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**Contents**

- Profile on Geoff Hawkins .............. 6
- U.K. Ranking Lists .................. 7
- Coroebus ......................... 10
- Spotlight on Fred Pendlebury ....... 13
- Letters ........................... 15
- World Record Plaques ............... 16
- National Championships Results .... 18
- Forthcoming Events ................. 24
- Bob Shrunkle ...................... 27
- Footsteps around my world ......... 28
- World Snips ........................ 33

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**Veteris**

Canadian veterans race it out at Springbank
Photo Bryan Martindill

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Profile on —

GEOFF HAWKINS

As promised we will feature from time to time not only 'class' athletes, but also lesser mortals, men or women who provide the backbone of club athletics. We start with Geoff Hawkins of two veteran men club, Stourport AC.

Geoff’s introduction to athletics started in the summer of 1950, aged 16, when he was an apprentice pattern maker with a company in the T.I. Group, and was asked to run in the students 4 mile cross-country race.

He won by a good margin and this prompted him to join Oldbury AC under the guidance of Taff Heir, and he recalls running in the 1951 National Youths Cross-Country at Catterick Race Course, and being inspired by the Pirie-Hesketh duel.

National Service followed in 1952 when Geoff won the Royal Engineers B.O.A.R. Cross-Country, and reached the Army Track Finals in the steeple-chase.

After demob in 1954 he never ran again for 21 years until 1974 when Stourport AC was formed and his two daughters seemed interested.

They jogged round with him on the first day and then gave it up. Unfortunately (from his family's point of view) he was hooked again.

It took about a year to trim his 15 stone down to a respectable level, and having entered the 1975 National at Luton finished 992nd, followed by a placing of 1049th at Leicester, 1162nd at Parliament Hill, and 1194th at Leeds.

He does little training on the track but competes occasionally, placing 12th in the 5,000 metres and 18th in the 1,500 metres in the 1975 National Veterans Track and Field Championships.

Training is fairly spasmodic although since Christmas this year Geoff has tried to work to a training cycle covering approximately 40 miles per week over variable terrain, varying the distance between 4 and 8 miles, with one days rest per week.

This has showed a marked improvement in his results, from 105th in the first Division 3 Birmingham Cross-Country League race, down to 66th in the final race.

Geoff managed 189th in this years Michelin 10 over a hard course in a time of 62 minutes 42 seconds.

He is fortunate that his job as a sales representative with Europa Sports brings him in contact with the likes of Ian Stewart and Bernie Plain, he is never short of expert advice.

Geoff’s simple philosophy for improvement is to do bigger and better quality mileage, this however would put an intolerable strain on domestic harmony. So he settles for enjoying his athletics rather than excelling at the sport.

Nevertheless, Geoff hopes to continue for a few years yet, that is providing he can still make the club team for he really enjoys the stimulus of competition.
### U.K. Vets Ranking list '77

#### MEN O/50

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Name</th>
<th>Club</th>
</tr>
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<tbody>
<tr>
<td>100 METRES</td>
<td>100</td>
<td>Peter Whitaker</td>
<td>Ilford</td>
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<tr>
<td>200 METRES</td>
<td>200</td>
<td>Peter Whitaker</td>
<td>Ilford</td>
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<tr>
<td>400 METRES</td>
<td>400</td>
<td>Ray Archbold</td>
<td>Norfolk</td>
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<tr>
<td>800 METRES</td>
<td>800</td>
<td>Robert Mattock</td>
<td>Bournemouth</td>
</tr>
<tr>
<td>1,500 METRES</td>
<td>1,500</td>
<td>Robert Mattock</td>
<td>Bournemouth</td>
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<tr>
<td>5,000 METRES</td>
<td>5,000</td>
<td>Donald Lee</td>
<td>Shaftsbery</td>
</tr>
<tr>
<td>10,000 METRES</td>
<td>10,000</td>
<td>Kenneth Hall</td>
<td>Wirral</td>
</tr>
<tr>
<td>TRIPLE JUMP</td>
<td></td>
<td>T. McNell</td>
<td>?</td>
</tr>
<tr>
<td>POLE VAULT</td>
<td></td>
<td>J. Green</td>
<td>Bexley</td>
</tr>
<tr>
<td>110 METRES HURDLES</td>
<td></td>
<td>Phillip Munn</td>
<td>Mitcham</td>
</tr>
<tr>
<td>400 METRES HURDLES</td>
<td></td>
<td>Phillip Munn</td>
<td>Mitcham</td>
</tr>
<tr>
<td>DISCUS</td>
<td></td>
<td>Otto Feldmanis</td>
<td>Mitcham</td>
</tr>
<tr>
<td>SHOT</td>
<td></td>
<td>Otto Feldmanis</td>
<td>Mitcham</td>
</tr>
</tbody>
</table>

**JAVELIN**
- J. Green - Bexley
- D. F. Green - Bexley
- 29.82 - Fricis Laudobelis - Midland Vets

**HAMMER**
- 38.64 - G. Bergin - Midland Vets
- 8.03 - Phillip Munn - Mitcham

**LONG JUMP**
- 1.48 - J. Green - Bexley
- 1.20 - Philip Munn - Mitcham
- 1.00 - Noel Noble - Poly

**HIGH JUMP**
- 13.3 - L. Auditt - Trowbridge
- 13.5 - Harold Smith - West Yorks
- 13.8 - D. Pinnington - Warrington

**100 METRES**
- 12.0 - Peter Whitaker - Ilford
- 12.1 - M. Gray - Southampton
- 12.3 - Stan Brooks - Ealing
- 12.53 - G. Bergin
- 11.73 - Herbert Trafford + Newcastle
- 11.58 - Fricis Laudobelis - Midland Vets
- 9.41 - W. Ward - Northern Vets
- 8.03 - Phillip Munn + Mitcham
- 8.03 - Phillip Munn + Mitcham

**100 METRES**
- 23.9 - Peter Whitaker - Ilford
- 25.1 - M. Gray - Southampton
- 25.9 - Stan Brooks - Ealing
- 26.3 - Eric Allen - Burn Road
- 27.2 - L. Auditt - Trowbridge

**5,000 METRES**
- 16.43:6 - Donal Lee
- 16.56:0 - Stephen Charlton
- 16.58:4 - Ted Joyson
- 17.16:4 - John Ellis
- 17.32:0 - Ben Bickerton
- 17.35:0 - Roderick Kane

Peter Whitaker who recently broke the 100/50 British National Record for 100 metres with an 11.9 second clocking.
### 1,500 METRES

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
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<tbody>
<tr>
<td>4:41:1</td>
<td>Edward O'Brien</td>
<td>Cambridge</td>
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<tr>
<td>4:49:7</td>
<td>Les Brown</td>
<td>Woodford Green</td>
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<tr>
<td>5:06:5</td>
<td>Herbert Taylor</td>
<td>March</td>
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<tr>
<td>5:06:6</td>
<td>Len Burnett</td>
<td>Woodford Green</td>
</tr>
<tr>
<td>5:21:6</td>
<td>Bernard Wade</td>
<td>Woodford Green</td>
</tr>
<tr>
<td>5:28:9</td>
<td>Brian Weekes</td>
<td>Vets + Heat</td>
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### 5,000 METRES

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<td>Les Brown</td>
<td>Woodford Green</td>
</tr>
<tr>
<td>18:48:0</td>
<td>J. Downes</td>
<td>Q.P.H.</td>
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<tr>
<td>19:19:2</td>
<td>William Jenkins</td>
<td>Vets</td>
</tr>
<tr>
<td>19:58:8</td>
<td>Arthur Bowden</td>
<td>Peterborough</td>
</tr>
<tr>
<td>20:12:8</td>
<td>William Watts</td>
<td>H.H.H.</td>
</tr>
<tr>
<td>20:28:2</td>
<td>Herbert Taylor</td>
<td>March</td>
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### 10,000 METRES

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<tr>
<td>38:26:3</td>
<td>Les Brown</td>
<td>Woodford Green</td>
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<tr>
<td>40:11:4</td>
<td>George Scuttts</td>
<td>Portsmouth</td>
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<tr>
<td>43:17:0</td>
<td>R. Salisbury</td>
<td>Wirral</td>
</tr>
<tr>
<td>45:33:0</td>
<td>L. Heald</td>
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<tr>
<td>49:32:0</td>
<td>W. Horrocks</td>
<td>Leigh</td>
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### 110 METRES HURDLES

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<td>20.5</td>
<td>W. Hartfere</td>
<td>Vets</td>
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<td>28.9</td>
<td>R. Davenport</td>
<td>Northern Vets</td>
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### LONG JUMP

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<tr>
<td>5.53</td>
<td>W. Hartfree</td>
<td>Vets</td>
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<tr>
<td>4.19</td>
<td>Geoff Norman</td>
<td>Hull</td>
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<tr>
<td>4.19</td>
<td>Jim Willacy</td>
<td>Great Yarmouth</td>
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<tr>
<td>4.17</td>
<td>Janis Gercs</td>
<td>Rugby</td>
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<tr>
<td>3.78</td>
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### HIGH JUMP

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<td>1.20</td>
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### SHOT

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<tr>
<td>7.27</td>
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<td>Northern Vets</td>
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### DISCUS

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### JAVELIN

<table>
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### MEN OVER 60

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<td>13.9</td>
<td>Leslie Batt</td>
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<tr>
<td>13.9</td>
<td>R. Barnes</td>
<td>Vets</td>
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<tr>
<td>14.0</td>
<td>Andy Coogan</td>
<td>Tayside</td>
</tr>
<tr>
<td>14.7</td>
<td>B. Metcalfe</td>
<td>Vets</td>
</tr>
<tr>
<td>20.3</td>
<td>James Barr</td>
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### 200 METRES

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<td>Highgate</td>
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<td>35.7</td>
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<td>Vets</td>
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<td>36.2</td>
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<td>Poly</td>
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### 400 METRES

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<td>85.2</td>
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### 800 METRES

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<td>2:34:5</td>
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<td>?</td>
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<td>2:38:0</td>
<td>Leslie Batt</td>
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</tr>
<tr>
<td>2:52:7</td>
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### 1,500 METRES

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<td>5:15:9</td>
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<td>5:24:9</td>
<td>Gordon Porteous</td>
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<td>5:32:6</td>
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### 5,000 METRES

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<tbody>
<tr>
<td>18:11:2</td>
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<td>A. Forbes</td>
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<td>20:26:0</td>
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<td>20:42:0</td>
<td>G. Bell</td>
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<tr>
<td>20:55:0</td>
<td>C. Bould</td>
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### 10,000 METRES

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<tr>
<th>Time</th>
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<tbody>
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<tr>
<td>43:18:8</td>
<td>Sam Lee</td>
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<td>46:34:4</td>
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### LONG JUMP

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<td>3.98</td>
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<td>3.76</td>
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<td>35.90</td>
<td>George Smith</td>
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<tr>
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### DISCUS

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### HAMMER

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400 METRES HURDLES
107.2 J. Hines N. London
1.10 J. Hines N. London

HIGH JUMP

LONG JUMP
3.93 Alf Sutherland Surrey
3.09 J. Hines N. London

JAVELIN
23.64 W. Baker Highgate

MEN OVER 75

100 METRES
15.6 N. Martin Vets
16.1 Alf Sutherland Surrey

200 METRES
35.2 Alf Sutherland Surrey

400 METRES
103.7 Alf Sutherland Surrey

10,000 METRES
56.42:0 W. Fellows East Cheshire

LONG JUMP
3.62 Alf Sutherland Surrey
2.78 M. Cullen Welsh Vets

SHOT
7.24 M. Cullen Welsh Vets

DISCUS
31.58 M. Cullen Welsh Vets

HAMMER
14.80 M. Cullen Welsh Vets

JAVELIN
20.78 M. Cullen Welsh Vets

MEN OVER 80

100 METRES
21.7 Duncan McLean (93) Vets
26.0 Charlie Speechley (89) Belgrave

Amendments to 1A and 1B Ranking lists.

1A
1.500m 4.10:0 Mike Barratt, Ealing
5.000m 14.58:8 Mike Barratt, Ealing
10,000m 31.51:9 Mike Barratt, Ealing
3,000SC 10.20:0 Mike Barratt, Ealing
Marathon 2.44.58 Derrick Pickering, East Hull

1B
400m 57.4 Alan Hughes, Rochdale
5,000m 16.18:0 Alan Hughes, Rochdale
10,000m 34.01:0 Alan Hughes, Rochdale
Marathon 2.44.44 Alan Hughes, Rochdale

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***************************************************************
The progress of women in marathoning is nothing less than sensational. Only a few years ago no more than a handful of the fairer sex felt able to tackle this most gruelling of events. To finish the course was a very special achievement. To break the three hour barrier was sufficient to lift the successful competitor to the pinnacle of women’s marathoning.

But now, three hours does not even raise the eyebrows. No surprise I suppose when you consider that no less than six women have run sub-2.40. In the space of about eight years the ‘target’ has been cut by a full half hour — from 3 hours to 2 ½ hours.

Women vets (over 35) have played an auspicious part in this dramatic progress. Led by the diminutive Hawaiin, Miki Gorman, (43 years — 2.39.11) they have produced half a dozen sub-2.50 performers and almost twenty under the magical 3 hours.

The most experienced of these marathoners is another American, 38-year-old Nina Kuscsik, who is one of the early pioneers of the sport, and, in the last seven years, has run in over 40 marathons with a best time of 2.50.22.

Germany’s Liane Winter (35 years — 2.42.24) and New Zealand’s Beverly Shingles (37 years — 2.47.16) lead the strong non-American challengers. Winter won the first unofficial world championships in 1974 and the following year took the ‘Boston’ with her present best time.

There is little doubt that the two leading nations in this sport, at present, are the U.S.A. and West Germany. Both have considerable depth, and it is interesting to compare the 1977 rankings for the over-35’s.

Although the U.S.A. took first three places with Gorman (2.43.10), Sue Kinsey (42 years — 2.46.54) and Nina Kuscsik (38 years — 2.50.22) the lists were very similar in depth. Tenth positions were 3.09.44 (U.S.A.) to 3.08.39 (Germany). Twentieth spots read 3.19.04 and 3.23.40, while the Americans squeezed 31 runners under 3.30 to the Germans 29.

Not only is womens marathoning here to stay, but it looks destined to shake up some of the male performers too. And at veterans level, the ladies look an even better match against the men!

Len Jones is alive and well and living in Eastergate, Sussex. For those who do not recall the name, Len was one of Britain’s leading marathoners back in the 50’s and early 60’s. But he is extra special in my mind because many of his performances were achieved after the age of 40, and there was no organised veterans movement at the time (outside of Veterans AC).

Len won no less than five Essex County, three Southern Counties and one Inter-Counties title after the age of 40. He rates his best performance as the 1960 Inter-Counties ‘20’ when, locked in a titanic battle with Fred Norris, he set a personal best of 50.30 at ten miles, had a terrible time between 12 and 15 miles, but recovered well to finish 11th in 1.46.20.

In my book, though, Len’s 1961 Poly Marathon time of 2.24.57 at the age of 44 years took a lot of beating and just had to be a world age record at the time. Remember, all of these performances were nearly 20 years ago. He was surely the Jack Foster of those days.

Len is now the official trainer of the West Sussex League soccer team, Felpahm, and is also very involved in the building of a community centre in his village. Despite these activities he still misses the athletic fraternity very much, and it is possible that he may be coerced back into serious training now that he is in the Class 3 category. Watch out Bill McMinnis!

More news on the success of James Fixx’s book “The Complete Book Of Running.” It has now headed the New York Times non-fiction list for 24 weeks, has sold 40,000 copies and is now in its 12th printing! Jim Fixx, a former senior editor with Life magazine had been a committed jogger for 10 years. The success of his book indicates that at least 400,000 Americans are thinking of following suit.

The Sunday Times National Fun Run publicity is gaining momentum. The big day is Sunday, October 1st, and the venue, London’s Hyde Park.

Whether the attendance will match New Zealand’s 25,000, or France’s 30,000 is open to speculation, but the newspaper’s organisers who have their ears to the ground confidently predict “...the subsoil of the world’s most famous park will sink an inch or two with the weight of thousands of feet.”

Most of the day will be occupied by age-category runs over a 2½ mile course, with ten year groupings from 20 to 60 plus. A Mass Jog will come as a grand finale to the day, and will
include not only the day's participants, but those entrants who prefer to restrict their efforts to the jog alone. All manner of teams may be entered for the age-category races.

For full details, and an official entry form, a stamped addressed foolscap envelope should be sent to the Sunday Times National Fun Run, P.O. Box 9, Portsmouth, Hants PO1 2TP.

It seems to me that veteran athletes could play a significant part in the occasion. Not only will they have the opportunity to enjoy themselves in some low-key (?) competition, but also to set an example by showing what regular training can do for the older man. Why not have a competitive/social day out on October 1st? And instead of your club supporters and family having to watch the day's events, they too can join in the grand finale Mass Jog.

As the oldest veteran history has seen, Coroebus will be there in person. Perhaps I shall wear the chaplet of woven olive leaves that I won in my first major victory back in 776 B.C.!

Whilst I am on the jogging theme, I hear that America's physical fitness craze has caught up with our four-legged friends. U.S. Dairy Association researchers have devised a jogging programme for cows! Yes, cows. Those flabby, heart-disease prone animals confined to inactive lives of eating, drinking, resting, being milked and producing one calf a year are being put on to mechanical exercises. The animals walk at a controlled pace, while moving tailgates push the cows around a fenced ring.

If progress is anything like the womens marathioners, we can soon expect to see age group ranking lists for the highest number of circuits per hour.

Belgium's national athletic association is in some respects more progressive than those of many other nations. For instance, for some time now they have recognised the strength and desirability of the veteran movement and have incorporated over-40 and over-50 championships into their cross-country and road calendar. These championships are not separate affairs, as in the U.K., but are part and parcel of the day's national championship programme.

This admirable approach is rather spoilt though by adopting the same rules that apply to the youth and junior age groups. In other words, athletes may only compete in their respective age groups.

This rule means that the legendary Gaston Roelants, who is aiming for the 1980 Moscow marathon at the age of 43, will be unable to meet Karl Lismont and other Belgian rivals in the championship 'trial' of 1979.

Who said the rules are made for the athlete?

Australian Brian Lenton tells me that he had just produced a 250 page duplicated publication entitled "Distance Running in Australia." The book contains over a hundred profiles articles, interviews etc. The profiles range from club to international class runners, and includes the Veteris Spotlight on Wal Sheppard and John Gilmour. Those readers interested in obtaining a copy ($4.80 post free, payable to "Distance Running in Australia") should write to Brian at 134 Dixon Drive, Holder, A.C.T. 2611. Any profits will go to the Australian Cross-Country team funds for the next World Championships.

And finally, how much do you like sausages, particularly the German ones? I ask, because a recent German report reckoned that the rapidly increasing medical bill for diseases caused by bad nutrition is chiefly due to the national love for the sausage. Overeating, and other bad eating habits, account for a high proportion of all illness and absence from work in West Germany. The German sausage is the main source of animal fats (which is more than its British counterpart can claim) followed by fatty fresh meat and butter. Together with eggs, this seems to produce a too-high cholesterol intake by the population — and the report claims that only 10 to 15 per cent are at an ideal weight. Obesity is almost a West German trait, and as Dan van der Vat wrote in The Times recently, "All this goes to show that the music-hall German who lives on Wurst washed down with beer is alive and well and living in the Federal Republic. But his prospects of remaining alive and well are, unlike him, slender."

Little more need be said, except that those who competed in the Berlin marathon will swear that 90% of the Germans are at ideal racing weight, all over 40, and dammed fast!

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"From getting 'Hooked' on running at 34 to winning the National title"

by Vince Regan

IF EVER you happen to be standing near to the blonde bombshell from Manchester Harriers, Fred Pendlebury, after he finished a hard race or run his usual good relay leg, don't, whatever you do, try to assist him to his feet as he lays on the ground moaning and groaning, because he will no doubt give you a mouthful that even the clergy wouldn't understand. Not that Fred is a nasty bloke, on the contrary, but for some odd reason he likes to be left alone to come round in his own good time when he is in that state.

Don't get the idea that big Fred is an unsociable bloke because he is nothing of the sort, in fact, he is one of the nicest chaps around, always ready to say "Hello, how are you going these days?," and genuinely mean it too. Unlike most of us that have been running longer than we would own up to, Fred has been in the sport only a few years, but with what success!

"It's true I was 34 years old before I started doing any serious running. Mind you, prior to that I had kept very active, playing a lot of basketball, doing a fair amount of cycling and playing a game called 'rugby fives,' which is a game similar to squash," said Fred, following it up with "Come on, Regan, get that kettle on." He had just delivered some stationery to me that he had printed for me at his family printing business in Unsworth, near Manchester. It was then that I decided to try and find out about this guy who surprised us all in Lancashire when he started to come on the scene, none more so than my own club, Bolton Harriers, because he helped M & D, as they were known in those days, to pip us for a few team prizes (not too many though).

Fred went on to tell me how he got hooked on running at 34 years of age. "I had a fair background of hard physical exercise behind me at that time and I found little trouble doing any form of training which I suppose was a big asset. I had run a few (even won a few) races in the forces after I was conscripted, mainly over a mile and three miles and I suppose there were signs then that I could make a runner with proper training, which I knew nothing about at all. But at that time..."
I was very wrapped up in basketball, particularly enjoying playing the tournaments and touring Germany where I was stationed at the time.

"When I came back I played rugby fives, which as I said earlier is played much like squash and is pretty hard, for the Manchester Y.M.C.A. At that time they had a very active Harriers section and I kept promising myself that some year I would try and win their cross-country trophy, after all, I felt I could always run a mile under five minutes and three miles at about 5.30 pace, without any training. So when I was 34 I decided to 'have a go' and started running about six miles, three times a week, as fast as I could — just shows how little I knew about training, doesn’t it. After three weeks I entered my first competitive race, in the Manchester cross-country league and finished 20th. In the next two of the league races I again managed to get in the first 20 and then in the final one finished 6th and into the bargain I won the trophy for the most improved runner in that year’s leagues, which I might add, got me a mention in the 'Manchester Evening News.' That was it, I was hooked on running and my mileage shot up to a weekly total of 30 miles, yet I was still playing a lot of fives, about as much as I was doing races. A year later I decided to do some proper training for running and stepped up the mileage to 65 miles a week, and believe it or not, I started to improve with every race from then on.

"This was a golden period for me in which running started to play a big part in my life. I was training with a few of the lads from Manchester and District Harriers and started to notice how much importance the team played in their running. I was very impressed with them because they ran a lot of the races in the area, all of them I suppose, between 3 and 10 miles which were more my distances, especially the three miles four man relays, so I decided to leave the Y.M.C.A. and join them.

"They had of course a lot of good athletes and I can remember the first time I made the A team, God, I was nervous and wanted so much to do well. Somehow I thrived on being under pressure and these four man relays were just the thing for this and I found them very exciting.

"One of the biggest things in our club, and in the whole area, is to make the Lancs cross-country team. In only my first season with M&D I had been running very well and was looked upon by all the lads as a favourite to make the county team. What a surprise I got in the County Championship race!

"The pace was so fast that I felt everyone must have been playing about in the league races. Needless to say I didn’t make the team and to be honest I was very upset at missing out, more so when three others from the club had made it. I was secretly seething about it and was all the more determined to make it next time. It taught me one thing, everyone is trying in the Lancs and if you’re not a 100% there is no way that you’re going to make the team. Indeed, I have heard of many an international say that he was nervous before the Lancs than when representing his country! Well, I continued to improve throughout the summer, albeit very slowly and the following winter I won my first Manchester league race. As a result of this I was selected to represent the Northern Counties cross-country team against the Southern and Home Counties.

"Later, I finally made the Lancashire team with a sixth place in the championships which I rate as one of my best-ever runs. Another good run came later in the Northern when I finished 8th with all in front of me being internationals.”

Having finished the tea and scoffed nearly all the cakes he was getting up to go when I said "Hey Fred, what about the veteran years, you haven’t said anything about them at all?"

"Well, I’m only a newcomer really at veteran running," he said "I had never thought about age at all. I was aware that there was a veteran movement and now having turned the magic 40, what a stimulus it can be. The number of people you hear of taking up running again when they are reaching 40 is amazing. I suppose the great thing about it all is that it gets people off their bottoms and doing something that will enhance their health and keep them interested instead of degenerating into TV cabbages. I keep promising myself that I will give squash a go but it will have to be some sport to top running for me.”

As he was going out the door I asked him what his best times were for a few distances to which he said "What do you want to know that for . . . you’re not working with Eamonn Andrews by any chance are you?” When I assured him not, he told me he did 3.59 (1,500m) in 1976, 8.18 (3,000m) in 1977, 14.18 (5,000m) in 1976 and 29.49 for 10,000m also in 1976.

As a last shout I asked “What about the World Veterans in Berlin?” And he replied “I’ll give them some stick if you let me get home and do some training!” I said no more.
Dear Mr.

As most readers are probably aware I undertook on behalf of NUTS in 1977 to compile a ranking list for veteran athletes. I am carrying out a similar task for 1978 and to ensure I obtain the most accurate lists possible I am seeking the assistance of all track and field veteran athletes. If you compete in any meeting the results of which are not published in Veteris I would like to receive knowledge of the performance you have achieved. Please do not wait until the year ends to submit any such details as this year I would hope to have such ranking lists compiled for publication by December or January.

I thank you in advance for your assistance and I would also like, through these pages, to thank the numerous athletes who sent me information regarding their performances in 1977.

Yours sincerely,

David Burton
71 Nethergreen Road,
Sheffield S11 7EH

Dear Reader,

If you are above the age of 50 years and consider yourself to be in the top 10% of your age group for veterans competition, you could be of great assistance in answering questions regarding the effects of training on the ageing process in Man. The evaluation procedures will be conducted at our laboratory in St. Louis and will consist of a physical examination, 12 lead electrocardiogram, graded exercise, stress test, VO2max studies, cardiac output, pulmonary function studies and echo-cardiographic evaluation. The above procedures will be carried out with no cost to you and results will be forwarded both to you and your personal physician upon request. Over-night accommodations will be provided.

Dr. Gregory Heath or Dr. James Hagberg,
Washington University School of Medicine,
Division of Applied Physiology,
4566 Scott Avenue,
St. Louis, Mo. 63110.
Phone 314-454-2051

Dear Mr.

Jim Christie's article on Veteran Athletes and Weight (May issue) highlights a problem that many 'big' men have in later life.

Sheldons research based on the weights of 45,000 men of ages ranging from 18 to 63 (Atlas of Men) shows the statistical weight trends for the principal body types, at various heights and ages. The thin man (ectomorph) at a height of 5ft 10ins had a body weight of 126lbs at 23 years of age, and 129lbs at 53 — a gain of only 3lbs. Whereas the 'big' man (endomorph) of the same height has 193lbs at 23 going up to 227lbs at 53 — a gain of 34lbs. These Somatype tables show an individuals hereditary potential in relation to physical build.

As young competitors the throwers and jumpers include heavy weight lifting as a large part of their normal training programme. When they cease to compete as they grow older, a simple change in their weight training programme, would enable them to control their weight without excessive dieting.

An Aerobic weight training schedule, with the emphasis on high repetition and lower weights, rather than the low repetition and heavy weights of their competition training would solve the problem. That way they would stay fit, control their weight, and retain good tone in the skeletal muscles. Whilst Aerobic weight training is not as effective as running in building cardiovascular fitness, it will go a long way towards it.

It is known that the sprinters, throwers and jumpers need special facilities for their event but for the price of a week at the health farm they could purchase sufficient equipment to stay fit, assuming they no longer have access to their original weight training facilities. They might also find that it is easier and more enjoyable that a rigid long term slimming diet.

Yours sincerely,

H. C. Price
(Midland Vets)
From July 1st, 1978, "Veteris" will present plaques for all new world record breakers in five year age groups. A sub-committee consisting of the Editor; John Hayward (Veteris statistician) Gys Knoppert, (Women's statistician) and Jack Fitzgerald, (Chairman W.V.A.A.), has been formed to consider all claims for new world age records in Track and Field events. Please send all claims to the Editor at 7 Berkeley Lane, Canvey Island, Essex, England. Claimants will be expected to provide documentary evidence from the officials of the meeting.

In five year age groups starting in the performers 40th birthday. Class 1 (40-44) Class 1B (45-49) etc.

100 METRES.

| 1A | 10.7 | T. Baker (41) USA |
| 1B | 11.1 | G. Rhoden (45) Jam. |
| 2A | 11.4 | A. Juilland (50) USA |
| 2B | 11.6 | P. Jordan (56) USA |
| 3A | 12.0 | P. Jordan (60) USA |
| 3B | 13.2 | O. Granas (65) Nor |
| 4A | 13.9 | J. Packard (73) USA |

Cologne 13-9-72  | Los A. 17-6-72  | San J. 18-8-73  | Calif. 23-6-73  | Irvine 22-6-74  | Calif. 26-6-77  | Goth. 8-8-77  | Calif. 8-9-77  |

1000 METRES.

1A 21.9 | R. Austin (41) Aust |
1B 22.3 | G. Rhoden (45) Jam. |
2A 23.6 | A. Guidet (56) USA |
2B 23.6 | P. Jordan (54) USA |
2B 23.6 | J. Greenwood (50) USA |
3A 24.9 | P. Jordan (60) USA |
3B 27.9 | V. McIntyre (65) USA |
4 29.2 | J. Packard (73) USA |

Goth. 9-8-77  | San D. 2-7-72  | Cal H. 24-6-73  | San J. 19-2-72  | Ark C. 7-8-76  | Cal 24-6-73  | Calif. 19-6-77  | Irvine 27-6-76  | Goth. 10-8-77  |

400 METRES.

1A 49.5 | N. Clough (40) Aust |
1B 51.7 | R. Stolpe (47) USA |
2A 52.9 | J. Greenwood (51) USA |
2B 55.9 | C. Beaudy (55) USA |
3A 59.1 | R. Nillock (60) USA |
3B 65.1 | C. Kline (65) USA |
4 64.6 | J. Packard (73) USA |

Goth. 11-8-77  | London 24-8-72  | Goth. 11-8-77  | Texas 16-8-74  | Oregon 6-7-74  | New York 8-8-75  | Goth. 11-8-77  |

800 METRES.

1A 1.54:8 | T. Blue (41) Aust |
1B 1.54:8 | N. Clough (40) Aust |
1B 1.57:9 | J. Hesselberg (45) Nor |
2A 2.01:1 | W. Fitzgerald (50) USA |
2B 2.11:9 | J. Gilmore (55) Aust |
3A 2.19:9 | G. Buck (60) Aust |
3B 2.27:2 | N. Bright (65) USA |
4 2.34:5 | M. Montgomery (70) USA |

Goth. 9-8-77  | Goth. 9-8-77  | Goth. 9-8-77  | Irvine 29-6-75  | Perth 11-1-75  | Sydney 17-4-76  | Toronto 15-8-75  | Calif. 4-9-77  |

1500 METRES.

1A 3.52:0 | M. Bernard (40) France |
1B 4.03:2 | P. Majoor (46) Hol. |
2A 4.14:0 | J. Ryan (53) Aust |
2B 4.20:4 | J. Ryan (55) Aust |
3A 4.53:2 | W. Andberg (61) USA |
3B 4.59:2 | W. Andberg (65) USA |
4 5.21:1 | H. Chapson (73) USA |

In Brux. 20-6-72  | Holland 8-6-77  | Melb. 26-3-76  | NSW 15-12-77  | Stock 31-8-72  | Oregon 4-7-76  | New York 9-8-77  |

5000 METRES.

1A 13.45:6 | L. Rault (40) France |
1B 14.56:9 | A. Mimoun (45) France |
2A 15.31:0 | A. Mimoun (50) France |
2B 15.57:0 | G. McGrath (66) Aust |
3A 17.23:0 | E. Kruzycki (63) Ger |

In France 23-5-77  | Orange 29-5-66  | France 6-6-71  | Sydney 24-1-76  | Minich 9-9-73  |
10,000 METRES.
1A 28.33:4 L. Rault (40) France
1B 30.16:8 A. Mirmou (45) France
2A 32.14:0 A. Mirmou (51) France
2B 33.40:0 J. Gilmore (55) Aust
3A 35.57:4 E. Kruzycki (62) Ger
3B 36.04:6 T. Jensen (65) Sweden
4 40.48:6 E. Nordin (71) Sweden

3,000 METRES STEEPLECHASE
1A 8.41:5 G. Roelants (40) Bel
1B 9.39:0 H. Higon (48) Aust
2A 10.16:8 A. Taylor (50) Canada
2B 11.28:9 A. Merrett (55) Aust

110 METRES HURDLES
1A 14.4 D. Finlay (40) Great Britain
1B 15.4 J. Mirazek (45) Cze

400 METRES HURDLES.
1A 54.3 N. Clough (40) Aust
1B 55.7 J. Greenwood (46) USA

3,000 METRES.
1A 8.17:4 J. Foster (43) NZ
1B 8.44:2 A. Mirmou (45) France
2A 9.10:0 A. Taylor (50) Canada
2B 9.21:0 J. Gilmore (56) Aust
3A 10.12:4 T. Thiel (61) Ger
3B 10.51:0 N. Bright (66) USA
4 11.46:2 H. Chapson (73) USA

SHOT (1A-B 16lb. 2A-B 12lb. 3A Blb.)
1A 19.77 64°10' 1/4" P. Colnard (41) France
1B 18.22 59° 9' 1/4" G. Hermansson (45) Ice
2A 17.56 57° 7 1/4" H. Hombrecher (51) Ger
2B 14.88 48° 10" N. Heard (55) USA
3A 15.24 50° 0" J. Thatcher (60) USA
3B 13.50 44° 31/2" V. Chee (66) USA
4 12.81 42° 0' 1/4" R. Drummond (70) USA

DISCUS (1A-B 2k. 2A-B 1 1/2 k. 3 k.)
1A 66.40 214° 7" V. Lyakhov (40) USSR
1B 50.70 166° 4" G. Husson (46) France
2A + 54.26 178° 0" K. Jouppila (52) Fin
2B + 48.90 161° 6" K. Makzimycz (58) GB
3A 52.64 172° 8" K. Makzimycz (63) GB
3B 47.96 157° 4" O. Reppen (66) Norway
4 38.00 124° 8" V. Anderson (71) Sweden

HAMMER (1A-B 16lb. 2A-B 12lb. 3 13lb.)
1A 70.90 232° 7" R. Klím (40) USSR
1B 61.40 203° 5" M. Matchek (45) Yugo
2A + 57.30 188° 0" M. Noor (50) Pak
2B + 53.02 173° 11" K. Hein (56) Germany
3A 48.12 157° 10" A. Miettinen (63) Finland/Vansanto
3B 43.53 136° 3" N. Hawke (65) NZ
4 34.88 113° 9" A. Reiser (70) Germany

JAVELIN (1A-2B 800g. 3A 600g.)
1A 78.66 258° 1" U. Von-Wartburg (40) Swit.
1B 64.68 212° 2" O. Kauhanen (46) Finland
2A 55.91 183° 5" J. Stenzenkis (50) Chile
2B 55.10 180° 9" B. Morales (56) USA
3A 54.08 177° 5" B. Morales (60) USA
3B 41.16 136° 0" B. Macconaghy (68) USA
4 37.64 123° 6" E. Curtice (70) USA

POLEVAULT.
1A 4.70 15' 9" R. Tomasez (40) Cze
1B 4.67 15' 0" R. Ruth (46) Canada
2A 4.26 14' 0" R. Morcom (52) USA
2B 4.12 13' 1 1/2" R. Morcom (55) USA
3A 3.90 12' 9 1/2" H. Schmidt (61) Germany
3B 3.40 11' 2" H. Schmidt (67) Germany

HIGH JUMP.
1A 2.06 6' 8" E. Nilson (40) Sweden
1B 1.78 5' 10" E. Austin (45) USA
2A 1.73 5' 8" R. Morcom (51) USA
2B 1.69 6' 5 1/4" R. Morcom (65) USA
3A 1.67 5' 2" E. Stal (61) Norway
3B 1.64 4' 9 1/2" I. Sand (65) Norway
4 1.31 4' 3" T. Holbeck (71) Denmark

LONG JUMP.
1A 7.34 24' 1" P. Pinto (40) Portugal
1B 6.68 21' 11" S. Devision (46) USA
2A 6.23 20' 5 1/4" R. Morcom (51) USA
2B 5.91 19' 1 1/4" R. Morcom (55) USA
3A 5.38 17' 8" H. Schneider (60) Germany
3B 4.68 15' 4 1/4" R. Hargreaves (66) USA
4 4.25 13.11" C. Sutherland (76) GB

TRIPLE JUMP.
1A 14.62 47'11 1/2" H. Mandle (40) Aust
1B 13.90 45' 7 1/4" H. Straus (46) Germany
2A 12.41 45' 5" G. Farrell (57) USA
2B - 18' 1 1/2"
3A 11.25 36'11" G. Farrell (60) USA
3B 10.42 34' 2 1/2" I. Sand (65) Norway
4 8.96 29' 5" W. McFadden (70) USA

With our information on the 1977 season all but complete, we find that in our five year age groups — 44 records were improved upon. Only the Hammer and 110mH escaped any adjustment and the record improvers are to be found in all classes.

Class 1 achieved 9, then there was a trailing off with 5 in 1B, 4 in 2A, and 2 in 2B. With 3A marking up 7 and 3B, the older performers ended on a group high with 11 in class 1.

They are the best known performances. As there is no international system in operation to confirm authenticity with regard to wind and track conditions — or grade of officiating in operation — there could be ‘doubtful performances’ within the lists. As most results are from major competitions we believe most would stand official scrutiny and are therefore valid. Doubtful records will be removed at any time reliable information comes to hand.

John L. Hayward.
(with the assistance of P. Mundle, USA and G. Knoppert, Holland.)

Readers please note that the August deadlines are as follows: R.A.C.E. Editorial July 9th Advertising July 12th. VETERIS Editorial July 2nd Advertising July 5th Please ensure that your copy reaches us by the above dates.
temperature and humidity were high and Derek Turnbull, who earlier in the day had won the 400m and 1,500m titles, was so badly affected that he failed to make the first three in the 10,000m.

Rain from the early hours until mid-morning on the second day soon transformed the inside lane into a layer of mud and made the steeplechase a nerve-racking affair. Fortunately there were no mishaps, just very slow times.

Outstanding performances were by A. Hill (M50) who turned in the fastest 100m of the day, 12.7 against a strong headwind, B. Turbot (M40) in the high jump with 1.30m and discus with 30.26m. Derek Turnbull had four wins in the M50 distance events, while Jim Macdonald scored expected wins on the track. Arthur Graham, who recently set a world best M50 javelin of 54.42m, had a fine series of throws despite gale force head winds.

**RESULTS — MEN.**

<table>
<thead>
<tr>
<th>Event</th>
<th>Position</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>800 Metres</td>
<td>1</td>
<td>B. McPhail</td>
<td>2.15</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>D. Ward</td>
<td>2.18</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>M. Strange</td>
<td>2.20</td>
</tr>
<tr>
<td>1,500 Metres</td>
<td>1</td>
<td>A. Hill</td>
<td>4.05</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>F. Copeman</td>
<td>4.36</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>E. Mortimer</td>
<td>4.37</td>
</tr>
<tr>
<td>3,000 Metres</td>
<td>1</td>
<td>L. Frances</td>
<td>8.38</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>F. Stanton</td>
<td>8.40</td>
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<tr>
<td></td>
<td>3</td>
<td>H. Cook</td>
<td>8.45</td>
</tr>
<tr>
<td>5,000 Metres</td>
<td>1</td>
<td>J. Locke</td>
<td>13.2</td>
</tr>
<tr>
<td>15,000 Metres</td>
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<td>J. Locke</td>
<td>40.0</td>
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<tr>
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<td>2</td>
<td>W. Hobbs</td>
<td>40.0</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>B. Thomas</td>
<td>40.0</td>
</tr>
</tbody>
</table>

**New Zealand.**

National Veterans Championships, Blenheim, New Zealand. 18/19-3-78.

The first day of these championships saw a very strong wind sweeping down the home straight. This accounted for the slow 100m times. By afternoon both
## Pole Vault

<table>
<thead>
<tr>
<th>Name</th>
<th>Height (m)</th>
</tr>
</thead>
<tbody>
<tr>
<td>M45.</td>
<td>3.02</td>
</tr>
<tr>
<td>M40.</td>
<td>3.00</td>
</tr>
<tr>
<td>M35.</td>
<td>2.98</td>
</tr>
<tr>
<td>M30.</td>
<td>2.96</td>
</tr>
<tr>
<td>M25.</td>
<td>2.94</td>
</tr>
<tr>
<td>M20.</td>
<td>2.91</td>
</tr>
<tr>
<td>M15.</td>
<td>2.88</td>
</tr>
<tr>
<td>M10.</td>
<td>2.84</td>
</tr>
<tr>
<td>M5.</td>
<td>2.80</td>
</tr>
</tbody>
</table>

## Hammer

<table>
<thead>
<tr>
<th>Name</th>
<th>Distance (m)</th>
</tr>
</thead>
<tbody>
<tr>
<td>M45.</td>
<td>3.02</td>
</tr>
<tr>
<td>M40.</td>
<td>3.00</td>
</tr>
<tr>
<td>M35.</td>
<td>2.98</td>
</tr>
<tr>
<td>M30.</td>
<td>2.96</td>
</tr>
<tr>
<td>M25.</td>
<td>2.94</td>
</tr>
<tr>
<td>M20.</td>
<td>2.91</td>
</tr>
<tr>
<td>M15.</td>
<td>2.88</td>
</tr>
<tr>
<td>M10.</td>
<td>2.84</td>
</tr>
<tr>
<td>M5.</td>
<td>2.80</td>
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</table>

## High Jump

<table>
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<tr>
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<td>2.00</td>
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<tr>
<td>M40.</td>
<td>1.98</td>
</tr>
<tr>
<td>M35.</td>
<td>1.96</td>
</tr>
<tr>
<td>M30.</td>
<td>1.94</td>
</tr>
<tr>
<td>M25.</td>
<td>1.92</td>
</tr>
<tr>
<td>M20.</td>
<td>1.90</td>
</tr>
<tr>
<td>M15.</td>
<td>1.88</td>
</tr>
<tr>
<td>M10.</td>
<td>1.86</td>
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<tr>
<td>M5.</td>
<td>1.84</td>
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## Discus

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<tr>
<td>M40.</td>
<td>3.00</td>
</tr>
<tr>
<td>M35.</td>
<td>2.98</td>
</tr>
<tr>
<td>M30.</td>
<td>2.96</td>
</tr>
<tr>
<td>M25.</td>
<td>2.94</td>
</tr>
<tr>
<td>M20.</td>
<td>2.91</td>
</tr>
<tr>
<td>M15.</td>
<td>2.88</td>
</tr>
<tr>
<td>M10.</td>
<td>2.84</td>
</tr>
<tr>
<td>M5.</td>
<td>2.80</td>
</tr>
</tbody>
</table>

## 100 Metres - Ladies

<table>
<thead>
<tr>
<th>Name</th>
<th>Time (s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>M45.</td>
<td>11.20</td>
</tr>
<tr>
<td>M40.</td>
<td>11.18</td>
</tr>
<tr>
<td>M35.</td>
<td>11.16</td>
</tr>
<tr>
<td>M30.</td>
<td>11.14</td>
</tr>
<tr>
<td>M25.</td>
<td>11.12</td>
</tr>
<tr>
<td>M20.</td>
<td>11.10</td>
</tr>
<tr>
<td>M15.</td>
<td>11.08</td>
</tr>
<tr>
<td>M10.</td>
<td>11.06</td>
</tr>
<tr>
<td>M5.</td>
<td>11.04</td>
</tr>
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</table>

## 400 Metres - Ladies

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<tr>
<td>M45.</td>
<td>58.60</td>
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<tr>
<td>M40.</td>
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<tr>
<td>M35.</td>
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<td>58.44</td>
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## 800 Metres - Ladies

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<td>M10.</td>
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<td>M5.</td>
<td>18.04</td>
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## 1500 Metres - Ladies

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<td>47.40</td>
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<td>M40.</td>
<td>47.38</td>
</tr>
<tr>
<td>M35.</td>
<td>47.36</td>
</tr>
<tr>
<td>M30.</td>
<td>47.34</td>
</tr>
<tr>
<td>M25.</td>
<td>47.32</td>
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<tr>
<td>M20.</td>
<td>47.30</td>
</tr>
<tr>
<td>M15.</td>
<td>47.28</td>
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<tr>
<td>M10.</td>
<td>47.26</td>
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<tr>
<td>M5.</td>
<td>47.24</td>
</tr>
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## Hurdles - Ladies

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<thead>
<tr>
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<th>Height (m)</th>
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<tbody>
<tr>
<td>M45.</td>
<td>1.10</td>
</tr>
<tr>
<td>M40.</td>
<td>1.08</td>
</tr>
<tr>
<td>M35.</td>
<td>1.06</td>
</tr>
<tr>
<td>M30.</td>
<td>1.04</td>
</tr>
<tr>
<td>M25.</td>
<td>1.02</td>
</tr>
<tr>
<td>M20.</td>
<td>1.00</td>
</tr>
<tr>
<td>M15.</td>
<td>0.98</td>
</tr>
<tr>
<td>M10.</td>
<td>0.96</td>
</tr>
<tr>
<td>M5.</td>
<td>0.94</td>
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## Long Jump - Ladies

<table>
<thead>
<tr>
<th>Name</th>
<th>Distance (cm)</th>
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</tr>
<tr>
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<td>7.34</td>
</tr>
<tr>
<td>M35.</td>
<td>7.32</td>
</tr>
<tr>
<td>M30.</td>
<td>7.30</td>
</tr>
<tr>
<td>M25.</td>
<td>7.28</td>
</tr>
<tr>
<td>M20.</td>
<td>7.26</td>
</tr>
<tr>
<td>M15.</td>
<td>7.24</td>
</tr>
<tr>
<td>M10.</td>
<td>7.22</td>
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<tr>
<td>M5.</td>
<td>7.20</td>
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## Javelin - Ladies

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<td>59.8</td>
</tr>
<tr>
<td>M35.</td>
<td>59.6</td>
</tr>
<tr>
<td>M30.</td>
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## 200 Metres - Ladies

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RESULTS — MEN.

100 Metres.

Class 1A.
1. B. McPhail (Record) ........ 12.0
2. B. Savage ................ 12.3

Class 1B.
1. B. Kerr .................. 12.4
2. P. O'Leary ............... 13.1
3. R. Ferguson ............. 13.4

Class 2A.
1. E. Snelson ............... 15.3
2. J. Smithers ............ 15.2

Class 3A.
1. M. Bennie ............. 15.4

200 Metres.

Class 1A.
1. B. McPhail (Record) .... 26.3
2. D. Ward ................. 26.4
3. B. Savage .............. 26.6

Class 1B.
1. B. Kerr (Record) ....... 25.8
2. P. O'Leary ............. 27.3

Class 2A.
1. E. Snelson ............. 31.1

Class 2B.
1. J. Smithers ........... 33.0

Class 3A.
1. H. Cook (Record) ...... 31.2

Class 3B.
1. J. Locke .............. 49.0

400 Metres.

Class 1A.
1. T. Lucas ............... 2.147
2. R. Ayrey ............... 2.177
3. I. Sim ................ 2.203

Class 1B.
1. R. Heseltine .......... 2.192
2. D. Cameron ........... 2.340
3. L. Steel ............... 2.433

Class 2A.
1. E. Snelson ............ 2.440

Class 2B.
1. J. Smithers ........... 3.023

Class 3A.
1. G. Currie ............. 3.165

Class 3B.
1. J. Locke .............. 4.092

1,500 Metres.

Class 1A.
1. J. McDonald (Record) ... 4.172
2. I. Falvey ............... 4.348
3. T. Lucas ............... 4.360

Class 1B.
1. R. Heseltine .......... 4.435
2. W. Hobbs ............... 4.442
3. D. Cameron ........... 4.587

Class 2A.
1. E. Snelson ............ 5.338
2. C. McLaren ........... 5.579

Class 2B.
1. J. Smithers ........... 6.165

Class 3A.
1. M. Bennie ............. 5.545

5,000 Metres.

Class 1A.
1. J. McDonald ......... 16.304
2. I. Falvey ............... 16.304
3. V. Sykes ............... 16.529

Class 1B.
1. W. Hobbs ............... 17.102
2. D. Cameron ........... 17.484
3. R. Heseltine .......... 18.209

Class 2A.
1. E. Snelson ............ 20.563
2. W. Rollo ................. 21.281
3. C. McLaren ........... 22.221

Class 2B.
1. J. Smithers ........... 22.517

Class 3A.
1. J. Drew ............... 22.344

Discus.

Class 1A.
1. R. Rose ................ 30.42
2. M. Lusty ............... 30.38
3. R. Melrose ............. 28.34

Class 1B.
1. W. Newton ............. 23.58
2. R. Gaskell ............. 21.50
3. R. Ferguson ............ 20.96

Class 2A.
1. A. Grayburn ........... 30.42
2. W. Rollo ................. 18.64

Class 3A.
1. D. Ross ................. 25.06

Class 3B.
1. N. Hawke .............. 22.50

Hammer.

Class 1A.
1. M. Lusty ............... 36.92
2. R. Rose ............... 33.30
3. J. McDonald ........... 28.85

Class 1B.
1. W. Newton ............. 33.90
2. C. Bishop .............. 24.80
3. A. Mahan .............. 14.82

Class 2A.
1. A. Grayburn (World record) ........... 54.42

Class 3B.
1. N. Hawke .............. 24.70

Javelin.

Class 1A.
1. M. Lusty ............... 36.92
2. R. Rose ............... 33.30
3. J. McDonald ........... 28.85

Class 1B.
1. W. Newton ............. 33.90
2. C. Bishop .............. 24.80
3. A. Mahan .............. 14.82

Class 2A.
1. A. Grayburn (World record) ........... 54.42

Class 3B.
1. N. Hawke .............. 24.70

Shot.

Class 1A.
1. R. Melrose (Record) .... 9.90
2. M. Lusty ............... 8.93
3. R. Rose ............... 8.34

Class 1B.
1. W. Newton ............. 8.75
2. C. Bishop .............. 7.95
3. A. Mahan .............. 6.13

Class 2A.
1. A. Grayburn (Record) ........... 9.42

Class 3A.
1. D. Ross ............... 9.34

Class 3B.
1. N. Hawke .............. 9.36

Long Jump.

Class 1A.
1. B. McPhail (Record) .... 5.64
2. T. Leonard .............. 4.62
3. D. Skelton ............. 4.36

Class 1B.
1. B. Kerr ............... 4.72
2. R. Gaskell ............. 4.66
3. A. Mahan .............. 4.44

Class 3A.
1. D. Ross ............... 9.34

Class 3B.
1. N. Hawke .............. 9.36

Triple Jump.

Class 1A.
1. J. D. McDonald ........... 9.42
2. D. Skelton ............. 8.26
3. I. Sim ............... 8.57

Class 1B.
1. W. Newton (Record) .... 10.16
2. W. Newton .............. 10.14
3. R. Gaskell ............. 9.86
United States of America


OVER 200 competitors gathered at East Stroudsburg State College, East Stroudsburg, Pennsylvania for the 4th Indoor Masters A.A.U. Championships.

Larry Colbert, Club Olympia, dominated the sprints in Division 1A winning the 300 (34.6) and 600 (1:19.3, meet record) and taking second in the 50 (5.9).

Nick Giacundo, N.Y. Pioneers, defended his titles in the 1B 50 (6.2) and 300 (36.0). Larry Gregory, Philadelphia Masters (6.2, 50 and 40.5, 300) and Rudy Valentine, N.Y. Pioneers (6.2, 50 and 37.2, 300) split their races in the 2A sprints. Tom Connelly and Herb Zipper of the Pioneers defended their titles in 1B 600 (1:20.7) and 1A 1,000 (2:28.3).

Henry Kupczyk, Atlantic International, showed a devastating finish in both the mile and 1,000 in 1B. The 1B mile was one of the most exciting races of the day. The field ran a leisurely half mile in 2.30. George Vernosky, Potomac Valley, Outdoor 1977, 1,500 metre champion and 5th place finisher in Sweden, took the lead. The next quarter was done in 70 seconds, with George maintaining the lead. Henry took the lead in the last 330 yards and ran his last quarter in 63 seconds, with George finishing less than one second back. The last half mile was completed in 2.13. George came back to defend his two mile title pulling away from Bill Butler of the Philadelphia Masters in the last 440 to win by two seconds, with the second mile being done in 5.00 compared to the first mile in 5.07.
### 300 Yard Dash

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>L. Colbert</td>
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<tr>
<td>W. Clark</td>
<td>37.0</td>
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<tr>
<td>H. Moore</td>
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<td>H. Green</td>
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<td>R. Clarence</td>
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<td>A. Bradley</td>
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<td>D. Harris</td>
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<td>C. Bertrand</td>
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<td>J. Jaquinto</td>
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<td>D. Spitzer</td>
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<td>P. McCluskey</td>
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<td>R. Ross</td>
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<tr>
<td>R. Valentine</td>
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<tr>
<td>A. Bradley</td>
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<td>H. Greenberg</td>
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<td>W. Tersago</td>
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### 1,000 Yard Run

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<td>J. McCallister</td>
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<tr>
<td>H. Kupczyk</td>
<td>4:44.3</td>
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<td>G. Vernosky</td>
<td>4:45.1</td>
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<tr>
<td>K. Brown</td>
<td>5:09.9</td>
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<tr>
<td>S. Richardson</td>
<td>5:14.6</td>
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<tr>
<td>H. Greenberg</td>
<td>5:33.5</td>
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<tr>
<td>W. Thomas</td>
<td>5:45.9</td>
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<tr>
<td>D. Geer</td>
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<td>A. Newman</td>
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<td>F. Finger</td>
<td>5:57.5</td>
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<tr>
<td>J. Popowich</td>
<td>6:01.4</td>
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### One Mile Run

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<tr>
<td>H. Kupczyk</td>
<td>4:44.3</td>
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<td>G. Vernosky</td>
<td>4:45.1</td>
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<td>S. Richardson</td>
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<td>F. Finger</td>
<td>5:57.5</td>
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<td>J. Popowich</td>
<td>6:01.4</td>
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### Two Mile Walk

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<td>J. Cordero</td>
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<td>W. Butler</td>
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<tr>
<td>W. McConnell</td>
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<tr>
<td>E. Krawitz</td>
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<td>K. Brown</td>
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### 50 Yards High Hurdles

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<tr>
<td>T. Hill</td>
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<tr>
<td>L. Olson</td>
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<tr>
<td>D. Hampfell</td>
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<tr>
<td>G. Braceland</td>
<td>8.2</td>
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<tr>
<td>M. Neuhof</td>
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</tr>
<tr>
<td>F. Finger</td>
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<tr>
<td>R. Valentine</td>
<td>8.1</td>
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<tr>
<td>D. Lentzor</td>
<td>9.0</td>
</tr>
<tr>
<td>C. Hill</td>
<td>8.6</td>
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<tr>
<td>R. Lacey</td>
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<td>K. Boas</td>
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### Two Mile Walk

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<tr>
<td>S. Corral</td>
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<tr>
<td>T. Nash</td>
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<td>M. Neuhof</td>
<td>21:28.0</td>
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<td>D. Lentzor</td>
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<td>T. Dyas</td>
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<tr>
<td>H. Mulkerin</td>
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<tr>
<td>C. Scully</td>
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<td>G. Braceland</td>
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### Weight Throw

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<td>F. Marr</td>
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<td>J. McCluskey</td>
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<td>L. Dreher</td>
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<td>D. Holmes</td>
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<td>H. Quackenbos</td>
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<td>F. Finger</td>
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<td>L. Gregory</td>
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### Mile Walk

<table>
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<th>Time</th>
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<tbody>
<tr>
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<tr>
<td>S. Corral</td>
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<tr>
<td>T. Nash</td>
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</tr>
<tr>
<td>M. Neuhof</td>
<td>19:45.0</td>
</tr>
<tr>
<td>C. Hill</td>
<td>21:28.0</td>
</tr>
<tr>
<td>D. Lentzor</td>
<td>24:01.0</td>
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<tr>
<td>T. Dyas</td>
<td>18:10.3</td>
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<tr>
<td>H. Mulkerin</td>
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<td>C. Scully</td>
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<td>C. Hill</td>
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### Mile Run

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>J. Connor</td>
<td>4:48.5</td>
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<td>W. Tersago</td>
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<tr>
<td>W. Thomas</td>
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<tr>
<td>D. Geer</td>
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<td>A. Newman</td>
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<tr>
<td>L. Gregory</td>
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### One Mile Run

<table>
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<th>Participant</th>
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<td>J. Connor</td>
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<tr>
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<td>4:51.9</td>
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<tr>
<td>J. McCallister</td>
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<td>H. Kupczyk</td>
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### Two Mile Run

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<td>K. Brown</td>
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<td>R. Lister</td>
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WOMEN.

C. Hills, 40-44.
J. Long Jump.
R. K. Boas, 60-64.
55-59.
C. 65-69.
L. Trout, W. Pike, PM .....................................
Eberhardinger, RA ..........................
D. Harris, PM ...............................
D. L. G. C. Hills, 40-44.
45-49.
K. Boas, R. B. L. Gregory, PR .................................
C. F. Marr, MR ................................... 26.2
E. 55-59.
T. McDermott, W. Pike, PM ................................. 33.6
R . Carstenson, UN ......................... 34.1
D. Eberhardinger, RA ..........................
N. heard, UN + ............................. 51.5
C. Hills, H. Hand, PM .................................. 38.1
H. Davenport, P. Toul, GS ..................... 10.1
W. Burbo, RH, PM .............................. 21.3
E. S. McConnell, JS ............................... 11.0
2.01
3.02:0
9mm
(1\'\': 13.50) Offered at $11.95
$112. Apollo Track Shoe, yellow
solarium niker, super light special
show, sizes 5\'\', 6\'\', 7\'\', 8\'\', 9\',
(\$13.50) Offered at \$18.55

Shot Putt.
40-44.
C. Young, TS ......................... 36.5 ½
S. Derry, UN .......... 35.5
T. Jackson, GS ................... 34.6 ½
J. Snell, PM .................. 37.7 ½
45-49.
D. Gonzales, GS .................. 44.1
L. Olson, GM .................. 42.7 ½
P. Mulkey, AT .................. 38.8 ½
R. Carstenson, UN .......... 34.1
S. patternson, PM ............ 33.1 ½
50-54.
H. Cantor, PC + .................. 42.5 ½
J. Ulm, WP .................. 36.5 ½
E. Stern, GS .................. 31.8 ½
M. Lenizer, PC ....... 28.10
F. Marr, MR ............. 26.2
55-59.
D. Batchelor, UN .......... 34.3
Eberhardinger, RA .......... 29.3 ½
H. Scharmachner, GS ... 28.7 ½
H. Mulkerin, LE .... 33.3 ½
60-64.
N. heard, UN + ....... 51.5
T. McDermott, AC ....... 47.4
B. Gilligan, EA .... 42.9 ½
W. Eipel, AC ........ 39.4
P. Seregny, PC ......... 38.3 ½
H. Hand, PM ........... 38.1
65-69.
W. Pike, PM .......................... 33.6
J. McCluskey, AC ....... 32.2 ½
W. Burbo, RH .... 31.2 ½
C. Hills, PM .......................... 28.11 ½

40-44.
L. Tricard, UN ............. 45.8
A. Johnson, UN .......... 48.3
600 Yard Run.
35-39.
S. Pashkin, UN .......... 1.35:6
L. Greene, UN .......... 1.39:6
40-44.
S. Buchanan, PM .... 1.36:8
A. Johnson, UN .......... 2.01:8
One Mile Run.
40-44.
S. Buchanan, PM .......... 5.24:9

Two Mile Run.
40-44.
S. Buchanan, PM .......... 12.13
45-49.
I. McConnell, JS .......... 15.39
V. Lucas, UN .......... 16.15
Two Mile Walk.
45-49.
V. Lucas, UN .......... 21.30

1,000 Yards.
40-44.
S. Buchanan, UN .......... 3:02:0

Shot Putt.
35-39.
L. Greene, UN .......... 27.9

NEW 11 Low Price Super Shoe.
Mike-Jogger. All last the ultimate shoe for the road runner and
crucial long distance runner. Lightweight, easy to run in, non
crushing green nylon upper with matching leather support and
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stripe, red-black stripe, black
grey-white stripe, List Price $5
Offered at $4.50
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36 and large 40/42.

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Run along the Fleetwood Promenade and seafront.
Events (under A.A.A. laws)

GIRLS:—
U/12 1 mile approx 11am
U/14 2 miles approx 11.30am
U/16 3 miles approx 12.15pm

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U/14 3 miles approx 12 noon
U/16 3 miles approx 12.30pm

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Full details in the July issue of R.A.C.E.
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7HS (Tel 812036)

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Entries:— £1 per team to:—
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Harrow, Middlesex. HA1 1TX.

CLOSING DATE JULY 12th.

JULY 1st.
Annan '12' — Dumfrieshire (inc Ladies. 2pm.
Birmingham Open 35kms Walk — Sutton Coldfield. 12.30 pm.
Lambeth Walks - Herne Hill. 12.30 pm.

JULY 2nd.
M.V.A.C. T & F Champs. Midlands.
Hyde 7” Mile Road Race. Town Centre. 12 noon.
13th Skiddaw Fell Race — Keswick, Cumbria. 2.30 pm. (also 1st Ladies Skiddaw Fell Race. 2.15 pm).
6th Latrigg Youths Fell Race — Keswick, Cumbria. (also 1st N.C.A.A. Fell Race Champs).
Cowbridge Week Road Races, South Glamorgan. 2pm. (The Avon 5¼).

JULY 3rd.
Open Vets Meet — Parliament Hill. 7pm.

JULY 8th.
Wisbech to March '10' 3pm.
Milton Keynes International Marathon (inc R.R.C. Champs).
Stantonbury Leisure Centre. 3.30 pm.
Torridge '6' — Sports Ground, North Devon. 2pm.
Cheltenham 7.4 Miles Road Race. 6pm.
Southern Vets Track and Field Champs. — Avon Sports Ground, Southampton.
Gomershall Open 20kms Walk.

JULY 9th.
Altrincham ‘10’
Bruges 25kms Road Race. Inter-Club and International.
Raymond Justin 7 miles Walk.
—Eastbourne.

JULY 12th.
London Vidarians 5 miles — Carshalton. 7pm.

JULY 15th.
Horsham Festival ‘10’ mile Road Race. — Horsham Park. 1pm.
Horsworth %Marathon. 3pm.
Eccles ’10’ 3.15pm.
Belgrave ’10 — Barnsley. 3pm.
National 50kms Champs — Manchester. 12 noon. Walk.
National Track and Field Champs — Aldersley Park, Wolverhampton.

JULY 16th.
Invitation 20kms — Manchester. Walk.

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See page 3 for overseas subscriptions.

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JULY 22nd.
Churchdown '10' 3pm.
Turnslack Fell Race - Calderbrook Football Field. Ladies and Youths 2pm. Men 2.30pm.
Southern Inter Club Champs.

JULY 23rd.
Pop 20kms Road Race - Torbay AC. 3pm.

JULY 25th.
10kms Walk - Seven Kings, Ilford. 7pm.

JULY 28th.
Leicester to Skegness 100 miles - Leicester. Walk. 3.30pm.

JULY 29th.
Heckington '10' - 3.30pm.
Woodford to Southampton '36' - 9.30am.
Marathon Bollenstreek. 1pm. Noord-Wijkerhout.

JULY 30th.
Duchy of Cornwall Track Meet. 10.30am.
The Unigate marathon will be held at Harlow on Saturday, October 28th.

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:

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.

Would all event organisers note that your result stands a much better chance of appearing in our magazine if accompanied by a report, or even better photo's and report.

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(Deadline is 4th of month prior to publication.)
Bob Shrunkle column

I was sitting opposite GH of the Borough of Enfield Harriers in our executive restaurant the other day when I casually mentioned that the Marathon Club had changed its qualifying standard to 2 hours 23 minutes. Fork poised in mid-air, he turned away from his duck l'orange and grunted. After a few moments consideration he turned to me and said, "I'm not sure that I want to join any club that would accept me as a member." I turned to my fruit cup to hide my true feelings.

Ron Franklin of TVH, the Southern Vets 2A Cross-Country Champion, recently changed his place of employment although still with the same firm. He drove to his new offices over the weekend before he started, and Vets 2A Cross-Country Champion, recently changed his place of residence. The date was October 29th, the occasion was a veterans mob match over 7½ miles and the venue was the Blackheath course which starts outside the church near West Wickham. The old gentlemen were lined up and you wondered if they were still running. The focal point of the action was a veterans mob match over 7½ miles and the venue was the Blackheath course which starts outside the church near West Wickham. The old gentlemen were lined up and you wondered if they were still running.

A bemused athlete saw a prominent cross-country runner preparing for the arctic wastes of Graves Park, Sheffield, by rubbing various oils into various portions of his body. A heavy one for his feet and ankles, a warming one for stomach and back, a wet proofing one for legs, thighs and arms. Our bemused athlete remarked as our oily friend slipped out of the room, "I would like to take this game seriously but I'm sure that I could not afford the oil."

Sylvester Stein was trotting at the back of the field in the Class 2 race at Sheffield and got well lost in all that snow, ice and cold. He approached a group and plaintively inquired if this was the right away to Leeds! I suppose that he felt if he could get both Nationals out of the way in one afternoon he would be saving on the travel time and train fares.

Jack Heywood, the Southern Vets secretary, is well known as being of slight stature and greying of head, but with great determination. He astounded the coach on a recent trip when he announced that he thought he must look like Clint Eastwood. On being pressed to the reason why, he said that he had been running round his local park and a group of small boys had got together to chant 'Come on, big Clint.' Seems reasonable to me, anyway.

A friend of mine went to run in the South London Harriers end of season 7½ miles cross-country Yacht handicap race. One runner had just joined the club and did not know the course at all, so a friend took him out to look at the first half mile on the basis that after this distance he would be running with other athletes. When this pair returned to the start the race was already under way so they just joined in at a convenient place. My friend swears that the new chap overlapped him five times during the two-lap race . . . including the once that he came madly racing towards him!

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One of the problems with running is that what should be a pleasant interlude in a day's activities becomes the focal point and that life tends to become defined in terms of athletic successes and failures. Wives have to be reminded that there are very few men indeed who can run a 15 each day and still have enough energy left for their marital relationships. If however, you have found a way please write to me c/o this column, we'll bottle it and make a fortune!
Footsteps around my world

by Ken Proctor

Volume 1 Number 2
Nahodka to Khabarosk, January 20th.

We sailed into Nahodka Harbour while the sun was setting but the beautiful sunset did nothing to dispel the impression made by the cold. Ice was everywhere except for the areas covered by snow. The little tugboat that bulldozed its way through the frozen sea pushed the king-sized chunks of ice aside effortlessly. She was such a contrast, inundated with black filth as she was, to the spotless and colourful ones in Yokohama.

We inched our way into the harbour and darkness fell swiftly. Many of us snapped pictures of the harbour scene and we might as well have been using black and white because those and the greys in between were the only colours available.

The customs man came aboard and finally reached our cabin. He smiled when he saw our bulging duffles and said, "Any books about Russia?" I showed him my books about running and cycling and he laughed and must have thought we were crazy. Who ever saw Hemingway ride a bicycle?

Off the ship, into the cold night. Little did we know that this freezing weather was only a prelude of things to come. We all milled around in the large Intourist room while our vouchers were checked and new Russian ones issued. I thought the particularly gentle representative from the ship would cry as he told us with feminine gestures of despair that our voucher included only breakfast during our 27 days in Russia. I laughed and said, "Good, I'm too fat anyway."

The train from Nahodka to Khabarosk is legend. Even the jaded writing in the Great Railway Bazaar took a leave of absence when describing it. It is supposed to be made of carriages left over from Czarist times but if one of those carriages exists we did not get a compartment in it. Ours was new and shiny plastic and steel. It was clean and had only two berths in it. The skis were left in the aisle and no one seemed to mind walking around them. We did our best by stepping around the three bags — after all this was only for one night.

The dining carriage was not easy to get to. Each carriage has two doors with the outer one made of steel plate between two carriages and the cold wind is quite bracing as it cuts through all but the heaviest garment. Standing on these little platforms that remind one of a mis-placed Japanese bridge, trying to open one door and close the one through which one has just come can indeed be nettling. We had to negotiate for such individual antics but the results were worth it. The dining carriage was spotless and the waitresses wore white smocks and caps. The waiters were complete with white jackets and the international symbol of their profession, the napkin on the left arm. We tried the two available wines before giving up and accepting the sweet sherry-like one as best. We had had a glass of wine from Algeria in the railroad station in Nahodka and we hoped to find it on the train too. We never saw that Bordeaux-like wine again.

The food and service were good, not great, but good and we shared our wine with some young Australians who were continuing on with us.

We slept well in our comfortable compartment and we were met by Ludmilla, a pretty woman of 30 who turned out to be a vivacious and very humorous friend. She had light blue eyes that gave her dry remarks away before the slight upturn at the corner of her lips made it official.

Our hotel was just off a large square and the room was not the Ritz in Paris. It had a bathtub and hot water, though even this water trickled into the john tank at a noisy and slow rate. Twin beds on either side of the room separated us and double windows kept out the cold.

Our city tour was not to take place until 3pm so I was able to put on the Nikes and run for 30 minutes in the square in front of the hotel. I had never run in snow before let alone 18 degrees below zero. I had on my regular running suit with the only concession to the temperature, a head band around my ears and double mittens. Within 5 minutes a young fellow about 16 was running beside me and I heard "Choon gum, Choon gum. Cigarettes. Amerikawn mawny." I discouraged him with a few "Nyets..." and continued my mad path around the square. The older people looked at me with unchanging dour expressions and a few of the younger women snickered, but for the most part I was totally ignored. It was a sunny day but the strange steamy mist, which I had learned is a part of life in this cold part of the world pervaded the air. It is particularly heavy in the cities and the health statistics so frequently quoted by Intourist guides are belied by the soot from which lungs have to be relieved from time to time. The warm air I exhaled slowly built up icicles on my beard making it whiter than it already was. My legs and arms started to tingle in the effort of my capillaries to fight against the cold. After a short time my body seemed to adjust to the ordeal and I felt good and as though I could go on forever. Nonetheless I was glad when the 1/2 hour I had set as my goal was over and I could return to the warmth of the hotel.
Khabarosk is one of the oldest cities in the Soviet Far East. In the afternoon we saw our first log houses and they were sturdy and looked warm and comfortable. I thought of the cabin which had been standing on the property I bought in Vermont in 1962 and how my plan to restore it was thwarted by the heavy snow the following winter. This proved to be too much for the ancient structure and it collapsed and became a mound of firewood.

The log houses in Khabarosk have colourful shutters and intricate cornices. Only the older people live in them now. The younger ones preferring the comforts of apartments in the huge sterile looking worker complexes. In these there are bathrooms and kitchens, hot water and central heating supplied by the government. The rent in these apartments is very low, about $12 per month, clearly subsidised by the Soviet.

We saw vast buildings, each different in architecture, lining the streets in town. They had formerly been owned by wealthy merchants, dealers in precious furs and life sustaining commodities in this rugged climate. We saw two buildings across the street from each other where for one week, the Reds and the White Russians fought a last stand effort by men stood there days fishing in smashed English, wild pantomime and vodka toasts. Jacque's wine proved to be the same sweet sherry type we had on the train from Nahodka, but somehow she managed. The Pelmeny arrived. At first we thought it was onion soup because it came in a rounded brown crock about six inches high and had a beautiful thick crust on top. The crust was made of dough and underneath was a broth containing many pieces of ground meat wrapped in dough like is found in Won Ton soup. It was delicious and variations of it proved to be our favourite all the way across the Novosibirsk.

I had bought two bottles of Stalichnaya on the ship so I went to our room and brought down one of them as a contribution to the experiment in international relations. It helped and if that table had been in charge of detente, the U.S.A. and the U.S.S.R. might have merged that night.

Jacque became the queen of the table as they valiantly followed with extraordinary skill the burly Russians on the dance floor. The music was interesting and at first hearing seemed to be attempting to follow the rhythms of our own, but whether fast or slow it had its own delivery and it was difficult to get into the swing of it. Not so for the Russians. They entered into the action with great gusto and perspiration. I mean everyone in the restaurant, not just our own engineers (as we found them to be). The fast numbers were no less inventive than
exhibited that knowledge that night with close embraces, stolen kisses and longing looks. Messages were being sent and received with the accuracy of Cupid's arrows. We terminated the evening with toasts to Jenny Cartaire, to Brezhnev, to the Soviet Union, to the United States, to detente, to all Russia, the world and to each other. My new life long friend for one other twice and he insisted on a

whether or not O.K! In Russia must be tree times!!" How could I argue with that!

After that demonstration of international relations, enhanced by the quality of the vodka, we found our way up to our room, thinking that an unexpected dimension had been added to our adventure. We had been warned to look for no friendliness and that contact with foreigners was reserved for specially trained Intourist guides. If that evening with the Siberian engineers was any criteria we had been misinformed. As it turned out, our night in Khabarosk was the only time we were allowed in the same dining room with the local people and every effort was made, as will be described in the next issue, to isolate us from exchange with ordinary folk like ourselves.

There is more . . .!

******

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

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

Great Britain

VETERANS AC 10 MILES CHAMPIONSHIP.
WIMBLEDON. MAY 6th, 1978

1. L. O'Hara.......................... 51.35
2. D. Claxton........................ 51.54
3. D. Case................................ 53.32
4. T. Ryan................................ 53.45
5. R. Franklin.......................... 54.17
6. E. Nolan.............................. 54.56
7. S. Charlton.......................... 55.06
8. G. Archer............................ 55.25
9. P. Gorman............................ 55.32
10. P. Newall........................... 56.41
11. P. Wilks, 56.46; 12. K. Fidler, 56.55;
13. E. Flowers, 57.31; 14. D. Martin,
58.12; 15. J. Phelan, 58.20; 16. D.
Funnell, 58.42; 17. J. Flowers, 58.56; 18.
P. Kearsley, 58.59; 19. J. McQuillan,
59.58; 20. D. Devey, 60.10; 21. D. Hardy,
60.33; 22. D. Dooley, 60.51; 23. J. Cook,
61.10; 24. G. Salmon, 61.20; 25. G. Strong,
61.36; 26. A. Coombs, 61.43; 27. D.
Brown, 61.56; 28. E. McGregor, 62.18;
29. C. Waker, 62.46; 30. B. Gore, 62.52;
31. B. Tobitt, 62.58; 32. G. Collett, 63.04;
33. A. Tompkins, 63.10; 34. C. Charnock,
64.26; 35. R. Longhurst, 64.37; 36. J.
Fitzgerald, 64.50; 37. D. Bonsor, 65.08;
38. A. Ford, 65.21; 39. C. Bamford, 65.25;
40. C. Henn, 65.35; 41. B. Wade, 66.28;
42. E. Elderfield, 66.24; 43. P. Collins,
66.28; 44. T. Gaskin, 67.38; 45. E.
Matravers, 68.25; 46. J. Lawrence, 69.30;
47. M. McDowell, 69.42; 48. C. Manning,
69.51; 49. J. Catton, 70.17; 50. A. Smith,
70.40; 51. L. Rolls, 70.44; 52. D.
McMullen, 72.36; 53. E. Lachlan, 73.24;
54. A. Reed, 73.52; 55. J. Shave, 73.57;
56. J. Small, 74.10; 57. S. Lee, 74.36;
58. N. Noble, 76.17; 59. J. Gorrod, 76.50; 60.
R. Hopcroft, 79.19; 61. E. Peacock,
109.25.

Age Group Winners.

40-49.
L. O'Hara
D. Case
E. Nolan
50-59.
R. Franklin
S. Charlton
E. Flowers
60-69.
J. Flowers
L. Rolls
S. Lee
Over 70.
E. Peacock

A. Shepherd


1. P. Hampton, Camb H.......................... 54.31
2. T. Honeychurch, Torbay.......................... 56.15
3. C. Mills, Torbay................................ 57.49
4. J. Morrison, Exeter.......................... 58.28
5. F. Coles, Cornwall............................ 60.50

Phil Hampton

VETERANS AC 5 MILE ROAD WALK
THE FIRST of the summer races got off to a wet start with R. Powell of Enfield being the winner in his first race with the club.

The club president, 76-year-old 'Bob' Roberts warned the rest of Europe's over-70's with an obvious world's best for a 76 year old over 5 miles returning a comfortable 49.25 to exceed 6mph.

Result.

1. R. Powell, Enfield.......................... 42.36
2. D. Fotheringham, Belfairs.................. 43.07
3. P. Worth, Enfield.......................... 44.06
4. H. Jaquest, Watford............................ 46.47
5. A. Goodwin, Surrey.......................... 46.59
6. T. Cook, Bels.............................. 47.05
7. F. G. Nickolls, Surrey.......................... 49.25
8. A. Roberts, H.H.............................. 49.25
9. G. Hallifax, Surrey.......................... 51.21

Handicap 1st T. Cook, 39.25 (off 7.40).

Fred Nickolls

VETERANS 10,000m CROSS-COUNTRY
SOUTH SHIELDS, TYNE AND WEAR.
APRIL 30th, 1978

1. R. Carruthers, 1A, Gosforth.......................... 29.15
2. T. Rook, 1B, Midd & Cleveland.................. 29.52
3. R. Balding, 1A, Heaton.......................... 30.10
4. G. Back, 1A, Durham............................ 30.42
5. R. Checkley, 1A, Heaton............................ 30.55
6. P. Patterson, 1B, Gosforth...................... 31.00
7. J. Hawes, 1A, Heaton............................ 31.14
8. K. Sutton, 1A, Gosforth.......................... 31.28
9. W. Armstrong, 1A, Blaydon..................... 31.46
10. A. Prouse, 1A, Gosforth.......................... 31.57
11. P. Carmichael, 1B, Morpeth, 32.39;
12. B. Kirkley, 1A, S. Shields, 32.32; 13.
G. Freeman, 1B, Sunderland, 32.33; 14.
T. Farrell, 1A, Midd & Cleveland.................. 32.34;
15. R. Sheraton, 1B, S. Shields, 33.18;
16. B. Parnaby, 1B, Durham, 33.24; 17. E.
Appleby, 1B, Midd & Cleveland.................. 33.35;
18. J. McMahon, 1A, Durham, 33.41; 19.
T. Joyson, 2A, Gateshead, 33.53; 20. R.
Potts, 1A, Blaydon, 34.06; 21. A. Krane,
1A, Gosforth, 34.36; 22. R. Rockington,
1B, Burn Rd., 35.05; 23. C. Carter, 1B,
Gateshead, 36.17; 24. R. Brown, 2A, S.
Shields, 36.24; 25. J. Dewar, 1A,
Blaydon, 36.51; 26. J. Thompson, 2A,
Midd & Cleveland, 36.52
27. J. Walwack, 1B, Durham, 37.18; 28.
W. Bell, 1B, S. Shields, 38.13; 29. R.
Walker, 2B, Saltwell, 38.32; 30. M.
Roberson, 2A, S. Shields, 38.40; 31. G.
Bosher, 3A, Durham Police, 38.49; 32. G.
Bonner, 1A, Unatt, 39.57; 33. R. Hen-
derson, 1A, S. Shields, 40.32; 34. J.
Raitton, 2B, Midd & Cleveland, 42.15; 35.
D. Stenton, 1B, S. Shields, 44.08; 36. R.
Carlyon, 4A, Sunderland, 46.07.

Team Result.

1. Heaton (3.5,7).............................. 15
2. Gosforth (1.6,8).............................. 15
10,000 METRES ROAD RACE.
1. G. Rhodes, Stafford, 1B ...... 35.30
2. K. Hall, Wirral, 2B ............ 36.44
3. A. Hughes, Rochdale, 1B ..... 36.47
4. M. Weston, Bolton, 1B ....... 36.51
5. A. Jones, Lozells, 1A ....... 37.00
6. J. Haslam, Bolton, 1B ....... 37.15
7. R. Fellows, Wirral, 1A ...... 37.32
8. D. George, Sale, 1A ....... 37.41
9. E. Nicholls, Midland Vets, 2A .... 37.53
10. H. Thornton, ASVAC, 1A .... 37.56

SOUTHERN COUNTIES
10,000 METRES TRACK
CHAMPIONSHIPS. CRYSTAL PALACE
1. N. Fisher ................................ 31.09
2. L. O’Hara ................................ 31.39
3. M. Barratt ................................ 31.45
4. D. Claxton ................................ 32.05
5. G. North ................................ 32.06
6. A. Shrimpton ........................... 32.15
7. M. Moody ................................ 32.17
8. R. Jeana ................................ 32.54
9. B. O’Gorman ........................... 32.90
10. M. Casse .............................. 33.00
11. J. Oliver, 33.18:2; 12. J. Geoghegan ..., 33.54:8; 13. T. Everett, 34.12:2; 14. S. Charlton, 34.14:8; 15. D. Deliar, 34.26:0

GOSFORTH RELAYS.
NEWCASTLE-ON-TYNE. 8/4/78.
Veterans 4 x 4 miles. Result.
1. Gosforth A................................(Record) 87.36
F. Sayer 21.51; K. Sutton 22.01;
P. Pattison 22.56; R. Carruthers 20.48.
2. Heaton ................................ 90.39
3. Morpeth ................................ 90.59
4. Blaydon ................................ 92.45
5. Gateshead .............................. 93.20
6. Gosforth B .............................. 97.19
7. Durham ................................. 101.33

Fastest laps.
1. R. Carruthers .......................... (Record) 20.48
2. W. Ryder, Morpeth ................... 21.32
3. R. Balding, Heaton ................... 21.33
4. F. Sayer, Gosforth .................... 21.51
5. K. Sutton, Gosforth ................. 22.01
7. R. Checkley, Heaton ............... 22.29
8. S. Robson, Gateshead .............. 22.43
9. B. Kirkley, South Shields .......... 22.46
10. J. Hawes, Heaton .................... 22.47

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LADY WAFFLE TRAINER — the newest addition to our range of famous training shoes.
Built on a narrower last, it gives perfect fit for the female foot. Yellow nylon uppers with
turquoise Nike swoosh, midsole and the famous waffle sole, also in turquoise. Certain
to become as famous as the Waffle Trainer.
Sizes 4, 5, £16.75; 6-10, £16.99

VAINQUER — Just in from the States. Yellow nylon uppers with green suede trim and orange swoosh. Flared heel wedge, good heel counter and 7 spike plate. Ideal for sprint and middle
distance racing. Sizes 6-13
Special price £25.99

INTERVALLE — Strong heel wedge and lightness combine to make this a very popular training/racing spike. Blue nylon uppers with white Nike swoosh. 4 spike plate and blue suede trim.
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RON HILL FREEDOM SHORTS — Specially designed by Ron himself. Often copied but never bettered in their originality or unique design. Available in nylon or polyester cotton.
Nylon — Plain. 22/24, 26/28 £2.00; 30/32 £2.10; 34/36, 38/40 £2.20
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SHOP OPEN EVERY DAY. MONDAY—SATURDAY 8.45-5.30.
100 METRES HANDICAP
TOOTING BEC
APRIL 15th, 1978

1, W. Hartfree (14½).................... 13.0
2, S. Tein (½).......................... 13.1
3, G. Atherton (2½)................... 13.1
4, E. Hines (24)........................ N.T.T.
5, J. Searle (34)...................... N.T.T.
6, C. Speechley (34).................. N.T.T.

The last named, Charlie Speechley is 90 years old.

A. Shepherd

BELGIUM.
Vilvoorde 11.3 cross country champs.
Clem Huysen. Robert Schelfhout.
Adelin Staelens.
Group 1B Roger Monsieur. Group 3A E. Heuninck (take notice of that man).

FINLAND
Finnish Veterans Marathon
Championships. Lammi. 24/9/77.

Class 1A.
Tauno Valasti.......................... 2.28.44
Antero Rantanen........................ 2.32.55
Sune Westerlund....................... 2.33.37

Class 1B.
Henrik Anthoni......................... 2.50.00
Rainer Nieminen....................... 2.52.53
Charles Greenlees..................... 2.53.17

Class 2A.
Uljasa Kuru............................ 2.59.53

Tuure Ahola........................... 3.03.05
Matti Kankaanpaa...................... 3.06.14
Class 2B.
Eero Paula............................ 3.09.10
Rauli Furstenborg..................... 3.12.15
Tuomo Korhonen....................... 3.22.51

GERMANY
Royal Air Force (Germany) 10,000 metres

Result.
1st F.S. John Ballantine, RAF Laarbruch
Age 37.................................. 32.27
The only veteran in the race was
40-year-old Sergeant Eddie McBride who
was 9th in 36.28.

10 KILOMETRES. HAMM. 4/2/78.
2. W. Heuser (41)............... 31.37.8
G. Struck (43).................. 32.49.0
F. Schuler (43)................ 33.35.0
H. Bode (60)................... 34.02.0
W. Schiek (50)................. 34.25.0
P. Joost (53)................... 34.31.0
E. Basse (47).................. 35.06.0
D. Schmalz (45)................ 35.58.0
G. Neuhoff (50)............. 36.36.0
K. Rumselke (50)........... 37.16.0
H. Breuer (55)................ 37.30.0
W. K重塑cke (50)............... 38.08.0
H. Duwald (55)................. 38.09.0
G. Lemke (61)................ 40.53.0
H. Werle (66)................ 43.46.0
H. Bartholomeus (64)........ 45.56.0

Women.
R. Schiek (42).................. 39.38.0
H. Latzel (37).................. 41.24.0
J. Wubbeling (41)........... 41.46.0
U. Heringshaus (52)......... 48.19.0

HOLLAND——— from Gys Knoppert
Mid-winter marathon 4/2/78 in Apeldoorn,
some 750 participants. Muddy and hilly course. Ko v.d.Weyden 32y ran
2:16.00 Dutch record. In the first miles
v.Alphen was with the front runners,
probably not knowing it would be such a
fast run. Therefore he was punished with
the above mentioned time of 2:34.30
(19th). Other veterans were Klea de
Ruyter 43y, 2:35.10 (25th), Jan Pulles
2:35.52 (29th) and Louis Vink 42y 2:39.03
(37th). Lilo Kalweit-Martot 42y of Tusen-
nessen, ran a personal best of 3:07.31. Our
coming star of veteran ladies is 48-year-
old Sofie Wisman-Versteeg did 3:34.36
while husband Arnold 51y was first in
group 2 with 3:01.48.

Alphen. 11.3 15kms.
Het v. Alphen (47)...... unbelievable! 48.40
Dirk de Bruyn (42)........ 49.08
Wim Roelofs (40)........ 49.50
Louis Vink (42)......... 50.41
Johan Labberton (42).... 50.50

Group 3.
Jan Verloop (60)........ 61.20
Jan v. Ginkel (60)........ 63.13
Laag Soeren 5.3 first official veteran
cross championship.
More than 10kms very heavy.
De Bruyn (1A), 35.38; v. Alphen (1B),
35.47; Gerard Kramer (1A), 36.45.
Ladies 5kms. Corrie Konings, 20.15; Sofie
Wisman, 23.40.
Norman Bright (67, U.S.A.) — One time record-holder of the famed Dipsea Race and winner of the event in 1970, has travelled extensively competing with the best in Masters competition. But the sad news is that Norman now suffers from atrophy of the optic nerves which is gradually taking away his vision. Despite this he still enters and competes in races, unfortunately sometimes with disastrous results. He has fallen, hit obstacles and been hit himself by a car — all as a result of his failing sight. However, in the fraternity of marathon men, it is felt that a champion who is going blind should not run the last lap alone and attempts are being made by his colleagues to find running partners for this grand old master.

Derek Turnbull (51, New Zealand) — We have it on good authority that this 2A winner of the Gothenburg 1,500m has a copy-book forward lean developed over the years by sheep 'drenching.' Apparently Derek herds some 3,000 sheep which have a squirt of jollop applied to them every three weeks or so in a dipping trench. The forward lean acquired in carrying out this operation is reinforced from time to time by a body position adopted in shearing the same animals. Top coaches, eat your hearts out!

Jack Ryan (57, Australia) — Defeated Theo Orr over 1,500 in March in a time of 4:20.7 and then went on to record a 15:52.8 5,000m at Melbourne in April.

Avon Marathon (March, Atlanta, Georgia) — The first ten in this Women’s International Championship recorded times inside 3 hours including two 35+ year olds.

Boston Marathon. — The women here did even better with the first 29 of 154 starters finishing inside 3 hours. See elsewhere between these pages for fuller details of both these events.

Women’s Marathon, U.S.A. The boom in Masters athletics over the past few years can only be matched by women’s marathon running. The number of events is increasing almost annually as is the number of women competing. As Ruth Anderson, U.S. representative to the World Veteran Assembly, points out, one nice thing about distance competition in the U.S.A. now is the great number of races from which to choose. This means that the same people cannot enter all the events, let alone the same person win them all. For example, Miki Gorman was winning the New York Marathon in October, Ruth Anderson and Donna Gookin were fighting out the National Championship in Minnesota on the same day!

Ruth goes on to observe that the growing world-wide interest in women’s marathon, as reflected by entries in the recent Avon Marathon (results below) suggests that the time may be near to make representations for inclusion of the event in the Olympics.

Boston Marathon.
1. Nina Kuscsik (35+) 2.57.22
2. Joan Ullyott (35+) 2.58.43
3. Toshiko d’Ella (40+) 3.04.26
4. Nicki Hobson (40+) 3.09.42

International Avon Marathon, Atlanta, Georgia. 19/3/78.
1. Cindy Dalrymple (35+), Hawaii..... 2.52.10
2. Liane Winter (35+), W. Germany.. 2.59.42
3. Bev Shingles (35+), New Zealand... 3.00.35
4. Sue Stricklin (40+), Hawaii.......... 3.04.48
5. Joan Ullyott (35+), U.S.A........ 3.05.00
6. Toshiko d’Elia (40+), U.S.A........ 3.06.49
7. Mary Alexander (35+), U.S.A..... 3.17.34
8. Ruth Anderson (40+), U.S.A...... 3.17.34
9. Marilyn Paul (40+), U.S.A........ 3.19.34
10. Nancy Parker (40+), U.S.A....... 3.20.20
Dr. Torsten Castenfelt — From Stockholm (Sweden) informs us that his special interest is soccer, and during the winter he and the other boys play up to two hours in the snow. Until now he has never trained for track and field sports, but having recently read about the Veterans Championships in the newspapers, feels he would like to have a go. Nothing unusual about this — you might think — except that Dr. Castenfelt has just turned 70 years of age and of the boys he usually trains with, not one is more that 35 years old!

Hal Higdon — He has been feeling embarrassed about it being mentioned, twice in fact, (in April issue of Veteris) that he was gunning for a fast time in the Boston Marathon. It was true last winter, but he has since had injury problems, (his psychosomatic nerve). As a result, he went to Boston and didn’t intend to race hard. He started in the back row and finished the course in 3.29.29 (bearing in mind it took him six minutes to get to the starting line!). Hal informs us that he now intends to tour South Africa and run his first 50kms — at altitude no less! After that he is looking forward to the Mayor Daley Marathon in Chicago on September 24th. A field close to 10,000 is expected for that. Running has really become a mob scene in the Colonies!

Maurice Morell — One of the world’s leading steeplechasers is unfortunately at present stricken with lumbago, rheumatism etc, after winning the National Police Vets for the sixth year. (Perhaps it’s due to the fact he ran in bare feet!).

No results will be published in Veteris if held over Imperial distances except one mile.

Herb Elliott — Here is some up-to-date news. Herb has been back in Perth for a couple of years, and has been prominent in sporting circles as an administrator. He was responsible for a big public jogging programme which has resulted in several hundred more regulars. Recently he was selected as manager of the Australian Athletic team for the Commonwealth Games.

John Gilmour — John recently turned 59 — and celebrated it by running 10 miles in 54 minutes 30 seconds! This was in the Western Australia State Championship over a certified road course.

Cliff Bould — Cliff has recovered well from a major operation in England last year, and is now running regularly, generally 10 miles in a session. His assistance as honorary physiotherapist to the Western Australia Veterans Club is greatly appreciated.

Dick Horsley

Jack Lawton (Leeds City) 93rd in 63.18.
Longwood ‘10’ Miles Road Race.

IN THE BEGINNING
One of the first Masters races in Canada, July 1965. Amongst those shown starting the Masters 1 mile Gordon Carton, later a Provincial Cabinet Minister, (centre without shirt) Milt Wallace, Don Farquharson, John Reeves (extreme right) Bob McQuillan and John Raymer.

Photo by kind permission of Globe and Mail, Toronto.
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TRAINING WITH CERUTTY. By Larry Myers. Larry Myers was handpicked by the eccentric coach to carry on the Australian's work. Myers brings order to the seemingly chaotic flow of ideas which guided from the eccentric coach. We see in Myers' book that Cerutty's thinking on matters such as strength training, running technique, breathing and diet may have been far ahead of their time.

174 pages. Illustrated. £2.75

INTERVAL TRAINING. By Nick Coates. Boston marathon winner Coates shows you how to use intervals intelligently, based on what your body is capable of doing. A fresh look at a popular training system. 80 pages. Illustrated. £1.30.

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1976 OLYMPIC GAMES. A close and complete look at the Montreal track and field events by the editors of 'Runner's World'. This book captures the 'personality' of the games and analyses their implications. Each event, man and women are covered in detail in the 256 page book with over 100 photographs by British Sports photographer Mark Shemman. £2.75.

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