heart attack. You can do nothing about the heredity factor, of course, but a discriminatory attitude towards food, favouring good wholesome natural foods with plenty of fresh fruit, vegetables and salads, and a boycotting of white flour products, white sugar, animal fats and many processed foods will do much to rectify any weakness in your diet. As for smoking, the quicker you can phase it out the better.

Psychological stress, if not caused by, is certainly aggravated by the other three factors. There is little point of tackling this factor in isolation. A healthy mind needs a health, fit body, and this can best be obtained by proper diet and the right amount of the right kind of exercise. But what is the right kind of exercise?

The heart and lungs are the driving forces of the body but they will only do what is normally required of them. If they are rarely asked to transport your body up four flights of stairs then when they do so they will show signs of the extra workload by a very high pulse rate and rapid respiration. Furthermore, the recovery time from such an effort will be considerable.

Regular moderate exercise of the aerobic type will remedy this situation. Dr. Kenneth Cooper’s valuable book, ‘The New Aerobics’ (Bantam Books, 90p) covers the subject in some depth.

Through aerobics the lung capacity will increase, the efficiency of oxygen transfer to the bloodstream will improve, the elasticity of the arteries will be maintained and the heart muscle itself accordingly. As the circulation improves, so will the body’s metabolism. Waste products, toxins and excess fat will be shed and a feeling of well-being will result. You will become both healthy and fit.

Health and fitness are two different states. Dr. Dooper explains it as follows: “A physician might classify his patient as being physically fit if he is free from disease. A weightlifter might say he is physically fit if he has large bulging muscles. A young lady might consider herself physically fit if she has a lovely figure. Well, unless you have good cardiovascular-pulmonary fitness, you’re not fit.”

Aerobic exercises are those moderate but prolonged physical activities which raise the pulse and respiration rates to a degree short of being ‘out of breath.’ Such exercise improves the circulation and increases the oxygen supply to the body’s vital organs. The benefits are so well established that low intensity aerobic programmes are widely used in the rehabilitation of heart attack victims.

There are many forms of aerobic exercise — running, cycling, swimming and long, brisk walking are among the most effective. Running has two main advantages. It is convenient to do when and where you like, and its beneficial effects show most quickly. In the long term it can even become addictive, offering a very special experience.

There is a good case then for trying your hand at running. What should be your programme?

First, see your doctor for a physical check-up. If you are over 40 have an electrocardiogram (ECG) taken at rest. If you are over 50, have the RCG taken both at rest and during exercise. If you receive the thumbs down verdict do not be dismayed. Seek a second opinion from a pro-exercise doctor as there is strong evidence to show that almost anyone can respond favourably to exercise programmes provided the stress is moderate, according to the individual’s capacity, and is closely supervised.

Assuming that you obtain 100% clearance. It is up to you to supervise your own programme. You must recognise your own capacity and limits. It has taken you years to get unfit; don’t expect to get fit in a matter of days.

Cooper’s book, of course, lays down the specific programmes for all ages. But here is some general advice. (Treat Cooper as valuable but not as valuable as gospel). When you begin running restrict yourself to an outing of 15 minutes. Do not run fast at the start. Run slowly and use the ‘talk-test’ for judging your pace. If you cannot talk to a companion throughout your run you are travelling too fast. Do not hesitate to walk if you feel you must. When you have mastered 15 minutes at a steady pace (it could take months) stretch the distance gradually to 30 minutes.

How often should you go out for your jog? Well, it is generally agreed that four days a week is a minimum and six days a maximum. The US coach, Bill Bowerman, suggests that beginners should run one day and take a light walk the next, until they feel like replacing the walk with a light jog; thus building up their programme cautiously to ensure that they continue to enjoy their exercise. It should not be a chore, but something to enjoy.

What to wear? A comfortable pair of worn-in soft soled shoes are advisable. And always dress a little on the light side of what you would normally wear for the weather. Do not overdress to lose weight; it does more harm than good.

It will take about a month before you recognise any progress in your condition; six months before there is a marked boost in body efficiency. So be patient. Cooper says the beginner experiences the following stages: “First agony, then discouragement,
Physiologist John Wilmore of the University of California ran a group of 90 volunteers through a six-month conditioning programme and evaluated the results as follows:

1. An average 2% reduction in weight (but an 8% reduction in body fat).
2. Blood pressure decreases of 10-13%.
3. Resting pulse rate drops averaging 12%.
4. Oxygen intake increases averaging 10%.

If you wish to monitor your own progress, it is a good idea to keep a diary by the bedside to record an entry for each day. Note the following:

1. Running distance, or time (record also the days when you did not go out).
2. Comments on how you felt.
4. Pulse rate.

The pulse rate should be entered each morning on awakening. This is a good indication of your progress and will give you a fairer idea of how fit you really are as the heart becomes stronger and the circulatory system more efficient, fewer beats are required to transport the blood supply out the body complex.

This attention to physical exercise will take little out of your spare time. The benefits, coupled with the attention you should be paying to diet and smoking, will be enormous. You will sleep better, eat better and enjoy life more. And as far as heart disease is concerned, you will have played an active part in the field of preventive medicine.

(With acknowledgements to Survival Kit magazine — Stonehart Publications Ltd.).

**Germans want Vets at 35**

The Berlin executive meeting will have more than this issue to get its teeth into, for the Hanover organisers also want to adopt the continental system of year of birth deciding age group rather than the birthday itself. The advantage is that every athlete permanently carries a year date alongside his name and no age changes need to be noted. But the big disadvantage is that a 39 year old can hold an over 40 record, so the groupings do not mean what they say. Furthermore, the work of the statisticians would become increasingly difficult. Fitzgerald again, "In our opinion, it is ludicrous for an athlete to hold an age group championship or record when he is in actual fact under the prescribed age."

Just how many of the World Federation's executive members will attend the June 16th meeting in Berlin is unknown. It is also uncertain how some of the delegates will vote. What is certain is that it will be a controversial meeting, and whatever may be decided in Hanover is likely to find that their problems for 1979 have only just started.

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**SWEAT SHOP MONTREAL.** Nobody can touch this for value. Nylon uppers re-inforced all round with suede, excellent cushioning, flared heel and waffle sole. Post free and discount to club athletes still apply, so you need send only £7.45 for continental sizes 36-39 and £7.95 for sizes 40-45 (send a foot outline with your order).

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JUNE 3rd.
Sheffield Open 15 Miles, Sheffield.
Walk.
Northern Track Championships, Stockport. - Walk.
Southern Counties Open Walks.
(Men-Ladies-Boys).
Peter Driver Memorial Road Races, Calthorpe Park, Fleet. - 2.30pm.

JUNE 4th.
Blackheath Harriers 100 x 1 Mile Relay, Crystal Palace.

JUNE 10th.
Chigwell 10 - inc. Ladies.
Polytechnic Marathon. - 2.15pm.
From the grounds of Windsor Castle inc. Ladies event.
Essex 20kms Championship, Clacton.
- 2.30pm. Walk.
Highland Games at Kilmardinny Playing Fields + 10 Mile Road Race. 2pm.
Vets 10kms Road Race for Williams Cup. Prizes all 3 classes. Plaques for teams (3 to score). Entries 40p to G. Harrison, 75 Gallows Hill Lane, Abbots Langley, Herts. (Phone Kings Langley 63317), by May 31st. S.A.E. for confirmation.
June 10th/11th. Barnet Festival of Sport includes Veterans Track Races & 10kms Road Race. Copthall Stadium, Hendon.

JUNE 11th.

JUNE 14th.
London Vidarians 2 Miles. Carshalton. 7pm.
Keele 5 Mile. 7.30pm.

JUNE 16th.
Worlds Best Veterans 10 Kilometres Road Race. West Berlin. FM.

JUNE 17th.
Rex Foulkes Memorial 20kms. 3pm.
Freckleton ½ Marathon. 6.30pm.

JUNE 18th.
Thurrock ‘10’ 3pm.
OffasDyke ‘15’. 2.30pm. Hay-on-Wye. Veterans Inter-Counties 10kms Road Race. Leamington Spa. Entries 50p to George Phipps (Men) and Jeanne Coker (Women) by June 6th.

JUNE 24th.
Hackenthorpe Gala 7 Miles. Sheffield. Walk.
Manchester to Blackpool 52 Miles. Manchester. 6.15am. Walk.
Whittlesey Show 10. 3pm.
Welwyn ½ Marathon. 3pm.
JUNE 25th.
Manchester Y.M.C.A. 20kms Road Race (Includes Northern Vets Championships).
Basildon Festival Walks. Basildon 12.30pm.
JUNE 28th.
London Vidarians One Hour Track Walk. Carshalton.

HILLINGDON A.C.
present
VETERANS4x1 ½ Miles ROAD RELAY
Wednesday July 19th. 7.30 pm
from
The Clubhouse, Bury Street
Ruislip. Middlesex.

Prizes:— First 2 teams, first 0/50 team, 2 fastest laps, fastest 0/50 lap.
Entries:— £1 per team to :-
J. Leith, 63 Marlborough Hill, Harrow, Middlesex. HA1 1TX.
CLOSING DATE JULY 12th.
KINGTON FESTIVAL
ASSOCIATION
OFFAS DYKE 15
(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.

TO ALL VETERAN ATHLETES
At the last Committee Meeting of The Veterans Athletic Club a unanimous decision was made to enter a team in the
BLACKHEATH HARRIERS
100 x 1 MILE CLUB RELAYS ON
June 4th.
I was entrusted with the task of entering a team for this event and seeking the interest of those of my colleagues who would be interest in participating in what would constitute a
WORLD RECORD 1978
as there is no listed time for such a relay on behalf of any established veteran club.
I look forward to hearing from any interested members of the Veterans Athletic Club whom, I hope, will provide me with details of an approximate time in which they can run the required distance of 1 mile without distress.
The above, together with up-to-date inclusion of the Club’s team for the relay and the first 100 names received by me will receive automatic consideration for selection by myself and my colleagues of the Committee.

3rd VETERANS OPEN MEETING
"V.A.C. 78"
(Under A.A.A. laws)
at Parliament Hill Track
Monday July 3rd at 7pm
100m Scratch 40/49, 50/59 & Over 60
200m Handicap
600m Scratch 40/49 & 50/59
1200m Handicap
3000 Scratch 40/49 & Over 50
4 x 200m Club Relay
Entries 30p per event (50p relay) to:—
Fred Smith, 26 Sunnymede, Chigwell Row, Essex stating name, address, age, club and best recent performance at nearest event. S.A.E. for timetable.
CLOSING DATE JUNE 19th
Organised by Veterans Athletic Club.

BOLTON SPORTS COUNCIL
in conjunction with
BOLTON UNITED HARRIERS
Sunday June 11th.
(under A.A.A., W.C.C. & R.W.A. rules)
THE 4th ANNUAL BOLTON '6'
at 2pm. 4 lap road race
3rd ANNUAL LADIES '4' at 2pm.
3rd ANNUAL BOYS/YOUTHS '3'12.30pm
(14/16 yrs at April 1st, 1978)
Individual and Team Awards
Changing accommodation at Bolton Town Hall.
To:— Jack Haslam, 10 Higher Dunkercar, Egerton, Bolton. Telephone Bolton 56632.

***************
Commissie Marathon
Bollenstreek organises on
SATURDAY, JULY 29th, 1978
2nd INTERNATIONAL
MARATHON
BOLLNENSTREEK.
Start at 13.00hrs in Noord-wijkherout. Information from VVV, Herenweg 14, Noord-wijkherout. Phone: 02523-2096

***************

VETERANS INTER-COUNTY
10kms ROAD RACE & WOMENS VETERAN HANDICAP 10kms ROAD RACE
(under A.A.A., W.A.A.A & W.A.A. laws)
JUNE 18th, 1978
From Mid-Warwickshire College of Further Education, Leamington Spa.
Men: Trophies all age groups.
County teams made up on day: 40-49, 4 to count; Over 50, 3 to count.
Individual entries 50p: stating county and date of birth.
Women: Best veteran performance at or near 10kms.
Entries 50p to Miss Jeanne Coker, 29 Charter Court, Acacia Grove, Linden Grove, New Malden, Surrey, KT3 3BL
Entries close Saturday June 10th.
(No late entries acceptable)

8th NATIONAL VETERANS TRACK & FIELD CHAMPIONSHIPS
(Under I.A.A.F., A.A.A., W.A.A.A. & R.W.A. laws)
JULY 15th and 16th, 1978 at 11a.m.
WOLVERHAMPTON STADIUM
Saturday Mens Events: 400m hurdles; 100m, 400m, 1500m, 3000m Steeplechase, 5000m walk, hammer, discus, pole vault, high jump, pentathlon (200m and discus).
Ladies events: 400m, 1500m, high jump, discus, shot.
Sunday at 10am
ANNUAL GENERAL MEETING OF BRITISH VETERAN ATHLETIC FEDERATION
Sunday Mens Events: 10,000m walk, 110m hurdles, 200m, 800m, 5000m, javelin, long jump, triple jump, shot, pentathlon (1500m, long jump, javelin).
Ladies Events: 3000m walk, 100m hurdles, 100m, 200m, 800m, javelin, long jump.
FEES: £1 first event, 50p each additional event, pentathlon £1 payable to Midland Veterans Athletic Club.
ENTRIES CLOSE JUNE 24th. Late entries will not be accepted. Early entries appreciated.
Full details and entry forms from Mrs. E. Horwill, "Pevensay", Enville Road, Wall Heath, Brierley Hill, West Midlands.

NATIONAL B.V.A.F.
CHAMPIONSHIPS
Mens 10,000m and Ladies 3000m
Sunday August 27th at The Dell, Brierley Hill, West Midlands.
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Would all event organisers note that your result stands a much better chance of appearing in our magazine if accompanied by a report, or even better photo’s and report.

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, Engelandelaan 25, 8310 Burgge-Belgium.

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

SYLVESTER STEIN

by Wilfred Morgan

MOST VETERAN athletes really are veterans, that is to say they have experienced many seasons of track or field competition before they turn forty. It is the minority that make a start turning 40 and or these most have graduated from jogging to participating in distance races.

South African born Sylvester Stein differs from the general rule on both counts, he's a sprinter who entered his first track race at 51. His only previous experience, if it could be called so, was a victory in the small boys 100yds race at school, way back in 1935.

In the summer of 1972, Sylvester who lives in London got wind of the first ever International Track and Field meeting at the Crystal Palace and boldly entered the 100 and 100 metres.

Just what inspired this 'out of the blue' decision to enter? Well, certainly he had always had a passion for running fast and during the years his kids were growing up had never missed a chance to join in the scratch football matches and general games. He remembers being able to out-sprint his son and his son's friends when they were in their late teens and he in his early 40's. Later on he heard about the existence of a veteran athletics scene but did nothing positive until the Crystal Palace meeting came along.

Having taken the plunge the intrepid would-be sprinter set about a short term training programme that was both comic and tragic. About a week before the big day he took himself off to a cinder track in nearby Regents Park and vigorously sprinted along the straight a number of times. The following day he was in agony, his legs were so sore and stiff he found it impossible to tell which muscles were merely stiff and which had been torn. However, not easily put off by such minor irritations, Sylvester proceeded to give his 51-year-old legs more violent exercise with the reasonable assumption that his aches and pains would gradually disappear. They did not go away, in fact they got worse and on the evening of August 25th he limped over to the Palace to take his place in a 200 metres heat. The thought of withdrawing never entered his head. Hardly able to walk to the start and confused by the starting blocks he was feeling somewhat out of his depth. Bang! Suddenly the gun went off and they started running. With a quick glance to make sure it was not a false alarm, he started running too — as well as he could that is. At this precise moment a seemingly short-sighted gentleman doing a running commentary announces to the crowd that S. Stein in lane 4 is a former Olympic champion. Which is just the sort of thing that happens when one is hoping to be inconspicuous.

Being unable to stride round the bend with much conviction, let alone imitate an elder statesman of the track was just too much for our hero. He dragged his aching limbs around the 200m in 33 seconds and not surprisingly came home last. Spectators viewing Sylvester's performance could be forgiven for thinking perhaps the champ had 'gone back a bit' since his days of Olympic glory.

Such a traumatic start to a sprinting career would surely have daunted fainter hearts, but not Sylvester, he came back the following evening for the 100. You see prior to the 200 heats he had noticed some sneaky characters doing something called a warm-up routine and thought there might be something in it.

Indeed the practice of warming up with gentle striding and callisthenics proved powerful medicine. He ran the 100 in 13.3, finished 3rd and qualified for the final. Now after the calamity of the previous evening a place in the final had not been anticipated. His maltreated muscles would not respond this time and he ran slower in the final but did manage to beat one other runner.

Although feeling a little shell-shocked after his baptism on the track, he had fulfilled the sporting ideal of taking part and resolved to
compete with more distinction of future occasions. Certainly he could at least claim to have become a bona fide member of the sprinting fraternity, by virtue of being able to complain about his leg injuries!

The damage done by his overzealous training, severely strained quadriceps and a pulled hamstring, hung around for two years. Finally, remedial exercises cured the quadriceps but the hamstring still niggles even now.

With interest aroused he promptly joined the Veterans Athletic Club and shortly after also became a member of Highgate Harriers. The naive novice was on his way and was to develop into a pretty capable performer. In the following years he was a regular competitor at all the club, area, national and international meetings. As a newcomer he was in the enviable position of being able to show continuous improvement.

In 1975, his third full season of competition, he 'arrived' and broke through to the front rank of sprinters in his age group. That year he won both 2A sprints in the National at Leicester and a month later collected two third places at the U.S. Masters Championships in New York. Moving on to Toronto for the first World Masters event he was second in the 100, one of the few members of the British team to collect a medal in the sprints.

It was at the New York meeting that he ran his fastest ever times, 12.0 and 24.8. 'Super vet' Dick Staple and Rudy Valentine finished ahead in both races, but it should be noted that Sylvester was at the 'wrong end' of the 2A age group at 54 years 7 months.

At Gothenburg last year he obviously had high hopes of success having moved into the 2B group. However, this group produced an outstanding champion — Hogan from Australia who won both Golds with something to spare. Sylvester took home two Bronzes when Hoppstader (W. Germany) twice edged him out of second place.

Sylvester's running style is perhaps best described as tigerish, with much gritting of teeth and facial contortions. It's a style that produces an amount of tension around his neck and shoulders. Another problem is lack of concentration in the early part of races which has almost always left him with something to do at the end. However, on the credit side he has a good sharp leg speed and a fierce determination to overhaul anyone in front of him. He has quite often pulled back several yards in the last twenty or so. Prescription; this promising lad would gain much from the attentions of a capable coach.

His training methods are still developing, he's added gentle cross-country running to his winter schedule and two years ago tried weight training for the first time. It was after a conversation with British rival Alan Huggins that he was persuaded to try weights, and immediately became enthusiastic. So enthusiastic in fact, he commits the heresy of proclaiming 'whatever general fitness one derives from jogging, this does as much again.' Hardly likely, but one takes the point that weight training is of great benefit to sprinters.

An outline of Sylvester Stein would not be complete without mention of his views on the vexed South African question. As we know the World Veteran Movement was bedevilled by this problem at the outset. The political juggling over the inclusion of South Africans in Toronto 1975 was followed by a subtle bending of principles to allow them to compete with the U.S.A. team in Gothenburg last year. An obvious consequence of the veteran movement going international is to collect a few political problems along the way and the South African thing is the hottest potatoe of them all.

I think it is true to say that most active athletes are simply interested in sport for sport's sake, they see political problems as an irritant that they hope will not interfere with the smooth running of sports business. Few are prepared to grasp the nettle when political problems intrude upon their field of activity.

Sylvester however is firmly in favour of the I.A.A.F. ban on South Africa and makes the point that this decision has definitively brought about changes in white South African attitudes that would not have happened voluntarily.

When he returned home to South Africa after war service with the Royal Navy, he settled in Johannesburg with his recently acquired English wife. There he worked for a while as a reporter with the Rand Daily Mail. Later he edited a magazine called 'Drum' which presented the black man's point of view. In this magazine he wrote a series of articles regarding the injustice of South Africa sending an 'all-white' team to Olympic Games. Apparently these articles were instrumental in the formation of the South African Non-Racial Olympic Committee, S.A.N.R.O.C. It was this organisation that pressured the black African nations into their boycott of the 1976 Olympics in Montreal.

Although this might seem to be the work of a man with a political axe to grind nothing could be further from the truth. Not a political animal by nature he merely bristles with anger at this form of discrimination. He is not disposed to draw any lines in the sand for businessmen. He has returned to
writing after some years of not doing so and has recently completed a number of short stories. In the past he had a couple of novels published. Taking part in athletics has obviously added a new dimension to his life, not only from the fitness point of view but also by the fellowship of meeting and corresponding with friends and rivals. He exchanges letters with such as Guidet, Hoppstadter, Schreiber and Al Dunn, and no doubt keeps a close check on their form.

His proudest moment came last year when from the total membership of Highgate Harriers he was selected as the clubs 'Athlete of the Year.'

Regarding the future, he is full of youthful enthusiasm, 'I don't look forward to any retirement, I shall go on running, competing and enjoying myself for as long as I am able. At the age of ninety I hope to emulate old Duncan, even perhaps better his times... maybe by then I will have moved up to the 400.'

FULL NAME Sylvester Roman Stein
BORN December 25th, 1950 Capetown, South Africa
PRESENT OCCUPATION Publisher
HEIGHT 5ft 10in
WEIGHT 146lbs
MARRIED WITH 4 CHILDREN
CLUBS Highgate Harriers, Vets A.C.
BEST TIMES 12.0 : 24.8 : 60.1
HIGHEST PLACING 2nd in 2A 100m World Masters 1975
YEARLY BEST TIMES
1972 13.3 33.0 2A
1973 13.2 26.6
1974 12.8 26.9
1975 12.0 24.8
1976 12.7 27.1 2B
1977 12.2 25.4

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There has been much discussion in recent years about the eligibility of certain athletes to compete in veteran events. It is not secret to suppose that, but for the risks that would attach to athletes in open competition, most veteran organisations would like to see this branch of athletics open to all athletes over the prescribed age, irrespective of labels they may have been given by the amateur bodies e.g. 'professional,' 'ineligible' etc.

The spirit of the veteran movement has always been for the abolishment of barriers. Whilst the need for strict standards in the mainstream of amateur athletics is understood, it does seem that any penalties imposed by those bodies should not be carried through to the grave. All that is asked is that such athletes should be free to enter our 'world' without tainting those veterans who wish to continue in amateur athletics outside.

Can anyone explain, for instance, what harm would result from Messrs Tulloh, Ibbotson, Pirie, Rowe, Hogan etc. competing in veteran events? Is it really believed that the restriction of such athletes as a whole? Most of us agree with the obvious answers to these questions but, up till now, only the American A.A.U. has recognised that veteran athletics should have no amateur status requirements.

It was especially refreshing, then, to read the January bulletin of the I.A.A.F. Veterans have had a continuing dialogue with the International Federation these last few years and it is fair to say that the I.A.A.F. understand and sympathise with the veterans aims and aspirations for more than most national associations. With the Editor's forbearance I will quote in full the relevant passage:

"Veteran Athletics.

This movement for men athletes over 40 and women athletes over 35 years of age is growing in importance year by year, and many members now have a veteran section. In Gothenburg in 1977, we saw championships for world veterans (N.B. — Not World Championships, as only the I.A.A.F can organise World Athletic Championships), and it is planned this year to stage Championships for European Veterans in Italy. Many of these veterans come to our sport fresh, having practised other sports and, in some cases, they have even been professionals in other sports. The Council has been asked to give its opinion on how the I.A.A.F. can best co-operate with the Masters (Veterans) movement and this can be summed up as follows:—

We welcome the movement of veteran athletes and acknowledge that fact that it contributes towards extra propaganda for the sport of athletics. It is also realised that many of these veterans will not only practice the sport themselves, but will encourage younger athletes and will act, in many cases, as judges and coaches.

As far as Technical Rules are concerned, Council believes that there can only be one set of basic athletic rules at all levels and ages, which should be practised world-wide. (This does not mean, of course, that the younger or older age groups cannot use lighter implements, for example).

On the question of Eligibility Rules, however, the Council believes that the I.A.A.F. should not be concerned with the eligibility status of athletes competing in Games or Championships which are restricted to the veteran age groups. It feels that some allowance must be made, so that once an athlete has become a veteran, his or her eligibility should be decided by the rules formulated by the organising committee responsible for that particular meeting, Games or Championships.
not surprising to hear that 170,000 copies were sold at $10 each in the first three months.

Jim has had beer cans thrown at him by passing motorists while out training, but that is nothing compared with the hostility that some runners suffer. And its not just in the United States either. Ferdie Gilson (S.L.H.) told me of an incident where he had a brush with a negligent driver at a crossroads. Showing his annoyance with a symbolic thump on the car’s side, Ferdie continued his dedicated time-trial down a quiet road. Within seconds the offending car had shot past, screeched to a halt some way ahead and by the time Ferdie had realised what was happening he was confronted by an angry driver wielding a crowbar. ‘Given the chance I am certain he would have committed murder,’ said Ferdie. But our hero gave the villain no chance, for with a turn of speed that would have left Don Quarrie gasping, and a side-step in the Gareth Edwards mould, he was away for his best ever time-trial. It is still his best, incidentally, as nothing would induce him to take the same route again. Come to think of it I’m not sure whether Ferdie has ever run again!

Runners are not always the losers you will be pleased to know. A San Diego jogger had a brush with a car which drove on with a large chuckle in its exhaust. The runner caught up with the offending car at the next set of traffic lights and in full stride ran right over it, via boot, top and bonnet!

— Any doubts that may have been voiced about the authenticity of Lucien Rault’s heading of the pre-Gothenburg rankings at 5,000 & 10,000 metres must have been quickly dispelled at Bellahouston Park, Glasgow on March 25th.

Not only did the 41-year-old Frenchman help his country to the International Cross-Country Championship but he was their second scoring runner in 13th place!

This was a performance reminiscent of the great Mimoun; and only one runner from each of the home countries was able to beat him.

I wonder what Roelants thought?

1978 Eastern A.A.U. Masters Indoor Championships

Thirty five records were broken in the Sixth Annual Eastern Masters A.A.U. Regional Indoor Track and Field Championships, with the walkers leading the way.

Ron Kulik, who is the national A.A.U. Sub-committee Chairman for Race Walking, simply ‘walked’ away from Sol Corrallo’s year old record of 15.31 for two miles in the time of 14.38.3. Howie Jacobson, coach of the newly-formed East Side Track Club, won Divisions 1B in 15.02, also breaking Sol’s record. Sol finished second to Howie and was also under his record, with a time of 15.05. All of the winners in each age category in the walk broke the meet record.

The same held true for the high hurdles, with each age group champion breaking the meet record. Claude Hills, 65, of the Philadelphia Masters was the leading point scorer with four first places, three second places and one third place. Bill Clark, 45, also from Philadelphia won four individual events and finished second in one other.

The Potomac Valley Senior Track Club produced a pair of double winners in the mile and two mile with Phil Hager, 41, winning in 4.57.9 and 10.27.3; and National Indoor and Outdoor Champion George Vernosky, 47, winning in 4.56.1 and 10.24.0.

Kelsey Brown of the Jersey Senior Track Club, celebrated his moving up to Division 2A by winning the 1,000yds run in 2.42.0; the mile in 5.08.1 and the two mile in 11.23.4. Lloyd Riddick, a finalist in the World Championships, won the 50yds dash in 5.6, setting a new record and the 300yds dash in 35.2 in Division 1A. A trio of 1977 Indoor National Champs from the Pioneers continued with victories in their specialities: Rudy Valentins, 54, won 50 (6.2), 300 (37.0), and the 600 (1.29.3) and also ran a leg on the mile relay; Tom Connelly, 47, 600yds dash in 1.23.0; and Herb Zipper, 43, 2.28.0 in the 1,000yds run. Leon Trout of the newly formed Garden State Track Club won the long jump (16ft ¾in) and high jump (5ft 2in). Other multiple winners included Jay Wallace, Richmond Track Club, 50, in the high hurdles (7.4), pole vault (8ft 6in), long jump (14ft 3½in) and high jump (4ft 10¼in). Conrad Boas, at 74 the oldest competitor in the meet took four first places and two seconds.

The New York Pioneer Club won all three of the Division Team Championships. Their closest competition came from Philadelphia in Divisions 3 & 4, in which they won by 2 points.

RESULTS.

1A Riddick L., 43, NYPC .......... 5.6
Budd A., 42, NYPC ............ 5.6
Barnes R., 40, NYPC .......... 5.7
Gaton A., 41, NYPC .......... 5.8
Helfrick F., 40, NJM ........... 6.3
1B Kendrick L., 46, NYPC ...... 5.9
Clark W., 45, PHIL .......... 5.9
Ender R., 46, PV ............. 6.2
Thompson S., 49, NYPC ...... 6.3
Colen H., 49, NYPC .......... 6.8
2A Valentine R., 54, NYPC, T .. 6.2
Wallace J., 50, Rich .......... 6.4
Lentzer M., 52, NYPC ...... 6.5
Gillespe R., 53, NYPC ....... 7.0
Johnson R., 52, PV .......... 7.3
2B Harris D., 55, PHIL ...... 6.3
Manno J., 57, NJM .......... 6.5
Kafka E., 55, PV .. .......... 7.9
3A Neuhof M., 62, NYPV ..... 7.0
3B Hills C., 65, PHIL ...... 7.0
4A Boas K., 74, NYPC ....... 8.4
50 yards High Hurdles.
1A Schroeder B., 41, UNAT ....... 7.0

1978 Eastern A.A.U. Masters Indoor Championships

1978 Eastern A.A.U. Masters Indoor Championships

1A Riddick L., 43, NYPC .......... 5.6
Budd A., 42, NYPC ............ 5.6
Barnes R., 40, NYPC .......... 5.7
Gaton A., 41, NYPC .......... 5.8
Helfrick F., 40, NJM ........... 6.3
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Thompson S., 49, NYPC ...... 6.3
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2A Valentine R., 54, NYPC, T .. 6.2
Wallace J., 50, Rich .......... 6.4
Lentzer M., 52, NYPC ...... 6.5
Gillespe R., 53, NYPC ....... 7.0
Johnson R., 52, PV .......... 7.3
2B Harris D., 55, PHIL ...... 6.3
Manno J., 57, NJM .......... 6.5
Kafka E., 55, PV .. .......... 7.9
3A Neuhof M., 62, NYPV ..... 7.0
3B Hills C., 65, PHIL ...... 7.0
4A Boas K., 74, NYPC ....... 8.4

300 yards Dash.

1A Riddick L., 43, NYPC .......... 35.2
Budd A., 42, NYPC ............ 35.8
Gaton A., 41, NYPC .......... 36.4
Barnes R., 40, NYPC .......... 36.6
Helfrick E., 40, NJM .......... 40.0
1B Clark W., 45, PHIL ...... 38.9
Thompson S., 49, NYPC ........ 38.2
Ender R., 46, PV .......... 38.9
2A Valentine R., 54, NYPC .... 37.0
Lentzer M., 52, NYPC ....... 42.7
Bradley A., 51, UNAT ...... 43.2
Johnson R., PV .......... 45.1
2B Manno J., 57, NJM .......... 41.6
Two Mile Run.
3B Lacey R., 67, NYPC
3A Newman A., 62, UNAT
2A Brown K., NYPC
2B Greenberg H., 58, NYPC
1B Finer R., 46, NYPC
1A Hager T., 49, NYPC
Stern L., 43, NYPC
Snedeker D., NYPC
Thompson P., 41, NYPC
Conro A., 41, NYPC
McAllister J., 44, NYPC
Ross R., 45, NYPC
3B Latzko D., 68, NYPC
3A Detwilter R., 64, NYPC
1A Schroeder B., 41, NYPC
Potomac Hills Club A, GARD

1,000 yards Run.
1A Zipper H., 43, NYPC
2B Conro A., 41, BOST
Bradley J., 41, PV
Coiro V., 43, NYPC
1B Fine R., 46, NYPC
McMahon J., 47, PV
Spitzer D., 45, NYPC
Ross R., 45, NYPC
Denig D., 45, NYPC
2A Brown K., 50, JS
Messer A., 54, NYPC
Lister W., 50, NYPC
Johnson R., 52, PV
2B Greenberg H., 58, SHR
Wendell R., 56, NYPC
3A Newman A., 62, UNAT
3B Monastero S., 66, PHIL
Witkowski C., 65, JS

One Mile Run.
1A Hager P., 41, PV
Tersago W., 42, JS
McAllister J., 44, SHR
1B Vernosky G., 47, PV
Diamond T., 48, PV
Denig D., 45, NYPC
2A Brown K., 50, JS
Snedeker D., 50, UNAT
Messier A., 54, NYPC
2B Richardson S., 57, NYPC
Greenberg H., 58, SHR
3A Newman A., 62, UNAT
3B Witkowski C., 65, JS
4A Cash T., 71, SHR

Two Mile Walk.
1A Kulik R., 40, NYAC +
1B Jacobson H., 47, E.S.
Corrallo S., 47, PV
Briggs A., 46, PV
Weidmann D., 45, SHR
1A Mimm R., 52, SHR
Kalb S., 50, SHR
Lentzer M., 52, NYPC
2B Dyas T., 57, NJ
Scully C., 56, SHR
3A Johnson D., 61, SHR
3B Lakritz D., 68, SHR
Hills C., 65, PHIL
4A Cash T., 70, SHR

One Mile Relay.
New York Pioneer Club A
Budd-Spitzer-Valentine-O'Neal
New York Pioneer Club B
Coiro-Ross-McCarthy-Barnes
Potomac Valley Senior T.C.

Two Mile Relay.
New York Pioneer Club
Connolly-Fine-Stern-Zipper
Potomac Valley Senior T.C.
Bradley-McMahon-Hager-Vernosky

Shot Put.
1A Krastin K., 43
Jackson T., 43, SHR
DeLuca J., 40, JS
1B Gonzalez D., 45, GARD
Olson L., 46, Gn. M.
Carstensen R., 46, UNAT
Hill T., 47, GARD
Weidmann D., 45, SHR
Lentzer M., 52, NYPC
Stern E., 50 Gard
2A Kafka E., 55, PV
3A Detwiler R., 64, PHIL
3B Burho S., 67, RICH
Hills C., 65, PHIL
4A Connolly R., 71, UNAT

Two Mile Run.
1A Hager P., 41, PV
Tersago W., 42, JS
Stern L., 43, NYPC
Feld G., 45, NYPC
1B Vernosky G., 47, PV
Uher M., 45, WP
Diamond T., 47, PV
Cleaves H., 46, JS
Wiedeman D., 45, SHR
2A Brown K., 50, JS
Henriquez H., 50, JS
Lister W., 50, SHR
Mimm R., 53, SHR
2B Geer D., 58, CAP
3A Quackenbos M., 60, JS
Woods J., 60, PV
Johnson D., 61, SHR

Long Jump.
1A Trout L., 43, GARD
2A McAllister J., 44, SHR
DeLuca J., 40, JS
1B Clark W., 45, PHIL
Ender R., 46, PV
Kendrick J., 45, NYPC
Kirk T., 47, GARD
Taylor G., 47, PHIL
Hill T., 47, GARD
Colen H., 49, NYPC
2B Ittars J., 55, PHIL
Ille T., 58, NJ
3B Hills C., 65, PHIL
Burho S., 67, RICH
4A Boas K., 74, NYPC

High Jump.
1A Trout L., 43, GARD
2A McAllister J., 44, SHR
DeLuca J., 40, JS
1B Clark W., 45, PHIL
Ender R., 46, PV
Kirk T., 47, GARD
Colen H., 49, NYPC
3A Neuhof M., 62, NYPC
3B Hills C., 65, PHIL
Lacey R., 67, NYPC
4A Boas K., 74, NYPC

Weight Throw.
1A Krastin K., 43, UNAT
Jackson T., 43, GARD
1B Gonzalez D., 45, GARD
Olson L., 46, Gn. M.
Carstensen R., 46, UNAT
Hill T., 47, GARD
1B Detwiller R., 64, PHIL
3B Hills C., 65, PHIL
4A Connolly R., 71, UNAT
4B Boas K., 74, NYPC

WOMEN.

300 Yards.
1A Buchanan S., 40, PHIL
2B Kafka B., 56, PV

1,000 yards Run.
1A Buchanan S., 40, PHIL
Johnson A., 41, MFK

One Mile Run.
1A Buchanan S., 40, PHIL
Johnson A., 41, MFK

Two Mile Run.
1A Wiedeman D., 43, SHR
2B Lucas V., 46, UNAT

Two Mile Walk.
1B Lucas V., 46, UNAT
TEAM SCORES.
5-4-3-2-1 by five year groups with each 5 year group added together, women scored separately and then included with the men in the totals.

Division 1 (40-49).
New York Pioneer Club-NYPC.. .106
Potomac Valley Senior Track Club-PV.. . 68
Garden State Track Club-GARD.. . 54
Philadelphia Masters-Phil.. . 36
Shore Athletic Club-SHR.. . 17
Jersey Senior Track Club-JS.. . 15
Green Mountain A.C-GNM.. . 14
Manhattan Flight Kings-MFK.. . 7
New York Athletic Club-NYAC.. . 5
West Penn Track Club-WP.. . 4
Boston Athletic Club-BAA.. . 4
East Side Track Club-ES.. . 4
North Jersey Masters-NJM.. . 2

Division 2 (50-59).
New York Pioneer Club.. . 52
Potomac Valley Senior Track Club.. . 30
Jersey Senior Track Club.. . 24
Shore Athletic Club.. . 24
Richmond Track Club-RICH.. . 24
North Jersey Masters.. . 18
Garden State Track Club.. . 8
Philadelphia Masters.. . 8

Divisions 3, 4 (60+).
New York Pioneer Club.. . 66
Philadelphia Masters.. . 64

Shore Athletic Club.. . 18
Jersey Senior Track Club.. . 18
Richmond Track Club.. . 14
Potomac Valley Senior Track Club.. . 4

Special Events.
300 yards Dash, 35-39 Women.
Pashkin S., 35, MFK.. . 42.3
One Mile Run, 35-39 Women.
Pashkin S., 35, MFK.. . 6.15.5

BOLD - meet record.
BOLD T - ties record.
BOLD + - American Masters Indoor Record.

AGE GROUPS.
1A-40-44; 1B-45-49; 2A-50-54;
2B-55-59; 3A-60-64; 3B-65-69;
4A-70-74.

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THE 1V International Cross-Country Championships were staged at Glasgow on Saturday, March 25th — the weather was cold, very windy and interrupted at the start and the end by heavy rain. The course was tough and rated 'real cross-country condition' and within the ranks of the Ladies and Mens races two veterans were on call for their national teams.

At the end of the afternoon both had given their all and on merit returned results that must have ranked them to be considered 'performers of the day.'

In the Ladies race Joyce Smith — forty last October — led the English team home in 9th place for the Bronze team award and in the mens, Lucien Rault of France — five days short of his 42nd birthday — took 13th spot and second scorer in the winning team. Wallowing in the mud behind them were countless world class stars and numerous European and Olympic medal winners — yet little or no comment was made of their brilliant performances by the press or media which gave the day extensive coverage. Maybe they will be suggesting Vets events should start at 45 or 50 soon!

The conclusion of the 1977 track and field season saw results filter through that in their way were as mind bending as the ultimate' in 1962.

Early last year Oerter (USA) sent the Discus out to a prodigious 65.52 (20ft 1in), just after making the 1A Vets ranks and before the dust had settled — his old rival Danek (Cze) who had also just made the ranks, upstaged him with an even finer 64.76 (215ft 5in). In Gothenburg Oerter, as always, proved the champion by defeating Danek — but it doesn’t end there, for just after their clash in Sweden, yet another ‘old timer’ gave the record a further shake up. The Russian Vladimir Lyakhov (17-6-37) let it be known he was still around when at the end of August he threw 65.90 (214ft 7in).

Also in August — on the 13th — the Gothenburg P.V. champion, Houvion of France — lost his 1A record to Rudolf Thomasek (11-8-37) of Czechoslovakia who ‘upped it’ to 4.80 (15ft 9in).

Others who improved on known World Bests before or after Gothenburg were:—

Payton Jordan (USA) co-holder of the 2B 100m and 2A 200m, is now 60 and once again pushing records upwards with 3A 100m and 200m of 12.0 and 24.9 — it doesn’t seem that long ago when we were thinking 26.0 for a 3A performer was ‘out of this world.’ Fellow American Jim Packhard (73yrs) improved the 4A 100m to 13.9 and others from the States in the upper age brackets just as busy were - 800m 4A, 2.34.5, M. Montgomery (70); T.J. 3A, 11.25 (36ft 11in), G. Farrell (60); Shot 3A, 15.24 (50ft), M. Thatcher (60); Shot 4A, 12.81 (42ft 64⁄4in), R. Drummond (70); Javelin 3B, 41.16 (135ft), B. MacConaghy (68) and 4A, 37.64 (123ft 6in), E. Curteis (70).

Two existing record holders who got in on the act with a 2B 1500m of 4.20.4 and Stan Nichols improving his 3B 5000m time with 18.10.0.

When in Gothenburg, Roger Ruth, the Canadian 1B P.V. record holder and Games champion, prompted that by way of some ‘statistical doodling’ we compare how the individual Olympic medal winners- yet little or no comment was made of the runners would have to perform, for example:- faster than 10,000m in 9.6; 1500m in 3.22.0; 800m in 1.38.4 and 10,000m in 26.39.0.

Beamons ‘out of this world’ long jump of 8.90 — which could well stand longer than any other record, only scores 1189 and would take third spot on a so called merit list. The eight field events would take all top eight places with Yashchenko’s new high jump record only ranking 7th.

So before accolades are given for the merit of one veteran performer against another, based on the tables, we think they should be revised.

JOHN HAYWARD.
Dear Sir,

The second (and last) World Masters Track and Field Championships held in Gothenburg from August 8-13th are history. Swedens second largest city accommodated 3,500 men and a few women with major disruptions. For the most part the weather did too. Events went off with incredible accuracy, and while judging could not compare with Jerneryd and his associates, only the weather did too. Events went off second largest city accommodated ship fjords of Gothenburg with a broken window, but it is doubtful that many of us will get drunk and/or raise hell as veterans, that's too tough on the training schedule. What's in a name? Nothing, but Masters somehow connotes mastery, a station achieved, and it brings comfort to the ageing process. A veteran is a survivor — good or bad, fast or slow, weak or strong — at best and indefinitive handle, which only means old. It is to be hoped that U.S. Masters will not become U.S. Veterans, and that as Masters we will attend the first World Veterans Championships, however unfortunate that new terminology may be.

Reading Pain's letter of resignation brought this writer no sympathetic vibes. It expressed again a degree of naïve surprise in an otherwise sophisticated man, or was it pique? Or stubborn inflexibility? In a less well known person it might be mistaken for stupidity — but not our clever David. What is it then that makes strong men to show their flaw, however minute. What self-destructive force causes heroes to fall and in the tumbling, wipe out the loyal followers too? Turn that key and you solve one of the mysteries of life.

The name U.S.M.I.T.T., according to Helen Pain in her brief recounting of the short history of our group, (let's not call it an organisation), was the brainchild of David Pain. He decided that handle sounded pretty good and that was that. In all probability, the same dynamics prevailed when he conceived, and brough into actuality, with the Canadians, the first World Masters Championships. Having worked so hard to put it all together, many of us found it hard to believe that David had chuckled it for a principle, and to many eyes an unsound one at that. If the grounds for quitting stated in his letter are the real reasons, the important one is his stand on 'open competition.' In its pure form, that means anyone over 40 years of age should be able to compete. To him, anyone means anyone, with no exceptions.

That's fine for Americans or Canadians where no ancient club system exists, as in England or Australia, for example. In those countries, and other in Europe, to compete in an unsanctioned meet in which there are maybe a professional athlete, (even from another sport or a coach), or one whose country of origin might be politically in disfavour, means risk of being blackballed from further competition. Like the Carter administration's human rights exhortation, the principle is noble, but neither Carter nor Pain has the right to moralise for the world.

To expect an Australian Master/Veteran runner to fight the system is unfair to him. If he doesn't win the battler (and he will not) he can't run and that's that.

There are too few Pain's about for us to accept the pain of David's evaluation of his predicament. We should ask him to reconsider and rejoin us. We should suggest that he works within the system to achieve the goals he, and in fact, all of us aspire too. Already the A.A.U. has given us free reign over Masters competition in the U.S.A. In Gothenburg, progress was made with the I.A.A.F. to let us do our own thing.

Come back, little David, the giants are waiting.

Yours sincerely,

KEN PROCTOR

Dear Sir,

I run between 20-25 miles weekly and am unable to increase this weekly total to compete with the 'big' mileage club runners. There must be thousands of individuals like myself who feel between two stools i.e. joggers and club runners, there is a need for events to cater for such people may I suggest 'fun' ½ marathons or marathons. An entrance fee of say £1, part of which could be donated to charity.

Yours sincerely,

JOHN CHEERS

Birkenhead

PS. Congratulations an a fine mag.

Correction

English National Vets 1978 winner of 2B was in fact Ken Hall of Wirral AC who was inadvertently shown as 2A on the official results. See April/May Veteris for full result and report.
ITALIAN INDOOR CHAMPIONSHIPS

Genova March 4th, 1978

With the European Outdoor Championships being staged by the Italians this summer, several of their athletes seem to be getting down to work that is producing results that may make them ‘forces to be considered’ when the Games take place at Viareggio between September 10-16th next.

Orsi, 7.1 and 23.9 in the 1A and pressed by Ceccaroni, 7.2 in the shorter 60m race seem in good form. A similar pair made returns in the 2A that were also good — Rossini, 7.9 and Radaelli 8.0 and 27.6.

Two fine front runners turned up in the 800m events Malacalza 1A 2.11.4 and Bettella 2A, 2.20.9. An exciting battle was seen in the 1A 3000m when Pannetto, 9.19.8 just got the better of Rizzo, 9.21.3 with one time marathon international, Cecconi, winning the 1B in 9.51.0.

Another ‘great’ making an outing was the legendary Pamich who still has class for he outwalked all in sight with a fine 13.30.8 for the 3kms event.

On the field there was some good high jumping from Bortolozzi in the 1A 1.70 and an outstanding long jump, won on the count back by Davoglio from Bortolozzi both cutting the sand at 6.33. J.L.H.

RESULT.

60 METRES

Class 1A.
1. C. A. Orsi, Acciaierie Piombino 7.1
2. C. Ceccaroni 7.2
Class 1B.
1. F. Lopez, Hadria Pescara 8.1
2. V. Mocci, U.N.V.S. Iglesias 8.1
Class 2A.
1. G. Rossini 7.9
2. G. Radaelli, G.S. Associazione 8.0
Class 2B.
1. S. Riceputo, U.N.V.S. Catania 8.9
2. G. Cervellini 8.8
Class 4.
1. F. Mantelli, Trionfo Ligure 11.2
Class OW.
1. N. Spezzati 8.5
2. P. Cio, G.S. Olimpia Vignola 8.7
Class W1A.

Class W1B.

800 Metres.

Class 1A.
1. E. Malacalza, G.S. Florian 21.11.4
2. S. Gostardo 21.15.0
5. D. Prunesti 21.33.0
Class 1B.
1. E. Raisoni 21.39.8
2. I. Baldoni, G.S. Assoc Atleti 21.30.8
3. R. Ammanuta, Ass. Ital. Vet. 21.34.0
Class 2A.
1. F. Bettella 21.20.9
2. E. Foroni, Masters Club Verona 21.34.4
3. G. Mannaini, Ass. I. Vet. 21.34.8
Class 2B.
1. M. Marchionnati, M.C.L.M. 21.40.5
2. P. Canale, Trionfo Ligure 21.43.6
Class 3A.
1. C. Fuselli, U.N.V.S. S. GioV. 21.55.8
2. A. Arnone, Athletica Ricc. 21.08.2
3. R. Bencocchi, G.S. Cral Ban 21.04.6

SHOT

Class 1A (7.257kg).
1. G. Bortolozzi, Athletica Ricc. 10.45
2. A. Giumannini, G.S. Olimpia 9.10
3. R. Mariani 7.08
Class 1B.
2. A. Bruno, U.N.V.S. Catania 9.32
3. A. Comprì, Masters Verona 8.92
4. G. Boggian, Trionfo Ligure 6.80
Class 3A (4 kg).
1. B. Porceddu, U.N.V.S. Cag. 12.01
3. G. Casarotti, U.N.V.S. Padova 8.08
Class 4.
1. F. Mantelli, Trionfo Ligure 6.81
Class W1A.
1. L. Ruggeri, U.N.V.S. Iglesias 6.25

200 Metres.

Class 1A.
1. C. A. Orsi, Acciaierie Piombino 23.9
2. R. Martori, U.N.V.S. Catania 26.1
3. N. Iannucci, A.G.R.F. 27.6
4. C. Basso, Trionfo Ligure 29.0
Class 1B.
1. F. Lopez, Hadria Pescara 27.0
2. V. Mocci, U.N.V.S. Iglesias 27.5
Class 2A.
1. G. Radaelli, G.I. Assoc Atleti 27.6
2. A. Di Maria, Trionfo Ligure 28.0
3. G. Rossini 28.2
Class 2B.
1. G. Gastaldo, M.C. La Mole 28.7
Class 3A.
1. G. Cervellini 30.8
2. A. Arnone, Atletica Riccardi 33.5
Class 4.
1. F. Mantelli, Trionfo Ligure 40.0

HIGH JUMP

Class 1A.
1. G. Bortolozzi, Athletica Ricc. 1.70
2. N. Iannucci, Ass. Giglio Rosso 1.30
Class 2A.
1. S. Lentini, U.N.V.S. Siracusa 1.35
2. A. Bruno, U.N.V.S. Catania 1.35
Class 3A.
1. B. Porceddu, U.N.V.S. Gag. 1.20
Class W0.
1. P. Clo, G.S. Olimpia Vignola 1.40
Class W1A.
1. L. Nuvoli, U.N.V.S. Cagliari 1.35

3000m walk

Class 1A.
1. A. Pamich 13.30.8
2. G. Gobotto 15.25.2
3. G. Riva 15.44.6
4. M. Collatina 16.42.0
5. S. Cioni 17.00.4
6. P. Rossini 17.42.0
7. E. Crociati 17.48.8
8. A. Bianchi 18.42.0
Class 1B.
1. F. Ruina 15.29.4
2. G. Sterlini 17.25.0
3. A. Bonomo 18.30.8
Class 2A.
1. G. Riva 15.37.7
2. B. Brazzini 15.43.0
3. R. Magri 16.46.5
4. S. Daclon 17.27.5
Class 2B.
1. F. Pichi 17.44.8
Class 3A.
1. G. Crova 18.39.0
Class 3B.
1. M. Brivio 18.02.1
Class 4.
1. C. Guidi 25.38.8

LONG JUMP

Class 1A.
1. D. Davoglio 6.33
2. G. Bortolozzi 6.33
3. C. Bassio 4.39
4. G. Musco 4.06
Class 1B.
1. F. Lopez 5.31
2. V. Mocci 4.40
Class 2A.
1. G. Radaelli 4.81
2. A. Comprì 4.48
Class 2B.
1. S. Riceputo 4.26

400 METRES.

Class 1A.
1. E. Malacalza 57.0
2. G. Musco 57.8
3. L. Rossi 58.2
4. F. Petroni 60.2
5. N. Iannucci 61.0
6. P. Cocco 61.5
7, R. Comparsi............................ 65.1
8, E. Boero.............................. 67.0
18, E. Raisoni............................ 59.8
2, P. Trasmondi.......................... 61.2
3, G. Veschi.............................. 62.4
4, A. Meoni.............................. 67.4
Class 2A.
1, F. Bettella............................. 63.6
2, A. Magarini............................ 65.8
3, M. Massari............................. 66.2
4, E. Foroni............................... 66.5
Class 2B.
1, G. Gastaldo............................ 62.8
Class 3A.
1, A. Arnone.............................. 75.6
2, C. Fuselli............................... 77.4

**3000 METRES**

Class 1A.
1, G. Panetta............................ 9.19.8
2, A. Rizzo............................... 9.21.3
3, E. Montarsino......................... 9.37.4
4, L. Bottazzi............................ 10.02.5
5, E. Monga............................... 10.05.0
Class 1B.
1, G. Cecconi............................. 9.51.0
2, I. Baldoni.............................. 10.08.0
3, P. Trasmondi........................... 10.27.8
4, A. Meoni............................... 10.52.0
5, G. Mannaioni.......................... 10.54.0
Class 2A.
1, A. Magarini............................ 10.42.0
2, F. Bettella............................. 11.00.2
3, M. Massari............................. 11.30.0
4, A. Foroni............................... 11.31.0
Class 2B.
1, E. Merlo............................... 11.28.0
2, P. Marchionetti....................... 12.11.0
3, P. Berretta............................ 12.32.0
Class 3A.
1, C. Fuselli............................. 13.25.0
2, R. Bernocchi......................... 13.46.0

**4 x 200 RELAY**
1, U.N.V.S. Catania........................ 1.51.4
2, Trionfo Ligure........................ 1.53.5

Robbie Campbell (49.48), runs second fastest ever ten for veterans in Cambridge and Coleridge Road Race?
Result and report next month.

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**Jog your memory**

For joggers visiting Bermuda there is a two mile run with Bermudians beginning each Tuesday evening at 6pm sharp at the Camden House, South Shore entrance to the Botanical Gardens. An entry fee of 25 cents is charged for refreshments. A visitor's prize is awarded each week by the Department of Tourism.

Al Oerter
*Kind permission of The Sunday Times
Photo by Chris Smith*
Events and suggested and desirable (no stipulations) performance standards for European Masters Championships 1978 in Viareggio.

**Events for competitors (both men and women)** coming from non-european countries:

- mts. 100 and 200: finals with one competitor per country and age class
- mts. 800 and 1500: finals with two competitors per country and age class
- Throwing events, road walk, marathon: open participation with separate classification.

### Events

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<td>Pole vault</td>
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<td>Km. 20 road walk</td>
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Women:

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### THE FIRST EUROPEAN MASTERS TRACK AND FIELD CHAMPIONSHIP

Viareggio (Italy)

- **September 10th to September 16th incl. 1978**

**AGE CLASSES**

Events will be contested in following age classes:

- **Class 1A**: Men born during 11.9.33-10.9.38
- **Class 1B**: 11.9.38-10.9.33
- **Class 2A**: 11.9.33-10.9.28
- **Class 2B**: 11.9.38-10.9.23
- **Class 3A**: 11.9.13-10.9.18
- **Class 3B**: 11.9.08-10.9.13
- **Class 4A**: 11.9.03-10.9.08
- **Class 4B** and over: Men born on or before 10.9.1903.

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**RETURN OF ENTRY FEES:**

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**Confirmation of acceptance**

- will be returned immediately to the organisations or individually.

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