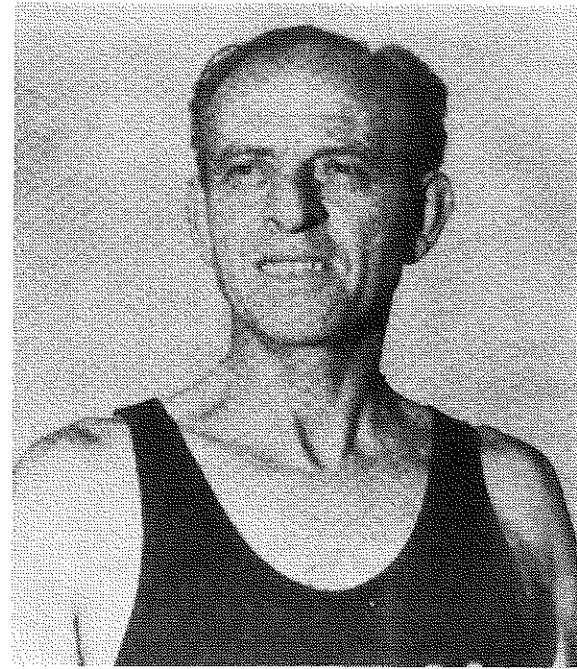


Charles TAYLOR , (45-49) upset by Ron Taylor in the British Vets' Championships, won both sprint titles in the European Championships at Helsinki, Finland.



Stan Nicholls, a 52-year member of Ballarat Harriers, Australia. Now 69, Stan holds a number of World Age Class Records.



The winner of the International Brugge 25km (Belgium) John Robinson with the organizer Jacques Serruys Vice-President of WAVA and Hannelore Guschmann Women Delegate of Belgium.



A fine study of two great veterans: Richard Bredenbeck (259 from U.S.A.) and Blain Till. Canada

The WORLD Association of VETERAN Athletes



Ed Whitlock (115) Canada and Hal Hisdon (83) U.S.A. battle it out in a 45-49 1500m clash in the North American Championships.

Ed took the 1500m gold at Hannover 1979 whilst Hal holds the World steeplechase record in the division.

The W.A.V.A. newsletter is published by the World Association of Veteran Athletes, Editor Don Farquharson. Correspondence should be addressed to W.A.V.A., c/o Sport Ontario, 160 Vanderhoof Avenue, Toronto, Ontario, Canada, M4G 4B8.

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Dear Veteran Athletes:

As you will see from the contents of this, our second W.A.V.A. Newsletter I received considerable communication from many parts of the world following our initial issue. I have not been able to acknowledge all of these individually but they are most welcome ranging, as they do, from National Championship results and national comments to articles interesting to all Veteran Athletes. I would like to thank Wilf Morgan and Jack Pennington particularly. Wilf sent many pictures some of which appear in this issue. Congratulations are also due to Gijs Knoppert for his fine work on the ranking lists sent out separately from this book.

Since we are at the close of the Northern Hemisphere Summer there are more than the usual Track and Field Reports to publish. With the tremendous growth in our sport the volume proved enormous. The complete results of the European Championships which attracted 2250 competitors to Helsinki, Finland occupied 72 typed pages and so I must apologize to those whose results could not appear this time.

In terms of subscription we have made a good beginning but we certainly need many more. We know that many of those who received Newsletter #1 intended to subscribe but have delayed. We have retained a limited number of copies of this issue in the hope that you will hear of it and react quickly. Many others do not yet know of our publication and we rely on those of you who do, to spread the word. Remember this is our own.

We did not fare quite as well in our request for upcoming championship dates. Our next issue (November) would be a good time for this so please let me know as soon as possible.

A word on cost. The British price was shown as £3.50 pence in case you wished to send a sterling order. If, however, you send a Canadian \$ order the equivalent is \$9.50 Canadian. Not \$7.00. It costs us \$1.60 to send each copy outside North America. \$7.00 Canadian is the price within Canada and \$7.00 U.S. in U.S.A. as Air Mail costs are lower. We have also resolved to amend the method of subscription proposed in the first issue. The annual subscription as shown will apply for 4 issues from the first one which you receive.

Since our first issue I was able to get over to Glasgow, Scotland for the Road Racing Championships and renew acquaintances with many of you. What an enjoyable event it proved to be. Congratulations Scotland and the I.G.A.L. Association. A write up is included herein.

Having to work for a living like the rest of us and having the same financial constraints too I was not able to get to the North American, (Mexico) nor the Pan American Championships (Puerto Rico) sorry to say. At Helsinki we were well represented by Jacques Serruys (Vice President W.A.V.A.), Roland Jerneryd (Secretary) and Hans Axmann (Exec. member)

I have received a number of letters from Women who feel that the women should commence Veteran competition at age 40, not 35. This could be achieved by 2 year adjustments in stages so that no one who has already competed would be left out. The letters have been forwarded to Jean O'Neill, Womens' Rep. Ladies, be prepared to debate this in New Zealand.

When I can find time to attract some advertizing I will endeavour to do so. Meantime if any of you wishes to place advertizing our rates, where a metal plate is required (pictures etc) will be full page (8½" x 11") \$100.00 per issue, half page \$65.00. For 4 issues using the same advert 2/3 cost per issue. Where picture plate is not required the cost will be one half above.

declaring his amusing athletic experiences but it was decided that Harold Parson's visit to Mexico should receive the prize this issue. When told of his award winning success Harold Stoically declared that the article was not meant to be funny but we thought it was most deserving so an appropriate sports item will go to Harold. Let's offer him some competition next time. Keep trying.

Very best wishes

Please note the following corrections received as result of our first publication.

World Records, Newsletter #1. Pages 13-19

200M M 45-49 - George Rhoden was originally Jamaican

Marathon M 40-44 Foster's time was "N"

110M H M 55-59 Findeli's electric time was 16.51

400M H M 55-59 Findeli's electric time was 62.28

400M H M 75+ Anderson achieved 90.65 in 1979.

SP M 40-44 Colnard's putt was 19.77M

M 50-54 Hombrecher's putt was 17.56M

M 65-59 Maksimczyk's putt was 14.18M

M 75+ Kostic's putt was 10.80M

Discus M 40-44 Oerter threw 67.46M at 43
(see new record of 69.47M this issue)

M 65-59 Maksimczyk threw 51.42M at 65.

M 70-74 F. Erasquin (Spa) 39.44M (Hanover 79)

H.J. M 65-69 O'Rafferty is Ireland not Great Britain.

Jav M 40-44 Urs Von Wartburg (Switzerland) 78.98M (Hanover)

M 45-49 Jan Smiding (Sweden) 64.70M "

M 50-54 Veiko Javanainen (Finland) 56.18M "

M 65-69 Gerard Schepe (W. Germany) 44.82M 15/9/78

Please amend your list with above but study current results for more records. Obviously a new list will be needed soon.

Please amend the list of delegates Newsletter #1, Pages 52 onwards as follows:

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Dansk Athletik Forbund
Motions - og Veteranutvalget
Idraettens Hus
Brondby Stadion 20
DK - 2600 GLOSTRUP

Frank Horn
Osterbrogade 228, 2'
2100 KOPENHAMN

Heinrich Sell
Drosselvej 22
2000 KOPENHAMN

Jytte Kordt Rasmussen
Greisdalsvej 22
2770 KASTRUP

ISLE OF MAN

Association of Veteran Athletes is a separately affiliated body from England. Sorry for this error.

Bryan Doughty
Seaview Cottage
Port St. Mary
Isle of Man

NORTHERN IRELAND VETERAN ATHLETES ASSOCIATION

Maeve Kyle is Womens' representative
Ed McAvoy 71A Colinward Avenue, Glengormley
Co. Antrim N. Ireland the men

SINGAPORE ASSOCIATION OF VETERAN ATHLETES

Correct address of Hari Chandra is:
124 Block 44
Marine Cres
Singapore 1544

Swedish Veterans

Following are the correct current delegates

Karl-Axel Torége
Stålhamravägen 73
S-151 47 Södertälje

Bengt Järnhester
Vikvägen 1
S-572 00 Oskarshamn

Alan Scott
Krossbacken 16
S-183 46 Taby

Finally, most important,

a change of address for Vice President

Jacques Serruys:
c/o Fit Veteran
Post Box 7
B 8000, Brugge
Belgium

VETERANS ANCIENT AND MODERN

By Wilf Morgan

Veteran Athletics, as it is today, is of course a relatively new arrival on the sports scene. The Host of National Associations throughout the world have only been formed in the last ten years and W.A.V.A. the International Organization is but five years old. Yet we know that Vets have been competing in track and field for many years. Research shows that in Britain, before the War, open athletics meetings often included a Veterans Race. My Grandfather, a sprinter, ran in at least a couple of races for Vets in the late twenties when he would have been in his mid-forties. It was around this time that the 'Veterans Athletic Club' was formed in London.

In Athletics Literature there are many references to Veteran Athletes, some going back to the last century. The 'Vet', it seems is as old as Athletics itself. But in the old days he was regarded as something of an eccentric. A Vets Race was simply an oddity spot, a bit of light relief on an afternoon of serious athletics. It took a long time for Veteran Athletics to come into its own. One wonders why it should have taken so long.

Obviously the rise of the 'Vets Scene' has much to do with our times. In the second half of this century the population of the western world in general has had more leisure time. Labour saving devices, motor cars, etc, has taken much of the physical toil from life. Living is softer than it was for previous generations. Nowadays the stresses are more mental and emotional. Perhaps the time seemed right for a large number of the adult population to turn to physical recreation. Hence we have seen the explosion of interest in jogging and organized track and field for Veterans.

However in the past there have been other factors that have blunted the enthusiasm of the Veteran and prevented the blossoming of Veteran Athletics at an earlier date. During a look back into Athletics History I came across some evidence that might be of interest.

Back in 1887 a book was published entitled 'Athletics and Football'. Its author was Sir Montague Shearman. People interested in the origins and history of our sport are indebted to him for a first rate work that gives a detailed account of track and field activity in Mid-Victorian England. Shearman is one of the most revered names in British Athletics. When he was only 23 he played a major part in the foundation of the A.A.A. in 1880. He was no mean competitor either, winning the 440 yards at the Inaugural Championships that year. He studied Law at Oxford and in the course of time became a distinguished Judge, presiding over a number of notable and controversial murder trials. During that time he retained a keen interest in athletics and served the A.A.A. as President from 1916 to 1930.

Now, my intention of acquainting you with Sir Montague is that in his book he had something to say about Veteran Athletes and this is the earliest referral to our predecessors that I can find. Unfortunately what he had to record was brief and most unflattering. Here is the complete passage.--

...some clubs give races to Veterans, a Veteran in the athletic sense being a man over 35 years of age. We do not see anything wrong in giving those who are 'rude donati' an opportunity of coming out again to exhibit themselves to the rising generation of runners, but in practice the Veterans Race is more an absurd sight than otherwise. At one of these competitions, an annual affair, an old gentleman who must by this time have passed his allotted three score years and ten, comes out regularly to exhibit himself. Many others who are well over fifty appear in the race, whilst a good many younger men compete whose bodies from misuse have so far thickened about the middle as to make their movements anything but graceful. On the whole we think that the Veteran who is too slow to take part in ordinary races 'lags superfluous', upon the stage of athletic sports...'

Well, Monty certainly did not mince words. 'Lags superfluous,' indeed! Not much encouragement for the Victorian Veteran here.

In 1898 a revised edition of the book came out and a chapter was devoted to the development of T & F in the United States. This particular piece was written by an American, Charles H. Sherrill, who apparently had first hand knowledge of athletics on both sides of the Atlantic. He too gave a short acknowledgement to the Veterans of the day. This is what he had to say about a club that was founded in New York.

...Among other new ideas in our sport is the 'Fresh Air Club', in which that grand old Veteran, W.B. Curtis, is the foremost spirit. The Club is composed chiefly of Veterans of the Cinder Path. It meets once a week for stated walks. The invitation to join is suspiciously general, but the novice soon finds that they are only intended for the elect who by long years of training have obtained the ability to go on over all sorts of country for hours after the first inclination to sit down and ponder by the roadside has come on. The name of the Club describes its purpose and gives also one of the great reasons for the existence of the sport which has given these men the legs to carry them in their later days out on these long and delightful country tramps...

Obviously Sherrill was far more sympathetic to Veterans than Shearman, even though he treats them rather like old horses being put out to pasture. But still, that club may have been the first ever for Veterans, if only for people whose legs were strong enough for long walks in the country.

Of course both men were writing at a time when T & F had only recently been organized on a national basis in England and the U.S. International meets had just got underway, well sort of, there were inter-University matches between Oxford and Yale. It took another 80 years for Veteran Athletes to get off the ground in the same way.

We know that in those days there was a marked difference in the social structure, certainly in Britain, and attitudes were far different from those of today. These were reflected in athletics. In 1880 at the inception of the A.A.A. a wrangle took place because some clubs had rules barring "Labourers, Tradesmen, Artisans and Mechanics" from membership. Apparently such people did not qualify as amateurs, or gentlemen for that matter. This bit of snobbery was not included in the newly formed A.A.A. rules as a definition of amateurism however, but in England tradition dies hard and for many years athletics was mainly the province of Universities and top schools.

Regarding British Veteran Athletes of those days, its reasonable to suppose a somewhat similar attitude prevailed. It defied convention. Everyone must know his place and certain things were simply not done. This shows in Shearman's writing, he looked upon the Vet as someone who was making an exhibition of himself, as if appearance was all important. You will notice he made no mention of any healthful aspects, or any unhealthful ones for that matter. Dignity and correctness seem to have been the watchwords in Victorian England. -- A man of advanced years taking part in athletics! Egad Sir, what next. Women I suppose!

This is not to say that the conservative attitudes of the nineteenth century were above all responsible for the late appearance of organized Veteran Athletics. Administration at all levels was, and still is, lukewarm about Veterans. It was the enthusiasm of the Vets themselves that forced the issue and it was they that did all the initial organization. The immediate upsurge of participation showed that the lid had been kept on a vital section of athletics for all too long. So suddenly the Vet has become fashionable.

One wonders what Shearman and Sherrill would have made of today's Veteran competitor. They could not have imagined Veterans to be capable of performances we have seen from the over-forties in the last decade. The 400 in Sub 50, the 1500 in under four minutes, the Marathon in 2:20. Comparisons, as a the man said, are odious, and quite often misleading, but I could not help but glance at the recorded times of the winners at the A.A.U. and A.A.A. Championships in the years prior to the first World War. More often than not they were slower than the winning times in the IA Class at the World Vets in Hanover.

Lags Superfluous? Never!

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And here's Jack Pennington's view:

VETERAN ATHLETICS - BORN 1931

Modern competition started about 1720, because it was at this time when the gentry wagered on their footmen. The distances run in challenge matches was usually 4 miles. Some indication of the standards of those times may be gauged from the fact that in 1764 a footman named Foster Powell ran 50 miles in 7 hours on the Bath road. Also during the same year the mile was run in 4 minutes 30 seconds. The 2 miles in 10 minutes and the 10 miles in 57 minutes. Incidentally, watches have been quite reliable since 1730.

Organized athletics began in England in the Army and in the Public schools (for the upper crust only) in the year 1820, and by 1863 the first Athletic club became established in London, bearing the name The London A.C., the first National Track and Field was in 1866. Clearly there were Veterans competing by the turn of the century. In 1931 the Veteran membership of the London A.C. was 20 strong and they therefore decided to break away and form the Veteran Athletic Club, on the 12th September 1931. No-one imagined it would take 40 years to establish a Veteran Club in Australia. First Randwick-Botany organized an Athletic meeting for the over 40 members of N.S.W. Clubs, in March 1971; and a few weeks later Al Digance in Adelaide got the message and formed a bona fide Veteran Club.

The motivation for all this began in the U.S.A., when a lawyer jogger DAVE PAIN, got himself and his dog arrested for trespassing on a Public Golf Course in San Diego. Dave, because of his legal training, had paid his green fees and therefore easily won his case for the right to jog on the Golf course. However, the attendant publicity enticed others to do the same, so the next step was to provide age group competition at the Bilbao Stadium in San Diego, 1968.

On the other side of the Globe was a 50 year old Pom,^{*} still running in inter-club at Perry Lakes Stadium, Perth. CLIFF BOULD was still receiving "Athletics weekly" from the U.K. and he saw some brief report about a U.S. Masters Championships. Cliff, determined that he was going to prove that he was the best distance man of his age, got in touch with Dave Pain and was invited to San Diego. So, in 1968, and "Australian" won the U.S. Masters 2 miles, 3 miles and 6 miles. Meanwhile, another veteran from Sydney, FRANK McCAFFERY, had been put in touch with the Association of Veteran Long Distance Runners of Germany, and a little earlier, in 1968, ran in the World Veteran Marathon.

*The "AUSSIE" term used for an Englishman living down under.

The 13th Annual World Veteran
Road Racing Championships (I.G.A.L.)
Glasgow, Scotland - August 23rd & 24th 1980

In Melbourne there was a veteran miler, WAL SHEPPARD, who was still holding his own at inter-club; and in Canberra there was myself, still able to place well up in the cross-country scene. In 1969 and 1970 Cliff was joined at the U.S. Masters by Wal, Col Junner and John Gilmour (latter two of Perth).

In 1971 the heads were put together to try and reach others Veterans, and Jack Pennington-was encouraged to produce the "Veteran Athlete". In 1971 the circulation ran to 60 and by issue number 32, in 1977, it reached 560. (Jack was already the correspondent for the West German magazine for Veteran's called "Condition" and also the U.S.A.'s "Track and Field News").

Editorial policy is well defined by a frontcover, which shows Herb Elliot chasing Percy Cerutti up the famous Portsea sand hill. The message is that Granddad can and should set an example to his grandchildren.

In 1972 the West Germans, because of the influx of Veterans to watch the Munich Olympics, decided to go a step further and promote an International Track and Field meeting at Cologne. This resulted in teams being picked from the U.S.A. and Australia, and the British not to be left out, decided to put on the first International at Crystal Palace London prior to the Olympics. These two meetings brought many ex-champions out of the woodwork, and even 80 year olds contested not only the sprints but the marathon. There were 200 Americans, 100 Australians, 50 British and about 100 from Continental Europe. The meeting in Cologne was labelled The World Best Veteran Championships and it was in 10-year age groups.

By 1975 the NEW sport had become so popular that it could be held in 5-year groupings, and 2,000 competed in Toronto. Most also competed in the U.S. Masters at White Plains, New York. The Toronto meeting was the largest track and field Championship ever held (larger than the Olympics which cater only for one age group). Veterans now have the dual problem of unrestricted entries in about 10 age groups. In 1977 at Goteborg, some 2,600 competed at three venues; one of the tracks was a dirt motor cycle speedway. There are larger problems than the Olympics and it also includes the political ones such as South Africa. Veterans from that country have been able to compete as Americans. Also a number of well-known professionals turned up with amateur accreditation and won Gold medals. Of course, anyone of the right age deserves their Gold medals but it may well cause a split into two camps, so that there may well be an Open and an Amateur World Championships and never the twain shall meet. But my assessment is that the oldies in their maturity will clearly declare for Open competition - they are now stronger and have more in common than the traditional amateur heirachy of the I.A.A.F. The Moscow Olympics may well be the last of the closed shop sham-amateur Games. But it may well be that Goteborg was the last of the Nationalistic sham-amateur Veteran Championships.

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Editors Note: This right was granted to the W.A.V.A. by I.A.A.F. under certain conditions in 1979.

The Championships, sanctioned by I.G.A.L. and put on by a Scottish organizing committee and the Scottish Veteran Harriers Club strongly backed by the City of Glasgow will long be remembered as the finest in all the series of these events. The efforts of all concerned bore fruit and the weather both days was perfect for running, dry, cool, sunny and clear.

Opening on Friday evening with a memorable Scottish evening at a delegates reception in Glasgow City Hall the first event started the following afternoon at 1 PM when the gun cracked for more than 700 10 Km competitors from about 26 countries. The course was a good one, particularly the section through the Pollock Estate and the competition was keen. For the first time the U.S. Masters treated this event seriously and sent a strong team headed by Ray Hatton and Tom Sturak but they had to face a huge English contingent with names like Ron Hill and Gordon Pirie; much talent from the home country as well as large fields from the nearer European nations. They ran an admirable race to take 2nd team spot to England's win, Hatton winning the 45-49 crown. Individually, despite the many strong performers including World Steeplechase champion, Welshman Tecwyn Davies, the winner proved runaway by over 40 seconds. New Zealand's Roger Robinson (not to be confused with New Zealand's other Robinson, John) showed that he is capable of running well below the 30 minute mark as an unavoidable last minute change lengthened the course by nearly 450 metres.

Men 40-44

1	ROBINSON Roger	New Zeal	31.09
2	DAVIES Tecwyn	Wales	31.52
3	VENUS William	England	32.09
4	PENDLEBURY Fred	England	32.12
5	VOETS Pierre	Belgium	32.15
6	ANDERSON David	England	32.24
7	HAMBLY David	U.S.A.	32.26
8	CONWAY Dan	U.S.A.	32.33
9	HILL Ron	England	32.49
10	COOPER Wade	England	32.49
11	ASH James	Scotland	32.56
12	ALDER James	Scotland	33.26

Total runners M 40-44 = 158

Men 45-49

HATTON Raymond	U.S.A.	33.00
OLIVER John	England	33.10
COOPER Richard	England	33.15
MONSEUR Roger	Belgium	33.53
LAWSON Derek	England	34.02
BARDEN Albet	England	34.04
MURPHY Matthew	England	34.24
BALDING Richard	England	34.24
LEVA Emile	Belgium	34.43
BARROWMAN John	Scotland	35.01
CARMICHAEL Norman	England	35.09
GREEN Nigel	England	35.35

M 45-49 = 170

Men 50-54

1	FOORD Hugh V.	Eng	33.58
2	MARSHALL William	SCO	34.16
3	RHODES George	Eng	34.35
4	HUGHES Alan	Eng	35.13
5	FRANKLIN Ronald	Wal	35.43
6	DELLAR David	Eng	36.10
7	STEVENSON Thomas	SCO	36.21
8	SMITH Sydney	Eng	36.31
9	BERNTSSON Allan	Swe	36.34
10	HOWARTH Derek R.	Eng	37.10

M 50-54 = 87

Men 55-59

KYSTAD Jan	Norway	36.16
JEAN BAPTISTE G.	France	36.22
BOUTARD Robert	France	37.17
BOOTH Nathaniel B.	England	37.31
NICHOLLS Edgar	England	38.04
JOYNSON Edward	England	38.32
BROWN Walter	England	38.58
BRUNS Kenneth C.	England	39.02
FERNEYHOUGH Reginald	England	39.09
WALENTA Mathias	W. Germa	39.11

M 55-59 = 61

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Men 60-64

1	GILMOUR John	Aust	34.48
2	HASLER Karl	Swit	36.02
3	LEITWER Florian	W. G	36.46
4	VERLOOP J.	Neth	38.45
5	GRAF Paul	Swit	39.30
6	AUDAERT Rene	Fran	40.16
7	ASHCROFT Norman	Engl	40.39
8	DEPOPLIMONT Olivier	Belg	41.18
9	FORBES Andrew	Scot	41.29
10	LANICCA Arthur	Swit	41.44

M 60-64 = 56

Men 70-74

1	FARRELL John	Scot	42.46
2	PAWLAK Erich	W. G	45.03
3	BURNS John Wm.	Engl	45.24
4	ZECHSER Leon	Fran	46.10
5	SMITH Sydney	Engl	47.03
6	TYLER William	Engl	47.08
7	BRIGHT Norman	U.S.	47.08
8	BASTIEN H.	Belg	48.05
9	SEARS Edward	Engl	48.09
10	SCHNEIDER Franz	W. G	48.15

M 70-74 = 20

Men 80

SCHREIBER Fritz
TAKEZOE Monji

Sweden 1.11.40
Japan 1.24.02

Women 35-39

1	MILES Yvonne	Engl	39.16
2	MELDRUM Pearl	Scot	44.17
3	CRULL Rosa	Belg	46.55
4	DUYVEJONCK Marie	Belg	48.12
5	TOMKINSON Angela	Engl	48.58
6	ANDERSON Doreen	Engl	49.00
7	GRAINGER Rosemary	Engl	49.14
8	TROWBRIDGE W.	Engl	49.17
9	BEER Eva	W. G	50.13
10	BROMHEAD Janet	Engl	51.31

W 35-39 = 17

Women 45-49

1	HOLDENER Edith	Swit	45.38
2	ROBSON Veronica	Engl	46.01
3	LOPPE Traudel	W. G	47.18
4	SCHWARZ Ingeburg	W. G	49.46
5	GROTH Renate	W. G	49.49
6	HEYMANN Isle	W. G	50.30
7	MICHEL An	Belg	50.53
8	BROWN Muriel	Engl	50.56

W 45-49 = 18

Men 65-69

MORRISON David	Scot	42.12
PATRICK Lewis	Engl	43.13
AELLEN Lucien	Swit	45.14
LEE Samuel	Engl	46.08
GINCZEK Heinz	W. G	46.36
SORGENFREI Walter	W. G	47.46
SCHWAMB Helmut	W. G	49.50
HALLERWEDEL Ernst	W. G	50.14
RADICKE Kurt	W. G	50.30
LOCKE Arthur	Engl	50.41

M 65-69 = 30

Men 75-79

CHARBONNEAU Louis	Fran	50.00
RASCHKE Max	W. G	51.34
ALTHAUS Alfred	W. G	52.47
V OSSOWSKI Franz	W. G	54.28
KNEEPKENS J.A.A.	Neth	59.26
WEBER Hans	W. G	1.01.29
SUZUKI Koroku	Japa	1.05.09
WISEMAN Robert	Engl	1.12.48
STILLE Walter	W. G	1.16.38
OKADA Hideo	Japa	1.17.22

Women 55-59

1	GRELLE Johanna	W. Ger	55.45
2	CAUVIN Denise	France	56.07
3	THIERHUF Elsbeth	W. Ger	56.34
4	LAMBERT Hanny	W. Ger	57.14
5	CORUS Sigrid	W. Ger	58.55
6	HETTERSCHEID Mar	W. Ger	59.36
7	KNITTEL Gertrud	W. Ger	1.01.32
8	PIJP Jansen R	Nether	1.01.54
9	SCHENK Edith	W. Ger	1.01.58
10	RADICKE Irmgard	W. Ger	1.06.32

Women 60-64

FALKE Elfriede	W. Ger	50.06
TROMP E.	Nether	52.19
HECKER Friedel	W. Ger	58.45
ZABEL Charlotte	W. Ger	1.07.00
KREMPEL Anneliese	W. Ger	1.15.44

Women 70-79

BUCHER Justine	W. Ger	1.08.45
WAGNER Maria R.	W. Ger	1.18.58

OVERALL COUNTRY RESULTS

Country Position	Country	Individual Position	Name	Time
1	England	3	VENUS William	32.09
		4	PENDLEBURY FRED	32.12
		6	ANDERSON David	32.24
		Total points	13	
2	U.S.A.	7	HAMBLY David	32.26
		8	CONWAY Dan	32.33
		12	HATTON Raymond R.	33.00
		Total points	27	
3	Scotland	11	ASH James W.	32.56
		15	ALDER James	33.26
		29	MARSHALL William P.	34.16
		Total points	55	

The Marathon

Proved a dream race. About 500 started on the following morning at 8:30 AM. The field was loaded with talent and started fast from the gun to prove it. The course comprised 3 14km loops followed by an entry to Bellahouston Park making it a little difficult for the runners to keep track of pace. It didn't seem to bother them.

At the end of lap one Henry Salavarda of Belgium was leading in 45 mins 45 secs but 5 seconds behind came a tightly packed group comprising Eric Austin (England), Don McGregor (Scotland), John Robinson (New Zealand), Tom Flory (England) Derek Fernee (Canada) and Ernst Ruegg (Switzerland). Also well up were former winners Alastair Wood and Bill Stoddart (Scotland) and Arthur Walsham (England). Ray Swan of Bermuda and Bob Daniell of Canada looked strong too.

When the lead runners finished the 2nd loop a buzz of excitement ran around the crowd. The supporting cast had dropped behind and now the stars were on their own. They ran tightly together as if driven by a single motor. Ruegg, Fernee, Robinson and McGregor went

Women 40-44

ALFVOET Denise	Belg	37.34
LANG Hilde	W. G	39.50
BUTTNOR Marianne	W. G	40.37
GROOMSBRIDGE Judith	U.S.	40.41
SCHAFERS Gisela	W. G	44.33
PARR Ann Patricia	Engl	45.02
AITCHESON June	Engl	45.18
IGNACE Colette	Fran	45.29
GEUDENS Claudine	Belg	45.32
CULSHAW H.	Scot	45.40

W 40-44 = 20

Women 50-54

DE PRETER Bepthilla	Belg	44.43
NORRISH Betty F.R.	Wale	45.21
LUSK Aileen	Scot	47.16
V D BERGE Marthel	W. G	48.31
REIDT Margaret	W. G	50.42
STURZWEEGGER Frieda	Swit	51.27
AUSTERMUHLE Maria	W. G	54.01
HAURI Margrith	Swit	54.26

W 50 = 14

through 28 K in 1:32:34. If they didn't break each other surely they would finish below 2:20!! There was a gap then Jim Avis (England), Tom Flory (England), Roelofs (Netherlands), Schiber (Switzerland), Spaefen (Belgium) and Eric Austin (England). The women too had a great race going. Carolyn Billinton (England) was being chased by countrywoman Pat Day after 1 lap but now 51 year old Toshiko D'Elia (U.S.A.) had taken up the chase. The latter was also on time for a shattering World Best for Women 50+. John Gilmour of Australia unbeaten since turning 60 a year before and holder of every flat distance from 800 M upwards needed Clive Davies's marathon record of 2:42:44 to make it a clean sweep and he was running on time!!

The leaders remained glued together until about 3 Kms from the finish. The pace sharpened and little by little Ruegg lost contact. Now with 2 Kms to go Robinson sailed away strongly. It looked all over. But no! He began to falter. Don McGregor looked at Derek Fernee and said "We can get him". Remember that John had "chested out Alex a year before at Hanover and now the Scotsman ran hard after him. Derek Fernee responded too and with 600 metres to go first Alex and then Derek passed the New Zealander. Derek had begun to haul in Don when John Robinson came back to life, pounded past Derek and after the flying Scotsman. But now they entered the park. The pipes were skirling and Ian Steedman's voice rose the sizeable crowd to a roar as he said "Don McGregor of Scotland leads, he'll be the 1980 World Champion" Alex flung himself around the last bend and straight at the line. Thirty yards out the big Scot threw one arm up and jumped for joy. Ian was right. Then came Robinson, hard pressed, fighting to stay ahead of the charging Fernee who was catching at every stride....but the road ran out just too soon. All three under 2:20:00!! Forty seconds later Ruegg came in quietly, strongly, efficiently. The unknown man to most Vets he had impressed everyone. Jim Avis in 5th spot led the great English team whilst Eric Austin in 6th continues to reign as a champion of 45-49 class beating out Bill Stoddart and Alastair Wood. The latter recalled that he had run a slower time winning the entire race in 1973 (Paris) "But then Paris was a cross country race wasn't it!!" Carolyn Billinton lead the women contingent but Toshiko D'Elia's great finish and the announcement that she was the first woman in the world over 50 to break 3 hours brought a roar of applause. Earlier John Gilmour was startled to see Karl Hasler of Switzerland (whom he had defeated the previous day in the 10 Km) go sailing past him. "I'm all in" shouted Karl "I'll drop out at 30 Kms. But the Swiss carried on and it is he who now holds the new over 60 record. These and many more exciting moments made this Scottish race memorable. See next page.

First read pages 61-63

When I advised Max to get out of the business, get rid of the hassles and to have a long quiet holiday, and then to become a part time gardener and enjoy life, he explained a 'catch 22' situation which involved legal contracts. The only concession he made was to load a tent on the back of a bicycle and in the cool of the night, to ride off into the bush for four days of peace and solitude, leaving me to phone his doctor and family, who would not have sanctioned it. 12

Max is back refreshed and up to his old tricks, but whatever else - he is a brave man. He was formerly the Manager of a Dutch Tea Plantation in Java and he and his wife spent an unpleasant time in a Japanese Prison Camp.

Men 40-44

1.	MACGREGOR Donald	Scot	2.19.23
2.	ROBINSON John	New	2.19.38
3.	FERNEE Derek	Can	2.19.41
4.	RUEGG Ernst	Swi	2.20.34
5.	AVIS James	Eng	2.21.05
6.	ROELOFS W.	Net	2.23.40
7.	FLORY Thomas	Eng	2.24.19
8.	SALAVARDA Henri	Bel	2.24.20
9.	SCHIBER Kaspar	Swi	2.25.35
10.	SPAEPEN Staf	Bel	2.25.37
11.	SWAN Raymond	Ber	2.27.24
12.	LAWRENCE peter	Eng	2.28.01
13.	RICHARDSON Michael	Eng	2.30.09
14.	MOLLOY Mick	Ire	2.30.54
15.	KENNEDY Jim	N.	2.32.47
16.	DANIELL Robert	Can	2.33.24
17.	LANNON Alfred	Eng	2.33.55
18.	WHITTAKER Phillip	Eng	2.34.47
19.	GREGORY Harold	Can	2.34.55
20.	DOLAN Patrick	Eng	2.35.28

45-49

AUSTIN Eric	Eng	2.23.30
STODDART William	Scot	2.27.20
WOOD Alastair	Scot	2.28.35
GEOGHEGAN John	Eng	2.30.29
HEATHCOTE Ken	Eng	2.31.55
MCALINDEN Charles	Scot	2.32.25
DUNN Alexander	Eng	2.33.36
GAMBLE-THOMSON H.	Eng	2.34.16
EADIE Gordon	Scot	2.34.10
MONSEUR Roger	Bel	2.36.56
FIDDLER Kenneth	Eng	2.38.36
HEYWOOD Jack	Eng	2.39.25
BLASTLAND Ronald	Eng	2.40.13
MYERS Norman	Ken	2.40.35
LOUIS Arsene	Bel	2.41.17
BLACK John	Scot	2.42.11
MILLS Brian	Eng	2.43.24
WHITLOCK Edward	Can	2.43.44
SABINI Bruno	Eng	2.44.34
SVENNINGSEN Roy	Can	2.45.40

Men 50-54

1.	BRAB Gunther	W. Ge	2.33.26
2.	KIRKUP Eddie	Engl	2.34.06
3.	MONNOT Ancre	Fran	2.34.31
4.	STRUYKEN Louis	Belg	2.34.40
5.	LLEWELLYN John	Engl	2.36.46
6.	PRICE Frank	Engl	2.37.19
7.	BRIERLEY John	Scot	2.39.46
8.	WALSHAM Arthur	Engl	2.43.38
9.	MCBRINN William	Scot	2.43.58
10.	ARMOUR William	Scot	2.44.41

Men 55-59

MORRISON Jerry	U.S.A	2.44.55
FELEAU Francis	Franc	2.46.14
SMITH Tom	Engla	2.50.47
LARRSON Herbert	Swede	2.56.55
FONTAINE Jean	Switz	3.00.29
JOYNSON Edward	Engla	3.04.28
BROWN Walter	Engla	3.05.58
GRELLE Karl/Hans	W. Ge	3.07.55
SMITH Gordon	New Z	3.09.20
PRESTIAUX Rene	Belgi	3.09.40

Men 60-64

1.	HASLER Karl	Swit	2.41.25
2.	GILMOUR John	Aust	2.45.27
3.	RICHARDSON Steph	U.S.	2.53.57
4.	LEE DUCK KYN	Kore	2.56.36
5.	HERRMANN Ludwig	W. G	2.56.53
6.	ANDERSON Gosta	Swed	2.57.04
7.	GIRRESTER Willi	W. G	3.06.25
8.	FOKKEMA W.G.	Neth	3.09.10
9.	EPPEL Paul	W. G	3.14.28
10.	SCHAUDER August	" G	3.18.57

Men 65-69

WR PORTEOUS Gordon	Scot	2.57.00
ROSENFELD David	Engl	3.25.18
YOUNGSON James	Scot	3.45.21
WEIDLICH Rudolf	W. G	3.48.10
HALLERWEDEL Ernst	W. G	4.08.01
BECKER Heinrich	W. G	4.11.16
SMITH Bert	Scot	4.18.35
CAVIGLIOLI Franco	Fran	4.35.22
WEINER Alois	W. G	4.41.42

Men 70-74

1.	SMITH Sydney	Engl	3.31.39
2.	BASTIEN H.	Belg	3.45.15
3.	VERNOLA Ernesto	Ital	3.45.31
4.	PAWLAK Erich	W. G	3.46.21
5.	YAMADA Seiji	Japa	3.56.12
6.	HOFT Helmut	W. G	4.00.00
7.	TAYLOR George	Scot	4.00.01
8.	GARVE Alexander	W. G	4.42.55
9.	STROBL Johann	Aust	5.01.25

Men 75-79

TEMPEL Friedrich	W. G	3.49.55
PONTHIEU Montry	Fran	4.21.56
V OSSOWSKI Franz	W. G	4.47.29

Position Category Name Country Time Overall Position

Women 35-39

1.	BILLINTON Carolyn	England	2.55.34	134
2.	MILES Yvonne	England	3.08.26	206
3.	YOKOTA Hazue	Japan	3.22.52	284
4.	BRAB Ingrid	W. Germany	3.32.21	328
5.	COUHE Edith	France	3.33.58	335
6.	LAMB Linda	Scotland	3.38.43	352
7.	RAWSON Pamela	England	3.49.53	387
8.	DUYVEJONCK	Marie	3.56.01	406

Women 40-44

1.	DAY Patricia	England	3.03.26	176
2.	SPIESS Ida	Switzerland	3.11.48	227
3.	GROOMSBRIDGE Judith	U.S.A.	3.13.37	239
4.	LINDHORST Gerta	W. Germany	3.32.54	332
5.	DARLINGTON Monica	England	3.41.59	360
6.	FERINGA Wit A.	Netherlands	3.42.10	361
7.	COKER Jeanne Ann	England	4.08.53	424

Women 45-49

1.	HOLDENER Edith	Switzerland	3.26.17	293
2.	MENDE Renate	W. Germany	3.34.09	337
3.	MANTERFIELD Margaret	England	3.55.04	401
4.	SHERIDAN Christine	England	4.16.26	431
5.	WOLL Erika	W. Germany	4.19.04	434

Women 50-54

1.	DELIA Toshiko	U.S.A.	2.57.25	151
2.	SCHULER Anneliese	W. Germany	3.26.48	297
3.	DE PRETER Bepthilla	Belgium	3.30.27	315
4.	AUSTERMUHLE Maria	W. Germany	4.06.00	418
5.	REMBES Paulette	France	4.07.18	420
6.	KEYSER Elfriede	W. Germany	4.31.06	442

Women 60-64

1.	SCHULTZ Liesilotte	W. Germany	3.21.47	277
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Women 65-69

1.	KRETSCAMERR Waltruat	W. Germany	4.20.30	436
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OVERALL COUNTRY RESULTS

Country Position	Country	Individual Position	Name	Time
1.	England	5	AVIS James A.	2.21.05
		6	AUSTIN Eric John	2.23.30
		8	FLORY Thomas	2.24.19
		Total points		19
2.	Scotland	1	MACGREGOR Donald	2.19.23
		12	STODDART William	2.27.20
		15	WOOD Alastair	2.28.35
		Total points		28
3.	Belgium	9	SALAVARDA Henri	2.24.20
		11	SPAEPEN Staf	2.25.37
		29	STRUYKEN Louis	2.34.40
		Total points		49
4.	Switzerland			7.27.34
5.	Canada			7.28.00

TEAM CATEGORY RESULTS

Category	Country	Individual Position	Name	Time
Men 40-44	England	5	AVIS James A.	2.21.05
		7	FLORY Thomas	2.24.19
		12	LAWRENCE Peter	2.28.01
		Total points		24
Men 45-49	England	1	AUSTIN Eric John	2.23.30
		4	GEOGHEGAN John Wm	2.30.29
		5	HEATHCOTE Ken	2.31.55
		Total points		10
Men 50-54	England	2	KIRKUP Eddie	2.34.06
		5	LLEWELLYN John A	2.36.46
		6	PRICE Frank	2.37.19
		Total points		13
Men 55-59	England	3	SMITH Tom A.	2.50.47
		6	JOYNSON Edward	3.04.28
		7	BROWN Walter	3.05.58
Men 60-64	West Germany	5	HERRMANN Ludwig	2.56.53
		7	GIRRESTER Willi	3.06.25
		9	EPPEL Paul	3.14.28
		Total points		21
Men 65-69	Scotland	1	PORTEOUS Gordon	2.57.00
		3	YOUNGSON James A.	3.45.21
		7	SMITH Bert	4.18.35
		Total points		11

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THE EUROPEAN VETERAN TRACK & FIELD CHAMPIONSHIPS
Helsinki, Finland, August 6 - 10, 1980

A mammoth turnout of 2,250 competitors proves the tremendous growth in our sport in Europe. Visitors were thrilled with the beauty of the 1952 Olympic Stadium and competitors with the quality of the facilities.

Of necessity, such a huge entry created problems for the organizers but generally they were surmounted where possible and accepted

where they could not be surmounted. One grievance, however, concerned the fact that competitors, having seen the program were allowed to enter or switch their entries to other events. If this is true, this should not be allowed. The deadline should be adhered to. Complete results are voluminous. We take pleasure in enclosing the winning competitors only.

Congratulations to the European Committee headed by Cesare Becalli and the Finnish Meet Organizers.

100 m

Men 40-44

1. Torsti Helminen	FIN	11.43
2. Asmus Matzen	W.GER	11.91
3. Henri Jean-Michel	FRA	11.95

Men 50-54

1. Dennis Reece	SWE	11.68
2. Augustyn Cras	BEL	12.31
3. Herbert Reiff	W.GER	12.32

Men 60-64

1. Oswald Schwarz	W.GER	13.06
2. Pekka Nummi	FIN	13.44
3. Friedrich Meyer	W.GER	13.45

Men 70-74

1. Henri Regemeutter	BEL	14.43
2. Heinrich Killing	W.GER	14.91
3. Rudolf Leinen	W.GER	15.05

Women 35-39

1. Erika Briesenick	W.GER	13.30
2. Edith Graff	BEL	13.46
3. Marja-Leena Kangas	FIN	13.66

Women 45-49

1. Corrie Roovers	NL	13.41
2. Kathi Diener	W.GER	13.44
3. Rosemarie Wenzler	W.GER	13.65

Women 55-60

1. Kristen Hveem	NOR	15.21
2. Elisabeth Haule	W.GER	16.40
3. Eleonore Puttich	W.GER	24.60

Men 45-49

1. Charles Williams	GBR	11.61
2. Manfred Garbisch	W.GER	11.82
3. Leo Tuupanen	FIN	12.00

Men 55-59

1. Gote Lindblad	SWE	12.81
2. Sylvester Stein	GBR	12.94
3. Bengt Hermansson	SWE	12.85

Men 65-69

1. Fritz Assmy	W.GER	12.98
2. Yngve Brange	SWE	13.20
3. Willi Pomic	W.GER	13.23

Men 75-80

1. Risto Makiaho	FIN	16.50
2. Ingerbright Langeng	NOR	21.76
3. Sven Falk	SWE	23.72

Women 40-44

1. Una Adella Gore	GBR	13.34
2. Sissel Falck-Jorgensen	NOR	13.40
3. Marjatta Jarvinen	FIN	13.98

Women 45-49

1. Olga Oldrichova	CZE	13.92
2. Maeve Kyle	GBR	14.15
3. Iva Eschner	W.GER	14.96

Women 65

1. Annchen Reile	W.GER	17.66
2. Mavis Williams	GBR	18.13
3. Helga Mitschke	W.GER	19.05

The 2nd European Veterans Championships
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200 m

Men 40-44

1. Bruno Bianchi	ITA	22.99
2. Torsti Helminen	FIN	23.15
3. Hans-Georg Wodatz	W.GER	23.99

Men 50-54

1. Dennis Reece	SWE	23.99
2. Augustyn Cras	BEL	24.95
3. Gerd Baas	W.GER	24.95

Men 60-64

1. Oswald Schwarz	W.GER	27.45
2. Pekka Nummi	FIN	27.76
3. Ivar Stensrud	NOR	28.20

Men 70-74

1. Heinrich Killing	W.GER	29.68
2. Henri Regemeutter	BEL	30.38
3. Ahti Pajunen	FIN	30.70

Men 80+

1. Sven Falk	SWE	45.38
2. Emil Zemljak	YUG	51.61
3. Mikko Salonen		

Women 40-44

1. Una Adella Gore	GBR	27.28
2. Sissel Falck-Jorgensen	NOR	27.37
3. Marjatta Jarvinen	FIN	28.40

Women 50-54

1. Maeve Kyle	GBR	27.86
2. Ruth Hunkel	W.GER	30.67
3. Gisela Mutter	W.GER	31.20

Women 60-64

1. Elisabeth Haule	W.GER	33.16
2. Britta Tibbling	SWE	37.35

400 m

Men 40-44

1. Bruno Bianchi	ITA	50.22
2. Uwe Lenz	W.GER	51.41
3. Henri Jean-Michel	FRA	51.72

Men 50-54

1. Peter Higgins	GBR	52.37
2. Ad Smit	NL	56.58
3. Max Fischer	W.GER	57.79

Men 45-49

1. Charles Williams	GBR	23.37
2. Manfred Garbisch	W.GER	23.65
3. Martti Lehto	FIN	24.57

Men 55-59

1. Gote Lindblad	SWE	25.87
2. Sylvester Stein	GBR	26.28
3. Ewald Kleinmann	W.GER	26.39

Men 65-69

1. Fritz Assmy	W.GER	27.18
2. Yngve Brange	SWE	27.41
3. Veikko Suokas	FIN	28.13

Men 75-79

1. Risto Makiaho	FIN	34.57
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Women 35-39

1. Edith Graff	BEL	27.03
2. Traude Schliephake	W.GER	27.37
3. Marja-Leena Kangas	FIN	27.70

Women 45-49

1. Kathi Diener	W.GER	27.44
2. Rosemarie Wenzler	W.GER	27.58
3. Hella Werner	W.GER	28.37

Women 55-59

1. Kirsten Hveem	NOR	30.90
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Women 65

1. Annchen Reile	W.GER	36.55
2. Mavis Williams	GBR	38.81

Men 45-49

1. Wilfred Morgan	GBR	52.49
2. Berthold Neumann	W.GER	53.07
3. Pentti Rantanen	FIN	54.00

Men 55-59

1. Gote Lindblad	SWE	58.84
2. Toivo Vikman	FIN	1.00,22
3. Sylvester Stein	GBR	1.00,49

The 2nd European Veterans Championships
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400 m

Men 60-64

1. Erik Toivonen	FIN	1.02,17
2. Ivar Stensrud	NOR	1.04,09
3. Corrado Cicognani	ITA	1.06,04

Men 70

1. Henry Reugemeutter	BEL	73.2
2. Dagfinn Breide	NOR	75.1
3. Stafalo Blaze	CZE	80.8

Women 35-39

1. Christina Aaro	SWE	59.19
2. Irene Wentzel	NL	59.68
3. Traude Schliepmake	W.GER	1.00,90

Women 45-49

1. Hella Werner	W.GER	1.04,86
2. Rosemarie Chevalley	W.GER	1.06,26
3. Agnes Blom	BEL	1.07,91

Women 55-59

1. Eila Hoggqvist	FIN	1.25,54
2. Lydja Fricova	CZE	1.33,66

Women 65

1. Gerda Muller	W.GER	1.32,85
2. Mavis Williams	GBR	1.37,28

800 m

Men 40-44

1. Tor Boifot	NOR	1.58,77
2. Klaus Mainka	W.GER	1.59,03
3. Hans Froiland	NOR	1.59,17

Men 50-54

1. Henricus de Hoef	BEL	2.09,20
2. Leif Vagsmyr	NOR	2.10,85
3. Reino Toivola	FIN	2.11,20

Men 60-64

1. John Gilmour	AUS	2.18,76
2. Franus George McGrath	AUS	2.20,21
3. Erik Toivonen	FIN	2.22,33

Men 70-74

1. Adi Lauxmann	W.GER	2.54,7
2. Edward A. Sears	GBR	3.02,2
3. Stepalo Blazo	CZE	3.09,4

Men 65-69

1. Fritz Assmy	W.GER	62.6
2. Wolfgang Muller	W.GER	62.9
3. Eino Salminen	FIN	63.0

Men 80

1. Mikko Salonen	FIN	2.28,8
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Women 40-44

1. Una Adella Gore	GBR	1.04,09
2. Jofrid Jansen	NOR	1.04,37
3. Liv Ostreng	NOR	1.05,78

Women 50-54

1. Ruth Hunkel	W.GER	1.14,91
2. Else Laine	FIN	1.15,68
3. Bodil Byhre	NOR	1.19,68

Women 60-64

1. Elisabeth Haule	W.GER	1.16,29
2. Britta Tibbling	SWE	1.20,54

Men 45-49

1. Wilfred Morgan	GBR	2.01,20
2. Berthold Newmann	W.GER	2.02,30
3. Louis Vink	NL	2.03,04

Men 55-59

1. Robert Boutard	FRA	2.11,54
2. Gunter Hesselmann	W.GER	2.11,80
3. Jan Kystad	NOR	2.13,44

Men 65-69

1. Eino Salminen	FIN	2.39,2
2. Bertil Johansson	SWE	2.45,8
3. Edvard Franzelt	W.GER	2.51,9

Men 75

1. Ronald White	GBR	3.39,3
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The 2nd European Veterans Championships
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800 m (cont'd)

Women 35-39

1. Irene Wentzel	NL	2.17,57
2. Sara Ligetkutine-szenteleki	HUN	2.17,94
3. Christina Aaro	SWE	2.18,43

Women 45-49

1. Lydia Diehl	W.GER	2.32,06
2. Agnes Blom	BEL	2.39,81
3. Edith Bischoff	W.GER	2.48,66

Women 55-59

1. Elfriede Falke	W.GER	3.11,96
2. Eila Hoggqvist	FIN	3.16,25

Women 65

1. Gerda Muller	W.GER	3.30,81
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1500 m

Men 40-44

1. Michael Connolly	IRE	4.01,04
2. Tor Boifot	NOR	4.03,92
3. Hans Froiland	NOR	4.04,19

Men 50-54

1. Josef Wildmoser	W.GER	4.18,91
2. Henricus De Hoef	BEL	4.22,45
3. Rene Marckx	BEL	4.22,65

Men 60-64

1. Holger Josefsson	SWE	4.53,16
2. Eero Santala	FIN	4.58,31
3. Tor Holstad	NOR	4.59,27

Men 70-74

1. Adi Lauxmann	W.GER	6.00,4
2. Victor Blanco	SPA	6.06,3
3. Edward A. Sears	GBR	6.11,3

Women 40-44

1. Inge Pfeiffer	W.GER	4.44,07
2. Anneliese Jensen	DEN	4.49,61
3. Helga Balzer	W.GER	4.55,16

Women 50-54

1. Maija Suominen	FIN	5.21,11
2. Luise Haushofer	W.GER	5.25,69
3. Kirsten Lien Garbo	NOR	5.27,37

Women 60-64

1. Britta Tibbling	SWE	6.01,37
2. Elizabeth Tromp	NL	6.30,39
3. Eva Eriksson	SWE	6.53,05

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Men 40-44

1. Inge Pfeiffer	W.GER	2.20,28
2. Anneliese Jensen	DEN	2.21,89
3. Helga Balze	W.GER	2.24,81

Women 50-54

1. Luise Haushofer	W. Ger	2.37,79
2. Maija Suominen	FIN	2.43,19
3. Berthilia De Preter	BEL	2.46,83

Women 60-64

1. Elisabeth Haule	W.GER	3.01,68
2. Britta Tibbling	SWE	3.02,14
3. Eva Eriksson	SWE	3.28,65

Men 45-49

1. Alain Wiart	FRA	4.13,85
2. Louis Vink	NL	4.14,27
3. Harry Lindell	SWE	4.14,96

Men 55-59

1. Gunter Hasselman	W.GER	4.23,27
2. Robert Boutard	FRA	4.30,62
3. Eiler Nygardsether	NOR	4.38,46

Men 65-69

1. Otto Haupt	W.GER	5.21,3
2. Bertil Johansson	SWE	5.25,1
3. Robert W. McMinnis	GBR	5.26,9

Men 75

1. Frantisek Hulan	CZE	6.08,9
2. Ronald White	GBR	7.23,3

Men 45-49

1. Lydia Dieml	W.GER	5.08,86
2. Patricia Rose Maffia	GBR	5.22,23
3. Ulla Seger	SWE	5.23,41

Women 55-59

1. Karin Larsson	SWE	6.07,78
2. Elfriede Falke	W.GER	6.25,76

Women 65

1. Johanna Luther	W.GER	6.59,00
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Women 35-40

1. Sara Ligetkutine-Szenteleki	HUN	4.41,64
2. Christa Seilnacht	W.GER	4.45,63
3. Menja Stapelfeld	DEN	4.50,11

5000 m

Men 40-44

1. Renato De Palmas	ITA	14.53,1
2. Bernhard Maroquin	FRA	14.57,5
3. Michael Connolly	IRE	15.03,2

Men 50-54

1. Kare Oksavik	NOR	16.18,8
2. Ron Franklin	GBR	16.37,2
3. Antti Viskari	FIN	16.53,3

Men 60-64

1. Holger Josefsson	SWE	17.43,2
2. Stephen Richardson	GBR	17.58,5
3. Premysl Dolensky	CZE	18.34,7

Men 70-74

1. Martti Laiho	FIN	20.19,1
2. Thedde Jensen	SWE	20.20,4
3. Georg Wir	SWE	22.05,0

Men 80

1. Emil Zemljak	YUG	34.43,4
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Women 40-44

1. Inge Pfeiffer	W.GER	17.41,1
2. Helga Balzer	W.GER	18.29,0
3. Sigrid Sucker	W.GER	18.57,8

Women 50-54

1. Maija Suominen	FIN	19.40,4
2. Kirsten Lien Garbo	NOR	20.12,2
3. Sophie Wisman	NL	20.36,6

Women 60-64

1. Elizabeth Tromp		
2. Eva Eriksson	SWE	24.39,8
3. Inga Sagrelfus	SWE	25.17,4

Women 70

1. Justine Bucher	W.GER	31.50,8
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10,000 m

1. Renato De Palmas	ITA	31.35,0
2. Bernhard Maroquin	FRA	31.38,2
3. Pentti Hintsala	FIN	32.32,6

Men 55-59

1. Gunther Hesselmann	W.GER	35.43,2
2. Peder Malm	SWE	36.27,6
3. Olavi Liukka	FIN	37.24,4

Men 45-49

1. John William Oliver	GBR	15.26,9
2. Alfons Ida	W.GER	15.35,0
3. Karl Heinz Jung	W.GER	15.42,2

Men 55-59

1. Gunter Hesselmann	W.GER	16.24,0
2. Jan Kystad	NOR	16.48,8
3. Robert Boutard	FRA	17.06,3

Men 65-69

1. Otto Haupt	W.GER	19.09,5
2. Robert William McMinnis	GBR	19.41,8
3. Bertil Johansson	SWE	19.55,9

Men 75-79

1. Inar Hjortling	SWE	22.10,4
2. Frantisek Hulan	CZE	22.56,8
3. Max Raschke	W.GER	22.59,2

Women 35-39

1. Sinikka Kiippa	FIN	17.45,9
2. Christa Selnacht	W.GER	18.15,0
3. Hilla Gerards	W.GER	18.30,0

Women 45-49

1. Maria Pia D'Orlando	ITA	18.16,6
2. Ulla Seger	SWE	20.20,6
3. Gudrun Schutz	W.GER	20.35,5

Women 55-59

1. Gisela Bladh	SWE	22.16,7
2. Karin Larsson	SWE	22.48,6
3. Elfriede Falke	W.GER	23.06,3

Women 65-69

1. Johanna Luther	W.GER	25.12,6
2. Hildegard Keuchel	W.GER	27.06,0
3. Francine Bonnans	FRA	28.46,0

Men 50-54

1. Iginio Baldoni	ITA	34.44,8
2. Giovanni Cecconi	ITA	35.46,3
3. Konrad Hernelind	SWE	36.51,0

Men 60-64

1. Premysl Dolensky	CZE	36.37,7
2. Stephen Richardsson	GBR	37.41,5
3. Theodor Stober	W.GER	38.05,1

Men 65-69

1. Otto Haupt	W.GER	39.39,8
2. Robert William McMinnis	GBR	40.50,2
3. Vilho Manninen	FIN	42.49,0

Men 80

1. Emil Zemljak	YUG	78.26,5
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110 m Hurdles

Men 40-44

1. Juhani Vuori	FIN	14.8
2. Jiri Cechak	CZE	15.0
3. Lars Lindhe	SWE	15.7

Men 50-54

1. Alois Krul	CZE	16.84
2. Hannu Suoknuuti	FIN	17.94
3. Alex Faerneus	SWE	19.08

Men 60-64

1. Agnar Hatteland	NOR	20.38
2. Vilho Maki	FIN	21.38
3. Raino Rainio	FIN	22.48

Men 70

1. Ahti Pajunen	FIN	20.61
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80 m Hurdles

Women 40-44

1. Brigitte Schmidt	W.GER	15.85
2. Marjatta Jarvinen	FIN	18.52

Women 50

1. Maeve Kyle	GBR	14.12
2. Rosemarie Mathevet	FRA	24.68

400 m Hurdles

Men 40-44

1. Willi Kalbermatten	SWI	55.63
2. Volmar Wikstrom	FIN	57.53
3. Svein Knut Granum	NOR	57.57

Men 50-54

1. Max Fischer	W.GER	1.04,59
2. Hannu Suokunnti	FIN	1.06,56
3. Francesco Buttella	ITA	1.08,23

100 m Hurdles

1. Nina Fahnoe	DEN	16.50
2. Edith Graff	BEL	16.61

Men 70

1. Martti Laiho	FIN	43.08,3
2. William Tyler	GBR	45.17,2
3. Georg Wir	SWE	45.42,6

Men 75-79

1. Einar Hjortling	SWE	46.43,0
2. Hulan Frantisek	CZE	48.08,7
3. Louis Charbonneau	FRA	48.20,5

Men 45-49

1. Leo Marien	BEL	16.32
2. Colin Shafto	GBR	16.80
3. Juan Bosquets Thohasa	SPA	17.57

Men 55-59

1. Andre Findeli	FRA	17.64
2. Erik Jensen	DEN	18.58
3. Lennart Lindholm	SWE	18.87

Men 65-69

1. Robert Reckhardt	W.GER	20.39
2. Heikki Simola	FIN	21.47

Women 45-49

1. Hella Werner	W.GER	13.31
2. Rosemarie Wenzeler	W.GER	14.76
3. Maria Marcibalova	CZE	16.13

Women 65

1. Annchen Reile	W.GER	20.36
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Men 45-49

1. Colin Shafto	GBR	59.65
2. Osmo Tuorila	FIN	1.02,47
3. Keith Whitaker	GBR	1.03,24

Men 55-59

1. Andre Findeli	FRA	1.06,32
2. Erik Jensen	DEN	1.07,21
3. Lennart Lindblom	SWE	1.08,68

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400 M Hurdles (cont'd)

Men 60-64

1. Erik Toivonen	FIN	1.11,80
2. Olle Elvland	SWE	1.17,12
3. Vilho Maki	FIN	1.18,10

Men 65-69

1. Wolfgang Muller	W.GER	1.17,77
2. Maral Mellin	FIN	1.27,42
3. Aristide Cuomo	ITA	1.46,19

3000 m Steeple Chase

Men 45-49

1. Alfons Ida	W.GER	9.59,5
2. Pierre Blanchou	FRA	10.06,6
3. Branislav Kasanicky	CZE	10.10,2

Men 44-49

1. Nils Undersaker	NOR	9.29,6
2. George Joseph Blackburn	IRE	9.45,3
3. Jorma Jouhki	FIN	9.53,1

Men 50-54

1. Josef Wildmoser	W.GER	10.12,5
2. Kare Oksavik	NOR	10.36,7
3. Francesco Bettella	ITA	10.59,0

Men 55-59

1. Jan Kystad	NOR	10.45,9
2. Hans Tidecks	W.GER	12.02,4
3. Fritjof Roslund	SWE	12.40,0

Men 60-64

1. Jack Henriksson	FIN	45,04
2. Herbert Taylor	GBR	13.45,

Men 65-69

1. Benjamin Surd	ROM	15.11,6
2. Edwin Weber	W.GER	15.22,1
3. Aristide Cuomo	ITA	15.26,3

Men 70

1. Paul Ludwig	W.GER	15.53,3
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High Jump

Men 40-44

1. Henry Willstedt	FIN	181
2. Pavel Cechak	CZE	178
3. Risto Hayrynen	FIN	170

Men 45-49

1. Kyosti Laaksonen	FIN	183
2. Wilhelm Bleier	W.GER	169
3. Leo Mariens	BEL	166

Men 50-54

1. Salvador Martinez Marti	SPA	160
2. Bengt Blomqvist	SWE	155
3. Raymond Woslus	FRA	155

Men 55-59

1. Hans Overland	NOR	150
2. Veikko Hannula	FIN	150
3. Gerhard Windolf	W.GER	150

Men 60-64

1. Erik Stal	NOR	153
2. Hans Bitter	W.GER	145
3. Agnar Hatteland	NOR	140

Men 65-69

1. Robert Reckwardt	W.GER	135
2. Ivar Sand	NOR	135
3. Ville Perasalo	FIN	130

Men 70-74

1. Birger Haug	NOR	125
2. Reino Ahjopalo	FIN	125
3. Fritz Graf	W.GER	125

Men 75-79

1. Jakob Schumann	W.GER	110
2. Risto Makiaho	FIN	110

Men 80+

1. Sven Falk	SWE	00
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Women 35-39

1. Marja-Leena Kangas	FIN	150
2. Nina Fahne	DEN	145
3. Edith Graff	BEL	145

Women 40-44

1. Brigitte Schmidt	W.GER	135
2. Marianne Stenholm	SWE	120
3. Agnes Segers	BEL	110

Women 45-49

1. Kathi Diener	W.GER	141
2. Berit Roger	NOR	135
3. Imke Parlevliet	NL	135

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High Jump (cont'd)

Women 50-54

1. Olga Vyskovska	CZE	120
2. Else Laine	FIN	115
3. Rosemarie Mathevet	FRA	95

Women 55

1. Kirsten Hveem	NOR	125
2. Vlasta Chkumska	CZE	125

Women 65

1. Annchen Reile	W.GER	110
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Long Jump

Men 40-44

1. Pericles Augusto Pinto	POR	684
2. Stig Backlund	FIN	669
3. Jean-Pierre Claraman-Dauzelle	FRA	647

Men 45-49

1. Leo Marian	BEL	619
2. Hermann Strauss	W.GER	617
3. Hemmo Runola	FIN	614

Men 50-54

1. Drago Tonovic	YUG	576
2. Herbert Reiff	W.GER	558
3. Matti Jarvinen	FIN	558

Men 55-59

1. Siegfried Gorders	W.GER	547
2. Erik Jensen	DEN	533
3. Fritz Geyer	W.GER	529

Men 60-64

1. Hans Bitter	W.GER	518
2. Tuure Pentti	FIN	500
3. Klaus Langer	W.GER	474

Men 65-69

1. Willi Rumig	W.GER	505
2. Heikki Simola	FIN	489
3. Hans Schneider	W.GER	467

Men 70

1. Rudolf Leinen	W.GER	452
2. Tormod Resell	NOR	419
3. Ahti Pajunen	FIN	398

Men 80+

1. Sven Falk	SWE	247
2. Emil Zemljak	CZE	204
3. Mikko Salonen	FIN	180

Women 35-39

1. Erica Briesenick	W.GER	522
2. Nina Fahnoe	DEN	516
3. Edith Graff	BEL	505

Women 40-44

1. Sissel Falck-Jorgensen	NOR	490
2. Marianne Stenholm	SWE	453
3. Liv Ostreng	NOR	453

Women 45-49

1. Corrie Rooners	NL	499
2. Kathi Diener	W.GER	485
3. Rosemarie Wenzeler	W.GER	462

Women 50-54

1. Olga Oldrichova	CZE	466
2. Maeve Kyle	GBR	455
3. Eva Eschner	W.GER	413

Women 55-59

1. Kirsten Hveem	NOR	421
2. Ilse Pleuger	W.GER	333
3. Marianne Barth	W.GER	311

Women 60-64

1. Elisabeth Haule	W.GER	364
2. Eleonore Puttich	W.GER	227

Women 65

1. Helga Mitschke	W.GER	304
2. Annchen Reile	W.GER	265

Triple Jump

Men 40-44

1. Stig Backlund	FIN	14,70
2. Ing Vladimir Mokry	CZE	13,80
3. Pericles Augusto Pinto	POR	13,73

Men 50-54

1. Matti Jarvinen	FIN	11,40
2. Drago Tomovic	YUG	11,12
3. Esko Honkanen	FIN	11,09

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Triple Jump (cont'd)

Men 45-49

1. Hermann Strauss	W.GER	13,38
2. Olavi Niemi	FIN	11,89
3. Kyosti Leaksonen	FIN	11,36

Men 60-64

1. Hans Bitter	W.GER	10,50
2. Raino Rainio	FIN	10,01
3. Hans Stork	W.GER	9,46

Men 70

1. Birger Haug	NOR	7,49
2. Martin Kuban	CZE	7,46
3. Fritz Graf	W.GER	7,37

Pole Vault

Men 40-44

1. Mauno Niemela	FIN	420
2. Tapio Mertanen	SWE	400
3. Fritz Eberle	SWI	390

Men 50-54

1. Esko Honkanen	FIN	290
2. Charles Martret	FRA	280
3. Eero Henell	FIN	220

Men 60-64

1. Erling Svennevik	NOR	250
2. Raino Rainio	FIN	240
3. Yrjo Rantala	FIN	230

Men 70

1. Fritz Graf	W.GER	220
2. Ahti Pajunen	FIN	210
3. Jep Schmidt	DEN	190

Shot Put

Men 45-49

1. Hans Poetsch	AUT	15,60
2. Oiva Lahtinen	FIN	15,50
3. Peter Speckens	W.GER	14,80

Men 55-59

1. Herman Hombrecher	W.GER	15,77
2. Kauko Jouppila	FIN	13,80
3. Jaromir Eric	CZE	13,12

Men 65-69

1. Voitto Elo	FIN	15,20	WR
2. Konstanty Makimczyk	W.GER	13,45	
3. Toivo Hagstrom	FIN	13,38	

Men 75-79

1. Ernst Korte	W.GER	11,10
2. Franz Posluschni	W.GER	10,34
3. Hans Zabel	W.GER	10,26

Men 55-59

1. Esten Guidseth	NOR	10,95
2. Siegfried Cordes	W.GER	10,82
3. Olli Aura	FIN	10,59

Men 65-69

1. Heikki Simola	FIN	10,51
2. Ivar Sand	NOR	10,21
3. Hans Schneider	W.GER	9,19

Men 80

1. Sven Falk	SWE	5,95
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Men 45-49

1. Ilpo Sopanen	FIN	350
2. Sakari Tarkonen	FIN	350
3. James Day	GBR	310

Men 55-59

1. Erik Jensen	DEN	300
2. Pentti Jyrkinen	FIN	260
3. Rolv Nordahl-Hensen	NOR	230

Men 65-69

1. Aarne Villanen	FIN	220
2. Arishide Cuomo	ITA	110

Men 50-54

1. Karl Heinz Wendel	W.GER	14,79
2. Eero Jappinen	FIN	14,63
3. Victor Depre	BEL	14,30

Men 60-64

1. Reino Nokelainen	FIN	16,59
2. Kurt Werner	W.GER	14,72
3. Erling Svennevik	NOR	13,86

Men 70-74

1. Rudolf Leinen	W.GER	12,07
2. Robert Sattler	W.GER	11,61
3. Hermann Hirsch	W.GER	11,56

Men 80

1. Sven Falk	SWE	6,37
2. Emil Zemljak	YUG	5,12

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Shot Put (cont'd)

Women 35-39

1. Gisela Stecher	W.GER	13,01
2. Sabine Alms	W.GER	12,39
3. Brigitte Lange	W.GER	11,83

Women 45-49

1. Sigrun Kofink	W.GER	14,02
2. Liesl Huber	W.GER	13,75
3. Corrie Roovers	NL	10,63

Women 55-59

1. Ada Turci	ITA	10,13
2. Ilse Pleuger	W.GER	9,50
3. Marianne Barth	W.GER	7,65

Women 65-69

1. Annchen Reile	W.GER	8,60
2. Hanna Gelbrich	W.GER	7,89
3. Marie Losova	CZE	6,60

Discus

Men 40-44

1. Mauno Niemela	FIN	420
2. Tapio Mertanen	SWE	400
3. Fritz Eberle	SWI	390

Men 50-54

1. Karl Heinz Wendel	W.GER	50,08
2. Heinz Brand	W.GER	48,22
3. Anders Lindholm	SWE	46,46

Men 60-64

1. Asbjorn Dille	SWE	44,68
2. Reino Nokelainen	FIN	42,70
3. Hans Bitter	W.GER	42,66

Men 70-74

1. Rudolf Leinen	W.GER	40,40
2. Verner Andersson	SWE	37,18
3. Vilho Hanninen	FIN	34,14

Men 80+

1. Ingebrigt Langeng	NOR	22,68
2. Emil Zemljak	YUG	11,84
3. Mikko Salonen	FIN	11,56

Women 40-44

1. Laila Hellstrom	SWE	29,74
2. Viola Antosova	CZE	29,08
3. Brigitte Schmidt	W.GER	23,82

Women 50-54

1. Marianne Hamm	W.GER	32,98
2. Kaija Jortikka	FIN	26,36
3. Bodil Byhre	NOR	21,94

Women 60

1. Hanna Gelbrich	W.GER	21,36
2. Annchen Reile	W.GER	25,35

25

Women 40-44

1. Laila Hellstrom	SWE	9,11
2. Brigitte Schmidt	W.GER	8,04
3. Sonja Munizzi	ITA	6,76

Women 50-54

1. Marianne Hamm	W.GER	12,39
2. Christiane Wippersteg	W.GER	9,44
3. Bodil Byhre	NOR	7,21

Women 60-64

1. Bozena Kintzlova	CZE	7,42
2. Eleonore Puttich	W.GER	5,60
3. Helmi Jarvelainen	SWE	4,42

Women 70

1. Olana Hulanova	CZE	5,83
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Men 45-49

1. Bertil Tallberg	SWE	48,18
2. Peter Speckens	W.GER	47,14
3. Carmelo Rado	ITA	47,14

Men 55

1. Kauko Jouppila	FIN	49,70
2. Victor Jonssen	SWE	42,40
3. Karl-Erik Olsson	SWE	42,28

Men 65-69

1. Konstanty Makimczyk	GBR	47,66
2. Voitto Elo	FIN	44,06
3. Aarne Miettinen	FIN	40,72

Men 75-79

1. Ernst Korte	W.GER	29,36
2. Johann Zabel	W.GER	25,98
3. Paul Kupper	W.GER	25,48

Women 35-39

1. Sabine Alms	W.GER	40,60
2. Eva Polakova	CZE	37,98
3. Gisela Stecher	W.GER	33,98

Women 45-49

1. Sigrun Kofink	W.GER	42,24
2. Liesl Huber	W.GER	37,20
3. Zsuzsa Seredi-Wissingerne	HUN	36,00

Women 55-59

1. Anna Stachovicova	CZE	31,02
2. Kirsten Hveem	NOR	24,60
3. Ada Turci	ITA	23,34

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Javelin

Men 40-44

1. Teuvo Huttilainen	FIN	68,14
2. Ing. Miles Vojtek	CZE	65,64
3. Kari Kantosalu	FIN	61,44

Men 50-54

1. Veikko Javanainen	FIN	57,96	WR
2. Richard Rzehak	W.GER	53,82	
3. Josef Klok	CZE	52,88	

Men 60-64

1. Vaino Ojaranta	FIN	45,04
2. Norbert Barth	W.GER	44,44
3. Dusan Vujacic	YUG	43,76

Men 70-74

1. Robert Sattler	W.GER	32,04
2. Heintz Roder	W.GER	28,38
3. Albert Reisen	W.GER	27,78

Men 80+

1. Ingebright Langeng	NOR	13,90
2. Sven Falk	SWE	13,14
3. Mikko Salonen	FIN	10,20

Women 40-44

1. Una Adella Gore	GBR	26,00
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Women 50-54

1. Christine Wippersteg	W.GER	25,22
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Women 65

1. Hanna Gelbrich	W.GER	25,80
2. Annchen Reile	W.GER	22,36

Hammer

Men 40-44

1. Nemeth Pal	HUN	56,58
2. Osmo Rythkonen	FIN	53,34
3. Walter Link	W.GER	46,72

Men 50-54

1. Pentti Saarikoski	FIN	52,10
2. Richard Rzemak	W.GER	48,82
3. Karl Heinz Wendel	W.GER	45,56

Men 60-64

1. Veikko Pohjonen	FIN	46,24
2. Yrjo Rantala	FIN	45,10
3. Erik Andervarm	SWE	44,32

Men 70-74

1. Paavo Patinen	FIN	27,56
2. Hermann Hirsch	W.GER	27,26
3. Verner Andersson	SWE	25,68

Men 45-49

1. Olavi Rantanen	FIN	62,78
2. Yrjo Salonen	FIN	61,72
3. Heinz Engels	W.GER	60,96

Men 55-59

1. Hans Overland	NOR	55,16	WR
2. Lauri Sundholm	FIN	50,32	
3. Axel Rydstrom	SWE	48,68	

Men 65-69

1. Hans Schneider	W.GER	41,66
2. Oiva Lattu	FIN	34,28
3. Willi Schlamm	W.GER	29,54

Men 75-79

1. Hans Zabel	W.GER	22,70
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Women 35-39

1. Jarmila Segetova	CZE	41,56
2. Birgitta Rantala	FIN	40,86
3. Sabine Alms	W.GER	35,80

Women 45-49

1. Lotte Leiss	W.GER	34,20
2. Ludmila Sunova	CZE	21,84

Women 55

1. Ada Turci	ITA	28,48
2. Vlasta Chlumská	CZE	19,92

Men 45-49

1. Hans Poetsch	AUT	60,48
2. David Bayes	GBR	53,66
3. Ahti Vuori	FIN	48,50

Men 55-59

1. Eino Anttila	FIN	41,38
2. Gunnar Laakso	FIN	38,04
3. Kurt Herrmann	W.GER	36,92

Men 65-69

1. Aarne Miettinen	FIN	43,94
2. Engelbert Weits	W.GER	34,88
3. Mikko Laikoski	FIN	34,72

Men 75

1. Franz Pusluschni	W.GER	23,32
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4 x 100 m

Men 40-49

1. W.GERMANY	52.35
2. FINLAND	52.92
3. ITALY	55.99

Men 50-59

1. SWEDEN	48.62
2. FINLAND	48.73
3. W.GERMANY	48.79

Men 60-69

1. W.GERMANY	52.35
2. FINLAND	52.92
3. ITALY	55.99

4 x 400 m

Men 40-49

1. W.GERMANY	3.27,53
2. G.BRITAIN	3.30,10
3. FINLAND	3.32,42

Men 50-59

1. G.BRITAIN	3.53,46
2. W.GERMANY	3.54,17
3. FINLAND	3.56,39

Men 60-69

1. FINLAND	4.20,28
2. W.GERMANY	4.31,22

5 km Road Walking

Women 35-39

1. Judith Farr	GBR	26.58
2. Gunilla Jansson	SWE	30.05
3. Kerstin Lindgren	SWE	30.45

Women 45-49

1. Sheila Jennings	GBR	27.13
2. Maggie Andersson	SWE	30.35
3. Agnes Blom	BEL	34.40

Women 55-59

1. Karin Larsson	SWE	30.27
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Women 65-69

1. Hildegard Keuchel	W.GER	33.09
2. Nora Wedomo	SWE	33.55

10 km Road Walking

Men 40-44

1. Bruno Secchi	ITA	46.16
2. Paavo Pohjolainen	FIN	46.41
3. Daniel Bjorkgren	SWE	47.51

Men 50-54

1. Karl-Erik Svensson	SWE	48.35
2. Enrico Ruina	ITA	49.58
3. Hein Zethof	NL	53.21

Men 60-64

1. Oddvar Sandvik	NOR	52.21
2. Jan Blidberg	SWE	1.00.27
3. Tage Bergstrom	SWE	1.01.16

Men 70-74

1. Ragnar Kalsson	SWE	1.04.45
2. Max Leonhardt	W.GER	1.07.29
3. Gerhardt Stielow	W.GER	1.08.21

Men 80+

1. Walter Keeler	GBR	1.20.34
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Women 40-44

1. Yvonne Smith	GBR	30.18
2. Hermine Molisch	AUT	31.29
3. Barbara Dunsford	GBR	38.06

Women 50-54

1. Olga Meyer	W.GER	28.24
2. Margareta Ohlsson	SWE	29.26
3. Ria Brouwers	W.GER	31.49

Women 60-64

1. May Bengtsson	SWE	27.55
2. Brita Tibbling	SWE	28.09
3. Inga Sagrelius	SWE	30.54

Women 70

1. Justine Bucher	W.GER	36.27
2. Lahja Kaila	FIN	42.58

Men 45-49

1. Pietro Gobbato	ITA	49.35
2. Werner Schmidt	W.GER	49.47
3. Colin Young	GBR	50.04

Men 55-59

1. Eakon Nielsen	NOR	52.52
2. Herwald Kloppe	W.GER	53.15
3. Ake Lundstrom	SWE	55.04

Men 65-69

1. F. Chico Scimone	ITA	59.12
2. Jochen Muller	W.GER	59.24
3. Heinrich Ermatinger	SWI	1.00.09

Men 75-79

1. Florent de Meyer	BEL	1.23.26
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Women 35-39

1. Judith Farr	GBR	56.59
2. Gunilla Jansson	SWE	1.03.56
3. Kerstin Lindgren	SWE	1.05.02

The 2nd European Veterans Championships
Helsinki 6-10.8.1980

10 km Road Walking (cont'd)

Women 40-44

1. Yvonne Smith GBR 1.03,34
2. Hermine Molisch AUT 1.04,41

Women 50-54

1. Olga Meyer W.GER 58,58
2. Margareta Ohlsson SWE 1.01,16

Women 60-64

1. May Bengtsson SWE 59,51
2. Brita Tibbling SWE 1.00,34
3. Eva Eriksson SWE 1.06,49

Women 70

1. Lahja Kafla FIN 1.30,45

20 km Road Walking

Men 40-44

1. Daniel Bjorkgren SWE 1.40,45
2. Paavo Pohjolainen FIN 1.45,56
3. Mario Pollanz ITA 1.48,18

Men 50-54

1. Karl-Erik Svensson SWE 1.43,43
2. Enrico Ruina ITA 1.43,09
3. Alan Scott SWE 1.48,18

Men 60-64

1. Oddvar Sandvik NOR 1.51,45
2. John Ljungren SWE 1.57,22
3. Tage Bergstrom SWE 2.07,19

Men 70-74

1. Gerhard Stielow W.GER 2.11,40
2. Ragnar Karlsson SWE 2.15,43
3. Max Leonhardt W.GER 2.18,48

Men 80+

1. Walter Keeler GBR 2.38,48

Women 45-49

1. Sheila Jennings GBP 57,36
2. Maggie Andersson SWE 1.03,15

Women 55-59

1. Karin Larsson SWE 1.02,37

Women 65-69

1. Hildegard Keuchel W.GER 1.09,22
2. Nora Wedomo SWE 1.09,30

Men 45-49

1. Herbert Melisch AUT 1.42,54
2. Werner Schmidt W.GER 1.43,34
3. Pietro Cobbato ITA 1.44,12

Men 55-59

1. Herwald Kloppe W.GER 1.49,11
2. Hakon Nilsen NOR 1.52,59
3. Ake Lundstrom SWE 1.54,42

Men 65-69

1. Jochen Muller W.GER 2.07,19
2. John Baboie ROM 2.09,32
3. F. Chico Scimone ITA 2.11,56

Men 75-79

1. Florent de Mayer BEL 2.50,38

NORTH AMERICAN AND CANADIAN VETERANS
MARATHON CHAMPIONSHIPS - WINNIPEG 15th JUNE 1980

By Bob Daniell

DERECK FERNEE CROWNED AS NORTH AMERICAN CHAMPION

The organizers of the Manitoba Marathon left "no stones unturned" in this year's preparations for the Canadian and North American Master's Marathon Championship. They had advertised the race in the major running magazines; they had selected an attractive and extremely flat course; they had subsidized the leading North American Masters to attend and they had solicited the help of hundreds of volunteers to ensure that the start to finish preparations would go without incident. Did all this advance effort result in a top-rated event? The answer is an unequivocal YES! The results tell the story: 3 North American Masters under 2:30 and many under 2:40 with several logging personal bests over the fast course. To top it all off, the 7:00 a.m. starting conditions were superb, cool and sunny with a light breeze blowing; perfect conditions considering the cold windy conditions that had prevailed the evening before.

Certainly Dereck Fernee must have found the course to his liking. Dereck, who has been a dominant competitor on the Ontario road racing scene over recent years, attained the magic age (40) in May of this year. He signaled his readiness for the Manitoba Marathon on June 1, when he uncorked a superb 66 minutes for the hilly 20 Km. distance at the annual Toronto Star Trek to win the Masters division in record time. Since that time he has shaped his training effort carefully, to ensure that he would be in peak condition when he faced North America's best in Winnipeg.

On Saturday afternoon we toured the course by bus. Saturday evening was reserved for the Beer and Spaghetti party. This was a novel evening in many respects, as the Spaghetti was served in specially embossed Frisbees which were kept as souvenirs by those who attended. Unfortunately, the weatherman ordered a cold and windy evening for the party and this reduced the turn-out to less than the 5,000 the organizers had expected at this affair. It seemed such a pity to see all that "all you can eat" fare going to waste but with a 7:00 a.m. race start to look forward to, we had a good excuse to retire early.

The next morning thousands of marathoners were greeted by pleasant weather and well-organized facilities. Two separate starting lines had been arranged. One for Masters and the other for everyone else.

What's going on in New Zealand?

A great deal of preparation for the 1981 W.A.V.A. and I.G.A.L Championships. Deadline for entries is October 1st 1980. Late entries with additional fee to November 7th. Don't forget all the documentation. Entries are already flooding in. Next issue will list many of the prominent.

I met Barry Trail, Chairman of the I.G.A.L. Road events taking careful notes at the Glasgow Championships. Your Veteran headquarters will now have entry forms or obtain from organizing committee for 4th World Veteran Championships 1981, P.O. Box 31-102 ILAM, Christchurch New Zealand.

During the last minutes before the race a few of us discussed what ^{our} early pace should be. We mutually agreed not to go out too fast and settled on 5:45 as a good number. Harry Gregory agreed to set the pace and we gathered on his shoulder at the starting line.

The gun fired and ^{the} race was on. The two starting lines allowed for completely uncongested running through the first mile with the Masters on one side of the boulevard and the seniors on the other. We remained glued to Harry's shoulder confident in his pace setting ability; that is until the mile split was heard. 5:25! We all groaned and thrust accusing glances at Harry. Harry was calm as he announced "Must have been a bad split time, follow me to the two mile split". It did seem like a ridiculously easy 5:25 mile so we agreed to give Harry one last chance. As we cruised up to the 2 mile marker we heard "11:15". Again we groaned, this was abit better but still over ½ minute faster than our plan. Harry was fired on the spot! At this point we were running in a pack of six or eight runners including Harry Gregory, myself, Carl Hall and Alex Ratelle (a well known 50+ U.S. marathoner). Ahead we could still see the lead group consisting of Dereck Fernee, Fritz Mueller and John Robinson (New Zealand).

Ratelle was the first of our group to volunteer for the job of pace setter as he suddenly bounded ahead with such gusto that he opened up a 15 yard lead on our group. Harry and I, not wanting to be dropped by a U.S. Master this early in the race, particularly one who's over 50 increased our effort slightly to ensure no loss of contact while Carl Hall opted for a continuation of the previous pace and dropped back. This pattern continued until about the four mile point where the first water stop was situated. Ratelle who had maintained his lead on us until this point stopped at the water stop for a drink whereas Harry and I opted for drinking on the run. This carried us past Ratelle and although we expected him to catch and pass us, we never saw him again. Perhaps, drinking on the run, is the most time effective method even though most of the water does go up your nose.

Harry and I continued our side by side pace through the early miles, passing ten miles in 56:30. Fernee, Mueller and Robinson were now well out of sight although we did catch a glimpse of them once as we were running up the over-pass hill as they were running beneath us on the "under-pass". At 12 miles a group of five or six runners caught up from behind; ran with us for a mile or so and then decided to pass. I elected to stay with this group and at this point Harry and I parted company.

Carl Hall, discouraged at being dropped by our group so early in the race, regained his composure, engaged passing gear, and commenced a long sustained drive that carried him not only past the

ageless Alex Ratelle but also past Harry Gregory. Harry who was similarly defeated by Carl in last years North American Master's Track Championships over 10,000 metres, couldn't believe his eyes. Carl's previous best time for the Marathon was 2:39 and now, with only a few miles to go, Harry had mentally calculated he was on a 2:33 pace. Harry quickly scanned the area for signs of a nearby subway station but seeing none came to the grim realization that Carl was in fact feeling super-fit and was driving hard for the finish. Carl completed the race in a superb 2:32.54 to finish 3rd Canadian.

Meanwhile, several minutes ahead, Robinson had broken clear of Fernee and Mueller to lead the overall race by a significant margin. Fernee, who was intent on winning the North American Championship elected to stay with Mueller until the final mile of the race, at which point he turned on the steam and finished the race running away from Mueller in grand style.

During the award ceremonies, held at 12:00 noon, Derek was crowned as North American & Canadian Champion, for which he received trips to both England (for the British American Marathon and to Christchurch, New Zealand (for the World Masters Championships). Not bad for a beginner! (at Master's running).

As with all major marathons, the closing ceremonies are a little anticlimatic; the long weeks of carefully planned training are over, the excitement of the race itself has passed and the many friends met during the course of the weekend are starting to return home. All that is left is the continuing memory of the event and the painful walk down the stadium steps to the exit gate. The trip was a rewarding experience for all and the organizers are to be congratulated on a job well done. I am already looking forward to next April when my training plans for next years Manitoba Marathon will be formulated.

By Bob Daniell

Leading Results - Manitoba Marathon

The first Canadian in each age group wins the Canadian Masters Championship for that Group.

CLASS 1A	from	time	CLASS 1B		time
J. Robinson	N.Z.	2:24:27.8	H. Higdon	U.S.A.	2:32:42.1
D. Fernee	Ont.	2:25:25.7	E. Whitlock	Que.	2:38:06.2
F. Mueller	U.S.A.	2:25:51.9	F. Kiddy	U.S.A.	2:40:07.8
E. Billups	U.S.A.	2:29:07.3	K. Schott	Ont.	2:40:15.1
R. Daniell	Ont.	2:30:49.9	R. Wallingford	Ont.	2:46:50.6
R. Rouiller	U.S.A.	2:31:53.7	R. Elliott	Man.	2:50:35.9
C. Hall	Ont.	2:32:54.0			
H. Gregory	Que.	2:33:34.6			
J. Thresher	Man.	2:35:34.6			



Ron Franklin, (50-54) long time British Competitor in a pensive mood at the British Veterans' Championships where he took a bronze medal at 5,000m. Ron finished 5th at 10km in Glasglow at the World Veteran (I.G.A.L.) Road Racing Events.



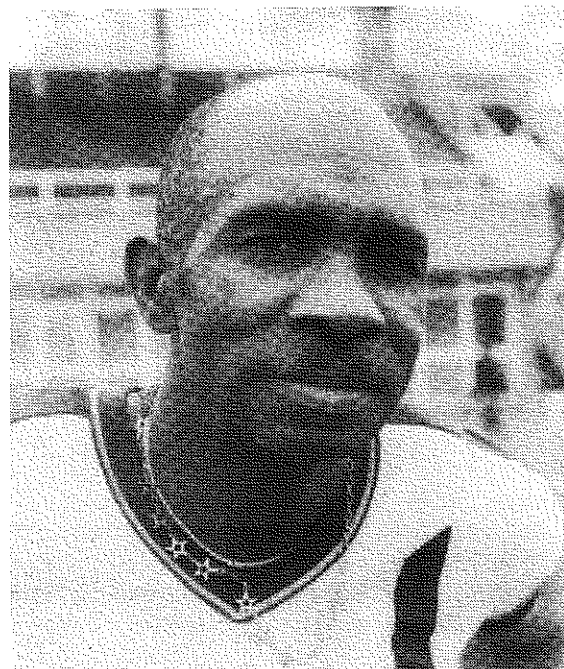
400m World Record holder, 50-54 class Peter Higgins, swept up the titles in both the British and European Championships.



Leo Carrol(40-44) was in the medals at the British, European Track and the World Road Racing Championships.



Gloria Rickards, British winner at 400m 35-39



Ron Taylor, winner of both British Sprint titles at 45-49.



Roger Robinson, New Zealand winner of the British Veterans' 5,000m (40-44) who scored an authoritative, win over 800 strong field at the 10Km World Veterans' Road Racing event in Glasglow, Scotland, August 23rd.



Konstanty Maksimcz, perennial competitor in the throwing events is now in the 65-69 age bracket. He holds 3 World Veteran Records.



Danny Herman, former open class British International won the British 100m 40-44.

10 WORLD MARKS SET AS OVER 500 COMPETE IN NATIONAL T&F CHAMPS

by Al Sheahan

PHILADELPHIA, PA., July 4-6. Ten world records and 6 U.S. bests were set as over 500 athletes took part in the 13th Annual National Masters AAU/TAC Track and Field Championships this holiday weekend at the University of Pennsylvania's Franklin Field.

The new world marks established were:

1. Nick Newton of Los Angeles broke his own world record in the men's age 45-49 400 with a time of 51.0. He had set the old mark of 51.11 on May 24.

2. Bill Fitzgerald of Palos Verdes, California lowered his own world 800 mark in the 55-59 division for the 3rd consecutive race. His 2:08.9 topped the 2:09.3 he had run in the Western Regionals June 22.

3. Frank Fenger of Charlottesville, West Virginia erased Norm Bright's 800 standard of 2:27.2 in the 65-69 bracket with a time of 2:25.3.

4. Russ Meyers of Pensacola, Florida lowered his own 110 hurdle mark of 21.1 in the 75-79 group to 20.93.

5. The high-jumpers went wild. Three new world marks were set in the ideal hot, windless conditions. J.C. Brown of Staten Island, N.Y. leaped 5-9 to raise the world 50-54 standard of 5-8, jointly held by Orval Gillette (Dec. 1971) and Boo Morecom (July 1972).

6. Burl Gist of San Marcos, California was elated when he cleared 5-2½ to erase Erik Staf of Norway's 6-2 global 60-64 high jump mark set in the 2nd World Games in Sweden in 1977.

7. Ian Hume's 4-11 in the 65-69 high jump eclipsed the 4-10 mark set by Richard Rafferty of Great Britain last year at the 3rd World Games in Hannover, Germany. Hume, a Canadian and world veteran's technical chairman, then triple-jumped 34-11 to better the 34-7 previous world best, but it was wind aided, as were many triple jump marks.

8-10. Salisbury improved on 3 of the world women's 70-74 bests she set earlier in the year, winning the 200 (1:07:11), 400 (2:51.15, and 800 (5:35.4).

Outstanding performances were commonplace. Among them:

--Mike Jackson of Los Angeles captured the 100 (10.8) and 200 (22.41) in the 30-34 division. A former Presidential fellow with a Ph.D. in Public Administration, Jackson now works for U.S. Senator Alan Cranston (D-Cal.). "The Senator inspires me," Jackson said. "I ran these races for him. He wanted to compete today, but he wasn't able to get away. He wants me to run the 400, and I will. I've laid off for 2 years. Next year I'll run 10.4 or 10.3 in the 100 and the low 21's in the 200."

--Doug Smith of Huntington Beach, California kept the 40-44 sprint crowns on the west coast for the 3rd successive year, topping 1979 champion Ken Dennis in the 100, 11.40 to 11.49; and in the 200, 22.77 to 22.94.

--Nick Newton reversed the order of finish in the M45 100 and 200 from the World Games last year, beating gold medalist Lloyd Riddick, 11.53 to 11.89 in the 100, with Matt Brown splitting them for 2nd in 11.70. In the 200, Newton triumphed in 23.55 to Riddick's 23.88 with Brown third. In Hannover, Riddick won two golds in 11.25 and 23.55, while Newton took both bronzes in 11.65 and 23.68. Thus, Newton, 46, improved on all three of his Hannover times (51.0 in the 400 here vs. 52.14 in Germany) to win three national championship gold medals in one of the meet's finest efforts.

--Bert Lancaster of Philadelphia and Jack Greenwood of Kansas engaged in three classic duels in the 50-54 bracket. Lancaster first topped Greenwood in the 100, 11.94 to 12.30. Then Greenwood, who has never lost a 400 in domestic competition, edged Lancaster, 54.88 to 55.85. "I caught him but I couldn't go by him," Lancaster said. "But I'm out to get him in the 200." He did, giving Greenwood his first U.S. defeat, to our knowledge, in the 200, 24.43 to 24.68. (Greenwood won the silver in Hannover in 24.23.) "I had a bad lane and I couldn't see him," Lancaster said. "But I ran a hard turn. I could hear him coming at the end." Lancaster's two-out-of-three wins over Greenwood were even more impressive since the Philadelphian was the meet organizer, and was busy overseeing details. Greenwood, however, remained undefeated as a master in the 110 and 400 hurdles,

easily winning the former in 16.48 (33") and the latter in 60.14 (30"), drawing a few "oohs" and "ahs" from Easterners who had never before seen the Kansan glide smoothly over the barriers.

--Bob Hunt of Anaheim, Calif., won both hurdles in the 60-64 category in 17.63 and 70.1, narrowly missing U.S. marks in each. His 400 victory in 61.43 is close to the world mark.

--Jose Ubarri of Puerto Rico, the 1954 Central American 100 (10.7) and 200 champ, captured the 55-59 sprints in 12.38 and 25.51.

--Miki Hervey successfully defended her championships in the women's 35-39 200, 400 and 800.

--U.S. 40-44 800 record-holder (1:56.0) and world gold-medalist Ernie Billups of Chicago hooked up in a torrid duel with George Cohen of Inglewood, Calif. Out fast as usual, Billups had just enough to withstand Cohen's closing rush, 1:57.8 to 1:57.9. "I moved too late," Cohen said. "I got boxed in. Ten more yards and I would have had him." The finish was so close that some observers on the finish line weren't sure who won. The two tangled again in the 1500. Cohen tried to stay with Billup's pace, but the American record-holder (4:02.5) was too much, Cohen eased to a 2nd place 4:11.3 as Billups breezed to a 4:02.8, only 0.3 off his domestic standard.

--Cliff Pauling and Kelsey Brown won the 800 in their 45-49 (2:02.7) and 50-54 (2:08.8) divisions, respectively.

--Diane Palmason of Ottawa, Ontario clocked 2:20.9 in the 40-44 800,

photo by Andy Boyajian



Bert Lancaster, Executive Administrator of National Masters T&F Champs.

U.S.A. National Masters Track and Field Championships

July 4-6

Philadelphia, PA

100 Meters

Men 40-44

1. Doug Smith	11.40
2. Ken Dennis	11.49
3. Warren Crutchfield	11.56

Men 50-54

1. Bert Lancaster	11.94
2. Jack Greenwood	12:30
3. Edward Schular	12:47

Men 60-64

1. Robert Hunt	13.60
2. Byron Walls	13.93
3. Max Picki	14.01

Men 70-74

1. Anthony Castro	14.38
2. Manfred d'Elia	14.74

Men 85-89

1. Vincent Schiavi	27.62
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Women 40-44

1. Joann Grossom	14.19
2. Alexandra Johnson	15.52

Women 50-54

1. Shirley Ammons	15.9
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Women 70-74

1. Marilla Salisbury	29.86
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200 Meters

Men 40-44

1. Doug Smith	22.77
2. Kenneth Dennis	22.94
3. Dimitri Abayomi	23.19

Men 50-54

1. Bert Lancaster	24.43
2. Jack Greenwood	24.68
3. Oswald Dawkins	25.49

Men 60-64

1. John Alexander	27.61
2. Robert Hunt	27.96
3. Byron Walls	29.06

1st 3 Places only

Men 45-49

1. Milton Newton	11.53
2. Matt Brown	11.70
3. Lloyd Riddick	11.89

Men 55-59

1. Jose Ubarri	12.38
2. Rush Jacobs	12.97

Men 65-69

1. Gilberto Gonzalez	14.09
2. John Satti	14.13
3. Max Picki	15.13

Men 75-79

1. Sing Lum	15.77
2. Russell Myers	16.00
3. Herbert Anderson	16.18

Women 35-39

1. Sandy Paskin	14.0
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Women 45-49

1. Christel Miller	13.9
2. Chris McKenzie	14.7
3. Anna Cirrnick	15.6

Women 60-64

1. Marjorie Hunt	21.9
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Men 45-49

1. Milton Newton	23.55
2. Lloyd Riddick	23.88
3. Matt Brown	24.59

Men 55-59

1. Jose L'Ubarri	25.51
2. Thompson	26.01
3. Rush Jacobs	26.39

Men 65-69

1. Frank Finger	28.54
2. John Satti	29.22
3. George Braceland	32.56

Men 70-74

1. Anthony Castro	29.67
2. Manfred d'Elia	30.19
3. C.E. Kline	30.90

Women 35-39

1. Miki Hervey	34.12
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Women 45-49

1. Marie Barrie	34.91
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Women 70-74

1. Marilla Salisbury	67.11
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400 MetresMen 40-44

1. James Burnett	49.76
2. Harry Tolliver	51.80
3. Larry Colbert	51.93

Men 50-54

1. Jack Greenwood	54.88
2. Bert Lancaster	55.85
3. Oswald Dawkins	57.13

Men 60-64

1. Robert Hunt	61.43
2. John Alexander	61.74
3. Milton Bass	64.59

Men 70-74

1. C.E. Kline	1:09.03
2. Harry McArdle	1:13.40
3. Paul Fairbank	1:16.79

Women 35-39

1. Miki Hervey	65.00
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Women 45-49

1. Chris McKenzie	1:07.36
2. Marie Barrie	1:26.40

Women 70-74

1. Marilla Salisbury	2:51.15
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800 MetresMen 40-44

1. Ernest Billups	1:57.8
2. George Cohen	1:57.9
3. Harry Tolliver	1:58.5

Men 75-79

1. Herbert Anderson	32.71
2. Sing Lum	32.82

Women 40-44

1. Joann Grissom	31.38
2. Alexandria Johnson	32.16

Women 50-54

1. Shelley Ammons	33.78
2. Marcia Spaeth	34.09

Men 45-49

1. Milton Newton	51.0
2. Cliff Pauling	52.7
3. Rudy Enders	55.4

Men 55-59

1. Rush Jacobs	60.27
2. Jack Rice	60.81
3. Raymond Spencer	61.52

Men 65-69

1. Frank Fenger	64.10
2. John Satti	66.60
3. Casey Witkowski	1:10.70

Men 75-79

1. Herbert Anderson	1:14.95
2. Sing Lum	1:18.6
3. Russel Meyers	1:27.6

Women 40-44

1. Pat Bessel	1:07.80
2. Alexandria Johnson	1:12.72

Women 50-54

1. Marcia Spaeth	1:15.88
2. Shelley Ammons	1:16.16

Men 45-49

1. Clifford Pauling	2:02.7
2. Robert Saddler	2:93.3
3. Bill Krebs	2:05.1

Men 50-54

1. Kelsey Brown	2:08.8
2. Joe Kernan	2:14.8
3. Louis Schneider	2:15.7

Men 60-64

1. Milton Bass	2:24.1
2. Harold Greenberg	2:37.0

Men 70-74

1. Richard Bredenbeck	2:52.0
2. Paul Fairbank	2:53.2
3. Harry McArdle	2:57.8

Women 40-44

1. Diane Palmason	2:20.9
2. Pat Bessel	2:30.0

Women 70-74

1. Marilla Salisbury	5:35.4
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1500 MetresMen 40-44

1. Ernest Billups	4:02.8
2. George Cohen	4:11.3
3. Hylke vanDerWal	4:13.5

Men 50-54

1. David Colton	4:23.9
2. Kelsey Brown	4:34.7
3. Joe Kerman	4:40.0

Men 60-64

1. Jay Spanseller	5:47.2
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Men 70-74

1. Paul Fairbank	6:02.3
2. Fred Bierlein	7:15.9

Women 40-44

1. Sandra Knott	4:50.7
2. Diane Palmason	4:53.0
3. Pat Bessel	5:04.2

Women 50-54

1. Rachel Bourn	5:51.1
2. Marcia Spaeth	5:51.5
3. Shelley Ammons	8:09.3

Men 55-59

1. Bill Fitzgerald	2:08.9
2. Philip Arnot	2:13.2
3. Archie Messenger	2:18.6

Men 65-69

1. Frank Fenger	2:25.3
2. Casey Witkowski	2:48.1

Women 35-39

1. Miki Hervey	2:22.5
2. Sandy Pashkin	2:29.3

Women 45-49

1. Mary Czarapata	2:27.8
2. Chris McKenzie	2:36.6

Men 45-49

1. Barrie Almond	4:17.9
2. Hal Higdon	4:22.1
3. Clifford Pauling	4:23.2

Men 55-59

1. Bill Fitzgerald	4:38.2
2. Donald Carter	4:47.3
3. Avery Bryant	4:52.9

Men 65-69

1. Bob Boal	5:45.6
2. Sam Monastero	6:01.9
3. Rudolph Nilson	6:06.1

Men 75-79

1. Paul Hobe	8:04.3
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Women 45-49

1. Mary Garapata	5:08.6
2. Chris McKenzie	

Women 70-74

1. Marilla Salisbury	11:19.6
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5000 MetresMen 40-44

1. Lew Faxon	15:53.9
2. Dan Conway	16:00.4
3. Samuel Yong	16:45

Men 50-54

1. David Colton	16:57.6
2. Pete Mundle	18:04.5
3. Roland Anspach	18:13.3

Men 60-64

1. Harold Greenberg	21:00.1
2. John Woods	21:20.2
3. Abe Bell	22:07.0

Men 70-74

1. Charles Espy	24:40.9
2. Paul Carmichael	31:22.9

Women 35-39

1. Linda Hawkes	24:23.2
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Women 50-54

1. Rachel Bourn	22:11.0
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Women 70-74

1. Marilla Salisbury	
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10,000 MetresMen 40-44

1. Bob Fischer	32:45.6
2. Don Conway	33:21.4
3. Dick Hipp	33:45.7

Men 50-54

1. Roland Anspach	37:41.2
2. Tony Diamond	38:15.0
3. George Amick	38:57.8

Men 60-64

1. Harold Greenbert	42:36.0
2. John McCarthy	42:36.8
3. Abe Bell	49:33

Men 70-74

1. Charles Espy	46:42
2. Paul Carmichael	54:37.1

Men 45-49

1. Jim Aneshansley	16:39
2. Albert Wick	16:49.7
3. John Forrest	17:27.5

Men 55-59

1. Jim O'Neil	16:50
2. Avery Bryant	18:45
3. Dr. W.N. Hewson	20:11.7

Men 65-69

1. Judy Nelson	21:21.8
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Men 75-79

1. Paul Hcbe	29:11.1
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Women 40-44

1. Sandra Knott	18:11.1
2. Diane Palmason	19:26.3
3. Pat Bessel	20:30.6

Women 45-49

1. Isabel McConnell	26:41.6
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Men 45-49

1. John Forrest	34:47.6
2. Robert Fine	38:39.1
3. Trevor Banks	38:56

Men 55-59

1. Jim O'Neil	35:35.6
2. Jack Start	39:10.3
3. Jack Pennington	41:58.5

Men 65-69

1. Rudolph Nilson	46:17
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Women 40-44

1. Sandra Knott	37:28.5
2. Pat Bessel	40:21.8
3. Sandra Folzer	41:36

Women 50-54

1. Toshiko d'Elia	41:00.1
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5000 Metre WalkMen 40-44

1. Joe Stefanowicz	25:59
2. William Preston	26:19
3. Ron Laird	27:03

Men 50-54

1. Fred Dunn	26:53
2. Harry Siitonen	29:03
3. Tom Costigan	34:19

Men 60-64

1. Don Johnson	29:19
2. Richard Lukes	33:39

Men 70-74

1. Gordon Wallace	30:40
2. David Lakritz	33:41
3. Chesley Unruh	35:53

Women 55-59

1. Agnes Costigan	46:08
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20 Kilometre WalkMen 40-44

1. William Preston	1:52:38
2. Ron Laird	2:06:28
3. Paul Robertson	2:09:02

Men 50-54

1. Fred Dunn	1:55:18
2. Tony Diamond	2:18:01
3. Sanford Kalb	2:34:47.2

Men 60-64

1. Max Gould	1:51:40
2. Don Johnson	2:07:41

Men 70-74

1. Gordon Wallace	2:11:04
2. Chwalwy Unruh	2:34:47.6

110 Metre HurdlesMen 40-44 (36")

1. Alvin Henry	15.22
2. Jim O'Hara	15.53
3. Lew Thorne	15.57

Women 70-74

1. Marilla Salisbury	1:16.2
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Women 45-49

1. Jack Boitano	25:05
2. Bob Fine	26:28
3. John MacLachlan	29:40

Men 55-59

1. Bob Mimm	26:35
2. Tim Dyas	33:24

Men 65-69

1. John Wall	37:46
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Women 50-54

1. Anna Rush	32:49
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Men 45-49

1. Jack Boitano	1:43:01
2. Robert Fine	1:59:36
3. Joel Holman	2:12:31

Men 55-59

1. Robert Mim	1:54:48
2. Tim Dyas	2:09:04

Men 65-59

1. John Wall	2:43:00
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Women 50-54

1. Anna Rush	2:24:33
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Men 45-49 (36")

1. Dave Jackson	16.04
2. Phil Mulkey	17.17
3. Leon Trout	17.30

Men 50-54 (33")

- 1. Jack Greenwood 16.48
- 2. Jay Wallace 17.65
- 3. Joe Murphy 18.01

Men 60-64 (30")

- 1. Bob Hunt 17.63
- 2. Burl Gist 18.02
- 3. Marcus Neuhof 20.01

Men 75-79 (30")

- 1. Russell Meyers 20.93
- 2. Herb Anderson 27.92

400 Metre Intermediate

Men 40-44 (33")

- 1. Berky Nelson 58.36
- 2. Gary Miller 59.24
- 3. Jack Brocksmith 61.26

Men 50-54 (30")

- 1. Jack Greenwood 1:00.14
- 2. Harold Green 1:04.71
- 3. Jay Wallace 1:06.92

Men 60-64 (30")

- 1. Robert Hunt 1:10.09
- 2. Max Picki 1:15.22

Men 75-59 (30")

- 1. Herbert Anderson 1:32.46
- 2. Russell Meyers 1:34.46

3000 Metre Steeplechase

Men 40-44

- 1. Hylke VanDeWal 9:54.8
- 2. Fred Best 10:13.8
- 3. Ed Hotham 11:23.6

Men 50-54

- 1. Roland Anspach 11:25.1
- 2. Jim Waste 13:15.0
- 3. Rich Czarapata 13:41.2

Men 65-69

- 1. Bob Boal 11:51.8

**400 Metre Intermediate Men 65-59

- 1. George Braceland 1:19.09
- 2. Claude Hills 1:22.87
- 3. Bob Boal 1:25.52

Men 55-59 (33")

- 1. Freeman Mar 19.90
- 2. Jim Johnson 21.10

Men 65-69 (30")

- 1. Claude Hills 20.01
- 2. George Braceland 20.09

Women (open)

- 1. Eileen Phillipa-Watson 16.66
- 2. Joann Grissom 19.18
- 3. Skipper Clark 20.07

Men 45-49 (33")

- 1. Rudy Enders 60.3
- 2. Matt Brown 62.5
- 3. William Clark 65.0

Men 55-59 (30")

- 1. Ray Spencer 1:10.81
- 2. Avery Bryant 1:18.77

Men 70-74 (30")

- 1. Fred Bierlein 1:52.89

Women 40-44 (30")

- 1. Joann Grissom 1:20.98

Men 65-69 See Below

Men 45-49

- 1. Walt McConnell NT

Men 55-59

- 1. Avery Bryant 12:09.0

Men 70-74

- 1. Charles Espy 16:09.0
- 2. Paul Carmichael 19:58.0

72

High Jump

Men 40-44

- 1. Jerry Counihan 5-10
- 2. Mamon Gibson 5-10
- 3. Tom Langenfeld 5-8

Men 50-54

- 1. J.C. Brown 1.75 (5-9)
(new age group World Record)
- 2. Ed Austin 1.62 (5-4)
- 3. R.G. Wolf 1.37 (4-6)

Men 60-64

- 1. Burl Gist 1.59 (5-2½)
(new age group World Record)
- 2. Orval Gillett 1.47 (4-10)
- 3. Marcus Neuhof 1.42 (4-8)

Men 70-74

- 1. Wesley Ward 4-6
- 2. Warren Pike 3-6

Women 40-44

- 1. Joann Grissom 4-4

Pole Vault

Men 40-44

- 1. Paul Richard 13-6
- 2. Counihan 13-6
- 3. Ed Hoyle 13-0

Men 50-54

- 1. Jerry Donley 12-6
- 2. Franklin Wommer 10--
- 3. R.G. Wolf 8-6

Men 60-64

- 1. Ralph Biesemeyer 9-6
- 2. Orval Gillett 9-0
- 3. Richard Ganslen 8-0

Men 70-74

- 1. W. Sherman Burho 1.62 (5-4)

Men 45-49

- 1. Herm Wyatt 6-0
- 2. Milton Newton 5-10
- 3. tie, Floyd Smith 5-8
Rich Richardson 5-8

Men 55-59

- 1. Spotswood Hall 1.62 (5-4)
- 2. Floyd Simmons 1.57 (5-2)
- 3. Irv Mondschein 1.52 (5-0)

Men 65-69

- 1. Ian Hume 1.50 (4-11)
(new age group World Record)
- 2. William Eipel 1.32 (4-6)
- 3. Claude Hills 1.32 (4-4)

Men 75-79

- 1. Herb Anderson 4-0
- 2. Win McFadden 3-10
- 3. Konrad Boas 3-6

Women 45-49

- 1. Christel Miller 4-2

Men 45-49

- 1. Phil Mulkey 12-0
- 2. Leon Trout 9-6
- 3. Ray Fitzhugh 9-0

Men 55-59

- 1. Boo Morcom 12-6
- 2. David Brown 10-6
- 3. James Johnson 9-6

Men 65-69

- 1. Donald Hummel 9-0
- 2. Ian Hume 8-6
- 3. George Braceland 8-6

Men 75-79

- 1. Herbert Anderson 2.59 (8-6)

Long JumpMen 40-44

1. Alvin Henry	6.38 (20-11½)
2. Robert Jackson	6.12 (20-1)
3. Jerry Counihan	6.06 (19-10½)

Men 50-54

1. Shirley Davisson	19-9
2. Edmund Schuler	16-8½
3. Phil Schlegel	16-5½

Men 60-64

1. John Alexander	16-2½
2. Max Picki	15-6¼
3. Burl Gist	14-8½

Men 70-74

1. Sherman Burho	11-5 3/4
2. Warren Pike	10-10
3. William Dunham	6-2 3/4

Women 30-34

1. Eileen-Philippa Watson	17-6¼
2. Skipper Clark	17-0 3/4
3. Anna Mapps	15-0½

Women 45-49

1. Christel Miller	14-5½
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Triple JumpMen 40-44

1. Alvin Henry	12.97
2. Bill Keyes	11.28
3. Sammy White	10.96

Men 50-54

1. Charles Cox	10.12 (33-2½)
2. Bill Cole	10.08 (33-1)
3. R.G. Wolf	9.42 (30-11)

Men 60-64

1. Richard Ganslen	9.94 (32-7¼)
2. Robert Sorlien	9.46 (31-0½)
3. Max Picki	9.32 (30-7)

Men 70-74

1. Wesley Ward	8.16 (26-9½)
2. Sherman Burho	7.50 (24-7¼)

Men 45-49

1. David Jackson	5.71 (18-8 3/4)
2. Phil Mulkey	
3. William Clark	

Men 55-59

1. Boo Morcom	17-4
2. Ray Spencer	17-4
3. Floyd Simmons	16-8

Men 65-69

1. John Satti	15-11
2. Claude Hills	14-6½
3. Ian Hume	14-5½

Men 75-79

1. Russell Meyers	12-9½
2. Winfield McFadden	11-10½
3. Herbert Anderson	10-1 3/4

Women 40-44

1. Joann Grissom	15-11
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Women 50-54

1. Shelley Ammons	9-9
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Men 45-49

1. David Jackson	13.37
2. Phil Mulkey	11.28
3. James Washington	10.77

Men 55-59

1. Raymond Spencer	11.02 (36-2)
2. David Brown	10.73 (35-2½)
3. James Johnson	10.16 (33-4)

Men 65-69

1. Ian Hume	10.64 (34-11)
2. John Satti	9.71 (31-10½)
3. Claude Hills	8.81 (28-11)

Men 75-79

1. Winfield McFadden	8.19 (26-10½)
2. Herbert Anderson	7.50 (24-5 3/4)
3. Russell Meyers	6.80 (22-3 3/4)

Shot PutMen 40-44

1. Steve Hameroff	43-1½
2. Hal Smith	42-1¼
3. Carl Klehm	37-3¼

Men 50-54

1. Tom Allison	36-11¼
2. Tom Hill	37-6½
3. Richard Walkup	36-11

Men 60-64

1. Bill Gilligan	45-5½
2. William Coleman	44-4¼
3. Harold Parsons	41-8

Men 70-74

1. Raymond Connolly	33-7¼
2. Warren Pike	31-4½

Men 85-89

1. Vincent Schiavi	18-5½
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Women 40-44

1. Joann Grissom	37-9½
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DiscusMen 40-44

1. Bob Humphreys	47.37 (155-4)
2. David MacMillan	37.42 (122-9)
3. Hal Smith	35.25 (110-9)

Men 50-54

1. Edward Terranova	35.40 (116-2)
2. Tom Hill	33.75 (110-8)
3. Tom Allison	33.72 (110-7)

Men 60-64

1. Tom McDermott	152-11
2. Bill Gilligan	135-10
3. Harold Parsons	123-8

Men 70-74

1. W. Sherman Burho	87-2½
2. Ray Connolly	80-0½
3. Warren Pike	79-2½

Women 40-44

1. Ann Smith	63-7½
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Men 45-49

1. Tom Henderson	42-2
2. Stewart Thompson	42-0¼
3. Carlos Fraundorfer	41-11½

Men 55-59

1. William Walmroth	45-3½
2. Floyd Simmons	39-8½
3. John Ward	29-6½

Men 65-69

1. James York	44-8¼
2. Ross Carter	41-5
3. Neel Buell	39-6½

Men 75-79

1. Stan Herrmann	33-2½
2. Herb Anderson	28-8
3. Curtis Wright	24-5¼

Women 35-39

1. Susan Sherke	22-8½
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Women 45-49

1. Anne Cirulnick	26-10½
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Men 45-49

1. Stewart Thomson	38.61 (126-8)
2. Len Olson	38.53 (126-4)
3. Carl Fraundorfer	38.48 (126-3)

Men 55-59

1. William Walmroth	41.51 (136-2)
2. John Ward	28.51 (93-6½)
3. Robert Sheipe	22.13 (72-7¼)

Men 65-69

1. Neel Buel	37.62 (123-5)
2. Larry R. Pratt	35.39 (116-1)
3. Bob Detwiler	34.86 (114-4)

Men 75-79

1. Win McFadden	89-3¼
2. Stan Herrmann	86-4¼
3. Herb Anderson	68-8

Women 45-49

1. Anna Cirulnick	75-9½
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Javelin

Men 40-44

1. Hal Smith	44.15	(144-10)
2. Ken MacKenzie	37.98	(124-7)
3. Karl Klehm	28.65	(94-0)

Men 50-54

1. Richard Walkup	38.42	(126-0)
2. Tom Hill	34.74	(114-0)

Men 60-64

1. Herman Hand	31.50	(103-4)
2. Harold Parsons	30.67	(100-5)
3. Stan Laski	30.07	(98-8)

Men 70-74

1. William Dunham	25.00	(82-0½)
2. Raymond Connolly	19.74	(64-9½)

Women 35-39

1. Susan Skerke	20.62	(67-7 3/4)
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Hammer Throw

Men 40-44

1. Norm Cyprus	40-54	(133-0)
2. Carl Klehm	35-22	(155-7)
3. Ken MacKenzie	27.25	(89-4 3/4)

Men 50-54

1. Awin Phillip	36.39	(119-4)
2. Tom Hill	22.57	(74-0½)

Men 60-64

1. Thomas McDermott	48.67	(162-11)
2. Harold Parsons	41.41	(135-10)
3. Bill Gilligan	41.40	(135-10)

Men 70-74

1. Raymond Connolly	26.86	(88-1½)
2. Warren Pike	25.20	(82-8½)

Men 85-89

1. Vincent Schiavi	6.05	(19-10¼)
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PENTATHLON

Men 40-44

1. WHITE, Sammy	3,203
2. MILLER, Gary	3,190
3. BOHIGIAN, Haig	2,666

Men 45-49

1. Phil Conley	59.70	(195-10)
2. Robert Youngs	55.02	(180-6)
3. John Reider	44.33	(161-10)

Men 55-59

1. Floyd Simmons	42.10	(138-1)
2. Albert Selig	39.74	(114-0)

Men 65-69

1. Ian Hume	38.25	(125-5)
2. George Braceland	31.89	(104-7)
3. Robert Detwiler	28.68	994-1½)

Men 75-79

1. Herbert Anderson	23.74	(77-10 3/4)
2. Winfield McFadden	20.98	(68-10)

Women 45-49

1. Christel Miller	30.78	(101-0)
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Men 45-49

1. Stewart Thomson	45.39	(148-11)
2. Irving Black	43.08	(141-4)
3. Carlos Fraundorfer	38.76	(127-2)

Men 55-59

1. Irv Mondschein	35.96	(118-0)
2. Tom DeVaughn	34.20	(112-2)

Men 65-69

1. Nolan Fowler	43.88	(143-11)
2. Bob Dewiler	35.30	(115-10)
3. James York	32.80	(107-7)

Men 75-79

1. Stan Herrmann	34.13	(111-11)
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Men 45-49

1. ENDERS, Rudy	3,203
2. CONLEY, Phil	3,059
3. TROUT, Leon	2,689

Men 50-54

1. COX, Charles	2,265
2. BROOKS, Thomas	2,213
3. COLEN, Harold	1,766

Men 60-64

1. ALEXANDER, John	3,923
2. PICKI, Max	1,997

Men 70-74

1. WARD, Wesley	2,646
2. BIERLEIN, Fred	1,507

Men 55-59

1. HARRIS, Don	2,827
2. BUSCHMAN, Melvin	2,720
3. HARRIS, Oscar	1,444

Men 65-69

1. HUME, Ian	3,551
2. HILLS, Claude	3,244
3. BRACELAND, George	3,128

Men 75-79

1. ANDERSON, Herbert	2,829
2. MEYERS, Russell	2,125

BRITISH VETERANS ATHLETIC FEDERATION TRACK & FIELD CHAMPIONSHIPS

1st 3 only

July 12-13, 1980

100 Metres

M40			
Final	1.	D. Herman	11.9
	2.	P. Dunham	12.1
	3.	F. Taylor	12.2

M45	1.	R. Taylor	11.5
	2.	C. Williams	11.7
	3.	D. Burton	12.1

M50	1.	F. Higgins	12.4
	2.	A. Tipping	13.2
	3.	T. Brown	13.2

M55	1.	S. Stein	12.9
	2.	H. Smith	13.1
	3.	W. Williams	

M60	1.	C. Fairey	13.7
	2.	F. Sherwood	14.1
	3.	B. Metcalfe	14.3

M65+	1.	L. Batt	14.4
	2.	A. Beckett	15.2
	3.	S. Busby	17.0

W35	1.	P. McNab	13.4
	2.	S. Forest	14.0

W40	1.	U. Gore	13.6
	2.	S. Farley	14.7
	3.	A. Drew	15.8

W45+	1.	E. Steedman	14.9
	2.	J. Coggin	15.1
	3.	B. Atkinson	15.9

M70	1.	J. Searle	17.5
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200 Metres

M40	1.	P. Dunham	24.0
	2.	B. Mitchell	24.5
	3.	P. Cornell	25.6

M45	1.	R. Taylor	23.8
	2.	C. Williams	24.6
	3.	D. Burton	24.9

M50	1.	F.P. Higgins	24.8
	2.	R. Archbold	27.1
	3.	T. Brown	27.2

M55	1.	H. Smith	27.2
	2.	G. Leete	27.6
	3.	J. Pritchard	27.9

M60	1.	B. Metcalfe	29.0
	2.	F. Sherwood	29.9

M65	1.	L. Batt	30.0
	2.	A. Beckett	32.8

M70	1.	T. Hines	35.5
	2.	N. Martin	37.2
	3.	J. Searle	38.6

W35	1.	E. Manders	27.0
	2.	P. McNab	27.9
	3.	T. Miles	33.9

W40	1.	U. Gore	29.0
	2.	S. Farley	31.8
	3.	A. Drew	34.7

W45	1.	E. Steedman	30.9
	2.	B. Atkinson	33.1

400 Metres	1.	C. Wooton	52.8
	2.	R. Anderson	53.0
M40	3.	P. Dunham	53.2
M45	1.	W. Morgan	53.2
	2.	K. Whitaker	54.4
	3.	B. Barnaby	55.8
M50	1.	F. Higgins	53.6
	2.	T. Clowry	58.0
	3.	A. Tipping	59.8
M55	1.	B. Nielson	62.3
	2.	J. Pritchard	62.6
	3.	P. Munn	64.4
M60+	1.	L. Batt	66.7
	2.	H. Taylor	68.6
	3.	N. Barnes	69.0
W35	1.	G. Rickards	59.3
	2.	J. Kimber	62.4
	3.	P. McNab	63.7
W40	1.	G. Plater	64.0
	2.	U. Gore	65.6
	3.	E. Price	85.1
W45	1.	E. Steedman	69.8
110 M. Hurdles			
M40	1.	J. Howell	17.2
M45	1.	C. Shafto	16.7
	2.	G. Daborn	18.4
	3.	C. Knowles	19.5
M50	1.	I. Steedman	18.2
M55	1.	G. Leete	20.1
	2.	W. Hartfree	21.7
M65	1.	R. Evans	22.9
400 M. Hurdles			
M40	1.	G. Pinkney	63.5
	2.	D. Reid	70.2
M45	1.	C. Shafto	59.7
	2.	W. Lane	61.3
	3.	K. Whitaker	63.0
M50	1.	I. Steedman	65.3
M55	1.	P. Munn	79.2
M60	1.	T. Rawlinson	93.6
M70	1.	T. Hines	123.9

800 Metres			
M40	1.	R. Anderson	2:01.2
	2.	A. Clark	2:02.7
	3.	A. Kimber	2:02.9
M45	1.	W. Morgan	2:02.5
	2.	W. Lane	2:04.2
	3.	A. Churchill	2:06.4
M50	1.	T. Clowry	2:08.6
	2.	G. Smith	2:14.0
	3.	I. Steedman	2:16.9
M55	1.	H. Tempan	2:12.5
	2.	B. Nielson	2:18.9
M60	1.	E. O'Bree	2:24.6
	2.	H. Taylor	2:33.1
M70	1.	E. Sears	3:14.6
M75	1.	R. White	3:40.8
W35	1.	J. Kimber	2:24.1
	2.	S. Fitz	2:27.8
	3.	Y. Miles	2:40.7
W40	1.	B. Brookes	2:34.7
	2.	J. Aitcheson	2:42.3
	3.	E. Price	2:51.4
W45	1.	H. Rider	2:41.2
W50	1.	V. Mijovic	3:03.2
	2.	J. Parish	3:05.0
1500 Metres			
M40	1.	B. Bartholomew	4:07.9
	2.	M. Turner	4:08.9
	3.	A. Kimber	4:09.6
M45	1.	J. Oliver	4:17.2
	2.	A. Hughes	4:20.1
	3.	P. Freeman	4:21.9
M50	1.	G. Smith	4:34.0
	2.	D. Dellar	4:35.0
M55	1.	H. Tempan	4:31.4
	2.	K. Bruns	4:46.8
	3.	B. Nielson	4:47.0

M60+	1.	E. O'Bree	4:57.3
	2.	H. Taylor	5:13.2
	3.	K. Price	5:25.0
M70	1.	E. Sears	6:32.2
M75	1.	R. White	7:19.0
W35	1.	J. Kimber	5:07.7
	2.	Y. Miles	5:26.0
	3.	J. de Jesus	5:46.0
W40	1.	B. Brookes	5:23.2
	2.	J. Aitcheson	5:36.0
	3.	J. Coker	5:53.8
W45	1.	P. Maffia	5:30.9
W50	1.	V. Mijovic	6:05.6
	2.	J. Parish	6:26.0
5000 Metres			
M40	1.	R. Robinson	14:55.1
	2.	L. Carrol	15:08.1
	3.	J. Alder	15:15.1
M45	1.	R. Gomez	15:15.2
	2.	L. O'Hara	15:24.6
	3.	J. Oliver	15:26.2
M50	1.	E. Kirkup	16:14.8
	2.	G. Smith	16:37.5
	3.	R. Franklin	16:51.0
M55	1.	J. Brent-Jones	17:55.6
	2.	N. Booth	18:00.4
	3.	W. O'Bree	18:18.4
M60	1.	J. Flowers	18:22.0
	2.	N. Ashcroft	19:17.0
	3.	J. Downes	19:30.0
M65	1.	R.W. McMinnis	19:38.0
M70	1.	W. Tyler	20:45.0
	2.	J. Harris	24:07.0
	3.	E. Peacock	34:21.0
Pole Vault			
M40	1.	R. Ball	3.90
	2.	A. Mackay	3.40
M45	1.	R. Brown	3.90
	2.	J. Day	3.11

3000 M. Steeplechase			
M40	1.	G. Blackburn	9:54.5
	2.	D. Davies	9:57.3
	3.	B. Griffiths	10:06.5
5000 Metres Walk			
M40	1.	D. Stevens	22:17.8
	2.	A. Agnew	26:00.5
	3.	R. Powell	26:40.0
M45	1.	P. Markham	24:03.9
	2.	D. Maynard	24:53.3
	3.	G. Smythe	25:06.2
M50	1.	J. Stancer	25:13.5
	2.	P. Worth	25:17.8
	3.	H. Jaquest	27:12.0
M55	1.	J. Scamell	27:35.6
	2.	P. Smith	35:18.4
M60	1.	F. Nickolls	30:06.0
M65	1.	A. Poole	28:25.4
M75	1.	A.G. Roberts	30:38.6
Discus			
M40	1.	J. Walters	44.48
	2.	W. Bushnell	37.12
	3.	P. Hallett	36.66
M45	1.	B. Strange	35.04
	2.	B. Sumner	31.32
	3.	P. McEvoy	28.36
M50	1.	I. Briggs	42.30
	2.	O. Feldmanis	40.74
	3.	J. Moore	
M55	1.	M. Dalrymple	34.82
	2.	H. Smith	28.82
	3.	F. Laudobelis	27.98
M60	1.	B. Metcalfe	30.40
M65	1.	K. Maksimczyk	47.26
M75	1.	N. Martin	14.18

Shot

M40	1. J. Walters	13.66
	2. W. Bushnell	12.06
	3. P. Hallett	11.93
M45	1. S. Clark	14.97
	2. B. Strange	10.53
	3. B. Sumner	9.96
M50	1. A. Woods	13.56
	2. O. Feldmanis	12.63
	3. I. Briggs	11.58
M55	1. H. Trafford	11.00
	2. A. Koppell	10.86
	3. F. Laudobelis	10.75
M60	1. B. Metcalfe	11.03
M65	1. K. Maksimczyk	13.46
M75	1. Martin	4.92
W35	1. S. Forest	10.16
	2. L. Parkins	7.88
	3. D. Belcher	6.45
W40	1. J. Godden	6.90
	2. K. Koppell	6.60
W45	1. M. Tipping	8.90
	2. A. Moore	8.78

Discus

W35	1. L. Parkins	25.90
	2. D. Belcher	17.72
W40	1. J. Godden	19.44
	2. K. Koppell	18.48
W45	1. M. Tipping	30.76
	2. W. Feldmanis	25.46
	3. A. Moore	23.26

Hammer

M40	1. W. Gentlemen	44.46
	2. H. Richardson	43.06
M45	1. D. Bayes	50.54
	2. P. McEvoy	35.42
	3. B. Sumner	34.16

Javelin

M40	1. B. Tyndall	33.32
M55	1. M. Dalrymple	44.20
	2. D. Vanheghan	36.76
M40	1. W. Bushnell	59.10
	2. J. Webster	58.06
	3. R. Ball	57.04
M45	1. J. Phillips	41.28
	2. P. McEvoy	29.84
M50	1. W. Bunton	35.72
M55	1. H. Trafford	26.68
M60	1. E. Eyles	20.38
M65	1. R. Evans	22.66
M75	1. N. Martin	12.50
M80	1. A. Sutherland	12.26
W40	1. J. Godden	24.46
	2. U. Gore	24.22
W45	1. A. Williams	36.88
	2. W. Feldmanis	17.54
	3. B. Burton	15.78

Long Jump

M40	1. F. Taylor	5.69
	2. J. Darlington	5.57
	3. M. Burrell	5.56
M45	1. D. Burton	5.72
	2. C. Knowles	5.10
	3. J. Day	4.69
M50	1. A. Kalirai	5.24
M55	1. G. Leete	5.07
	2. H. Smith	4.60
	3. J. Swinton	4.58
M60	1. R. Evans	3.97
M70	1. J. Searle	3.59
	2. T. Hines	3.05
M75	1. N. Martin	2.73

High Jump

M80	1. A. Sutherland	3.14
W35	1. P. McNab	5.34
W40	1. J. Aitcheson	3.99
	2. E. Price	3.74
	3. S. Farley	3.73
W45	1. W. Feldmanis	3.71
	2. E. Knowles	2.91
M40	1. J. Darlington	1.65
	2. M. Burrell	1.60
	3. A. Crocker	1.60
M45	1. G. Hickey	1.55
	2. C. Shafto	1.45
	3. C. Knowles	1.45
M50	1. B. Thomas	1.40
	2. A. Kalirai	1.35
M55	1. D. Smith	1.30
M60	1. T. Rawlinson	1.12
M70	1. J. Searle	1.09
M80	1. A. Sutherland	1.02
W35	1. P. McNab	1.47

Triple Jump

M40	1. J. Darlington	12.16
	2. M. Burrell	12.02
M45	1. J. Phillips	11.26
	2. C. Knowles	10.62
	3. B. Burton	10.55
M50	1. A. Kalirai	9.85
M55	1. G. Leete	10.35
	2. W. Williams	10.26
	3. J. Swinton	8.03
M60	1. B. Metcalfe	8.25
M65	1. R. Evans	7.71
M75	1. N. Martin	5.79

Oerter Sets World Discus Mark

WICHITA, KANSAS, May 31. Four-time Olympic gold medalist Al Oerter unleashed his best discus throw ever and the second-best in the world this year--227 feet, 11 inches--to set a new world discus mark for men over 40 at the Track and Field Association national championships.

His prodigious heave broke his own world masters record of 221-4 set last December.

"I was really ready," Oerter told the Los Angeles Times. "I really wanted to throw today. Maybe there's life left in these old arms yet."

Oerter threw into a strong quartering wind which discus throwers prefer. It was the 5th best throw ever. East Germany's Wolfgang Schmidt holds the world open record of 233-5.

Race Walking

by Alan Wood

Bill Ranney, 44, won the Julie Partridge Memorial 10K in 49:36. Sue Broddock took the National Women's 20KM in 1:48:22. Lori Maynard 43, was 3rd in 1:55:54.

Ron Kulik, 42, rested his walk muscles with a 10-mile run in 60:43. He was 3rd master. Maynard set a women's 5KM best with 26:08 in the Pacific Championships. She was fifth overall.

In the National 30KM walk, 63-year-old Canadian Max Gould popped a 2:50:47, which was only 6 minutes behind the second master.

The National Masters 15KM Walk Championships will be held in Niagara Falls, Sat. July 12.

In 1909, at age 71, Edward Weston walked 3805 miles in only 77 days. He died at age 90 (after being hit by a taxi at 88) and believed that it costs less in bodily fatigue and is less harmful to walk 100 miles in 24 hours than to run 100 yards in 10 seconds.

ATTENTION! VETERANS!

The U.S. National Masters Newsletter covers all major U.S. veterans athletics events. It reports on Australia, Canada, New Zealand and Pan-American veterans performances.

It's timely. For example, in September 1979 it published the World Veterans Championship results -- weeks before the official results were mailed. In November 1979 it published 5-year world men's and women's age records.

It features inside stories and scoops of what goes on in the world of veterans.

Send \$13 for 12 monthly issues to:

National Masters Newsletter
6200 Hazeltine Avenue
Van Nuys, Calif. 91401 USA

Air-mail delivery. No-risk guarantee. If not what you expect, you may cancel your subscription at any time and receive full refund on all unmailed issues.

Also available for \$4 is the 1980 Masters World and American Age-Record Book, which features all age records for all track events for men over 40 and women over 35.

Two Veteran World records were broken at the San Diego Track Club's 24-Hour Relay held as a fund raising benefit for the Kidney Foundation. A 24-Hour Relay consists of teams of 2 to 10 members, each member running one-mile at a time in a fixed team rotation. If any team member misses a turn or fails to complete a mile, that runner is out for the remainder of the relay and any portion of an incompleting mile does not count in the total distance (except for the last runner at the end of the 24 hours).

A most impressive performance came from the San Diego Track club's over 60 team. With only 9 team members (John Lafferty, Wayne Zook, Dr. Hal Elrick, Leo Leonard, Woody Derby, Ed Coverly, Sef Torres, Cecil Smith, and 71 year old Dr. Carl Stroud), they passed the old record of 132 miles and 1416 yards at 15½ hours into the relay, leaving them 8½ hours to improve on it. They eventually added another 64 miles, for a total of 196 miles and 1652 yards (a team average of 7:19 per mile), a record which is probably going to stand for some time.

The most exciting and dramatic performance came from the San Diego Old Gray Hares, a men's over 40 team comprised of Will Rasmussen, Bill Porter, Cal Hamren, Juergen Richter, Bob Jordan, Ray Sablan, Bob Henley, Frank Saiz, Tom Hillary, and Tom Brown. After gaining what at one time amounted to a 13-minute lead on the record pace, the Hares saw that lead dwindle during the long night, to the point where it looked doubtful they could maintain a record pace until 9:00 a.m. However after more than 21 hours of solid hard running, it was time for a few logistics. If a runner's times were beginning to slow too much, it was time to pull them from the relay; but, not too soon and not too many runners as the shorter rest period would effect the times of the faster runners also.

First one runner, then another was told he would only have to do "one more mile--give it everything you've got!" And each responded, taking 10 to 20 seconds off their last few previous mile times. As the last three hours ticked away, the Hares were finally down to only 4 runners for the final cycle: Bill Porter, Cal Hamren, Bob Jordan and Frank Saiz. Porter led off his final (and 29th) mile with a 5:23, followed by Hamren's 5:35. Jordan, circling the track to a growing chorus of excited shouts and screams, finished his last (and team's 259th) mile in 5:46. Saiz had exactly 96.8 seconds left in the relay to run more than 108 yards which would break a record standing since 1971. He responded with a 620 yards in 96.8 seconds; the new record--259 miles and 620 yards, a team average of 5:33 per mile,

And an over 50's record for B.C. Canada

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THE LONGEST DAY

By Andrew Milligan

It is not clear whether June 21st 1980 was deliberately chosen by the organizers of the Labatt's 24 Hour Relay Race, but there can be no doubt that the limited hours of darkness aided the B.C. Masters 50+ Team on their way to an age group world record in this gruelling event. With three members of the team over 60 - Bob Cleator (61), Ned Crowley (61) and Sverre Hietenan (60) the team name - "Labatt's 50's" - was perhaps a trifle inappropriate, but it had been selected in the confident expectation that the brewers would be eager to provide a life-time supply of that well-known beverage if the potential record-breakers were successful. But so far - not even a sign of a six-pack!

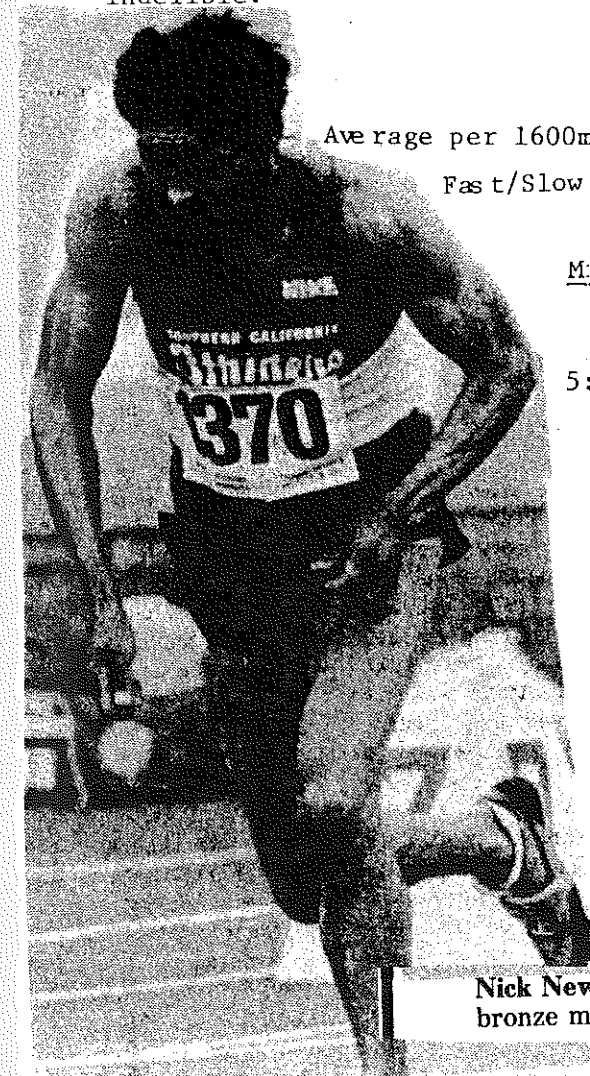
As the event proceeded into the humid warmth of the afternoon, the team continued to demonstrate a remarkable consistency. Don Madge (54), Andrew Milligan (55) and Bob Paul (50) had a mere 15 seconds or so between the times of their first and tenth miles, whilst the final trio of Ned Crowley (61), Ken Richardson (56) and Sverre Hietenan (60) demonstrated an almost equal regularity.

As the night wore on the runners applauded their own wisdom for bringing along lots of foul weather gear and warm clothing. They were even more cheered by the far-sightedness and generosity of Bob Cleator for setting up tents in the infield, particularly as the first rains began to fall around 2 a.m. Spirits started to flag at this juncture, only to be raised again and again by the indefatigable Lily Richardson - team manager, trainer, provider of hot soup and warm clothing and den mother to all.

During those miserable third laps when it was impossible to dredge up any team spirit, when one really didn't give a damn any more, Lily's exhortations of "Way to go! You can do it!" summoned up the blood and produced a redoubled effort on the final stretch to her enthusiastic "Bring it home!". The 4 mile 730 yds margin over the old record was all Lily's.

But one or two uncertainties clouded the scene. Would Bob Cleator succumb on the back stretch, ordering the next runner on to the track with a typical stentorian bellow? Was Ken Richardson really suffering the agonies portrayed on his face? Would Linda Milligan arrive in time with the champagne?

All these fears were illusory. Cleator bellowed but prevailed. Richardson, on his last legs, ran his last leg in his fastest time of the entire day, Frank Kurucz strode sturdily past the old mark, and the champagne was right there for a happy team whose many memories of the longest day will surely be indelible.



	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	<u>Kurucz</u>	<u>Barton</u>	<u>Davidson</u>	<u>Cleator</u>	<u>Madge</u>
Average per 1600m	5:40	5:34	6:16	6:32	6:04
Fast/Slow	:26/6:02	5:23/5:53	5:45/6:35	6:07/6:53	5:41/6:28
	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
	<u>Milligan</u>	<u>Paul</u>	<u>Crowley</u>	<u>Richardson</u>	<u>Hietenan</u>
	6:15	5:56	6:43	6:23	5:46
	5:56/6:33	5:39/6:18	6:16/7:15	6:04/6:35	5:30/6:00

Total team distance over 50's World Record 234 miles 70 yards



"You got down there to do sit-ups and fell asleep."

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Nick Newton, Inglewood, California, winner of 2 silver and 2 bronze medals in 45-49 division at 3rd World Championships.

Results of the 5th South African Masters Championships held at the Herman Immelman Stadium - Germiston - 19th July, 1980.

Conditions were fine and crisp with a slight head wind in the final straight.

Congratulations on 5 new World Records, 3 by Fred Reid

5000m Walk Men

40-44	M Rossouw	26:06.1
	B Basson	29:21.3
45-49	J Stoltz	25:28.1
	M Lewis	32:37.5
50-54	J Van Deventer	26:05.8
65-69	J V Niekerk	29:30.5
70-74	C Johnston	31:06.2

3000m Walk Ladies

55-59	M Hutchinson	19:39.5
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Hammer

40-44	P Potgieter	25:54
45-49	A Coetzee	34:46
	F Broodryk	22:06
	M Erasmus	14:02
	J Grundlingh	13:04
50-54	T Bruwer	24:68
60-64	J Nel	36:72
	M Marcus	23:26
65-69	J Sirakis	24:38
	C J Nel	21:92
	L Craig	18:48
	H Nielsen	16:48

1500m Ladies

35-39	A Kruger	6:00.1
50-54	J Rudman	6:31.8
55-59	N du Plessis	6:44.4

1500m Men

30-34	M Nicholas	4:43.0
	C Benson	4:37.0
	J Corpea	5:08.
35-39	D Metsing	4:10
40-44	P Leary	4:15.2
	A Conradie	4:24.1
	P Van Breda	4:41.3
	A Lewis	4:44.4
	E Skea	4:55.6

1500m Men

45-49	S Ross	4:47.9
	J Strydom	4:50.2
	J Stoltz	4:52.8
	J S Gericke	5:05.7
	J Naude	5:08.3
50-54	P Reid	4:37.0
	R Truter	5:00.7
	J Van Deventer	5:10.9
60+	J Van Niekerk	6:24.4

Triple Jump

30-34	D Pattenden	10:76
40-44	G Swakala	13:54
	R Collins	12:38
45-49	L Benning	10:65
	M Lewis	8:71
	J Grundlingh	7:39
65-69	L Craig	7:03

Shot Men

30-34	D Pattenden	10:76
35-39	W Ngwenya	12:82
40-44	P Du Toit	9:13
	E Skea	8:76
	P Potgieter	8:64
	W Schutte	6:73
45-49	A Coetzee	10:81
	J Ludick	9:42
	M Erasmus	9:38
	F Broodryk	9:12
	R Collins	7:89
	J Grundlingh	6:11
50-54	T Bruwer	11:00
	F Van Praag	9:75
55-59	H Booysen	12:55
	J Thirion	8:71
60-64	M Marcus	12:90
	A Sirakis	12:26
	J Nel	10:28
65-69	E P Malan	12:80
	J Sirakis	9:71
	L Craig	9:22
	L Paveley	8:98
	C Nel	8:81
	H Nielsen	8:27

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DISCUS MEN (CONT.)

55-59	J C Booysen	35:00
	M Henstock	26:88
	J Thirion	24:10
	L Lampert	22:96
60-64	A Sirakis	34:90
	M Marcus	33:20
	J Nel	28:00
65-69	E P Malan	38:50
	L Paveley	28:16
	J Sirakis	27:96
	L Craig	22:48
	C J Nel	20:06
70+	C Johnston	26:46

200m Men

30-34	E Bosman	28:0
35-39	S Wald	21:9
	J Leserwane	23:6
	A v Wyk	24:7
40-44	L Hacker	22:8
	C Chambers	26:0
	A Kock	26:9
45-49	M Hacker	23:5
	F v Vuuren	25:1
	J Ludick	25:6
	L Benning	26:1
	S Fourie	28:4
	C Haynes	29:0
	J Grundlingh	35:2
50-54	W Roux	25:0
	J Jordaan	25:9
55-59	M Henstock	33:3
65-69	L Craig	36:3
70-74	F Reid	27:5
	C du Plessis	32:7

200m Ladies

30-34	G v Niekerk	25:1
	P Immelman	25:2
	S Alberts	28:8
35-39	D v d Linde	29:2
	T Lofty-Eaton	31:7
	A Kruger	32:1
40-44	F Skaris	27:3
	J Eksteen	28:7
	Q du Toit	30:0
45-49	A Ten Tuscher	32:7

200m Ladies

50-54	A Mc Kenzie	32:5
	J Rudman	35:6
55-59	M Buck	34:9
	N du Plessis	35:5
	M Hutchinson	37:2
65-69	W Reid	35:1 World Record

400m Men

30-34	M Nicholas	54:9
40-44	L Hacker	50:4
	C Chambers	55:5
	B Basson	59:7
	C Rosenberg	60:2
45-49	M Grujic	54:1
	F V Vuuren	56:2
	S Ross	57:5
	N Blacklaws	59:0
	P v Zyl	71:5
50-54	W Roux	58:0
	J Jordaan	59:0
55-59	F Otto	59:2

110m Hurdles

45-49	J Grundlingh	23:2
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400m Hurdles

40-44	G Mathé	*53:9 World Record
	K Steyn	77:4 (hurdles 84 cm)
45-49	D Burger	58:6
	L Benning	70:6
	M Lewis	94:2

100x4 Relay

TVL	45:6
W P	50:8

10000m Men

30-34	J Correira	35:55.5
	C Benson	37:41.5
35-39	D Metsing	33:35.5
40-44	A Burgess	36:26.6
	B Davis	36:49.0
	M Saayman	37:11.6
	P v Breda	38:47.2
	F Lazerson	39:05.2
	E Wright	40:09.2
45-49	J Naude	38:58.1
	J Strydom	39:39.9
50-54	Reed	39:26.5
	J Mare	40:10.8

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*Hurdle height of 84 cm not recognized by W.A.V.A. at 40-44 class. Official height 91.4 cm.

Shot Men

70+ C Johnston 8:50
C A Du Plessis 7.77

High Jump Men

30-34 D Pattenden I:50
35-39 W Ngwenya I:50
40-44 H Miekautsch I:68
C Chambers I:60
R Collins I:60
J Burke I:60
45-49 L Benning I:56
M Lewis I:26
C Heyns I:24
65-69 J v Niekerk I:20

High Jump Ladies

30-39 D v d Linde I:60
J Sharples I:36
50-59 M Buck I:18
60-69 S Evans :97

Shot Ladies

30-34 B Lubbe 8:27
35-39 J Sharples 8:79
D v d Linde 8:08
T Lofty-Eaton 7:65
40-44 J Bakkes IO:94
E Strecker 6:82
45-49 E v Holtz 9:17
A Ten Tuscher 8:60
55-59 M V As II:13
L Grobler IO:59
C Malan 7:59
M Buck 7:45
60-64 S Evans 6:88
A Paveley 5:79

800m Ladies

30-39 A Kruger 2:48.4
40-44 J Eksteen 2:26.7
45-49 A Ten Tuscher 2:56.2
50-54 A Mc Kenzie 2:42.5
55-59 N Du Plessis 3:15.5

400m Ladies

30-39 P Immelman 58:3
S Alberts 68:4I
A Kruger 70:9

800m Men

30-39 W Mogheregi I:58.0
M Nicholas 2:08.I
C Benson 2:I6.4
40-44 A Conradie 2:06.I
C Chambers 2:08.3
P v Breda 2:IO.9
M Howarden 2:I3.9
C Rosenberg 2:I7.8
K Steyn 2:I8.4
45-49 M Grujic 2:09.6
F v Vuuren 2:IO.3
S Ross 2:I4.6
G Foley 2:I7.0
J Gericke 2:I8.2
P v Zyl 2:I8.7
50-54 R Truter 2:I7.6

Long Jump Men

30-34 S Wald 5:33
D Pattenden 4:I3
40-44 G Swakala 6:3I
R Collins 6:24
P Du Toit 5:OI
A Kock 4:72
J Burke 4:69
W Schutte 4:46
45-49 F v Vuuren 5:32
L Benning 5:I7
M Lewis 4:33
R Jackson 3:94
J Grundlingh 3:48
50-54 J Marais 4:46
65-69 L Craig 3:02
C J Nel 2:88

Discus Men

30-34 D Pattenden 3I:04
35-39 W Ngwenya 4I:08
40-44 Du Toit 28:25
Skea 26:IO
Chambers 24:92
Potgieter 24:40
45-49 Coetzee 34:26
L Cachet 28:I4
F Broodryk 25:38
S Fourie 24:72
L Benning 2I:50
M Erasmus 20:82
50-54 T Bruwer 33:34
F Van Praag 25:06

Discus Ladies

35-39 G Hubner 47:24
D v d Linde 25:I2
J Sharpley I7:24
40-45 J Bakkes 32:80
E Strecker I7:I2
45-49 E v Holtz 26:20
A Ten Tuscher I6:I8
55-59 L Grobler 28:I4
M v As 27:34
65-70 E Paveley I4:94
5000m Men
30-34 C Benson I6:OI.9
35-39 D Metsing I5:47.9
40-44 A Lewis I8:04.2
R v Helsdingen I8:I7.3
M Saayman I8:29.6
E Wright I8:50.2
45-49 J Strydom I7:20.9
H Gezorke I7:40.9
J Naude I8:03.0
P Clough I8:38.I

Javelin Men

30-34 D Pattenden 53:60
35-39 W Ngwenya 53:I6
40-44 E Skea 36:34
C Chambers 32:34
R Collins 29:90
A Coetzee 28:68
W Schutte 22:78
45-49 J Ludick 39:46
S Fourie 37:64
F Broodryk 36:38
M Erasmus 29:94
M Marcus 29:58
L Benning 27:92
J Grundlingh I5:06
60-64 A Sirakis 25:76
J Nel 24:62
65-69 E P Malan 33:06
L Nel 24:08
L Craig I7:90

Javelin Ladies

40-44 J Bakkes 30:06
45-49 E v Holtz I9:I2
50-54 A Mc Kenzie 24:92
55-59 L Grobler 28:54 World R
C Malan 25:72
M v As 26:42

Steeplechase

30-34 C Benson II:03.9
40-44 P v Breda II:I7.8
A Burgess II:30.4
E Skea II:53.8
M Saayman I2:30.0
E Wright I2:56.6
45-49 J Naude I2:20.I
55-59 H Lampert I3:2I.0

100m Men

35-39 S Wald IO:8
40-44 L Hacker II:I
R Collins II:9
T Unger II:9
Van Wyk I2:00
A Kock I2:2
C Chambers I3:I
45-49 M Hacker II:8
F v Vuuren I2:4
S Fourie I2:6
J Ludick I2:7
L Benning I3:I

50-54 W Roux I2:5
J Jordaan I2:8
T Bruwer I3:4
55-59 M Henstock I4:8
65-69 L Paveley I5:I
L Craig I6:5
70-74 F Reid I3:5 World Record
C du Plessis I5:3

100m Ladies

30-34 G v Niekerk I2:I
P Immelman I2:4
35-39 S Alberts I3:5
D v d Linde I3:6
J Sharples I4:7
40-44 F Skaris I3:2
45-49 G Du Toit I3:9
A Ten Tuscher I5:5
50-54 A Mc Kenzie I5:6
S Evans I6:8
J Rudman I7:3
55-59 M Buck I6:I
N du Plessis I7:I
M Hutchinson I7:7
65-69 W Reid I6:6 World Record
E Paveley 20:2

40-44 F Skaris 6I:8
45-49 Q du Toit 68:5
A Ten Tuscher 76:I

56

57

SINGAPORE VETERANS

A Burgeoning Organization here. September 20th sees their first Track and Field Championships. We'll report on these next issue.

Meanwhile, Singapore Veterans Road-Running Championships Marine Parade Sunday 22nd June 1980 -- 6000 m

40-44

1. Raj Kuppusamy	23m 32	9. M.H. Salleh	29m 43
2. Kwok Cheng Wah	25m 05	10. Poon Lai Sun	30m 09
3. Wong Liang Luan	26m 10	11. Phillip Wong	31m 00
4. Basri bin Deraman	26m 55	12. Soh Sim Hong	31m 05
5. Bernard Lee	27m 05	13. Chia Yew Fook	31m 18
6. Rocky Chau	27m 20	14. Yim Wong Lee	32m 35
7. Ng Teng Soo	27m 55	15. Yeo Thian Tiap	32m 51
8. Syed Alwi Aljunied	28m 20	16. Othman Abdul Rahman	33m 10
9. Low Choon Chua	29m 07	17. Lin Yew Sin	33m 12
10. Kochumman Thomas	29m 20	18. A.D. Rangoonvala	33m 46
11. Tjia Seng Yam	29m 21	19. A.N. Other	33m 50
12. Oh Soon Tin	29m 47	20. Sim Boon Seng	34m 30
13. Tan Boon Chye	30m 13	21. Tjoeng Siat Kioen	34m 32
14. Siah Ah Seng	30m 30	22. Chow Putt Kit	34m 35
15. Tan Kim Kwee	30m 32	23. Seah Seng Kwong	34m 40
16. Tan Choon Hoi	30m 55	24. H. Harold	35m 34
17. Lim Ah Yong	31m 07	25. W. Anderson	36m 30
18. Abraham b Mohamed	31m 53	26. Kwan Kim Hoong	36m 54
19. Robert Bonaparte	32m 53	27. Ng Seng Keng	37m 16
20. Lim Wan Hong	33m 00	28. Lee Chong Ying	37m 36
21. Collin Wong	33m 57	29. Hemoo Kumar	38m 15
22. Ahmadon Suaib	34m 40	30. V. Makesan	39m 10
23. Des Holloway	35m 45	31. Ho Yen Sin	39m 52
24. Willi Seet	35m 47	32. Govindarajan	39m 52
25. Chan Chow Kwong	37m 07	33. Low Hian Tee	41m 55
26. Tong Poh Lim	37m 55	34. A.N. Other	42m 15
27. Tan Teck Lee	39m 47	35. M. Subramaniam	42m 35
28. Yong Choon Fah	39m 47	36. Yeow Beng Hwee	43m 36
29. Chiang Toon Foo	39m 51	37. Nrs Tan Guat Kim	44m 15
30. Hussin bin Kassiman	46m 26		
31. Fock Siew Kee	46m 28		

50-54

1. Khoe Kay Thong	27m 09
2. Lim Cheng Huat	28m 07
3. Tan Swee Pek	28m 08
4. Kohd Noor b Ariffin	29m 02
5. Kernail Singh	30m 05
6. Tank Kim Chor	34m 16
7. R. Narayanasamy	34m 50
8. Lin Yuan Liang	35m 00
9. Chia Ah Seng	35m 45
10. Foo Chee Kouan	36m 25
11. N. Nadarajah	36m 40
12. Kwok Siew Lui	28m 56
13. Mamat bin Fadil	41m 40
14. Salleh Abdullah	41m 50
15. Chan Peng Chin	42m 20
16. Kang Peng Aik	42m 40
17. Oei Chong Quee	44m 15
18. Ngoi Cheng Ing	44m 25
19. A. Muthu	44m 27

55 and Above

1. Lee Beng Cheow	29m 30	17. Tan Swee Peng	38m 56
2. Yeo Kim Seng	29m 50	18. Lee Toh Ming	39m 01
3. Kandasamy	29m 55	19. Joseph Yan	40m 05
4. Kaka Singh	30m 30	20. C.K. Chandran	40m 20
5. Sardool Singh	30m 50	21. Ong Yong Beng	40m 47
6. Kamsan Asiman	31m 00	22. Suffat bin Salam	42m 21
7. Seeto Tay	32m 06	23. Li Chi Peng	42m 46
8. Lai Hoong Cheng	33m 15	24. Lee Hon Ming	42m 55
9. Voo Ming Sinn	33m 50	25. Mohd Yuni bin Awi	44m 10
10. Lock Yee Fun	35m 09	26. Anthony Loh	45m 05
11. Wee Thoon Boon	35m 50	27. George Francis	45m 06
12. Loodard bin Motoyo	36m 00	28. Hong Siak Leng	45m 07
13. Lim Kwi Choon	37m 21	29. A.S. Annamalai	45m 30
14. R. Khoo Hock Ho	38m 20	30. Tay Tee Chian	47m 10
15. K.P. Biswas	38m 35	31. Leong Hwai	47m 25
16. Ho Fook Yuen	38m 55	32. Teo Geok Teck	47m 36
		33. Hoon Siang Joon	47m 39

The Seventh Annual Brugge (Belgium) 25km Road Race for Veterans - June 29th 1980

By Jack Fitzgerald

Once again Jacques Serruys produced a bigger and better "Brugge 25km". Jacques who is Vice President of both W.A.V.A. and I.G.A.L. organizations attracted a record field of 623 this year. More than half were from the home country but the 82 entries from Britain and 78 from France were also National records.

Britain was favourite to retain the International team trophy, which it duly did with Eric Austin 2nd., Leo Carroll 3rd and Ron Hill 6th. What was perhaps even more satisfying from the British viewpoint was Wirrall and Worcesters took 1st and 2nd placings in the Club Team race, well backed up by Epsom and Vale of Aylesbury in 5th and 6th positions. Probably an even better performance was Barnet Ladies 17th position out of 62 clubs.

The individual race went as expected to superfit John "Robby" Robinson, over from New Zealand ostensibly to spread the gospel on the forthcoming World Vets Track and Field Championships at Christchurch next January, but able to successfully defend his title here as well as helping his British Club, S.L.H. in a couple of earlier road races. John won the North American Veterans Marathon in Winnipeg June 15 with a strong performance, repeated it here at Brugge and doubtless will be hoping for a 'triple' in Scotland. That kind of success should make him a contender in his home country next January. Ron Hill was a little under the weather this year, so the main opposition came from Eric and Leo. It was a pity that Les Presland had to pull out the night before the race with a reoccurrence of a pulled groin muscle, as that would have made the race even more open.

Anybody who has run over this beautiful flat course, will attest to its atmosphere and newcomers to this years race were similarly impressed by both the course and the usual excellent organization.

British male successes apart from those already mentioned, include a splendid win for Eddy Kirkup in the M50 section with George Phipps 4th and Ron Franklin 5th, David Blythe 3rd in the M60 division with the two Georges, Scutts and Storey, 5th & 6th respectively, Sam Lee 5th in M65, while the evergreen Ernie Harrison easily won the M70 section with Claus Bendig finishing 3rd in his last season before moving up to M75. Finally to the ladies. What can be said about Joyce Smith that hasn't already been said, unless its "there ought to be a law against her". 21st overall in a field of 576 finishers and looking cool and feminine at the conclusion as if she had just lopped down the road for a loaf. Many continental eyebrows were raised at this performance and Joyce won many more admirers and friends. Not that Joyce's effort was the only great run, it merely overshadowed the others. Not least of these was Carol Gould's magnificent 45th overall position to easily win the W35 division with Lin Billington 2nd, Yvonne Miles 4th and Diane Taylor 5th, while the charming Denise Alfvoet improved her time to 96.49 as runner up in the W40 division. With the breakdown of awards in 5 year age groups this year, there was no overall Ladies International team race, but an unofficial total gave it to Britain over Belgium by 4hrs 42 min 38 secs to 5:08.29.

Piet Van Alphen repeated one of his many 45.49 successes with an excellent overall 7th (1:23:48) whilst his Dutch countryman Jan Verloop took the 60-64 title. The home country was not to be denied with wins in a number of classes (see results) with West Germany and France in the medals too. Congratulations Jacques-

Men's Class 40-44

John ROBINSON	NZ	1:21:38
Eric AUSTIN	GB	1:21:50
Leo CARROLL	GB	1:22:07

Men Class 45-49

<u>Name</u>		
Piet Van Alphen	NL	1:23:49
Roger Monseur	BEL	1:25:58
John Mills	G.B.	1:27:43

Mens Class 50-54

Eddie Kirkup	G.B.	1:28:51
Louis Struyken	BEL	1:29:40
Carl-Heinz Roepcke	W.G.	1:30:13

Mens Class 55-59

Ach Van Den Bossche	BEL	1:38:13
Herbert Buchwald	W.G.	1:39:54
Remi Butterberg	BEL	1:40:02

Mens Class 60-64

Jan Verloop	NL	1:39:57
Olivier Depopliment	BEL	1:40:38
David Blyth	G.B.	1:45:46

Mens Class 65-69

Friedrich Huebner	W.G.	1:46:33
Adolf Heuinck	BEL	1:47:52
Petrus Poelman	BEL	1:49:51

Mens Class 70-74

Ernie Harrison	G.B.	1:52:09
Anatole Herlem	Fr.	2:15:09
Claus Bendig	G.B.	2:30:35

Mens Class

Louis Charbonneau	FR	2:12:21
Pierre Ponthieu	FR	2:29:06

Women 35-39

Carol Gould	G.B.	1:32:01
Carolyn Billington	G.B.	1:42:19
Marianne Thurn	W.G.	1:44:36

Women 40-49

Joyce SMITH	GB	1:28:18
Denise Alfvoet	BEL	1:36:49
Godelieve Roggeman	BEL	1:41:18

Women 50-59

Marie-Louise Baumen	BEL	2:06:46
Beatrijs Rombaut	BEL	2:23:52
Hedwige Coene	BEL	2:24:13

We are indebted to Jack Pennington, well known Australian Veteran for the following article:

"DEATH ON THE RUN"

There seems to be more concern shown about death while running, than that given to death while playing a ball game or while shovelling snow, (a well established North American syndrome). The largest road running magazine in the world, is now showing some interest, largely I suspect because more than anyone else other than Dr. Kenneth Cooper, they have been responsible for a decade of "Running for Life".

Many millions of all ages who were in poor health have taken to jogging and found it has changed their life styles for the better, and a great proportion of these have entered competitively from Fun Runs, to Marathons; all are concerned with reducing their times.

From the outset, it would not have been surprising if deaths had resulted, because clearly many took to jogging with already well established heart disease, and seemingly reversed the condition.

A death in the early days of jogging was very rare indeed, and when it did happen it was usually due to jogging in the heat in a track suit, which is dangerous even for a well trained athlete. However in 1979 it became clear that a few deaths were totally unexpected and difficult to explain, especially as a well known running pathologist claimed that he would not expect anyone who had run a marathon to drop dead while running, he has of course been proven wrong, because some marathon runners have dropped dead the day after completing a marathon, and even while training for a marathon while in apparent good health. These deaths are clearly from heart failure caused by an earlier undetected disease which had not regressed, or by fibrillation of the heart muscle caused by nervous failure, or unexpectedly by a heart disease which was co-existing with training for a marathon. The fact that heart disease can actually progress in an athlete who has trained seriously perhaps all his life is something entirely new.

One common factor emerges when I look back at my own long experience in human performance and that is mental stress. It is clear that physical exercise can be an antidote to a certain amount of stress in our lives, but that there are limits to the amount which can be handled. There is also a limit to the amount of competitiveness which some people can handle, and a competition can be for some the absolute pinnacle of STRESS.

There are some examples, a well known Television Comedian, Dick Emery, has admitted to being physically sick before an appearance and yet once into his performance, he feels on top of the world. On a lower plain yet much more constant and common is the stress of driving in City Traffic. There is medical evidence that even this every day situation injects into the circulation the adrenalin and all the other hormones which prepare humans for the fight or flight emergency. Of course for a competition this is necessary but used sparingly, however a daily and day long stress of this kind will cause artery disease. One of the most clear cut cases must surely be the experience which Arthur Ashe has undergone. Ashe, who till recently, was a World Class Professional Tennis Player, yet at the age of 36, suffered a massive heart attack, this has resulted in surgery to bypass four blocked coronary arteries, (the blood supply to the heart muscle was greatly impaired by blockages), yet in 1977 he was ranked eighth in the world.

Closer to home one of our best known Veteran runners, Wal Sheppard, the outstanding Veteran of 1972, at 800 mtrs. and 1500 mtrs. and who has performed quite well at Toronto 1975, Gottenborg 1977 and Hanover 1979, has undergone exactly the surgery which Arthur Ashe submitted to. Wal, like Ashe, is now fine and expects to function better than ever, nevertheless his case must be examined because clearly, he was well trained, placing second in the 800 mtrs. in M55 division at Hanover and a month later needed heart surgery.

Wal, for a number of years has run marathons, he is quite an ordinary runner by distance standards, but he has been outstanding as a middle distance runner, however in the last several years despite training seriously, he has been less than satisfied with some performances over longer distances and they have certainly been slower than one would have anticipated from being the world's greatest 50 year old in 1972. At the age of 57, Wal nearly won the M55 800 mtrs. at Hanover in August 1979 but faded badly in a heat of the 1500 mtrs. and did not qualify. He simply ran out of steam on the last lap, but was still fit and well.

Prior to going to Hanover, Wal went for a routine medical and during the cycle ergometer ride, he was told that the electro-cardiograph had recorded an abnormality and in fact this normally would indicate that it was not safe to go jogging, but as he was a well trained runner of world class, he may as well go ahead to Hanover and compete and this abnormality would be followed up on return. This was undertaken and again the test showed abnormal reading, his cholesterol level was also very high and X-rays confirmed he had a coronary obstruction, in fact his life expectancy was "up to five years!"

Surgery found the condition much worse and four by-pass arteries have been inserted. Fortunately his physical condition was so good that on the sixth day after surgery he was able to

walk up two flights of stairs and a week after surgery he was home and soon walking up to a couple of miles per day, which two months later was extended to five miles jogging and walking.

There is no doubt that a routine stress test has saved his life and that he will be competing again better than ever as he now knows that his heart condition has been repaired. The cause has been examined and in his case is most likely to be a combination of family heart disease without symptoms, a highly competitive personality and a history of stress-full work situation, which eventually led to early retirement at the age of 56 years.

There is another type of case which will be more common, and that is the man with heart disease who has been rehabilitated by jogging but who does not change his workday stress. One such case is Max Van Apeldoorn, who at the age of 48 in 1967 was a total write-off as far as the medical profession were concerned with advanced hardened artery disease, excessively high blood pressure and obesity.

Max read "Aerobics" and came to me for advice about how to proceed. (I am a senior coach in running, as well as being a well known Veteran runner), his condition was such that I thought he faced an impossible task, but did not tell him so. My advice was to persevere until he could jog 100 yards and continue this way until he could run a couple of miles.

Four months later a sprightly Max, weighing some forty pounds less, ran in a five mile cross-country race distressed to the point of collapse. He then told me his medical history and his attitude had been "if I am expected to wrap myself up in cotton wool and wait for death, then I might as well die trying to get fit", he told me of the agony he went through, of the terrible leg pains and sleepless nights, and I have seen in the twelve years which have elapsed, how determined and competitive this man is. He not only resumed work in 1968, but became Mr. Fitness on the local scene, he became a Gym and Swim proprietor, and took housewives on a one mile jogging course eight times per day for \$1 per session which included a swim.

He has since become a businessman with all the hassle which that can entail and although at one stage was running 100 miles per week he was never been more than a distance jogger. At the age of 50 he did run 10 miles in 68 minutes and at 60 years ran 74 minutes. However this was not to last, and recently whilst running as fast as he could uphill; suffered a massive heart attack, he managed by sheer guts to stay on his feet and fortunately survived it. He is still jogging, largely because he cannot bear to stop and because the alternative is rest, which would not only drive him mad, but would certainly cause a further deterioration in his circulation. Max will not hear of surgery he will take it as it comes. He is aware that his life style is full of stress, yet the only concession he can make is to cease to be a competitor in running. He has after all, had a 12 year extension.

H. E. PARSONS IN 10 DIFFERENT EVENTS IN MÉXICO CITY

A candid report by H.E. Parsons on his recent trip to México, D.F., to attend the 1980 North American Masters Track and Field Championships - the way he saw it.

Mine was a very eventful trip; about one half was pleasantly memorable - the other half just plain horrendous.

It all started logically enough. Pay the travel agency \$460.00, receive a C.P. Airline ticket, and they would fly me from Toronto to México City (home of about 17 million citizens) in just four hours' time.

Upon arrival, four disconcerting events took place during my first two hours. I nearly ran out of breath when I washed my face vigorously with a wash cloth; a shoe shine boy insisted on shining my brand new shoes - for \$1.25; a litre of pure drinking water cost me 90¢; and I was charged 15¢ each for postcards that were marked 7 cents.

It was not a good start but it was, I guess, ominous.

Next day I decided to take a \$11.00, four-hour sight-seeing tour of the city. Our tour guide slowly inched his way through the constant hectic traffic to show us the subway, Metropolitan Cathedral, the Zocalo, National Palace, Chapultepec Castle and park, pointed out the American and Russian Embassies and the residence of President Portillo. At one of the stops along the way I purchased for Lisa \$50.00 handbag (I'm not cheap) and a small Mexican leather stool.

At the end of the tour (7 p.m.) I gave my driver-guide 20 Pesos (90 American cents), thanked him and said Adios, opened the right door of the van to get out, and - BANG! A motorcyclist had crashed into my opening door and went sprawling over his machine onto the sidewalk. A policeman, no less! Geez!? All three of us were shook up. The constable was jumping up and down checking for broken bones while the van driver kept saying to me "somebody has to pay the police".

My right foot, which had been partly out of the van when the motorcycle hit, was luckily OK. The constable, other than bruised and shocked, seemed OK. His motorcycle's windshield was broken, head light gone, gear-shift knob sheared off and the gas tank leaking all over the place. Whose fault? What does a foreigner do?

I had spent most of my money earlier but I decided, reluctantly, to do what the tour operator kept repeating and handed over every peso I had - about \$21.00 American. He said "that's not enough" - and that he would go with me to my Hotel to get more! "NO" I said and disappeared into the nearby Sanbornes Restaurant.

With the \$5.00 American that I had hidden away in my wallet (for an emergency - and this was it!) I ate a half-hearted meal. I paid the bill, left a tip, then headed for my nearby Hotel.

But 44 seconds later, when I checked my well-drained wallet, it was not there! Gone!! A pick-pocket had cleaned me out at the busy intersection while I waited to cross the street. What an eventful day! The thief got a load of my personal papers but financially, he had struck too late! The police who spoke no English, understood my plight but just shrugged their shoulders. What a feeling.....

Next day I felt like a somebody, when José Tenreiro Rivero picked me up in his Cadillac and drove me, in unaccustomed splendor, to the Mexican Olympic Sports Centre on the west side of Mexico City. These fine training facilities for Mexico's best athletes have nothing to do with the actual 1968 Olympic installations located in the south part of the City. Here Mexico's best Track and Field athletes, swimmers, divers, weight lifters, cyclists, gymnasts, volleyball players, etc. are housed, fed and trained at Government expense. We have nothing to compare with these extensive and comprehensive facilities. Foreign coaches (mainly Polish) are training the Olympic hopefuls. Incidentally, Mexico is sending a team to Moscow. Best bet, I was told, was in diving, gymnastics and race walking.

Mañana, Saturday, May 31, 1980 was to be the North American Masters Track and Field Championship - and I supposedly would be ready. But....

With nothing much to do, I turned in early to get a good night's rest. One mosquito flew by, but that was no great event. However, after turning out the lights in my room, mosquitoes from all over Mexico put on a Field Meet featuring the javelin competition. Hour after hour I kept swinging at them; then I thought I'd turn on the light and face them face-to-face - but the electricity had been turned off. I figured if I killed just a few more I would get some sleep - but it wasn't to be.

By 6 a.m. I had not slept 3 hours, or 30 minutes, or even 3 minutes. My worst night in 61 years and the N.A. Champs starting in 3 hours' time. I decided to get away from them all and went to the showers. There I spoke to a Puerto Rican Master and asked him if he was having the same mosquito problem. "No," he said; "I had a bad time of it a year ago when I was here but this time I brought along Aerosol mosquito repellent and slept like a baby." Geez! Now I find out!

The chap not only offered to come to my room (at 6.30 a.m.) and spray my quarters, but said, "Here, you keep it, the way you look, you need it!" And it worked like a bloody charm.

I believe the break-down in attendance at this T. & F. Meet was something close to this:

- 2 Canadians (surely Canada has more Masters)
- 18 Puerto Ricans (looking very natty all dressed in blue and white and holding green Aerosol cans)
- 60 Americans (of whom at least 1/2 spoke or understood Spanish)
- 200 or so Mexican participants (generally of short stature)

Both days of competition (May 31 and June 1) were hot, sunny, dry with a slight breeze. All throwing events were conducted in the infield. Three qualifying throws; three final throws. The facilities and field markings for the field events were very good. The actual running of the throwing events was slow and confusing; I threw once every 25 minutes.

Due to all the mosquitoes in room 59 it could be said I was the only one really "up" for the competition. With eyes partially closed, my first fling of the discus (38.32m) was not bettered and I won the oro medal in the 3A category of the 1980 North American Championships.

A relatively good hammer throw by me (34.84m) was easily beaten by the superb Mexican hammer specialist, Francisco Fraguero. Charlie Beaudry (Texas) and I battled it out for shot put honours with his put of 12.62 meters unbeatable by the rest of the contestants. World champion Bill Morales (Calif.) threw the javelin well out of sight while I was quite embarrassed by my paltry effort.

A good athlete and competitor whom I found to be most considerate, helpful and congenial was Joe Sanz from Los Angeles. It was a pleasure to meet, compete and associate with him for those few days.

Meanwhile, Jan Versteeg - a master thrower from Canada's west coast - was winning 4 oro medals in the 2A "throws" and when last seen, picking up several plata medals in the jumps. I witnessed some of his throws and he was really "on". I believe his hammer effort was around 42 meters, his shot mark 12.83, with only the discus throws seemingly below his "par".

I have no over-all precise marks or times to report, so you'll have to glean them here, or elsewhere, at another time. They were recorded and surely will be published. Ron Laird, of course, won both his 1A race-walks. Bob Fine, I recall, told me he was successful in the 1B race-walk; José Rivero, 50, came second in his specialty - the 100 meters.

66-year old super-hombre Gilberto Gonzalez-Julia won 8 oro and 1 plata - the last in the triple jump. He is the Puerto Rican Meet Director for the upcoming Pan American Championships this August and assured all in hearing distance that their meet will be run more efficiently and promptly. Gilberto said everything would be bigger and better in San Juan and he expects 15 to 20 Canadians to attend this important competition and stay to enjoy his tropical island.

On Monday we were bussed out past the pyramids to la casa Pedro Domecq Mexico Company - big distillers of brandy and vermouth. Pictures were taken, drinks served, we toured the operation, then later enjoyed the noisy banquet with its many speeches.

I kept busy attaching the capital letter "C" in front of every Spanish word "anada" that I saw around the banquet room. The room was soon spinning for many of us free-loaders. At the conclusion, two large sample bottles of booze were given to each upright guest. Quite an event.

Next day I arranged to go to the airport via a taxi cab. His asking price was 125 pesos but I magnanimously said I'd give him 130. With a tip in mind, I set aside 140 pesos for him. At the airport, he looked me coldly in the eye and said that would be 150 pesos! What would you have paid him?...

I went to the C.P. desk, gave them my ticket, weighed and checked my luggage then as the bags were going down the conveyor belt, I was referred to the lady official on his right. I went over and saw the sign above her head "Airport Tax, 100 pesos". "But I only have 40 pesos left," I explained. "The 100 pesos is for the Mexican Government, Senor, and if you don't pay the Government you do not leave this country!" Then I remembered my last travellers cheque in my big, brown bag, fast disappearing down the conveyor belt. I vaulted 2 meters over that counter and sprinted parallel to the conveyor rollers for nearly 100 meters.

Those were two more events that I had not figured on - nor entered.

A PROFILE OF MICHAEL CONNOLLY

By Wilfred Morgan

As yet, no Irishman has taken a gold medal for a track event at a World Track and Field Championships. However, a man with a fair chance of being the first to do so, if he makes the trip to Christchurch, is Michael Connolly, a 42 year old Dubliner. Connolly, a 1500/5000 man finished second in both of these events in Hanover last year and this year at the European Championships in Helsinki took the gold in the 1500 and the bronze in the 5000. A fine record of International success for a man who until nine months before Hanover had been away from the track for 10 years.

What brought him back? Well, surprisingly it was not news of Veteran Athletics. In his fortieth year he decided to do some road running to help him improve his game of squash. He had been playing squash regularly for some years, in fact ever since kicking athletics after persistent hamstring trouble. The road running went well and after the initial breaking in period he joined up with runners from his old club, Donore Harriers, and to his surprise found himself moving pretty well. The "old feeling" returned and he decided to give athletics another try. It was then that he learned of the flourishing international Vets' scene. Squash was forgotten. He got down to some hard training. It certainly seems to have paid off. 67

In Hanover last year he ran a creditable second to the German Manfred Schleime in the 1500. A memorable race for those who saw it, mainly for the uninhabited front running of Ernie Billips (USA) who attempted to run away from the field in the same way that he had done, successfully in the 800. After holding a lengthy lead for most of the race, Ernie's brave try faded in the home straight and he finished fourth. He actually went from second to fourth in the last 10 metres. The winners time here was 4:00.8.

Connolly himself "did a Billups" in the European 1500 in August, racing away from the pack and opening up a lead of 30 to 40 metres when a posse of four Norwegians began to rapidly close on him. But the Irishman with "5000 strength" held on and came home with about 10 metres to spare in 4:01.4. Later that day he won his section of the 5000 in 15:03.2, but two men ran faster in the other section and he took the bronze.

It was interesting to listen to Mick talking about his start in athletics as a teenager. A mile win at school in 4:32 without much training got him on his way. He then travelled to Lisbon and won a Catholic Schools 3000M. It was afterwards when he went to Dublin University that he began to train regularly, but not until he joined local club Donore Harriers and came under the wing of Coach Eddie Hogan did he train with any intensity. He did interval training in those days, but on road and quite often in the dark. He remembers doing half mile and one stretches on the road and one session in particular of 14 separate miles with about 2 minutes between. Unconventional maybe, but Mick has a high regard for Hogan and his methods and since his return to the track has always been prepared to listen to his advice. Nowadays his training conforms to the general pattern with lots of weekly mileage, a 100 a miles a week for a couple of months in the winter, merging into 400 M intervals in the spring and early summer but along with substantial mileage on the road.

Although he obviously has his mind set upon the 1500 and 5000 for the immediate future, looking further ahead he may find that he will be able to perform impressively at long distances; the 10,000 and maybe in time the marathon. He has an economical style with little knee lift - ideally suited to long distance running. He has strength in abundance but no genuine speed, he would find it difficult to win a slow run 1500. If he had had the confidence to have gone with Billups in Hanover the result might well have been different. But perhaps Mick was still feeling his way after such a long time away from competition. The Helsinki race may well have given him this confidence. But then of course athletics was ever full of if's and but's.

Way back in August 1958, Mick at the age of 19, had the pleasure of running with, or rather behind the World Mile Record at Santry Stadium, Dublin. Albert Thomas carved out the early pace in that race and he took Elliott through 880 yards in 1:58. Mick went through in "1:59 something" which he says was his fastest ever for 880. He was also in the 2 miles the following day in which Thomas, assisted by Elliott, took over the role of Record Breaker and produced a new world best of 8:32.

During his younger days Mick never represented Ireland on the track in a major games. The closest he came to that was in '62 when he was in the running for a place in the 5000 at the European Championships. He won the Irish 3 Miles Championship in

13:48 but the selectors demanded 13:45 or better and he just missed out. He did however make the Irish team for the International Cross Country race three times in the early sixties.

Strange to say Donore Harriers does not possess a track: Most of the members do their training in Phoenix Park, which is, so I understand, the largest public park in Europe. But that hardly compensates for the lack of a running track. When the Club stage a meeting they hire a track belonging to a local school. It is no wonder that field event people and sprinters are thin on the ground in Ireland.

I asked Mick for his thoughts on the International Vets' Scene. He said he was happy with the administration and organization he had encountered so far. He did raise one point however that irritated many people in Helsinki. Late entries were accepted in all events right up to the last moment and some who saw from the programme that certain competitions were "sparsely populated", to put it mildly, changed their original plans and gained "soft medals" in these events. But it must be said that the European Championships were very well organized and complaints were minimal.

There was a small Irish team in Hanover and an even smaller one in Helsinki, just seven athletes. Perhaps it will always be so. But my information is that we can expect a few star performers to hit the scene in the next year or two. Noel Carroll, a former European indoor champion at 800 M, is 38 and running around 1:52. Danny McDaid turns vet next year and recently ran a remarkable 13:56 for 5000 M.

So far only one Irishman has taken a gold in a World Vets' championship. That distinction goes to Dick O'Rafferty who won the high jump in the Over 65 Class in Hanover with a world record 1.47 M. Of course it must be remembered that Maeve Kyle, the only Irishwoman in Veteran Athletics, has collected a number of golds. Maeve, who was born in the Republic, now lives in the North and competes for the U.K. Nevertheless, she "wears the green" at all international meetings.

So, New Zealand in January is the next stop for the International Vets'. But will Mick Connolly be there? Well, he intends to be, he is training for it; but is rather apprehensive about whether he can produce his best form "out of season". He says he will leave a final decision until the last possible moment. My guess is, that he will be there.

MICHAEL CONNOLLY - Born, Dublin, September 30, 1938

Height - 5' 11½" Weight 150 lbs. Club - Donore Harriers

Job - Insurance Inspector Married, with 4 children

Best times as a Veteran

800 - 2:1.6
1500 - 3:59.7
5000 - 14:51.0

Best times Pre-Veteran

800 - 1:59.0
1 mile - 4:14.0
2 miles - 8:50.6
3 miles - 13:48
6 miles - 28:51