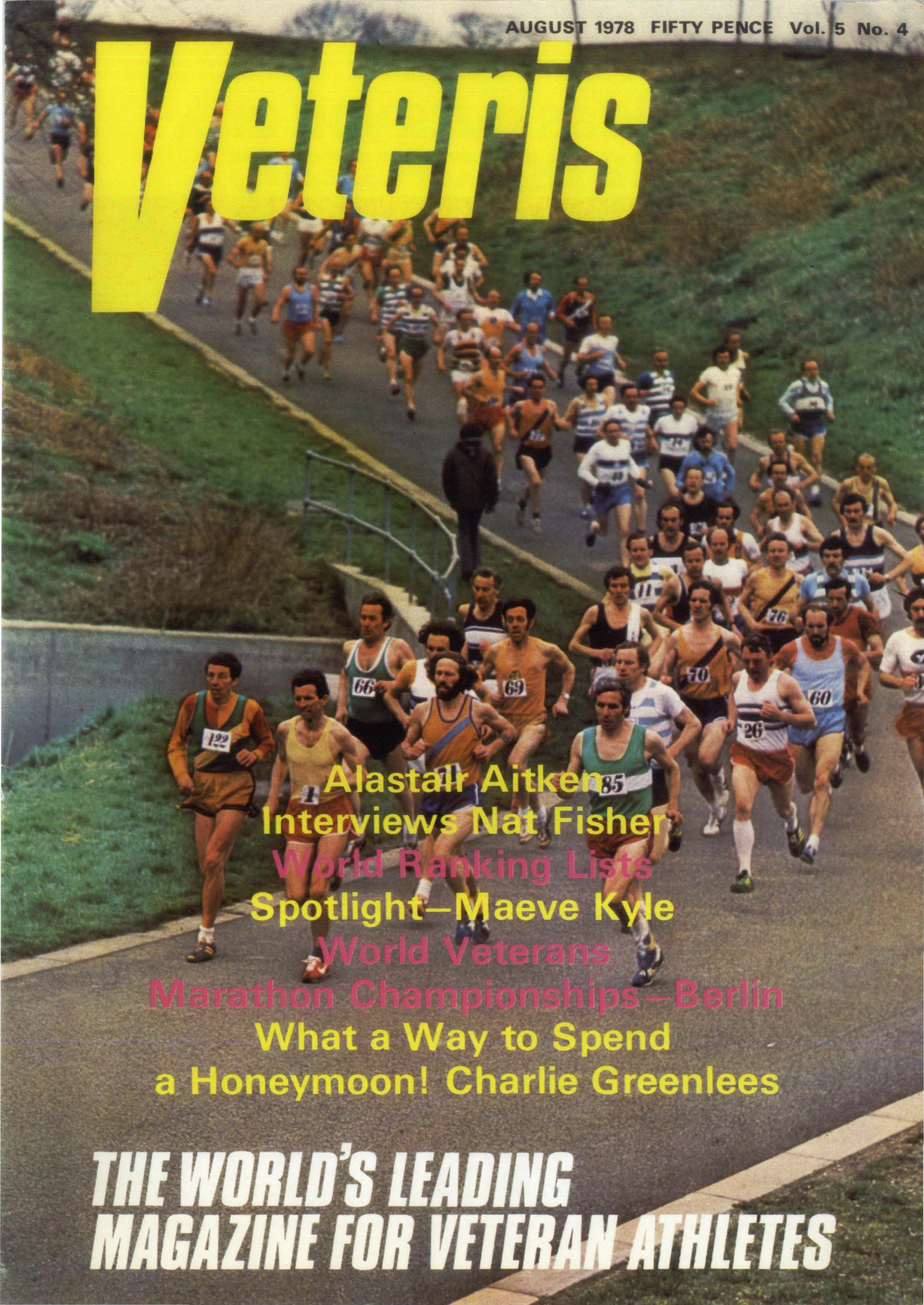


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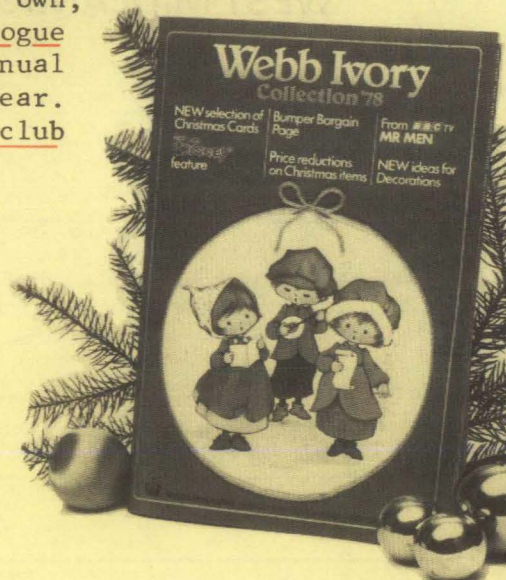
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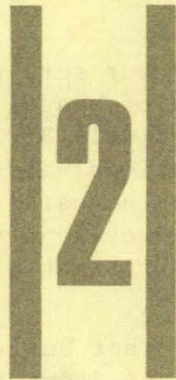
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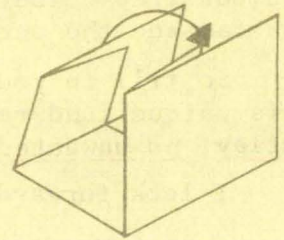
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ERNIE BARRETT

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The field begins to spread out in Woodford Green's, R.A.C.E. Road Races. Photo Mark Shearman

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Spotlight on

MAEVE KYLE

by Wilfred Morgan

IT SEEMS that the majority of those vets who had many seasons in open competition were late developers. That is to say they had their best seasons when they were around the age of thirty, and in some cases older than that.

Maeve Kyle falls into this category. She became W.A.A.A. 440yds champion at 32, was a finalist in the European 400 at 33, placed third in the European Indoors at 37, and made the final of the Commonwealth 400 a couple of months before her 42nd birthday.

Now in her fiftieth year she has embarked upon her umpteenth season of track competition and is looking forward to the coming Veteran Championships in Italy. This will be the latest in a long line of international meetings at which Maeve has competed. The first of these was the Melbourne Olympics of 1956 when she became the first woman athlete to represent Ireland at an Olympic Games.

Born in Kilkenny, she seems to have inherited a love of sport from her parents, both of whom played various games to a pretty high standard. Her father was a scratch golfer and also played soccer, rugby and tennis with above average ability. Mother was a capable sprinter and a very good hockey player. Along with this both were university graduates so Maeve inherited brains and sporting ability, plus of course all the usual Irish charm.

Her girlhood until the age of

13 was spent at a boys boarding school, not because of any doubts about her gender, but because her father happened to be headmaster. Short of girl companions she joined in all the boys sports activities — even to the point of playing with the Under-13 rugby team! Dad drew the line at this, but it needed a few whacks with a

slipper to persuade his protesting tom-boy daughter that rugby was not the game for girls. Of course, the boys were equally annoyed having lost the service of such a promising prop-forward.

Probably the most notable of the 'old boys' at Kilkenny School was Jonathan Swift (1667-1745), the author of *Gullivers Travels*.



Maeve Kyle.

Photo Gregory Meade

One can say without fear of contradiction that the most famous 'old girl' is Maeve Kyle who brought 'women's lib' to the playing fields of Kilkenny.

Maeve discovered that there were other girls in the world when she went away to girls boarding school in Dublin. It was there that she developed a talent for playing hockey, so much so that upon leaving school she went straight into the Irish National Team.

There was no emphasis on track and field at the school, even though Maeve at the age of 15 was able to high jump 5ft and long jump 17ft 6in at the annual sports day. Compare these untutored efforts with the marks that took the first places in these events at the London Olympics five years later, 5ft 6½in and 18ft 8¼in!

After school Maeve went to Dublin University, studied natural science for four years and did an extra year on a post graduate

course. During the years at university her serious sporting interest was hockey and this is hardly surprising because she had by now established a regular place in the national team. However, hockey is essentially a winter game and Maeve attempted to start a track and field section for women, primarily to keep fit during the summer months. Her efforts were unsuccessful and almost certainly this was due to the existing moral climate in Ireland in those days.

A pastoral letter delivered in the churches at Easter in 1948 made reference to the immodest mode of dress of some sports-women and this was taken to mean women athletes in particular. So the female students at Dublin University were not encouraged to take part in athletic events and Maeve had no chance to develop her undoubted ability.

Maeve first started running

when her future husband Sean thought it would be a good idea for her to practice sprinting simply to keep fit for hockey. When they were married in February 1954 the couple set up home in Ballymena, N. Ireland, which is Sean's home town. They lost no time on forming a ladies section within Ballymena AC and it was then that she started to take a serious interest in athletics. Pregnancy kept her away from the track in 1954 but during the following two seasons she competed regularly over 100 and 220 yards, showed good form and had a string of victories that led to Olympic selection, so becoming the first woman to represent Ireland in the athletics arena. It should be noted that the discerning girl from Kilkenny had selected a husband who happened to be a qualified track and field coach.

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town of some 15,000 people about 30 miles north of Belfast. There is no running track. Maeve's training was done on grass, road and cinder path. Far from ideal when one is training for international events but surprisingly she does not think that lack of facilities hampered her at all. She considers the fact that she had a good coach of far more importance than a synthetic track.

An Olympic Games is hardly the occasion to face international opponents for the first time, rather like being thrown to the lions. Fair to say Maeve was outclassed and eliminated in the heats of both short sprints.

The Irish contingent as a whole did very well in Melbourne, of the 13 that made the trip six made final placings and four of these brought home medals. Among the medals was the athletics Gold won by Ron Delaney in the 1,500m. Regarding Delaney's win, Maeve recalled how the famous but cantankerous Percy Cerutti tried to dent the Irishman's confidence. On an occasion sometime before the Games got underway he approached Delaney and confidently told him he was wasting his time in Melbourne because he had no chance of beating his boy (John Landy). Needless to say that did not wash with Delaney and merely provided him with a final touch of motivation. Percy had tried this same tactic on Roger Bannister some years before. Seems he did Landy a dis-service by getting his opponents steamed up.

After a blank season in 1957 Maeve returned to the track in 1958 and was selected to represent N.Ireland in the Cardiff Commonwealth Games. She was one of a four woman track and field team, Thelma Hopkins, Mary Peters and Bridget Robinson completed the quartet. The four made up N. Ireland's 4 x 110 yards relay team although Maeve was actually the only track athlete, the others were there to compete in field events.

The following season brought an improvement with personal bests of 11.0 and 24.9, and a third placing in the W.A.A.A. 220 yards championship. Nevertheless, the several seasons spent contesting the short sprints showed that Maeve was a fair sprinter well capable of cleaning up domestic opposition but also showed she did not have enough leg speed to make progress internationally. In 1959 she tried a couple of 440's and it was soon evident that she would find this distance a more favourable proposition.

Not until the I.O.C. agreed in 1960 to include a womens 440 in the 1964 Games did she seriously turn her attentions to the 'long sprint.' Prior to the Rome Olympics she ran an invitation 400 at the British Games finishing in 56.3 behind Joy Jordan (55.3) and Pam Piercy (55.8). In Rome she went out in her 100m heat running well below her best form, made a better showing in the 200 with 24.9 but again went out. This was virtually the end of any attempts to seriously contest the short sprints against top class opposition.

Sometime during the following winter Maeve remembers confidently telling Sean that she would win the next seasons W.A.A.A. 440 yards championship and that her husband seemed equally confident that she would not. Whether this was Sean Kyle 'doing a Cerutti' in reverse is not clear. Anyway, that winter Maeve's training was geared to the quarter mile and contained plenty of long slow runs, weight training and steep hill running.

Coming up to the championships in July she still felt convinced she would win her first British championship. On the day her confidence received a momentary jolt when in the final she drew the outside lane. But true to her word she came through and did the trick in 56.3, with Jean Sorrell and Joy Grieveson following her home

for the most satisfying performance of all her track races.

Maeve approached the 1962 season with two main aims, defence of her W.A.A.A. championship and a possible medal in the European Championships. At the W.A.A.A.'s she won her heat in a remarkably good personal best of 54.9 and went into the final as the fastest qualifier. She must have lined up with just as much confidence as she had felt the previous year. Unfortunately she was not able to reproduce her earlier form and after a hard battle with Sorrell and Grieveson gave way to take third place, her time in this one was 55.4 to the winners 55.1. Her run in the heat was the fastest in Europe for the season so far.

So, in early September on to Belgrade for the European's where she was entered in the 400 and 800. The trip to Yugoslavia was quite eventful. Travelling overland by train with Sean and Daughter Shauna who was then 8 years old, they were stopped near the Yugoslav border as a result of a crash further up the line and had to walk a mile or so along the track before boarding a relief train. Later after parting with her husband and daughter who went on to a holiday resort, Maeve continued to Belgrade on another train on which she helped to deliver a baby!

Surely enough excitement for one day, but upon reaching Belgrade late that night she failed to make contact with the Irish party, found herself without the necessary documentation and being regarded with some suspicion by the authorities. Helped by a couple of British journalists she managed to get out to the athletes quarters and after convincing the guards that she was a competitor was found accommodation. Tactfully not turning on the light she crawled into bed in the early hours of the morning.

To her mortification, at day-

break she awoke to the sound of foreign male voices and found she was sharing a room with the Finnish mens team! "There were all these huge naked blonde men all around, I pulled the blankets over my head and hoped they hadn't noticed me.....as soon as they went to breakfast I leapt out of bed, gathered my things together and tore out of there as fast as I could go." For the rest of the championships she was found accommodation with the Russian womens team which she says was not so much different from sharing with the men.

The real business got underway and on the first day Maeve placed second in her heat behind Parlyuk (USSR) with 55.1. In the semis Maeve was drawn with defending champion Itkina (USSR) and safely made the final with third place in 55.4. The other semi was won by Joy Grieveson in 54.2 and it was obvious something better than 54 would be needed to take the gold medal.

As most people expected Itkina stamped her superiority upon the race and was three yards up on Grieveson at the post with 53.4 to 53.9. Maeve herself was in contention at the 200m mark which she reached in under 25 seconds, unfortunately she did not have the strength to back up this boldness and coming into the straight was a spent force, she trudged to the line a distant last in 57.2. A brave try but that's how it goes sometimes. A slight consolation came next day when she recorded a personal best of 2.13:0 in an 800 heat.

It was evident she would have benefitted from more top class international competition, but because of her Irish qualification she was unable to represent Great Britain on the 'international match circuit' and had to wait for the major games.

In 1964 Maeve appeared in her third and last Olympics, but only after over-racing in order to

convince the selectors of her worth. "I'd left my best form on track all over Britain before being picked at the last minute. I had got to the point when I did not care if I went.....I was really raced out." As it was she made progress into the semi-finals of both 400 and 800 and recorded creditable times of 55.4, 55.3; 2.11:3 and 2.12:9.

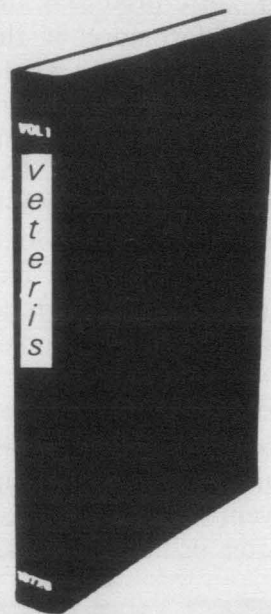
She has many fond memories of these great gatherings but in recent years has become disenchanted, to say the least. When questioned about the Olympics she spoke with some feeling. "I'm glad I took part in an era when I could enjoy it so much, it scares me to see the pressures the kids are under now and I don't think there is a lot of fun in it for them. There was a heck of a lot of fun in it for me and those of my generation. It's one of the sad things about modern sport to see how the Olympic spirit has deteriorated. I hated Munich! Not only the terrible political incidents but the attitudes of coaches and athletes, and the commercialisation. I wanted to get out of the whole international scene, I didn't want anything to do with it and I didn't want to encourage kids to go to into it.....However, two years later I had the opportunity to go to New Zealand for the Commonwealth and happily that restored my faith in international athletics. I saw that people could take part in top line events and still enjoy it. That's why I enjoy veteran athletics so much. It's a good atmosphere, it's fun."

At the end of the 1966 season Maeve announced that she was retiring from representative athletics but would continue to compete at club level and help with the coaching of youngsters. Earlier that year she had shown good form when running in the first ever European Indoor Championships in Dortmund, she took third place behind Henning (WG) with 57.3 to the winners 56.9.



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Maeve's heat time of 56.4 was the fastest of this event.

The state of semi-retirement did not really suit Maeve, although she kept broadly to her word for almost four years. In 1970 the Commonwealth Games came to Edinburgh and Sean persuaded her to come back in order to make up the N.I. relay team. In fact she did better than that, she gained selection for the 400 metres. There was some criticism from the press at the inclusion of this 'elderly lady' who was in her 42nd year.

Maeve's showing in Edinburgh justified her selection, she qualified for the final with 55.3, her fastest 400 since Tokyo. The final itself on July 23rd produced the best athletic performance of the games, an outstanding world record of 51.0 by teenager Marilyn Neufville (Jamaica) who was simply in a class of her own. The veteran from Ballymena found it hard going but still finished with a splendid 55.7, not bad when one considers she was old enough to be the mother of any of the other finalists.

An interesting fact emerges from research into Maeve's 400/440 races. When competing in an important event she almost certainly ran faster in her heat than

she did in the final. This liability is strange in such a seasoned campaigner. She gives a clue to the reason for this when she admits to being extremely nervous before big races and important hockey games. It seems likely that she exploded too much nervous energy in heats and did not have enough time to build up another head of steam before the final. A carping criticism perhaps, but Maeve deserves to be judged by the highest standards because during her peak years of the early 60's she was a match for any of the top British girls over 400 metres and on occasions made the world ranking list.

Daughter Shauna, as one might have expected with such a sporting pedigree, took up athletics and developed into a pretty useful high hurdler. In 1970 and 1971 she appeared with Maeve in the N. Ireland team, At Portadown on June 19th, 1971 in the Trophy meeting for U.K. Countries they apparently created a bit of athletics history by becoming the only mother and daughter to run together in a senior national relay team. A few years ago a sports magazine organised a beauty contest for international sports-women and Miss Shauna Kyle became Miss Sportsworld of that

particular year. Much to her mothers regret the glamorous Shauna no longer takes part in athletics.

Maeve arrived on the international veteran scene in Toronto but had to wait until Gothenburg for her first victories. There she won four Golds, 100, 400, high and long jumps. She enjoys vets athletics very much indeed.

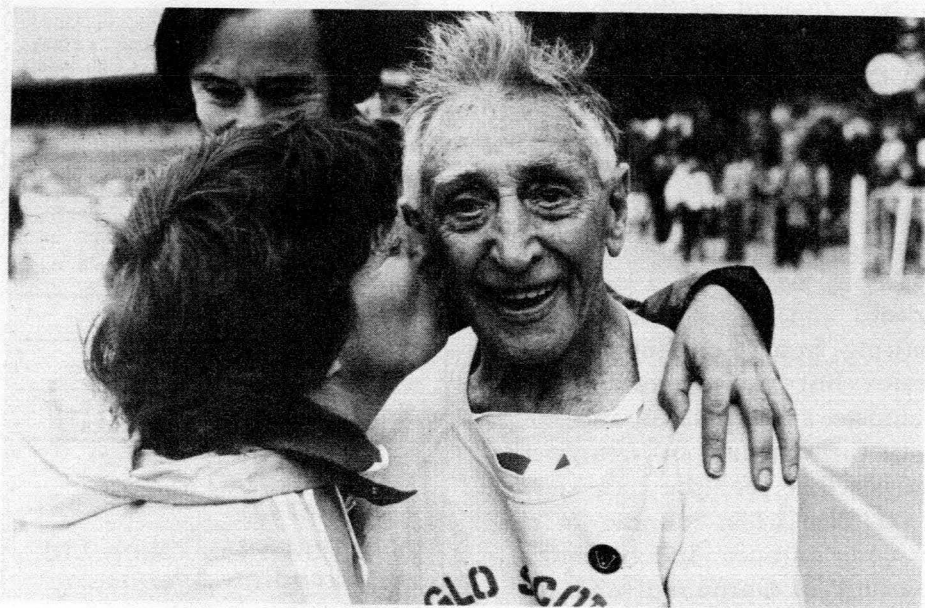
When asked if she had a favourite country among the many she has visited she replied, "Countries are people and I seem to make friends with people everywhere." This reply contains the essence of her personality, she is by nature gregarious and loves involvement with people of all ages. Maeve Kyle is really no age at all, she has an extrovert and zestful attitude that cuts across all the generation gaps and age groupings that permeate our society.

Retirement from any of her sports activities is for her unthinkable, she has just completed her 32nd consecutive season of senior hockey. For many of those seasons she was a regular choice for the national team and gained 58 full caps, which was and I believe still is an Irish record.

These days training is not taken as seriously as in previous years but she tries to get in some sort of running everyday. It seems remarkable that except for being troubled by the dreaded achilles tendon in Edinburgh 1970 she has had very few other injury problems. This is certainly due to the importance she places on mobility exercises and maybe the weight training she has done has helped in this direction too. She still has the trim, youthful figure of someone half her age. In recent seasons she has got in shape for the veterans meetings by competing with the youngsters at club level, and no doubt in true Maeve fashion enjoying herself immensely.

She has the highest regard for

continued page 12



Maeve taking full advantage of young Duncan Maclean.

Photo by kind permission of The Sunday Times

Veteran Athletes, their Weight and Fat

by **PETER SCOTT**

JAMES CHRISTIE, in his article on body-weight (Veteris, Vol 1, No. 1), made some valid observations relating to the incidence of weight increase in veteran athletes and some possible causal effects were mentioned including some physical and social implications.

My intention here is to look a little more closely at physiological and other factors fundamental to the body-weight of athletes.

A persons body-type is decided during the intitial stages of embryonic growth as a result of parental genetic association. As a result we tend to be fat, lean, muscular or a mixture of any or all of these elements to one degree or another. This is something we can modify slightly but cannot basically alter.

Between 1940-54 Sheldon devised a system of categorising physique according to body measurements plotted on a two-dimensional diagam. This technique of somatyping, as it is called, recognises three extremes: endomorphic, or a tendency toward body fat; mesomorphic, or muscular; and ectomorphic, or a tendency towards leanness. It is very rare, in fact well-nigh impossible for any one person to have a physique exhibiting these extreme categories alone. Generally speaking all of us show a preponderance towards one extreme but also have elements of the others. So it is that throwers are as a rule endormorphic mesomorphs, i.e. muscular types with elements of fat, and 5,000/10,000m men are usually mesomorphic ectomorphs, i.e. lean types with elements of muscle.

Training programmes will of course modify the basic pattern so that, by virtue of the activities they undertake, throwers will

become more muscular and lose a certain amount of body-fat and distance men will become leaner. When the athlete gives up the sport completely or cuts back on his exercise then the body will revert to type and body-fat, mainly due to persisting eating habits.

Now it is a fact that body-fat weighs less than muscle so we have a situation where the body weight of a fit, young and well conditioned mesomorph will be greater than when he reaches middle-age, gives up exercise, allows his muscles to atrophy and develops fat-folds. On the other hand an ectomorph, being lean anyway will probably add fat to his body-weight on giving up running and may therefore weigh more in middle-age than in youth. So you see it is misleading to use body-weight as the criteria by which to kid yourself that you are in good shape. Fast running and fat bodies do not go together any more than general fitness and fatness.

How does one stave off the accumulation of body-fat? Well, apart from simply chewing the food but not swallowing it, running seems to be a good answer. Research on veteran athletes (Pollock, Miller & Wilmore, 1972), has shown the mean skinfold fat in 40-49 year olds training 40.4 miles per week to be 59.4mm, 47.8mm for 50-59 year olds training 42.0 miles per week and rising again to 52.8mm for 60-69 year olds training 29.7 miles per week, and to 70.0mm for 70-75 year olds running a total of only 20 miles per week. It would appear then that there is a direct correllation between fat-fold measurements and distances run each week.

It may be quite likely that one reason why former sprinters turn to distance running is because they become concerned about their fat accumulation and wish to disperse it. And when one considers that running can account for approximately a 100 calorie energy expenditure per mile, it would seem they are right in making such a switch. It stands to reason that, given a sensible diet, greater mileage should result in less fat.

As mentioned before, weighing can be misleading. Much better to use a simple 'pinch' test on various parts of the body. C. T. Kuntzleman suggest four such test spots for men, with women using just the first two:—

- 1, At the back of the upper arm (triceps). Pinch the skin mid-way between shoulder and elbow pulling it away from the under-lying tissue. Take the measurement vertically in millimetres.
- 2, Mid-way between the lower rib and hip-bone, about an inch above the hip. Lean slightly towards the side which you are measuring and the fat fold will become more evident.
- 3, Let the arm hang loose and perform the pinch test on the front of the arm taking the skin fold vertically.
- 4, The upper back (subscapular) measurement is taken just below the lower part of the shoulder blades with the skin-fold being made at a 45 degree angle.

The measurements, four for men and two for women, should then be added together and the

continued page 14

Alastair Aitken interviews.....

NAT FISHER

Alastair Aitken: What would you say to someone who was 38 to 39 years old and wondered if they should venture into the sport of veteran athletics?

Nat Fisher: I have always had the feeling that age is a number and you should ignore that number. I feel that if you can do a certain thing at 39 years of age, why should you stop at 40? It's just a number to me! So far I can do it, so I will keep on doing it till my number runs out.

AA: Does your job of van driving fit in with your athletics?

NF: It does now. If I had the conditions of my present job 20 years ago, I think I would have been OK as a runner because things fit in well. In the 60's I had to work on a Saturday, and the only way I could race was to disappear from work for a couple of hours. So I used to train, not really knowing if I was going to be able to race or not.

AA: Which races in your long career would you say gave you the most pleasure at the time?

NF: In a club 3 miles race at Woodford Green, I went off by myself with three laps to go and ended up doing 13.42 which was three seconds inside the European qualifying time, and that was just something out of the blue. Another was the heat of the Southern in 1977 when I did the 1,500m in a new vets record of 3.56:6. I enjoyed the time I was in Germany. They had meetings most weekends, and the atmosphere was good as there were gymnastics, and trampoline as well as athletics. There was something for everyone, and it was more of an afternoon out for the family.

AA: Do you think the great athletes of yesterday would be able to match up to the ones at the top in 1978?

NF: I think any of the top athletes

of yesterday, if they were competing now would still be the top men of today; they were just born in a different period of time. Undoubtedly, Herb Elliott in my opinion would be there now. I think a person who can go the whole of their career without losing a race at his particular event must be the greatest.

AA: Brian Hewson and Mike Rawson beat Herb Elliott at the White City over half a mile.

NF: That was the only time I ever saw him in trouble and I think he had just come from Australia, so maybe he had not settled down. Often in 1,500m or 1 mile races, it was just a sprint over the last 300m but he made sure by that time the last 300m came along you were not on his shoulder. He had such a fighting quality about him.

AA: As a miler, you obviously appreciate Elliott but were you inspired by any other athletes?

NF: I think the real time I got inspiration was by seeing a film called "Man of Bronze" with Burt Lancaster taking the part of Red Indian Jim Thorpe (the famous decathlete).

AA: Are there races as a youth that particularly spring to mind?

NF: One that I remember is when I won the Southern Youths Cross-Country Championships. As I recall it was my second ever cross-country race, my first being the Middlesex Youths Cross-Country where I finished 12th. The Southern was at Parliament Hill Fields, and I had no thought of winning until with about three quarters of a mile left, I found myself in the lead. Stan Eldon was 2nd with, I believe, "Kipper" Herring third.

In the 60's I ran a 4min 4sec mile which was considered a good time, but miling was in the doldrums

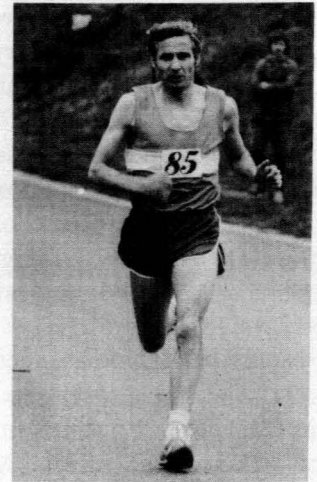


Photo Mark Shearman.

then! Ibbotson was down to 3.57 but the international athletes were doing about 4.2 and being picked to run for England! Another pleasing race for me was when I equalled Gordon Pirie's 1½ mile world best, of 6.26 at QPH. My only other time at this distance had been 6.35 when winning in Southend. I beat about nine other internationals including Bruce Tulloh and found it easy. At the time I thought I had actually beaten Pirie's best. To think that now blokes like Dave Bedford go out and do that in training!

There was one race where I ran with Herb Elliott at the White City. I was only told at about 2 o'clock that I was to run, and I had to rush home and get my gear. I had already been out training in the morning. It was a mile race and I was supposed to pace over the first 880 yards but nobody appeared to want to follow me. If I had been allowed to run the way I wanted to, I could have come about third but in the end I finished up last. Elliott, Gordon Pirie and Sullivan of Rhodesia were the first three.

AA: Do you think that all-weather tracks make a lot of difference to the miler?

NF: I am quite sure that if tartan had been around in those days I would have broken four minutes for the mile, there is no doubt about that.

AA: You stopped running for a while and started coaching. Why was that?

NF: In the bad winter of 1963, I was running the Southern Cross-Country Championships at Parliament Hill in about tenth place, when I slipped on the ice coming down hill at the finish, falling onto my back and putting my spine out. For approximately 18 months I could hardly walk. I was getting pains in my back and leg where it was playing on my sciatic nerve and eventually I had to pack up because I just could not run. I stopped for about six years until 4½ years ago, when I moved out near Harlow. I had a phone call asking if I would like to come down to Harlow Athletic Club and do a bit of coaching. Their top coach, Cecil Smith was going to Canada and they wanted someone to fill in the gap. As I explained to Dave Patey who phoned me, I had been out of running for about six years and was probably a little behind the times as well as being overweight — about 12st 6lbs. However, he encouraged me to go down, and I started coaching three young girls of about 14 years of age.

What I achieved with them gave me great satisfaction. One, Toni Lattimore, won the Essex three years running, and also won the Southern, the Southern Inter-Counties and the National Junior Cross-Country Championships. Sandra Noble finished second in the junior rankings for 800 metres and the third girl, Ann Tamplin finished fourth in the National. I started off just jogging with the girls and came down from my 12st 6lbs, and they slowly got me fitter, which was good because if I had come back running by myself, I would have gone out, pushed the training, and ended up with injuries.

AA: You then aimed for a

marathon?

NF: I always had the ambition to do a marathon. Harlow has its own marathon, and I could train round the course — why not have a go? I finished up with 2.23:02. I started training over a six months period as a build up for it. In fact my greatest satisfaction was my patience in training!

I reached a maximum of 150 miles a week, four weeks before the marathon, training from Monday to Saturday so I was doing approximately 25 miles a day.

AA: You are not a high mileage trainer though?

NF: When I was younger the longest run I would ever do was 7½ miles so anything over that was a long way to me.

AA: You won your first Southern Veterans Cross-Country Championships training 40 miles a week which was a maximum mileage for you then, what are your impressions of Gerry North who finished second?

NF: I knew I could be in the first three but I also knew that Gerry would be the hardest one to best in that race. He has been rated as the greatest cross-country runner in Britain in recent years and I would agree with that. I knew that I would have a hard race with him. In fact, it was a hard race, very hard.

AA: Gerry, of course, is not doing the training he was when he was at his best, so do you think that he can expect veteran running to be so rewarding for him?

NF: I think people who never really achieved much in their younger days probably enjoy veteran running more than a person like Gerry North, who achieved so much. He could find that it is a little bit harder to match the successes that may have come easy in his races as a youngster.

AA: The National Vets race at Birmingham last year was a terrific race and it is interesting to recall who the first six were:— Roy Fowler (for the third time), 34.04; Nat Fisher, 34.29; Gerry North,

34.38; Ron Gomez, 34.59; Dick Cooper, 35.11 and Harry Clayton, 35.13. In that race Gerry North, Roy Fowler and you were all in a horizontal line with two laps left and it was a battle of wits as to who was going to win?

NF: There again with a lap to go I thought that I could win and I thought the only danger was Roy because you can never underestimate him. I had beaten Gerry in the Southern and knew I could beat him again. When Roy made his break, as I have said to many a person, I think I was dreaming. I was thinking about when I should make my own break when he put in three tremendous bursts that really made me seize up. I think this was from shock rather than the exertion of the burst, but he went away and beat me by about 25 seconds! Fowler is special as a cross-country runner — you have never beaten Roy until you breast the tape!

AA: Last season you won the Southern Veterans Cross-Country, so although Fred Pendlebury ran brilliantly in the National at Sheffield, you must have thought that you had a good chance of doing well, had your entry been accepted.

NF: I was rather annoyed about that! I was well prepared for that race. I heard there was a very steep hill on the course, so I had been doing a lot of hill work, including a session up the long hill at Parliament Hill Fields once a week. Over a very hilly course at Amptill in November, I held John Wigley to less than a minute so I'm sure I could have done well at Sheffield.

AA: What about your veteran track meets last year — How did they go?

NF: The Southern was my first track meeting in vet's circles and I was a little bit scared. I started off with the 1,500 which I ran just to win and was not interested in times. I won the 800 (my first since 1962) in about 1.59:9, without any 800m training. I was very pleased with that. I was going to double up again in the National, but I had another

recurrence of my back trouble and I had two weeks out completely with no training. I think it is because of my injury that my left leg is slightly shorter which throws a strain on to my back. I had an elastic plaster round my hips which was only taken off on the Thursday before the race. I won the 1,500 in about 4.3 but found it very, very hard, and I had to really dig down to win.

AA: In the World Masters in Gothenburg, you finished third but I believe you came near to winning.

NF: There again, I planned my training 10 weeks previous to the race but unluckily for me, when everything was going great I had trouble again with two weeks out. I think that actually lost me first place because normally when I hit the front I just keep going and going, but in the final of the 1,500 I hit the front but did not get away. I led from Huysen and Tony Blue, but they came on the last bend and then just held their advantage to the finish.

AA: What is your weekly training?

NF: My training is not ideal, but convenient. I train in my dinner hour and I also train in the evening, with whichever groups I am training. On Mondays I do a pyramid session of 600's down to 200's and up again. On Tuesdays I train at Battersea Park on the track or the road, and I do something like 5 x 2,100m runs on the road in 6½ minutes with 3 minutes recovery. On Wednesdays I do 8 x 1,000 in 3.3 with a 3 minute recovery. On Thursdays its normally a 9 mile steady run. Fridays I try to do 5 x 500 with a three minute recovery in anything between 77 and 81 seconds depending on the time of season. On Tuesday evenings I have a 10 mile run. Wednesdays and Thursdays I have to fit in with what I am doing with the youngsters. So, I am normally training 8 times a week. I don't normally train on Saturday or Sunday.

AA: What do you think of the

'Veteris' sponsored Woodford Green A.C. race at the Eastway circuit which you won from Robin Campbell?

NF: To me the Woodford race will be one of the top vets races in the South because there is a varied course, ideal for spectators, easy parking and nice warm showers.

Nat Fisher is 41 years old and his racing weight is now 10 stones 6 pounds to 10st 7lbs whereas when a young man it was 9st 13lbs to 10st 2lbs.

continued from page 8

her husband's coaching ability and believes he has not been given enough credit for the work he has done for athletics in N. Ireland. It was he who started Mary Peters on the road to international fame but his name does not appear at all in Mary's recently published autobiography.

Maeve finds time to read quite a lot and mentions Harold Robbins as one of her favourite authors. Apparently she takes a keen interest in current affairs and most days gets through as many of six newspapers. She has a tendency to catch up on her reading in bed last thing at night, a move that is not too popular with her coach.

Finally a word in favour of the 'Maeve Kyle Attitude.' Right from the start she showed that enviable ability to perform proficiently over almost the whole range of track and field events, and of course particularly well over 400 metres. However, more than ability she brought an admirably balanced attitude to the athletics arena that is often missing from the scene these days. Irish athletics should feel proud of its 'first lady.'

Full Name Maeve Esther Enid Kyle
Maiden Name Shankey

Born Kilkenny, October 6, 1928

Present Occupation Schoolteacher
Housewife

Height 5ft 2½in/1.59m

Weight 126lbs/57kg

Club Ballymena A.C.



Photo Gregory Meade

Previous Clubs Crusaders A.C.
Spartan L.A.C.

Represented Ireland in Olympic Games 1956-60-64 and in European Games 1962.

Represented N. Ireland in Commonwealth Games 1958-70.

Some personal best performances.
100yds, 10.8; 100m, 12.0; 220yds, 24.5; 200m, 24.4+; 440yds, 54.9; 400m, 54.6+; 880yds, 2.11:5; 800m, 2.11:3; 80m H, 11.5; 100m H, 15.1; 200m H, 29.2; 400m H, 72.0; Pentathlon, 4008pts; H J, 5ft 0¼in; LJ, 18ft 3in. + Converted from yards.

Highest placings.
Olympic semi-finalist 400 & 800m
6th European Champs 1962 400m
Commonwealth Games 1970 400m
W.A.A.A. Champion 1961 440yds
W2A World Masters Champ 1977
100m, 400m, HJ, LJ.

Yearly best times for 400m/440yds.

1959—60.0	1968—55.5
1960—56.4	1969—55.8
1961—56.2	1970—55.3
1962—54.9	1971—60.2
1963—56.4	1972—59.5
1964—54.9	1973—61.0
1965—56.7	1974—61.0
1966—55.4	1975—61.2
1967—58.1	1977—62.1

Prior to 1966 the times are for 440yds.

Best over 40 marks.
100m — 12.0 400m — 55.3
200m — 25.0 110m H — 15.1
LJ — 17ft 11¾in.

M. E. Kyle had over 50 victories in N. Ireland Championship Events.

Bob Shrunkle column

Injury of the month award goes to Jack Heywood of Herne Hill Harriers but this time we set a first by awarding the certificate for mental anguish rather than a mere trifling physical injury. He was running in the Woodford Green promotion at the Eastway 1 mile cycle circuit and was enjoying himself until the race commentator identified him at the end of the first lap and informed the crowd that he was an organiser of athletic meetings. Jack was so annoyed by this emphasis on his sedentary work rather than his English Native record on the track of his recent world ranking in 1B events that he spent the next two laps reciting his athletic achievements to himself and to those he passed instead of concentrating on beating Graham Martin.....

Which brings us rather neatly to Graham Martin, the Cambridge Harrier who had a very unfortunate time in the Pedro Domecq relays. After running a sound anchor leg to keep his club in the lead of the vets section, he was pleased with a good time, this soon turned to dismay as an official slapped an extra 30 seconds on his time and to make his day he dropped his large bottle of Pedro Domecq sherry on the way home and it smashed into a thousand and one splinters of glass.

The Kent A.C. 10 miles road race had a very large vets entry with 37 of the 89 finishers being in the over 40 class. The veterans team prize was taken by Herne Hill Harrier but the strong Havering AC vets team did not enter the vets competition with its one team prize but opted for the open team race with its three team prizes and came second. The captain, Len Parrott of Havering is either an optimist in thinking his mob

could do well in the open team race or a pessimist for thinking that they could not win the vets one!

Some vets are cunning. One phoned Jack Fitzgerald about entering the Southern Vets Track 10kms about three days after entries closed and was referred to the race secretary who said certainly not as the list of entrants was then with the Southern Counties A.A.A. who were organising the meeting. When the two officials arrived at the Palace they found that the sly vet had been accepted by phoning the Southern Counties and saying that he had spoken to the chairman and the secretary of the Southern Vets. He forgot one thing and did not tell them his age group so that on the results he appears as a 1A man instead of a 2A which he really was. Fifteen all.

Larry Jesse, the A.A.A. pole vault champion, recently took an internal flight in the USA to compete in Houston. On arrival he went to the baggage check to claim his bundle of six poles and discovered that they had all been sawn into three pieces to make them fit the baggage compartment of the plane. They were all brand new poles. He must be the only pole vault champion trying heights of 4ft 6in and under.

Did you see that film on TV recently that had Harry Hayes as the marathon hopeful and Stanley Baker as the crippled coach. You know the one where Hayes had won the British Cross-Country Championship running for Royal Park after delivering milk faster than the club captain could run. Well, During that scene at Motspur Park where the coach snatched poor old Crawford's stop watch

and hurled it over the pavilion, it seems that two lackeys had a blanket and raced this way and that to catch the flying watch as Baker hurled it away from the panting Harry Hayes. They missed!

Robin Ball, the veteran decathlete and pole vaulter from Redhill was competing in the Surrey Championships and in defending his pole vault title of the previous year failed three times at his opening height. Family honour was vindicated by his 16-year-old son John Ball who went on to win the competition. Useful things children sometimes.

Your very own Bob Shrunkle was running to work the other morning, No, Madam, I don't call it jogging, it's running, when he noticed a Range Rover in the traffic jam. Not unusual you may think, but the licence number of 20 SJO and the bearded 22-year-old driving it most certainly were. I ran across and offered my autograph to SJO of Brighton and Hove who fell off his seat laughing and missed the lights when they next turned green. Had he been nicer I might have found an old photograph for him as well.

Dave was dragging his legs around the local corporation cinder track in his club's 5,000m championship. "Come on Dave" said one official with an eye on the watch and a TV programme he wanted to get home to see. "Sorry" said out hero, "but you see I'm running on Tartan..... Four pints of it."

Peter Maffia of Highgate is now Peter Maffia of Watford. It could be said that he has gone from Slowe to Quick ... Not sure?

Have a look at the Southern Cross-Country Championships as Bob Slove runs for Highgate and A. Quick for Watford.

Neal Kelly is the son of a well known triple jumper in London, you know the one, he attended his sons birth and when told that the boy was 8lb 13oz said that was exactly the weight of the junior shot...Anyway Neal is now 3 and has a baby sister madly trying to get to her feet to walk. Everytime she struggles to her feet Neal pushes her firmly down again. Triple jumper Kelly explained to his son that if he left his sister alone then she would be able to walk, play and run with him at a later date. Neal looked at his father with derision and said "She can't run, she doesn't have a number"

Who was the Northern middle distance coach who set a new London-Brighton short record by dropping out in the middle of Westminster Bridge? He was obviously inspired by the previous years champion who had fallen off his window cleaning bicycle the week before the race and got right across the bridge before dropping out.

continued from page 9
fat percentage read off from this chart:—

WOMEN		MEN	
Tot.mm	% fat	Tot.mm	% fat
8	13	15	5
12	14	20	9
14	15	25	11
18	16	30	13
20	17	35	15
24	18	40	17
26	19	45	18
30	20	50	20
32	21	55	21
34	22	60	22
38	23	65	23
40	24	70	24
42	25	75	25
44	26	80	26
48	27	90	27
50	28	100	28
52	29	110	29
56	30	120	30
58	31	130	31
62	32	140	32
64	33	150	33
68	34	160	34
70	35	175	35
76	37	190	36
80	38	205	37
82	39	220	38
86	40	235	39
88	41	255	40
90	42	275	41
		295	42

(Taken from
Activetics by C. T. Kuntzleman).

Too much fat reduces exercise tolerance and inhibits mobility as well as interfering with cardiovascular system in such a way as

to produce sometimes fatal results. Doctors involved in sports medicine regard figures of about 15-20% fat for men and 25-30% fat for women as being the upper acceptable limits.

So it is seen then that, apart from the mental and social factors mentioned by James Christie, fat levels and not necessarily just weight are an important consideration for veteran athletes. And, as James so rightly concludes, a balanced diet is vital to stay trim and healthy, unless your name happens to be Thane Baker, who incidentally is predominantly ectomorphic!
Peter Scott is a B.A.A.B. Senior Coach and holds a degree in physical education.

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What a way to spend a honeymoon!

by Charlie Greenlees

JUST FOUR years ago the 7th World Veterans Marathon Championship was held at Draveil, Paris. For most people the fourth anniversary of such an event is meaningless. But for Charlie Greenlees Scotland, resident of Finland, it is a special anniversary — not because he finished a praiseworthy 23rd, but because the occasion was also that of his honeymoon! So while others turn their thoughts to Viareggio, Charlie understandably celebrates his fourth anniversary with a nostalgic look at Paris 1974. How else should a runner celebrate his anniversary?

Nervous, I'm not usually, but I must admit I was nervous, and likely to become more so. Well, here we were, flying to Paris on a £210 mk. trip and I didn't even know if there was any point. Had they got my entry? If they had, why hadn't they replied? Was I in the race or wasn't I? I continued to bite my finger-ends, there was nothing left of my nails. That it was the first day of my Honeymoon had absolutely nothing to do with it. My new wife — the old one complained about my training, so she had to be shot — may be more interested in a Paris Honeymoon than in the Veteran's World Marathon Championship, but that was just due to her undeveloped sense of values which would mature during the ensuing months of marriage guidance and council.

Arriving at the hotel we had to find where this place Draveil was, and how far. Digging twenty-five years deep to my schoolboy-French, I got the message across, then remembered the French have two languages, one comes audibly, via the mouth, and the other visually, via face, hands, arms and body. I didn't understand the audible bit but, the way he placed his hands squarely on his desk, pushed out his lower lip and fluttered it, clearly meant "Now you've set me a problem". Then our hall porter scratched his head, which was bald with a lifetime of scratching, looked up some books, made a couple of telephone calls and scratched his head again. He went to a lot

of trouble but he couldn't find out where Draveil was; however, if we took a train south, he was sure we would come to it.

On the plane from Helsinki, there had been one drunk passenger — yes, only one! (Finnish tourists are famous drunks). He had recognised me through his alcoholic mist and declared we had identical objectives. I didn't really believe him but popped round to his hotel just in case. It was true, and, what's more, he had already left for Draveil believing the hotelkeeper's guess that it was only about ten kilometers. In the sober light of the race-day dawn he realised, if only by the 70mk. less in his pocket, that the journey had been considerably more than that. The staff of the nearby metro station were unable to locate Draveil, but the office cleaner pinned it down.

Scurrying about a deserted underground station at 8 o'clock on Sunday morning we discovered six others doing the same thing; of course they were British — why is it that we are always the last and lost? One of them said that he was also unaccepted — or unacceptable. Two others had 'Isle of Man' on their backs, I was about to tell them that that was *last* year when I realised that was where they came *from*, not going *to*.

But we got there. At the check-in; "No number, no nothing for me," I said. The eyes opened wide

and looked down the nose ("I don't believe you"). I showed the entry fee receipt. The head lifted, both lips were pushed forward, the eyes remained wide ("It seems to be true"). Then the head was jerked back and the arms jerked forward, palms towards me ("You stay here, we'll look"). They did, through scores of brown paper bags each with a number and name on it; rammers who had missed the bus/boat/train/plane, or had overtrained/undertrained/not trained, got ill/blisters/henpecked/bankrupt, or just plain 'chickened out'. Then there would be those few who enter all the big races without any intention of competing; then, when the race is due, they sit in their armchair at home thumbing through old programmes with their name in them, estimating their likely position, if they had run.

During the search I became aware at my elbow of an agitated, rotund figure wearing a red tracksuit, and face to match – rather like an out-of-season Tonttu.*



*Tonttu = a small **gnome** in red who helps Father Christmas.

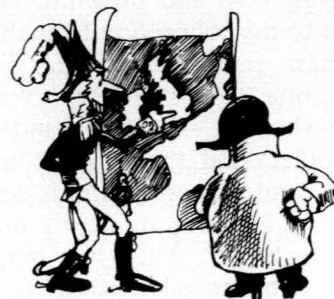
Eventually, catching the eye of one of the searchers, he held up a brown bag and jerked a finger at it "Grr-eeen-leeess" he articulated. At first I didn't recognise my own name in slow motion. The searcher shrugged his shoulders and spread his arms out sideways ("How the deGaul would I know"). "That's me"! "Phew!" said the Tonttu and deflated. The searchers congratulated each other heartily and smiled on us benevolently, like proud mother hens.

Dressing feverishly, I noticed that the number card was cosily enclosed in a plastic envelope and included the club and country – what a pity the pencilled number was invisible on a moving runner at more than five paces. Looking around for other members of the Scottish team, I kept bumping into the same guys I was bumping into twelve years ago in dressing rooms; of the matter-of-fact Ron Pickard taking in the leafy scenery as though the race had really nothing to do with him. "How are things?" he asked. "Not bad, considering." I replied, "Got married last week". "Silly Bugger". I wandered away thoughtfully, then wandered back. "Why"? "That'll put an end to your running". "It didn't end yours". "Mine's a wife in a million". "Well, now there are two." I felt an optimistic mood was necessary for a Marathon at 28°C. I crept up behind the ever-ready Jimmy Milne: "Fancy seeing you here". "You'll find *all* the best people here **today**," he quipped, without even turning round. One day I'll catch him napping. He stood a good chance of being fairly close behind fellow-Aberdonian Alistair Wood who was just now

jogging around cursing the heat. As usual he was full of acid humour. Nevertheless he had come here to win – but so had some others. The Finns were conspicuous by their absence. Oh, they were there all right, and in force but, being Finns, they kept to the shadows – or was it just wise pre-race tactics in this heat? Henrik Anthoni could be seen and heard though, chatting to Swedes, Itallians and Germans. These last seemed to be here in hundreds all smartly turned out and looking very confident. The British gave the impression that they were tourists who just happened to be in the district at the time and thought they might as well pop over for a run. The Finns, when you could find one, looked grimly determined, whilst the French hosts gave a carnival air to the proceedings but their competitors hardly gave the top boys much to worry about, looking as though they were really here only for The Start.

So this is it then, two minutes to the start and a nice big field to start in. Unfortunately, the big field is roped off to a ten metres wide starting lane and only fifty metres from the gates where we must take a sharp left turn or end up back in the dressing-rooms. Some thirty runners are squeezing onto the front line which means that each gets a shoulder or an elbow to the front. That's not for me, I'll stay back here, where it's safe; if you fall in front of this lot, it's Death by a Thousand Running Shoes. That guy's taking my photograph, he looks impressive in a Finnish national track-suit but he's not running. He's wishing me good luck in English but, we're off!

Some of them at the front have fallen – poor devils! Some more have hit the gate-post whilst others couldn't take the corner at that speed and have ended up as part of the fence on the other side of the road. Thousands of happy sadists are cheering hundreds of crazy masochists on their way. We are going downhill and they are flooding past me. Now it's uphill – and what a hill, I can't see the top of it and anyway, it's a thick mass of runners. This could be the first of many such hills, I'll take it even slower. Well, that's the end of the hills for now and here's some forest, that means shade. But what's this, a stream of runners coming towards us! Fortunately they are passing us on the other side of the bushes, but could we be turning back already? Ah no, it's the tail-end of the



ten kilometres race heading home. This forest track is bumpy, lucky it's a dry day! A double line of tall trees is looming up ahead of us and between them a smooth, traffic-free road. We are in a park it's very nice but I don't have time to appreciate it just now, sorry.

All good things come to an end and so has our road. It is now a broad path of stones and dried mud, it would make quite a good cross-country course. It continues through the forest. That group ahead looks like the leaders coming back. I can't recognise anybody, I'm too busy watching where I put my feet. "Aye Charlie" comes from the middle of the group, must be Alistair. Then Jimmy Miln and one or two other known faces. Just before the turn, our Suomi-suited supporter offers me a drink and encouragement; it's good to be a Scot living in Finland, get the best of both worlds. We turn, but it's not half-way, only half-way to half-way. Back along the rough track and on towards the road again and all the time runners are streaming towards me; their hair gets grayer, their shape rounder and their pace slower the further down the line. There seems to be enough feeding stations anyway, here's another. Six hands are offering six different drinks. I'll take one, must drink little and often today. Last time it was coffee and I had to throw it away – it only diverts you to the forest, still thirsty. Do some runners really drink it during a race? Someone is counting us, sixty-six he jabs at me in French. Only now I realise I have been steadily passing runners since the top of the hill.

Activity ahead, the sports ground and past the half-way mark. There's a familiar figure, she is operating a camera and calling encouragement. It seems that wives can be useful, but why can't they be born with three pairs of arms then they could take films, offer drinks and note down race details, all at the same time. Ten kilometre runners, their race over, are shouting encouragement as we pass. Through that wood again and out onto the park road. Two dark little boys are plodding towards me. Boys? No, they are two little men. They draw nearer, they are old women. Well, maybe not so old, who can say, but they are two little Japanese women looking determined, as only Japanese can.

Onto the hard mud and stones again. Funny, the stones seem much harder and the mud more lumpy than last time – must be something to do with the heat. There's my new Finn-friend again. Another drink, round the turn and Jimmy just ahead. He doesn't look too good from the back. I'll have to pass him "Good boy, Jimmy". "Thank God" he mutters. Thank God? You don't say that when a rival passes you. Tell him there's still a long way to go or that he looks ill or even hang onto his vest but, "Thank God", never. Must look at him again. Yep, it's the same Jimmy, just as grey as when I first met him fifteen years ago.

Now I must be past thirty kilometers but some of these characters are still on their first lap; whoever

wins the race, these are the real heroes, they will keep plodding on until they get there, even if it takes five hours. But here is one who won't. He is staggering towards me on the other side of the road. He stops, he has toppled forward onto the road edge. At least he timed it well, there is an ambulance parked in the wood nearby. The attendants, glad of some action, are sprinting the fifty metres to the prone runner, overtaking two other runners on the way! We all are feeling the effects of the heat and the rough track for, no matter our position, we have been running for over two hours. I feel tired, hot, sticky, sore and blistered yet everyone else seems so much worse! I am still overtaking runners. "Thirty-three" shouts the French statistician. Haven't seen refreshments for ages, they're probably drunk dry. There are a lot of spectators here, we must be coming up to the finish. There are two guys ahead of me I'll get 'em... I have...one's coming again...he's springing, I can't. He's a Swede...hope the Finnish lads didn't notice that. Still, I got the Englishman! Wow! Suddenly, it's all over.



At that stage we didn't know, nor would we have cared, that an even longer 'marathon' lay ahead that day. All I want is a shower, a drink and a seat. A door is marked 'Gentleman's Showers', as I head for it, I am intercepted. "No, no, ladies only" – my French must be bad! "Where is the shower, then". I get the shrug of the French shoulders. Outside other dazed finishers are wandering around also looking for the shower. Someone suggests they might be in that tent on the far side of the ground, but nobody wants to look in case they have to stagger all the way back. Jimmy totters across the line and we decide to risk the trek to the tent. There *are* showers there, and empty. A local lad volunteers to pump the water for us. It's cold of course, but it's wet. Two



others join us saying that the winner, Alistair, has been carried off on a stretcher; Jimmy envies him. Outside, we find the 'stretcher-case' chatting energetically to some ten kilometre runners who are

complaining bitterly about being misdirected. Alistair is full of sympathy – as well as unprintable comments about French organisers who arrange Marathons without ever having been to one. We all hobble towards tables where we hope to find drinks. I've just got to ask Jimmy. "What was the "Thank God" for when I passed you?" "I was second Scot and sinking, you took the pressure off me when you passed". Ah, the Patriotic Scot, country before self. Race experiences are exchanged. Alistair is full of wonder at 52-year-old Eric Ostbye who stuck to him till well past half-way. He also wonders about the French attendant who, about to hand him a nice wet sponge, remembered he was a gentleman and carefully wrung it dry first.

Around four o'clock, we reckoned they must be about ready to give out the results; how innocent we still were! Unable to find transport, we hobbled to the hall in town where it was all to happen. It was full of runners, their wives, girl-friends, private secretaries, managers, coaches and supporters. Up on the balcony were dozens of officials, their wives, girl-friends, public secretaries, grandmothers, grandchildren, grand-children's friends, their parents, their friends, their teachers and their teachers' friends. The whole place was a bubble of noise and confusion – apparently the officials were not quite ready yet. We had been promised entertainment and dinner. After an hour or so, the entertainment, a pop group, opened up. They howled their utmost, amplified by the usual electronic aids but they were fighting a losing battle, they were no match for the endemic cacophony.



The Scots had gathered together, the Tonttu, our team manager, confident that we would get a national or club team prize – the euphoria of Alistair's victory deminishing the fact that twenty-one others had crossed the line before I, the second Scot, finally got there. Still, only one of them had been English so the euphoria had some justification! Matti Utriainen (he had been second to Ron Clarke when he set the world 10,000 metres record at Turku in 1965) came over to us. We had first met in the wilds of Karalia six years ago when I couldn't understand a word he said. I still couldn't! He was clearly pleased with fourth place and talked in his dialect so fast I had to ask the wife for a synopsis later.

We were getting hungry, what had happened to that dinner? The pop group gave up, feeling emasculated – but they had been crushed by superior artillery. The officials continued to argue among themselves, their accompanying women to chatter and their kids to squabble. Down on the floor – a world away – runners milled about searching out someone new to tell their favourite race story to,

others were telling it. George Miller's wife, and mine, were doing their best to contain just what they thought of World Marathon Championships, they looked like people who had just missed the afternoon train home and know there won't be another till midnight. But the casual glances of expectation flashed up to the balcony had now become long, hard stares of condemnation. Occasionally, an official would grab the microphone and deliver a long oration in express French. We had learnt to ignore such outbursts since they never resulted in any action and we couldn't understand them; even when we could hear them.

To relieve the monotony, and prevent a riot, the dinner arrived – a thousand plastic boxes. It was cold and impersonal, but adequate. Memories of other disorganised races were compared, but even the British couldn't match it. The efficiency of Enschede, Holland, could hardly be on the same continent as Draveil, France.

Eventually, nine hours after he had crossed the line, Alistair was announced as the winner. He hobbled



up to the balcony, fought his way under, over and between the wives, mothers, children, teachers etc., collecting a child's sticky lollipop on his trousers as a trophy. By the time he reached the officials, they had forgotten he was coming and had returned to their animated conversation. Second and third were quickly despatched and in the brief space of half an hour, Finland were presented with the National Team Prize and medals and Scotland with the Club Team Prize – but no medals. We felt torn between frustration at not receiving medals and doubt as to whether the "Scottish Veterans Club" was really a "club" or not.

Some results sheets arrived and were torn to shreds by over anxious competitors thirsty for information. By now it was ten o'clock, a time which, we had hoped, would see us well on with our celebrations in some smokey Paris pub. Three officials appeared on the floor each armed with a pile of race certificates. They started to read names from them apparently in no particular order. Runners crowded round. Three Frenchmen shouting at the same time, a thousand foreign names, surrounded by five hundred impatient enthusiasts – about half had already left, frustrated – to a background of speeches, chatter, argument and howling kids. It was hopeless; they climbed onto a table and continued. When nobody answered a name, they dropped the certificate at their feet on the table and five hundred bodies scrambled for them as though they were gold coins.

It seemed it hadn't occurred to officialdom to divide the certificates into nations and hand them over to the national team managers.

Meanwhile, our manager had tried to extract medals from the organisers, as had one of our French-speaking team members, but without luck. It was eleven-thirty and we had decided to give up hope of our certificates, let alone our medals. Outside, we realised there was no transport back to Paris. While we wondered what to do about it, our Tonttu decided to have one last try for the medals. He fearlessly



glared up at the officials whilst waving the Cup under noses. "Eureka" they screamed and snatched it from him! Apparently the Swedish team had been quite missed off the results lists and it had just been discovered that they had won the missing Cup. Ah well, that solved our problem of conscience and now

made *everything* the fault of those French officials! A bus-full of sympathetic Germans squeezed us all in as far as the Metro where a guilt-ridden Frenchman bought us all tickets – or maybe his man had just won that day's Presidential election. On the platform, a Maigret-type approached me. "Greenlees?" "Your certificate". It was half-past midnight. Walking back to the hotel, I was contemplating how, with a little more training, I would really devastate them all in the next Marathon, when the Wife remarked, "Now we can really start the Honeymoon". "Honeymoon? – Oh yes, the Honeymoon".

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R.A.C.E. Editorial August 10th.

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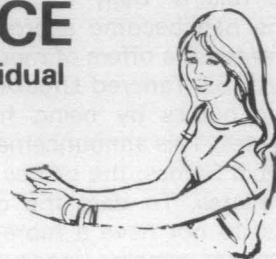
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LETTERING

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PLUS

Amateurism, Professionalism or **Shamateurism**

THE COMMONWEALTH GAMES will be held later on this year in Edmonton. With some of the best athletes of the world competing, the cheque books of the present and future professional athletic circuits will undoubtedly open. But this time should we not try to stop this happening?

The Commonwealth Games by their very nature are a family affair, and as such we have more than a passing interest in them. Some of the athletes, our athletes, could be tempted away from amateur athletics by good money and facilities offered from the professional circuits. If this happens what will happen to the Great Britain team on which so much time and money has been spent for the forth-coming Moscow Olympic Games? Just as important what will happen to the athlete?

Since 1945 we have seen some of the world's best athletes depart from amateur athletics into the professional circuits, and to what? Obscurity. For the last thirty odd years we have accepted this waste of talent and wealth of athletic knowledge. In the permissive sixties the problem of losing these valuable men was left unsolved. By the mid-seventies the results of our complacency was evidenced by the world at the Olympics of Montreal.

It has long been accepted, if not in public, then in private, that in good competition (where expenses and other incidentals are paid) that a little extra is obtained. How? Extra travelling expenses are usually a good cover, but if the organisers of the race are more honest they simply barter a price for the athlete to compete. It happens in the USA, it happens on the continent, and it happens in the bastion of amateur athletics — Great Britain. When Jim Ryun came over to England a few years ago he told a 'Daily Express' reporter that the reason that he had become a professional athlete was because he wanted the offers of money for him to race to be above board. Bill Tancred shocked the public and the official athletic bodies by being honest about money offered to athletes. This announcement occurred not long after the Olympic Games; the games which are only open to amateur athletes. To date the question of why the athletic bodies do not have a more honest approach to payment of athletes remains unanswered. Meanwhile the payments under the table continue.

The amateur athletic bodies are not being honest on another point. The acceptance, if not officially, then privately, that the communist and some of the third world countries are bending the amateur rules. The bending of the rules has been accepted to a certain point before, but never to the state which exists now. The amateur ruling has become a millstone around every person participating in athletics. What is more the ruling has been so blatantly abused that it is now valueless, not only by the abuse, but by the fact that an amateur athlete can no longer survive at the top today.

At present, the amateur athlete if he becomes a professional severs all connections with the amateur athletic world. A situation not unlike that faced by people in the Middle Ages when they were thrown outside the town walls and had to fend for themselves because they were no longer wanted. Yet who says professional

athletes are no longer wanted. These people are our best athletes, they are at the top. Their wealth of knowledge and experience of athletics would be an invaluable help to the athletic world. In any other field anyone who puts in as much time and effort as a top athlete needs to would be called a professional, and no piece of paper can alter that fact.

The future of athletics is dependant upon the decision that the official athletic bodies have to take on the amateur ruling. If they accept that professionalism is here, and here to stay, and act positively, then the future for athletics will look better. If not the future will look very grim. We in Great Britain could start to alter the situation which now exists. How? Well, we could allow professional athletes to run in the same races as amateurs. The difficulty of who is eligible for the race monies would be overcome by a simple declaration of status on the entry form. Therefore, if the professional athlete did come into a position which made him eligible for some race money he would receive it. Whereas if the amateur athlete was to come in a position which would entitle him to some race money, then this money would pass directly from the race organiser to the controlling athletic body, e.g. a local race to the county athletic body, area race to the area athletic body, national race to the national athletic body and finally an international to the international athletic body. Using this method all interested parties should be happy. More important the sport would be able to use this new found wealth to improve and develop athletics through its established administrative bodies.

The acceptance of professional athletes in our pseudo-amateur world of athletics, is not just an idealist thought to remove the false facade of amateurism, nor to bring above the table the financial offers for athletes. The acceptance of professionalism has to be accepted for survival. If any of these professional circuits were to make a minor success, and the statistical probability of that happening is becoming greater each time a professional circuit forms, then the foundation of athletics will shake. For ultimately the authority of the amateur athletics bodies will be questioned by these professional circuits, and because of their financial influence they will win.

No longer would the control of athletics be in the hands of past athletes or athletic enthusiasts, but would be in the hands of big business and financial wizards. These people would be less interested in athletics than we are. Their aim would be to exploit the sport to its best financial advantage, not to the best sporting advantage as we would want.

If we, the amateur athletes accept, through our established governing bodies, professional athletes, now or in the near future, we will be able to control our sports future. If not, then what we shall see are sporting ideals discarded like refuse, into dark oblivion. The only way is to change, and change now, before a financial machine forces that change upon us.

IAN DAVISON
April 1978

coroebus

says...

IT WAS back in 1969 that Bruce Tulloh made his trans-USA run of 2,876 miles in 65 days. That was quite something, and it improved on the previous fastest crossing by 8½ days. Bruce averaged 44 miles a day and over 300 miles a week for that 9 weeks period.

Ultra-ultra distance runs of this sort have taken place on several occasions since and have seen footsteps being trod over mammoth distances in Europe, Asia and Africa, besides North America.

Endurance is a quality that the human body can build up over many years. Indeed, while age sees the gradual decline of our other faculties it also seems to build up an ever-increasing store of stamina. Perhaps that is why veteran distance runners feature so prominently in the very long races.

The latest veteran to hit the ultra-distance news headlines is New Zealander Max Telford (42) who blazed a new trail across Canada from Anchorage, Alaska to Halifax, Nova Scotia in 107 days. The distance? A mere 5,110 miles!

Max upped Tulloh's mileage by 10% to 335 miles a week and kept it going for an extra 6 weeks — a prospect which would have made Bruce wilt when he made his final stage into New York nine years ago.

But that is not the end of it, for two Soviet veterans showed earlier

this year that a mere stripling of 42 years should not hog all the publicity. Andrei Ivanenko (64) and Aleksandr Omelchenko (51) decided to run from Leningrad in the west to Magadan in the far east — a distance of 7,300 miles — and completed it in no less than 37 weeks. Their average mileage was over 200 a week, modest perhaps by Telford's standards, but for 64 year old Ivanenko no mean achievement to keep it going for a solid 9 months. To add to the difficulties of the Soviets, they travelled much of the last 1,000 miles in temperatures as low as minus 40 degrees Centigrade.

Such qualities make a nonsense of society's attitude towards the physical capabilities of its middle-aged members — when it is regarded as more natural for them to be occupying doctors' waiting rooms rather than be participating in physical activity.

THE CALIFORNIAN community of Los Altos Hills has 7,200 people, almost as many cars, hundreds of horses, but not a single store or sidewalk. It was no surprise to the locals earlier this year when the council met to consider a proposal for banning runners from the highway. After all, with all those cars and horses who in his right mind would want to run on the highway? The short

answer was Runners World Fun Runners. All of which led publisher Bob Anderson to take his lawyer, with a 15 page brief, to challenge the proposal before the council.

The meeting received a lot of publicity, though why it should I cannot understand because the council already had a record of trying to ban bees from the town, of trying to put licence plates on horses, and, in an effort to stop floodlit tennis from the backyard, or trying to ban "all night sports whether indoors or out"!

When more than a hundred interested parties turned up for the meeting it became apparent that the proposal stood little chance of success. But I understand that it was worth going just to hear the 90 minute long debate. For instance, there was some discussion over the wording of the proposal, "Two or more persons, whether in an organised group or not, shall not jog or run at a steady trot or at a leisurely slow place." As one council member said, "We are not horses, should we not change steady trot to steady pace?"

Another asked, "If a husband and wife want to go for a leisurely walk, will they have to get a permit? And if so, what else do you have up your sleeve?" The speaker was obviously thinking of the rejected night sports ban. Another was heard to remark that

8th Annual Grandfather Games

**8th Annual Grandfather Games
Los Angeles, California. - May 13-14**

NEARLY 200 veteran athletes, aged 30 and over, competed in 10-year age groups at the 8th Annual Grandfather Games at Los Angeles Valley College.

Overpowering heat — 95 degrees in the shade and 115 degrees in the sun — trimmed the number of partici-

if the council's record of issuing various permits was to continue then the couple would be divorced before they got their first.

With the heat on the proposal was watered down from "banning" to "licencing" and then deferred indefinitely. So in the end sanity prevailed and the council agreed to name a five-member committee to study safety problems involved in jogging. It just shows you how the trend towards physical fitness is making in-roads into the affluent life-style of communities such as Los Altos Hills.

SO PETE MUNDLE (USA) is back among the age records again. He recently broke the American over-50 record for 6 miles with 32:49.6, 6.8 seconds inside Jim O'Neal's previous mark.

Pete, recently turned 50, is well known for his meticulous compilation of the Track & Field News "Age Records" publication and frequently features in US Masters race results. He is a real enthusiast, both as athlete and statistician.

I well remember him back around 1960 when he had been in the UK for a spell with Poly-

pants. A smog alert sent many of those who did enter coughing and wrenching from the finish line.

With the air officially labelled 'unhealthy for everyone,' observers wondered what the international reaction will be when similar conditions occur during the 1984 Olympic Games, tentatively set for Los Angeles.

"It's the first time I ever wanted to quit," said veteran miler Jim Murphy. "I couldn't swallow or get enough air," was a common complaint.

The elements didn't stop Tom Patsalis, (56), of Los Angeles, a triple gold medal winner at the 2nd World

technic Harriers. Those were the days when the Blue Riband of inter-club running events was the "News of the World" London to Brighton Relay.

Pete had sampled the excitement of the 'Brighton' and it left a deep impression on him. So much so, that after he had been back in the States for a couple of years, the pull of the 'Brighton' became too much for him and he offered to fly back to London and run for Polytechnic Harriers if they wanted him. Well they did, and the tall American trained up for the big day. He was in good form and the Polytechnic selectors decided he would be best suited for the 12th and final stage of 3½ miles which took the runners to the Brighton sea-front.

Pete fully justified his selection by holding on to Polytechnic's third place behind Portsmouth and TVH and clocked second fastest time of the twenty last stage runners. I suspect that Pete Mundle has a special place in his heart for the medal that required a round trip of over 6,000 miles to secure.

Masters Championships in Sweden in 1977, from winning three events in the age 50-59 (Division 2) group. Patsalis long-jumped 19ft 4in (5.89 metres), better than his Gothenburg performance. He won the triple jump in 37ft 2in (11.33m) and the 100 yard dash in 11.40.

A new middle distance threat emerged in the person of Bob Packard, (40), from Pheonix, Arizona, who set a new meet record of 4.34:7 in the 40-49 (Division 1) mile run.

Just-turned-40 Big Al Henry won the 110 hurdles in 15.5 and the long jump in 21ft ½in (6.41m), edging World hurdle gold medalist Dave Jackson of Carson in both events.

Nick Newton, (44), of Los Angeles, improving with age, bested 1977 Western Regional Champion Hans Bruhner of Concord with a sizzling 52.33 in the 440 to Bruhner's 53.42. Ken Dennis, celebrating his 41st birthday, upset Newton in the 220 in 23.5.

Gary Miller, (40), North Hollywood, topped Henry in the 330 yard hurdles in 42.2. Last month, Miller set a new American over-40 mark of 51.3 in the 400m run, breaking Jim Lingel's old standard of 51.4.

Another new face emerged in the 50-59 division as Deon Carrico beat a good 440 field in 57.58. Regional and Pan-American champion Ray Mahannah, (62), journeyed from Fremont, California, to take the mile in 5.37.56 in Division 3.

Monty Montgomery of Sherman Oaks, a sub-3 hour marathoner, at age 71, outduelled the smog to easily win his mile in 5.57.1.

While conditions were hardly conducive to top distance running marks, the weight men were never so loose. Stuart Thomson won the 40-49 hammer in 167ft 11in (51.2m). Meet director and Gothenburg silver medalist George Ker won the shot in 51ft 8in (15.75m) and the discus.

Vaulter Bob McConaghy, (70), who recently set a new world pole vault Division 4 record of 9ft 2in (2.79m), won the event with 8ft 6in (2.59m). Current 2B and 3A world triple-jump record holder Gordon Farrell, (60), of Van Nuys, won his speciality in 31ft 6½in (9.62m), well short of his 3A mark set last December of 36ft 11in (11.25m). Gothenburg pentathlon gold medalist Bill Morales of Los Angeles upset Farrell in the long jump, 15ft 9in to 15ft 5in.

●●●●●●●● **Coroebus**

World Veterans 10kms & Marathon Champs - BERLIN

16th/17th June, 1978

MY ARRIVAL at the Mommsen Stadium, Berlin, at about noon on Friday together with the Epsom & Ewell team of Tom Wood, John Dixon and Derek Funnell, had preceded by a fairly hairy experience on the autobahn from which we had emerged with our back bumper tied on with some very strong string and a very pleasant nights camping near Hanover. We found the main Laurie Durrant party installed in the very comfortable accommodation at the stadium. On being informed that the marathon was due to start at 7am on Saturday, we were glad to be so handy to the start. I had hoped to arrive in time for the delegate meeting for the 1979 Hanover Track and Field Championships at the Hotel Europaischer Hof, which I calculated would start at 12 o'clock. John Rider informed me that it had in fact commenced at 10am, but was kind enough to guide me to the meeting room. The proceedings were in their latter stages when I arrived, but Hazel (Rider) had been doing her stuff, and the two main bones of contentions, i.e. the participation of a 35-39 age group and the use of a calendar rather than birth dates had both been defeated. So in my opinion, sanity had prevailed. The other controversial issues, i.e. the inclusion of a 25kms in addition to a marathon and the exclusion of some of the older age group championships had also been defeated.

I returned to the stadium in time for the 10kms races. These were started in different age groups with a gap between each start, so one needed a computer mind when watching the arrivals in the stadium. Fred Pendlebury proved that his National Cross-Country form had returned, with a good win over that excellent competitor, Guenther Schmidt in the 40-44 class, with Colin Weight rather surprisingly the second Briton in 15th position. Bill Stoddart had been the British favourite in 45-49, but the 1974 winner at Paris, Alfonse Ida, pulled out the stops again to beat Bill by 21 seconds, with the other seasoned international runner, Roger

BY JACK FITZGERALD

Monseur a further 35 seconds back. Terry Rooke also had a good run here in 5th position. In the 50-54 age group, George Rhodes had been widely tipped by the British camp, but the talented Finn, Paolo Kotila proved them wrong, and in fact George had to settle for third position behind that great front runner from Scotland, Bill Marshall.

In the 55-59 age group, Karl Hasler from Switzerland had a narrow win over Herman Brecht, but in retrospect it looked like Herman was saving a bit for the next mornings marathon. Verloop of Holland was an easy winner of the 60-64, with George Scutts and Norman Ashcroft filling 4th and 6th positions. The only German ever to win the San Paulo race, Erich Kruzyki, as usual, skated away with the 65-69, and the other hardy annual, Thedde Jensen of Sweden was equally dominating in the 70-74's. The ladies were the last to finish, and I had told Harm Hendricks at the delegate meeting, that we had as last got one to beat his protege, Corrie Konings. I referred of course to Val Howe, who had come of age only a fortnight earlier, although it seemed a very short time ago to me that she had run as a junior as Val Tomlinson of Guildford & Godalming.

However, although Val pulled out all the stops to record a sub-36 minutes for a legitimate 10,000m, the fantastic Dutchwoman with the most economic style I have ever seen, still managed to run even faster. The attractive American, Linda Sippelle won the 40-44 when she finished 3rd overall, while the equally attractive Swede, Ulla Seger won the 45-49 age group. I personally would like to scrutinise these ladies birth certificates before believing that either are in the correct age group. Hazel Rider was 4th in this latter age group. Not bad considering that it was well over her usual summer distance, was suffering from recurring knee trouble, and had primarily come out for the delegate meeting.

The marathon started in fairly hot conditions, despite the early start. Close on a thousand runners stam-

peded down a narrow lane until we hit the main course which soon gave way to shady woodlands, which made the going much more comfortable. This was the course that Christa Vahlensieck had broken the Womens World record with 2.34:47, while the men's course record was 2.15:18 by Geunter Mielke, so we knew it would be fast. As it was an out and back twice course, the first turn was at about 9kms. Still we were surprised to see Fritz Muller of the U.S.A. returning so soon, completely out on his own. Fritz had clocked 2.20 in the Boston this year, but even so, to break the field this early was really something. A pursuing group, comprising of Geunter Schmitt, Ernst Rueg, Henri Salavarda, Danny D'Addio and Piet Van Alphen were trying hard, but unsuccessfully to make some inroads into his lead, while the great German duo of Herman Mueller and Wilf Irmen were having their own private duel some way back. We returned to the start, then a little loop of about 3kms, before we turned again for another 3kms back to the start again. I had caught Bill McMinnis at about 15kms and started taking an interest in some of the positions of the older and womens age groups. That great Scotsman Gordon Porteous was obviously well ahead in the 60-64 group. Bill was still dogging my footsteps and Geoff Pearson was also going well, I could only recognise Herman Brecht and Bengt Nilsson in my own age group, (55-59) but suspected (correctly) that there were many that I couldn't identify, while in the 50-54 group, Ron Franklin was chasing Konrad Hernelind with Derek Funnell fairly close up and Jim Caddy having his usual steady first half. Our girls were doing well with Pat Day, my training companion Bridget Cushen and ageless Norma Campbell all looking comfortable. Japan's Ichiko Hokazono had committed hari-kari by blazing off at the start, but Liane Winter (ex-world record holder) and Gerda Reinke were showing their usual excellent form with yet another German, Marianne Buettner also well up. The positions up front changed little on the second half of the race,

and we returned to do a lap of the stadium at the finish. Many personal bests were recorded, including John Dixon, Brian Gore, Colin Weight and Bridget Cushen (by no less than 28 minutes). Our girls in particular, had surpassed themselves. Behind the 3 magnificent frauleins, they had placed 4th, 5th and 7th overall and 1st, 2nd & 3rd in their respective age groups. Gordon Porteous had won the 60-64 age group in fine style with Bill McMinnis 3rd and Geoff Pearson 5th. Ron Franklin had kept 2nd place behind Konrad Hernelind in 50-54 with Derek 8th and Jim 10th, while I had also placed 10th in 55-59 division won by Herman Brecht, a worthy successor to Erik Ostbye, who we were saddened to learn had suffered chest injuries in a recent car crash. Hurry back Erik, the race wasn't the same without you. Arthur Walsham once again proved to be our best in the 45-49, while Ken Heathcote had proved to be our best runner overall with an excellent time. The man of the race? With due respects to Fritz Mueller, I must once again plump for Friedrich Tempel, still turning out 3.36's at the age of 77. Fantastic.

At the ensuing awards banquet, we were disappointed when there only appeared to be awards for the winners in each age group, with apparently no team awards at either club or national level. Admittedly each finisher was presented with an excellent medal, but it seemed a bit of a con in view of the high individual entry fee. There was also a team entry fee and many of the competitors were refused their starting numbers until they paid this, even though some protested that they were not representing a team. Communications were bad at the time, so I am pursuing this anomaly by correspondence.

We returned via Beyrouth, beautiful Bavaria with marvellous beer at the equivalent of 27p per pint, staying at a picturesque camp site in the pine forests at Pottenstein. Then brief visits to Dinkelsbuhl on the edge of the Black Forest before staying the night at Waldorf, near Heidelberg. The camp site was erroneously named the Waldorf-Astoria and was commanded, (I think that is the appro-

priate word) by the prototype of the Commandant of the Colditz series, "We have ways of making you uncomfortable." After being first informed that we had pitched our tents in the wrong place, our request to leave the camp before 7 a.m. was refused. Just as we were about to start digging a tunnel, he relented; but the last straw came when we returned from our evening meal a few minutes after 10 p.m. to find the gates locked on our car, and we were once again told that we had broken international regulations. This was the only sore point of the tour though, and after 1,700 miles and 5 different European countries, we were back home again and looking forward to Brugge and Viareggio. I was of course unable to attend the I.G.A.L. Committee meeting on Sunday morning, but a letter was waiting for me from Bryan Doughty, stating that the next years 25kms and 10kms Championships would be held at Brugge, hopefully on the third weekend of July, so that tours can be arranged to continue on to Hanover for the Track and Field Championships from July 27th-August 3rd.

RESULTS.

10,000 METRES.

Men O/40.

- 1, F. Pendlebury, G.B.....31.09:3
- 2, G. Schmitt, Ger.....31.18:7
- 3, J. Kessler, Ger.....31.57:6
- 4, R. Schelfhaut, Bel.....32.04:2
- 5, R. Zimmerman, Ger.....32.06:8
- 6, W. Wilms, Ger.....32.58:9
- 15, C. Weight, GB.....35.15:0
- 19, T. Farrel, G.B.....35.34:2

Men O/45.

- 1, A. Ida, Ger.....32.20:8
- 2, W. Stoddart, G.B.....32.41:8
- 3, R. Monseur, Bel.....33.16:4
- 4, P. Alamaa, Swe.....33.31:4
- 5, T. Rooke, G.B.....34.10:9
- 6, H. Jorczik, Ger.....34.43:2
- 18, H. Thornton, G.B.....36.48:0
- 33, W. Convery, G.B.....39.12:0

Men O/50.

- 1, P. Kotila, Fin.....33.32:5
- 2, W. Marshall, G.B.....33.35:3
- 3, G. Rhodes, G.B.....33.50:2
- 4, E. Schulz, Ger.....34.26:7
- 5, W. Fischer, Ger.....34.47:4
- 6, Hagedorn, Ger.....35.07:0
- 7, S. Smith, G.B.....35.46:2
- 12, G. Meech, G.B.....37.02:0
- 22, J. Brownlie, G.B.....38.42:0

Men O/55.

- 1, K. Hasler, Sui.....35.40:0
- 2, H. Brecht, Ger.....35.46:0
- 3, J. Germain, Fra.....36.49:0
- 4, J. De Borger, Bel.....37.25:0
- 5, P. Graf, Sui.....37.42:0
- 6, J. Joechle, Ger.....37.48:0

Men O/60.

- 1, J. Verloop, Hol.....37.35:0
- 2, G. Pauls, Ger.....38.34:0

- 3, G. Beck, Sui.....38.39:0
- 4, G. Scutts, G.B.....39.06:0
- 5, O. Elvland, Swe.....39.36:0
- 6, N. Ashcroft, G.B.....40.11:0
- 14, G. Storey, G.B.....42.55:0
- 19, J. Selby, G.B.....45.02:0
- 30, W. Ross, G.B.....46.10:0

MEN O/65.

- 1, E. Kruzycki, Ger.....37.20:0
- 2, K. Hall, Swe.....40.44:0
- 3, G. Scholz, Ger.....40.48:0
- 4, G. Ekerstahl, Swe.....41.19:0
- 5, E. Pawlak, Ger.....41.27:0
- 6, H. Michon, Fra.....41.45:0
- 35, E. Harrison, G.B.....49.41:0
- 55, J. Heathcote, G.B.....57.28:0

MEN O/70.

- 1, T. Jensen, Swe.....44.32:0
- 2, M. Syring, Ger.....46.16:9
- 3, K. Elvstrand, Swe.....46.52:2
- 4, E. Schulze, Ger.....46.54:1
- 5, W. Ross, G.B.....47.13:9
- 6, F. Gremillott, Fra.....47.47:5
- 11, B. Doughty, G.B.....50.04:2
- 17, R. Devon, G.B.....1.01.40:5

MEN O/75.

- 1, L. Charbonneau, Fra.....44.02:0
- 2, P. Leenen, Hol.....47.53:2
- 3, S. Jaernmyr, Swe.....48.57:1
- 4, K. Gruenewalt, Ger.....49.21:8
- 5, A. Althaus, Ger.....49.25:3
- 6, F. Bachmann, Ger.....51.12:4

MEN O/80.

- 1, F. Schriber, Swe.....59.45:0
- 2, K. Hrbek, U.S.S.R.....59.54:9
- 3, M. Takazoe, Jpn.....1.14.37:5

MEN O/85.

- 1, A. Lambert, Ger.....1.07.16:0

LADIES 10,000 METRES

LADIES 35-40.

- 1, C. Konings, Hol.....35.36:7
- 2, D. Howe, G.B.....35.55:1
- 3, R. Guettler, Ger.....39.04:1
- 4, J. Sucker, Den.....41.06:7
- 5, M. Olschewski, Ger.....43.12:0
- 6, U. Detree, Ger.....43.27:2

WOMEN 40-45.

- 1, L. Sipperelle, U.S.A.....38.12:4
- 2, H. Lang, Ger.....38.21:1
- 3, H. Balzer, Ger.....39.33:3
- 4, J. Wuebbeling, Ger.....42.17:1
- 5, E. Jung, Ger.....42.56:2
- 6, M. Koster, Ger.....43.12:9
- 20, D. Grieg, G.B.....49.07:1

LADIES O/45.

- 1, U. Seger, Swe.....41.15:0
- 2, M. Henselowsky, Ger.....43.12:2
- 3, E. Holdener, Sui.....43.49:0
- 4, M. Rider, G.B.....44.04:0
- 5, E. Bischoff, Ger.....44.37:2
- 6, H. Ernst, Ger.....44.53:4

LADIES O/50.

- 1, R. Brouwers, Ger.....42.34:8
- 2, S. Wisman-Verstegg.....43.06:7
- 3, A. Lusk, G.B.....44.59:5
- 4, U. Willi, Ger.....46.55:7
- 5, U. Heringhaus, Ger.....47.12:0
- 6, R. Vaupel, Ger.....47.16:2

LADIES O/55.

- 1, H. Joeckle, Ger.....44.56:2
- 2, E. Falke, Ger.....48.17:5
- 3, G. Descamps, Bel.....49.33:5
- 4, E. Haule, Ger.....52.40:5
- 5, D. Cauvin, Fra.....53.05:0
- 6, J. Grelle, Ger.....57.16:0

LADIES O/60.

- 1, F. Liedike, Ger.....52.31:5
- 2, C. Wiegmann, Ger.....58.17:2
- 3, H. Langbein, Ger.....1.00.59:5
- 4, L. Schuberack, Ger...1.07.17:0
- 5, A. Krempel, Ger.....1.07.48:5
- 6, M. Neujahr, Ger.....1.08.01:1

LADIES O/65.

- 1, J. Luther, Ger.....52.59:0
- 2, M. Wagner, Ger.....1.14.32:9
- 3, I. Frydecky, Aut.....1.18.07:6

LADIES O/70.

- 1, J. Bucher, Ger.....1.04.26:3

MARATHON.

MEN O/40.

- 1, F. Mueller, U.S.A.....2.25.20:4
- 2, G. Schmitt, Ger.....2.28.35:4
- 3, E. Rueegg, Sui.....2.29.40:1
- 4, H. Salavarda, Bel.....2.29.47:4
- 5, D. D'Addio, Can.....2.30.15:7
- 6, H. Behr, Ger.....2.32.26:0
- 7, F. Schueler, Ger.....2.33.59:0
- 8, D. Brosse, Fra.....2.35.18:6
- 9, R. Hein, Ger.....2.35.58:1
- 10, H. Krueger, Ger.....2.36.14:2
- 11, N. Houter, Hol.....2.36.33:1
- 12, J. Wedeking, Ger...2.36.40:4
- 13, K. Heathcote, G.B..2.37.10:0
- 15, J. Wright, G.B.....2.38.24:4
- 22, H. Morrison, G.B...2.40.57:2
- 24, T. Wood, G.B.....2.41.11:8
- 54, A. Beasley, G.B.....2.50.15:0
- 59, B. Gore, G.B.....2.51.19:0
- 62, B. Sabini, G.B.....2.51.59:0
- 94, C. Weight, G.B.....2.57.47:0
- 108, H. Cadman, G.B...3.00.23:0
- 109, T. Rooke, G.B.....3.02.02:0
- 145, T. Farrell, G.B...3.13.00:0
- 190, J. Lee, G.B.....3.32.00:0

MEN O/45.

1, P. Alphen, Hol.....	2.28.55:7
2, H. Mueller, Ger.....	2.34.47:9
3, W. Irmen, Ger.....	2.35.31:2
4, B. Hopp, Ger.....	2.39.28:0
5, A. Walsham, G.B.....	2.39.45:2
6, H. Wetzell, Ger.....	2.39.54:1
7, A. Goeritz, Ger.....	2.40.26:6
8, L. Buck, Can.....	2.41.45:4
9, J. Mielonen, Fin.....	2.42.41:7
10, R. John, Ger.....	2.44.40:5
11, G. Pullack, Ger.....	2.45.27:4
12, K. Malterer, Ger.....	2.46.01:0
19, J. Foster, G.B.....	2.51.18:0
24, P. Gregory, G.B.....	2.54.27:0
41, A. Byers, G.B.....	2.59.22:0
120, C. Perks, G.B.....	3.36.44:0
129, A. Kelly, G.B.....	3.43.10:0

MEN O/50.

1, K. Hernalind, Swe.....	2.37.38:0
2, R. Franklin, G.B.....	2.41.20:5
3, G. Pfister, Ger.....	2.43.56:1
4, H. Grenzbach, Ger.....	2.45.10:3
5, H. Baudisch, Ger.....	2.45.34:4
6, L. Carlsson, Swe.....	2.45.52:0
7, L. Wenz, Ger.....	2.48.13:0
8, D. Funnell, G.B.....	2.50.44:0
9, J. Janicek, U.S.S.R.....	2.52.05:0
10, J. Caddy, G.B.....	2.56.56:0
11, H. Wloka, Ger.....	2.57.31:0
12, G. Poulic, Bel.....	2.57.56:0
33, L. Durrant, G.B.....	3.19.21:0
44, C. Manning, G.B.....	3.29.47:0
64, J. Fox, G.B.....	3.47.05:0

MEN O/55.

1, H. Brecht, Ger.....	2.45.26:4
2, G. Ekstroem, Swe.....	2.49.37:0
3, J. Fontaine, Sui.....	2.54.46:6
4, G. Andersson, Swe.....	2.56.39:6
5, F. Kaepfli, Sui.....	2.57.14:0
6, B. Nilsson, Swe.....	2.57.37:0
7, J. Schmitz, Ger.....	2.58.04:8
8, K. Grelle, Ger.....	3.05.38:8
9, A. Goeransson, Swe.....	3.07.05:6
10, J. Fitzgerald, G.B.....	3.07.58:4
11, P. Lutz, Ger.....	3.09.30:8
12, H. Keller, Sui.....	3.10.16:6

MEN O/60.

1, G. Porteous, G.B.....	2.55.51:2
2, O. Hobst, U.S.S.R.....	3.06.15:0
3, R. McMinnis, G.B.....	3.08.32:6
4, W. Fokkema, Hol.....	3.10.26:0
5, G. Pearson, G.B.....	3.14.27:0
6, G. Olsson, Swe.....	3.17.21:4
7, V. Hanzaike, USSR.....	3.18.10:0
8, A. Schauder, Ger.....	3.25.50:2
9, H. Dambrowski, Ger.....	3.33.45:8
10, L. Garbrand, Swe.....	3.33.58:8
11, A. Lannica, Sui.....	3.33.59:8
12, L. Scheizer, Sui.....	3.34.44:0
14, G. Storey, G.B.....	3.36.58:4

MEN O/65.

1, R. Seydler, Ger.....	3.12.31:2
2, O. Clausen, Ger.....	3.18.52:0
3, M. Mross, Ger.....	3.21.07:0
4, K. Hall, Swe.....	3.32.44:4
5, K. Schaefer, Ger.....	3.38.12:6
6, G. Letellier, Fra.....	3.41.01:7
7, K. Hoffmann, Ger.....	3.41.15:0
8, H. Bastien, Bel.....	3.42.33:0
9, F. Roll, Ger.....	3.43.54:8
10, W. Masuda, Jpn.....	3.46.28:4
11, S. Lee, G.B.....	3.48.23:8
12, G. Wtr, Swe.....	3.51.33:8

MEN O/70.

1, A. Rudnick, Ger.....	3.23.15:6
2, H. Hoeft, Ger.....	3.35.20:2

3, L. Birk, Ger.....	3.50.59:2
4, L. Laiho, Fin.....	3.55.37:0
5, K. Kristahn, Ger.....	3.56.19:4
6, G. Birla, Ger.....	4.01.25:0
7, F. Ossowski, Ger.....	4.19.49:0
8, A. Bannmann, Ger.....	4.21.47:8
9, S. Rehse, Ger.....	4.46.51:6
10, A. Grebert, Ger.....	4.57.08:2
11, C. Bendig, G.B.....	5.06.04:2
12, J. Strobl, Austria.....	6.17.10:0

MEN O/75.

1, F. Tempel, Ger.....	3.36.26:0
2, E. Haussner, Ger.....	4.29.27:4
3, R. Fischer, Ger.....	4.33.17:2
4, F. De Meyer, Bel.....	4.50.16:4
5, G. Vang, Nor.....	6.02.01:0
6, W. Stille, Ger.....	6.09.33:0
7, C. Schneider, Ger.....	6.17.11:0

MEN O/80.

1, J. Galia, Ger.....	4.56.27:0
2, A. Frey, Sui.....	5.11.12:6

LADIES MARATHON.**LADIES O/35.**

1, L. Winter, Ger.....	2.51.32:4
2, M. Beuttner, Ger.....	3.04.48:0
3, B. Cushen, G.B.....	3.14.57:8
4, M. Rabold, Ger.....	3.17.11:4
5, I. Hokazono, Jpn.....	3.18.50:4
7, H. Hummel, Ger.....	3.29.19:4
8, P. Inacker, Ger.....	3.42.57:0
9, M. Duyvejonck, Bel.....	3.51.47:4
10, A. Schreuder-Keur, Hol.....	3.54.31:6
11, I. Sattler, Swe.....	3.58.29:0
12, B. Hallscheidt, Ger.....	4.06.11:4

LADIES O/40.

1, G. Reinke, Ger.....	2.57.11:4
2, P. Day, G.B.....	3.14.54:8
3, L. Elbing, Ger.....	3.28.20:8
4, H. Seivers, Ger.....	3.29.08:8
5, W. Novotny, Ger.....	3.40.40:0
6, B. Tinsel, Ger.....	3.53.37:0
7, I. Moll, Ger.....	3.54.15:2
8, M. Kloos, Ger.....	3.56.25:2
9, M. Schaefer, Ger.....	3.56.35:6
10, E. Pullack, Ger.....	4.00.56:2
11, H. Rupprecht, Ger.....	4.02.26:8
11, W. Risse, Ger.....	4.02.26:8
16, D. Grieg, G.B.....	4.44.59:6

LADIES O/45.

1, E. Gyllenohr, Den.....	3.19.01:0
2, U. Seger, Swe.....	3.26.00:6
3, E. Holdener, Sui.....	3.28.38:0
4, M. Henriksen, Den.....	3.32.25:6
5, H. Maeder, Sui.....	3.42.04:2
6, B. Hahn, Ger.....	3.44.51:0
7, I. Kirsch, Ger.....	3.53.28:4
8, E. Adam, Ger.....	4.06.32:8
9, H. Standke, Ger.....	4.08.25:6
10, S. Schmitter, Ger.....	4.18.01:0

LADIES O/50.

1, N. Campbell, G.B.....	3.19.22:0
2, L. Backes, Ger.....	3.23.33:0
3, I. Lutz, Ger.....	3.29.03:4
4, M. Faiss, Ger.....	3.48.39:6
5, E. Keyser, Ger.....	4.07.10:0
6, L. Steglich, Ger.....	4.28.18:8
7, S. Corus, Ger.....	4.33.17:0
8, R. Mathevet, Fra.....	4.33.29:8
9, A. Aamussen, Den.....	4.47.24:0
10, M. Okazawa, Jpn.....	4.59.40:4

LADIES O/55.

1, L. Schultz, Ger.....	3.35.01:8
2, G. Knittel, Ger.....	4.39.01:0

LADIES O/60.

1, M. Lynnerup, Den.....	3.42.24:4
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LADIES O/65.

1, J. Luther, Ger.....	5.40.53:0
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Forthcoming Events...

Race organisers may use these columns to advertise their event free of charge. To find out how, phone Melanie Thomas on Canvey Island (03743) 64981 or Southend-on-Sea 337828 (Day or evenings).

AUGUST 2nd.

London Vidarians Track
4,000m — Carshalton. 7pm.
Gloucester '7' Mile Road Race
— Gloucester Leisure Centre.
7.45pm.

AUGUST 5th.

Redcar '10' — 3pm.
Sale '15' — 3pm.
Swanage '12' — 2.30pm.
Dartford ½ Marathon — Wil-
mington. 2.30pm. (incl Ladies)
Preston to Morecambe Milk
Marathon — St. Cuthbert's
Church, Lytham Road, Preston.
1pm.
Hastings to Brighton 38 miles.

AUGUST 6th.

Barnsley '6'
Veterans Track Championships
Parliament Hill Fields, 2.30pm.
Gt. Britain v Poland v Italy 20 &
50kms Walks — Hove.

AUGUST 8th.

Commonwealth Games 30kms.

AUGUST 12th.

Shaftesbury '10' (incl Ladies).
Grove Horticultural Society '7'
Mile Road Race.
Southern and Open 20kms &
Boys/Youths & Junior walks at
Victoria Park.

AUGUST 13th.

26th Holbeach '10' Mile Road
Race — Carters Park, Park
Road, Holbeach.

AUGUST 14th.

Cranham Boundary Chase '6'
Miles — 7pm.

AUGUST 19th.

Newport Marathon — 3pm.
Isle of man T.T. Walk of 37¾
miles.
Largo Law Hill Race.

AUGUST 23rd.

London Vidarians '5' Miles —
Carshalton. 7pm.
Stone 10,000m — 7.30pm.
Torbay Regatta '6' Mile Road
Race — Kings Drive, Torquay
Seafront. 7.30pm.

AUGUST 26th.

Two Bridges '36'
Warrington AC '8' Mile Road
Race — A & M Leisure
Centre, Old Road. 3pm.
Enfield open 20kms & Boys/
Youths & Junior & Womens
walks.

AUGUST 27th.

Major Stone ½ Marathon.
2.30pm.
B.V.A.F. 10,000m & 3,000m
for Ladies — The Dell, Brierley
Hill, Staffs.
Dychleys '20' Road Race. —
11am.
Crawley AC 'Parents Meeting
— Young Athletes — Track.



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.



BRACKNELL ATHLETIC CLUB**19th Annual
5 MILE OPEN ROAD RACE**
(under A.A.A. laws)

Sunday, August 27th, 1978 — 3pm.

From Sports Centre, Bagshot Road, Bracknell.

Prizes: First 5 individuals; First 3 teams; First B team (3 to score); First 2 Vets.**Entries:** 25p per individual to D. Rikly, 34 Saffron Road, Bracknell, Berks. Tel. 3993, by August 22nd. S.A.E.'s for ack/results. Entry on day 40p.**LEAMINGTON C.&A.C. 50th
ANNIVERSARY YEAR.**

Invite entries for the following races (under A.A.A. and W.A.A.A. laws).

Wednesday August 16th at 7.15pm.**A ONE HOUR TRACK RACE**

at the Edmanscote Road Track. Entries 20p by August 12th to Dave Bendy, 14 Pargeter Close, Greatworth, Nr. Banbury, Oxon. (Tel. Sulgrave 674).

N.B. All runners must arrange for someone to act as their own lap scorer and final distance marker (cards and pegs provided). Runners who do not comply with this will not have their distances recorded. (No prizes).**BANK HOLIDAY MONDAY AUGUST
28th — 10.30am.****12 ½ MILE ROAD RACE (Leamington-Kenilworth-Warwick-Leamington)
and a****LADIES 4 MILE ROAD RACE**Prizes for the first 8 and first 2 vets in men's race and for first 3 in Ladies race if an entry of 12 or more received. **Entries (35p) by August 19th to Mrs. V. Brant, 17 Hyde Place, Leamington Spa, Warwicks.****Come to Middlesborough for
THE 2nd CLEVELAND COUNTY
MARATHON**

Sunday October 15th, 1978. — 12 noon.

Adjusted and re-measured to 26 miles 385 yards. 3 lap flat course.

Generously sponsored by
Cleveland Leisure & Amenities Dept.
Excellent prizes.

For further details and entry form please write or phone:—

**County Leisure & Amenities Officer
(Marathon)****5th Floor, Gurney House, Gurney Street, Middlesborough, Cleveland TS1 1JL. Te. 0642 248155 Ex 3378.****TORBAY REGATTA
6 MILE ROAD RACE**
(under A.A.A. laws)

Wednesday August 23rd at 7.30pm.

Kings Drive, Torquay Sea Front.
(Changing Torre Valley North)**Prizes:** First 6 individuals; First 3 vets.
Entry: 35p Individual, 30p Team (3 run, 3 to score).**Entries close August 18th to Dennis Crook, 78 Raleigh Avenue, Chelston Torquay. Tel. 63079.****PRESTON TO MORECAMBE
MILK MARATHON**
(under A.A.A. laws)

Promoted by Lancaster & Morecambe A.C.

Sponsored by

**Morecambe & Heysham Dairy Festival
SATURDAY AUGUST 5th, 1978. 1pm.**

Starting at St. Cuthbert's Church, Lytham Road, Preston.

Finish at Midland Hotel, Morecambe Prom.

SEPTEMBER 3rd, 1978**The Rugby Open and Midland Counties Championship Marathon.** (incorporating the NALGO Championships and MVAC Championships) **A British Road Runners Championship Event.****ALSO A Ladies Open Marathon** (Incorporating the MCW AAA Championships and 6 mile Road Race)Full details in the July issue of **R.A.C.E.**Or from **Stuart Holdsworth, 102 Frobisher Road, Bilton, Rugby CU22 7HS (Tel 812036)****READING POLICE 10**

(under A.A.A. and W.A.A.A. laws)

Sat. September 16th, 1978. 3.15pm.

Incorporating 1st Ladies 10

Entries: 40p each individual, no team fees to:—Thames Valley Police Sports Club, c/o Sgt. Tony Collins, 37 Sterling Road, Kidlington, Oxon. Te. Kidlington 2862. **Closing date Monday Sept. 11th. Holders:** Bernie Ford — 46.56. Team A.F.&D. (300 entries, 125 athletes inside the hour last year).**Prizes:** Over £100 value to individuals vets, ladies and teams.**HORWICH R.M.I. HARRIERS**

Sunday, September 24th, 1978. 2pm. in conjunction with

Rivington Sports Club Gala Day
present**THE HORWICH 10 Mile Road Race**
(under A.A.A. laws)

Run over two laps on a very demanding course starting and finishing at:—

Rivington & Blackrod High SchoolCertificates to all finishers under 1 hour. Individual awards. Veterans and Super Veterans. **Entry fee: 30p.****Closing date September 10th, 1978.****Entries to Mr. P. S. Schofield,****18 Stanley Grove, Horwich, Bolton, Lancashire. Tel. 692402.****THE WESSEX CROSS-COUNTRY LEAGUE**

Proposed arrangements for the 1978/9 season:—

AGE GROUPS	AGE ON SEPTEMBER 1st, 1978	DISTANCE	START TIME	Proposed dates and venues:—
Veterans	Over 40	7,500m	3.05 (8)	Sunday September 10th, 1978. "Volkslauf,"
Senior Men	Over 17	7,500m	3.05 (8)	"The Purbeck Plod" (4kms, 8kms, 12kms
Youths	Under 17	4,000m	2.45 (6)	& marathon courses).
Boys	Under 15	3,000m	2.25 (4)	Sunday October 8th, 1978. 1st League Meeting Poole G.S.
Colts	Under 13	2,500m	2.10 (2)	Sunday November 12th, 1978 2nd League Meeting Salisbury
Senior Ladies	Over 17	4,000m	2.46 (7)	Sunday December 10th, 1978 3rd League Meeting Weymouth
Inter Ladies	Under 17	3,000m	2.26 (5)	Sunday January 14th, 1978 4th League Meeting Yeovil
Junior Ladies	Under 15	2,500m	2.11 (3)	Sunday February 11th, 1979 5th League Meeting Trowbridge
Minor Girls	Under 13	2,000m	2.00 (1)	Sunday March 11th, 1979 5th League Meeting Bournemouth

Entry Fees:— £1 per Age Group or £5 for all 8 age groups.Information from **Simon Crawshaw, Flat 9, 20 St. Stephens Road, Bournemouth.**

CLASSIFIED ADVERTS

AGENTS REQUIRED to sell all types of athletics sports wear. Excellent commissions paid. Contact Geoff Carpenter on Colchester (0206) 63450. V.T.C.

DON'T LET your copies of Veteris become damaged. They are too precious for that. Keep them in 'book-case' condition by sending for our beautifully-made binders. Just £2 (plus 36p post and packing), from Veteris 'Binders,' 7 Berkeley Lane, Canvey Island, Essex. V.T.C.

"Run The Lydiard Way" by Arthur Lydiard. A hard back book written in-depth but easily understood. Available from Veteris Bookshop, 7 Berkeley Lane, Canvey Island, Essex. Price £5.95 (includes post and packing). V.T.C.

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THE MAN who took Herb Elliott to the top, Percy Cerutti, told it all to Larry Myers — how to train, what to eat — how to live — more than a collection of training schedules — more a way of life. Now Myers tells it all in 'Training with Cerutti,' obtainable from Veteris Book Shop, 7 Berkeley Lane, Canvey Island, Essex. Price just £2.75 (includes post and packing). V.T.C.

AGENTS WANTED to sell our publication throughout the world. Earn 25% commission. Just phone Canvey Island (03743) 64981 or Southend (0702) 337828 or write to 7 Berkeley Lane, Canvey Island, Essex, England. V.T.C.

BRITISH MARATHON RANKING LIST 1977
The most complete lists available. One thousand four hundred and forty one runners listed. The event time achieved in. Thirty three packed pages. Price just 15p + 10p p & P Send to compiler. John Walsh, 26 Elder Grove, Carmarthen, Dyfed, South Wales. John needs to sell all his lists just to break even so give him your support by sending off today.

CLASSIFIED ADVERTISEMENTS

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Box No. 50p extra (No series discounts)

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All classified lineage advertisements must be pre-paid and cannot be accepted over the telephone.

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

2nd ANNUAL WESSEX WANDER & VOLKSLAUF

Sunday September 10th, 1978.

Start: Shell Bay, Nr. Poole, Dorset.
Incorporating
'The Purbeck Plod' Coastal Path Marathon. Start 10am.
'The Stowland Stampede' 8kms.
'The Old Harry Hustle' 12kms.
'The Ballard Bustle' 16kms.
Runners, walkers, joggers and their families welcome.

Information: Simon Crawshay. Tel. Bournemouth 0202 22913.

All the above except 'The Purbeck Plod' start at your convenience anytime between 10am and 12 noon, and enjoy some of the most spectacular scenery in the country.

SUNDAY AUGUST 20th, 1978.
HOLLYWOOD PARK, STOCKPORT
(under A.A.A. laws)

2 MILES — COLTS AT 2pm. (12 years and 13 years of age on April 1st, 1978) 4 miles 9 youths at 3pm. (16 years and 17 years of age on April 1st, 1978)	2 MILES — BOYS AT 2.30pm 14 years and 15 years of age on Aprils 1st, 1978 6 MILES — SENIORS AND VETERANS AT 3.45pm
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PRIZES: Individuals — First 10 in Senior Race. (Approx values). 1st, £50; 2nd, £25; 3rd, £15; 4th, £10; 5th to 10th, £5 each.
SPECIAL AWARDS for 1st, 2nd and 3rd Veteran in categories O/40, O/50, O/60.
TROPHIES AND MEDALS: Trophy for winning team in each race. Medals for first 3 individuals and first 3 teams in each race. (first 3 to score in each team).

ENTRY FEES Each person 30p. No extra team fees. **No late entries.**
ENTRIES TO Promotions Secretary Gordon Gluyas, 98 Charlestown Road East, Woodsmoor, Stockport. SK2 7DZ (061 483 2346) (Stamped addressed envelope please).
ENTRIES CLOSE AUGUST 10th, 1978
Your club is invited to take part.

1977 World Marathon Ranking List

Class 1A. (40-44 years old).

G. Schmitt, Germany.....	2.21.31
J. Foster, New Zealand.....	2.22.06
H. Kirschke, Germany.....	2.25.06
E. Austin, Great Britain.....	2.25.57
J. Julian, New Zealand.....	2.26.18
F. Mueller, U.S.A.....	2.27.25
J. McNeal, U.S.A.....	2.28.32
T. Valasti, Finland.....	2.28.44
N. Fisher, Great Britain.....	2.29.04
J. Hurt, Great Britain.....	2.29.44
R. Oppermall, G.D.R.....	2.29.50
W. Wetzel, Germany.....	2.30.15
Puller, Germany.....	2.30.28
E. Ruegg, Switzerland.....	2.30.39
K. Muller, U.S.A.....	2.30.42
J. Butterfield, U.S.A.....	2.31.04
B. Gustavsson, Sweden.....	2.31.21
P. Kohne, Germany.....	2.31.34
J. Kessler, Germany.....	2.31.34
M. Tymm, U.S.A.....	2.31.35

Class 1B (45-49 years old).

P. Alphen, Holland.....	2.27.32
W. Irmen, Germany.....	2.29.29
H. Muller, Germany.....	2.30.32
P. Kohn, Germany.....	2.31.34
W. Stoddart, Great Britain.....	2.33.28
Will V. D. Lee, Holland.....	2.34.34
H. Higdon, U.S.A.....	2.34.37
R. Jansen, Holland.....	2.35.35
L. Strand, Sweden.....	2.36.42
M. Hokkanen, Finland.....	2.37.21
E. Gatschi, Switzerland.....	2.37.36
G. Bras, Germany.....	2.38.54
G. Pfister, Germany.....	2.39.00
W. Allen, Canada.....	2.39.04
P. O'Brien, U.S.A.....	2.40.26
K. Rasmussen, Denmark.....	2.42.24
J. Burns, U.S.A.....	2.43.08
L. O'Hara, Great Britain.....	2.43.15
G. Pullack, Germany.....	2.43.25
S. Golberg, U.S.A.....	2.43.45

Class 2A (50-54 years old).

A. Taylor, Canada.....	2.27.17
A. Ratelle, U.S.A.....	2.34.00
U. Sterki, Switzerland.....	2.39.02
D. Dixon, U.S.A.....	2.39.57
H. Hinderks, Germany.....	2.40.11
E. Almeida, U.S.A.....	2.40.56
V. Loek, Germany.....	2.41.30
K. Hernelind, Sweden.....	2.43.45
C. Hall, Canada.....	2.44.08
H. Baudisch, Germany.....	2.44.45
W. Seivers, Germany.....	2.44.53
J. O'Neil, U.S.A.....	2.47.39
B. Sirks, Sweden.....	2.48.49
H. Enders, Germany.....	2.48.53
D. Lee, Great Britain.....	2.49.25
G. Reidmeister, Germany.....	2.49.30
H. Winternheimer, Germany.....	2.49.56
D. Funnell, Great Britain.....	2.50.00
W. Heinboker, U.S.A.....	2.50.45
G. Ekstrom, Sweden.....	2.50.55

Class 2B (55-59 years old).

E. Ostbye, Sweden.....	2.26.35
J. Gilmour, Australia.....	2.44.26
H. Brecht, Germany.....	2.50.46
H. Schwarz, Germany.....	2.51.38
M. Maschke, Germany.....	2.52.27
E. Flowers, Great Britain.....	2.55.16
S. Richardson, U.S.A.....	2.56.15
J. Oleson, U.S.A.....	2.56.21
H. Jurgensohn, Germany.....	2.56.29
J. De Borger, Belgium.....	2.58.11
O. Kakkonen, Finland.....	2.58.24
B. Cleator, Canada.....	2.59.21
H. Werneburg, Germany.....	3.00.07
S. Heitanen, Canada.....	3.00.25
W. Beames, Australia.....	3.00.26
W. Jarvinen, Finland.....	3.00.35
L. Herrmanns, Germany.....	3.00.42
R. Bruce, U.S.A.....	3.00.55
O. De Popliment, Belgium.....	3.01.10
G. Andersson, Sweden.....	3.01.47

Class 3A (60-64 years old).

C. Davies, U.S.A.....	2.47.46
G. Porteous, Great Britain.....	2.54.11
Theile, Germany.....	2.59.40
W. McMinnis, Great Britain.....	3.00.29
J. Flowers, Great Britain.....	3.00.30
E. Jarvinen, Finland.....	3.06.45
H. Nummelin, Sweden.....	3.08.19
O. Haupt, Germany.....	3.09.31
B. Shultz, Germany.....	3.10.54
F. Plant, New Zealand.....	3.14.40
O. Clausen, Germany.....	3.14.41
J. Archer, U.S.A.....	3.17.28
R. Rollason, Canada.....	3.18.22
A. Schauder, Germany.....	3.18.39
D. Rosenfeld, Great Britain.....	3.19.50
T. Taylor, U.S.A.....	3.20.40
F. Darfier, Germany.....	3.22.12
G. Lemke, Germany.....	3.24.30
J. Vossen, Germany.....	3.24.30
M. Mross, Germany.....	3.24.49

Class 3B (65-69 years old).

R. Seydler, Germany.....	3.12.57
W. Andberg, U.S.A.....	3.14.12
A. Rudnik, Germany.....	3.22.02
S. Lee, Great Britain.....	3.35.00
C. Martin, Spain.....	3.39.49
N. Bright, U.S.A.....	3.40.07
H. Bastien, Belgium.....	3.40.54
E. Soderstrom, Sweden.....	3.54.06
G. Letellier, France.....	3.56.20
W. Andberg, U.S.A.....	3.56.37
D. Kaufman, Canada.....	3.56.49
W. Lachner, Germany.....	3.56.59
S. Hakansson, Sweden.....	3.57.17
G. Lundin, Sweden.....	3.57.21

Class 4A (70-74 years old).

M. Montgomery, U.S.A.....	3.08.06
R. Sears, U.S.A.....	3.32.21

S. Jarnmyr, Sweden.....	4.10.59
C. Bendig, Great Britain.....	4.12.36
G. Jacobs, U.S.A.....	4.18.04
K. Kristahn, Germany.....	4.20.50
E. Jones, U.S.A.....	4.23.39
P. Ponthieu, France.....	4.31.57
A. Dyson, Canada.....	4.32.02
G. Gomier, France.....	4.41.24
L. Kauppi, Finland.....	5.58.39

Class 4B (75-79 years old).

L. Gregory, U.S.A.....	3.47.20
P. Spangler, U.S.A.....	4.06.54
G. Vang, Norway.....	4.34.11

Class 5 (Over 80).

H. Backstrom, Finland.....	5.51.58
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WOMEN

Class W1A (35-39 years old).

N. Kuscsik, U.S.A.....	2.50.22
G. Reinke, Germany.....	2.56.26
J. Ulyyott, U.S.A.....	2.58.17
L. Winter, Germany.....	2.58.26
J. Von Hasse, Germany.....	2.58.46
A. Horn, Germany.....	3.01.54
U. Meihe, Germany.....	3.02.42
P. Palmerson, Canada.....	3.08.31
G. Meschede, Germany.....	3.08.39
M. Buttner, Germany.....	3.09.11
I. Rudolf, Germany.....	3.09.42
H. Lang, Germany.....	3.10.53
P. Day, Great Britain.....	3.11.17
D. Senzig, U.S.A.....	3.13.01
D. Dickmeyer, U.S.A.....	3.13.11
C. Schaumberg, U.S.A.....	3.13.16

Class W1B (40-44 years old).

M. Gorman, U.S.A.....	2.43.10
M. A. Pugh, U.S.A.....	2.58.09
L. Witte, Germany.....	2.58.46
R. Schiek, Germany.....	3.03.36
I. Schneider, Germany.....	3.05.54
T. Stricklin, U.S.A.....	3.06.44
S. Rappi, Finland.....	3.07.38
J. Sommier, France.....	3.08.46
E. Holdener, Switzerland.....	3.11.23
D. Gookin, U.S.A.....	3.12.47
S. Kiddy, U.S.A.....	3.15.15
C. Honeywell, U.S.A.....	3.16.17
J. Payne, U.S.A.....	3.16.21
D. Cartwright, U.S.A.....	3.16.34
L. Kalweit, Germany.....	3.17.32
V. Riotte, Germany.....	3.17.32
S. Weiner, Canada.....	3.22.44
J. Wubbeling, Germany.....	3.23.40
M. Spira, Germany.....	3.24.26
E. Gyldenohr, Denmark.....	3.24.46

Class W2A (45-49 years old).

U. Blaschke, Germany.....	2.56.12
N. Hobson, U.S.A.....	3.00.12

**NORTHERN VETERANS AC
CHAMPIONSHIPS. MAY 7th, 1978.**

THERE WERE several people who had a particularly busy day, Derek Howarth with 4 first medals and a second in Group 1B; Spen Trafford also with 4 firsts and second but in Group 2B; Alan Hughes with 3 firsts in the longer distance events in Group 1B and Ronny Anderson with extremely good times with his 3 firsts and a second in Group 1A. One of the best races however, was in the 3,000m Steeplechase where after P. G. Knott had led throughout and with a 20 yard lead to the final lap was beaten by an inches finish by R. Carruthers with times of 9.47:7 and 9.47:8. **Keith Whitaker**

100 METRES

Class 1A.

1, D. Herman.....	11.9
2, R. Anderson.....	12.0
3, H. Crane.....	12.4
4, G. Lee.....	12.4
5, D. Burton.....	12.5
6, A. Bowman.....	13.4

Class 1B.

1, D. Howarth.....	12.2
2, J. P. Macgregor.....	12.9
3, G. Griffiths.....	13.0
4, G. Bagguley.....	13.1
5, T. Brown.....	13.4
6, F. C. Woodward.....	13.9

Class 2A.

1, H. Smith.....	13.4
2, E. Allen.....	13.7
3, R. H. Swain.....	13.8
4, D. Mason.....	14.2
5, J. McKeon.....	14.5

Class 2B.

1, H. S. Trafford.....	14.4
2, K. Hallam.....	14.7
3, D. H. J. King.....	14.9
4, G. Norman.....	15.0
5, R. Davenport.....	15.3

200 METRES

Class 1A.

1, R. Anderson.....	24.1
2, D. Burton.....	24.3
3, H. Crane.....	24.5
4, G. Lee.....	24.6

Class 1B.

1, D. Howarth.....	25.6
2, G. Griffiths.....	25.9
3, T. Brown.....	26.0
4, O. Flaherty.....	27.2
5, G. N. W. Tilsley.....	27.5

Class 2A.

1, H. Smith.....	26.6
2, E. Allen.....	27.8
3, R. H. Swain.....	28.1

Class 2B.

1, H. S. Trafford.....	29.1
2, K. Hallam.....	30.2
3, D. H. J. King.....	30.7
4, G. Norman.....	33.5

400 METRES

Class 1A.

1, R. Anderson.....	54.1
2, D. Herman.....	55.7
3, J. Hall.....	60.4

4, W. G. Dick.....	64.9
5, J. Winters.....	66.4

Class 1B.

1, D. Howarth.....	56.0
2, T. Brown.....	58.8
3, J. P. Macgregor.....	58.8
4, W. Pickles.....	61.9
5, B. Lister.....	64.2

Class 2A & 2B.

1, E. Gallagher.....	58.1
2, R. H. Swain.....	61.8
3, F. Thompson.....	62.5
4 J. M. Dean.....	63.2
5, K. Hallam (2B).....	66.8

800 METRES

Class 1A.

1, R. Anderson.....	2.02:0
2, R. Allen.....	2.03:7
3, A. J. Steele.....	2.12:5
4, J. Hall.....	2.29:5

Class 1B.

1, A. Hughes.....	2.13:9
2, D. Howarth.....	2.21:4
3, W. Pickles.....	2.22:5
4, B. Lister.....	2.30:6

Class 2A.

1, F. Thompson.....	2.23:8
2, E. Joynson.....	2.25:5
3, J. M. Dean.....	2.29:2

1,500 METRES

Class 1A.

1, R. Allen.....	4.08:3
2, R. Carruthers.....	4.09:8
3, D. Welch.....	4.10:2
4, R. Madden.....	4.23:0
5, S. Robson.....	4.43:2
6, V. Bateman.....	4.49:9
7, J. Winters.....	5.10:2
8, W. G. Dick.....	5.25:1

Class 1B.

1, A. Hughes.....	4.29:6
2, M. Morrell.....	4.35:5
3, B. Lister.....	4.52:4
4, R. Kernighan.....	4.53:2
5, C. Carter.....	5.06:4

Class 2A.

1, W. Marshall.....	4.37:7
2, E. Joynson.....	4.47:7
3, W. Brown.....	4.54:2
4, T. Robson.....	5.02:3
5, J. Dean.....	5.17:6

Class 2B.

1, K. Hall.....	4.58:0
2, M. Casey.....	5.02:3
3, L. Heald.....	5.38:0

Class 3.

1, N. Ashcroft.....	5.13:0
2, W. Burns.....	6.08:6
3, D. Eyles.....	6.25:0

5,000 METRES

Class 1A.

1, F. Pendlebury.....	15.34:0
2, D. Welch.....	15.40:2
3, R. Balding.....	15.52:4
4, M. Murphy.....	16.04:7
5, W. Dance.....	16.19:4
6, P. G. Knott.....	17.18:5
7, A. Prouse.....	17.13:4
8, A. Beasley.....	17.15:2
9, W. Feury.....	17.40:0
10, S. Robson.....	18.39:0

11, F. Lucop.....	18.41:0
12, W. G. Dick.....	20.01:0

Class 1B.

1, A. Hughes.....	16.26:6
2, M. Morrell.....	16.31:8
3, P. Pattison.....	16.48:4
4, M. Weston.....	17.21:0
5, R. Kernighan.....	17.41:0
6, H. S. Thornton.....	17.53:6
7, G. Brady.....	18.05:0
8, J. McAloon.....	18.23:0
9, C. Carter.....	19.00:0
10, S. Cooper.....	19.39:0

Class 2B.

1, K. Hall.....	17.13:2
2, M. Casey.....	18.38:0

Class 3A & 3B.

1, N. Ashcroft (3A).....	19.33:4
2, E. Wallace (3B).....	21.14:2
3, G. W. Storey (3A).....	21.18:3
4, W. Burns (3B).....	23.06:6
5, D. Eyles (3B).....	23.26:0

110 METRES HURDLES

1, I. Steedman (2A).....	19.3
2, K. Hallam (2B).....	28.8

400 METRES HURDLES

1, E. Hamer (1A).....	66.3
1, I. Steedman (2A).....	69.9

3,000 METRES STEEPLCHASE

1, R. Carruthers.....	9.47:7
2, P. G. Knott.....	9.47:8
3, D. A. Spencer.....	10.29:8

HAMMER

1, K. Madden.....	43.72
2, H. E. Richardson.....	43.38
3, M. Sadiq.....	35.08
4, F. W. Hobson.....	27.26

JAVELIN

1, H. E. Richardson.....	44.36
2, J. S. Medhurst.....	36.14
3, W. F. Mann (1B).....	35.86
4, K. Madden.....	34.40
5, F. W. Hobson.....	34.24
6, W. Nicholls.....	27.68

SHOT

Group 1.

1, K. Madden.....	10.98
2, J. S. Medhurst.....	10.40
3, W. F. Mann (1B).....	10.21
4, F. W. Hobson.....	10.16
5, W. Nicholls.....	7.91
6, R. Buckley (1B).....	7.85
7, A. Sanders.....	5.90

Group 2.

H. S. Trafford (2B).....	10.14
2, F. Stewart.....	8.86
3, R. Davenport (2B).....	6.60
4, D. Jepson.....	6.06

DISCUS

Group 1.

1, H. E. Richardson.....	35.42
2, J. S. Medhurst.....	33.54
3, F. W. Hobson.....	31.82
4, R. F. Wilson.....	30.42
5, W. F. Mann (1B).....	27.64
6, W. Nicholls.....	27.46
7, R. Buckley (1B).....	17.74

8, A. Sanders.....	13.78
Group 2.	
1, F. Stewart.....	23.34
2, H. S. Trafford (2B).....	21.36
3, E. Allen.....	19.92
4, D. Jepson.....	12.54

LONG JUMP

Class 1A.	
1, R. Wilson.....	5.71
2, D. Burton.....	5.36
3, E. Hamer.....	5.08
Class 1B.	
1, D. Howarth.....	5.10
2, G. N. Tilsley.....	4.50
Class 2A.	
1, H. Smith.....	4.32
Class 2B.	
1, H. S. Trafford.....	4.38
2, G. Norman.....	4.08
3, R. Davenport.....	3.20

LADIES EVENTS

200 METRES

1, B. Brookes (WO).....	31.8
2, Y. Smith (W1A).....	32.0
3, M. Hamer (W1A).....	32.5
4, M. Whitaker (W1A).....	32.9

1,500 METRES

1, B. Brookes (WO).....	5.14:4
2, Y. Smith (W1A).....	6.13:7

VETS AC 3 1/2 MILES.

BATTERSEA PARK. MAY 2nd, 1978.

1, J. Oliver.....	18.28
2, T. Everitt.....	18.50
3, D. Dellar.....	19.01
4, J. Leith.....	19.25
5, T. Knight.....	20.05
6, R. Poultney.....	20.24
7, G. Knox.....	20.30
8, J. Hayward.....	20.40
9, B. Smith.....	20.42
10, C. Charnock.....	21.03
11, D. O'Connell.....	21.09
12, F. Prosser.....	21.37
13, E. Elderfield.....	22.07
14, R. Harrison.....	22.15
15, M. McDowell.....	22.55
16, R. Hopcroft.....	24.00
17, N. Noble.....	24.01
18, J. Gorrod.....	24.19
19, M. Tucker.....	24.24

A. Shepherd

M.V.A.C. 3 x 5,000 METRES

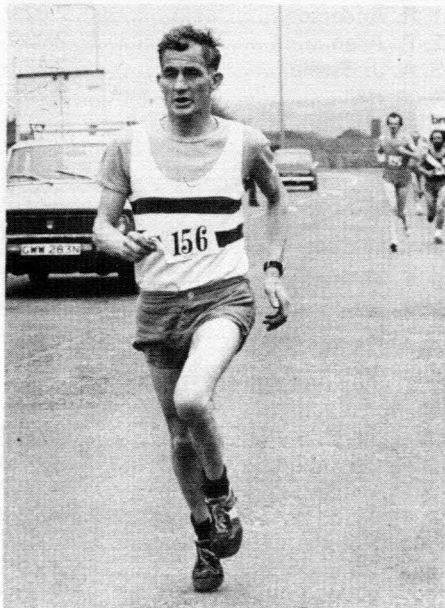
ROAD RELAY. SALFORD PARK. 9/5/78

1, Lozells A.....	53.27
M. Capewell 18.01	
A. Jones 18.14	
P. Morris 17.12	
2, Notts AC.....	54.22
J. Adlington 17.23	
K. Picksley 17.56	
B. Wakefield 19.03	
3, Smallheath.....	54.33
C. Simpson 17.51	
R. Turton 18.21	
R. Froggatt 18.21	

4, Hereford & District.....	57.05
5, Lozells B.....	57.18
5, Sparkhill.....	59.21
7, Mixed D.....	57.35
8, Rugby AC.....	60.14
9, West Bromwich.....	65.15
10, Mixed J.....	68.17
11, Mixed K.....	68.25

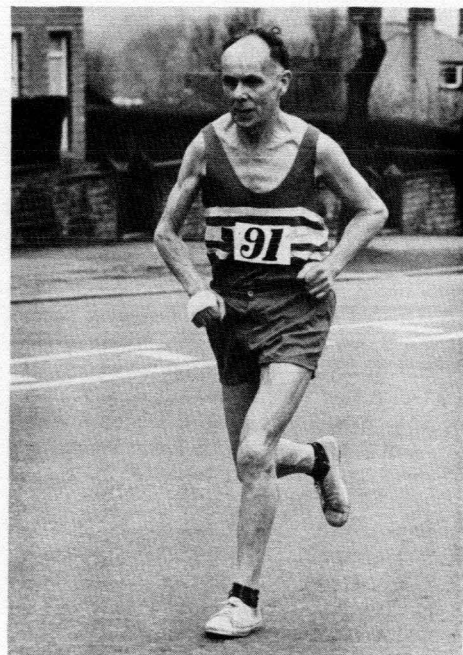
Fastest Times.

1, P. Morris.....	17.12
2, J. Adlington.....	17.23
3, B. Joines.....	17.40
4, C. Simpson.....	17.51
5, J. Mills.....	17.53
6, K. Picksley.....	17.56



NO RESULT OR REPORT RECEIVED FOR THIS EVENT.

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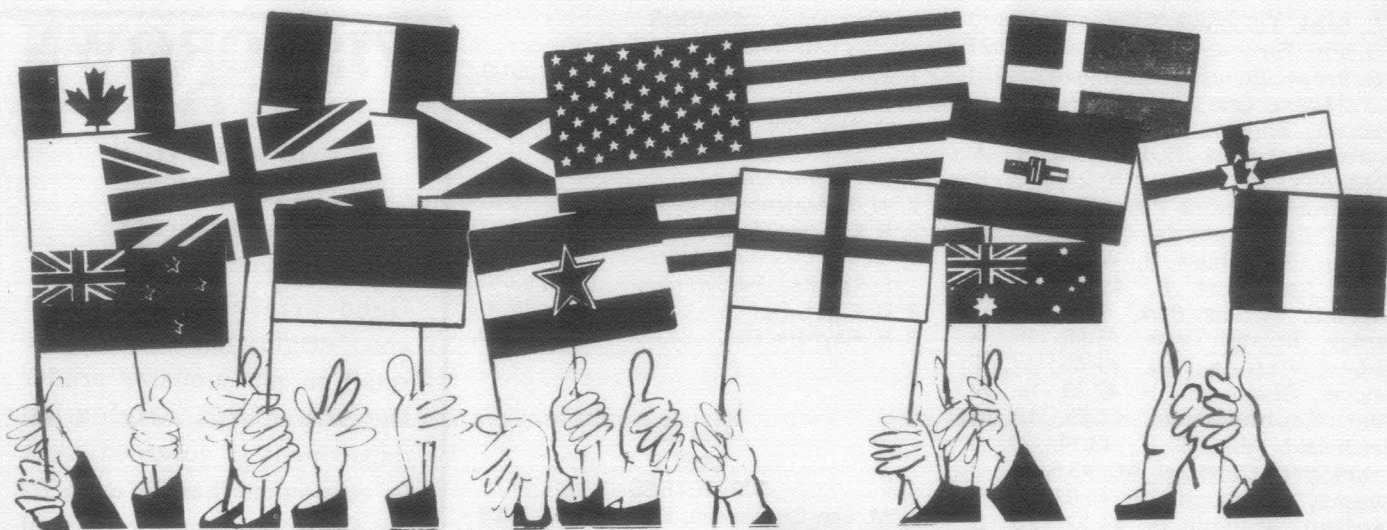
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WORLD RESULTS SERVICE

SEINAJOKI. 9.8 Kms. 12/2/78.

1st, Risto Ala-Korpi, 29.43. FINLAND.

Age 40-44.

Simo Nikula.....	31.09
Pentti Vepsa.....	34.13
Jaakko Ollila.....	35.18

Age 45-49.

Mauno Sissala.....	32.53
Matti Koykka.....	36.02
Olavu Riihimaki.....	36.16

Age 50-54.

Unto Pekurinen.....	35.37
Jukka Lindholm.....	36.52
Matti Kankaanpaa.....	39.30

Age over 55.

Tauno Laitila.....	37.06
Jens Enqvist.....	38.14
Jack Henriksson.....	38.58

230 ran in mid-winter only 200 miles south of the Arctic Circle!

KORSO ½ MARATHON. 12/3/78.

1st Pekka Mantymaa, 1.07.16

Age 40 plus.

Tauno Valasti.....	1.11.43
Teuvo Hyttinen.....	1.12.09
Asko Raittila.....	1.14.15

KORSO 25 Kms. 19/3/78.

1st Matti Salonen, 1.26.18.

Age 35-44.

Tauno Valasti.....	1.32.16
Pertti Aholainen.....	1.33.43
Tuomo Lamberg.....	1.34.22

Age 45.

Erik Lemettinen.....	1.36.12
Pauli Vesala.....	1.40.17
Kurt Gustafsson.....	1.41.48

SIPOO 19 Kms. 7/5/78.

1st Pertti Ryyananen, 1.01.25

Age over 40.

Tauno Valasti.....	1.01.31
Sune Westerlund.....	1.04.31
Oiva Tuomainen.....	1.05.45

340 runners in all including women, boys and girls running 10, 5, & 5kms respectively.

KERAVA 10 Kms X-Country. 13/5/78.

1st Leo Immonen, 32.27.

Age 35-44.

Urpo Laitinen.....	33.12
Teuvo Hyttinen.....	33.15
Vesa Saalasti.....	34.25

Age over 45.

Pauli Penttinen.....	35.03
Aulis Tarkiainen.....	36.44
Henrik Anthoni.....	37.57

EASTER 10,000 METRES ROAD RACES

PADERBORN, W. GERMANY. 25/3/78.

1, Helmut Bode O/50.....	31.48
2, Hans Hinderks O/50.....	32.38
3, Manfred Hoppe O/40.....	32.52
4, Ron Franklin O/50.....	32.56
5, Riuter De Klaas O/40.....	33.24
6, Werner Saure O/40.....	33.25
Hans Hinderks. World Masters 10,000m Track Gold medalist, Sweden 1977.	

10 Kms Lauf de Manner. Over 40 years.

1, Manfred Hoppe (40).....	32.52
2, Ruiter De Klaas (44).....	33.24
3, Werner Saure (44).....	33.25
4, Gunter Klose (43).....	N.T.T.
5, Attila Hdeczy.....	N.T.T.
6, Arnold Bahr (40).....	

7, Heinrich Korta (40).....	
8, Horst Rieke (40).....	
9, Reinhard Seibert (41).....	
10, Friedhelm Tepel (47).....	
11, Robert Hofmeister (41).....	
12, Heinz-Peter Herd (41).....	
151 Over-40's finished.	

Over 50 years.

1, Helmut Bode (50).....	31.48
2, Hans Hinderks (51).....	32.38
3, Ronald Franklin (50).....	32.56
4, Gerhard Reidemeister (52).....	N.T.T.
5, Roderich Ditsch (50).....	
6, Herbert Pieritz (53).....	
7, Ludwig Herrmann (58).....	
8, Rolf Quent (50).....	
9, Pim de Jong (53).....	
10, Wolfgang Conrad (50).....	
11, Reinhard Lunstroth (50).....	
12, Rudolf Lach (50).....	

Over 60 years.

1, Erich Kruzycki (67).....	N.T.T.
2, Gerd Lemke (61).....	
3, Hans Mohr (68).....	
4, Dr. Arkenstette (61).....	
5, Kurt Hoffmann (66).....	
6, Samuel Lee (66).....	
7, Franz Rohl (69).....	
8, Herbert Liedig (64).....	
9, Karl-Heinz Schafer (68).....	
10, Adolf Frech (68).....	

SCOTLAND

Scottish Veterans "Glasgow 800 Trophy." 6½ Miles Road Races. May 6th, 1978.

1, W. Stoddart, Greenock Wellpark.....	34.40
2, J. Barrowman, Garscube H.....	35.33

3, G. Stark, Edinburgh Southern.....	36.13
4, D. Kerr, Garscube H.....	37.27
5, G. Brown, Edinburgh Southern.....	38.01
6, J. Moore, East Kilbride, 38.38; 7, T. Malcolm, Springburn H, 39.53; 8, M. Morrison, Victoria Park, 40.16; 9, A. McManus, Paisley H, 40.24; 10, R. Calderwood, Victoria Park, 40.25; 11, E. Dolan, East Kilbride, 40.30; 12, B. Fickling, Springburn H, 40.35; 13, A. White, Springburn H, 41.29; 14, A. Galbraith, Victoria Park, 41.37; 15, J. Hartley, Scottish Vets, 41.46; 16, A. Forbes, Victoria Park, 41.53; 17, T. Fletcher, Shettleston H, 42.29; 18, W. Elder, Scottish Vets, 42.59; 19, R. Macdonald, Maryhill H, 43.14; 20, J. Newbigging, Edinburgh AC, 43.53; 21, J. Sweeney, Clydesdale H, 44.07; 22, T. Harrison, Maryhill H, 44.27; 23, D. Morrison, Shettleston H, 44.27; 24, T. Monaghan, Maryhill H, 46.11; 25, A. Lusk, W2A, 46.38; 26, J. Geddes, Clyde Valley, 46.49; 27, G. Bell, Bellahouston H, 47.26; 28, D. Clarke, Scottish Vets, 47.38; 29, A. Jackson, Scottish Vets, 47.39; 30, D. Wilmoth, Springburn H, 48.50; 31, R. Donald, Clydesdale H, 49.29; 32, G. Taylor, Shettleston H, 49.42; 33, R. Tennent, Victoria Park, 50.28; 34, D. Cavson, Garscube H, 55.05.	
1st O/50 T. Fletcher.	
1st O/60 A. Forbes.	

SOUTH AFRICA
Collisson Cup Meeting.
Green Point Stadium.

MEN

400 METRES

1, D. Timm, Pine.....	48.8
2, A. Heald, Pine.....	49.2
3, J. Krone, Pine.....	49.4

1,500 METRES

1, I. van der Merwe, SH.....	3.57:6
2, A. Hoogendijk, CH.....	4.02:0
3, P. Joseph, SAKK.....	4.05:6
4, C. Cumming, CH.....	4.05:7

5,000 METRES WALK

1, M. Bester, Def.....	24.25:9
2, G. Oosthuizen, Paarl.....	24.34:6
3, J. Hutchison, Fish Hoek.....	27.01:6

110 METRES HURDLES

1, B. Farrell UCT.....	15.6
2, P. Goliath, SAKK.....	20.6

LONG JUMP

1, A. van Heerden, SAP.....	6.35
2, P. Edgar, Def.....	5.65
3, P. Swart, Pine.....	5.26

JAVELIN

1, W. van Niekerk, Paarl.....	57.38
-------------------------------	-------

WOMEN

400METRES

1, L. Verster, Parow.....	55.7
2, P. Sharples, CH.....	62.9
3, A. du Toit, Parow.....	6.39
4, A. McKenzie, Pine.....	65.5

LONG JUMP

1, G. van Zyl, Parow.....	5.62
2, A. Bezuidenhout, Parow.....	5.54

JUNIORS

400 METRES.

1, K. Diamond, Pine.....	51.9
2, T. Grey, CH.....	52.1
3, C. Jury, CN.....	52.8

LONG JUMP

1, G. Goliath, Def.....	6.25
2, W. Spannenberg, Paarl.....	6.10
3, F. Knoetse, Parow.....	5.02

JAVELIN

1, E. Knoetse, Parow.....	53.40
2, D. Cloet, Def.....	36.70
3, H. Rayners, Def.....	32.88

8/2/78

MEN

100 METRES

1, M. van Giesselleen, Def.....	10.8
2, S. Harris, PAC.....	11.1
3, J. Beziudenhout, Parow.....	11.3

HAMMER THROW

1, H. Geldenhuys, SAP.....	55.74
2, G. Engelbrecht, Bell.....	38.50
3, A. Coetzee, Def.....	35.30

10,000 METRES

1, I. van der Merwe, SH.....	30.50:5
2, M. Appleton, Def.....	33.11:4
3, P. Joseph, Def.....	33.15:4

TRIPLE JUMP

1, C. SAP.....	12.38
2, C. Truterden, SAP.....	12.30
3, A van Heer-Thirion, Def.....	11.15

WOMEN

100 METRES HURDLES

1, A. Beruidenhout, Parow.....	14.9
2, L. Verster, Parow.....	18.5
3, C. Lesch, Def.....	20.2

3,000 METRES

1, A. MacKenzie, PAC.....	11.27:5
2, M. Loubser, Def.....	12.09:2
3, L. van Oudtshoorn, Def.....	12.42:0

DISCUS

1, L. Englebrecht, Bell.....	39.22
2, J. Coetzee, Def.....	29.44
3, S. Tomlinson, Def.....	25.22

JUNIORS

100 METRES

1, S. Daniels, Def.....	11.3
2, R. Goliath, Def.....	11.4
3, G. Sylvester, Def.....	11.6



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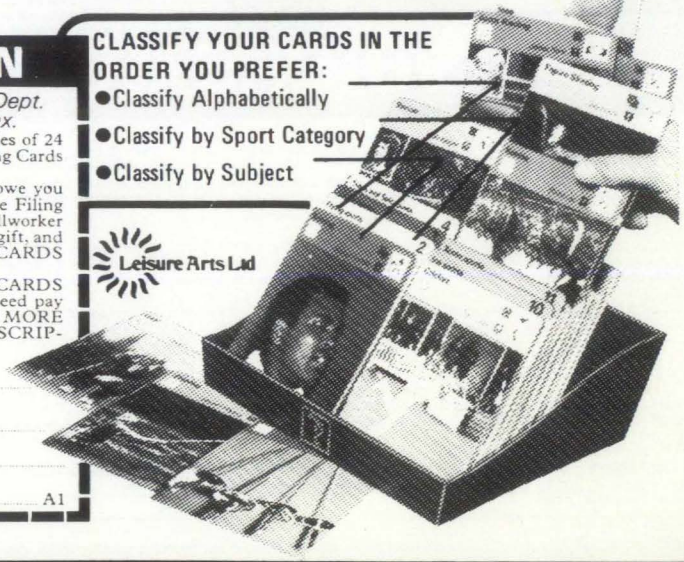
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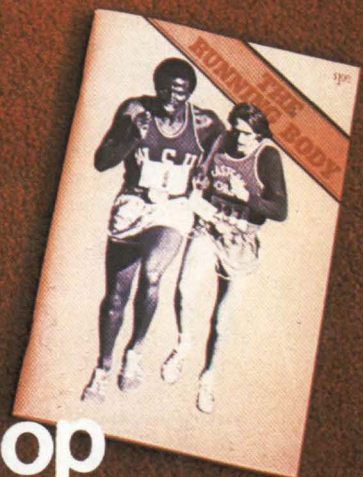
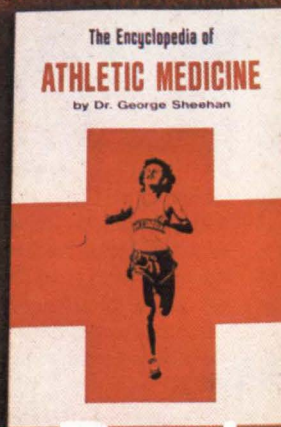
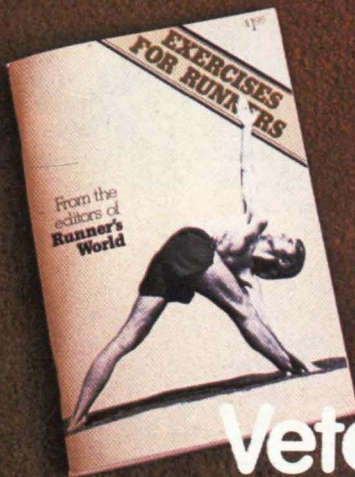
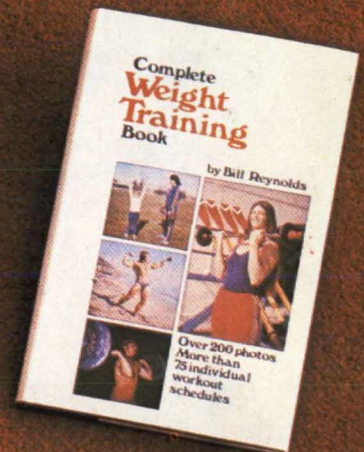
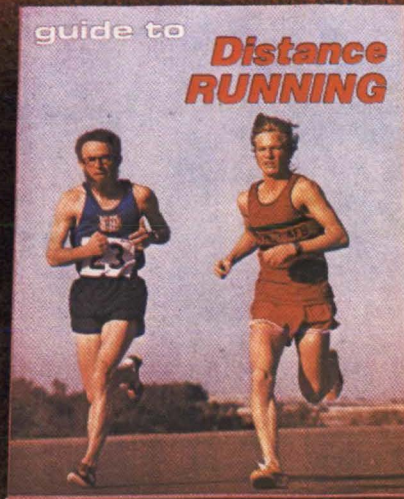
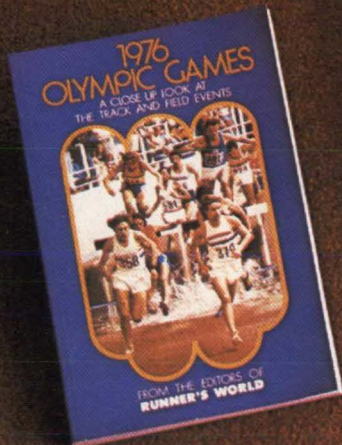
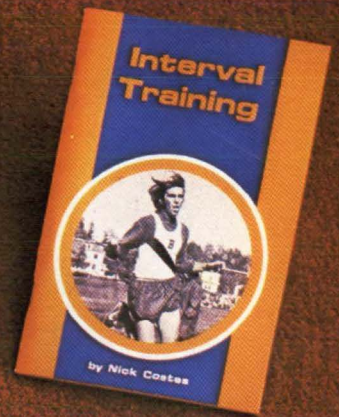
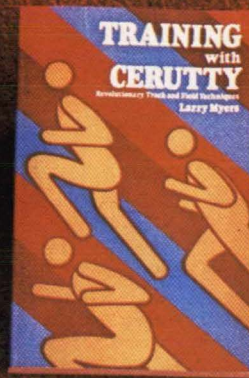
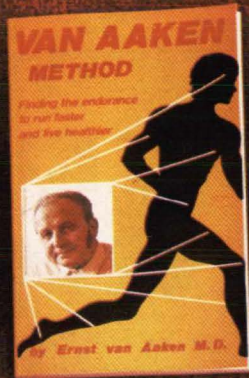
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