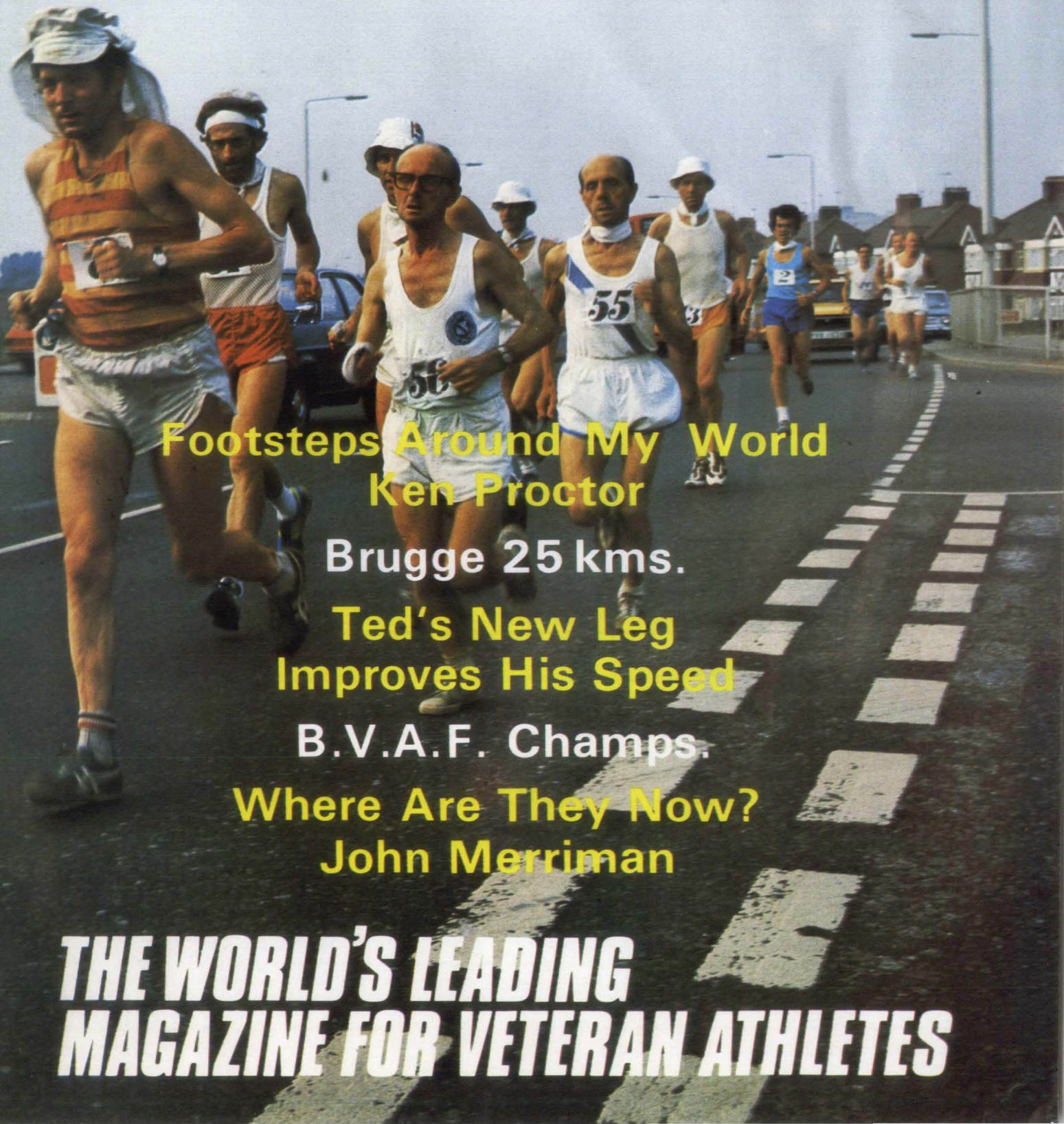


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Ken Proctor**

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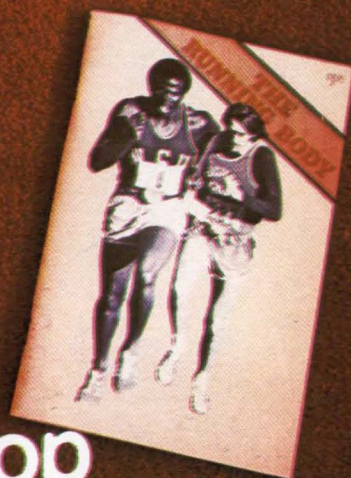
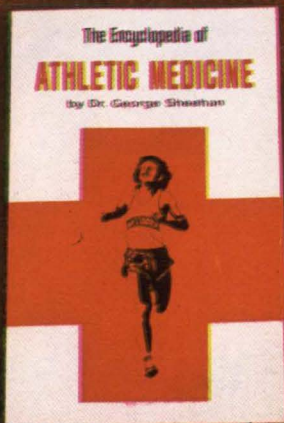
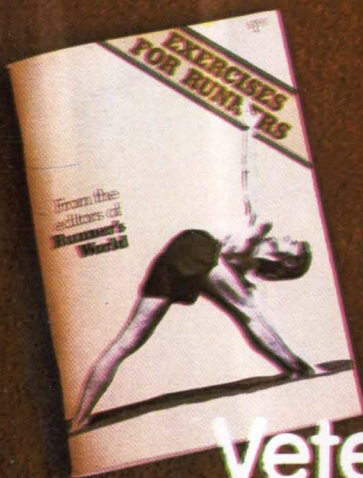
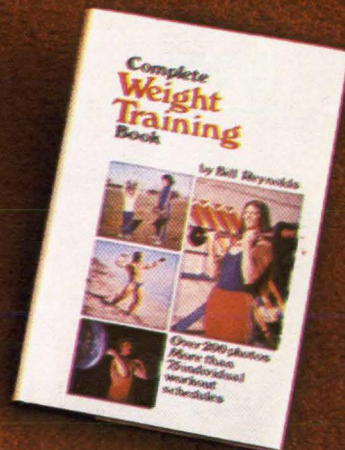
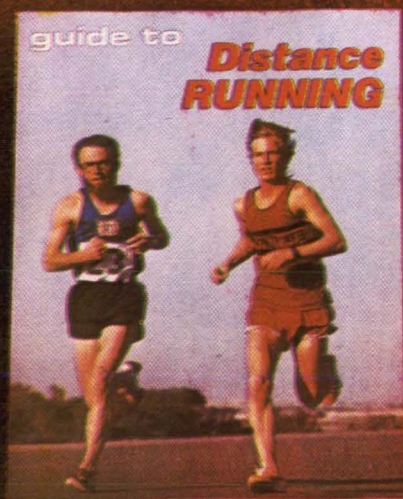
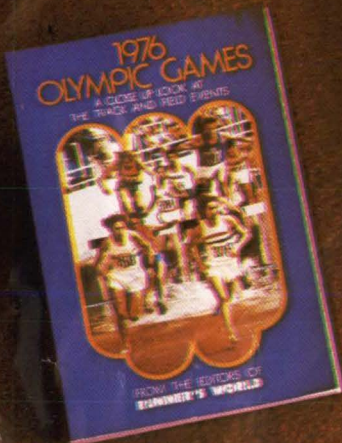
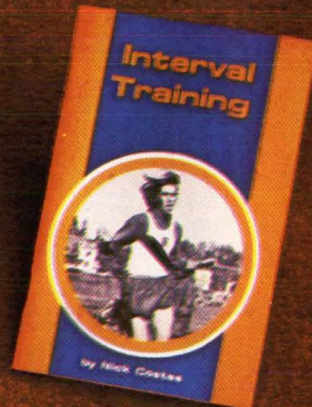
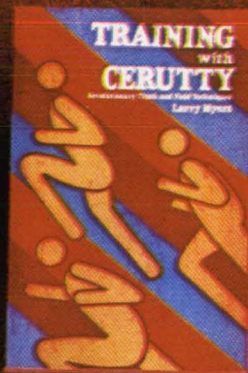
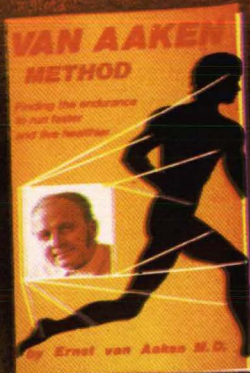
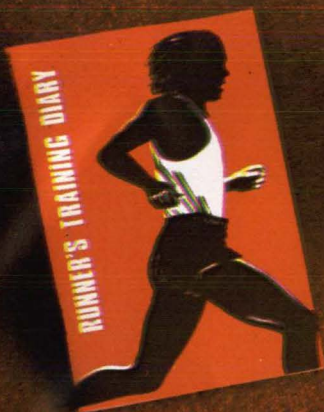
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SNIPS.

U.S.A. — Fifty year old Pete Mundle of Venice, California today ran the fastest 6 miles ever run by an American over age 50. His time of 32:49:6 broke the old mark of 32.56.4 set by Jim O'Neil of Sacramento, California, on May 9, 1976.

Averaging a phenomenal 5.28 per-mile, Mundle easily won the age 50-59 division of the 1978 Southern Californian AAU Masters Track and Field Championships at California State University at Northridge.

"My weight is down to 128," said the 5ft 10in. Mundle, "my lowest since college. I still feel good after the fourth mile, and just keep pushing it."

Mundle is the holder of dozens of American long-distance age running marks from age 35-49. His time approached the world over 50, 6-mile mark of 32:14 held by Alain Minoun, former French Olympian.

In the same meet, North Hollywood's Gary Miller, 40, broke the American over 40 standard with a 51.1 in the 440-yard run, breaking the old mark of 51.4, set by Jim Lingel of Lafayette, Calif. on April 1, 1972.

Miller also won the 440 hurdles in 60.2.

AUSTRALIA — One of the most unexpected results of the Nationals in Melbourne was the performance of Glen Powell in the pole vault. Ron Daniels took the title (1A) but Glen's silver medal represented only a few weeks tuition from Ron. Things will look good when Ron moves to 1B leaving Glen to take over his 1A mantle

Brazil — The veteran movement is growing in Brazil, writes Derrick Marcus, with the Sao Paulo leading the way as the principle group with regular fixtures and magazine. The age groups are in 5yr groupings, membership runs to about 150 with ex-Olympian Adhemir Ferreira da Silva (triple jump) amongst them. The first National championships were held last November.

Australia — It appears that Queensland have decided against hosting the World Veteran Championships in 1981, but New South Wales have stepped in and have already begun plans.

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The 60-year-old Flower brothers (VPH) running together in the Woodford to Southend Road Race.

Photo Lynne Barrett

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Footsteps around my world

Volume 1
Number 5

Munich, Germany.

During the Masters World Championships for Track and Field in Gothenburg, Sweden, I met a fine American citizen. His name was Col. George Mueller, Ret. He was a tall, handsome man with a straight military bearing and his conditioned good health, and ever smiling countenance belied his sixty-two years. He was running in the same events I was and it was his first competition. We became an inseparable trio that week and when George learned we were bound for Prien via Munich he extended us a "make our home yours for as long as you like" invitation to visit.

When fate dealt my back its sudden jolt we thought more seriously of spending a few days with the Muellers. After the long train ride, a sojourn with friends who could help in case of complications seemed like a good idea. So we wrote, explained the circumstances and received in reply an astonishing letter two pages long. A key was scotch-taped to the centre of the first page. Regreting that they would be travelling with friends at the time we proposed visiting, the letter went on to extend the most complete invitation we had ever received, down to the location of food, beer, wine, laundry, names of friends in the building, associates in Intelligence, how to use the subway and ending with an apology because the car was unusable as it had military license plates! Here was a man we had known only one week and Fran, his wife, had never laid eyes on us and they were turning us loose in their home. They even said, "Open the doors and drawers — we have no secrets!" This has certainly been our year to receive — Warsaw, Loudeac, Brussels, Bremen and now Munich — all new friends treating us like long lost relatives. One to one the world is not so bad!

Oktoberfest was in full swing when we arrived in Munich, and having survived the train ride even better

by Ken Proctor

than I had expected, we sought out the tourist office for directions. A young backpacking American said as we tried to get in the jammed bureau just outside the station, "If you're looking for a room, man, forget it!"

The great Munich Beer Bust was an easy walk from the station and it was a matter of following the crowd. The modest beginning of Oktoberfest occurred when the rulers of Bavaria decided that the peasants should be democratically treated to a yearly celebration. The famous beer of Southern Germany flowed, the oxen and pigs were roasted over open fires and there was dancing in the streets. Now the carnival is big business. "Tents," mammoth and elaborate, each holding several thousand singing, swaying festive people, many dressed in Bavarian costume, are erected each year for the occasion. Looking down the wide expanse between the immense canvas buildings it is impossible to see the end. Interspersed between the tents are amusements of every description, ferris wheels, dodgems, roller coasters, horror chambers and then stand after stand of food stalls, serving from their windows dripping rotisseried chickens, wursts of every description, date and nut bread, open smoked salmon sandwiches, pretzels so big it was impossible to eat them without breaking off pieces. The beer halls were packed — hardly a seat was free. The om-pa-pa bands were playing constantly and the sweating, milling crowds yelled and sand and faces reddened with the exhilaration of the celebration. The vast walkway was a parade of revelry and we threaded our way through them giving up from time to time to try everything in sight. By nine o'clock, full and tired from the long trip and the strain of my injury, we slowly worked our way to the entrance. Non-Germans were easy to spot — many were carrying tremendous glass mugs each capable of



holding a litre — a souvenir of a once in a lifetime event for most, and a taboo for the local populace.

We found ourselves unable to relate to the affair. We had tried. We drank beer and ate ourselves into glazed-eyed stupidity but our emotions failed to respond. I thought of my brother, who loves this boisterous spirited frolic and I was sad he was not with us. Maybe he could have led us through the gate of participation and abandon. It looked like fun but we were denied entrance to the game.

Finding the Muellers' apartment in Building 312 in the Porlacher Forest American Army Base turned out to be a treasure hunt for our cab driver. For a while, as the meter ticked inexorable on we had visions of returning to center city. But the day was saved at the last minute and we found ourselves staring at "Welcome Proctors" taped to the door as the key which had been sent to Bremen slid noiselessly into the lock. The dining room table was unusable. It was covered with more helpful suggestions, back issues of 'Runners World' and 'Bicycling,' maps of Munich, tourist guides, a book of art and endless information on where to go, what to see and buy. There was even a personal note from Fran, who knew us only by description, rolling out a

verbal red carpet! As we slid wearily into bed that night we did not feel the discomfort of being in a strange house. From our 'home' in Bremen we had moved to our 'home' in Munich. How lucky can we get?

We paid little attention to my back during those five days in Munich and we allowed ourselves scant time to let the Meullers' apartment get to know us. Into Munich everyday on the S-Bahn, the very efficient surface-subway system, to a round of shopping, sightseeing and dining. While I could not lift anything, walking was no great problem, so we cruised around alert to the attractions and numbed by the prices. A pair of corduroys, \$85; a suit, \$375; a plain blue shirt, \$35; Italian boots for Jacque, \$155; but a stunning black corduroy jumpsuit and a flowing white wool skirt at exceptionally good prices at the best department store.

We rode out on a streetcar to Nymphenburg, now a huge park. We went through the small castle and admired the vaulted ceiling in the entrance hall and strolled around the park to see the Bathing Pavillion, the Pagoda and the Carriage Museum, filled with ornate conveyances many of which once belonged to Ludwig II. We thought their designs were more beautiful and certainly more original than those in the Hermitage in Leningrad. We liked best the small hunting lodge. The decor came as a surprise. Far from austere, the rooms were delicate and exquisite. The kennel room was panelled and richly painted in pastel green. If Elvis Presley had seen it, "You're Nothing But A Hound Dog" might never have been written. Those hounds lived in the lap of the lap of luxury!

The day was nearly spent but we rushed back to the Alte Pinakother Museum and though far from enough time, were able to join some of the old masters for an hour and be awed by their inspiration.

Later, we were attracted to a restaurant called "Movenpick" and enjoyed a delicious sole, langoustines and a fine salad. The atmosphere was a study in casual excellence and the patrons were animated and an air of ambience prevailed. Weeks later we met a charming lady from Munich who was entertaining an American friend. We were lunching at a small cafe and our table was outside and we were facing the famous Weiss Church, Gothic in design and looking very elegant, glistening in the noonday

sun. At one point, the Munich lady said, "Don't you find my city a friendly place?" Her look of unhappiness bordering on disbelief upon hearing my answer, made me sorry I had related this story in answer.

When we were ready to leave the Movenpick Restaurant, having enjoyed the food and our time there, we were threading our way through the increasing crowd when the headwaiter stopped me and said, "Aren't you going to pay your bill?" I thought he was making a joke so I said, "Of course not, today American tourists dine free don't they?" The inflection of my voice and my smile were lost on this 'friendly' man of Munich and he said, "I want my money, now!" Realising, at last, that he was serious I thought I would succumb to a stroke as the blood rushed to my head and anger became the only force ruling my mind. I grasped his arm and I thought it might leave its socket as I pulled him close and shouted a hoarse whisper in his ear, "What right do you have to insult me standing in the middle of your restaurant? Why didn't you consult our waiter before demeaning me in front of your other guests? If you worked for me, the grip I have on your arm would not be relaxed until you were out on the street, you stupid ass!" As rapidly as I had become incensed my temperature cooled and I relaxed my grip as our waiter, who was standing nearby nodded that I had indeed paid. I watched the eyes of my antagonist, a man half my years waiting and not caring, for the exchange of blows the violence of my action seemed certain to assure. Reason overcame him but not sufficiently to include an apology and he stalked away without a word. My initial mood returned and I tried to spot my man on the way out. I wanted to say, "You didn't ask, but the dinner was exceptional. However, don't you think the ritual at the end should be improved upon?" Alas, he was out of sight — in more ways than one!

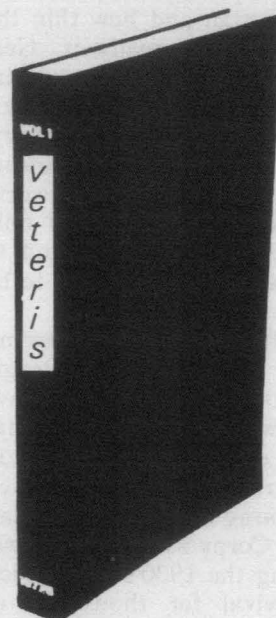
My chance conversationalist outside the cafe looked at me ruefully and murmured, "That restaurant is part of a chain. He was probably from the North!" Well, not Bremen if our experience gives us judgement!

One morning we made certain to arrive in the Munich Square by 11am. That is the hour the famous glockenspiel in the Municipal Building clock tower performs. We have seen the



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lifesize figures moving in and out in San Marco Square in Venice and the small statues making their appearances in Prague but the intricacy of movement and action in Munich is fascinating. The performance lasts fully fifteen minutes. The knights move about their business seriously, some walking, some riding spirited horses and in the end the inventor of this whole colourful pageant even manages to have one of the warriors decapitate his opponent. The whole display, the accompanying music, the expressions of rapt enjoyment on the upturned faces of the visitors, is a scene of light amusement. Worthwhile.

From the frivolous to the macabre as we took the S-Bahn to Dachau — scene of one of Hitler's infamous concentration camps. We think it is important, particularly for Americans, but also for all people to remind themselves frequently the beastial capabilities of man and how thin the veneer of civilisation really is. Germans need not feel any special discomfort over the acts of the Nazis during that period of their history. Hatred, mass killing, rape and incarceration still prevail in this world where everyone looks and it is only necessary to be able to read and to find a newspaper — any day — to be reminded that this is so.

Little is left at Dachau to remind the visitor of the extent of its tragic history. All the prison barracks have been torn down except one and that was no better or worse in construction than an American C.C. Camp which housed the young men of the Civilian Conservation Corps which dotted our country during the 1930's and which provided survival for thousands of workless US citizens and benefits to our national parks. But the similarity ends abruptly with the construction comparison. In Dachau there still remains a crematorium and the only other standing building houses life-size blow-ups of the Holocaust, the starvation and the dead piled upon dead, stark naked, still in angular and final repose.

When we left it was necessary to walk for a while to get to the bus which would return us to the S-Bahn. We moved silently without communicating and the action of our bodies had time to absorb the adrenalin released by the searing experience of the last hour. How pitiful we are! How small! How incompetent! I wanted to look up into the Heavens and cry out — Oh, God! But where was God at Dachau? I thought of the

stench — the finality of that total degradation — the akimo pile — the lolling genitals, the withered mammary glands, the unseeing sockets and my mind cried out to self instead, "Find strength, wretched ant crawling on this planet. Be worthy, infinitesimal creature. Judge not except to sentence yourself as one of 'them' and go forward groping on hands and knees but forward into the unknown seconds of life's ticking and reach out as far as you can and give your touch — love — as much as you can administer everywhere! No, you say? Oh yes — perhaps — but there is another emotion, tool, device or potion with such an impregnable armour or facility to succeed? I know no other. I'll do what I can with that."

Munich has a museum, part of which houses among other things a display of puppets. It is called The Munchner Stadt and we thought it very worthwhile. But an absolute must is The Schatzkammer or Treasury. Here is a display of state jewels and it is considered one of the four finest in Europe. The lighting is superb. The rooms are dark and the jewels are bathed in incandescence and their brilliance lashes out of the cases like a laser beam. By far the



most outstanding piece is Saint George and the Dragon. Watching them, one forgets they are in miniature, only about one foot tall, horse and all and so perfect have they been sculpted that Saint George actually seems to move as he draws his sword to slay the dragon. There are diamonds even in the horseshoe of the lifted foot, rubies in the saddle and reins and sapphires in Saint George's armour. This masterpiece has been locked open in awe since 1590.

Around the corner is The Altar Resident Theatre. It was the Palace Theatre and was built in 1751 by Cuvillie, the same architect responsible for the beautiful Amalienburg. The theatre is quite small but very elegant.

Our generous hosts returned that evening bringing with them Jackie and Ken Nichols. He is a retired general

and one of the world authorities on nuclear energy. The Oak Ridge Project, in Tennessee was commanded by General Nichols. I told him of our conversation with the American energy men in the Moscow Airport and how they were returning to Washington convinced that we were trailing the Russians in nuclear power development. Ken Nichols said that our fears of mishap are groundless and that we are digging our own entrance into becoming second rate by our vacillation while Russia and other powers forge ahead. Here was a man who had spent his life at the apex of nuclear development and he was irrevocably convinced that we've the capability to control its use for energy. Where are your facts, Ralph Nader?

Prien Am Chiemsee.

The astonishing hospitality of the Muellers continued. The next day, Fran went off to her job at Army Intelligence and George insisted on driving us the one hour ride to Prien where we were to spend the next two months trying to learn German. That was a Godsend as I was unable to lift our heavy foot locker and duffle bags.

If there is a typical Bavarian town Prien is it! There is a pole 100 feet high in the centre from which hang silhouettes in colour of the artisans practicing their trades — butchers, bakers, watchmakers, grocers, blacksmiths — all unmistakably doing their thing. A church with a typical thin spire dominates the centre and the buildings have window frames and animated scenes painted on them.

Again the Proctors lucked out! We found ourselves living with a recently divorced young man whose house was only a ten minute walk from school and yet was on a quiet street of attractive new houses. A trout stream passed behind the house and across it were trees unbroken by buildings. Hans Sauter made an instant hit with us and we became 'family' immediately. Unfortunately for us, he had lived in Canada for three years and therefore spoke excellent English. We spent hours together discussing everything from politics (he was as far right as it was possible to get) to business techniques. He was a computer specialist, a field in which I gained some expertise having made a year's study of competitive products when I planned an installation in a company of which I was president. He had just started a freelance business

and I enjoyed helping and encouraging him. When we left he was booked up for months and when he visited us in January he had to cut his skiing down to two days to get back to his clients. Free enterprise in a country in which Socialists gain new power every day.

The Goethe Institute is a worldwide organisation and is reputed to have the best system for learning German. We managed to beat the system! With one or two exceptions we were outstanding in our lack of comprehension and as the class forged ahead the mysteries of the strange sounds uttered first by the Tuetsons failed to impregnate our minds. In defense of our stupidity as opposed to the progress of others in the class, we found ourselves constantly active and we were busy every night. On weekends we took advantage of the wealth of places to see and as a result we neglected to study during our 'free' time. Most of the students had the same drive as our classmates in Vichy — they needed the language to continue their education in Germany or in their work. One conscientious Turk was truly amazing. He worked unceasingly during the hours away from school and when our two months ended his notebooks were two inches high and crammed with his exercises. He had two more months to study and he was sure to be fluent. Others in our class were nearly as studious but there were some exceptions. One was a dark eyed beauty from Guatamala who was taking the course because her fiance insisted she learn German before he would marry her. She was rarely in class and when she did appear it was only a token entrance and at the beginning of the next period her seat would be vacant again.

Our class consisted of one Iraqi, one Libian, one Guatamalean, one Bangladeshi, three Turks, two Greeks, one Jordanian, one Costa Rican, one Egyptian, three Nigerians, one Thai and five Americans. The Americans were ahead at both ends of the spectrum. A young US student was by far the outstanding pupil and Jacque and I ran neck and neck with the girl from Thailand for last place. In fairness to her, the job was much more difficult because she started the class unable to read our letter system.

Most of the time we had a patient teacher whose ample figure delighted me as did her distinctive undulating walk. It was more of slow stalk than a walk and she moved about the classroom usually in pants and

sometimes in tight jeans and I was glad to be a dirty old man! Her eyes fascinated me. They were pale and I never figured out whether they were grey, green or blue. She would direct a question at a student, lock her beautiful eyes onto his and almost literally extract the answer from an unknowing mind. It was uncanny. Sometimes when even her Svengali poultice failed to draw out an answer I would sit in miserable discomfort and even resolve to study before the next session rather than let down this smiling Prussian princess. Of course, her spell never lasted that long!

Four weeks from the day I fell from the roof I started running again. I am convinced that my magnificent condition first of all saved my life and secondly enabled me to get back into training so quickly. The doctor had predicted three months and I had been able to reduce it to one third of that time.

I had read that a sudden change from running to abandoning it creates withdrawal symptoms nearly as painful as stopping drug addiction. While I experienced no pain other than from my wound, I did become morose, uncomfortable and nervous.

To begin again was like getting out of a cage! I have also read that a runners greatest fear is injury, not for the infliction of discomfort but for the loss of the 'Zen' of running, the captivity that being 'grounded' decrees and the 'Black Irish' mood that descends over the victim. That fear is very much a part of this runners life.

Chiemsee means Chiem Sea or Lake and therefore Prien is situated on a beautiful body of water. In summer the place is jammed with vacationers and health seekers. Several clinics and spas flourish in Prien and even in winter their bookings are nearly solid. The Germans are great walkers and the area abounds with paths, around the lake (about 70kms), into the foothills and up into the mountains. The country roads are well paved too and the drives around Prien provide a panorama of Bavarian splendour, I mapped out several courses 5kms, 10kms, and 25kms in length and I ran them daily always against the clock sometimes deliberately slowly and others at a prescribed fast pace. I quickly got back into 'normal' distances as my injury appeared to have healed and I was running 80-100kms per week.

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2" BLUE 1" BLACK

PLUS

Our bicycles were not idle during our stay in Prien. We rode them to school daily and on weekends we either made forays into the country for the day or planned a special trip for the whole weekend. Our good fortune continued and we were able to take advantage of what we would call in the States 'Indian Summer' which means unusually warm, pleasant weather late in the fall. Many days we were able to lunch and bask in the sun sitting on our balcony in view of the trout stream and the white peaked mountains in the distance.

One weekend we cycled to Wasserburg about 30kms away. Our goal was to join hundreds of Bavarians on a walking tour. The fascinating German custom takes place weekly in many small towns. Courses are laid out along rivers, over hills, through forests and even through villages. Distances vary. They can be as short as 10kms and some are even 20kms long. Check points along the way 'keep it legal' and a card one buys before starting is initialed at these stops. Sometimes there are refreshments available — always water and frequently beer and wurst.

It is a family time and ages range from very young to a few ancients. We marvelled at three and four year olds covering the distance.

At Wasserburg the distance was 15kms and the terrain was pastoral. The day was brilliant. I had planned to run the whole course but decided to keep Jacque company and walked instead. In order to get my running for the day I would speed ahead to a check point and back to resume walking repeating this several times along the course so I could chalk up respectable mileage.

At the end a festive air prevailed. Big garish medals were awarded to all finishers and there seems to be a formal association governing these proceedings. Special felt covered boards are available to display the medals. Our friend George Mueller has been on several of these walks, called Wanderung, so we saw the awards he has accumulated and they are unsurpassed even by the decorations on a Gilbert and Sullivan admiral. There are special trophies for groups with the largest turnout, the biggest family, the oldest, the youngest and dozens of other categories. Finishers revel, the beer flows and the crescendo of the gaiety reaches ear splitting proportions as the day wears on. Usually the walk can be attempted either Saturday or Sunday

VETS in the NEWS

A popular guest runner in the Northern Vets. 10,000m road run at Irlam was Norman Bright, 67 year old U.S. Master extraordinary from Seattle.

Norman was full of praise for the organisation and especially the easy traffic free course. The date just over one week after the Gothenburg Games.

In view of Norman's fading sight, his time of 39.40 to place 41st from 72 finishers and an easy 1st in the O/65's was indeed a fine achievement.

Sadly those who met him at this event and at World Championships will be sorry to hear that Norman is now almost completely blind and is going through rather a rough time.

Enclosed in a recent letter from another U.S. Master friend Urb Miller was a half page cutting from a Seattle newspaper. This shows a photo of Norman wearing a safety helmet jogging slowly along the sidewalk, a white cane flicks at the pavement ahead, on his sweat top in large letters are the words 'Marathon Man.' But the head lines are 'Time is running out for the marathon man.'

Doctors have told Norman that atrophy of the optic nerves is taking away his vision. A year ago he could read small print, and indeed his last letter to me was written in September, he describes how after only doing

and it is possible to start anytime between 6am and 2pm. The cost to participate is about \$3 and includes the cherished medal (but not the beer or food).

We did this again later in another town when we were visiting the Muellers in Munich and we went with two of his friends. This time it was a 10kms course and George and I ran it while Jacque accompanied the two congenial ex-officers. The course was mostly through forests. There was frost on the ground and footing was difficult especially through some of the lower areas which were almost swampy. I ran in shorts and a singlet while the walkers were bundled up like non-skiers at a ski resort. I doubled up and ran the course twice finishing just as Jacque and her companions were pulling in for the first time. It was a good day and fun.

There is more.....

Gothenburg Games he went into special training for the Seattle and incredibly clocked 3:11:11 for 3rd place in the O/50's marathon.

But now the eyes have failed the body and spirit of this iron man.

Recently he was knocked down by a car while trying to cross a street in Ballard.

He was admitted to hospital with a fractured shoulder, — from his bed in the hospital Norman vowed that a fractured shoulder would not keep him off the road. It's been broken twice before.

Only weeks before this accident Norman had run a 30km but didn't have much success. Half way through the race he hit a pot-hole and fell, then further on he ran into a cement post.

He lives in a small room on the third floor of an hotel in a low rent neighbourhood of Ballard.

Running shoes and sweat suits hang from the walls, and everwhere are medals and trophies and newspaper cuttings that record Norman's proudest achievements.

In 50 years of competition he has broken nearly as many world records. As a member of the San Fransico Olympic Club he was one of the leading middle distance runners of the 30's, and when a team from this club broke the world distance medly relay, Norman ran the last lap taking over from John Wall, now a prominent O/60 performer.

In the first World Masters Track and field at Toronto, Norman Bright was named Athlete of the Meeting in winning three gold and two silver in the five events he competed in. Two world age records were broken in the steeplechase and 1500m — his time for this was 4.59.8 at age 66.

Norman is now having difficulty finding someone to run with, but not many joggers want to run at 8 min. mile pace. At a local sports club they have posted a notice asking for volunteers in the hope of finding running mates.

After his tumbles in the 30km event, a race official suggested that a nearly blind man should not be allowed to take part in competitive events.

Norman's friends disagree, they feel a champion who is going blind should not run his last lap alone.

Sam Lee

Bob Shrunkle column

SEVERAL OF the club boys caught the train to Windsor for the Poly marathon and found themselves in the same compartment as an attractive lady marathoner. She confided that her previous longest distance was 10 miles and that she had entered the Poly as she rather fancied the long walk over the first few miles. She went on to explain that she thought that she could finish if she could have this long walk at the start; the lads explained that it would be OK if she wanted to run the first part as well!

One of the track judges at a recent Olympics had some problems with his ability to sit in one position for any period of time; by which we mean to imply in a gentlemanly manner that his water works were not all they had been in his youth. So, every now and then he would up and shuffle to the WC to ease his problem. Unfortunately he always passed in front of the photo-finish equipment...and quite slowly at that. The technicians on the developing side had as many pictures of this grand old man creaking off to the loo as they did of all the event finishes. Or so I have been told.

John O'Sullivan is a character who seems to attract trouble. He joined the Fire Service as a clerk the week that they all went on strike, if you see what I mean. Well, he saved up for a new pair of spikes and walked into the sports shop with his friend and a large carrier bag. The new shoes cost £13 so he placed a £5 note on the counter and said, "That's another £8 then!" The young assistant said that was so and blanched as he tipped his carrier bag on to the counter. It was full of 2p pieces which he proceeded to count out first in ten pence worths and then in lots of £1. After paying the entire £8 in 2p pieces he turned to leave the shop. "I hope you are happy now" hissed the embarrassed friend. "No," said our John, "I've got a bag of pennies here that I wanted to spend on a pair of shorts but I ran out of confidence!"

Here's one under the belt...or perhaps under the table...Does IAC on the back of a tracksuit indicate that the owner is advertising, I Accept Cash.

Went to Woking with the local ladies team and on the way down somebody discovered that once upon a time I was a nurse in the RAF...a male nurse I should hasten to add. They asked if I could help one of the nubile 20 year olds as her legs were still stiff from a speed session on the previous Thursday. Like a fool I agreed and when we arrived at Woking I went up to the groundsman and asked "Excuse me, but do you have a small room that I could use to rub a girl's legs?" He looked at me with some horror and said, "We don't do that sort of thing around here."

Sam Ferris is now 78 years old and still alive down at Paignton, although he is suffering from the effects of Parkinson's Disease. Jack Holden of post war marathon fame was visiting Paignton with a Church Outing and was having tea in a local church hall. One of the ladies helping to provide the goodies for the visitors overheard Jack telling about athletics and as she was related to Sam suggested that Jack should pop along and visit the Ferris household. This he did and was amazed as Sam who really cannot move at all proceeded to tell him about all the races that Jack had failed to finish during his career. Jack however came back with a valied reason for the d.n.f.'s.

Overheard on the bus, "You work for a non-profit making organisation then." "Oh yes, we all see to that!"

Injury of the Month award goes to Dave Cocksedge of AW and Fleet Street Harriers. He was running the normal Bridges Handicap Race promoted by the Fleet Street Hacks, when he noticed that a young man was walking along near the wall containing the River Thames. The

young man was carrying his lunch packet in a bag with a twisted neck and was twirling the meal about in an absent-minded way. Dave saw a gap between the young man and the wall and drove his body through it. As he did, the sandwich carrier closed the gap; Dave's face took the impact of the bag of lunch-time nosh which parted company with its owner and sailed gently into the Thames. We are still not sure if the injury claimed is facial or the result of the chase that ensued. Never mind Dave, the certificate is on its way.

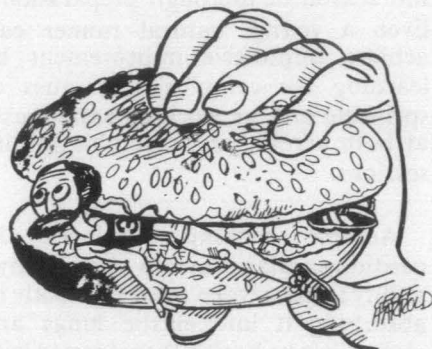
Sandy Duncan popped into the Munich stadium with his wife and saw Bedford racing home 2nd in his heat of the 10kms. "Oh good," he said "We have got a silver."

The Met Police high jumper at the Borough Road match did not use the usual rocking back and forwards bit to gather concentration before his attempts, but stood with his hands clasped behind his back bending his knees gently outwards while he was thought to whisper, Evening all, allo allo, evening all, allo allo, evening all...He still cleared 1m 98.

I went to a sports meeting last week where the Long Jump was unusual to say the least. The organisers insisted that the competitors had three attempts at each distance and if they failed they were eliminated. They explained that it would get the competition over faster. Me, I thought that three jumps each might have been the fastest method.

Overheard in the showers, "Where do you think that this world record holder Henry Roneo will be able to duplicate his performance in the Edmonton Games?"

The San Diego Track Club's news letter for March 1978 had a marvellous cartoon which showed a frightened jogger being checked out by a very officious police patrol type man. The cop had one foot on the fire hydrant and was making copious notes on his open pad. "Okay lets see, jogging suit not colour coordinated, not wearing European shoes, no sweatbands, running without a stopwatch..."



SPRINT FOR JOY

You give your shoulders, calves, thighs a last shake as you step lightly over the starting blocks, lean forward on your hands and kick back each foot in turn before setting your spikes carefully into the angled blocks.

Place your spread fingers behind the white line, puff the used air out of your lungs, settle into a coiled crouch, head down, nerves taut but relaxing...relaxing...relaxing...

SE-E-E-E-T!

Up slowly, steadily, inhaling through open mouth, eyes concentrating downward on a spot, in front of the starting line, body quivering for the starter's pistol...

C-R-A-C-K!

Off with a drive of the toes, arm punched forward, head low, back arm ready to punch in turn as the toes stab rapidly to develop a powerful thrust and driving, knee-up action down the lane. Shoulders relaxed, fingers loosely curled, arms moving like pistons pounding eye-high...relax...relax...a sniff of air... lean into the tape...

That's the culmination of months of

The Golden Wonderlay coach that picked up the non finishers in the Poly marathon arrived at the Windsor track very late. One chap stiffly climbed down the steps and staggered towards the club house dressing rooms. He was heard to say, "It's the last time I drop out of the marathon race it takes far too long to get back to the finish." Don Claxton of Herne Hill would have dropped out almost anywhere along the route after leading for the first 3 miles, but he explained that he could not find a suitable place to do it. By suitable he later stated that he meant a car or vehicle already waiting at the side of the road. Almost as bad as that guy who did not know what injury he had until he had changed into his running strip

There was a clash of the giants at the Barnet Festival when Bill Lane and John Howell competed in the 200 hurdles. Bill won with a style that reminded all of his world status over the 400 hurdles while John ran the race looking more like a sailing ship out of control. It is rumoured that he cleared each hurdle with a leap 25ft long!

intensive, specific sprint training. It reflects a highly competitive personality, an explosive physique and matching temperament.

Muscle fibres in an explosive athlete are inherently different from those of the long distance runner. A physiologist can predetermine accurately into which type the potential runner falls.

The distance runner can improve his/her performance in sprinting or field events by appropriate exercises. Similarly, the sprinter, jumper or thrower can, by persistent training, extend performances over distances.

Fundamentally, though, each type can excel only at events determined by one's intrinsic Physiology.

The ideal build for a sprinter is usually considered to be average height, moderately muscled calves, quadriceps (front thighs), and hamstrings (back thighs), lean hips, strong shoulders. Power starts from the toes develops through the legs and buttocks; but powerful stomach muscles are needed to maintain a knee action, especially over a longer sprint, and shoulders must be developed to provide arm drive which creates an equal and opposite drive in the legs.

Famous exceptions to the 'ideal' build include spindly Irene Szweinska, Peter Radford and, at the Masters level, Jack Greenwood. Very short and stocky, on the other hand, is Mal Pender. In every case, though, muscular development and enormous drive produce both extended strides and rapid pace.

To attain this crucial combination, the aspiring sprinter must undergo a full season of thorough preparation. Even a young, natural runner can achieve impressive improvement by learning the complex techniques of sprinting and by working assiduously at both aerobic and anaerobic training sessions.

Aerobic training develops the cardio-vascular function — the body's ability to use oxygen most efficiently by absorbing it into elastic lungs and pumping it by healthy heart action with

the least possible effort to the leg muscles. This is most important in tackling the longest sprint—the 400 metres. It's achieved by maintaining a high pulse rate over twenty minutes of interval training — repetitive series of bursts at high speed.

Anaerobic training involves numerous exercises to develop power and flexibility. It may include specific weight training, sit-ups, chin-ups, press-ups, isometrics for appropriate muscle development; and of critical importance, stretching exercises, borrowed largely from yoga.

A sprinter, then, should spend three or four months conditioning him/herself by regular distance running. About two months before competition (for most sprinters are competitive!) one should concentrate on developing spring off the toes in repetitive three-quarter speedwork, high knee lifts, striding and on mastering the technique of starting.

Always maintain stretching exercises. Stretch before running, between runs and after running. Stretch, slowly and without bouncing, Achilles tendons, calves, thighs, back, neck and arms. Rotate all joints until you feel them moving freely.

Whether before training or a race, it is essential to warm up thoroughly. At least half an hour of jogging and stretching is needed to avoid injury and to raise a sweat for efficient sprinting. Even an old, arthritic veteran such as I can transform himself for a couple of hours by proper warming up from a stiff flat-footed cart horse into the spring-healed young racer of thirty years ago.

But, young or old, a sprinter can, by resolute training, develop his/her capacity to its ultimate.

Though this article is too short to do more than outline the elements of sprinting, it will serve its purpose if, by sharing the excitement of explosive racing, it points a few potential sprinters toward the starting blocks.

OFF YOU GO...!

Article written by Norman Baum with thanks to Sylvester Stein.

Advice to the VETERAN BEGINNER

THE REASON for this article is that there are far too many runners getting injured very soon after taking up their training.

There are many causes of these injuries, but the main ones are:— Starting with too much enthusiasm, doing speed work, trying to put in too much mileage too quickly, running over different surfaces, and racing before one is fit enough.

The runner who is just starting is advised to have a medical check-up beforehand. This also goes for the ex-athletes who has not done any training for a long time.

It is a good idea for the beginner to do most of his training on grass to start with, making sure that he or she begins with gentle jogging and walking. It is probably best to begin with by jogging combined with walking for a period of ten minutes, then doing longer periods each time out, gradually increasing the jogging part and decreasing the walking part. Maybe every other day is the best way to start, then as the athlete feels he or she is getting fitter, start

going every day. Consistency is the thing that gets you fit.

Do not be tempted to go training with other runners who are much fitter and faster than you are, unless they are prepared to train to your speed, as this often leads to injury.

When trying any new schedule always work into it gradually, making it a gentle progression. The same with training on the road. Start as you did on the grass, say with ten minutes, gradually increasing the time. Forget about the word speed. See that you have a good pair of training shoes which will take a lot of the shock of the road.

Once you are fit, it is a good idea to practice running on different surfaces — grass, road, track; but when changing to different surfaces, do it gradually and once again make it a steady progression, because different surfaces sometimes mean using a different muscle action, e.g. road running generally means running more flat footed placing the heels down first,

thus lengthening the calf muscles, whereas track running generally means running more on the balls of the feet and the toes, thus shortening the calf muscles. You have to give the muscles time to get used to the change of action, otherwise an injury is possible.

Whatever the kind of running you are doing, see to it that you have good footwear. Do not go training with worn out shoes or shoes down at the heels. It is a good idea to smear the toes with 'Vaseline' before you go training as this tends to stop friction and prevent blistering; also include a few general stretching exercises before you start your training session.

It is best not to be too keen to start racing. This is one of the big mistakes made by veteran runners. They see the way other runners are racing and they feel they should be doing the same. They do not have the patience to wait until they are fit enough to race; also they sometimes enter races at all sorts of different distances — many in the same afternoon.

Cliff Bould



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Ted improved his sprinting with a new leg

THE MAN athletes call Australia's one-legged superman has got himself a brand new 'racing' leg to run faster.

The new leg carried Ted Vickers, a 56-year-old veteran athlete from Bribie Island of Brisbane, almost two seconds faster over the 100m dash in Perth recently.

Ted, along with 150 other veteran athletes competed in the various age groups at the Australian Veterans Track and Field Championships.

Last year saw Ted compete at the same meeting against fit veterans of his age group section, in Brisbane where he won the javelin, finished second in the shot putt and the hammer throw and came home a creditable fifth in the 100 metres.

He did even better this year, reducing his 100m time from 19.2 seconds last year to 18.6.

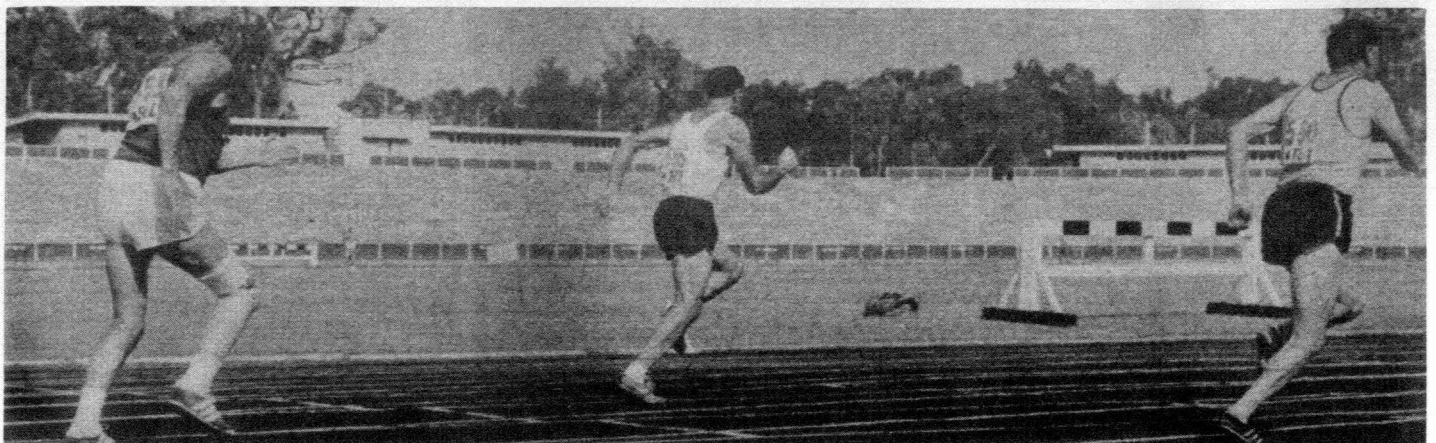
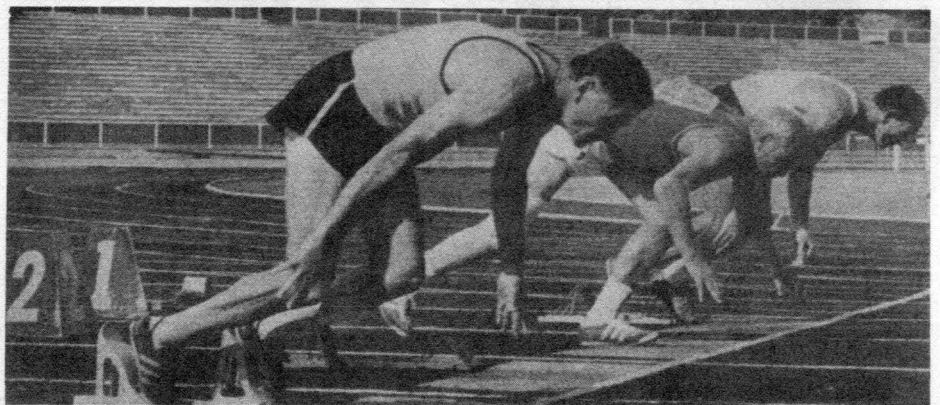
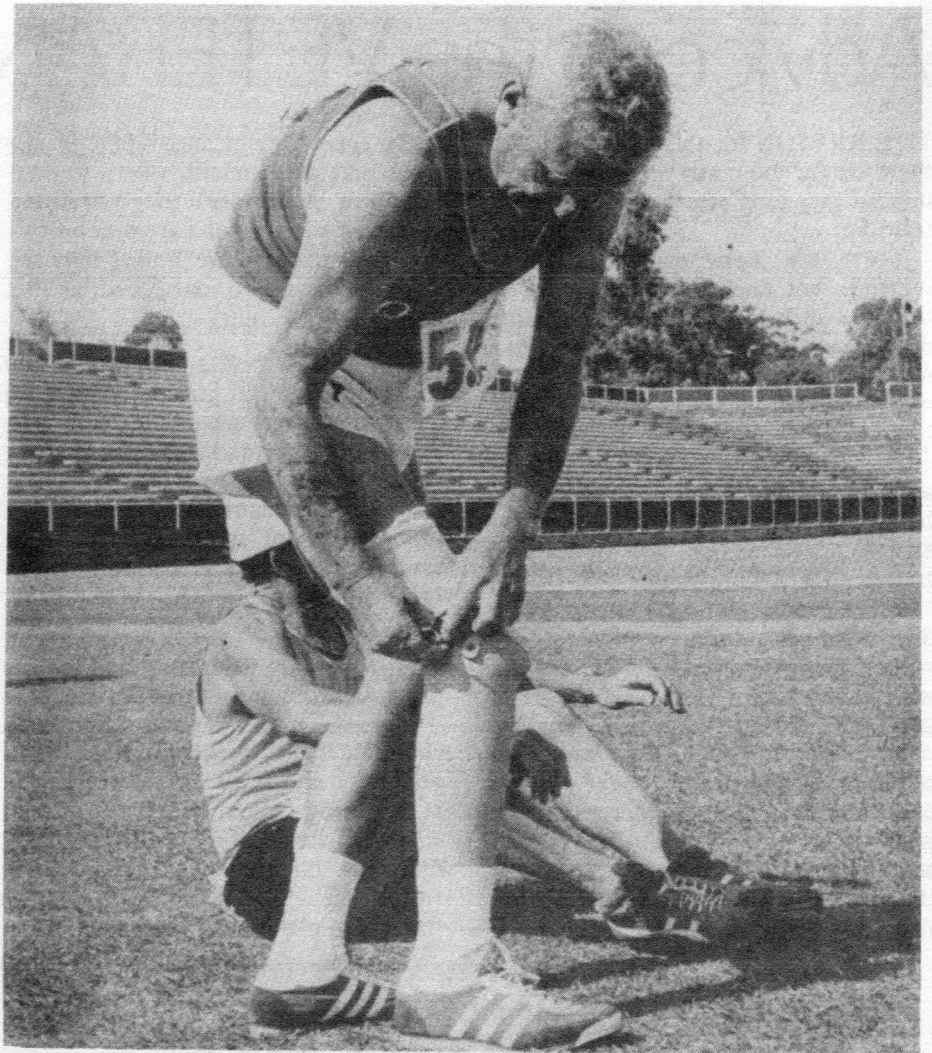
He finished third in the race.

As well as his fine sprint performance, Ted finished second in the javelin, shot, hammer and discus and third in the 200 metres in an astounding 40.5 seconds.

He lost his right leg in 1941 during the siege of Tobruk.

Now he has turned a disability into a real secret weapon, competing with fellow athletes almost on equal terms. Ted won the 'Most Courageous Athlete' award during the Perth Championships.

From a Brisbane, Australia newspaper.



Profile on – George Perdon

George Perdon, of Melbourne, Australia is not only the greatest ultra-distance veteran, but he is also the world's best ultra-distance man of all time.

He is now 53 years old and is still not yet a Veteran Club member. George took up running at the age of 43, and six years later, he ran from Perth to Sydney (including 1,000 miles of desert) a total distance of 2,897 miles at a daily average of 60 miles. Now at 53 he has run from Sydney to Melbourne along a narrow undulating busy coast road, a distance of 670 miles in just nine days, and thus taking two whole days off the record set by Don Cameron of New Zealand (a much younger veteran).

It has been noted that George does compete with the amateurs, 'by invitation' and has been running 5,000m on the track at about 17.30.

One of George's performances is recorded in the 1974 handbook of the 'World Congress of Sports Medicine.' The medical data is presented by Dr. P. S. Roberts, BSc, M.B.B.S., under the heading 'An account of an endurance performance.' "The subject submitted blood and urine, and his blood pressure were taken at each hour of a 24 hour run, during which time he completed a distance of 143 miles. The investigation opens up the question of what are the limits of human endurance and fatigue.

"It is possible that the well trained athlete is in fact a 'normal person?' And if this be the case then the conception of fatigue, endurance, ability and the various

physiological and bio-chemical data, which flow from all this will have to be revised." Dr. Roberts goes on, "It is with deep appreciation that I acknowledge the courage of Mr. George Perdon who submitted graciously to a number of assaults on his person, and because of this he was perhaps robbed of a world record."

In the century-long history of distance running, I am not able to find a better performance than George Perdon's run from Perth to Sydney in 50 days. The Trans America foot races of 50 years ago were longer and conditions rougher, and averaged 40 to 45 miles per day. Some examples are 3,500 miles set by Johnny Salo, in 1928, the journey being accomplished in 79 days, there were 100 starters of various nationalities, the runners slept in trucks, (and some rode in them), there was a great deal of cheating and sabotage before the end.

Yet in 1909, 70-year-old Edward Payson, had **walked** the same route in 77 days, and in 1910 he did the return trip in 181 days. There have been many heralded attempts.

In 1969 Bruce Tulloh, a sub 4 minute miler, ran across U.S.A. by the shortest route of 2,876 miles in 65 days, and in 1970 Don Shepherd of South Africa ran across 3,200 miles in 73 days, and carried his own pack.

In 1889 George Littlewood of England, ran 623 miles in six days but this was in the shelter of Madison Square Garden.

So that I think it fair to say that George Perdon could possibly be regarded as the greatest. One must now ask the question "Is there any amateur, who would refuse to shake George's hand? (I have)," and if not why is he considered unfit to compete in our veteran championships?

Let us not beat about the bloody bush, our top amateurs are demanding around \$1,000 per race, and the price extracted often decides the speed the race is run at.

Those who live in glass houses should not throw stones, so George Perdon, make an application to join a Veterans club. You might have a case to go before the United Nations Commission on Human Rights. In the name of old Percy, I salute you.

Jack Pennington



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Where are they now?

John Merriman

WHEN REMEMBERING distance running in the late 50's and early 60's, the names that immediately spring to mind are Gordon Pirie, Bruce Tulloh and Derek Ibbotson. However, someone who was breaking records at the same time, and who should not be forgotten is John Merriman.

John is probably best remembered for his run in the Rome Olympics 10,000 metres in 1960. On a day when so many English runners suffered disastrously from the blazing heat, he finished 8th, well ahead of the more favoured Pirie, establishing a UK record of 28 minutes 52.6 seconds in the process.

So where is he now? Well, for the last 12 years, he has been living and teaching in Wiltshire. Gaining promotion, he has just taken up a new appointment as Head of the English Department, at a school in Tiverton, Devon. As a result, he will move house to Wellington 15 miles away. An ideal training distance?

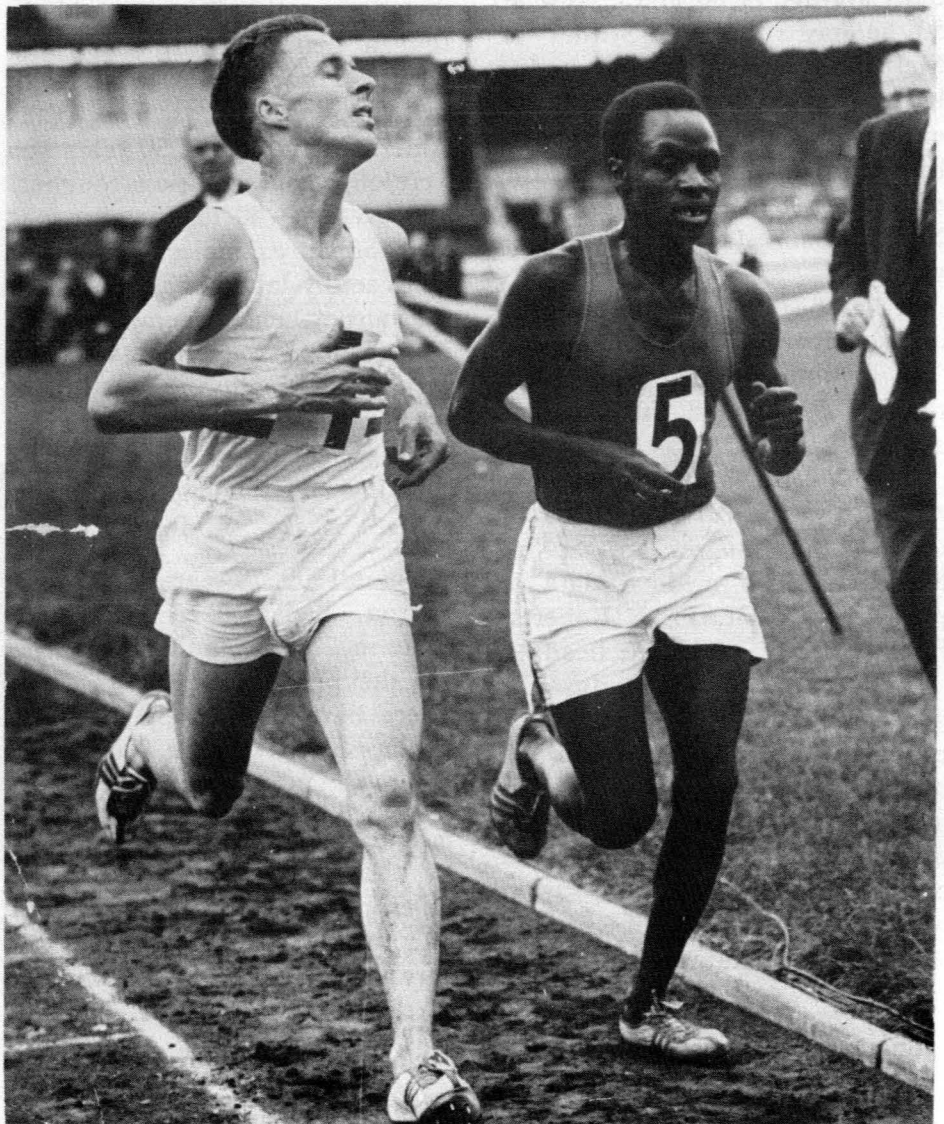
John is also a part-time author, and it is his aim to make this a full-time occupation in the future. He also finds time to take part in local politics, and was only narrowly defeated in District Council elections in 1973 and 1975.

And what about his present running exploits? This is what he had to say to his fellow Watford Harrier Jack Harris, recently, "I

still train regularly, usually a 3 mile run most mornings before school, and I must say that it requires no effort of will on my part to go out. Training still remains a fantastic pleasure. However, I have not taken part in competition since 1967 though I still feel I have the ability and fitness to run inside 2.20 for the marathon. My weight remains identical to that of my racing days and my pulse is usually around 44

per minute as against 36+ in 1960. Now that I am 41 years I am told that I have reached the distinguished rank of 'veteran.' Maybe I shall come out of retirement one of these days and see just how good the other veterans are."

Apart from his Olympic performance already mentioned, perhaps John's best race was the 1958



The 6 miles event. The finish won by J. Merriman in a time of 28.33.2. As Merriman

crosses the line he laps K. Sum (Kenya)
Photo S&G.P.A.

Commonwealth Games in Cardiff, where, running for Wales he finished second in the six miles in 28.48.8, a mere second behind the winner, Australia's Dave Power. A fortnight later, he gained his first GB vest, and celebrated by winning the 6 miles against The Rest of the Empire in 28.33.2. In his other international races, all over 10,000m, John finished either 2nd or 3rd. Six weeks later before his Rome race, he set a UK 10,000m record of 29.01.8.

In 1962, John just failed to repeat his performance of four years earlier as he took the bronze medal in the Commonwealth Games.

John was also a talented performer on the country, winning the Hertfordshire title several times, together with the North of the Thames Championships. On the road, he won the Finchley '20' in record time, and led the A.A.A. Marathon at Welwyn until leg trouble forced him to retire at 21 miles.



John Merriman

ED: We are indebted to Jack Harris who 'found' John for us. If you know of any famous athlete who has apparently 'disappeared,' why not send us information about them to date. Please send to:

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U.K. VETS RECORDS *as at 10-5-78*

This is an attempt to compile UK Veterans records; if any reader knows of any performances exceeding these results I would be obliged if they could send me the following information:— Date of birth, performance, venue, date and any other relevant information, e.g. wind assisted, in heat etc. These should be sent to me at the address given below.

David Burton,
71 Nethergreen Road,
Sheffield S11 7EH.

100m	R. Taylor.....11.0	Leicester	14/6/75
200m	R. Taylor.....22.2	Leicester.....	14/6/75
400m	J. Dixon.....49.7	London.....	22/6/73
800m	R. Anderson...1.56.3	Middlesborough.....	4/6/77
1,500m	N. Fisher.....3.56.6	London.....	17/6/77
5,000m	L. O'Hara.....14.28.0	Luton.....	3/7/72
10,000m	R. Fowler.....30.05.6		18/6/76
110m H	D. Finlay.....14.4	London.....	1/8/49
400m H	J. Dixon.....54.8	Warley.....	27/5/73
3,000m SC	D. Chapman...9.34.0	Woodford.....	21/8/76
HJ	G. Hickey.....1.75	London.....	1/5/77
LJ	R. Taylor.....6.62	Leicester.....	20/7/75
TJ	D. Smith.....13.67	Hendon.....	17/7/77
PV	R. Brown.....4.10	Loughborough.....	18/7/76
S	S. Clark.....16.54	Woodford.....	31/8/75
D	W. Treharne....46.26		77
J	R. Ball.....60.20	Gothenburg.....	13/8/77
H	H. Payne.....70.88	London.....	29/6/74

Class 1B.

100m	C. Williams.....11.2	Gothenburg.....	8/77
200m	C. Williams.....22.9	Gothenburg.....	8/77
400m	C. Williams.....52.8	Gothenburg.....	22/5/76
800m	A. Hughes.....2.02.4	Gothenburg.....	8/77
1,500m	A. Hughes.....4.09.3	Gothenburg.....	8/77
5,000m	L. O'Hara.....15.16.9	Gothenburg.....	8/77
10,000m	L. O'Hara.....31.39.0	Crystal Palace.....	19/4/78
110m H	I. Steedman.....18.0	Gothenburg.....	8/77
400m H	K. Whittaker.....60.5	Gothenburg.....	8/77
3,000m SC			
HJ	C. Knowles.....1.50	Hendon.....	19/6/77
LJ	K. Wilmhurst....5.93		21/8/76
TJ	K. Wilmhurst...12.32		21/5/76
PV	R. Brown.....4.00	Hendon.....	17/7/77
S	S. Clark.....15.15	Stretford.....	20/5/78
D	TO'Neill.....37.86	Aldershot.....	29/6/77
J	W. Mann.....38.80	Hendon.....	16/7/77
H	D. Bell.....48.62		8/5/76

Class 2A

100m	P. Whittaker.....12.0		7/8/77
200m	P. Whittaker.....23.9	Hendon.....	19/6/77
400m	R. Archbold.....56.5	Gothenburg.....	8/77
800m	R. Mattock....2.09.8	Gothenburg.....	8/77
1,500m	R. Mattock....4.24.8	Gothenburg.....	8/77
5,000m	T Wood.....16.18.2	Gothenburg.....	8/8/77
10,000m	K. Hall.....34.25.6		7/8/77
110m H	I. Steedman.....19.3	Blackpool.....	7/5/77
400m H	I. Steedman.....69.9	Blackpool.....	7/5/77
3,000m SC			
HJ	J. Green.....1.48	Hendon.....	16/7/77
LJ	J. Green.....5.48	Hendon.....	16/7/77
TJ	T. McNeill.....10.90	Gothenburg.....	8/77
PV	J. Green.....2.50	Eastbourne.....	7/7/77
S	O. Feldmanis...12.91	Hendon.....	17/7/77
D	O. Feldmanis...42.42	Hendon.....	17/7/77
J	J. Green.....39.22	Dartford.....	4/6/77
H	G. Bergin.....38.64	Gothenburg.....	8/77

Class 2B

100m	S. Stein.....12.3	Gothenburg.....	8/77
200m	S. Stein.....25.4	Gothenburg.....	8/77
400m	A. Huggins.....58.6	Gothenburg.....	8/77
800m	E. O'Bree.....2.16.6	Gothenburg.....	8/77
1,500m	E. O'Bree.....4.41.1	Gothenburg.....	8/77

5,000m	K. Hall.....17.13.2	Blackpool.....	7/5/78
10,000m	K. Hall.....38.26.3	Gothenburg.....	8/77
110m H	W. Hartfree.....20.5	Gothenburg.....	8/77
400m H			
3,000m SC			
HJ	J. Willacy.....1.20	Hendon.....	16/7/77
LJ	W. Hartfree.....4.53	Hendon.....	16/7/77
S	J. Geres.....10.30	Hendon.....	17/7/77
D	J. Gerces.....32.34	Hendon.....	17/7/77
J	J. Gerces.....23.30	Tipton.....	3/3/77
H			

Class 3A

100m	C. Fairey.....12.4	Northampton.....	14/5/77
20m	C. Fairey.....26.5	Hendon.....	19/6/77
400m	L. Batt.....64.3		17/7/76
800m	D. Morrison...2.34.5	Gothenburg.....	8/77
1,500m	N. Ashcroft...5.13.0	Blackpool.....	7/5/78
5,000m	R. McMinnis.18.11.2	Gothenburg.....	8/77
10,000m	R. McMinnis.37.56.8	Hendon.....	16/7/77
110m H			
400m H			
SC			
HJ			
LJ	B. Metcalfe.....3.98	Hendon.....	19/6/77
TJ	A. Cooke.....7.17	Hendon.....	17/7/77
S	K. Macsimczyk 14.39	Bristol.....	28/6/77
D	K. Macsimczyk52.46	Hendon.....	17/7/77

J

H	J. Fraser.....46.04		17/4/76
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Class 3B

100m	S. Busby.....14.6	Hendon.....	19/6/77
200m	S. Busby.....30.9	Hendon.....	19/6/77
400m	L. Rolls.....68.8	Gothenburg.....	8/77
800m	L. Rolls.....2.35.0	Gothenburg.....	8/77
1,500m	L. Rolls.....5.22.2	Gothenburg.....	8/77
5,000m	E. Harrison...21.07.0	Hendon.....	17/7/77
10,000m	S. Lee.....44.38.0	Bolton.....	10/9/77
H.J.	J. Searle.....1.25	Hendon.....	16/7/77
L.J.	J. Searle.....3.84		16/7/77
H.	D. Vanhegan...36.24	Copthall.....	26/2/78

4A

100m	A. Sutherland....15.9	Hendon.....	19/6/77
200m	J. Hines.....34.4	Gothenburg.....	8/77
400m	J. Hines.....39.3	Hendon.....	17/7/77
800m	R. White.....3.30.8	Gothenburg.....	8/77
1,500	F. Jackson.....5.47.7	Gothenburg.....	8/77
5,000m	C. Bending...21.40.4	Gothenburg.....	8/77
10,000	F. Jackson....48.15.8	Hendon.....	16/7/77
110H	J. Hines.....28.8	Gothenburg.....	8/77
400H	J. Hines.....107.2	Gothenburg.....	8/77
S.C.	R. Wiseman...18.03.0	Gothenburg.....	8/77
H.J.	J. Hines.....1.10	Gothenburg.....	8/77
L.J.	A. Sutherland..3.93	Hendon.....	19/6/77
J.	W. Baker.....23.64	Hendon.....	19/6/77

4B

100m	N. Martin.....15.6	Gothenburg.....	8/77
200m	A. Sutherland...35.2	Hendon.....	16/7/77
400m	A. Sutherland...103.7	hendons.....	17/7/77
10,000m	W. Fellows...56.42.0	Bolton.....	10/9/77
L.J.	A. Sutherland...3.62	Hendon.....	16/7/77
T.J.	M. Cullen.....6.79	Gothenburg.....	8/77
S.	M. Cullen.....7.24	Gothenburg.....	8/77
D.	M. Cullen.....31.58	Gothenburg.....	8/77
J.	M. Cullen.....20.78	Gothenburg.....	8/77
H.	M. Cullen.....14.80	Gothenburg.....	8/77

5B

100m	D. McLean.....21.7	Gothenburg.....	8/77
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BRITISH VETERANS ATHLETIC FEDERATION

AREA & NATIONAL ORGANISERS



George Phipps



Norman Ashcroft



Jack Fitzgerald



Walter Ross



Wal Sheppard

Chairman: George Phipps
Secretary: Jack Fitzgerald, 6 Tyers House, Aldington Road, London SW16.
Treasurer: Keith Whitaker, 160 Micklethwaite, Bingley, B.D.16 3J.F.

GREAT BRITAIN

Southern Vets: Jack Heywood, 14 Darling Road, Brockley, London SE4 1YQ.

Midland Vets: Ken Westley, 18 Pinewoods Avenue, West Hagley, Stourbridge, W. Midlands.

Northern Vets: Norman Ashcroft, 16 Davids Avenue, Lane Ends, Warrington, Lancs.

Scottish Vets: Walter Ross, 10 Thornley Avenue, Glasgow W3.

N. Ireland Vets: E. Johnston, 4 Lyndhurst Drive, Belfast 13-3Ne.

Welsh Vets: T. R. Billington, 29 The Broadway, Nantwich, Cheshire (N. Wales).

T. Woods, 3 Linden Road, Newport, Gwent. (S. Wales).
Women Vets: Hazel Rider, 1 Malthouse Lane, Shorne, Nr Gravesend, Kent.

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

NEW ZEALAND: Clem Green, 46 Hargreaves Street, Wellington 2.

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

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

CANADA: Don Farquarson, 269 Ridgewood Road, West Hill, Ontario M1C 2X3.

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

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

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

Photo by courtesy Don Shorland

Any inquiries regarding events and fixtures please contact the relevant area organisers as shown above.

B.V.A.F. A.G.M. Report

British Veterans Athletic Federation. Retiring Chairman's Report for 4th Annual General Meeting.

The B.V.A.F. has been in existence for 3 years. According to the constitution the Chairman is due to retire after 3 years and it is right and proper to summarise the activities of the B.V.A.F. during his period of office.

The Federation now consists of the M.V.A.C., the N.V.A.C., the S.C.V.A.A.A., the Welsh V.A.A.A., and the Women's V.A.C. Affiliated members (through their Association) is well in excess of a thousand.

Full National T&F championships and National Veterans Cross Country Championships are staged every year. These are organised in rotation by and in, the North, Midlands and the South. An Inter-Counties 10km Road Race Championship is held every June at Leamington Spa.

The growth in veteran athletics has been quite spectacular. This year 310 athletes have entered for the 630 events for the National Veterans T&F Championships at Wolverhampton Stadium. The consequence of this growth is that the events now take two days to stage as well as an extra day to run the 10,000m and the women's 3,000m. An attempt is made to include as many events as possible where a demand exists. Last year the pentathlon was introduced, this year some extra walks and the women's events increased from 3 to 11.

Staging these championships is expensive and is far from easy. Apart from the increased burden imposed to cater for the 5 year age grouping, organisers of veteran championships have the particular difficulty of obtaining adequate officials. The reasons for this are real and understandable. Some have religious objections, others are already engaged officiating at other meetings in the very loaded athletic calendar. The support of officials and the competent way they perform their functions is acknowledged and greatly appreciated.

I am sure there are many athletes who could usefully offer their services to ease the load off the relatively few organisers.

On the national front, Hazel Rider is the Women's delegate on the World Veteran Athletic Association Executive Committee. Jack Fitzgerald ap-

pears to spend much time nipping across the channel, it is difficult to keep track of his official responsibilities or his whereabouts. What can be said with certainty is that Womens and the British views are very well presented. Recent examples include the out voting of the perpetual German proposal for male veterans to be eligible at 32 years; and canvassing for a continuation of the British principle that veteran status and age group commences on their date of birth and not the year of birth.

Feeling regarding the amateur and professional status has always been high in athletic circles. Representations have been made to the IAAF and the following IAAF thoughts will be of interest:-

The IAAF Council believes that there can only be one set of Technical Rules at all levels and ages, which should be practiced world-wide (Different implements may be used by different age groups of course). On the question of Eligibility Rules, the council believes that the IAAF should not be concerned with the eligibility status of athletes competing in games or championships which are restricted to veteran age groups. It feels that some allowances must be made, so that once an athlete has become a veteran, his or her eligibility should be decided by the rules formulated by the organising committee responsible for that particular games or championships. Under this system, Veteran events should not be included in an athletics meeting held under the IAAF rules.

These ideas will be discussed at the Puerto Rico Congress.

Finally, on a personal note, I have nothing but admiration for the loyalty and unerring enthusiasm of the delegates of the B.V.A.F. since its inception. It has been an absolute pleasure to me working with these athletes cum officials cum organisers. With their continuing activities the B.V.A.F. can do nothing but go from strength to strength.

George Phipps

Just over 30 members attended the B.V.A.F. Annual General Meeting at Wolverhampton on Sunday, 16th July at 10pm. Admittedly the venue was a little off the beaten track at that hour on a Sunday, but none the less was a further indication of the apathy that

seems to have spread from domestic clubs to the veteran movement. There were the usual lively discussions and the following Officers were elected.
Hon. Chairman-George Phipps. Midland Vets A.C.
Hon Secretary-Jack Fitzgerald. Southern Counties Vets A.A.A.
Hon Treasurer- Kieth Whitaker. Northern Vets A.C.
Vice Chairman-Sylvester Stein. Southern Counties Vets A.A.A.
Minutes Secretary-Ron Franklin.
Southern Counties Vets A.A.A.

Acting Secretary's Report. 1978

As most of you know, I agreed to act as Hon. Sec. until this A.G.M. when Norman Ashcroft resigned for personal reasons after the 25km at Brugge last July, so this will be very much of an interim report.

I am personally very disappointed that very few of the younger vets are coming forward to accept offices at both national and area A.G.M.'s. Most of the present administrators of the Federation have been carrying veteran athletics for far too long. Recent criticisms of vets administration in athletic magazines however, may mean that at last, others in the movement are keen to take over some of these responsibilities. I sincerely hope that this is so, but speaking from past experience, very much doubt it. Unlike Caesar's wife, the present administration is not above reproach, but please if we are to have written criticism, (and this is invariably a healthy sign) let it be constructive and for goodness sake get your facts right. What depresses me, is the apparent ignorance of the basic principles of our constitution, which indicates a lack of communications despite the information in 'Veteris' and area news letters, e.g. it has been suggested that veterans championships be held concurrently with senior national and area championships, which is contrary to our policy of autonomous organisation of our own championships.

It is precisely because of the A.A.A.'s refusal for direct affiliation to them, that decided our delegate committee to apply instead for direct affiliation to the Sports Council. Negotiations are still continuing towards this end, although we still need

to work within the present framework with our own first claim clubs systems in domestic and non-championship events. This can be achieved with a little bit of give and take, but remember that the non-competitive, (I won't say non-active) officials give up a lot of their time with very little returns, so try to make it a little more give than take. The best way to contribute towards veteran athletics is to attend in the first place, your area A.G.M., and if possible take on some of the offices that are always up for 'grabs.' It is at these grass roots levels that we want to progress, and I am sure that I speak for most of the present so-called hierarchy when I say that we would love to share some of the work loads.

Two areas where the Federation have played important roles are:—

(1), Our aims for open competition at international level for male athletes over 40 and women athletes over 35. At the Puerto Rican Congress in October 1978 a resolution to this end will be proposed by the council of the I.A.A.F. If adopted this will mean that some of our members such as Ron Anderson will be eligible to compete in international as well as domestic events, while others such as Bruce Tulloh, who at present is unable to regain his amateur status, even for do-for and by veteran organisations.

(2), The planning of the 3rd World Veterans Track & Field Championships at Hanover next July and August. There were proposals to lower the age group to include a 35-39 section and to use years of birth rather than birth dates. We felt that both these proposals were retrograde, and it was largely through our canvassing that both were turned down at the Delegates meeting in Berlin. We felt that to allow under 40 year old male athletes to compete would have a detrimental effect upon the I.A.A.F. open competition proposals, and this was also the view of the B.A.A.B & I.A.A.F.

I feel that we have perhaps got very much closer to Baron de Coubertin's original ideals than the political football that is the present day Olympics.

In conclusion, I would like to thank all officials who have given up so much of their precious time to ensure that our championships have been so successful.

Jack Fitzgerald

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See page 3 for overseas rates.

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Mrs. Lynne Barrett, Veteris, 7 Berkeley Lane, Canvey Island, Essex.

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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).**

September

Saturday 2nd

London to Brighton road race, Westminster, 6.00am. (walk)
S.L.H. '30', 2.30pm.
Ben Nevis Race.
Goodrich Village Fell Race.
G.L.C. 3,000m, West London Stadium (walk)

Sunday 3rd

Rugby Marathon (inc. Midland and M.V.A.C. Champs, also ladies race), 2.00pm.
Cornwall 10 mile road race, Penryn R.F.C., 2.30pm.

Saturday 9th

Dartford Harriers 6 x 3 miles road relays, 3.00pm.
Greenwich 11 mile road race, 3.30pm.
Stafford 10 mile track race, 3.00pm.
Southern J.Y.B. Bexley, (walk)
Southern Womens Inter-Countries, Oxford, (walk)
Redditch road relays & senior road race, Abbey Stadium, Redditch, 1.00pm.

Sunday 10th

Vaux Mountain Trail, Lake District, 9.00am. (and ladies)
Southend open '5' boys 1600m, 11.00am. (walk)

Sunday 10th-Saturday 16th
European Track and Field Championships, Stadio Dei Rini, Viareggio, Italy.

Saturday 16th

Leicester 'Pace' Road Relays, Ashfordby Hill, Nr. Melton Mowbray, 1.45pm.
Nuneaton 10 mile road race,

veterans champs & ladies.
Reading 10 mile
Nuneaton 10 mile road race, 3.00pm. (inc. Midland vets)
reading 10 mile road race, (inc. ladies), 3.15pm.
Crawley A.C. 10 mile road race, veterans champs and ladies.
Enfield cross country relays, Town Park, Essex Road, Enfield, 4.00pm.

Sunday 17th

Rotherham marathon, (inc. ladies) 2.15pm.
Eastham Burco 7 mile road race, Fleetwood Seafront, 2.30pm.
G.B. v W. Germany Walk, Sheffield, 10.00am.
L.P.R. Festival, Blackheath, 1.00pm., (walk)
South Western C.T.S., 20kms, Dorchester, (walk)

Saturday 23rd

Highgate 1 hour meeting, Parliament Hill, (walk)

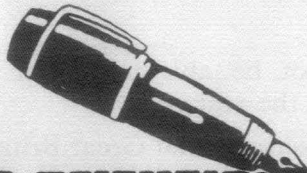
Sunday 24th

London to Brighton '52 1/2', 7.00am.
Dytchleys 5 mile road race-approx. 11.00am.
'Running of the Walls Road Races', Berwick-upon-Tweed, 2.00pm.
R.W.A. A.G.M., Basil St., Hotel, Knightsbridge tube, 2.30pm.

Saturday 30th

Norfolk '15', 3.00pm.
Lake '15', 3.00pm.
Southern Counties 3 x 2 1/2 miles cross country relay, Parliament Hill.
Steyning Open J.Y.B., (walk).

CLASSIFIED ADVERTS



LETTERS

Dear Sir,

I received recently No3 (vol 5) *Veteris* which was accompanied by a January 1978 Race. Also in the envelope was a commercial circular purporting to raise funds for clubs.

This, I feel, has a retrograde element concerning the *Veteris* magazine set-up. I have taken *Veteris* since its inception and thought the magazine very good regarding general contents and format.

Since Wiskcrown's take-over *Veteris* has taken a nose-dive in the aforementioned characteristics and after the next three issues I'll not be renewing subscription.

Sincerely, John Walker,
Belgrave Harriers and Veterans A.C.

Editor,

I was somewhat puzzled by this letter from John Walker. Firstly he claims that in general he enjoys reading Veteris—incidentally the only genuine magazine catering for veteran athletes—but then slates us for including advertising material. Surely John must realise that for any publication to continue in existence it must have advertisements in its columns, one of the reasons why the previous owners gave up was lack of support from advertisers, even within our own ranks. It's all very well having high ideals but reality always prevails in the end.

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As from September 1st, 1978 the Editorial Office will be closed for annual holidays until September 18th, 1978.

All enquiries, adverts etc, please send to 13 Clifftown Road, Southend-on-Sea. Phone (0702) 337828.

Brugge 25kms Road Race

THE ANNUAL pilgrimage to Brugge which commenced in 1974, continued on July 8th, when 38 kindred spirits met at Victoria Station at 10.15am for the 10.44 boat train. I had been privately worrying whether Hal Higdon's flight from America would be delayed, but there was the laconic Indian amongst the first to arrive.

There is a traditional game played aboard the ferry from Dover to Ostend called 'dodge the tour leader' or 'avoid the landing ticket.' Last year it was Chas. Pickett who I failed to detect on board until the last minute. This year Brian Gore and Harry Clayton went one better, and I was actually on dry land at Ostend when they made their belated appearance at the exit, which necessitated a quick trot back up the gang plank for me.

One visualises one year, a lone distance runner travelling back and forth between Ostend and Dover forever, doomed to incessant training runs around the crowded decks. Shades of the Flying Dutchman with Wagnerian overtones. Freddy Van Castele, himself a Purser on the same route, had pulled rank to welcome us directly off the boat and conducted us through Customs where Jacques Serruys and Rudi of the unpronounceable surname were waiting to distribute our envelopes containing starting numbers and all relevant details.

And so on to the train to Brugge and the short walk to our 'Groene Poorte,' where our first meal was awaiting us even before sorting out our rooms. My E.S.P. was working well that weekend as I sensed rather than heard the

arrival of the Lowestoft trio at 11pm. It was just as well, as no blankets had been left in their room, but I was able to supply them with some from the spare bed I had craftily arranged to have in my room (you never know your luck). I was totally unprepared for the knock on my door just as I had dozed off, which pre-empted the announcement, "I am John McKenna of the West Yorkshire Police." My murky past flashed before my eyes, but I was reassured by the explanation that he had arrived with his wife and had been recommended to ask for me on his arrival by Norman Ashcroft. Nice one Norman! The caretaker was also awake by this time, so was able finally to fix them up with a room. I awoke early next morning and after shaving in luke warm water, was driven by an irresistible urge towards the entrance, where sure enough, the Herne Hill quartet were arriving an hour earlier than planned after sailing through the night.

Jack Heywood was able to regale all and sundry at breakfast with stirring tales of the previous days Southern Track and Field Championships at Southampton. Brian Gore was now under extreme pressure to shine in the race, with the news that Una had won all her eligible titles there.

A bus had been laid on to transport us to the stadium which arrived in good time. A quick check revealed that Les Brown was missing, so a quick dash back to the rooms showed that although Les had apparently jogged to the start, Mrs. McKenna was still confusedly waiting in her room for John to return after registering. I escorted her to the bus, as it was obvious that John

would not be able to return in time for the start.

We discovered that Great Britain had been allocated a special dressing room, so after a longish warm up, we followed the band in descending order to the start. There the order is reversed, so the ladies and younger age groups (fast starters apparently) lead the field of 360 to the gun. Not quite the mad scramble that we had at Berlin, but there was a little bit of duckshoving.

Unlike Berlin, one is unable to gauge one's position on a straight 3 lap course, so I must rely on second hand information from some of the front runners for a report on what was happening in the leading echelon. Harry Clayton told me that he was in the leading group early on with Eric Austin, and it was Eric who inspired him to stay with it when he felt like dropping back. Eventually it was Eric, (suffering with his achilles) who dropped, while Harry was only just beaten for third place by Hans Kirschke. The two young (relatively) Belgians Edmond Van Ranst and Herman Peeters stayed in first and second positions, and with Henri Salavarda splitting Harry and Eric, the home country not only won the international comfortably from Great Britain, but look set for years to come. We need Ron Hill, Mike Freary and Mike Turner next year.

Malcolm Moody backed up our two stars in his maiden overseas veteran competition with John Daniels close up in case of accidents. Jack Heywood was leading a strong Herne Hill team which lost to the local club, Olympic Brugge, by a mere two seconds, while at the same time helping himself to third 1B behind Roger Monseur and Bernard Compere. Hal Higdon was extremely unlucky to finish 4th behind such a good trio. Derek Funnell ran his usual blinder on this course to take the 2A title

with Tom Wood (the Welsh one) second.

I had to work hard for a place in the 2B class. When I finally managed to get up to Jos de Berger at about the halfway mark, he informed me we were lying 3rd and 4th. I knew that Johann Schmitz, a consistent sub-3 hour marathon man would be up there, but who was the unknown second runner. The mystery was solved when I spotted the British vest in front and the obvious style of Les Brown. Les had already beaten me over both 3 miles and 10,000m this season, but I was determined that there was no way he was going to repeat the dose over this distance, so I accelerated away from a surprised Jos who told me go on if that was how I felt, but don't forget he was a fast finisher.

I managed to latch on to Les at the start of the last lap, and then started to worry about Jos's finish. At 23kms I was still leading him, but he sailed past soon after with a "Sorry Jack."

In our tussle we had pulled back Johann to a mere minute and a half, with Les still less than a minute behind me. Sam Lee had kept up his great record here by winning the 3B class, while Betty Norrish, not quite up to her last years form, still managed 3rd in her age group. Betty has had her problems this year, tummy troubles and worry about the birth of her daughter Louise's first baby, which of course earned her the nickname of the 'Gallopig Granny' amongst the less courteous members of the party.

This race gives her more confidence, although disappointed

with her time, and she happily posed for a cheesecake photograph with the magnificently built Liesa Kalweit-Marloth, who is overjoyed at finishing first in W0 on her 43rd birthday. I hope the snap isn't as overdeveloped.

We returned to Groene Poorte for a 1pm lunch, a bonanza for the chip eaters of the party, as the waiters there hate to see an empty tureen of vegetables and hastily replace the pomme frites. I replace lost carbohydrates also with the large bottle of Dubonnet that I had bought at the duty free shop on the way out.

The result sheets were distributed shortly after this meal and the tombola was operating. All the start numbers are put into a drum and the lucky recipients receive magnificent prizes from television sets downwards. All the placed ladies receive beautiful bouquets as well as their awards. I estimate that over 50% of the field receive a prize and of course everybody who finishes also receives a very good medal. A further award is presented at the banquet when I am asked to accept a huge pewter wall plaque, presumably for organising five consecutive tours to this event. Please be assured that the pleasure is all mine, and I look forward eagerly to next years trip around June 17th. Prospective fellow travellers please note.

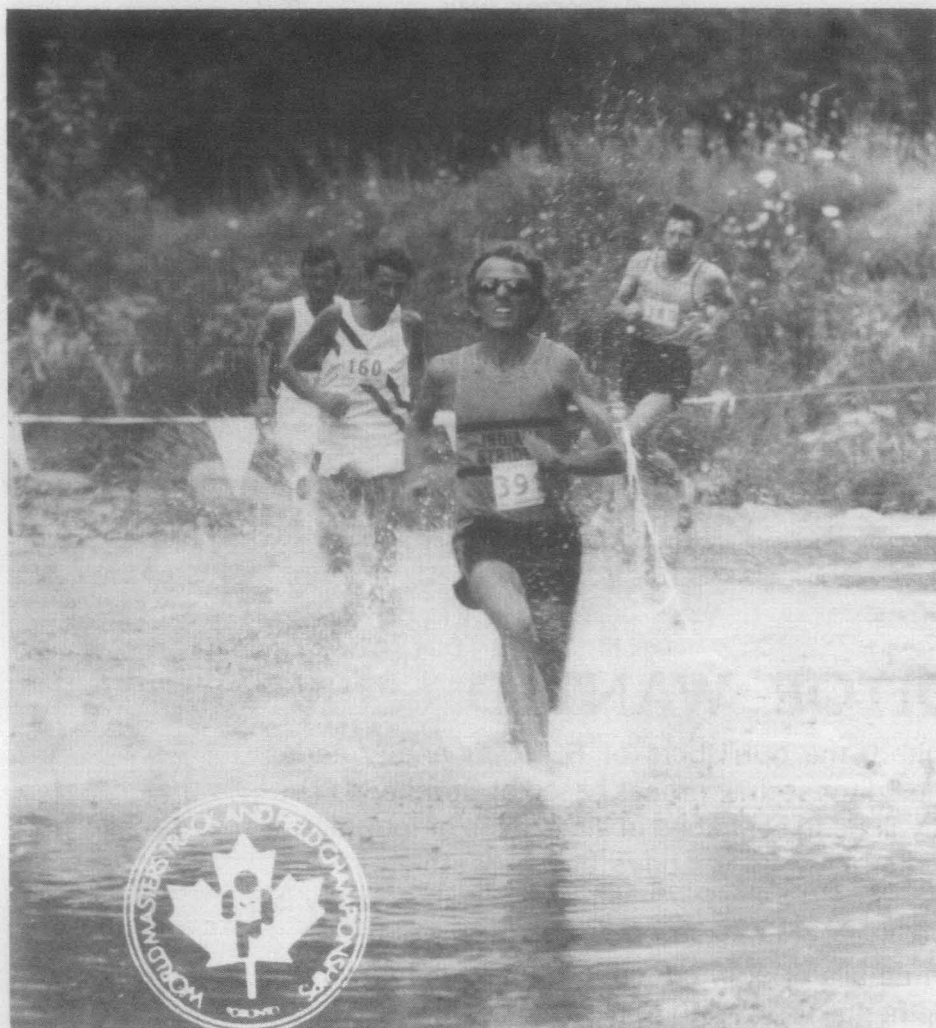
There are 13 starters, with varying degrees of fat heads, for the optional training run along the canal bank at 6.30am on the next morning. I hoped this wouldn't be an unlucky number and fortunately nobody managed to actually fall into the canal.

All that remained after a good breakfast, was a smooth and calm journey across the Channel and fond farewells until the next time at Victoria. The tour is ended but the memory lingers on.

Jack Fitzgerald

Class 1A

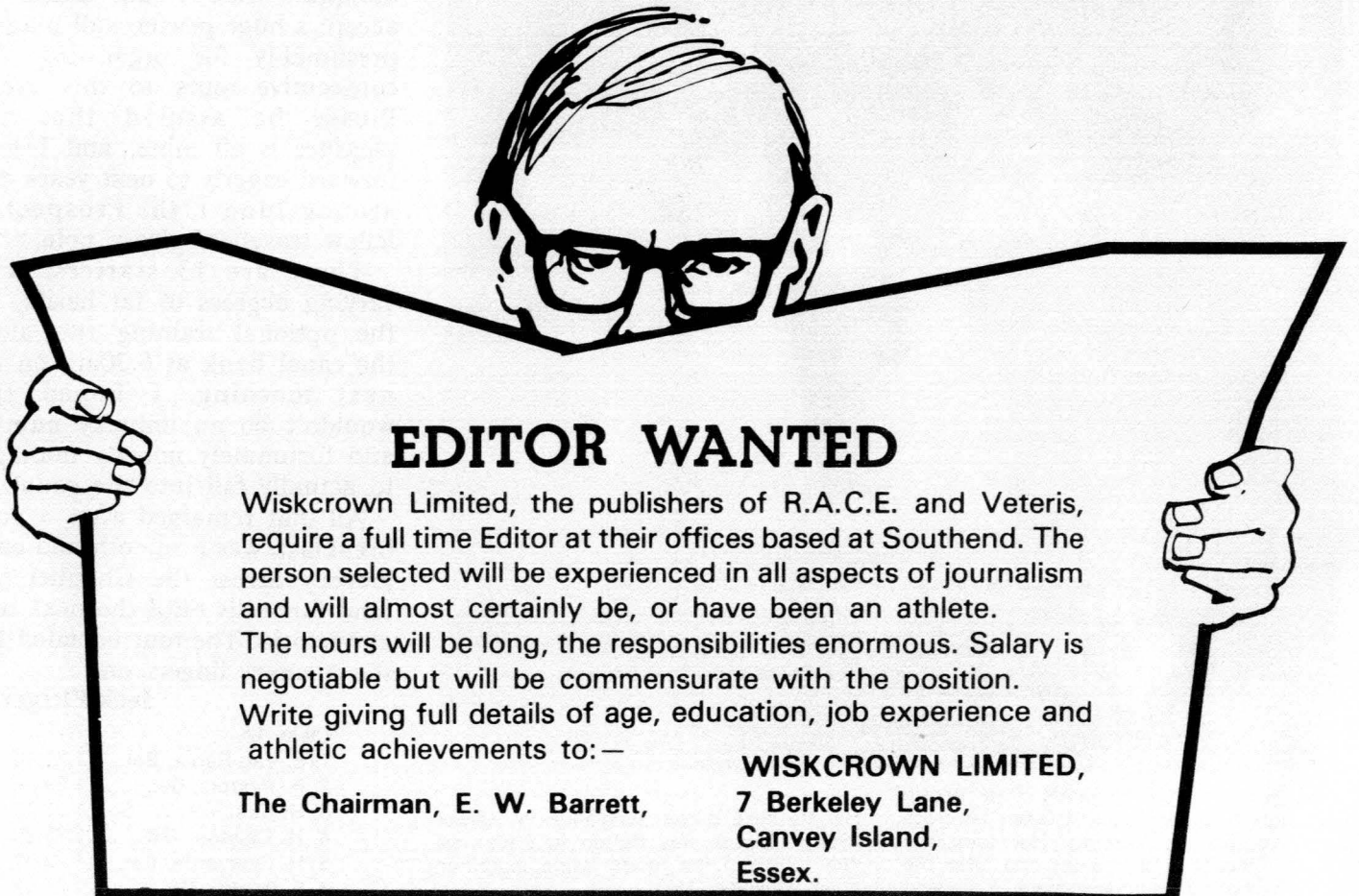
- 1, E. Van Ranst, Bel.....1.21.16
- 2, H. Peeters, Bel.....1.23.25
- 3, H. Kirschke, W. Ger..1.23.29
- 4, H. Clayton, GB.....1.23.29
- 5, H. Salavarda, Bel.....1.23.57
- 6, E. Austin, GB.....1.24.57



Hal Higdon (USA) leads this group through the water in the 10,000m 1A cross country race at Toronto. Hal took the bronze medal in this event and later the gold in the 3,000m steeplechase. Following

Hal are Mike Barratt (England), W. Olivier (South Africa), Ray Hatton (U.S.A.). Hal was fourth in the recent world marathon championships 0/45

7, R. Jansen, Neth.....1.25.08	70, A. Verbaan, Neth....1.38.17	Class 3B	W. Germany.....2.17.08
8, J. Van Tyghem, Bel..1.25.24	94, J. Van Den Broeck,	190, S. Lee, GB.....1.52.03	294, Y. Moinie, (W1),
9, R. Schelfhaut, Bel....1.25.54	Belgium.....1.41.59	200, P. Poelman, Bel....1.53.32	France.....2.21.41
12, M. Moody, GB.....1.26.55	95, L. Durrant, GB.....1.42.10	222, J. Mertens, Bel....1.57.07	296, G. Haneuse, (W1),
13, M. Gadisseur, Bel...1.27.02	101, M. Van Der Hoeven,	276, F. Haessig, Switz..2.09.47	Belgium.....2.23.40
14, A. Staelens, Bel.....1.27.10	Belgium.....1.42.38	281, E. Harrison, GB.....2.11.16	299, D. Cauvin, (W2),
19, J. Wright, GB.....1.28.39	115, G. Marie, Fra.....1.43.18	287, L. Bury, GB.....2.16.39	France.....2.26.45
23, M. Etherton, GB.....1.29.46	124, H. Bahnert, Neth...1.44.49	312, A. Steenbeck, Neth 2.51.30	302, F. De Backer, (W1),
27, D. Clayton, GB.....1.30.51	126, P. Verkindere, Bel.1.45.11	WOMEN — All classes	Belgium.....2.30.28
29, C. Weight, GB.....1.31.24	129, C. Van Hoorn,	141, L. Kalweit-Marloth (W0),	306, H. Willems, (W1),
30, B. Joines, GB.....1.31.34	Netherlands.....1.45.25	W. Germany.....1.46.16	Belgium.....2.35.58
43, M. Harran, GB.....1.34.08	160, L. Joyce, GB.....1.48.24	154, G. Roggeman, (W0),	308, B. Royemans, (W1),
49, B. Gore, GB.....1.35.03	Class 2B	Belgium.....1.48.05	Belgium.....2.37.14
54, S. Allen, GB.....1.35.37	71, J. Schmitz, W. Ger.1.38.23	170, D. De Preter (W1),	Team Result.
64, M. Tomlins, GB.....1.37.33	77, J. De Berger, Bel....1.39.32	Belgium.....1.49.21	1, Belgium.....4.08.38
85, J. McKenna, GB.....1.40.35	78, J. Fitzgerald, GB.....1.39.51	177, V. De Schoenmaeker,	1, E. Van Ranst, 1.21.16; 2,
Class 1B	86, L. Brown, GB.....1.40.40	(W1), Belgium.....1.50.46	H. Peeters, 1.23.25; 5, H.
10, R. Monseur, Bel.....1.26.02	107, R. Bocklandt, Bel..1.42.54	181, B. Norrish, (W1),	Salavarda, 1.23.57.
11, B. Compere, Fra.....1.26.34	108, G. Marquet, Bel....1.42.54	Great Britain.....1.51.02	2, Great Britain.....4.15.21
18, J. Heywood, GB.....1.27.48	118, A. Van Dan Bossche,	198, G. Theissen, (W0),	4, H. Clayton, 1.23.29; 6, E.
20, H. Higdon, USA.....1.29.08	Belgium.....1.43.44	W. Germany.....1.53.19	Austin, 1.24.57; 12, M.
26, W. Vergison, Bel.....1.30.28	135, D. Blyth, GB.....1.45.46	219, R. Brouwers, (W1),	Moody, 1.26.55.
28, F. Cressis, Bel.....1.31.12	136, A. Besseling, Neth..1.45.59	W. Germany.....1.56.32	3, West Germany.....4.30.10
32, E. Andrews, GB.....1.31.53	168, K. Woller, W. Ger.1.49.10	236, M. Duyvejonck, (W0),	3, H. Kirschke, 1.23.29; 34, G.
34, G. Besau, W. Ger....1.32.59	174, P. Meulemans, Bel..1.50.22	Belgium.....2.00.34	Besau, 1.32.59; 38, W. Phela,
36, E. Demeyer, Bel.....1.33.27	188, H. Gersmann,	239, S. Emons, (W0),	1.33.42.
37, H. Van Utterbeek,	W. Germany.....1.51.39	W. Germany.....2.00.48	4, Netherlands.....4.39.22
Belgium.....1.33.35	203, P. Waters, GB.....1.54.01	253, M. Bauwens, (W1),	7, R. Jansen, 1.25.08; 58, H.
40, A. Byers, GB.....1.33.55	224, A. Tucker, GB.....1.58.03	Belgium.....2.03.06	Bos, 1.35.57; 70, A. Verbaan,
51, H. de Hoef, Bel.....1.35.10	Class 3A	255, C. Geudens, (W0),	1.38.17.
82, C. Pickett, GB.....1.40.26	111, R. Collin, Bel.....1.43.04	Belgium.....2.03.26	5, France.....4.48.33
87, R. Gibson, GB.....1.40.49	116, A. Heuninck, Bel...1.43.23	265, D. Queniart, (W0),	11, B. Compere, 1.26.34; 80,
31, D. Funnell, GB.....1.31.41	152, J. Van Ginkel, Neth.1.47.51	France.....2.05.11	M. Meens, 1.40.22; 90, M.
41, T. Wood, Wales.....1.34.02	172, H. Gras, W. Ger....1.49.37	270, R. Branders, (W0),	Fetizon, 1.41.37.
44, O. Denie, Bel.....1.34.15	223, A. Osselaer, Bel....1.57.36	Belgium.....2.05.43	6, Wales.....5.14.26
56, W. Van Damme, Bel.1.35.48	282, J. Boulard, Bel.....2.12.42	288, I. Kassel, (W1),	41, 158, 191.



EDITOR WANTED

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B.V.A.F. National Championships

100 Metres Class 1A

- 1, R. Taylor, Mid Vets.....11.3
- 2, F. Smith, Woodford.....11.9
- 3, J. Ross, Edin H.....12.1
- 4, B. Barker, Dartford.....12.2
- 5, R. Eve, Mid Vets.....12.4
- 6, D. Boggett, Vets.....12.5

100 Metres Class 1B

- 1, C. Williams, Poly.....11.8
- 2, D. Howarth, Leigh.....12.5
- 3, G. Atherton, Poly.....13.0
- 4, J. Brown, Liv H.....13.5
- 5, J. Christie, Vic Park.....13.7

100 Metres Class 2A

- 1, M. Gray, S & E.....12.4
- 2, F. Martingdale, Vets.....12.6
- 3, S. Brooks, Ealing.....12.8
- 4, F. Moran, Manchester...13.4
- 5, R. Swain, SHH.....14.0
- 6, M. Cardew, Halesowen.14.2

100 Metres Class 2B

- 1, S. Stein, Highgate.....13.0
- 2, D. King, Blackpool.....13.8
- 3, A. Bowden, Peterboro'.13.9
- 4, J. Swinton, Vets.....13.9
- 5, K. Hallam, NVAC.....14.2
- 6, G. Norman, Hull.....14.6
- 7, W. Hartfree, Vets.....16.1

100 Metres Class 3A

- 1, C. T. R. Fairey, Kett.....13.3
- 2, B. Metcalfe, Vets.....15.3

100 Metres Class 3B

- 1, J. Williams, Vets.....14.5
- 2, A. Beckett, Vets.....15.0
- 3, A. Cooke, Swansea.....15.6

100 Metres Class 4A

- 1, J. Searle, Vets.....16.5
- 2, F. Wedgby, Birch.....18.3

100 Metres Class 4B

- 1, N. Martin, Vets.....16.6

200 Metres Class 1A

- 1, R. Taylor, MVAC.....23.0
- 2, F. Smith, Woodford.....24.1
- 3, D. Burton, Hallamshire..24.4
- 4, J. Ross, Edinburgh.....24.9
- 5, D. Boggett, Vets.....25.6
- 6, E. Asbury, Dudley.....26.4
- 7, P. Morris, MVAC.....27.2

200 Metres Class 1B

- 1, C. Williams, Poly.....23.8
- 2, K. Whittaker, ASVAC...25.4
- 3, J. Cross, Tamworth.....26.5
- 4, O. Flaherty, Edin.....27.2
- 5, J. Christie, Vic Park.....27.7

200 Metres Class 2A

- 1, M. Gray, S & E.....25.6
- 2, J. Farrar, Rowntrees....26.1
- 3, R. Archbold, Nor Oly...26.6
- 4, H. Smith, NVAC.....27.0

200 Metres Class 2B

- 1, S. Stein, Highgate.....26.7
- 2, L. Audritt, Trowbridge..27.5
- 3, J. Swinton, Vets.....29.3
- 4, D. King, Blackpool.....29.4

200 Metres Class 3A

- 1, C. Fairey, Kettering.....27.6
- 2, B. Metcalfe, Vets.....30.8

200 Metres Class 3B

- 1, J. Williams, Vets..UK R 30.6
- 2, A. Beckett, Vets.....31.1

200 Metres Class 4A

- 1, F. Wedgby, Birch.....41.2

200 Metres Class 4B

- 1, N. Martin, Vets.....36.2

400 Metres Class 1A

- 1, R. Anderson, Morpeth...51.2
- 2, W. Morgan, Lozells.....51.8
- 3, F. Smith, Woodford.....52.9
- 4, H. Harding, St. Lukes...54.7
- 5, D. Boggett, Vets.....56.2
- 6, J. Ingram, Wol & Bil.....

400 Metres Class 1B

- 1, E. Blackler, Highgate....54.6
- 2, K. Whitaker, ASVAC....54.9
- 3, D. Folkes, Worcester...55.5
- 4, D. Howarth, Leigh.....55.8
- 5, T. Clowry, Notts.....57.6
- J. Evans, W&B.....In heat 55.7

400 Metres Class 2A

- 1, S. Brooks, Ealing.....55.6
- 2, J. Farrar, Rowntrees....56.4
- 3, E. Gallagher, Liverpool..57.0
- 4, R. Archbold, Nor Oly...58.0
- 5, R. Swain, S. Holland....61.3
- 6, J. Lean, Bingley.....62.4

400 Metres Class 2B

- 1, S. Stein, Highgate.....63.3
- 2, K. Hallam, NVAC.....65.0

400 Metres Class 4B

- 1, N. Martin, Vets.....99.4

800 Metres Class 1A

- 1, R. Anderson, Mor.....1.56.6

- 2, R. Bartholomew, B&H.2.01.0
- 3, W. Morgan, Lozells....2.01.3
- 4, R. Allen, Harrogate....2.01.8
- 5, A. W. Kimber, Dart....2.02.9
- 6, C. Baguley, Leics Cor.2.05.0

800 Metres, Class 1B

- 1, B. Bullen, Stret.UK R 2.00.5
- 2, A. Hughes, Roch.....2.04.6
- 3, T. Clowry, Notts.....2.08.7
- 4, D. Folkes, Worcester...2.09.8
- 5, D. Howarth, Leigh.....2.09.9
- 6, D. MacWhirter, Tipton.2.16.9
- 7, W. Pickles, Saltwell...2.21.1
- 8, C. Carter, Gateshead..2.29.6

800 Metres Over 50

- ### 2A
- 1, R. Mattock, Bourn.....2.12.5
 - 2, B. Neilson, Hill.....2.15.3
 - 3, F. Wrigley, Michelin...2.18.0
 - 4, F. Thompson, Clayton..2.20.8
 - 5, J. Dean, Bingley.....2.22.6
 - 6, K. Bruns, Liverpool....2.24.7
- ### 2B
- 1, E. Joynson, Gates.....2.24.5
- ### 3A
- 1, H. Taylor, March.....2.29.3
 - 2, T. Bartlett, NZ.....2.53.4

1,500 Metres Class 1A

- 1, A. W. Kimber, Dart....4.07.8
- 2, E. Williams, Shrews...4.10.8
- 3, J. Mills, Sparkhill.....4.13.4
- 4, R. Thorpe, Cov God...4.13.7
- 5, H. Salavarda, RFC.....4.14.2
- 6, C. Baguley, Leics.....4.16.5
- 7, E. Isaacs, Wirral.....4.17.0
- 8, A. Steel, Sale.....4.24.6
- 9, D. Hunt, Harringay....4.24.7
- 10, A. Prouse, Gosforth..4.30.8
- 11, G. Hawkins, Stour....4.52.4

1,500 Metres Class 1B

- 1, B. Bullen, Stretford...4.11.8
- 2, A. Hughes, Rochdale.4.16.8
- 3, P. Maffia, Watford....4.35.5
- 4, D. MacWhirter, Tip...4.35.9
- 5, D. Boyce, Tipton.....4.50.7
- 6, C. Carter, Gateshead..4.53.1
- 7, W. Mottram, W Brom...5.07.4

1,500 Metres Class 2A

- 1, G. Rhodes, Stafford...4.25.0
- 2, R. Mattock, Bourne...4.32.0
- 3, B. Neilson, Hillingdon.4.37.6
- 4, R. Franklin, TVH.....4.39.6
- 5, F. Wrigley, Michelin...4.45.7
- 6, T. Wood, Newport....4.49.8
- 7, K. Bruns, Liverpool....4.53.8
- 8, S. Willetts, RSC.....4.57.8
- 9, C. McDowell, Rane...5.50.2

1,500 Metres Class 2B

- 1, E. Joynson Gateshead
UK Record.....4.40.5
- 2, B. Wade, Woodford...5.15.5

1,500 Metres Class 3A

- 1, H. Taylor, March

- UK Record.....5.03.9
- 2, D. Morrison, Shettles.5.20.5
- 3, B. Spiller, Poly.....5.26.5
- 4, T. Bartlett, NZ.....5.57.0

1,500 Metres Class 3B

- 1, S. Lee, Horwich.....5.48.2

1,500 Metres Class 4A

- 1, F. Jackson, Nor & Norf.6.00.4

5,000 Metres Class 1A

- 1, R. Fowler, Staffs M..14.48.8
- 2, F. Pendlebury, Man..14.56.8
- 3, R. Gomez, V of A....15.01.6
- 4, T. Davies, Aldershot.15.06.8
- 5, R. Pannell, Bristol....15.41.0
- 6, H. Salavarda, RFC....15.41.4
- 7, J. Mills, Sparkhill....15.43.6
- 8, R. Thorpe, Cov God...15.46.2
- 9, E. Austin, Tipton....15.47.6
- 10, K. Lupton, Burn Rd...16.03.4
- 11, E. Williams, Shrews..16.07.6
- 12, P. Knott, B & F.....16.14.0
- 13, J. Peet, Tamworth...16.20.6
- 14, J. Porter, Mitcham...16.45.8
- 15, A. Prouse, Gosforth.16.54.2
- 16, B. Webster, Warley..17.24.6
- 17, M. Jefferies, New...17.45.4
- 18, I. Farr, Trowbridge...18.15.6
- 19, D. Briggs, Nor Pol...18.17.0
- 20, F. Lucop, Hull.....18.24.8

5,000 Metres Class 1B

- 1, L. O'Hara, Bel....UK R
- 2, M. Morrell, Wirral....15.47.4
- 3, P. Morris, Lozells....16.01.6
- 4, A. Hughes, Rochdale.16.03.6
- 5, B. Boyce, Tipton.....17.42.8
- 6, D. Smith, Kettering...17.50.2
- 7, G. Sulway, Newport..17.56.8
- 8, T. Boothby, Linc Well.18.09.0
- 9, C. Carter, Gateshead.18.11.6
- 10, M. Bentley, Rugby...18.29.2
- 11, B. Evans, Wol & Bil..18.39.0
- 12, D. Richards, Cov G...21.20.0

5,000 Metres Class 2A

- 1, G. Rhodes, StaffUK R 16.06.0
- 2, R. Franklin, TVH.....16.18.8
- 3, J. Ellis, Tamworth....16.44.6
- 4, T. Wood, Newport....17.03.0
- 5, S. Charlton, TVH.....17.10.2
- 6, J. Mattox, Stafford...19.00.0

5,000 Metres Class 2B

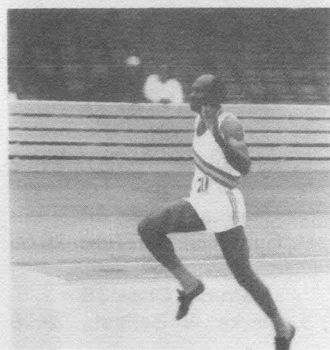
- 1, E. Joynson, Gateshead
UK Record.....16.57.0
- 2, P. Minchin, Scot Vets.21.06.8

5,000 Metres Class 3A

- 1, R. McMinnis, Sutton.18.36.6
- 2, N. Ashcroft, Sutton...18.48.0
- 3, G. Scutts, Ports.....19.02.4
- 4, D. Morrison, Shettles.19.27.6
- 5, H. Taylor, March.....20.02.8
- 6, T. Bartlett, NZ.....21.20.2
- 7, J. Selby, Cov God....21.30.4

5,000 Metres Class 3B

- 1, E. Wallace, Wirral....20.53.2



R. Taylor winner of the 1A
100m and 200m (Mid Vets)

Photo J. Hickman

5,000 Metres Class 4A

1, F. Jackson, Norwich..23.10.8

110 Metres Hurdles Class 1A

1, C. Shafto, Rowntrees.....16.5
2, J. Howell, Herne Hill.....16.6
3, J. Phillips, Trowbridge..20.7

110 Metres Hurdles Class 1B

1, C. Knowles, V of Ayles.19.2

110 Metres Hurdles Class 2A

1, I. Steedman, Lothian
UK Record.....18.3

110 Metres Hurdles Class 2B

1, W. Hartfree, Vets.....26.1

400 Metres Hurdles All ages

1, K. Whitaker, (1B), Aire....62.5
2, P. Field, (1B), Dartford..64.5
3, I. Steedman, (2A), Lothian
UK Record.....66.7
4, K. Robinson (1A), C & C..69.5

3,000 Metres SC Class 1A

1, T. Davies, Aldershot
UK Record.....9.15.6
2, R. Carruthers, Gos.....9.45.6
3, P. Knott, Blackpool..10.11.0
4, T. Shrimpton, S&E...10.22.0
5, J. Welch.....10.33.8

3,000 Metres SC Class 1B

1, M. Morrell, Wirral.....9.57.0
2, J. Salt, Rochdale.....10.43.0

3,000 Metres SC Class 3A

1, T. Bartlett, NZ.....14.33.2

5,000 Metres Walk Class 1A

1, G. Smyth, E Antrim..25.49.2
2, D. Trigg, Leicester.....26.23.6
3, J. Marshall, Worcs...28.17.6

5,000 Metres Walk Class 1B

1, T. Challis, Trow.....25.13.6
2, E. Horwill, Dudley.....30.50.2

5,000 Metres Walk Class 2A

1, J. H. Jacquest, Wat.27.16.8
2, D. Withers, RSC.....28.08.0
3, G. Eastwood, Wood.28.20.0
4, A. Stokes, Bolehill....29.29.0
5, H. Woodhall, Dudley..31.29.0

5,000 Metres Walk Class 2B

1, J. Todd, E. Antrim....27.46.6



P. Markham winner of the 10,000m walk 1A

Photo J. Hickman

5,000 Metres Walk Class 3A

1, A. Poole, Worcester...27.32.8
2, F. Nicholls, Surrey....30.06.6

10,000 Metres Walk Class 1A

1, P. Markham, Leics....51.34.8
2, D. Trigg, Leicester....52.30.8
3, G. Smyth, E Antrim..53.22.2

10,000 metres Walk Class 1B

1, D. Richards, Cov God.62.10.8
2, A. Flavell, Met WC...60.05.2

10,000 Metres Walk Class 2A

1, J. H. Jacquest, Wat.55.22.4
2, D. Withers, R Sutt....56.47.2
3, A. Stokes, Bolehills..59.04.8
4, H. Woodall, Dudley..64.43.4

10,000 Metres Walk Class 2B

1, J. Todd, East Antrim...56.59.8
2, J. Johns, Sheffield...57.57.4

10,000 Metres Walk Class 3A

1, A. Bole, Worcs.....56.30.8
2, G. Mitchell, R Sutt....57.39.6
3, F. Nicholls, Surrey....61.40.2
4, H. Neilson, Wood....68.44.2

Mens High jump Class 1A

1, J. Darlington, Hales.....1.70
2, D. Gale, Blackheath.....1.65
3, A. Crocker, Stourport...1.60
4, J. Day, Blackheath.....1.42

High Jump Class 1B

1, C. Knowles, V of A..UK R 1.60

High Jump Class 4A

1, J. Searle, Vets.....UK R 1.16

Mens Long Jump Class 1A

1, D. Gale, Blackheath.....6.01
2, A. F. Taylor, Bedford...5.72
3, M. Burrell, Surrey B.....5.62
4, J. Darlington, Hales.....5.57
5, D. Burton, Hallamshire..5.20

Long Jump Class 1B

1, K. Wilmhurst, Walton...5.62
2, C. Knowles, V of Ayles.5.14
3, D. Howarth, Leigh.....4.93
4, J. Christie, Vic Park.....4.45
5, D. Richards, Cov God...3.52

Long Jump Class 2A

1, H. Smith, NVAC.....4.36

Long Jump Class 2B

1, H. Trafford, Newcastle..4.26
2, G. Norman, City of Hull.3.78

Long Jump Class 3B

1, R. Evans, Luton....UK R 4.21
2, A. Cooke, Swansea.....4.07

Mens Triple Jump Class 1A

1, M. Burrell, Surrey B....12.40
2, J. Darlington, Hales....12.22
3, D. Gale, Blackheath.....11.56
4, J. Phillips, Trowbridge.11.27
5, A. F. Taylor, Bedford...10.61

Triple Jump Class 1B

1, C. Knowles, V of Ayles...10.70

Triple Jump Class 2B

1, H. Trafford, Newcastle....7.49

Triple Jump Class 3B

1, A. Cooke, Swansea.....6.88

Mens Pole Vault Class 1A

1, R. Wilson, Wigan.....3.60
2, J. Day, Blackheath.....3.00

Pole Vault Class 1B

1, R. Brown, Notts.....3.80
2, C. Knowles, V of Ayles.2.04

Mens Shot Class 1A

(16lb)

1, K. Madden, Sale.....11.26
2, B. Sumner, Cannock...10.01
3, J. Ingram, Wol & Bil....8.22
4, J. Rider, Cambridge.....7.43



K. Madden (Sale) Shot champion

Photo J. Hickman

Shot

(12lb)

1, O. Feldmanis, Mitch....12.72

Shot Class 2B

1, H. Trafford, New...UK R 10.99
2, H. Price, MVAC.....8.45
3, L. Audritt, Trowbridge..7.88

Shot Class 3A

(4kg)

1, B. Metcalfe, Vets.....10.85

Shot Class 3B

1, A. Cooke, Swansea.....8.57

Shot Class 4B

1, M. Cullen, Swansea.....7.23

Mens Discus Class 1A

(2kg)

1, H. Richardson NCAV..34.62
2, B. Sumner, Cannock...28.02

Discus Class 1B

1, J. Moore, Rugby.....22.58

Discus Class 2A

(1.5kg)

1, O. Feldmanis, Mitcham
UK Record.....42.78
2, F. Laudobelis, MVAC..29.02

Discus Class 2B

1, H. Price, MVAC.....31.32

Discus Class 3A

(1kg)

1, K. Maksimczyk, Westbury
World Record.....52.90
2, B. Metcalfe, Vets.....32.10
3, H. Samuels, Hereford..31.90

Discus Class 4B

1, M. Cullen, Swansea....28.54

Mens Javelin Class 1A

(800g)

1, P. Hable, Barnet.....55.22
2, J. Ross, Edinburgh.....48.30
3, J. Phillips, Trowbridge.45.26
4, H. Richardson, NVAC.42.70
5, J. Howell, Herne Hill...39.56

Javelin Class 1B

1, M. Morrell, Wirral.....42.42

Javelin Class 2B

1, H. Price, MVAC.....18.04

Javelin Class 4A

(600g)

1, E. Benneche, Swansea
UK Record.....26.94

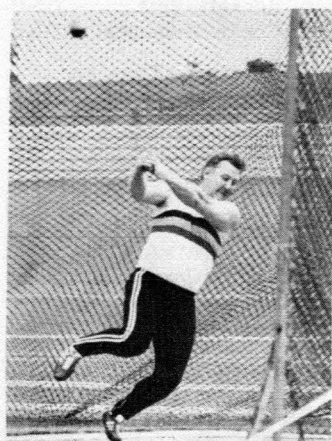
Javelin Class 4B

1, M. Cullen, Swansea....19.54

Mens Hammer Class 1A

(16lb)

1, N. McDonald, Edin.....52.64
2, D. Bayes, Poly.....49.72
3, K. Madden, Sale.....45.52
4, H. Richardson, NVAC.44.32
5, B. Sumner, Cannock...41.08
6, J. Rider, Cambridge....25.52



N. McDonald (Edin) Hammer winner 1A

Photo J. Hickman

Hammer Class 2A

(12lb)

1, F. Laudobelis, MVAC..22.02

Hammer Class 3A

1, H. Samuels, Hereford..20.66

Hammer Class 3B

1, J. Clarke, N. Belfast....28.76

Hammer Class 4B

1, M. Cullen, Swansea....16.52
2, N. Martin, Vets.....6.54

LADIES FIELD EVENTS

Long Jump

Class W0

- 1, P. McNab, Middlesex...5.49
- 2, V. Surety, Ilford.....4.26
- 3, A. Drew, Havering.....3.85

W1B

- 1, E. Knowles, WVAC.....2.76

High Jump

W1B

- 1, C. R. Payne, Lozells.....1.43

Javelin

W1A

- 1, A. Williams, Birchfield.38.46
- 2, U. Gore, Trowbridge...20.92
- 3, B. Burton, Hallam.....18.64

Discus (1kg)

W1B

- 1, C. R. Payne, Lozells.....44.26
- 2, A. Moore, Rugby.....22.56
- 3, W. Feldmanis, WVAC.21.58

Shot (4kg)

W0

- 1, J. Atack, Wakefield.....12.55
- 2, M. Donachie, Edin.....7.91

W1A

- 1, Y. Smith, City of Stoke.6.52

W1B

- 1, C. R. Payne, Lozells.....10.81
- 2, A. Moore, Rugby.....8.82

Ladies 100 Metres Class W0

- 1, P. McNab, Middlesex.....12.9
- 2, V. Surety, Ilford.....13.3
- 3, M. Donachie, Edin.....14.0
- 4, A. Drew, Havering.....15.2

100 Metres

W1A

- 1, U. Gore, Trowbridge.....13.6
- 2, M. Boggett, Radley.....14.1
- 3, M. Whitaker, ASVAC....15.3
- 4, E. Kear, Radley.....15.3

W1B

- 1, C. R. Payne, Lozells.....13.7

Ladies 200 Metres Class W0

- 1, V. Surety, Ilford.....27.7
- 2, M. Donachie, Edin.....29.0
- 3, A. Drew, Havering.....31.3

200 Metres W1A

- 1, U. Gore, Trowbridge.....28.8
- 2, H. Boggett, Radley.....29.5
- 3, Y. Smith, City of Stoke.31.4
- 4, M. Whitaker, ASVAC....32.2
- 5, M. hamer, Blackpod.....32.9
- 6, E. Kear, Radley.....34.0

Ladies 400 Metres

W0

- 1, S. Fitzmaurice, Alder....63.9
- 2, B. Brookes, Stoke.....65.5

W1A

- 1, U. Gore, Trowbridge.....65.9
- 2, Y. Smith, City of Stoke.71.4
- 3, J. Coker, Highgate.....74.9

Ladies 800 Metres

W0

- 1, B. Brookes, Stoke.....2.26.8
- 2, J. Farr Trowbridge.....2.31.7
- 3, S. Arnold, Birchfield...2.36.6

W1A

- 4, J. de Jesus, WVAC...2.54.4
- 1, J. Coker, Highgate.....3.03.2

W1B

- 1, H. Rider, Cambridge...2.34.1
- 2, B. Smith, Kettering....2.41.9

Ladies 1,500 Metres

W0

- 1, V. Howe, Bracknell.....4.29.2
- 2, B. Brookes, Stoke.....5.10.9
- 3, S. Arnold, Birchfield...5.35.9
- 4, J. deJesus, WVAC.....5.49.0

W1A

- 1, B. Cook, Stafford.....5.29.1
- 2, P. Maffia, Highgate....5.43.6

W1B

- 1, H. Rider, Cambridge...5.18.1

Ladies 100 Metres Hurdles

W0

- 1, P. McNab, Middlesex..14.91
- 2, A. Drew, Havering.....21.08

Ladies 3,000 Metres Walk

W0

- 1, J. Farr, Trowbridge...15.27.4

W1A

- 1, P. Horwill, Dudley.....19.18.0
- 2, M. Cox, Trowbridge.19.18.4

W2A

- 1, R. Scott, Bolton.....19.43.0
- 2, I. Hazzle, WVAC.....20.19.0

Pentathlon Results

Class 1A

- 1, H. Harding, St. Lukes College.....2092.4

200m, Perf. 25.9, Pts, 650; Discus, 22.70, 215.6; Long Jump, 4.46, 258; Javelin, 27.70, 214; 1,500m, 4.40.8, 754.8

- 2, K. Robinson, Cambridge &

Coleridge.....1555.92

200m, 27.4, 500; Discus, 19.84, 136.52; Long Jump, 4.21, 183; Javelin, 22.14, 102.8; 1,500m, 5.01.0, 533.6.

Class 1B

- 1, E. Horwill, Dudley & Stour 698.8

200m,32.5,50;Discus,18.20,96; Long Jump, 3.23, 0; Javelin, 20.92, 98; 1,500m, 5.40.8, 454.8.

Class 2A

- 1, I. Steedman, Lothian.2211.0

200m, 27.8, 620; Discus, 24.50, 304; Long Jump, 4.91, 564; Javelin, 22.38, 161.4; 1,500m, 5.33.0, 561.6.

- 2, F. Martindale, Vets AC1751.4

200m, 27.1, 609; Discus, 26.60, 371.2; Long Jump, 4.27, 308; Javelin, 22.24, 157.2; 1,500m, 6.29.1, 225.

Class 2B

- 1, J. Ceros, Rugby.....2503.38

200m, 29.3, 570; Discus, 29.52, 493.68; Long Jump, 4.19, 409.5; Javelin, 28.64, 407.4; 1,500m, 5.32.8, 622.8.

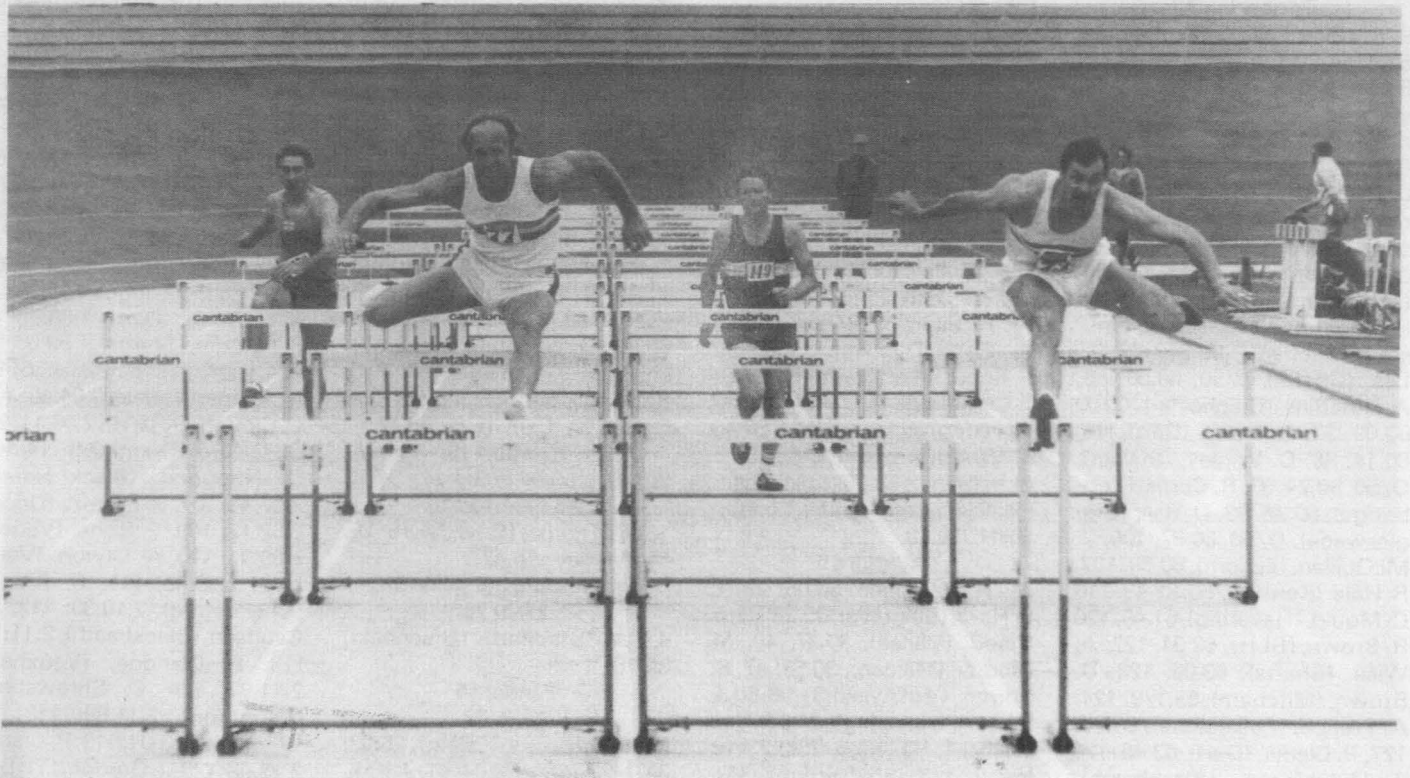
- 2, H. Trafford, Newcastle (Staffs)2343.82

200m, 28.3, 670; Discus, 25.38, 353.92; Long Jump, 4.04, 342; Javelin, 25.94, 312.9; 1,500m, 5.25.6, 666.0.

- 3, A. Bowden, Peterborough1735.82

200m, 28.6, 640; Discus, 20.88, 199.92; Long Jump, NJ, 0; Javelin, 22.3, 185.5; 1,500m, 5.18.2, 710.4.

FULL REPORT NEXT MONTH



110m Hurdles. C. Shafto (Rowntrees) from J. Howell (H.H.H)

Photo J. Hickman

U.K. ROAD AND COUNTRY RESULTS FROM 11.3.78

Worthing 10

(Actual distance 10m 818yds)

11/3/78

23, B. Switzer, (Soton), 56.10; 27, R. Franklin, (TVH) O/50, 56.44.

Leigh H&AC/J. Dickenson Meeting

4. C. Leigh (Salford) 29.44

Balloch to Clydbank 12/2

1st vet. H. Scott, (Perth) 66.43

Scottish Vets 7 1/2 miles c.c.

Race at Sthraathclyde Park

1. J. Borrowman (Garscube) 41.20

2. H. Mitchell (Shettleston) 41.23

3. D. Kerr (Garscube), 42.43; 1st O/50, C. Forbes (Irv);

1st, O/60 A Forbes; (Victoria Park) 1st O/70 R. Devon (Clyde V).

Springburn H. Club Champs at Auchinairn

Vets. 1. T. O'Reilly 26.28 2. T. Malcolm 26.47 3. T. White 27.54

Windermere to Kendall

10 mile road race

Vets. 1. N. Horrell (Wirrall) 54.

59 2. J. Llewellyn (L&M) 55.40

3. E. Issacs (Wirrall) 56.04.

Over 50 1. D. Walsh (Blackburn) 60.03

2. W. Robinson (Cockermouth) 61.41

Tonbridge 10

9. R. Campbell (Essex Beagles) 52.41

16. T. Wood (Epsom) 53.53

22. J. Daniels (Lowestoft) 54.02

37. T. Hoyles (Havering), 55.32

57; A. Kimber, (Dartford), 57.36; 66, H. Rosebrooke, 58.17; 67, E. Andrews ring), 58.26

73. D. Funnell, (Epsom) O/50, 58.57

75. M. Laker, (SLH), 59.09

80. I. McKenzie, (Mey Pol), 59.37

82. V. Joseph, (Highgate), 59.42

87. A. Pawsey, (Mitcham), 59.54

88. D. Lee, (Shafts) O/50, 60.00

89. A. Hutchins, (Colchester), O/50

60.09

92. D. Nash, (Dartford), 60.14

96. D. Wigley, (Invicta), O/50, 60.24

97. R. Curtis, (Tonbridge), 60.36

99. D. Ball, (Biggleswade), O/50, 60.57

100. J. McQuillan, (Epsom), 60.59

107. R. Hale, (Kent), O/50, 61.43

110. C. Mould, (Havering), 61.49

120. R. Brown, (SLH), 63.04

122. A. Wise, (Shafts), 63.09

123. D. Brown, (Mitcham), 63.1/9

124. A. French, (Folkestone), 63.27

127. P. Clarke, (Dart), 63.48

129. J. Hutchinson, (Blackheath), 63.58

132. B. Lovelidge, Medway, 64.03

133. M. Caldwell,

(Folkestone), 64.04

135. J. Fitzgerald, (Mitcham), 64.11

136. D. Lupton, (Bexhill), 64.17

137. P. Yates, (Kent), 64.21

139. D. Thompson, (Folks), 64.24

140. M. Watson, (Bexhill), 64.35

142. R Gates, (Vets AC), 64.48

143. J. Burke, (Havering), 65.07

152. D. Turner, (Epsom), 66.46

155. B. Todd, (Met Pol), 67.23

161. B. Gore, (Trow), 68.00

162. D. Taylor, (Met Pol), 68.11

165. G. Wooton, (Bexhill), 69.17

167. B. Pearce, (Blackheath), 69.21

168. L. Dixon, (Invicta), 69.25

173. M. Waddell, (Dart), 70.54

174. L. Johnstone, (Bexhill), 70.58

179. G. Davis, (Highgate), 72.13

184. G. Kill, (Bas), 72.59

185. R. Gawler, (Invicta); 73.15

189. A. Saltmarsh, (Ton), 74.51

192. L. Bury, (Lowestoft), O/60, 77.34.

Tonbridge 10 Ladies

11/3/78

5. B. Norrish, (Brighton), 69.17,

7. B. Cushen, (Mitcham), 70.06.

13. K. Wartnaby, (Craw), 75.55;

14. S. Smith, (Highgate), 76.01;

Milford 21

12/3/78

8. D. Cooper, (Worcs), 2.08.45.

16. A. Ramsbottom, (Clayton),

2.11.23.

Lancashire Red Rose 20

26. K. Heathcote, (Bolton),

1.57.43

27. R. Kernighan, (Pembroke), 1.57.57.

Rossendale AC Womens C-C Race

12. B. Brooks, (Stoke), 18.37.

Gloucester Grocery 4

18/3/78

19. D. Rolley, (Gloucester), 20.09

Bath & Percy 10

13. R. Pannell, (Bristol), 57.43.

Pedro Domecque 5x2.2

Road Relay. Crystal Palace

1. Cambridge Harriers, 54.37; 2,

Havering, 55.50; 3. HHH, 56.40;

4. Woodford Green, 58.28; 5,

Eton Manor, 59.29; 6, Mitcham,

59.39. Fastest lap, D. Claxton,

HHH, 10.18.

Watford 6

21. R. Campbell, 30.05; 29. L.

O'Hara, (Belgrave), 30.28; 31. J.

Steed, (Verlea), 30.37; 40. M.

Moody, (Maiden), 30.53; 47. R.

Gomez, (Vof Ayles), 31.08; 50. L.

Parrott, (Havering), 31.17.

Vets teams, 1, Havering, 254; 2, Ver-

lea, 263; 3, Shaftesbury, 357.

Fife AC 6 Miles Road Race

15. M. Scott, (Perth), 29.13.

Romford Half Marathon

25/3/78

17. . Bowman, (Diss), 72.59; 21,

L. Parrott, 74.21; 31. E. Nolan,

(Shafts), 76.41; 32. T. Hoyles,

(Havering), 76.49; 34. B. Her-

cock, (Enfield), 76.52; 39. T. Mor-

ford, (Diss), 78.03; 44. B. Joines

(Leamington), 78.35; 49. T.

Wood, (Epsom), 79.37; 51. D.

Funnell, 79.44; 54. M. Rosbrook

(Bas), 80.21; 55. D. Nash, (Dart),

80.43; 61. M. Williams, (Ilford),

81.05; 64. T. Everitt, (Eton Man-

or), 81.39; 68. E. Andrews, 82.23,

69. R. Mattock, 82.24; 71. C.

Weight, (Haringay), 82.27; 79.

E. Flowers, (VPH), 82.28; 77. J.

McQuillan, 83.28; 82. R. Smith,

(Woodford), 84.24; 87. J. Flow-

ers, (VPH), O/60, 85.55; 94. J.

Cash, (Loughton), 87.57; 96. J.

Burke, (Havering), 88.07; 101. P.

Clarke, (Dart), 89.01; 102. D. But-

tle, (Diss), 89.12; 103. S. Webb,

(Essex Beagles), 89.36; 107. R.

Knight, (Chelms), 91.50; 111. C.

Shrosbee, (Loughton), 93.43;

112. D. Wheaton, (Thurrock),

94.15; 114. A. Brent, (Haringay),

95.06; 116. M. Stock, (Met Pol),

96.13; 118. M. Waddell, (Dart),

96.22; 120. B. Cushen, (Mit-

cham), 96.35; 122. F. Potter,

(Chelms), 98.56.

TVH Vets 3x 1/2 Mile

Road Relay

1. Ealing & Southall, (D. Case,

18.36; P. Freeman, 18.38; M. Bar-

ratt, 17.40), 54.54

2. Soton, (B. Switzer, 18.36;

A. Shrimpton, 18.00; S. Bulpitt,

18.26), 55.02.

3. Cambridge H (K. Harland,

17.48; J. Geogeghan, 9.07; D.

Evans, 18.41), 55.36

4. TVH, 58.28; 5. Hillingdon, 58.29;

6. Mitcham, 58.31; 7. Tipton, 58.42;

8. Ranelagh, 59.15; 9. Cam & Col,

59.27; 10. Cam H B, 59.47.

Newport 10

26. D. Rolley, (Glocs), 54.17.

Maidenhead 10

18. R. Thorpe, (Cov), 54.15; 26,

M. Moody, 54.42.

Cambuslang 6 1/2 miles C-C

26/3/78

4. W. Stoddart, (Greenock),

39.10.

Feltham 5

27/3/78

22. P. Freeman, (Ealing), 25.42;

33. M. Barratt, 26.04; 41. J. Kirk,

(Ranelagh), 26.49; 45. J. Bell,

(Feltham), 27.15; 55. G. Smith,

(Eton Manor), 27.48; 59. W. J.

Hanscombe, (Ranelagh), 27.57;

57. J. Mattinson, (SLH), 27.53;

60. T. Everitt, 27.58; 61. I. Mc-

Kenzie, (Met Pol), 28.02; 76. C.

Walker, (Belgrave), 28.34; 83. J.

Luxford, (HBS), 28.48; 86. H.

Downer, (Soton), 28.54; 97. P.

Kearsey, (Eton), 29.25; 109. I.

Farr, (Trow), 29.59; 111. J. Ever-

ett, (Feltham), 30.07; 112. T.

Crowhurst, (Hay Heath), 30.08;

118. B. Willis, (Soton), 30.36;

120. R. Gates, (Vets), 30.49; 137.

R. Harrison, (Ealing), 33.13;

Ladies 2 1/2. 20. J. Farr, (Trow),

16.18.

Peterborough AC Round the

City Road Race Vets

1. E. Saberton, (Cam & Col),

27.14; 2. A. Hughes, (Newark),

27.24; 3. M. Prosser, (Hol), 27.26.

Bampton to Tiverton 8

8. G. Blackburn, (West), 40.33;

59. B. Gore, (Trow), 49.48.

Tynemouth 10

12. R. Balding, (Heaton), 53.53.

Orion 15 miles C-C Race

1/4/78

10. N. Fisher, 1.38.58; 24. E.

Cash, (Loughboro), 1.45.20; 36.

R. Mattock, (B'mouth), O/50,

1.48.17; 41. B. Hercock, 1.49.01;

43. J. Mattinson, 1.49.11; 44. F.

Cowley, (Bracknell), 1.49.40; 49

E. Nolan, 1.50.41; 51. M. Soper,

(Vaux), O/50, 1.51.05; 53. D. Gri-

ffiths, (Brack), 1.51.29; 56. D.

Lee, (Shafts), O/50, 1.52.05; 61.

G. Dacam, (Verlea), 1.53.07; 65.

V. Joseph, (Highgate), 1.54.22;

69. T. Davy, (TH&H), 56.21; 73

G. Crowder, (B'heath), 1.56.51;

81. F. Cash, (Loughton), 1.58.47

2. D. Nash, (Dart), 1.58.59; 83.

R. Clayton, (Shafts), 1.59.03; 88.

L. Oppen, (Verlea), 2.01.35; 89.

N

(Orion), 2.15.44; 125, D. Taylor, (MetPol), 2.16.02; 127, D. Blythe (Cam & Col), 2.16.54; 129, P. Critchley, (Blackheath), 2.17.07; 128, J. Gurney, (Bracknell), 2.17.02; 130, F. Potter, (Chelmsford), 2.17.18; 133, B. Hart, (Walthamstow), 2.18.15; 140, J. Fenn (Orion), 2.24.46; 143, H. Taylor, (March), 2.27.12; 145, W. Lake, (Blackheath), 2.36.40; 149, A. Poynter, (Walthamstow).

Vets Team Race (Time aggregate). 1, Shaftesbury, 5.42.16; 2, Loughton, 5.56.06; 3, Verlea, 5.56.22.

Tom Scott Memorial 10

18, H. Scott, 52.48; 20, A. Wood, (Aberdeen), 52.52.

North Wales 10 at Wrexham

9, R. Billington, (Wrexham), 55.46.

VPH 5

1/4/78

16, M. Moody, 24.44; 40, L. Parrott, 25.45; 62, B. Hicks, (Met Pol), 26.35; 64, G. Smith, (Eton Manor), 26.39; 65, A. Kimber, (Dartford), 26.41; 72, D. Plater, (Ilford), 25.52; 73, T. Everitt, 26.52; 88, I. McKenzie, (Met Pol) 27.31; 96, C. Weight, 27.48; 106, A. Tewkesbury, (Havering), 28.11; 114, D. Jones, (Woodford), 28.39; 116, D. Oakley (Barnet), 28.32; 118, J. Bell, (Felt-ham), 28.37; 120, J. Atkinson, (Barnett), 28.45; 121, P. Kearsey, (Eton Manor), 28.48; 122, R. Smith, (Woodford), 28.50; 130, B. Oulds, (Barclays), 29.20; 137, S. Vane, (Thurrock), 29.45; 139, J. Lusty, (Ealing), 29.51; 143, A. Hughes, (Woodford), 29.58; 149 H. Tempan, (VPH), 30.26; 152, S. Toms, (Eton), 30.34; 154, M. Callow, (Milton Keynes), 30.56.

Kent AC 10

2/4/78

4, D. Claxton, (HHH), 53.02; 5, J. Adlington, (Notts), 53.50; 9, L. Parrott, 54.19; 11, R. Franklin, (TVH), O/50, 55.09; 13, J. Oliver, (Kent), 55.25; 16, T. Evans, (Cam), 55.59; 19, T. Hoyles, (Havering), 56.36.

Duchy Marathon at Redruth

7, T. Wood, (Epsom), 2.36.18; 8, P. Hampton, (Ply), 2.38.18; 10, G. Kay, (Stafford), 2.40.35; 32, D. Funnell, 2.55.25; 62, E. Mat-travers, (Vets), 3.39.32; 65, A. Smithies, (Vets), 3.43.49; 66, G. Betts, (Vets), O/60, 3.46.17.

Newcastle (Staffs) AC 7

9/4/78

25, B. Cook, (Stafford), 36.59, 36, M. Whittaker, (Stafford), 37.46; 39, P. Goodfellow, Stoke, 38.07; 42, G. Rhodes, (Stafford), 38.15; 51, E. Williams, (Shrews-bury) 38.44; 52, G. Kay, (Staffs), 38.45; 53, A. Walsham, (Sal-

ford), 38.49; 62, N. Jones, (Warrington), 39.45; 68, A. Bourne, (Newcastle), 39.58; 75, E. Nichol (Bromsgrove), O/50, 40.37; 82, J. Mather, (Frodsham), 40.50; 84, W. Feury, (Pembroke), 40.52; 88, D. George, (Sale), 41.06; 93, S. Smith, (Pembroke), 41.28; 94, H. Thornton, (Airedale), 41.32; 100, K. Duckworth, (N. Staffs), 41.04; 1st O/60, 156, N. Ash-croft, (Sutton), 45.26.

Newport-Ryde 7

Vets class. 1, G. North, (Ports-mouth), 38.59; 2, B. Switzer, 39.45; 4, J. Mattinson, 41.41; 3, R. Jeans, (Salisbury), 39.46. Class 2. 1, D. Rickley, (Brack-nell), 41.16; 2, R. Page, (RNAC), 43.43; 3, E. Leal, (Ryde), 46.36. Class 3. 1, W. Ross (Ryde), 58.56.

RAF Swindery Marathon

13/4/78

37, J. Hussey, (Cosford), 2.49.15.

Finchley 20

15/4/78

38, J. Steed, (Verlea), 1.51.10; 51, D. Claxton, (HHH), 1.53.16; 53, M. Casse, (Hill), 1.53.38; 56, T. Wood, (Epsom), 1.53.45; 68, E. Nolan, (Shafts), 1.55.37; 86, B. Switzer, (Soton), 1.58.05; 90, D. Pickering, (East Hull), 1.58.22; 97, D. Rollry, (Gloucs), 1.59.16; 101, G. Archer, (Hill), 1.59.42; 111, K. Fiddler, (Ayles), 2.00.22; 118, J. Mattinson, (SLH), 2.01.25; 121, J. Collins, (Swansea), 2.01.45; 125, D. Rikly, (Brack-nell), 2.02.25; 130, M. Rosbrook, (Basildon), 2.03.01; 133, G. Dacum, (Verlea), 2.03.38; 138, T. Wood, (Newport), 2.03.59; 14 R. Reynolds, (TVH), 2.04.45; 149 D. Lee, (Shafts), 2.05.14; 156, B. Joines, (Leamington), 2.06.07; 173, W. Hanscombe, Ranelagh, 2.08.47; 183, J. Stones, (East Hull), 2.09.18; 187, J. Davies, (Belgrave), 2.10.48; 189, J. Mc-Quillan, (Epsom), 2.11.13; 191, R. Smith, (Woodford), 2.11.43; 192, P. Ould, (SLH), 2.12.11

Cambridge & Coleridge 10

16/4/78

7, R. Campbell, 49.48, (second fastest ten ever by vet?); 25, L. Parrott, 52.20; 26, J. Adlington, 52.21; 30, C. Bowman, (Diss), 52.34; 34, J. Wright, (Lowes), 53.12; 49, T. Hoyles, 54.32; 63, G. Smith, (Eton Manor), 55.58; 65, T. Everitt, 56.11; 87, H. Williams, 57.34; 90, D. Powell, (Stev-nage), 57.52; 101, M. Tomlins, (Orion), 58.47; 103, E. Butcher, (Colchester), 58.50; 107, C. Mold (Havering), 59.03; 116, P. Kearsey, 59.37; 122, J. Moroney, (Cam&Col), 60.36; 128, T. Burke (Havering), 62.59; 131, B. Jen-kins, (Hunts), O/50, 63.22; 134, D. Jones, (Ilford), 63.54; 139, D. Blythe, (Cam&Col), 64.46; 154,

L. Bury, (Lowestoft), O/60, 76.80.

Herne Hill Harriers 10

22/4/78

10, M. Moody, (Maiden), 54.01; 15, T. Ryan, (NLH), 55.44; 17, J. Heywood, (HHH), 56.02; 20, J. Geogheghan, (Cam), 56.22; 26, D. Claxton, (HHH), 57.08; 37, K. Vine, (Cam), 58.11; 38, S. Allen, (HHH), 58.15; 44, J. Mattinson, (SLH), 58.55; 45, G. Martin, (Cam), 58.59; 52, D. Funnell, (Epsom), O/50, 59.53; 62, R. Rey-nolds, (TVH), 60.35; 80, R. Gates (Vets), 62.37; 81, J. McQuillan, (Epsom), 62.38; 89, J. Dooley, (Bels), 63.20; 93, J. Hanscombe, (Ranelagh), 63.48; 105, B. Tobitt, (SLH), 65.46; 107, K. Croke, (Croydon), 66.01; 109, J. Fitz-gerald, (Mitch), O/50, 66.13; 115 B. Watts, (HHH), O/50, 69.25.

Yeovil 6

22/4/78

5, G. Blackburn, (West), 30.17; 39, S. Jackson, (Bristol), O/50, 36.57.

Yeovil 4

7/5/78

23, I. S. Farr, (Trow), 22.30.

Ben Lomond Hill Race 9 miles

13/5/78

13, H. Blenkinsop, (Kendal), 71.20; 18, M. Davies, (Reading), 82.00.

Wigan 6

30/4/78

14, F. Pendlebury, (Man), 31.47; 21, C. Leigh, (Wigan), 32.29; 38, M. Murphy, (Sutton), 33.43; 89, B. Bullen, (Stretford), 36.22; 95, J. Haslam, (Bolton), 36.47; 97, E. Newport, (Pem), 36.52; 106, A. Bourne, 37.07; 107, J. Rose, (Frod), 37.09; 112, M. Feury, 37.20; 115, R. Kernighan, 37.30; 119, M. Thornton, 37.40; 125, E. Chappel, (Manch), 37.55; 126, G. Brady, (Pembroke), 37.56.

A.A.A. Marathon at Stoke

7/5/78

77, R. Campbell, 2.29.04; 106, G. Kay, 2.34.26; 112, J. Geoghe-gan, 2.35.51; 126, P. Whittaker (Longwood), 2.38.03; 130, A. Walsham, 2.38.39; 133, J. Steed, 2.39.17; 134, B. Woods, (Sef-ton), 2.39.47; 148, B. Switzer, 2.43.06; 162, J. Sawyer, (Long-wood), 2.46.08; 174, M. Cape-well, (Lozells), 2.49.21; 182, T. Deighton, (Stoke), 2.51.39; 188, M. Casse, (Hill), 2.54.38; 192, D. Owers, (Newark), 2.56.03; 195, D. George, (Sale), 2.57.52; 204, D. Harris, (Dudley), 3.07.48.

Titubes Products/Croxdale 10

13/5/78

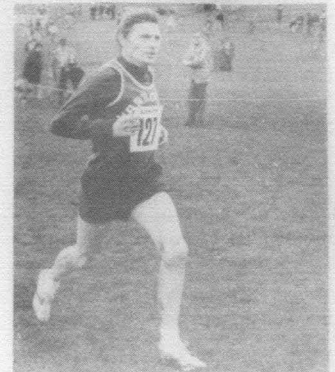
24, R. Carruthers, (Gosforth), 52.36; 25, D. Lawson, (Bing), 52.39; 28, B. Cordes, (Mor), 53.12; 40, R. Balding, (Heaton),

53.39; 46, G. Black, (Durham), 54.12.

Darwen Moors Hills Race

19, C. Leigh, (Wigan), 81.37; 22, S. James, (Southport), 82.30.

Wansbeck Festival of Sport Veterans 2 1/2 Miles



R. Carruthers

1, R. Carruthers, 13.31; 2, R. Anderson, (Morpeth), 13.47; 3, K. Sutton, (Gosforth), 13.51; 4, R. Balding, 13.56; 6, R. Checkley, (Heaton), 14.18; 5, W. Ryder, (Morpeth), 14.13; 7, A. Hughes, (Gateshead), 14.26; 8, K. Boyle, (Sund), 14.35; 9, B. Kirkley, (South Shields), 14.38; 10, A. Prouse, (Gos), 14.44.

Isle of Wight Marathon

20/5/78

10, G. Archer, (Hill), 2.40.00; 11, J. Geogheghan, (Cam), 2.42.11; 14, T. Flory, (Middle-boro'), 2.43.37; 17, T. Wood, (Epsom), 2.45.45; 24, F. Eccle-ston, (Wirral), 2.47.43; 29, J. Thomas, (Overton), 2.51.13; 32, P. Whitaker, (Longwood), 2.52.18; 33, A. Saunders, (Unatt), 2.52.25; 37, J. Dixon, (Epsom), 2.53.54; 38, R. Jeans, (Salis), 2.53.57; 47, C. Plumpton, (Ports), 2.57.51; 48, J. Mattinson, (SLH), 2.58.05; 50, D. Rikly, (Bracknell), O/50, 3.00.09; 52, D. Funnell, (Epsom), O/50, 3.01.22; 58, W. Anderson, (Met Pol), 3.02.25; 63, B. Mills, (Ryde), 3.03.05; 67, R. Reynolds, (TVH), 3.03.29; 71, J. Phelan, (Her-mes), 3.04.44; 74, I. S. Farr, (Trow), 3.06.06; 82, P. Pringle, (Belgrave), 3.11.21; 89, J. R. Blackburn, (Bracknell), 3.12.28; 93, R. Harvey, (Epsom), 3.13.48; 94, J. Ayers, (SLH), 3.14.06; 95, M. Bentley, (Rug-by), 3.14.46; 97, B. Switzer, (S&E), 3.15.35; 100, M. Hutch-inson, (Mandale), 3.16.49; 101, A. Bray, (Brighton), 3.17.50; 103, W. Eyles, (Verlea), O/50, 3.19.18; 104, D. Nash, (Dart), 3.19.35; 108, N. Marshall, (Kettering), 3.21.13; 113, J. Symonds, (Ryde), 3.22.25; 121, L. Opper, (Verlea), 3.26.06;

122, J. Fitzgerald, (Mitcham), 3.26.23; 124, J. E. Davis, (Belgrave), 3.26.50; 126, A. Angeli, (Brighton), 3.27.10; 131, S. Webb, (Essex Beagles), 3.28.35; 132, P. McCarthy, (Unatt), 3.28.37.
 Women. 4, J. Farr, (Trow), 3.27.57; 5, K. Wartnaby, (Crawley), 3.56.43; 7, B. Cushen, (Mitcham), 4.09.38; 8, S. Smith, (Highgate), 4.29.08.

**Goat Fell Race 6 miles
20/5/78**

4, H. Blenkinsop, 80.19; 7, M. Davies, 83.54.

**Liverpool Pembroke 20
21/5/78**

15, K. Hodgkinson, (E. Ches), 1.52.44; 16, D. Lee, (Bolton), 1.52.53.

**Dudley Festival 25kms Road
Race 21/5/78**

12, R. Campbell, 80.26; 13, E. Austin, (Worcs), 81.02; 15, J. Adlington, 81.43; 18, J. Steed, 82.36
 19, L. Cook, (Stafford), 82.44.

**AFOS 20 miles road race
26/5/78**

5, T. Flory, (Middlesboro'), 1.54.28; 7, D. Lawson, (Bing), 1.56.17; 10, G. Kay, (Staffs), 1.57.55.

**Newport 15
27/5/78**

12, W. Pryce, (Cardiff), 87.21; 13, R. Franklin, (TH), O/50, 87.50; 21, D. Davies, (Hereford), 91.42; 26, L. Williams, (Cardiff), 95.02; 34, B. Gore, (Trow), 98.48.

**Castell Dinas Bran 7
at Langollen**

9, E. Williams, (Shrews), 38.55; 15, E. Isaacs, (Wirral), 40.07.

**Isle of Man 40
28/5/78**

12, R. Reynolds, (TVH), 4.49.18; 15, E. Foley, (Horwich), 5.09.48.

**Northallerton — Thirsk
9 miles road race**

20, J. Adlington, (Notts), 50.04.

**Yeovil 10
29/5/78**

12, G. Blackburn, 55.37; 40, D. Smythe, (Bristol), 63.25; 43, I. Farr, 64.02.

Faversham 17kms road race

14, A. Jones, (Cam), 58.35; 19, J. Heywood, (HHH), 60.17.

Eldersfield 4 1/2 miles Beer race
 10, R. Pannell, (Bristol), 21.32; 14, R. Cooper, (Worcs), 21.50.

**Peter Driver Memorial
4 mile road race
3/6/78**

18, M. Moody, (Maidenhead), 19.18; 21, M. Barratt, (Ealing), 19.22. Womens race. 1, V. Howe, (Bracknell), 22.08.

Scottish Marathon Champs,

Edinburgh

14, M. Scott, (Perth), 16, J. Brierley, (Vic Park), 2.52.00; 17, J. Black, (Liv Park), 2.55.23.

**East Hull 5
4/6/78**

17, D. Welch, (Harrogate), 26.10. Women. 5, S. Rkering, (Rock), 35.48.

**Vets AC 5kms Road Walk
Championships Battersea Park
6/6/78**

1, D. Maynard, 40.49; 2, G. Meadows, 41.39; 3, J. Dunsford, 42.27; 4, K. Easlea, 42.55; 5, R. Powell, 42.57; 6, H. Jaquest, 45.52; 7, A. Goodwin, 46.38; 8, H. O'Neill, 46.45; 9, C. Megnin, 47.02; 10, J. Scamell, 47.12; 11, A. Roberts, 48.38, (New world best for 76 years!); 12, F. G. Nickolls, 49.04; 13, C. Gittins, 51.43
 14, G. Hailifax, 51.48.

**Vets AC 5 Miles
Battersea Park**

1, P. Milsom, 28.40; 2, J. Charlton, 28.48; 3, P. Newall, 29.02; 4, R. Smith, 29.25; 5, G. Knox, 31.07
 6, J. Hayward, 31.25; 7, A. Bruce, 31.29; 8, A. Tompkins, 31.34; 9, L. Brown, 31.43; 10, D. Connell, 32.08; 11, J. Leith, 33.03; 12, A. Fox, 33.16; 13, C. Charnock, 33.20; 14, B. Wade, 33.23; 15, B. Saunders, 33.31; 16, D. Jones, 33.34; 17, G. Collett, 33.44; 18, T. Gaskin, 34.17; 19, R. Hewitt, 34.20; 20, P. Harvey, 34.37; 21, E. Elderfield, 35.15; 22, J. Small, 36.00; 23, M. Tucker, 36.21; 24, J. Hilton, 37.09; 25, J. Gorrod, 37.45.

**1500 Metres Victoria Park
7/6/78**

1, T. Everitt, 4.29; 2, P. Kearsey, 3, J. Hay, 5.12; 4, A. Setty, 5.54; 5, J. W. Kennedy, 6.00; 6, S. Stein, 6.19.

**Barnet Festival of Sport
Vets 10kms Road Race
10/6/78**

1, M. Barratt, (Ealing), 30.15; 2, L. Parrott, (Havering), 30.53; 3, J. Mills, (Sparkhill), 31.02; 4, D. Case, (Ealing), 31.09; 5, P. Freeman, (Ealing), 31.38; 6, T. Oyles, (Havering), 32.02; 7, D. Dellar, (Cam), 32.12; 8, E. Saberton, (Cam), 32.15; 9, G. Smith, (Eton Manor), 32.22; 10, B. Joines, (Leamington) 32.31; 11, T. Everitt, (Eton Manor), 32.40; 12, S. Charlton, (TVH), O/50, 32.48; 13, G. Dacum, (Verlea), 33.04; 14, C. Weight, (Haringay), 33.08; 15, A. Quick, (Watford), 33.13; 16, G. Martin, (Cam), 33.18; 16, E. Andrews, (Havering), 33.24; 18, P. Chaplin, (Cam), 33.50; 19, C. Brown, (Ealing), 34.06; 20, P. Kearsey, (Eton Manor), 34.09; 21, M. Chinn, (Unatt), 34.15; 22, D. Ball, (Biggles), O/50, 34.19; 23, J. Handscombe, (Ranelagh),

34.22; 24, K. Dearing, (Watford), 34.28; 25, D. Hunt, (Haringay), 34.34; 26, P. Maffia, (Watford), 34.49; 27, C. Mold, (Havering), 35.10; 28, J. Moroney, (Cam & Col), 35.12; 29, D. Evans, (Watford), 35.14; 30, D. Jones, (Cam) 35.45; 31, J. Leith, (Hill), 36.00; 32, J. Fitzgerald, (Mitcham), O/50, 36.02; 33, D. Brown, (Mitch), 36.11; 34, P. Yates, (Kent), 36.16; 35, R. Gibson, (Neham), 36.25; 36, M. Payne, (Cam), 36.49; 37, T. Burke, (Havering), 37.04; 38, M. Burnham, (Watford), 37.21; 39, R. Oliver, (Vets), 37.42; 40, W. Jackson, (Kent), 38.20; 41, R. Devers, (Soton), 39.07; 42, T. Davies, (Highgate), 39.37; 43, C. McDowell, (Rane), O/50, 39.44; 44, Bridget Cushen, (Mitcham), 40.15; 45, J. Small, (Hill), 40.25; 46, G. Bettles, (QPH) O/60, 40.30
 47, G. Hoggett, (Watford), 41.43
 48, R. Connor, (Highgate), 42.16
 49, J. Gorrod, (Hill), 42.47; 50, M. Tucker, (Hill), 43.11; 51, J. Holman, (Hill), 43.55. Team result. 1, Ealing, 8; 2, Havering, 20; 3, Eton Manor, 33; 4, Cambridge, 41; 5, Cam & Col, 42; 6, Watford, 47; 7, Hill, 83.

**Edenfield Fell Race,
Rochdale**

10, T. Shaw, (Rochdale).

**Poly Marathon
10/6/78**

29, J. Geogheghan, (Cam), 2.34.03; 53, B. Switzer, (Soton), 2.41.01; 56, G. Archer, (Hill), 2.41.20; 63, L. Cook, (Staffs), 2.43.02; 69, J. Thomas, (Overton), 2.45.02; 72, I. McKenzie, (Met Pol), 2.45.19. Women. 3, B. Cook, (Staffs), 3.22.25; 4, Y. Miles, (Bournemouth), 3.31.22; 5, K. Wartnaby, (Crawley), 3.51.22.

Migennes 100kms Road Race

17, M. Campbell, (Notts).

**Golden Vale/Hanwell
Carnival 5 — 17/6/78**

8, L. Parrott, (Havering), 23.58
 13, D. Case, (Ealing), 26.15;
 16, D. Claxton, (HHH), 26.24.

**Rex Foulkes Memorial 20kms
at Vale of Aylesbury**

11, R. Campbell, (Essex), 67.03; 14, J. Steed, (Verlea), 68.33; 15, M. Moody, 68.48; 18, M. Casse, (Hill), 69.37; 27, D. Rolley, (Glos), 71.03; 30, G. Kay, (Staffs). Women. 2, B. Norrish, (Brighton), 92.31.

Freckleton Half Marathon

Over 40. 1, J. Llewellyn, (Lancs), 74.50; 2, D. O'Leary, (Man YMCA), 77.30; 3, N. Jones, (Warrington), 78.14.
 Over 50. K. Jordan, (Holm), 87.31.

**Offas Dyke 15
18/6/78**

7, G. Blackburn, 95.15; 8, R.

Cooper, 97.22; 25, R. Jeans, (Salisbury), 102.23.

**Chalfont Carnival 6
Mile Road Race**

7, M. Barratt, 30.02; 14, M. Moody, 30.52.

**Veterans Intercounties 10kms
Road Race Champs
Leamington Spa
18/6/78**

1, A. Jones, (Kent), 1st O/40, 31.39; 2, R. Pannell, (Avon), 31.42; 3, E. Austin, (Worcs), 31.47; 4, M. Thorpe, (Warks), 31.51; 5, H. Clayton, (Avon), 31.54; 6, P. Morris, (Warks), 1st O/45, 32.04; 7, J. B. Brandon, (Gloucs), 32.18; 8, B. Lee, 32.20; 9, L. B. Cooke, (Staffs), 32.24; 10, D. Crook, (Dev), 32.26; 11, E. Isaacs, (Ches), 32.29; 12, J. Mills, (Warks), 32.31; 13, E. Williams, (Shrops), 32.32; 14, J. Oliver, (Kent), 32.34; 15, T. Honeychurch, (Devon), 32.36; 16, M. E. Morrell, (Ches), 32.55; 17, A. Hughes, (Notts), 33.03; 18, V. Bayliss, (Cheshire) 33.07.
 19, D. Daller (Kent) 33.25. 20, C. Mills (Devon) 33.32. 21, B. Joine (Oxen) 33.34. 22, K. Picksley (Notts) 33.35. 23, C. Simpson (Warks) 33.39. 24, J. Cascell (Kent) 33.42. 25, D.K. Hall (Cheshire) 1st O/65, 34.05. 26, R. Froggatt (Warks) 34.17. 27, K.J. Mather (Cheshire) 34.22. 28, I. Williams (Glam) 34.28. 29, J. Aldrington (Notts) 34.31. 30, H. Soper (Beds) 34.35. 31, G. Martin (Kent), 34.38; 32, D. Smith, (Avon) 34.39.33, L. Willmott (Worc-34, J. Haslam, (Lancs), 34.51; 35, R. Turtam (Warks) 34.56; 36, J. Morrison (Devon) 35.00; 37, P. Wilkinson (Derby) 35.05; 38, A.-E. Clark (Avon) 35.17; 39, E.C. Nicholls (Worcs) 35.20; 40, R. Savery (Kent) 35.34; 41, Webster, (Staffs), 35.23; 42, N. A. Green (Yorks) 35.29; 43, G. Crowder (Kent) 35.34; 44, B. Boyce (Staffs) 35.35; 45, P. Chaplin (Cams) 35.36; 46, I. Farr (Wilts) 35.43; 47, W. Hill (Kent) 35.47; 48, N. Hamilton (Notts) 35.55; 49, T. Woods (Gwent) 35.59; 50, A.P. Jacobs (Staffs) 36.10; 51, R. Hale (Kent) 36.19; 52, J. Walker (Warks) 36.24; 53, W. Cunningham (Warks) 36.37; 54, C. Hill (Yorks), 36.44; 55, G. Edem, (Yorks) 36.44; 56, D. Smith (Northants) 36.44; 57, P. Burns (Warks) 36.47; 58, K. Hall (Cabs) 36.49; 59, T. Palmer (Northants) 36.56; 60, J. Williamson (Lancs) 37.02; 61, W. Brown (Lancs), 37.15; 62, G. Hawkins, (Worcs) 37.36; 63, L.M. Brown (Essex) 37.37; 64, W.J.F. Bate-man (Cheshire) 37.53; 65, M.-Bentley (Warks) 37.56; 66, R.-

Pickerhill (Staffs) 37.21; 67, D.-J. Briggs (Northants) 37.26; 68, M. Wakefield, (Notts), 38.28; 69, A. Evans, (Cheshire), 38.30; 70, R. Hayward, (Warks), 38.35; 71, K. G. Dare, (Warks), 38.40; C. Jones (Cheshire) 38.58; 73, M. Dwyer (Worcs) 39.00; 74, B. Jenkins (Cambs) 39.11; 75, G.-Sulway (Gwent) 39.19; 76, M. Grace (Yorks) 39.30; 77, W.-Hage (Notts) 39.31; 78, H.W.-Boswell (Warks) 39.35; 79, G.-Hemmings (Worcs) 39.56; 80, R. Hicks (Northants) 40.09; 81, C. Beeston (Staffs) 40.14; 82, R. Burson (Worcs) 40.18; 83, K.-Kitchen (Lincs) 40.42; 84, K.-Westley (Worcs) 40.51; 85, F. Dyter (Kent) 41.00; 86, A. Gullidge (Gwent) 41.05; 87, L. Heald (Lancs) 41.25; 88, D. Richards (Warks) 41.35; 89, M. Douthwaite (Yorks) 42.45; 90, A. Locke (Lancs) 1st O/60, 43.11; 91, W.A. Spratt (Cambs) 43.17; 92, A. Blagg (Warks) 43.35; 93, J.G. Hebden (Avon) 43.41; 94, J.M. Shame (Surrey) 44.57; 95, F. Wright (Cambs) 46.07; 96, N. Dudley (Kent) 46.56; 97, C.-Coldrick (Berks) 47.13; 98, N.-Blackham (Warks) 47.26; 99, F.-D. Pleydell (Warks) 47.44; 100, J.C. Moore (Northants) 48.21; 101, T. Huges (Oxen) 48.25; Ladies, 1, Judy Farr 39.50; 2, Brenda Cook 40.50; 3, Barbara Brookes 41.07; 4, Betty Smith 43.32. Teams 40-49 age group, 1st Warks (4,6,12,23) 45; 2nd,

Kent (1,14,19,24), 58; 3rd Cheshire (11,16,18,27), 72; 4th Notts 76; 5th, Avon 77; 6th, Devon 81; 7th, Staffs 144; 8th, Worcs 177; 9th, Yorks 227; 10th, Northants 303.-

5 Mile Road Walk

Battersea Park, Tues. 20 June 78

1, G. Meadows, 42.00; 2, R. Powell, 43.16; 3, D. Fotheringham, 44.00; 4, K. Read, 44.18; 5, H. Jaquest, 44.52; 6, H. O'Neill, 46.20; 7, A. Goodwin, 48.32; 8, A. Roberts, 48.45; 9, F.G. Nickolls, 49.00; 10, E. Goodwin, 50.20; 11, G. Halifax, 51.10; 12, C. Gittins, 51.11.

Fred Nickolls

Vets. A.C.

5 Miles Battersea Park 20.6.78

1, L. Parrott, 27.39; 2, C. Hynan, 28.00; 3, D. Case, 28.17; 4, P. Newall, 28.58; 5, S. Charlton, 28.58; 6, J. Hoyle, 29.10; 7, R. Smith, 29.25; 8, J. Leith, 30.10; 9, R. Coombs, 31.10; 10, D.-O'Connell, 31.21; 11, C. Mold, 31.27; 12, A. Tompkins, 31.28; 13, L. Brown, 32.11; 14, J.F. Burke, 32.16; 15, C. Wadsworth, 32.18; 16, R. Longhurst, 33.02; 17, C. Charnock, 33.22.

Swinton 6

21/6/78

3, C. Leigh, 30.30; 22, B. Bullen, (Stretford), 32.48; 27, R. Norman, (E. Ches), 33.06.

Belgrave 20

15/7/78

9, R. Campbell, (Essex), 1.52.07; 22, G. Archer, (Hill), 1.56.31; 24, T. Wood, (Epsom), 1.57.37; 32, I. McKenzie, (Met Pol), 2.00.52; 33, M. Etherington, (Cam & Col), 2.00.58; 37, K. Vine, (Cam), 2.02.30; 38, A. Horne, (Ranelagh), 2.02.56; 40, B. Switzer, (S&E), 2.03.20; 42, D. Martin, (Ranelagh), O/50; 2.03.36; 48, R. Reynolds, (TVH), 2.06.25; 54, W. Laws, (Belgrave), 2.07.44; 57, J. Mattinson, (SLH), 2.07.54; 58, J. Davis, (Belgrave), 2.08.16; 61, R. Blastland, (Derby), 2.10.00; 63, J. Dooley, (Belgrave), 2.10.35; 64, J. Hanscomb, (Ranelagh), 2.11.20; 66, J. Brent-Jones, (Salisbury), O/50, 2.11.48; 72, J. Fitzgerald, (Mittham), O/50, 2.13.49; 74, G. Collett, (TVH), O/50, 2.14.50; 75, P. Pringle, (Belgrave), 2.16.03; 76,

F. Byrne, (Cam), 2.16.24; 81, P. Chaplin, (Cam & Col), 2.18.37; 87, W. H. Watts, (HHH), 2.22.51; 91, G. Pearson, (Belgrave), O/60, 2.26.33; 95, G. Piddington, (Belgrave), 2.29.13.

Vets AC 9,000m

Battersea Park. 11/7/78

1, L. O'Hara, 26.26; 2, D. Case, 28.14; 3, S. Charlton, 28.28; 4, P. Milson, 28.47; 5, W. Laws, 29.22; 6, R. Smith, 29.45; 7, P. Newall, 29.55; 8, C. Walker, 30.30; 9, J. Everett, 30.43; 10, D. O'Connell, 31.15; 11, A.

Tompkins, 31.30; 12, S. Izzard, 32.02; 13, G. Collett, 32.05; 14, B. Motley, 32.22; 15, R. Claridge, 33.42; 16, R. Johnson, 33.43; 17, B. Saunders, 34.23; 18, J. Gaskin, 34.26; 19, M. McDowell, 34.31; 20, J. Gordon, 35.32; 21, J. Plummer, 35.37; 22, J. Small, 36.50; 23, M. Tucker, 36.57; 24, J. Gorrod, 39.43; 25, J. Harris, 40.00; 26, M. Sherrocks, 41.50; 27, W. Hutchins, 44.35; 28, C. Gittins, 45.28; 29, E. Peacock, 52.00; 30, E. Daley, 57.35.

Results below received without indication as to event or venue

1, E. Saberton, Cambs, O/40, 27.14; 2, A. Hughes, Newark, 27.24; 3, M. Prosser, Holbeach, 27.26; 4, P. Chaplin, Cambs, 28.47; 5, E. Butcher, Colchester, 28.59; 6, G. Smith, Kettering, 29.45; 8, N. Marshall, Kettering, 30.02; 9, A. Boothby, Lincs, 31.02; 10, P. Townsend, Lincs, 31.23; 11, K. Barnsdale, Lincs, O/50, 31.24; 12, T. Cole, Huntingdon, 31.28; 13, F. Walton, Riddings, 31.40; 14, R. Lamb, Derby, 31.53; 15, S. Murphy, Lincs, 32.20; 16, . Wingate, Nene Valley, 32.54; 17, A. Coxal, Huntingdon, 33.13; 18, D. Fox, Lincs, 33.25; 19, G. Jones, Huntingdon, 34.19; 20, D. Hill, Lincs, 34.24; 21, F. Wright, Peterboro, 37.41; 22, J. Hughes, Holbeach, 39.21; 23, D.J. Butcher, Stamford, 40.57

TRACK AND FIELD RESULTS

S.C.V.A.A.A.

Track and Field Championships

100 METRES

Class 1A

1, F. Smith, Woodford.....12.1
2, R. Eve, Dorking.....12.7
3, J. Peaty, BAC.....12.8

Class 1B

1, C. Williams, Poly.....12.3
2, K. Scott, Newbury.....12.6
3, G. Atherton, Poly.....13.2
4, W. Davies.....13.4

Class 2A

1, M. Gray, Southampton.12.4
2, S. Brooks, Ealing.....12.6

Class 2B

1, S. Stein, Highgate.....12.7
2, L. Audritt, Trowbridge..13.5
3, J. Swinton, VAC.....14.2
4, W. Hartfree, VAC.....15.5

Class 3A

1, B. Metcalfe, VAC.....15.0

Class 3B

1, J. Williams, VAC.....14.7
2, A. Beckett, VAC.....15.2
3, R. Evans, Luton.....16.2

Class 4

1, N. Martin, VAC.....16.3
2, J. Searle, VAC.....16.8
3, J. Barrs, Poly.....20.1

100 Metres Ladies

1, U. Gore, (W1A), Trow...14.0
2, A. Drew, (W0), Haver...15.0
3, E. Knowles, (W1B), WV..18.2

200 Metres

Class 1A

1, F. Smith, Woodford.....24.3
2, R. Woodland, Hercules.24.4
3, R. Eve, Dorking.....26.3
4, J. G. Peaty, BAC.....26.9

Class 1B

1, C. Williams, Poly.....24.8
2, K. Scott, HHH.....25.3
3, E. Blackler, Highgate.....25.7
4, W. Davies.....27.0
5, K. St. J. Robinson, C&C..27.5

Class 2

1, M. Gray, 2A, Soton.....25.5
2, P. Archbold, 2A, Nor.....26.9
3, L. Audritt, 2B, Trow.....27.6
4, P. Munn, 2B, Mittham..28.2
5, J. Swinton, 2B, VAC.....29.4

Class 3

1, R. Barnes, 3A, VAC.....30.0
2, B. Metcalfe, 3A, VAC...30.7
3, J. Williams, 3B, VAC.....31.2
4, A. Beckett, 3B, VAC.....32.2

Class 4A

1, N. Martin, VAC.....35.8
2, J. Searle, VAC.....38.1
3, J. Barrs, Poly.....48.0

200 Metres Ladies

1, U. Gore, W1A, Trow.....30.1
2, R. Brookes, W0, Guest..31.2
3, Y. Miles, W0, BAC.....31.8
4, A. Drew, W0, Havering.32.0

400 Metres

Class 1A

1, F. Smith, Woodford.....52.7
2, G. Leroy, Tonbridge.....53.3
3, T. Knight, Collingwood.54.6
4, -----

5, A. Kimber, Dartford.....55.2
6, H. Harding, St. Lukes...55.7

Class 1B

1, E. Blackler, Highgate.....55.3
2, R. Cornish, RAE.....63.3

Class 2

1, S. Brooks, 2A, Ealing...56.0
2, R. Archbold, 2A, Nor...59.2
3, B. Neilson, 2A, Hill.....52.0
4, L. Audritt, 2B, Trow.....65.0
5, S. Stein, 2B, Highgate..65.1

Over 60

1, R. Barnes, VAC.....70.4

800 Metres

Class 1

1, B. Bartholomew, Brighton
.....2.01.9
2, A. Kimber, Dartford...2.03.4
3, T. Knight, Colling.....2.03.4
4, A. Pawsey, Mittham..2.05.9
5, D. Bucke, Weymouth.2.08.7
6, T. Everett, Eton Man..2.09.3
6, G. Smith, 1B, Eton M.2.10.7
8, H. Harding, St. Lukes.2.11.5
9, D. Hunt, Harringay....2.15.3

Class 2

- 1, R. Mattock, 2A, BAC...2.13.8
 2, R. Hunt, 2A, Surrey...2.18.4
 3, B. Neilson, 2A, Hill...2.19.4
 4, D. Wenden, 2B, Ach...2.37.4
 5, L. Rolls, 2B, Vets...2.42.1

800 Metres Ladies

- 1, B. Brookes, W0, Guest...2.28.9
 2, Y. Miles, W0, BAC...2.35.8
 3, U. Gore, W1A, Trow...2.44.4
 4, B. Voller, W0, Fare...2.46.5
 5, E. Rolls, W0, WVAC...2.48.2
 6, J. deJesus, W0...2.48.8

1,500 Metres**Class 1A**

- 1, N. Fisher, Harlow...4.04.7
 2, L. Vink, Av Edam...4.13.2
 3, J. Oliver, Kent...4.14.2
 4, P. Wilks, Poly...4.15.6
 5, A. Kimber, Dartford...4.17.0
 6, R. Chalk, Basildon...4.24.6
 7, T. Rogerson, Basil...4.26.0
 8, W. Roe, Havering...4.27.0
 9, D. Hunt, Haringay...4.27.5
 10, R. Kersey, Mitcham...4.27.8
 11, J. Porter, Mitcham...4.33.0

Class 1B, 2, 3

- 1, M. Barratt, 1B, Ealing...4.15.9
 2, G. Smith, 1B, Eton...4.26.5
 3, R. Mattock, 2A, BAC...4.33.0
 4, P. Kearsley, 1B, Eton...4.37.6
 5, B. Neilson, 2A, Hill...4.39.5
 6, E. o'Bree, 2B, Cam...4.51.5
 7, D. Wenden, 2B, Ach...5.09.0
 8, A. Toms, 2A, Eton...5.10.2
 9, B. Wade, 2B, Wood...5.20.2
 10, H. Martin, 2A, Hors...5.24.8
 11, B. Spiller, 3A, Poly...5.31.0

5,000 Metres**Class 1**

- 1, R. Gomez, 1A, Ayles...15.15.0
 2, L. O'Hara, 1B, Bel...15.16.8
 3, A. Jones, 1A, Cam...15.48.0
 4, J. Oliver, 1A, Kent...16.06.8
 5, D. Dellar, 1B, Cam...16.23.6
 6, B. Switzer, 1A, S&E...16.45.4
 7, M. Rosbrook, 1A, Basildon...17.07.4
 8, J. Atkinson, 1B, Bar...17.25.2
 9, C. Burton, 1B, Ports...17.40.0
 10, R. Chalk, 1A, Bas...17.42.0
 11, P. Kearsley, 1B, Eton...17.43.0
 12, R. Jeans, 1A, Salis...18.34.4
 13, D. Devers, 1B, S&E...19.21.2
 14, A. messenger, 1B, S&E...21.35.0

Class 2, 3, 4

- 1, R. Franklin, 2A, TVH...16.33.2
 2, S. Charlton, 2A, TVH...16.54.5
 3, R. Pape, 2A, RNAC...18.02.4
 4, G. Scutts, 3A, PAC...18.44.2
 5, S. Toms, 2A, Eton...18.56.4
 6, C. Charnock, 2A, Coll...19.32.4
 7, J. Downes, 2B, QPH...19.44.0
 8, B. Wade, 2B, Wood...19.48.2
 10, C. McDowell, 2A, Ranelagh...19.53.4
 11, L. Rolls, 4, Vets...20.46.3
 12, J. Kyle, 2B, Bournemouth...22.20.0

- 13, E. Peacock, 4, Vets...30.02.8

110 Metres Hurdles**Class 1, 2**

- 1, D. Gale, 1A, Blackheath...16.9
 2, J. Howell, 1A, HHH...17.7
 3, K. Wilmhurst, 1B, Wal...18.4
 4, C. Knowles, 1B, Ayles...20.0
 5, J. Day, 1A, Blackheath...20.8
 6, J. Phillips, 1A, Trow...21.9
 7, B. Thomas, 2A, Verlea...22.1
 8, W. Hartfree, 2B, VAC...25.2

400 Metres Hurdles**Class 1A**

- 1, W. lane, Verlea...60.4
 2, K. St. J. Robinson, C&C...69.5

3,000 Metres Steeple Chase**Class 1**

- 1, M. Barratt, 1B, Ealing...10.03.4
 2, A. Shrimpton, Soton...10.09.0
 3, M. Keough, Basing...10.11.4
 4, T. Everett, Eton...10.53.0
 5, R. Curtis, Tonbridge...11.02.6

3,000 Metres Walk**Class 1, 2, 3**

- 1, R. Purkiss, 1B, Met...15.04.2
 2, P. Eade, 1B, Basing...15.34.8
 3, J. Jacquest, 2A, Wat...15.47.0
 4, R. Garrett, 1A...16.56.6
 5, J. Reed, 3B S&E...18.50.0

Pole Vault**Class 1A**

- 1, J. Day, Blackheath...3.10
 2, S. Robinson, Fareham...2.80

High jump**Class 1A**

- 1, G. Hickey, Blackheath...1.70
 2, D. Gale, Blackheath...1.65
 3, M. Burrell, Surrey B...1.63
Class 1B
 C. Knowles, Aylesbury...1.40
Class 2A
 B. Thomas, Verlea...1.40
Class 4
 J. Searle, VAG...1.18

Triple Jump**Class 1A**

- 1, D. Smith, TVH...12.93
 2, M. Burrell, Surrey...12.06
 3, M. Davies, Blackheath...11.78
 4, J. Phillips, Trowbridge...11.35
 5, D. Gale, Blackheath...11.32
 6, J. Day, Blackheath...9.97
Class 1B
 1, K. Wilmhurst, Walton...12.32
 2, G. Knowles, V of Ayles...11.05

Class 2A

- B. Thomas, Verlea...9.84

Long Jump**Class 1A**

- 1, D. Gale, Blackheath...6.61
 2, M. Davies, Blackheath...5.81
 3, M. Burrell, Surrey B...5.62

A STRICTLY veterans only team competed with great distinction in the 100 X 1 mile relay track event held on June 4th 1978 at Parliament Fields, London. Covering the distance in 6 hours 31 minutes 13 seconds. The ages of the team ranged from 40 years to 68 years. Although we have not received a complete set of results we understand that Mike Barratt, age 45 set the fastest mile time with a 4.28 clocking. It will be interesting to see if any overseas teams can get together 100 different runners, all vets, and beat the Veterans Athletes Clubs time.

- 4, J. Day, Blackheath...4.85
 5, K. Robinson, C&C...4.46

Class 2B

- 1, L. Audritt, Trow...9.44

Class 3A

- 1, K. Maksimczyk, West...13.63
 2, B. Metcalfe, VAC...10.74

Long Jump**Class 1B**

- 1, K. Wilmhurst, Walton...6.14
 2, C. Knowles, V of Ayles...5.31
 3, R. Cornish, RAE...4.61

Class 3B

- R. Evans, Luton...4.51

Class 4A

- J. Searle, VAC...3.40

Hammer**Class 1A**

- 1, W. Treharne, Surrey...45.45
 2, S. Robinson, Fareham...41.52
 3, B. Strange, Oxford...35.00

Class 1B

- 1, L. Bell, RN (South)...40.40
 2, B. Tundall, SLH...27.00

Class 3A

- 1, K. Maksimczyk, West...16.00

Shot**Class 1A**

- 1, G. G. Hickey, Black...11.05
 2, B. Strange, Oxford...10.80
 3, J. Howell, HHH...9.32

Class 1B

- 1, B. Briggs, Surrey B...10.41
 2, B. Tyndall, SLH...7.90

Shot Ladies**Class W1B**

- 1, G. Charman, Crawley...8.64

Discus**Class 1A**

- 1, S. Robinson, Fareham...37.50
 2, B. Strange, Oxford...33.60

Class 1B

- 1, L. Bell, RN (South)...34.58
 2, I. Briggs, Surrey...34.06

Class 3A

- 1, K. Maksimczyk, West...52.70
 2, B. Metcalf, VAC...32.66

Discus Ladies**Class W1B**

- 1, G. Charman, Crawley...28.84

Javelin**Class 1A**

- 1, P. hable, Barnet...53.66
 2, C. Brand, Blackheath...48.86

- 3, J. Phillips, Trowbridge...40.54
 4, J. Howell, HHH...35.78

- 5, K. Robinson, C&C...18.68

Class 1B

- 1, R. Cornish, RAE...27.52

Readers please note that the deadlines for next month's editions are:—

R.A.C.E.

Editorial September 14th

Advertising September 11th

Veteris Editorial September 4th

Advertising September 7th

Please ensure that your copy reaches us by the above dates.

SOUTH AFRICAN VETERANS CHAMPIONSHIPS

137 ATHLETES turned out for our 3rd South African Veterans Championships held at Germiston on May 27th. Conditions were excellent — warm and sunny with a slight breeze (within allowable limits) across the length of the track. 25 New records were established in an atmosphere which once again set veterans competitions apart from ordinary athletics; there was such a lot of friendly ribbing, joking and laughter going that there could be no doubt that the athletes and spectators were enjoying themselves immeasurably. There is of course a strong possibility (sic) that field events like hammer, discus and shot tend to unhinge the strongest of minds.

With Gothenburg winning performances as reference, the five best athletes at the Championships were, in order of merit: D. Burger (1B, 110m H, 400m H); F. Reid (3B, 100m); H. Lampert (2B, 800m); J. Rabie (1A, 100m) and J. Metsing (1A, 10,000m).

John Hayward comments — The South Africans nomination of what amounts to 'The Best Performers of the Games' seems to overlook the competitor or competitors named Roux. The results list two pairs of outstanding 2A performers:—

W. Roux 1st, 100m, 12.1 and 2nd, 800m 2.18.6.

W. B. Roux 1st, 200m, 24.9 and 1st, 400m, 58.1.

They could be the same person for their names and event abilities are so similar — but even if they are two — then as 2A performers they should be in that notables list.

5,000 Metres Walk

Class 1A.

- 1, J. van Deventer.....24.45.08
- 2, Stolz.....24.50.05
- 3, V. D. Westhuizen.....26.36.07

Hammer

Class 1B.

- 1, J. Short.....31.54
- 2, M. Erasmus.....16.64
- 3, M. Lewis.....13.74

Class 2A

- 1, J. Nel.....39.30
- 2, M. Marcus.....23.34
- 3, J. W. Thiron.....13.46

Triple Jump

Class 1A.

- 1, O. V. Neikerk.....11.93
- 2, L. Benning.....10.71
- 3, K. Boonzaier.....7.01

Class 1B.

- 1, B. V. Houten.....12.46
- 2, A. du Plessis.....9.20

Ladies 100 Metres.

Class W1A

- 1, E. Short.....12.8
- 2, I. Bremer.....13.9
- 3, R. de Klerk.....14.1
- 4, J. Sharples.....14.3

Class W1B

- 1, A. Kleynhans.....15.0

Class W2A

- 1, M. Heiberg.....15.5

Class W3A

- 1, N. du Plessis.....18.0

Class W4A

- 1, S. Evans.....17.0

Mens 100 Metres

Class 1A

- 1, J. Rabie.....11.3
- 2, M. Hacker.....11.8
- 3, L. Benning.....12.5
- 4, C. Buckle.....12.6

Class 1B

- 1, J. J. Koen.....12.5
- 2, K. Swan.....12.9
- 3, C. Heyns.....13.0
- 4, D. P. Knott.....13.1

Class 2A

- 1, W. Roux.....12.1
- 2, S. G. Hough.....12.2
- 3, J. Jordaan.....12.5

Class 3A

- 1, Dr. F. P. Reid.....13.4

Mens 800 Metres

Class 1A

- 1, A. V. Schalkwyk.....2.09.5
- 2, D. V. Vuuren.....2.12.5
- 3, G. Foley.....2.20.3

Class 1B

- 1, M. Lewis.....2.20.5
- 2, J. S. Gericke.....2.21.8
- 3, J. Engelbrecht.....2.24.3

Class 2A

- 1, Dr. R. T. Truter.....2.12.1
- 2, W. Roux.....2.18.6
- 3, Dr. E. Ortlepp.....2.21.2

Class 2B

- 1, H. Lampert.....2.19.3

Mens Shot

Class 1A

- 1, K. Boonzaier.....9.42
- 2, J. L. Jacobs.....8.92
- 3, G. V. Rooyen.....8.70

Class 1B

- 1, J. Short.....12.13
- 2, B. V. Houten.....9.83
- 3, M. Erasmus.....8.77
- 4, J. Grundlingh.....6.22

Class 2A

- 1, J. Thiron.....9.77
- 2, E. Ortlepp.....8.97

- 3, S. Hough.....8.41
- 4, O. Roux.....7.66

Class 2B

- 1, H. Booysen.....12.51
- 2, M. Marcus.....10.45
- 3, J. Nel.....9.15

Class 3B

- 1, A. S. du Plessis.....12.19
- 2, E. P. Malan.....11.82
- 3, H. Nielson.....9.09

Ladies Shot

Class W1B

- 1, L. Zimmerman.....10.53
- 2, A. Kleynhans.....7.26
- 3, I. Imrie.....6.04

Class W2B

- 1, N. du Plessis.....5.95

Class W3A

- 1, S. Evans.....5.89

Mens High Jump

Class 1A

- 1, Dr. O. C. Dupper.....1.65
- 2, L. Benning.....1.60
- 3, O. V. Niekerk.....1.45

Class 1B

- 1, B. V. Houten.....1.45

Mens 100 Metres Hurdles

Class 1B

- 1, Dr. D. Burger.....15.5
- 2, B. V. Houten.....17.8
- 3, C. Heyns.....21.5

Class 2A

- 1, S. Hough.....22.3
- 2, C. Rouse.....23.5
- 3, A. Redlinghuys.....24.8

Mens 10,000 Metres

Class 1A

- 1, J. Metsing.....33.33.6
- 2, P. Clough.....34.21.2
- 3, J. Strydom.....35.10.8

Class 1B

- 1, H. Gezorke.....36.18.0

Class 2A

- 1, J. S. Marais.....40.32.0
- 2, D. Valentine.....45.59.0
- 3, L. Smith.....54.59.0

Class 3

- 1, S. Mervis.....52.41.6

Mens 4x100 Metres Relay

Class 1

- 1, Hacker, Rabie, Burger, Grujic45.2

Ladies 4x100 Metres Relay

Class W1

- 1, Bremmer, Zimmerman, Kleynhans, Sharples.....59.4

Ladies 200 Metres

Class W2A

- 1, L. Zimmerman.....31.1
- 2, A. Kleynhans.....31.2
- 3, Nel du Plessis.....36.4

Mens Discus

Class 1A

- 1, K. Boonzaier.....31.20
- 2, D. Brownell.....26.22

- 3, M. Erasmus.....24.46

- 4, J. Jacobs.....19.72

Class 1B

- 1, S. du Plessis.....38.06
- 2, B. V. Houten.....26.38
- 3, J. Grundlingh.....15.54

Class 2A

- 1, J. Thiron.....28.82
- 2, C. Roux.....21.22
- 3, J. B. Wahl.....20.10

Class 2B

- 1, H. Booysen.....36.32
- 2, M. Marcus.....27.54
- 3, S. Nel.....21.18

Class 3B

- 1, A. S. du Plessis.....34.52
- 2, E. Malan.....34.30
- 3, H. Nielson.....22.16

Ladies Discus

Class W1B

- 1, L. Zimmerman.....34.40
- 2, A. Kleynhans.....17.32
- 3, I. Imrie.....15.64

Mens Pole Vault

Class 3B

- 1, A. S. du Plessis.....2.63

Mens 200 Metres

Class 1A

- 1, J. Rabie.....23.00
- 2, M. Hacker.....23.05
- 3, L. Benning.....25.07

Class 1B

- 1, J. J. Koen.....25.04
- 2, K. Swan.....25.05
- 3, C. Heyns.....26.03

Class 2A

- 1, W. B. Roux.....24.09
- 2, S. G. Hough.....25.05
- 3, J. H. L. Jordaan.....25.09

Mens 1,500 Metres

Class 1A

- 1, P. Seutloadi.....4.37.4

Class 1B

- 1, I. Reid.....5.18.3
- 2, M. T. Lewis.....5.22.5

Class 2A

- 1, Dr. R. Truter.....4.58.8
- 2, Prof. Clyde Walker.....5.05.2
- 3, H. Lampert.....5.06.6

Ladies 1,500 Metres

Class W1A

- 2, R. Minnaar.....5.38.6
- 3, A. Kleynhans.....6.44.4

Mens Long Jump

Class 1A

- 1, G. V. Rooyen.....5.33
- 2, C. Sauer.....4.76
- 3, O. V. Niekerk.....4.75

Class 1B

- 1, B. V. Houten.....5.69
- 2, J. Koen.....4.83
- 3, M. Lewis.....4.71

Class 2A

- 1, S. Hough.....5.12
- 2, E. Ortlepp.....4.11
- 3, A. Redelinghuys.....3.73

Class 3B

- 1, A. du Plessis.....3.60

Ladies High Jump

Class W1A	
1, E. Short.....	1.50
2, J. Sharples.....	1.45
3, I. Bremer.....	1.25

Ladies Long Jump

Class W1A	
1, E. Short.....	5.16
2, J. Sharples.....	4.69
3, I. Bremer.....	4.68

Class W1B	
1, L. Zimmerman.....	3.71
2, A. Kleynhans.....	3.67
3, N. du Plessis.....	2.36

Mens Javelin

Class 1A	
1, E. Skea.....	38.15
2, S. Fourie.....	37.96
3, L. Benning.....	33.97

Class 1B	
1, B. van Houten.....	36.14
2, M. Erasmus.....	27.28

Class 2A	
1, J. Thirion.....	24.41
2, J. B. Wahl.....	21.06
3, C. Roux.....	17.00

Class 2B	
1, J. Nel.....	25.49
2, M. Marcus.....	24.60
3, H. Lampert.....	22.72

Class 3B	
1, E. P. Malan.....	29.94
2, A. S. du Plessis.....	28.88

Ladies Javelin

Class W1A	
1, L. Zimmerman.....	29.30
2, I. Imrie.....	16.20
3, A. Kleynhans.....	15.40

Ladies 400 Metres

Class W1A	
1, R. Minnaar.....	68.02
2, S. Botes.....	73.00
3, A. Kleynhans.....	76.00

Ladies 800 Metres

Class W1B	
1, A. Kleynhans.....	2.39.08

Mens 400 Metres Hurdles

Class 1B	
1, Dr. D. Burger.....	58.08
2, Dr. O. C. Dupper.....	74.03
3, M. T. Lewis.....	75.03

Mens 400 Metres

Class 1A	
1, M. Grujic.....	52.00
2, D. V. Vuuren.....	57.03
3, L. Benning.....	58.06

Class 1B	
1, J. J. Koen.....	57.09
2, M. T. Lewis.....	60.09
3, J. A. Engelbrecht.....	65.00

Class 2A	
1, W. B. Roux.....	58.01
2, E. Ortlepp.....	59.08
3, J. H. L. Jordaan.....	60.05

Mens 5,000 Metres

Class 1A	
1, L. Franken.....	16.50.0
2, A. Conradie.....	17.18.0
3, P. Clough.....	17.20.0

Danie Burger

M.V.A.C. Third Annual T&F Championships

110 Metres Hurdles

Class 2A	
1, I. Steedman, Lothian.....	19.0

400 Metres Hurdles

Class 1A	
1, D. Harrism, Dudley.....	81.2
Class 1B	
1, J. C. Moore, Rugby.....	103.2

100 Metres

Class 1A	
1, J. Darlington, Hales.....	12.9
2, G. R. Mason, MVAC.....	14.2

Class 1B	
1, J. C. Cross, Tamworth..	13.2
2, A. E. Salt, Tipton.....	14.2
3, T. Hughes, Leamington.	14.5
4, K. Westley, W. Brom....	15.0

Class 2A	
1, I. Steedman, Lothian.....	13.8
2, M. Cardew, Halesowen.	14.5

Class 3A	
1, C. T. Fairey, Kettering..	13.4

Class 4A	
1, F. H. Wedgbury, Birch..	18.7

200 Metres

Class 1A	
1, A. Crocker, Stourport..	25.8

Class 1B	
1, J. C. Crossm, Tam.....	26.8
2, A. E. Salt, Tipton.....	28.9
3, T. Hughes, Leamington.	29.2
4, K. Westley, W. Brom....	31.0

Class 2A	
1, I. Steedman, Lothian.....	27.3
2, M. Cardew, Halesowen.	29.4

Class 2B	
1, J. Gerces, Rugby.....	30.3

Class 3A	
1, C. T. Fairey, Kettering..	27.1

Class 4A	
1, F. Wedgbury, Birchfield..	35.2

400 Metres

Class 1A	
1, W. Morgan, Lozells.....	54.8

Class 1B	
1, J. Evans, Wol & Bils.....	55.7
2, D. A. Folkles, Worcs....	56.2
3, G. J. Hutton, Clevedon.	59.0
4, A. Hughes, Rochdale....	62.2
5, R. Evans, Wols & Bils..	62.3
6, A. E. Salt, Tipton.....	66.3
7, T. Hughes, Leamington.	68.2

Class 2A	
1, I. Steedman, Lothian.....	61.5
2, J. B. Totney, Dudley....	64.6
3, M. Cardew, Halesowen.	67.0

800 Metres

Class 1A	
1, W. Morgan, Lozells....	2.05.8
2, W. Baguley, Leics.....	2.07.4
3, M. Thorpe, Coventry....	2.10.6
4, E. Williams, Shrews....	2.14.0
5, N. Hamilton, Notts....	2.23.4

Class 1B

1, A. Hughes, Rochdale...	2.06.0
2, J. Evans, Wolv & Bils.	2.10.0
3, D. A. Folkles, Worcs..	2.12.4
4, G. J. Hutton, Cleve....	2.13.0
5, R. Hayward, Rugby....	2.28.0
6, W. Mottram, W. Brom..	2.45.6

Class 2A

1, E. C. Nicholls, Broms..	2.27.4
2, M. Cardew, Hales.....	2.35.5
3, N. Blackham, Birch....	2.59.0

1,500 Metres

Class 1A	
1, E. Williams, Shrews....	4.18.6
2, M. Thorpe, Coventry..	4.24.0
3, C. Baguley, Leics.....	4.32.0
4, N. Hamilton, Notts....	4.47.0
5, D. Harris, Dudley.....	4.57.0
6, G. Hawkins, Stourport.	5.00.0

Class 1B	
1, A. Hughes, Rochdale.	4.20.2
2, M. Bentley, Rugby....	5.02.0
3, W. Mottram, W. Brom..	5.29.6

Class 2A	
1, S. Willetts, Sparkhill..	5.20.0

Class 3A	
1, J. Selby, Coventry.....	6.19.0

5,000 Metres

Class 1A	
1, N. Hamilton, Notts...	15.40.4
2, D. Harris, Dudley.....	16.45.4
3, G. Hawkins, Stour....	16.54.2
4, D. J. Briggs, Northampton	17.07.2

Class 1B	
1, P. Morris, Lozells.....	14.55.4
2, M. Bentley, Rugby....	17.09.6
3, R. Hayward, Rugby..	17.15.0
4, D. Richards, Cov.....	19.20.6
5, K. Westley, W. Brom..	19.41.6

Class 2A	
1, G. Phipps, Leaming..	18.05.0
2, S. Willetts, Sparkhill.	18.50.8
3, N. Blackham, Birch....	23.06.6

Class 3A	
1, J. Wilby, Worcs.....	23.20.6

Class 3B	
1, S. Lee, Norwich.....	19.46.0

5,000 Metres Walk

Class 1A	
1, P. Markham, Leics....	25.28.6
2, D. Harris, Dudley.....	27.08.4

Class 1B	
1, D. Richards, Cov.....	30.05.6

Class 2A	
1, K. Abolins, RSC.....	29.00.0
2, H. Woodall, Dudley..	33.19.0

Class 3A	
1, A. Poole, Worcester.	27.23.8

3 x 400 Metres Relay

1, Stourport AC, 64.02, 2.08.0,	3.15.8
---------------------------------------	--------

2, Stourbridge & W, 63.09, 2.14.1.....	3.18.2
--	--------

Hammer

Class 1A (7.2kg)	
1, B. Sumner, Cannock...	35.62
2, J. Darlington, Hales....	16.76

Class 1B	
1, J. C. Moore, Rugby....	19.04
2, E. Horwill, Dudley.....	16.46

Class 3A (5.44kg)	
1, H.L.Samuels, Hereford.	21m

Discus

Class 1A (2kg)	
1, B. Sumner, Cannock...	29.90
2, J. Darlington, Hales....	21.10

Class 1B	
1, J. C. Moore, Rugby....	22.36
2, E. Horwill, Dudley.....	21.28

Class 2B (1.6kg)	
1, J. Gerces, Rugby.....	25.80
2, H. C. Price, MVAC.....	13.94

Class 3A (1kg)	
1, H. L. Samuels, Heref..	24.12

Shot

Class 1A (7.257kg)	
1, B. Sumner, Cannock...10.19	
2, J. Darlington, Hales.....8.51	
3, G. Hawkins, Stourport..7.37	
4, D. Harris, Dudley.....6.56	

Class 1B	
1, J. C. Moore, Rugby.....7.43	
2, E. Horwill, Dudley.....7.32	

Class 2B (5.443kg)	
1, J. Gerces, Rugby.....9.46	
2, H. C. Price, MVAC.....7.81	

Javelin

Class 1A	
1, J. Darlington, Hales....31.22	
2, G. Hawkins, Stourport..27.62	

Class 1B	
1, J. C. Moore, Rugby....22.94	
2, E. Horwill, Dudley.....17.80	

Class 2B	
1, J. Gerces, Rugby.....26.20	
2, H. C. Price, MVAC.....17.54	

Class 3A	
1, H. L. Samuels, Heref...22.50	

Long Jump

Class 1A	
1, J. Darlington, Hales.....5.08	

Class 1B	
1, K. Westley, W. Brom....4.02	
2, D. Richards, Coventry..3.72	

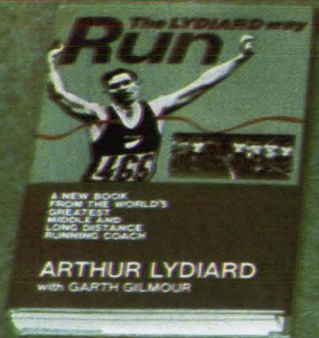
Class 2B	
1, J. Gerces, Rugby.....4.11	

Class 3A	
1, H. L. Samuels, Heref....3.58	

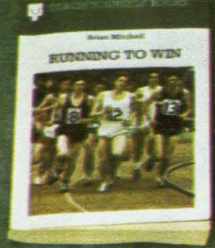
High Jump

Class 1A	
1, A. Crocker, Stourport...1.73	
2, J. Darlington, Hales....1.71	

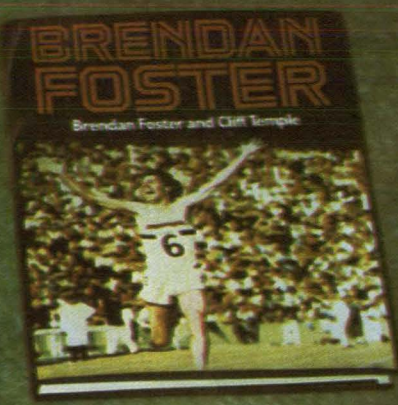
Class 1B	
1, K. Westley, W. Brom....1.37	



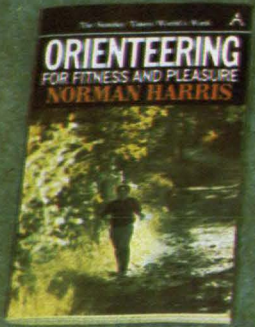
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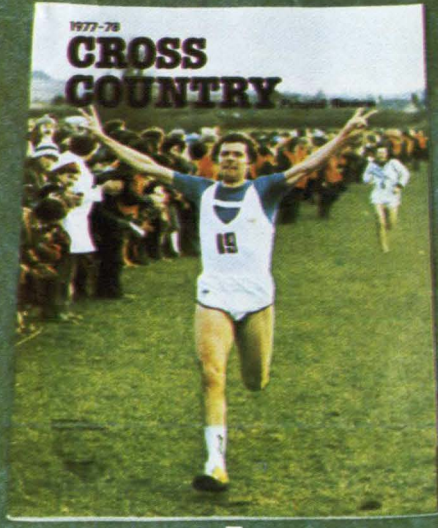
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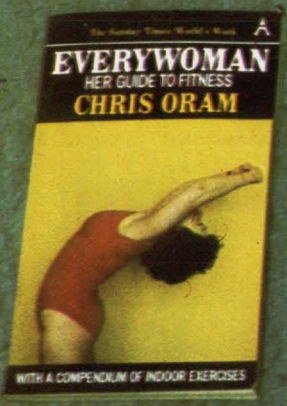
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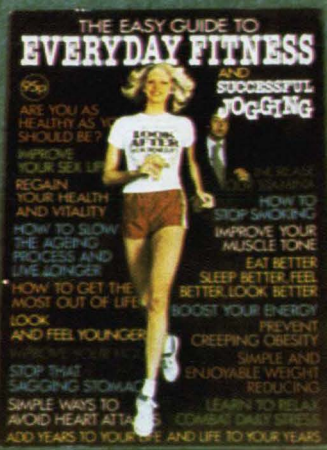
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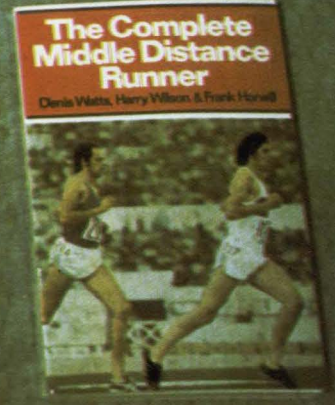
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7



8



9

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