

Veteris

British Ranking Lists—Over '45'

Spotlight on—Sylvester Stein

Footsteps on My World

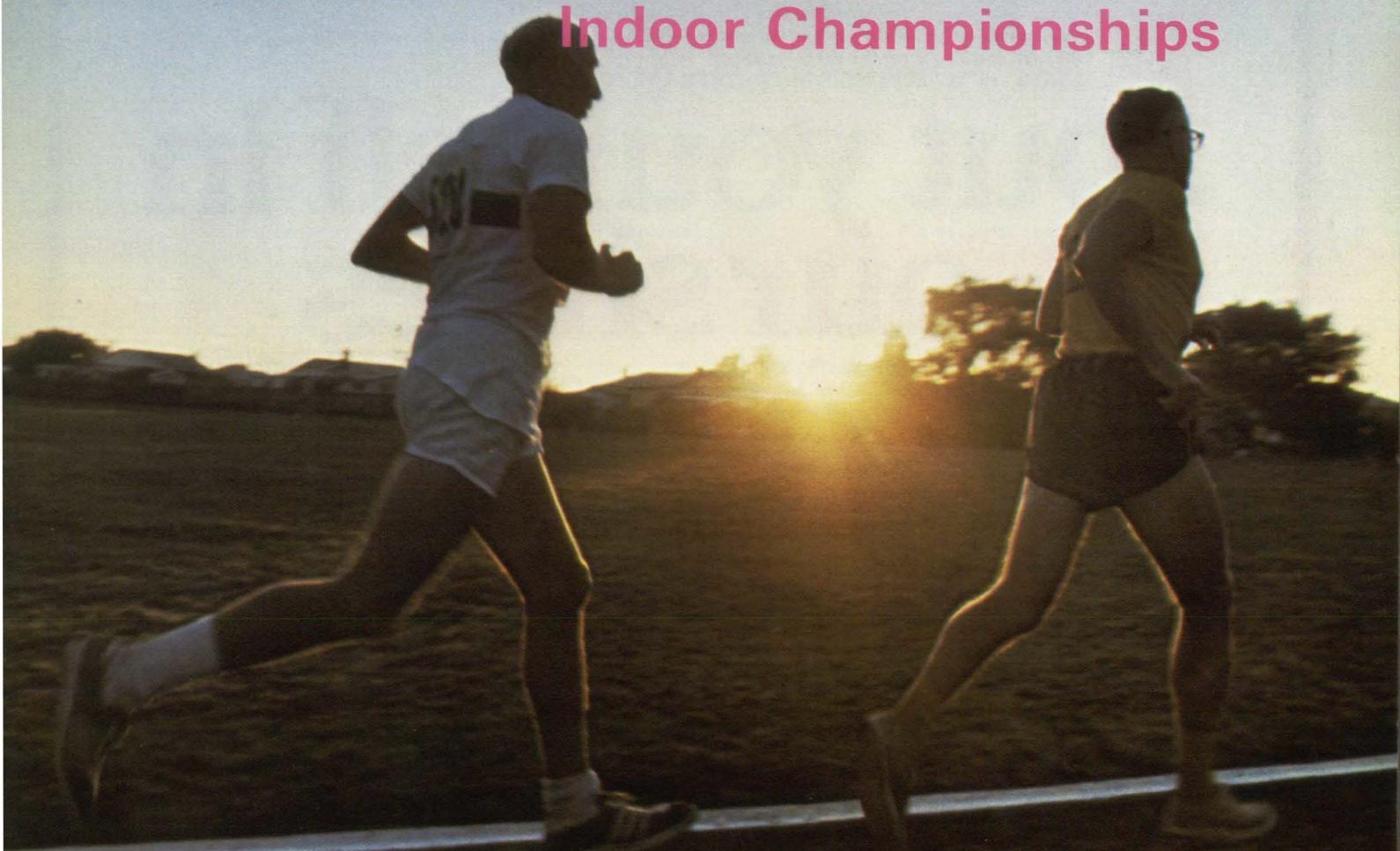
by Ken Proctor

Italian Veterans

Indoor Championships—Genova

1978 Eastern A.A.U. Masters

Indoor Championships



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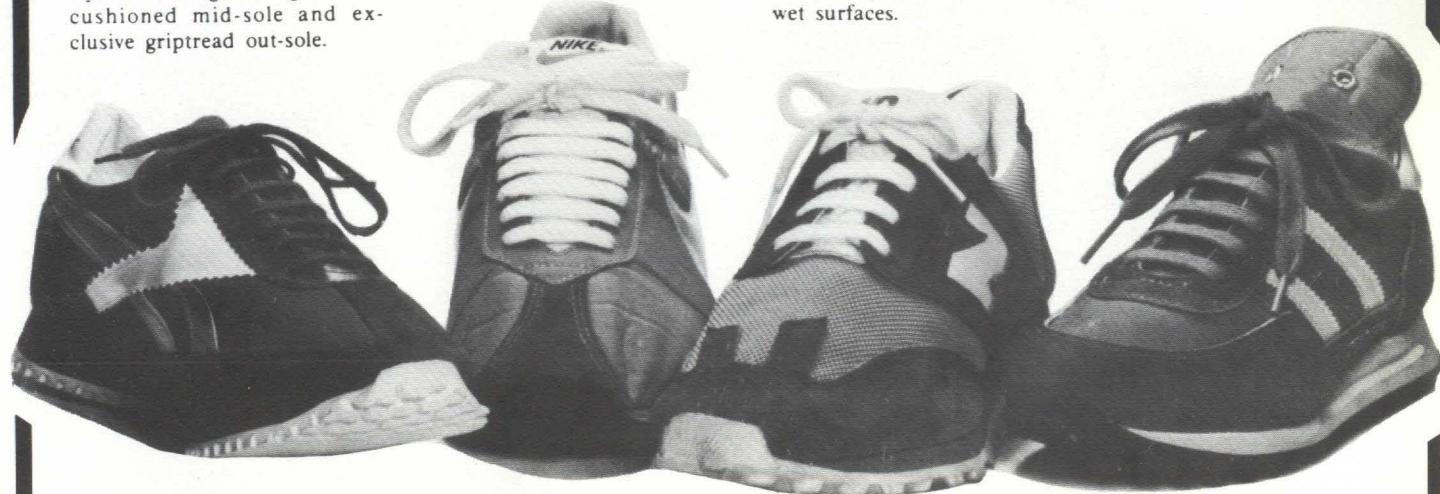
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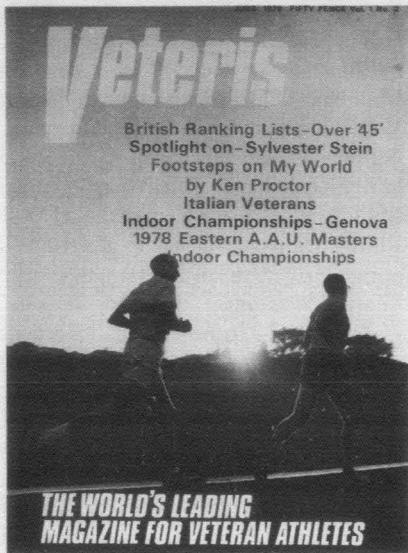
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Contents

Profile on Roy Thorpe.....	4
Bob Shunkle.....	6
The Art of True Laziness.....	7
Footsteps round the World.....	12
World Results — U.K. Ranking Lists.....	15
Health, fitness and survival.....	18
Germans want Vets at 35.....	19
Forthcoming Events.....	20
Spotlight on Sylvester Stein.....	23
Coroebus.....	26
1978 Eastern A.A.U. Masters Indoor Championships.....	27
Vets in the News.....	30
World Results — Italian Veterans Indoor Championships.....	32



A Mark Shearman photo epitomises the beauty of veteran running.

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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 than 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 at 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 typewritten.

ERNIE BARRETT

STAFF

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Production and Distribution	
Director.....	Barry Whitmore
Assistant Editor and Features....	Chris Reed
Subscription Director.....	Lynne Barrett
Advertising	
Sales Director....	Melanie Thomas
Tel: (03743) 64981.	

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Statistics.....	John Hayward
Special Photography.....	Mark Shearman
Illustrations by	Paul Hart

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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 50kms at Chigwell, then followed this up with third place in the Leicester 100 miles, thus joining the exclusive band of 'Centurions' — walkers who have succeeded in walking 100 miles in less than 24 hours.

Since that day he has proved to one of the speediest walkers ever to tackle a 100 by taking countless 'Centurion' awards at open events. Like good wine, Roy has continued to improve with age and whilst he

concedes there is little likelihood of his improving on his times up to and including twenty miles he still feels capable of improving on his 50kms best time of 4.23.43.

In 1967 after helping Wakefield take third place in both the National 10 miles and 50kms Championships he won his first major distance event, the Isle of Man T.T. Course Walk over 37½ 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 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 x 24lb 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 Malmö, 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.

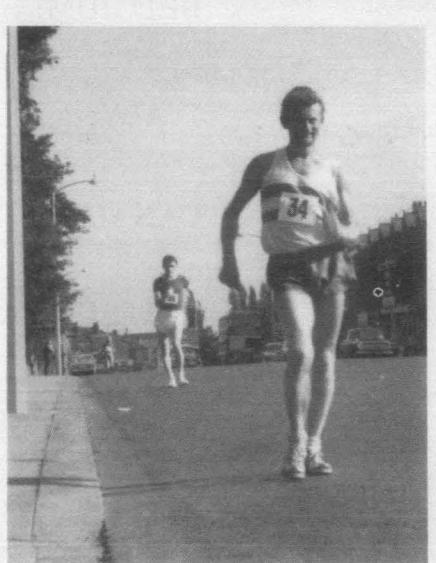
1977 was a mediocre one by his standards, and injuries, rare occurrences in the past, became more frequent — so much so that he did contemplate retiring but thanks to his wife, Beryl, who has constantly encouraged him throughout his career, the old enthusiasm is back.

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.

1966	4.59.35
1967	4.56.40
1968	5.06.39
1969	4.42.39
1970	—
1971	4.40.46
1972	4.30.42
1973	4.25.42
1974	4.25.17
1975	4.28.34
1976	4.23.43
1977	4.50.14



SPORTS CALL TO GERIATRICS

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.'



George Phipps



Norman Ashcroft

Jack Fitzgerald



Walter Ross



Wal Sheppard



Photo by courtesy Don Shorland

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Wal Sheppard, 2 Montgomery Place, Bulleen, Victoria 3105.

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Clem Green, 46 Hargreaves Street, Wellington 2.

BELGIUM:

(Flanders) Jacques Serruys, Engelendalelaan 25, 8310 Brugges.

ITALY:

Cesare Beccalli (IMITT), Via Bartolomeo d'Alviano 24, 20146 Milan.

CANADA:

Don Farquharson, 269 Ridgewood Road, West Hill, Ontario M1C 2X3.

UNITED STATES: Robert G. Fine, (AAU Masters) 77 Prospect Place, Brooklyn, New York 11217.

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

EIRE: T. Lynch, 84 Fortfield Road, Dublin 6.

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 shrinking 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 a few minutes start. Even Shrunkles perhaps?

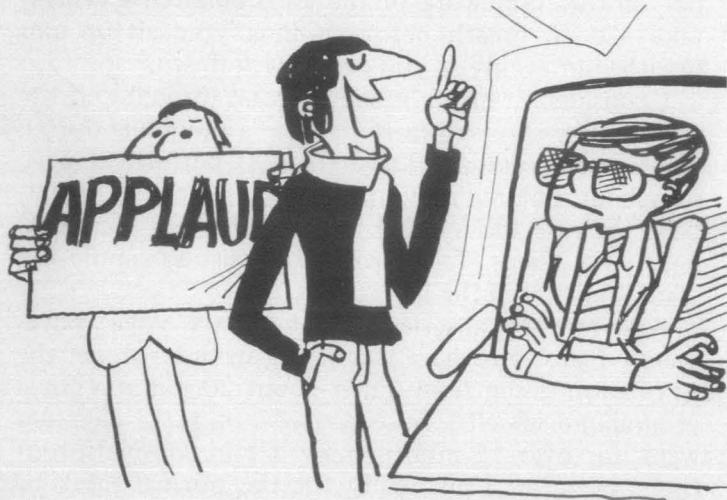
There is a surprise parlauf at the Barnet Festival of Sport . . . The surprise is that they are not going to hold it . . . Reminds me of a 20 miles training run I used to do that went past a pub — past it I said — called the Surprise. It had a notice outside that read Surprise Car Park. Every time I 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 Batty baiting. 'You are the great Mel Batty, 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 Batty.' 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 Starksy 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 repetition 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

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 ($3\frac{1}{2}$ 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.

Fig. 1.

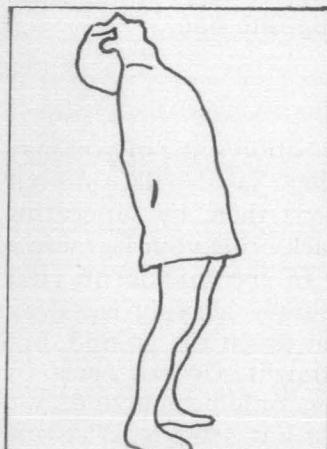


Fig. 2.

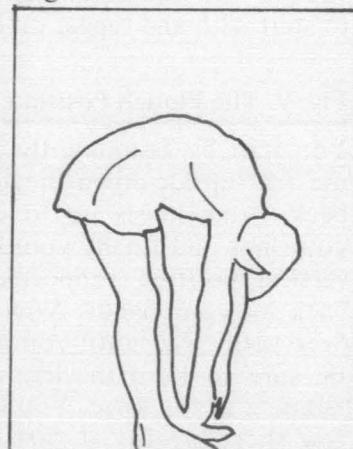


Fig. 3.

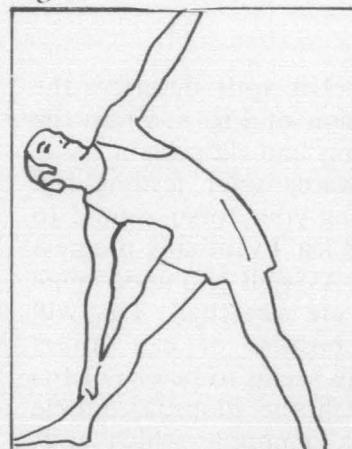
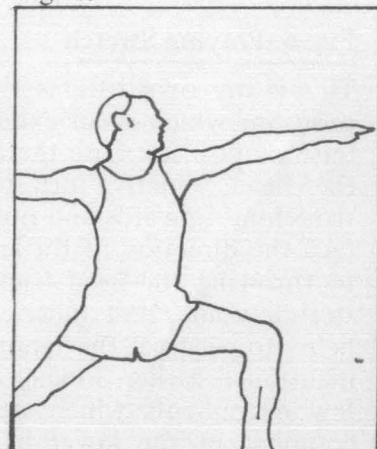


Fig. 4.



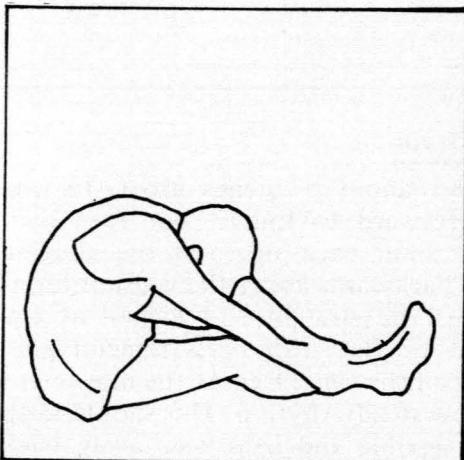


Fig. 5.

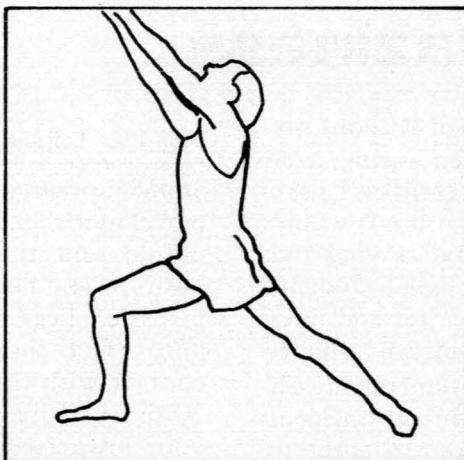


Fig. 6.

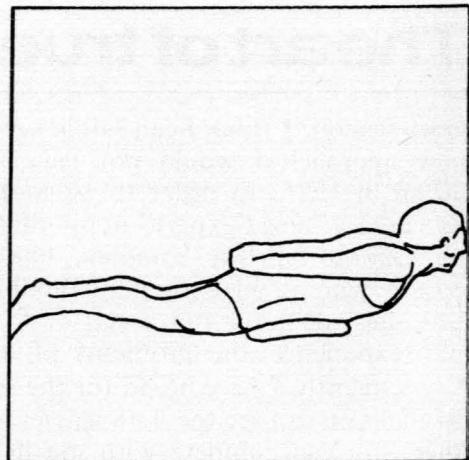


Fig. 7.

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.

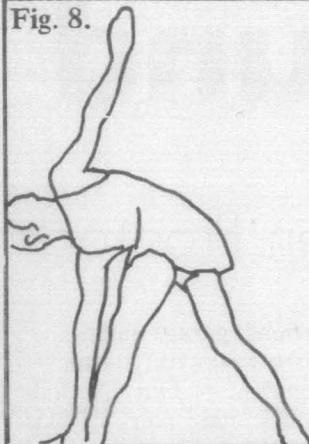
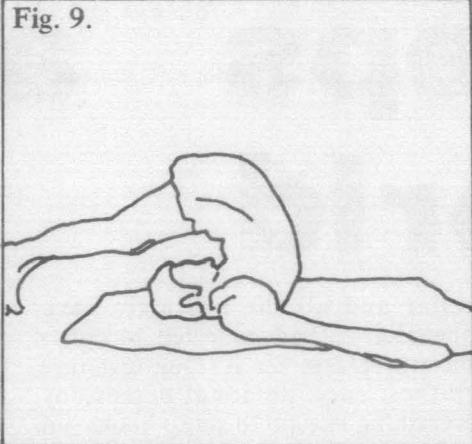
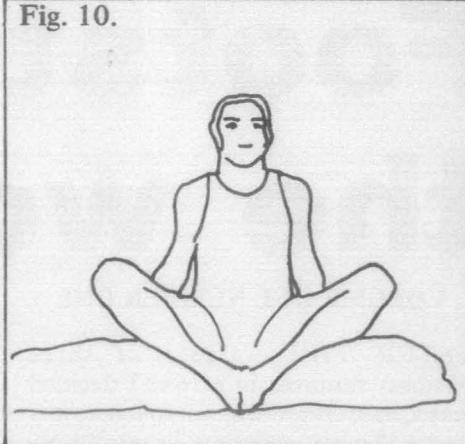
Lie face down with hands together behind back. Lock fingers together, straighten arms and breathe in. Then raise your head and chest as high as possible. The legs should be relaxed and you will be supported only by the abdomen. It will help to place a folded towel under the pelvis to take the pressure 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

Fig. 8.**Fig. 9.****Fig. 10.**

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.

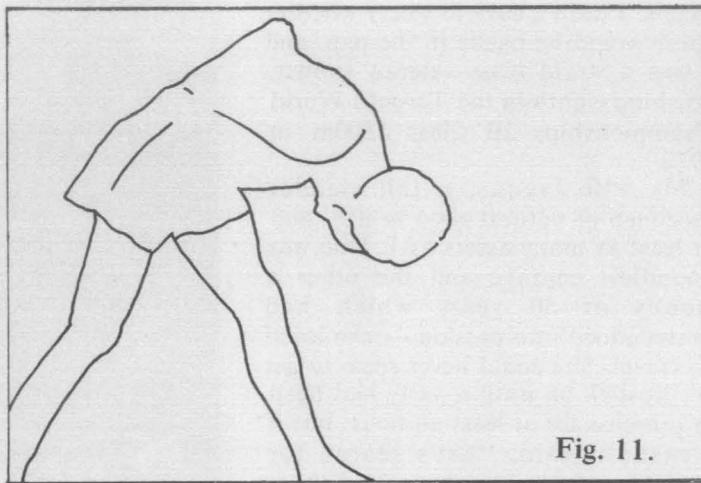
Fig. 10. Adductor Stretch

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 persevere 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.

**Fig. 11.**

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

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 paraphenalia 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 of 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 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 black top to anything else. On that surface, in the cool, quiet, no traffic in the early morning, cadence and rhythm are assured and euphoria comes quickly. 6 miles is easy, 10

a nearly perfect workout. However, tar roads are not always available, especially when travelling, so frequently, it is necessary to settle for uneven roads, potholed, gravelled, dirt or cement.

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 thought 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



Ken Proctor. Photo-Berger

cubic footage has been taken over by cargo. There are still a few left though, but what was once a cheap way to see the world has become an expensive and at best 'iffy' proposition. The 'freighter people' who willingly braved confinement on these slow moving inquisitive sea horses (12 passengers each — maritime law requires a doctor on board if the ship accommodates more) make reservations as long as 3 years in advance, sometimes only to be disappointed as their projected voyage vanishes into the drydock that their old ship has been consigned to for scrapping.

Taken as a group, our batch of passengers were for the most part not homogenous. We even had one fellow, based in Japan, who had come from there on the President Filmore, walked 100 yards to our ship and repeated his routine on the eastward voyage by staying in his cabin constantly. Except for a 10 minute expedition to the dining salon 3 times a day, when he would dash in without looking left or right, wolf down enough calories to at least assure the status quo of his rotundity, then race back to his warren like a startled rabbit. To counter balance we also had a married couple on the declining side of middle age, who had travelled for a number of years on these vessels. They sniffed to another passenger, "These Proctor's don't seem like freighter people." Somehow we have managed to stay out of any mould so far and hope we can keep it that way.

We shared our table at meal times with a thin grey lady from Connect-

icut whose soft slow voice flowed with negatives most of the time. She drank Campari and soda in large quantities before dinner and followed that during meals with wine. Like most of us, a change came over her with each sip and although the acid was still in her words, it was neutralised by the appearance of a keen wit and sense of humour that makes memory of her one of amusement.

One other passenger fascinated us. He was a retired school teacher whose physical activity was slightly curtailed by some past affliction, whatever had happened had the good grace to stop short of his mind because he was alert, interested and interesting, and we looked forward to our every encounter.

A young American bachelor and two Japanese students rounded our little group and we were surprised that all the cabins were not occupied.

The days glided into each other and we were sorry that the time passed so quickly and that we were standing on the dock in Yokohama almost before we knew it.

We had booked passage on the S.S. Khabarovsk, a small Russian passenger ship which plies between Yokohama and Nahodka in the Soviet Far East. Vladivostok is only a few kilometres away from this Russian terminus, but no foreign and few Communist eyes are allowed to see what goes on in that off-limits city. Before our sailing date we had four days and we had planned a visit to Shiga Heights, a very popular Japanese 'ski grounds' as they are called in Nippon.

The only running I did during that long weekend was forced by tight train schedules and three changes each way. But exercise was not to escape me. Luck was with us and the weather smiled. Brilliant sun sharpened the image of the snow clad Japanese mountains, and my conditioning did not suffer as we exhausted ourselves ski-ing on the nearly perfect snow.

The sea voyage from Yokohama to Nahodka takes three days. We had been told to expect foul weather, increasing cold and heavy seas, so we boarded the small Russian ship not altogether soothed by the orchestra playing out-dated American music

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.

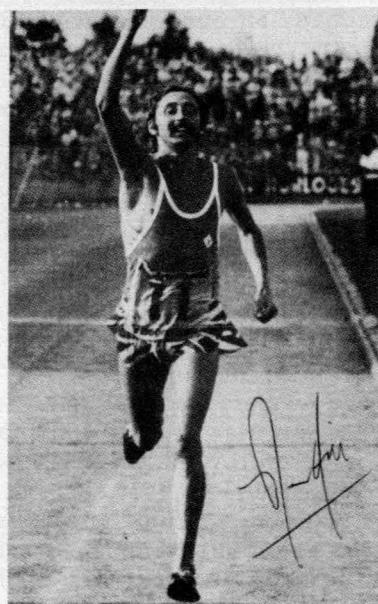
My new Nike LD1000's had seen no use since pounding the deck of the S.S. President Kennedy and since the S.S. Khabarovsk was larger, I was anxious to try them out on Russian 'soil.' I ran three times on that ship and each one I thought would be my last. The wind was almost at gale force as I made my horseshoe course and although the sun was brilliant it helped little in the cold Japan straits. My Hemingway beard, started two weeks before leaving Philadelphia became coated with frost and in my white U.S. Masters 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.

AND NOW — AT LAST — THE BOOK ATHLETES THROUGHOUT THE WORLD HAVE BEEN WAITING FOR **'THE LONG HARD ROAD'**



(The story of Dr. Ron Hill,
Marathon Runner
Extraordinary.)

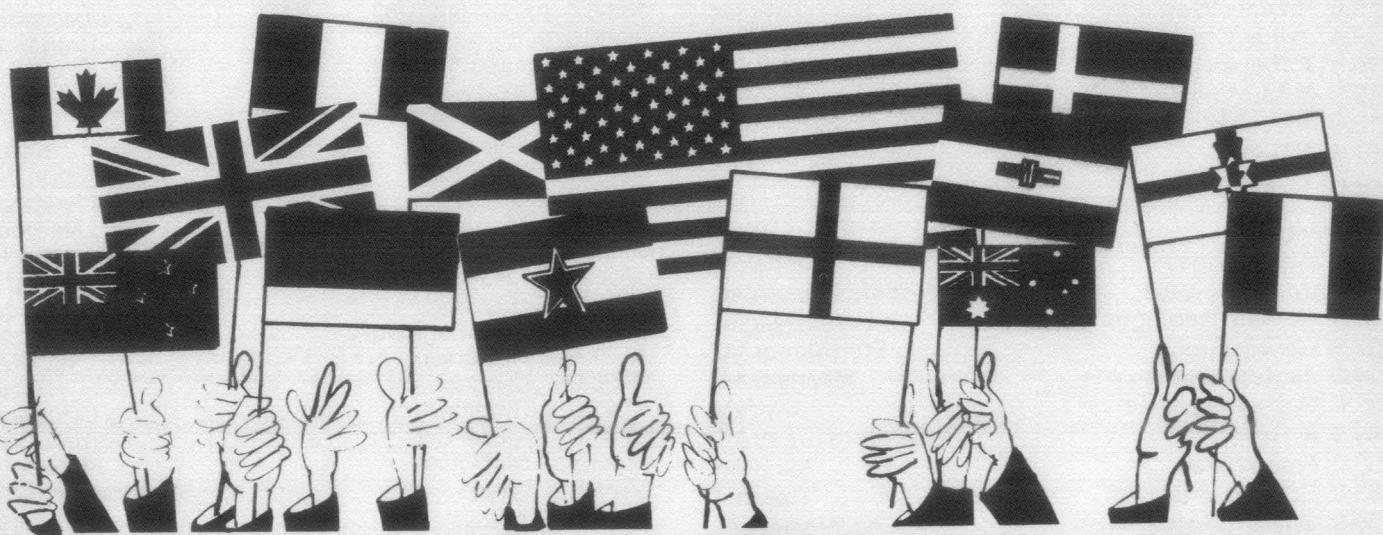
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WORLD RESULTS SERVICE

U.K. Vets Ranking list '77

MEN O/45 WOMEN All classes

100 Metres.

11.2 Charlie Williams
12.1 Derek Howarth
12.3 Keith Whittaker
12.3 Francis Persighetti
12.8 Austin Tipling
12.8 Jack Cross
13.0 Martin Cardew
13.0 Melville Wilson
13.1 E. Britee
13.2 F. Woodward
13.4 Geoff Atherton
13.7 Ian Steedman
13.7 Thomas Brown
13.8 Owen Flaherty
14.1 E. McCrostie
14.2T. Humphries
14.9 J. Moore
BOLD — In heat.

200 Metres.

22.9 Charlie Williams
24.3 Keith Whittaker
25.0 Derek Howarth
25.4 Austin Tipping
25.5 Francis Persighetti
25.9 John Daniels +
26.1 Peter Field
26.4 R. Bagguley
26.8 Tom Clowry
27.1 Thomas Brown

27.1 F. Woodward

27.2 Martin Cardew

27.5 Colin Knowles

28.2 B. Thomas

28.3 R. Swain

BOLD + — In heat.

BOLD — In Pentathlon.

400 Metres.

54.1 Keith Whittaker

55.7 E. Blacklee

55.7 Derek Howarth

56.3 Tom Clowry

56.9 John Daniels

57.4 Geoff Feast

59.1 P. Wilkinson

59.3 Austin Tipping

59.4 Thomas Brown

60.4 Owen Flaherty

63.7 R. Swain

66.6 Ian Steedman

68.9 R. Bagguley

69.0 J. Dean

69.0 T. Humphries

69.8 D. McWhirter

BOLD — In heat.

800 Metres.

2.02.4 Alan Hughes

2.02.5 Tom Clowry

2.07.1 John Hayward

2.09.5 George Smith

Leigh

Halesowen

Vale of Aylesbury

Northern Vets

Asvac

Highgate H

Leigh

Notts AC

Woodford Green AC

Wycombe Pheonix

Hillingdon

Sutton h

Liverpool H

Edinburgh Southern

Northern Vets

Lothian AC

Northern Vets

Bingley

Tipton H

Rochdale H

Notts AC

Woodford Green AC

Eton Manor AC

Poly H
Leigh H
Asvac
Southend AC
Sutton H
Tamworth
Halesowen AC
Edinburgh AC
Scots Vets
Leigh
Poly H
Lothian AC
Liverpool H
Edinburgh Southern
Scots Vets
Sutton
Rugby & Dist

Poly
Asvac
Leigh H
Sutton H
Southend
Woodford Green
Dartford H
Northern Vets
Notts AC
Liverpool H

2.09.6 Howard Warrington
 2.09.4 James Charman
 2.15.0 T. Richauss
 2.15.9 D. McWhirter
 2.18.8 Joseph McGregor
 2.51.4 J. Dean

BOLD — In heat.

1500 Metres.

4.09.3 Alan Hughes
 4.21.3 John Hayward
 4.25.4 Howard Harrington
 4.27.9 George Smith
4.24.8 James Charman +
 4.33.6 William Marshall
 4.44.6 K. Bray
 4.50.0 Fred Wigley
 4.53.0 D. McWhirter
 4.55.3 William Mottram
 4.55.3 T. Prescote
 4.57.8 A. Singh
 4.58.0 J. Young
4.59.1 Joseph McGregor
 5.03.5 Roy Kernoghan
 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
BOLD + — In heat. BOLD — In Pentathlon.

5,000 Metres.

15.16.9 Laurie O'Hara
 15.33.2 Jack Heywood
 15.37.7 William Stoddart
 16.05.0 Paschal 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. Sulway
 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. McAloon
 18.26.0 William Mottram
 18.34.0 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 Heywood
 32.49.3 William Stoddart
 33.19.6 Paschal Morris
 34.03.0 Terrance Rooke
 34.21.6 David Dellar

Essex Beagles
 Mitcham AC
 Tipton H
 Tipton H
Blackpool & Fylde
 Bingley

Rochdale H
Woodford Green AC
 Essex Beagles
 Eton Manor AC
Mitcham AC

Clyde V
Woodford Green AC
 Michelin
 Tipton H
Wolv & Bils
Chester & E.P. AC
 Scots Vets
 Tipton H
Blackpool & Fylde
 Liverpool P

Woodford Green AC
Woodford Green AC
 S & E
 Rugby

Vale of Aylesbury

Belgrave H.H.H.
 Scots Vets
 Lozells H
 Cambridge H
 Clyde Valley H
 Rochdale H
 Lowestoft AC
 Clyde V
 Eton Manor AC
 Havering AC
 Welsh Vets
 Bolton U.H.
 Scots Vets
 Cam & Coleridge S.L.H.

Derby & County AC
 Tipton H
 Clayton-le-Moors
 Liverpool P
 Liverpool P
 Tipton H
 Liverpool P
W. Bromwich H
 S.L.H.

Chester & E.P. AC
 Altringham
 Macclesfield
Edinburgh S.H.
 Ranelagh H
 Liverpool P

Belgrave H
 H.H.H.
 Scots Vets
 Lozells H
Middlesborough
Cambridge H

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. McAloon
 37.13.0 William Mottram
 37.28.0 B. Lister
 38.28.0 W. Fielding
 38.30.0 Roy Kernogham
 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
BOLD — In Pentathlon.

400 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
 5.03. C. Knowles
 4.95 Ian Steedman
 4.67 W. Britee
 4.46 James Christie
 4.43 E. McCrostie

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 Laudobellis
 17.20 D. Jepson

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. Jepson

Pole Vault.

4.00 Robert Brown

2.55 Colin Knowles

Lowestoft H
 Rotherham
 Verlea AC
Harving AC
 Bolton
 Border
 Bolton U.H.
 Liverpool P
 Liverpool P
W. Bromwich H
 Bolton U.H.
 Leeds C
 Liverpool P
 Ilford AC
 Sutton
 Longwood
 Northern Vets
 Ranelagh H
Manchester YMCA
East Cheshire H
Manchester YMCA

Lothian AC
 Dartford
 Vale of Aylesbury
Woodford Green AC

Asvac
 Dartford
Lothian AC

Vale of Aylesbury
 T.V.H.

Leigh
 T.V.H.
Vale of Aylesbury
 Lothian AC
 Scots Vets
 Victoria Park
 Scots Vets

Vale of Aylesbury
 T.V.H.
 Verlea AC

Vets AC
 London Irish
 Midland Vets
 Northern Vets

Northern Vets
 Surrey Beagles
 Vets AC

S.L.H.
 Bristol AC
 London Irish

Woodford Green AC
 Unatt
 Rugby AC

Northern Vets
Vale of Aylesbury

Northern Vets
 Notts AC
Vale of Aylesbury

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. Jepson

Hammer.

41.84 Laurence Bell
 41.44 Alex Valentine
 40.62 Tony O'Neill
 36.56 J. Watson
 35.26 P. McEvoy
 29.90 Roger Buzzard
 28.14 B. Tyndall
 19.36 J. Moore

LADIES U.K. LISTS**Ladies 100 Metres.**

13.0 Val Surety W0
 13.1 Maeve Kyle W1B
 13.2 Elizabeth J. Wheeler W1B
 13.6 Marion Donachie W0
 13.9 Una Gore W0
 14.6 Elaine Rolls W0
 14.6 Maureen Whittaker W1A
 14.7 Elizabeth Steedman W1
 14.8 Margaret Hamer W1A
 15.2 Ann Drew W0
 15.2 Margaret Cox W0
 15.7 K. Jones
 17.3 Edith Knowles W1A
 18.1 Mavis Williams W3A
 19.5 Joyce Noble W2A

Ladies 200 Metres.

28.4 Val Surety W0
 29.6 Marion Donachie W0
 31.2 Margaret Hame W1A
 31.6 Elaine Rolls W0
 31.8 Ann Drew W0
 31.8 Chris McKenzie W1B
 32.4 Maureen Whittaker W1A
 33.0 Margaret Cox W0
 36.4 Irene Bruns W1B
 41.4 Mavis Williams W3A

Ladies 400 Metres.

62.8 Maeve Kyle W1B
64.5 Rainbow Jackson W1A
 69.0 Hazel Rider W1A
69.4 Elizabeth Steedman W1
72.4 Maureen Whittaker W1A
 73.4 Margaret Hame W1A
 75.5 Yvonne Smith W1A
 84.1 Florence O'Bree W1B
BOLD — In Heat.

Ladies 1500 Metres.

4.51.6 Judy Farr W0
 5.01.1 Barbara Brookes W0
 5.07.7 Rainbow Jackson W1A
 5.08.0 Hazel Rider W1A
 5.10.1 Patricia Maffia W1A
 5.15.5 Pamela Jones W0
 5.20.0 Pat Day W0
 5.32.0 Sylvia Arnold W1A
 5.48.5 Brenda Voller W0

Bristol AC	6.00.0 Yvonne Smith W1A	Stoke
Northern Vets	6.00.3 Nadine Kilvert W1B	Chelmsford AC
Surrey Beagles	6.15.7 Margaret Cox W0	Trowbridge AC
R.N.A.C.	6.37.0 Irene Bruns W1B	Liverpool P
London Irish	6.47.4 K. Jones	
Rugby AC	6.48.0 Florence L'Bree W1B	
Northern Vets	7.00.3 Margaret Hame W1A	
Northern Vets		

Ladies 3000 Metres.

10.29.8 Pearl Meldrum W0	Glasgow AC
10.41.2 Barbara Brookes W0	W. Vets AC
11.00.2 Judy Farr W0	Trowbridge AC
11.28.4 Rainbow Jackson W1A	Portsmouth AC
11.33.2 Patricia Maffia W1A	Highgate AC
11.40.0 Pam Davies W1A	W. Vets AC
11.46.4 Hazel Ridge W1A	Cambridge
11.53.0 Sylvia Arnold W1A	W.Vets AC
12.15.4 Brenda Voller W1A	Fareham AC
13.04.4 Jeanne Coker W1A	W. Vets AC
13.12.0 Nadine Kilvert W1B	Chelmsford
13.14.2 Sheila Jennings W2	Trowbridge
13.41.4 Margaret Cox W0	Trowbridge AC

Ladies 10,000 Metres.

52.30.5 Miriam Durrant W1A	W. Vets AC
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Ladies Marathon.

3.05.21 Pat Day W0	Verlea AC
3.14.33 Betty Norrish W1B	W. Vets AC
3.21.50 Norma Campbell W2	W. Vets AC
3.34.03 Brenda Cook W1A	W. Vets AC

Ladies Long Jump.

4.80 Maeve Kyle W1B	W. Vets AC
4.58 Val Surety W0	Ilford AC
3.61 Margaret Cox W0	Trowbridge AC

Ladies High Jump.

1.35 Val Surety W0	Ilford AC
1.30 Maeve Kyle W1B	Northern Vets AC

Ladies Javelin.

23.16 Maeve Kyle W1B	W. Vets AC
15.57 Margaret Cox W0	Trowbridge

Ladies Shot.

16.01 Brenda Bedford W0	Mitcham
12.73 Suzanne Allday W1	B & H
9.72 Angela Moore W1A	W. Vets AC
9.00 Margaret C. Tipping W1	Sutton H
8.60 Gwen Charman W1B	Crawley AC
8.21 Maeve Kyle W1B	W. Vets AC
6.98 Val Surety W0	Ilford AC
6.45 Margaret Cox W0	Trowbridge AC

Ladies Discus.

44.28 Suzanne Allday W1	B & H
37.80 Brenda Bedford W0	Mitcham
34.12 Gwen Charman W1B	Crawley AC
31.20 Margaret Tipping W1	Sutton H
27.22 Maeve Kyle W1B	W. Vets AC
25.72 Angela Moore W1A	W. Vets AC
19.62 Florence Ball W0	Redhill & Reigate
18.40 Hazel Rider W1	Cambridge H
15.60 Val Surety W0	Ilford AC

Ladies 5,000 Metres Walk.

24.37.7 Judy Farr W0	Trowbridge AC
28.36.4 Sheila Jennings W2	Trowbridge AC
29.13.6 Yvonne Smith W1A	Stoke
31.24.9 Hazel Rider W1	Cambridge H

Remainder of lists next month.

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

Results continued page 32

A commonsense guide to health, fitness and survival by Clive Shippens

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 sit-

uation. 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,

then determination, then progress, then success, then smugness."

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 didn't go out)

- 2, Comments on how you felt
- 3, Body weight
- 4, Pulse rate

The pulse rate should be entered each morning on awakening. This is a good indication of your progress and you will find that it reduces as you get fitter. As the heart becomes stronger and the circulatory system more efficient, fewer beats are required to transport the blood supply throughout 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 3rd World Veteran Track and Field Championships scheduled to be held in Hanover in July/August 1979 are already proving to be a subject of controversy amongst the principal nations involved.

The German organisers are pushing hard for the adoption of a new age threshold of 35 years. This has very little support outside of Germany and is by no means a unanimous view within that country. Indeed, the proposal was rejected by the General Assembly in Gothenburg.

Nevertheless, the pro-35 advocates have clearly pressurised the Hanover organisers into their decision, and it is by no means certain that the W.V.A.A. executive meeting in Berlin on June 16th will renounce the decision. Doubt about the W.V.A.A.'s determination to resist the lowering of the qualifying age have arisen by the apparent acceptance of the German view by the World Association's secretary, Roland Jernerryd of Sweden.

However, it is reported that some executive members are concerned about the possible effects on the I.A.A.F. proposals for veteran athletics which are to be discussed at the Puerto Rico Conference in October of this year. The British Federation's secretary, Jack Fitzgerald, said, "The I.A.A.F. proposals are geared to the

present age groups and go a long way to accommodating our needs. I do not feel that they would lower the age further. Surely we are not going to throw away all we have fought for in this direction?"

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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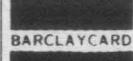
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ADIDAS SAO PAULO. If you like the SL76 but don't care for the colour, the blue and red of the Sao Paulo might be more to your taste. It's lighter and more flexible than the SL76 too. Sizes 5-5½, £14.95; sizes 6-12, £15.95.

If shoes can't cheer you up, what about a new watch? We still stock the Trafalgar 12-function Chronograph, a timepiece, calendar and stop watch with lap function, all for only £29.95, registered post free.

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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.

Bolton '6' and Ladies '4' and Boys/youths '3'. — 12.30. Bolton Town Hall.

JUNE 14th.

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

JUNE 16th.

Worlds Best Veterans 10 Kilometres Road Race. West Berlin. PM.

JUNE 17th.

Rex Foulkes Memorial 20kms. 3pm.
Freckleton ½ Marathon. 6.30pm.
Worlds Best Veterans Marathon Championships. West Berlin. A.M. start. Details of touring parties from Laurie Durrant and Norman Ashcroft. Entries close May 30th.
National 30kms Championship Walk. Sheffield (& English Commonwealth Games trial).

JUNE 18th.

Thurrock '10' 3pm.
Offas Dyke '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

VETERANS 4x1½ Miles ROAD RELAY

Wednesday July 19th. 7.30pm
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.

KINTON 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 interested 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 membership of the Veterans AC, are the requirements for inclusion in 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

3000m 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.

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

I look forward to hearing from you and other fellow veterans.

Noel A. Noble,
47 Greenend Road,
Bedford Park, Chiswick,
London. W4 1AH

A donation of 50p towards the entry fee (£25) and other expenses would be appreciated.

VETERANS EVENTS Polytechnic Stadium 1978

The veteran and pre-veterans races to be held upon the following mornings for Five Star Awards, or Club Championships for 1978 are as follows:-

June	200 metres	800 metres
July 16	100 metres	3000 metres
July 30	200 metres	1500 metres
August 13	100 metres	800 metres
Sept 3	200 metres	1500 metres
Sept 17	100 metres	800 metres
Open 10,000 metres		

These races are open to all veteran, and pre-veteran athletes. The races will be programmed to start at 11am and 11.30am. Entries to be made on the day.

There will be no entry fees or prizes but times of all competitors will be given.

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.

Entry Fees: Men/Ladies 30p, Teams, 3 to count, 50p. Entries on the day 50p. Boys Independent 20p, Teams, 4 to count, 50p.

To:— Jack Haslam, 10 Higher Dunsbar, Egerton, Bolton. Telephone Bolton 56632.

**VETERANS INTER-COUNTY
10kms ROAD RACE & WOMENS
VETERAN HANDICAP 10kms
ROAD RACE**
(under A.A.A. & W.A.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). to George Phipps, 164 Millbank, Warwick. CV34 5TJ.

Women: State 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 detail and entry forms from Mrs. E. Horwill, 'Pevensie,' 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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V.T.C.

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V.T.C.

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V5/78

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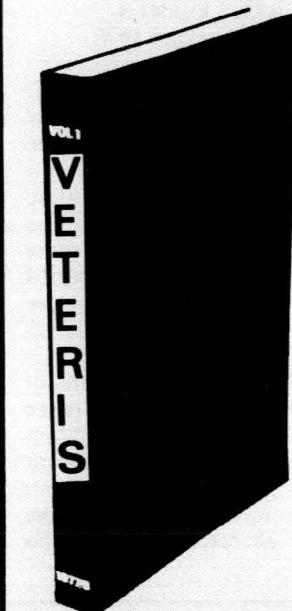
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Spotlight on

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 outsprint 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 shortsighted 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



Sylvester Stein 200m Final Group 2B

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 over zealous 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 Stople 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.

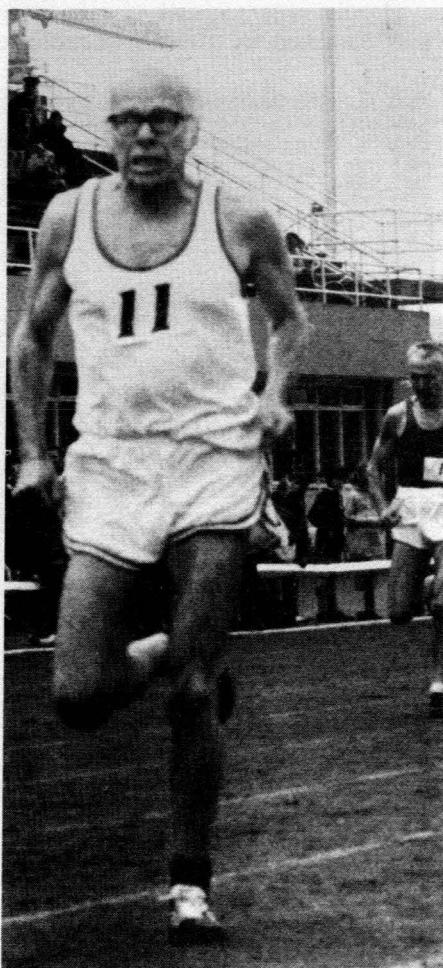
At Gothenburg last year he obviously had high hopes of success having moved into the 2B group. However, this group produced an outstanding champion — Hogan from Australia who won both Golds with something to spare. Sylvester took home two Bronzes when Hoppstädter (W. Germany) twice edged him out of second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



Sylvester Stein Photo Judy Goldhill

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 definitely 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 regarding the colour of ones skin. Since making his home in England in 1957 he has had no direct connection with the South African situation.

Sylvester is a publisher who produces business magazines, one of which is entitled 'Survival Kit' and deals with aspects of fitness 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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ACCESS

BARCLAYCARD

coroebus says...

—There has been much discussion in recent years about the eligibility of certain athletes to compete in veteran events. It is no 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 abolition 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 practiced 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.

Finally, under this system, veteran events should not be included in an athletics meeting held under I.A.A.F. rules.

There is no doubt, having witnessed the Gothenburg Veteran Championships, that these athletes derive a great amount of pleasure from their sport, particularly as they are able to pit their skill and prowess against fellow athletes of their own age, and the Council decided at its last meeting to formulate proposals to bring the above principles into effect, subject to the approval of the Puerto Rico Congress."

For the Council of the I.A.A.F. to recommend the above is a major step in the right direction. But the road is a long one. Congress itself has to approve the recommendations and there are many who hold a vindictive attitude towards non-amateurs. And what of the National Associations? Would they necessarily follow the lead of the I.A.A.F?

With the Puerto Rico Congress taking place in October of this year we have some time to wait before these questions can be fully answered.

— Regular readers of this column will remember my mentioning that American James Fixx was seeking information that would assist him in writing a book for joggers, fun-runners, veterans etc. What response he got I do not know, but he did feel disposed to list Veteris amongst the magazines worth reading, and your Editor is now reaping the benefit by the mailbag.

James Fixx's book 'The Complete Book of Running' was published in 1977 and recently headed the U.S.A. non-fiction best-sellers list. After six months or so it is still second. With a recent poll claiming that 25 million Americans jog and run regularly it is

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 hurdlers, 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 ½in) 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 10¾in). 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	Trout L., 43, GARD T.....	7.0
Budd A., 42, NYPC.....	5.6	1B Clark W., 45, PHIL.....	8.0
Barnes R., 40, NYPC.....	5.7	Olson L., 46, GR. M.....	8.1
Gaton A., 41, NYPC.....	5.8	Hill T., 47, GARD.....	8.4
Helfrick F., 40, NJM.....	6.3	Colen H., 49, NYPC.....	9.1
1B Kendrick L., 46, NYPC.....	5.9	Taylor G., 47, PHIL.....	9.2
Clark W., 45, PHIL.....	5.9	2A Wallace J., 50, RICH.....	7.4
Ender R., 46, PV.....	6.2	3A Neuhof M., 62, NYPC.....	8.5
Thompson S., 49, NYPC.....	6.3	3B Hills C., 65, PHIL.....	8.8
Colen H., 49, NYPC.....	6.8		
2A Valentine R., 54, NYPC, T.....	6.2	300 yards Dash.	
Wallace J., 50, Rich.....	6.4	1A Riddick L., 43, NYPC.....	35.2
Lentzer M., 52, NYPC.....	6.5	Budd A., 42, NYPC.....	35.8
Gillespie R., 53, NYPC.....	7.0	Gaton A., 41, NYPC.....	36.4
Johnson R., 52, PV.....	7.3	Barnes R., 40, NYPC.....	36.6
2B Harris D., 55, PHIL.....	6.3	Helfrick E., 40, NJM.....	40.0
Manno J., 57, NJM.....	6.5	1B Clark W., 45, PHIL.....	38.9
Kafka E., 55, PV.....	7.9	Thompson S., 49, NYPC.....	38.2
3A Neuhof M., 62, NYPV.....	7.0	Ender R., 46, PV.....	38.9
3B Hills C., 65, PHIL.....	7.0	2A Valentine R., 54, NYPC.....	37.0
4A Boas K., 74, NYPC.....	8.4	Lentzer M., 52, NYPC.....	42.7
		Bradley A., 51, UNAT.....	43.2
50 yards High Hurdles.		Johnson R., PV.....	45.1
1A Schroeder B., 41, UNAT.....	7.0	2B Manno J., 57, NJM.....	41.6

Harris D., 55, PHIL.....	41.8
Kafka E., 55, PV.....	50.6
3B Lacey R., 67, NYPC.....	45.5
Monastero S., 66, PHIL.....	45.6
Hills C., 65, PHIL.....	47.2
4A Boas K., 74, NYPC.....	52.7

600 yards Dash.

1A O'Neal M., 40, NYPC.....	1.22.8
Bradley J., 41, PV.....	1.24.7
1B Connelly T., 47, NYPC.....	1.23.0
McMahon J., 47, PV.....	1.30.0
Thompson S., 49, NYPC.....	1.30.2
Spitzer D., 49, NYPC.....	1.30.4
McCarthy W., 45, NYPC.....	1.32.7
Ross R., 45, NYPC.....	1.37.4
2A Valentine R., 54, NYPC.....	1.29.3
Bradley A., 51, UNAT.....	1.37.2
Johnson R., 52, PV.....	1.41.3
2B Manno J., 57, NJM.....	1.38.1
Wendell R., 56, NYPC.....	1.40.6
Harris D., 55, PHIL.....	1.44.0
Kafka E., 55, PV.....	1.52.5
3B Lacey R., 67, NYPC.....	1.45.2
Witkowski C., 65, JS.....	1.47.2

1,000 yards Run.

1A Zipper H., 43, NYPC.....	2.28.0
Conro A., 41, BOST.....	2.30.1
Bradley J., 41, PV.....	2.45.0
Coiro V., 43, NYPC.....	2.45.7
1B Fine R., 46, NYPC.....	2.40.3
McMahon J., 47, PV.....	2.46.0
Spitzer D., 45, NYPC.....	2.57.0
Ross R., 45, NYPC.....	2.57.5
Denig D., 45, NYPC.....	3.00.0
2A Brown K., 50, JS.....	2.42.0
Messinger A., 54, NYPC.....	2.46.4
Lister W., 50, ?.....	2.47.7
Johnson R., 52, PV.....	3.06.0
2B Greenberg H., 58, SHR.....	2.55.2
Wendell R., 56, NYPC.....	3.14.0
3A Newman A., 62, UNAT.....	2.56.0
3B Monastero S., 66, PHIL.....	3.25.5
Witkowski C., 65, JS.....	3.27.0

One Mile Run.

1A Hager P., 41, PV.....	4.57.9
Tersago W., 42, JS.....	5.02.6
McAllister J., 44, SHR.....	5.32.5
1B Vernosky G., 47, PV.....	4.56.1
Diamond T., 48, PV.....	5.20.6
Denig D., 45, NYPC.....	5.32.8
2A Brown K., 50, JS.....	5.08.1
Snedeker D., 50, UNAT.....	5.13.8
Messinger A., 54, NYPC.....	5.14.4
2B Richardson S., 57, NYPC.....	5.16.0
Greenberg H., 58, SHR.....	5.32.1
3A Newman A., 62, UNAT.....	5.34.5
Popowich J., 60, NYPC.....	6.09.8
3B Witkowski C., 65, JS.....	NT
4A Cash T., 71, SHR.....	6.19.0

Two Mile Run.

1A Hager P., 41, PV.....	10.27.3
Tersago W., 42, JS.....	10.34.5
Stern L., 43, NYPC.....	10.52.8

Feld G., 45, NYPC.....	11.24.0
1B Vernosky G., 47, PV.....	10.24.0
Uher M., 45, WP.....	11.18.5
Diamond T., 47, PV.....	11.18.5
Cleaves H., 46, JS.....	11.29.4
Wiedeman D., 45, SHR....	12.04.0
2A Brown K., 50, JS.....	11.23.4
Henriquez H., 50, JS.....	11.42.4
Lister W., 50, ?.....	12.01.5
Mimm R., 53, SHR.....	12.40.5
2B Geer D., 58, CAP.....	12.04.5
3A Quackenbos M., 60, JS....	12.05.8
Woods J., 60 PV.....	12.48.5
Johnson D., 61, SHR.....	14.10.2

Two Mile Walk.

1A Kulik R., 40, NYAC +.....	14.38.3
1B Jacobson H., 47, E.S.....	15.02.0
Corrallo S., 47, PV.....	15.05.0
Briggs A., 46, PV.....	17.23.0
Weidmann D., 45, SHR....	17.30.0
2A Mimm R., 52, SHR.....	16.24.5
Kalb S., 50, SHR.....	20.20.0
Lentzer M., 52, NYPC.....	21.34.0
2B Dyas T., 57, NJ.....	18.22.0
Scully C., 56, SHR.....	21.34.0
3A Johnson D., 61, SHR.....	17.11.8
3B Lakritz D., 68, NYPC.....	18.15.0
Hills C., 65, PHIL.....	21.35.0
4A Cash T., 70, SHR.....	20.34.0

One Mile Relay.

New York Pioneer Club A.....	4.02.5
Budd-Spitzer-Valentine-O'Neal	
New York Pioneer Club B.....	4.13.5
Coiro-Ross-McCarthy-Barnes	
Potomac Valley Senior T.C.....	4.52.9
Two Mile Relay.	
New York Pioneer Club.....	9.17.7
Connolly-Fine-Stern-Zipper	
Potomac Valley Senior T.C.....	9.56.6
Bradley-McMahon-Hager-Vernosky	

Shot Put.

1A Krastin K., 43, ?.....	38:11½
Jackson T., 43, GARD.....	38:06½
DeLuca J., 40, JS.....	34:03
1B Gonzalez D., 45, GARD...49:07½	49:07½
Olson L., 46, Gn. M.....	49:05½
Carstensen R., 46, UNAT.....	41:11½
Hill T., 47, GARD.....	38:04½
Weidman D., 45, SHR....	30:00½
2A Lentzer M., 52, NYPC.....	30:01
Stern E., 50 Gard.....	29:07
2B Kafka E., 55, PV.....	26:09
3A Detwiler R., 64, PHIL.....	25:08
3B Burho S., 67, RICH.....	25:06
Hills C., 65, PHIL.....	21:06
4A Connolly R., 71, UNAT....	26:06
Boas K., 74, NYPC.....	22:09½
1A Schroeder B., 41, UNAT...12ft	12ft
Illuzi F., 41, GARD.....	9ft6in
1B Malkin M., 45, NYPC.....	9ft
2A Wallace J., 50, RICH.....	8ft6in
3B Burho S., 67, RICH.....	8ft
Hills C., 65, PHIL.....	6ft

Long Jump.

1A Trout L., 43, GARD.....	16:00½
McAllister J., 44, SHR.....	15:07½
DeLuca J., 40, JS.....	14:00½
1B Clark W., 45, PHIL.....	17:04
Ender R., 46, PV.....	17:01
Kendrick J., 45, NYPC.....	16:06
Hill T., 47, GARD.....	14:03
Taylor G., 47, PHIL.....	14:00½
Colen H., 49, NYPC.....	14:00½
2A Wallace J., 50, Rich.....	14:03½
2B Itarris D., 55, PHIL.....	14:06
Ille T., 58, NJ.....	14:02½
3B Hills C., 65, PHIL.....	12:11½
Burho S., 67, RICH.....	11:10
4A Boas K., 74, NYPC.....	9:03

High Jump.

1A Trout L., 43, GARD.....	5:02
Schroeder B., 41, UNAT....	4:10½
Illuzi F., 41, GARD.....	4:08
1B Clark W., 45, PHIL.....	4:10½
Hill T., 47, GARD.....	4:08
Ender R., 46, PV.....	4:06½
Olsen L., 46, GN. M.....	4:04
Colen H., 49, NYPC.....	4:01½
2A Wallace J., 50, Rich.....	4:10½
Stern E., 50, GARD.....	4:01½
Ille T., 58, JS.....	4:01½
3A Neuhof M., 62, NYPC.....	4:06½
Hills C., 65, PHIL.....	4:01½
Lacey R., 67, NYPC.....	4:00
4A Boas K., 74, NYPC.....	3:10

Weight Throw.

1A Krastin K., 43, UNAT.....	27:03½
Jackson T., 43, GARD.....	27:01½
1B Gonzalez D., 45, GARD...39:05	39:05
Olsen L., 46, GN. M.....	38:11
Carstensen R., 46, UNAT.....	27:00
Hill T., 47, Gard.....	26:04½
3A Detwiler R., 64, PHIL.....	21:05
3B Hills C., 65, PHIL.....	16:01½
4A Connolly R., 71, UNAT....	16:10
Boas K., 74, NYPC.....	10:03

WOMEN.**300 Yards.**

1A Buchanan S., 40, PHIL.....	45.6
2B Kafka B., 56, PV.....	72.0

1,000 yards Run.

1A Buchanan S., 40, PHIL.....	2.57.5
Johnson A., 41, MFK.....	3.56.5

One Mile Run.

1A Buchanan S., 40, PHIL.....	5.42.0
Wiedeman D., 43, SHR..est	6.30.0
Johnson A., 41, MFK.....	7.34.0

Two Mile Run.

1A Wiedeman D., 43, SHR....	14.13.0
1B Lucas V., 46, UNAT.....	16.52.0

Two Mile Walk.

1B Lucas V., 46, Unat.....	22.06
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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 T.C.-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.-GN.M.....	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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'VETS in the NEWS'

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 Smith and Rault's performances at Glasgow.

Early last year **Oerter** (USA) sent the Discus out to a prodigious 65.52 (201ft 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 0½in), **R. Drummond** (70); Javelin 3B, 41.16 (135ft), **B. MacConaghy** (68) and 4A, 37.64 (123ft 6in), **E. Curtice** (70).

Two existing record holders who got in on the act in Australia at the years close were **Jack Ryan**, just 55, taking away one of John Gilmore's records 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 veteran champions would get on in a mythical contest with Bruce Jenner, World Decathlon Record Holder and Olympic Champion.

The result is that the 1A champions, with an average age of 41 years, would have won 8942 points to the Olympic champ's 8618 — and split the ten events with five victories each.

If one took the Veteran World Record Holders and equated them with Jenner — then at the moment there would be 'no contest' for the vets win 9459 to 8618.
(see table below)

We don't think one can equate the merit of various Gothenburg Champions — one against the other — on the International Decathlon Tables, for they have not been revised since 1962 and obviously flatter the field events where harder training and various aids make a joke of what was considered 'the ultimate' in 1962.

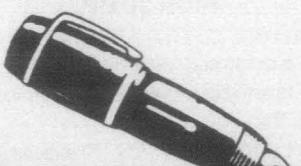
The discus and pole vault world records, for instance, go off the top of the tables — with over 1200 points each. To match that the runners would have to perform, for example:— faster than 100m in 9.6; 1500m in 3.22.0; 800m in 1.38.4 and 10,000m in 26.39.0.

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.

Jenner		Gothenburg 1A Ch.			Veteran World Bests		
100m	10.94	819	Austin	10.8	853	T. Baker	10.7
L.J.	7.22	865	Chilton	7.03	826	P. Pinto	7.34
Shot	15.35	809	Ivancid	18.03	961	P. Colnard	19.77
H.J.	2.03	882	Mandl	2.00	857	E. Nilsson	2.05
400m	47.51	923	Clough	49.5	829	N. Clough	49.5
110h	14.84	866	Mandl	15.2	827	D. Finlay	14.4
Discus	50.04	873	Oerter	60.36	1046	V. Lyakhov	65.40
P.V.	4.80	1005	Houvion	4.50	922	R. Tomasek	4.80
Javelin	68.52	862	Wartburg	78.66	975	V. Wartburg	78.66
1500m	4.12.6	714	Huyssen	3.56.7	845	M. Bernard	3.52.0
		8618			8942		9459



LETTERS

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 Toronto, the real puzzle was not why there so many errors in timing and placing, but why there were not more? As for the efforts of Roland Jerneryd and his associates, only kudos of the highest acclaim are in order.

But for the Americans, something was radically missing. In spite of the charming low key and ever smiling presence of Helen Pain and daughter Robin, the strident Brooklynite, Bob Fine and the orderly logic of Washingtonian, Tony Diamond, the good ship U.S. Masters sailed around the fjords of Gothenburg with a broken rudder and no-one at the helm. Where was the guy who single handedly took on the Canadian Government on behalf for all Masters, and who slayed the giant in the eleventh hour with stubborn eloquence? Where was the bald pate of the instigator of Masters Track and Field? Where was the controversial attorney, promoter, travel agent and warm-up suit salesman who led his stalwart geriatric U.S.M.I.T.T. to far-off shores to compete with the oldsters of other nations? Where was the man with the sardonic smile who started it all? Where was David Pain? In San Diego — that's where — and some opined that was too close. But others more tolerant of the idiosyncrasies of genius, were saddened by his absence. They thought he should have been there, sharing the gratitude of all of us ordinary competitors for the privilege of doing our things with individuals of similar bent from the running, jumping and throwing world. Others knew he should have been there the day the Americans were treated to two confusing briefings. And still more

listened to the final ceremonies with the sobering realisation that for the purpose of World Championships, the second World Masters Championships would not be followed by a third.

In an unpublicised meeting held on Sunday, August 7th, the only 6 Americans were in attendance when the predominantly European group voted to change the name of our world organisation to World Veterans Athletic Association, thus eliminating the grand word 'masters' from our use. Maybe some of us can measure up to alittle tomfoolery by throwing a water-filled paper bag or two out of a 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 acheived, 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 indefinite 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 naivety surprising 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 brain child 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 chucked 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 junners, 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
3. R. Martori, U.N.V.S. Catania....7.5

Class 1B.

1. F. Lopez, Hadria Pescara.....8.1
2. V. Mocci, U.N.V.S. Iglesia.....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

Class 3A.

1. G. Cervellini.....8.8
2. G. Marabotti, Assoc. Ital. Vet....9.2

Class 4.

1. F. Mantelli, Trionfo Ligure.....11.2

Class 0W.

1. N. Spezzati.....8.5
2. P. Clo, G.S. Olimpia Vignola.....8.7

Class W1A.

1. L. Nuvoli, U.N.V.S. Gagliari.....9.5

Class W1B.

1. L. Ruggeri, U.N.V.S. Iglesias.....9.5

800 Metres.

Class 1A.

1. E. Malacalza, G.S. Florian....2.11.4

2. S. Gottardo.....2.15.0

3. R. Comparsi, M. Club Ver....2.25.5

4. S. Bindi, U.N.V.S. S. Giov....2.28.5

5. D. Prunesti.....2.33.0

Class 1B.

1. E. Raisonni.....2.19.8

2. I. Baldoni, G.S. Assoc Atleti.2.20.8

3. R. Ammanuta, Ass. Ital. Vet.2.34.0

Class 2A.

1. F. Bettella.....2.20.9

2. E. Foroni, Masters Club Ver..2.34.4

3. G. Mannaino, Ass. I. Vet....2.34.8

4. D. Guiffrida, U.N.V.S. Cat....2.53.5

Class 2B.

1. M. Marchionatti, M.C.L.M....2.40.5

2. P. Canale, Trionfi Ligure.....2.43.6

Class 3A.

1. C. Fuselli, U.N.V.S. S. Giov..2.55.8

2. A. Arnone, Athletica Ricc....3.02.8

3. R. Bernocchi, G.S. Cral Ban.3.04.6

SHOT

Class 1A (7.257kg).

1. G. Bortolozzi, Athletica Ricc..10.45

2. A. Giumanini, G.S. Olimpia.... 9.10

3. R. Mariani..... 7.08

Classe 1B.

1. G. Platania, U.N.V.S. Catania..7.96

Class 2A (6 kg).

1. A. Bruno, U.N.V.S. Catania....9.32

2. A. Compri, Masters Verona....8.92

3. G. Boggian, Trionfo Ligure.....6.80

Class 3A (4 kg).

1. B. Porceddu, U.N.V.S. Cag...12.01

Class 3B (4 kg).

1. 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 Pio.....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. Iglesia.....27.5

3. R. Zawatzki, Atletica L. Ostia...28.7

Class 2A.

1. G. Radaelli, G. I. Assoc Atleti..27.6

2. A. Di Maria, Trionfo Ligure.....28.0

3. G. Rossini.....28.2

4. A. Santon, U.N.V.S Padova....31.3

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, Atletica 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

Classe W0.

- 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. P. Gobbato.....15.25.2

3. R. Gatti.....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. G. 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.

- 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. Basso.....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. Compri.....4.48

Class 2B.

1. S. Riceputo.....4.26

400 METRES.

Class 1A.

1. E. Malacalze.....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
Class 1B.	
1, E. Raisonni.....	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. Panetto.....	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.

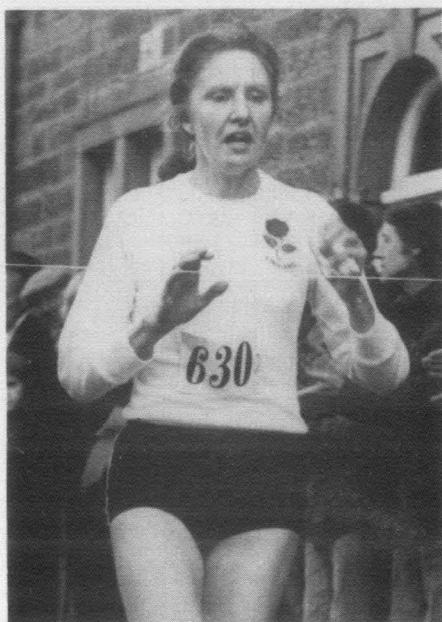


Al Oerter
Kind permission of The Sunday Times
Photo by Chris Smith



Danek (Czechoslovakia)

Photo's: See vets in the News.



Joyce Smith

Jog your memory

For joggers visiting Bermuda there is a two mile run with Bermudians beginning each Teusday 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.

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**Events and suggested and desirable (no stipulations) performance standards
for European Masters Championships 1978 in Viareggio.**

● = no standards no = not admitted in this age class.

Men	Class 1		Class 2		Class 3		Class 4	
	A	B	A	B	A	B	A	and B over
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
100 metres	13.0	13.4	14.0	14.8	15.8	17.0	18.5	20.0
200 metres	27.0	27.7	29.0	30.5	32.5	35.0	38.0	42.0
400 metres	1.01.0	1.02.5	1.04.0	1.07.5	1.12.0	1.18.0	1.25.0	1.35.0
800 metres	2.24.0	2.28.0	2.32.0	2.40.0	2.50.0	3.00.0	3.20.0	3.50.0
1500 metres	5.01.0	5.10.0	5.20.0	5.40.0	6.00.0	6.30.0	7.00.0	7.30.0
3000 metres								
steeplechase	12.30.0	12.50.0	13.30.0	15.00.0	16.30.0	18.00.0	no	no
5000 metres	19.30.0	19.50.0	20.25.0	21.40.0	23.30.0	25.00.0	28.00.0	30.00.0
10000 metres	40.50.0	42.10.0	43.30.0	46.15.0	50.00.0	53.00.0	57.00.0	59.00.0
100 m. hurdles	20.0	21.0	22.0	23.0	no	no	no	no
400 m. hurdles	1.12.0	1.14.0	1.17.0	1.20.0	no	no	no	no
5000 walk	●	●	●	●	●	●	●	●
Shot put	9.25	8.65	8.30	7.30	6.30	5.50	5.00	5.00
Javelin	35.00	32.00	29.00	25.00	23.00	20.00	20.00	20.00
Discus	27.00	25.00	24.00	22.00	21.00	19.00	19.00	19.00
Hammer	26.00	24.00	21.00	18.00	15.00	12.00	12.00	12.00
Long jump	5.15	4.90	4.75	4.45	4.10	3.80	3.50	3.50
High jump	1.50	1.45	1.40	1.35	1.25	1.15	1.00	1.00
Triple jump	10.50	10.20	9.80	9.10	no	no	no	no
Pole vault	2.60	2.45	2.30	2.00	no	no	no	no
Km. 20 road walk	●	●	●	●	●	●	●	●
marathon	●	●	●	●	●	●	●	●
Women	Class 1		Class 2		Class 3		Class 4	
	A	B	A	B	A	B	A	B
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
100 metres	14.0	14.8	15.8	17.0	18.5	20.0	20.0	20.0
200 metres	29.0	30.5	32.5	35.0	38.0	41.0	42.0	42.0
800 metres	2.32.0	2.40.0	2.50.0	3.00.0	3.20.0	3.50.0	no	no
1500 metres	5.20.0	5.40.0	6.00.0	6.30.0	7.00.0	7.30.0	no	no
5000 metres	20.25.0	21.40.0	23.30.0	25.00.0	28.00.0	29.00.0	30.00.0	30.00.0
Shot put	8.30	7.30	6.30	5.50	5.00	4.50	4.50	4.50
Javelin	29.00	25.00	23.00	20.00	18.00	17.00	16.00	16.00
Discus	24.00	22.00	21.00	19.00	17.00	16.00	15.00	15.00
Long jump	4.75	4.45	4.10	3.80	3.50	3.20	3.20	3.20
High jump	1.40	1.35	1.25	1.15	1.10	1.00	1.00	1.00
marathon	●	●	●	●	no	no	no	no

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 partecipation with separate classification.

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AGE CLASSES

Events will be contested in following age classes:—

Class 1A	Men born during 11.9.33-10.9.38
Class 1B	11.9.28-10.9.33
Class 2A	11.9.23-10.9.28
Class 2B	11.9.18-10.9.23
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.	

Class W1A Women	11.9.38-10.9.43
Class W1B	11.9.33-10.9.38
Class W2A	11.9.28-10.9.33
Class W2B	11.9.23-10.9.28
Class W3A	11.9.18-10.9.23
Class W3B	11.9.13-10.9.18
Class W4A	11.9.08-10.9.13
Class W4B	11.9.03-10.9.08

ENTRIES: must be received by IMITT —
Via Bartolomeo d'Alviano 24, 20146
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**ABSOLUTELY NO LATE ENTRIES
ACCEPTED.**

Confirmation of acceptance will be returned immediately to the organisations or individually.

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Azienda Autonoma Di Soggiorno Della Versilia - Viale Carducci 10 Viareggio - Telephone (0039) 0584-48881.

ENTRY FEES: (to be paid);
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(first event).....L. 3.000
(each other event, not more than 2)

Relays and team competitions.....L.
L. 10.000

All payments must be paid in Italian Lire and sent to IMITT - Via Bartolomeo d'Alviano 24-20146 MILANO (ITALY) or IMITT c/o ITABANCA - Piazza Mercanti 11 - 20123 MILANO (ITALY) account 68146/0135 or CESARE BECCALLI - Via Bartolomeo d'Alviano 24 - 20146 MILANO Postalgiro N. 11551207 - Italy.

Payment and entries as above only.

If you haven't booked your travel yet phone Laurie Durrant 01-521 0197 or 01-254 8765 immediately.



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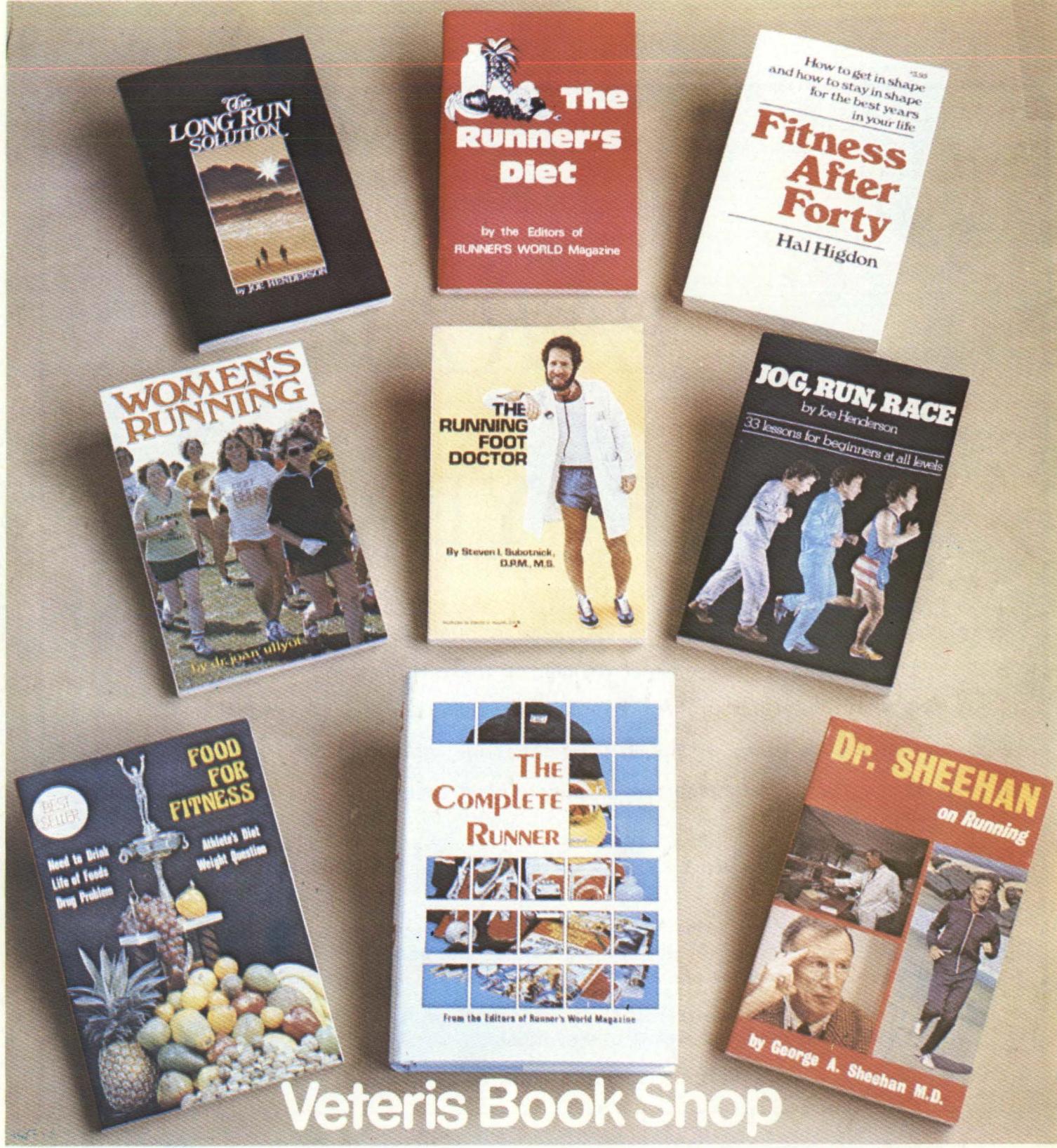
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