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.
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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. In Canada $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 Scottish 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 (Mexic) or the Pan American Championships (Puerto Rico) sorry to say. At Helsinki we were well represented by Jacques Serres (Vice President W.A.V.A.), Roland Jerneryd (Secretary) and Hans Aumann (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 advertising I will endeavour to do so. Meantime if any of you wishes to place advertising our rates, where a metal plate is required (pictures etc) will be full page (8" 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 throw 67.46M at 43 (see new record of 69.47M this issue) M 65-59 Maksimczyk threw 51.42M at 65.

H.J. M 70-74 F. Erasmus (Spa) 39.44M (Hanover 79)

Jav M 65-69 O'Reafferty is Ireland not Great Britain.

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:

DENMARK

Dansk Athletik Barlund
Motions - og Veteranutvalget
Idrætstidens Hus
Bredgade 20
DK - 2600 GLASSPRA

Finally, most important, a change of address for Vice President

Frank Horn
Osterbroegade 228, 2
2100 KOPPHAMN

Heinrich Sell
Drosselwey 22
2000 KOPPHAMN

Jytte Kort Rasmussen
Gregladeshwey 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 Women's representative
Ed Mvakow 71 A 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 Toröge
Stålhammrtvagen 73
S-151 47 Sodertalje

Roland Jerneryd
Fritid, Ullevi
S-411 40 Goteborg

Bengt Järnhester
Vikvagen 1
Boilnäsbakken 91
162 23 Vällingby

Konrad Herrnling

Alan Scott
Krossbacken 16
S-183 46 Taby

Solveig Mattsson
Minkvagen 46
S-191 39 Sollentuna

Please amend your list with above but study current results for more records. Obviously a new list will be needed soon.
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 as 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 richly entitled to donate 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 'legs superfluous', upon the stage of athletic sports...'

Well, Monty certainly did not mince words. 'Legs 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 1860 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 defined 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 Vet 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!

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 distance run was 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 Dignace 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. Clifff, 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.
Editors

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 1960 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 1972 it reached 150. In 1977, (Jack was already the correspondent for the West German magazine for Veteran's called "Zirinda" 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 Cerutty up the famous Portsea sand hill. The message is that Grandad 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 and about 100 from Continental Europe. The meeting in Cologne was labelled The World Best Vetem Championships and it was in 10-year age groups.

By 1975 the NEM sport had become so popular that it could be held in 5-year groupings, and 2,000 competed in Toronto. Most of the success for the NEM was in the middle and distance races. 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 100 meets and about 2,000 competitions in about 100 countries. The athletes are split into their own groups and the will not be the same as those used for the U.S. Masters.

The Championships, sanctioned by I.G.A.L. and put on by a 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 Ron 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 to be Ray Hatton over by 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 HAMBYL David U.S.A. 32.26
8 CONWAY Ron U.S.A. 32.29
9 HILL Ron England 32.49
10 COOPER Wade England 32.49
11 ASH James Scotland 32.56
12 ALDER James Scotland 32.56

Total runners M 40-44 = 158

Men 45-49

1 ROBINSON Roger New Zeal 31.90
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 HAMBYL David U.S.A. 32.26
8 CONWAY Ron U.S.A. 32.29
9 HILL Ron England 32.49
10 COOPER Wade England 32.49
11 ASH James Scotland 32.56
12 ALDER James Scotland 32.56

Total runners M 45-49 = 170

Men 50-54

1 FOORD Hugh V. Eng 33.58
2 MARSHALL William Sco 34.16
3 ROHDES 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 Fred Eng 36.34
10 HOWARTH Derek R. Eng 37.10

M 50-54 = 87

Men 55-59

1 ROBINSON Roger New Zeal 33.15
2 DAVIES Tecwyn Wales 33.56
3 VENUS William England 34.15
4 PENDLEBURY Fred England 34.18
5 VOETS Pierre Belgium 34.28
6 ANDERSON David England 34.34
7 HAMBYL David U.S.A. 34.42
8 CONWAY Ron U.S.A. 34.49
9 HILL Ron England 34.49
10 COOPER Wade England 34.49
11 ASH James Scotland 34.56
12 ALDER James Scotland 34.56

Total runners M 50-54 = 87

M 55-59 = 61

Editors Note: This right was granted to the U.A.V.A. by I.A.A.F. under certain conditions in 1970.
ASHCROFT Rene Fran
LANICCA Arthur Swi
DEPOPLIMONT Olivier Belg
GRAF Paul Swi
VERLOOP J. Ne th
LEITWER Florian
HASLER Karl
SCHNEIDER Franz
SEARS Edward Eng
GILMOUR John Aus
MORRISON David
FORBES Andrew Scot
TYLER William Engl
BASTIEN
SMITH Sydney Engl
ZECHSER Leon Franc
BURNS John Wm.
PAWLAK Erich
MILES Yvonne Engl
ANDERSON Doreen Engl
CRULL Rosa
MELDRUM
TROWBRIDGE W. Engl
BROMHEAD Janet
GRAINGER Rosemary Engl
SCHWARZ
LOPPKE Traudel W.
HOLDENER Edith Scot
ROBSON Veronica Engl
LORPKE Traudel W.
SCHWARZ Ingeburg W.
GROTH Renate W.
HEYMANN Isle W.
MICHEL An Hel
BROWN Muriel Eng

1 GRELLE Johanna W. Ger 55.45 FALKE Elfriede W. Ger 50.06
2 CAUVIN Denise France 56.07 TROPF E. W. Ger 50.45
3 THIERHUF Elisabeth W. Ger 56.34 HECKER Friedel W. Ger 50.24
4 LAMBERT Hanny W. Ger 57.14 ZABEL Charlotte W. Ger 1.07.00
5 CORUS Sigrid W. Ger 58.55 KREMPF Anneliese W. Ger 1.15.44
6 WHETTIESCHEI Mar. W. Ger 59.36
7 KNITTEL Gertrud W. Ger 1.10.32
8 PIPJ Jansen R Nether 1.10.34
9 SCHENK Edith W. Ger 1.01.58 BUCHER Justine W. Ger 1.08.45
10 RADIECIRRIMARG W. Ger 1.06.32 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 32.26
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 comprizing Eric Austin (England), Tom Flory (England) Derek Fernee (Canada) and Ernst Ruegg (Switzerland). Also well up were former winners Alastair Wood and Bill Stoddard (Scotland) and Arthur Walsham (England). Ray Swan of Bermuda and Bob Daniele 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...
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 (Netherlands), Roelofs (Netherlands), Schiber (Switzerland), Speehen (Belgium) and Eric Austin (England). The women's marathon race got started late (England) was being chased by countrywoman Pat Day after 1 lap but now 51 year old Tosiko D'Oella (U.S.A.) had taken up the chase. The latter was forced to walk a start of the World Best for Women. On the other hand, 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 now they entered the 10 Kms to go and after the flying Scotsman. But now they entered the

...but worse was to come, a shattering situation which involvement 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.

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.
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<td></td>
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<td>England</td>
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<td>England</td>
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**OVERALL COUNTRY RESULTS**

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**TEAM CATEGORY RESULTS**

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A mammoth turnout of 2,550 competitors gives 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 programme 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 excelling 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 Marthin W.GER 11.97
3. Henri Jean-Michel FRA 11.99

**Men 50-54**
1. Dennis Reece SWE 11.66
2. Augystyn Cras BEL 12.31
3. Herbert Peiff 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 15.08

**Women 35-39**
1. Erika Briesenick W.GER 13.20
2. Edith Graff BEL 13.46

**Women 45-49**
1. Una Adella Gore GBR 13.24
2. Sissel Falck-Jorgensen NOR 13.60
3. Marijatta Jarvinen FIN 13.68

**Women 55-59**
1. Corrie Roovers NL 13.43
2. Kathi Diener W.GER 13.47
3. Rosemarie Wenzler W.GER 13.51

**Women 65-69**
1. Kristen Hveem NOR 15.11
2. Elisabeth Haule W.GER 16.13
3. Eleonore Puttich W.GER 17.05

---

**The 2nd European Veterans Championships Helsinki 6-10.8.1980**

**200 m**

**Men 40-44**
1. Bruno Bianchi ITA 22.99
2. Torsti Helminen FIN 23.15

**Men 50-54**
1. Dennis Reece SWE 23.99
2. Augystyn Cras BEL 24.95
3. Ivar Stensrud NOR 26.20

**Men 60-64**
1. Oswald Schwarz W.GER 27.45
2. Yngve Brange SWE 27.81
3. Veikko Suokas FIN 28.13

**Men 70-74**
1. Heinrich Killing W.GER 29.68
2. Henri Regemeutter BEL 30.38
3. Ahti Pajunen FIN 30.70

**Women 35-39**
1. Erika Briesenick W.GER 45.38
2. Emil Zemlak YUG 51.61
3. Mikko Salonen W.GER 52.70

**Women 40-44**
1. Adella Gore GBR 27.28
2. Sissel Falck-Jorgensen NOR 27.37
3. Marijatta Jarvinen FIN 28.40

**Women 50-54**
1. Maeve Kyle GBR 27.86
2. Ruth Hunkel W.GER 30.67
3. Gesela Mutter GBR 31.20

**Women 60-64**
1. Elisabeth Haule W.GER 33.16
2. Britta Tibbling SWE 37.35

**Women 70-74**
1. Risto Makiaho NOR 30.90

**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

**Women 40-44**
1. Edith Graff BEL 27.03
2. Traude Schliephake W.GER 27.37
3. Marja-Leena Kangas FIN 27.70

**Women 55-59**
1. Kurd Hveem NOR 30.90

---

The 2nd European Veterans Championships
Helsinki 6-10.8.1980

**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 W.GER 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

**Women 35-39**
1. Renate Sen NOR 30.90

**Women 40-44**
1. Edith Graff BEL 27.03
2. Traude Schliephake W.GER 27.37
3. Marja-Leena Kangas FIN 27.70

**Women 55-59**
1. Gerd Baas W.GER 26.87
2. Rosemarie Wenzler W.GER 27.58
3. Halla Werner W.GER 28.37
### 2. Franus George
1. John Gilmour
2. Edward A. Sears

### Men 60-64

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### Women 70-74

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### Women 65-69

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<th>Time</th>
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<tr>
<td>1</td>
<td>Charles Connolly</td>
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<td>Tor Boifot</td>
<td>NOR</td>
<td>4:03:29</td>
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<td>3</td>
<td>Hans Froiland</td>
<td>NOR</td>
<td>4:04:10</td>
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### Women 60-64

<table>
<thead>
<tr>
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<th>Name</th>
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<tr>
<td>1</td>
<td>Inge Pfeiffer</td>
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<tr>
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<td>Anneliese Jensen</td>
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<td>Helga Balzer</td>
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### Women 70-74

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<tr>
<td>1</td>
<td>Malja Suominen</td>
<td>FIN</td>
<td>5:21:11</td>
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<td>Luise Haushofer</td>
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<td>Elfriede Falke</td>
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### Women 70-75

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<td>Elizabeth Tromp</td>
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<td>Eva Eriksson</td>
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### Men 50-54

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<td>Berthilia De Preter</td>
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### Women 65-69

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<td>Britta Tibbling</td>
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<td>SWE</td>
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The 2nd European Veterans Championships Helsinki 6-10.8.1980

5000 m

Men 40-44
1. Renato De Palmas ITA 14.53,1
2. Berhard Marquart FRA 14.56,6
3. Michael Connolly IRE 15.03,2

Women 55-59
1. Kere Oksavik NOR 16.10,6
2. Ron Franklin GBR 16.37,2
3. Antti Viskari FIN 16.53,3

Men 60-64
1. Holger Josefsson SWE 17.42,2
2. Stephen Richardson GBR 17.58,5
3. Premysl Dolensky CZE 18.34,4

Men 70-74
1. Martti Laiho FIN 20.19,1
2. Theodor Hansen SWE 20.20,4
3. Geog Wir FIN 22.05,0

Women 80
1. Emil Zemljak YUG 34.43,4

Women 40-44
1. Inge Pfeiffer W.GER 17.41,1
2. Helga Balzer W.GER 18.29,0
3. Startd Sucker W.GER 18.57,6

Women 50-54
1. Maija Suominen FIN 19.40,4
2. Kirsten Lien Garbo NOR 20.12,6
3. Sophie Wisman NL 20.36,6

Women 60-64
1. Elisabeth Tromp SWE 24.39,8
2. Eva Eriksson SWE 25.17,4
3. Inga Saperilus SWE 28.46,6

Women 70
1. Justine Bucher W.GER 31.50,8

10,000 m

Men 40-44
1. John William Oliver GBR 15.26,9
2. Alfons Ida W.GER 15.35,0
3. Karl Heinz Jung W.GER 15.42,4

Women 55-59
1. Gunther Hesselmann W.GER 16.24,0
2. Jan Kystad NOR 16.48,6
3. Robert Bourtard FRA 17.06,3

Men 60-64
1. Gunther Hesselmann W.GER 16.24,0
2. Alfons Ida W.GER 15.35,0
3. Karl Heinz Jung W.GER 15.42,4

Women 60-64
1. Gunther Hesselmann W.GER 16.24,0
2. Alfons Ida W.GER 15.35,0
3. Karl Heinz Jung W.GER 15.42,4

The 2nd European Veterans Championships Helsinki 6-10.8.1980

10,000 m (cont’d)

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 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. Emil Zemljak YUG 78.26,5
2. Hulan Frantisek CZE 48.08,7
3. Louis Charbonneau FRA 48.20,5

110 m Hurdles

Men 40-44
1. Juhani Vuori FIN 14.8
2. Jiri Cechak CZE 15.0
3. Lars Lindine SWE 15.7

Women 55-54
1. Alois Krul CZE 16.84
2. Hannu Suoknuuti FIN 17.94
3. Alex Faerneus SWE 19.08

Women 60-64
1. Agnar Hatteland NOR 20.38
2. Vilho Maki FIN 21.38
3. Heikki Simola FIN 22.48

Women 70
1. Ahti Pajunen FIN 20.61

80 m Hurdles

Women 40-44
1. Brigitte Schmidt W.GER 15.85
2. Marjatta Jarvinen FIN 18.52

Women 50-54
1. Brigitte Schmidt W.GER 15.85
2. Marjatta Jarvinen FIN 18.52

Women 60-64
2. Rosemarie Mathevet FRA 24.68

Women 70
1. Annchen Rei FIN 20.61

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 55-54
1. Max Fischer W.GER 1:04,59
2. Hansu Suokkuntu FIN 1:06,56
3. Francesco Butella ITA 1:08,23

Women 40-44
1. Colm Shafo GBR 59.65
2. Osno Tuorila FIN 1:02,47
3. Keith Whitaker GBR 1:03,24

Women 55-59
1. Andre Findelli FRA 1:06,32
2. Erik Jensen DEN 1:07,21
3. Lennart Lindholm SWE 1:08,66

100 m Hurdles

Women 40-44
1. Nina Fahnoe DEN 16.50
2. Edith Graeff BEL 16.61
### The 2nd European Veterans Championships Helsinki 6-10.8.1980

#### 400 M Hurdles (cont'd)

| Men 60-64 |  |  
|-----------|------------------|------------------|
| 1. Erik Toivonen | FIN | 1.11,00 |
| 2. Olle Elvland | SWE | 1.17,12 |
| 3. Vilho Maki | FIN | 1.18,10 |

#### 3000 m Steeple Chase

| Men 45-49 |  |  
|-----------|------------------|------------------|
| 1. Alfons Ida | W.GER | 9.59,5 |
| 2. Pierre Blanchou | FRA | 10.06,6 |
| 3. Branislav Kesanicky | CZE | 10.18,2 |

#### Men 50-54

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<tbody>
<tr>
<td>1. Josef Wildmoser</td>
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<tr>
<td>2. Marek Krs</td>
<td>TCH</td>
</tr>
<tr>
<td>3. Francesco Bettella</td>
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#### Men 60-69

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<td>2. Herbert Taylor</td>
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<td>3. Aristoide Cuomo</td>
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#### High Jump

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<tr>
<td>1. Paul Ludwig</td>
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### The 2nd European Veterans Championships Helsinki 6-10.8.1980

#### Men 40-44

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<tbody>
<tr>
<td>1. Henry Willstedt</td>
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<tr>
<td>2. Pavel Dlouhy</td>
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<tr>
<td>3. Risto Hayrynen</td>
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#### Men 50-54

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<tr>
<td>1. Salvador Martinez Marti</td>
<td>SPA</td>
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<tr>
<td>2. Bengt Blomqvist</td>
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<td>3. Raymond Wolthus</td>
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#### Men 60-64

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<tbody>
<tr>
<td>1. Erik Stal</td>
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<td>2. Hans Bitter</td>
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<tr>
<td>3. Agnar Hatteland</td>
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#### Men 70-74

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<tbody>
<tr>
<td>1. Birger Haug</td>
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<tr>
<td>2. Reino Ahjopalo</td>
<td>FIN</td>
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<td>3. Fritz Graf</td>
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#### Men 80+ (cont'd)

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<tbody>
<tr>
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<td>2. Olga Vyskovska</td>
<td>CZE</td>
</tr>
<tr>
<td>3. Marianne Stenholm</td>
<td>SWE</td>
</tr>
<tr>
<td>4. Agnes Sengers</td>
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#### Women 40-44

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<tr>
<td>1. Brigitte Schmidt</td>
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<td>2. Marianne Stenholm</td>
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#### Women 50-54

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<tr>
<td>1. Olga Vyskovska</td>
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<td>2. Else Laine</td>
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<td>3. Rosemarie Mathevet</td>
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#### Women 65

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<tr>
<td>1. Marita Reille</td>
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#### Women 70

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<td>3. Gerhard Windolf</td>
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### Long Jump

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<td>1. Peltier-Auguste Pinto</td>
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<tr>
<td>2. Sigurd Backlund</td>
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<td>3. Jean-Pierre Claraman-Dauzelle</td>
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#### Women 50-54

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<tr>
<td>1. Dragos Toni</td>
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<tr>
<td>2. Herbert Reiff</td>
<td>W.GER</td>
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<tr>
<td>3. Matti Jarvinen</td>
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#### Men 60-64

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<td>1. Hans Bitter</td>
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<td>2. Tuure Pentti</td>
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<td>3. Klaus Langer</td>
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#### Women 40-44

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<td>1. Sven Falk</td>
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<tr>
<td>2. Emiliia Zempljak</td>
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#### Men 55-59

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#### Men 60-69

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<td>1. Robert Reckwardt</td>
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<td>2. Ivan Sand</td>
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<td>3. Ville Perasalo</td>
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#### Women 40-44

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<tr>
<td>1. Erica Briesenick</td>
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<td>2. Nina Fahnoe</td>
<td>DEN</td>
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<td>3. Edith Graff</td>
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#### Men 45-49

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<tr>
<td>1. Corrie Roovers</td>
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<td>2. Kathi Steiner</td>
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<td>3. Rosemarie Nenzler</td>
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#### Women 55-59

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#### Women 65

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<tr>
<td>1. Halga Mitsu</td>
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#### Triple Jump

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<tbody>
<tr>
<td>1. Sigurd Backlund</td>
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<tr>
<td>2. Ino Vladimir Novy</td>
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<tr>
<td>3. Peltier-Auguste Pinto</td>
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#### Men 50-54

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<tr>
<td>1. Matti Jarvinen</td>
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<td>2. Drago Toni</td>
<td>YUG</td>
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<tr>
<td>3. Edsko Honken</td>
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### The 2nd European Veterans Championships

**Helsinki 6-10.8,1980**

#### Men 45-49

<table>
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<th>Rank</th>
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<th>Nationality</th>
<th>Score</th>
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<td>Hermann Strauss</td>
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<td>Olavi Niemi</td>
<td>FIN</td>
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<td>3</td>
<td>Kjosti Leaksen</td>
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#### Men 50-59

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<td>Hans Zabel W.</td>
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<td>Raffo Rainio</td>
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<td>Hans Stork</td>
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#### Men 60-64

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<td>Martin Kuban</td>
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<td>Fritz Graf</td>
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#### Pole Vault

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<td>Mauno Niemela</td>
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<td>Tapto Martanen</td>
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<td>3</td>
<td>Fritz Eberle</td>
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#### Men 65-69

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<td>2</td>
<td>Raino Rainio</td>
<td>FIN</td>
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<tr>
<td>3</td>
<td>Yrjo Rantala</td>
<td>FIN</td>
<td>230</td>
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### Shot Put

#### Men 45-49

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Hans Poettsch</td>
<td>AUT</td>
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</tr>
<tr>
<td>2</td>
<td>Oliva Lahtinen</td>
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<td>15.50</td>
</tr>
<tr>
<td>3</td>
<td>Peter Speckens</td>
<td>W.GER</td>
<td>14.80</td>
</tr>
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</table>

#### Men 50-59

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
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<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Herman Hombrecher W.</td>
<td>W.GER</td>
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<tr>
<td>2</td>
<td>Kecko Joupfla</td>
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<tr>
<td>3</td>
<td>Jarne Eric</td>
<td>CZE</td>
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#### Men 60-64

<table>
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<tr>
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<th>Name</th>
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<tbody>
<tr>
<td>1</td>
<td>Voitto Elu</td>
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<td>15.20</td>
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<tr>
<td>2</td>
<td>Konstany Makmucz W.</td>
<td>W.GER</td>
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<td>3</td>
<td>Tolvo Hagstrom</td>
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<td>13.38</td>
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#### Men 70-79

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Ernst Korte</td>
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<td>11.10</td>
</tr>
<tr>
<td>2</td>
<td>Franz Posluchni</td>
<td>W.GER</td>
<td>10.34</td>
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<tr>
<td>3</td>
<td>Hans Zabel</td>
<td>W.GER</td>
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### Triple Jump (cont'd)

#### Men 55-59

<table>
<thead>
<tr>
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<th>Name</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Esten Guldsoseth</td>
<td>NOR</td>
<td>10.95</td>
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<tr>
<td>2</td>
<td>Siegfried Cordes</td>
<td>W.GER</td>
<td>10.82</td>
</tr>
<tr>
<td>3</td>
<td>Olivi Aura</td>
<td>FIN</td>
<td>10.59</td>
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#### Men 60-64

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Hekki Simola</td>
<td>FIN</td>
<td>10.51</td>
</tr>
<tr>
<td>2</td>
<td>Ivar Sand</td>
<td>NOR</td>
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<td>3</td>
<td>Hans Schneider</td>
<td>W.GER</td>
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#### Men 70

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
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<tbody>
<tr>
<td>1</td>
<td>Sven Falk</td>
<td>SWE</td>
<td>5.95</td>
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### The 2nd European Veterans Championships

**Helsinki 6-10.8,1980**

#### Women 35-39

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Aste Hofbom</td>
<td>NOR</td>
<td>13.92</td>
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<tr>
<td>2</td>
<td>Sanna Alm</td>
<td>FIN</td>
<td>12.57</td>
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<tr>
<td>3</td>
<td>Margrethe Brandt</td>
<td>W.GER</td>
<td>11.93</td>
</tr>
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#### Women 40-44

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Leila Hellstrom</td>
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<tr>
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<td>Sabine Alms</td>
<td>FIN</td>
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<tr>
<td>3</td>
<td>Brigitte Schmidt</td>
<td>W.GER</td>
<td>11.84</td>
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### Shot Put (cont'd)

#### Women 40-44

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Score</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Laila Hellstrom</td>
<td>SWE</td>
<td>29.74</td>
</tr>
<tr>
<td>2</td>
<td>Viola Antosova</td>
<td>FIN</td>
<td>25.08</td>
</tr>
<tr>
<td>3</td>
<td>Brigitte Schmidt</td>
<td>W.GER</td>
<td>23.82</td>
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#### Women 50-54

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Score</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Marianne Hamm</td>
<td>W.GER</td>
<td>32.98</td>
</tr>
<tr>
<td>2</td>
<td>Karl-Joertikka</td>
<td>FIN</td>
<td>25.36</td>
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<tr>
<td>3</td>
<td>Bodil Byhrre</td>
<td>NOR</td>
<td>21.94</td>
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#### Women 60

<table>
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<tr>
<th>Rank</th>
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<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Hanna Gelbrich</td>
<td>W.GER</td>
<td>21.36</td>
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<tr>
<td>2</td>
<td>Anchen Rehe</td>
<td>W.GER</td>
<td>25.35</td>
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### Javelin

<table>
<thead>
<tr>
<th>Men 40-44</th>
<th>Women 40-44</th>
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</thead>
<tbody>
<tr>
<td>1. Tauno Huttula, FIN</td>
<td>1. Walter Keeler, GBR</td>
</tr>
<tr>
<td>2. Ing. Myles Vojtek, CZE</td>
<td>2. Richard Riesel, AUT</td>
</tr>
</tbody>
</table>

#### Men 50-54

<table>
<thead>
<tr>
<th>1. Veikko Javanainen, FIN</th>
<th>1. Olavi Rantama, FIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Richard Riesel, CZE</td>
<td>2. Vjaro Salonen, FIN</td>
</tr>
</tbody>
</table>

#### Men 60-64

<table>
<thead>
<tr>
<th>1. Vaino Ojaranta, FIN</th>
<th>1. Hans Schneider, W.GER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Norbert Barth, CZE</td>
<td>2. Ola Lattu, FIN</td>
</tr>
<tr>
<td>3. Dusan Vujacic, YUG</td>
<td>3. Willi Schiess, W.GER</td>
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#### Men 70-74

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>2. Heintz Roder, W.GER</td>
<td>2. Oliva Schiess, W.GER</td>
</tr>
<tr>
<td>3. Albert Reis, W.GER</td>
<td>3. Willi Schiess, W.GER</td>
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#### Women

<table>
<thead>
<tr>
<th>Women 50-54</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Una Adella Gore, GBR</td>
</tr>
<tr>
<td>2. Monica Herdwall, SWE</td>
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### Hammer

<table>
<thead>
<tr>
<th>Men 45-49</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Olavi Rantama, FIN</td>
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<tr>
<td>2. Vjaro Salonen, FIN</td>
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#### Men 55-59

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>2. Oliva Lattu, FIN</td>
<td>2. Oliva Schiess, W.GER</td>
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#### Men 65-69

<table>
<thead>
<tr>
<th>1. Vaino Ojaranta, FIN</th>
<th>1. Hans Schneider, W.GER</th>
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</thead>
<tbody>
<tr>
<td>2. Norbert Barth, CZE</td>
<td>2. Ola Lattu, FIN</td>
</tr>
<tr>
<td>3. Dusan Vujacic, YUG</td>
<td>3. Willi Schiess, W.GER</td>
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#### Men 75-79

<table>
<thead>
<tr>
<th>1. Veikko Javanainen, FIN</th>
<th>1. Hans Schneider, W.GER</th>
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</thead>
<tbody>
<tr>
<td>2. Richard Riesel, CZE</td>
<td>2. Ola Lattu, FIN</td>
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### 5 km Road Walking

<table>
<thead>
<tr>
<th>Men 40-44</th>
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<tbody>
<tr>
<td>2. Ancken Reile, W.GER</td>
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### Women

<table>
<thead>
<tr>
<th>Women 40-44</th>
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</thead>
<tbody>
<tr>
<td>1. Judith Farr, GBR</td>
</tr>
<tr>
<td>2. Gunilla Jansson, SWE</td>
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#### Women 50-54

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>2. Maggie Anderson, SWE</td>
<td>2. Margareta Ohlsson, SWE</td>
</tr>
<tr>
<td>3. Agnes Blom, BEL</td>
<td>3. Ria Brouwers, W.GER</td>
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#### Women 60-64

<table>
<thead>
<tr>
<th>1. Karin Larsson, SWE</th>
<th>1. May Bengtsson, SWE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Brita Tibbling, SWE</td>
<td>2. Brita Tibbling, SWE</td>
</tr>
<tr>
<td>3. Inga Sagrelius, SWE</td>
<td>3. Inga Sagrelius, SWE</td>
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</table>

#### Women 65-69

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>2. Nora Medo, SWE</td>
<td>2. Latha Kaila, FIN</td>
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### 10 km Road Walking

<table>
<thead>
<tr>
<th>Men 40-44</th>
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</thead>
<tbody>
<tr>
<td>1. Bruno Secchi, ITA</td>
</tr>
<tr>
<td>2. Paavo Pohjolainen, FIN</td>
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<tr>
<td>3. Daniel Bjorkgren, SWE</td>
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#### Men 50-54

<table>
<thead>
<tr>
<th>1. Karl-Erik Svensson, SWED</th>
<th>1. Eakon Nielsen, NOR</th>
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</thead>
<tbody>
<tr>
<td>2. Enrico Ruine, ITA</td>
<td>2. Herwald Klope, W.GER</td>
</tr>
<tr>
<td>3. Heim Zethof, NL</td>
<td>3. Ake Lundstrom, SWE</td>
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#### Men 60-69

<table>
<thead>
<tr>
<th>1. Oddvar Sandvik, NOR</th>
<th>1. F. Chico Scipone, ITA</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Jan Bjellberg, SWE</td>
<td>2. Jochen Muller, W.GER</td>
</tr>
<tr>
<td>3. Tage Bergstrom, SWE</td>
<td>3. Heinrich Eresinger, SWI</td>
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#### Men 70-74

<table>
<thead>
<tr>
<th>1. Raimo Kalsson, SWE</th>
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</tr>
</thead>
<tbody>
<tr>
<td>2. Max Leonhard, W.GER</td>
<td>2. Jochen Muller, W.GER</td>
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#### Men 80+

<table>
<thead>
<tr>
<th>1. Walter Keeler, GBR</th>
<th>1. Judyth Farr, GBR</th>
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<tbody>
<tr>
<td>2. Gunilla Jansson, SWE</td>
<td>2. Gunilla Jansson, SWE</td>
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### The 2nd European Veterans Championships

**Helsinki 6-10.8.1980**

10 km Road Walking (cont'd)

<table>
<thead>
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<th>Women 45-49</th>
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<tbody>
<tr>
<td>1. Yvonne Smith</td>
<td>1. Sheila Jennings</td>
</tr>
<tr>
<td>2. Emmie Molisch</td>
<td>2. Maggie Andersson</td>
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<table>
<thead>
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<th>Women 50-54</th>
<th>Women 55-59</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Olga Mayer</td>
<td>1. Karin Larsson</td>
</tr>
<tr>
<td>2. Margareta Ohlsson</td>
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<table>
<thead>
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<th>Men 40-44</th>
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<tbody>
<tr>
<td>1. Daniel Bjorkgren</td>
<td>1. Herbert Melisch</td>
</tr>
<tr>
<td>2. Paavo Pohjolainen</td>
<td>2. Werner Schmidt</td>
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<tbody>
<tr>
<td>2. Enrico Dufna</td>
<td>2. Hans Nilsen</td>
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<td>3. Alan Scott</td>
<td>3. Ake Lundstrom</td>
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<table>
<thead>
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<th>Men 60-64</th>
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<tr>
<td>1. Oddvar Sandvik</td>
<td>1. Jochen Muller</td>
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<td>2. John Babole</td>
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<td>3. Tage Bergstrom</td>
<td>3. F. Chico Scimone</td>
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<table>
<thead>
<tr>
<th>Women 70</th>
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<tbody>
<tr>
<td>1. Lahja Kaila</td>
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20 km Road Walking

<table>
<thead>
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<th>Men 40-44</th>
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<tbody>
<tr>
<td>1. Dereck Fernee</td>
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<table>
<thead>
<tr>
<th>Men 50-54</th>
<th>Men 55-59</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Gerhard Stiefel</td>
<td>1. Florent de Meyer</td>
</tr>
<tr>
<td>2. Ragnar Karlsson</td>
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<table>
<thead>
<tr>
<th>Men 80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Walter Keeler</td>
</tr>
</tbody>
</table>

### North American and Canadian Veterans

**Marathon Championships - Winnipeg 15th June 1980**

By Bob Danell

**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 American Master's Marathon Championship. They had advertised the event in many respects, as the Spaghetti was served in special 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 turnout 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.

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 lift many of the prominent entries.
During the last minutes before the race a few of us discussed what 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 unencumbered 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 one who's over 50 increased our effort slightly to ensure no loss of 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).

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 pace setter as he suddenly bounded ahead with such gusto that one who's over 50 increased our effort slightly to ensure no loss of 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).

As with all major marathons, the closing ceremonies are a little anticlimactic; the long weeks of carefully planned training and 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.
SYRACUSE, N.Y., March 29. Shirley Davison and Ian Hume set new world age-classification records as 400 athletes took part in the National Senior Indoor Track and Field Championships at the University of Syracuse.

Davison, from Victorville, California turned 50 on February 28 and promptly broke the age 50-54 world long jump record with a leap of 6.31m. The old mark was set by Richmond Morcom of Philadelphia, who softened the blow of losing his world standard by winning 3 events of his own in the meet.

Ian Hume journeyed from Canada to pick up a new world record in the 65-69 high jump at 1.88m breaking the world mark of 1.47 set in the 1979 World Games by Ireland's Richard Rafferty.

**CLASS 2A**

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**CLASS 2B**

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<td>World record for age 65-69</td>
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**CLASS 3A**

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**BALL MAN**

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</table>
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 Glasgow 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.

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

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

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 Glasgow, Scotland, August 23rd.

Gloria Rickards, British winner at 400m 35-39.

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 Schober

PHILADELPHIA, PA., July 4-6

The world's masters and U.S. best were set as over 500 athletes took part in the 13th Annual National Masters AAU/T&F 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 51.9. He had set the old mark of 51.1 on May 24.
2. Bill Fitzgerald of Palo Verde, California lowered his own world 800 mark in the 55-59 division for the 3rd consecutive year. His 2:09.9 topped the 2:09.3 he ran in the Western Regionals June 22.
3. Frank Fenger of Charlottesville, Virginia erased Norm Reed's 300 standard of 2:27.2 in the 65-69 bracket with a time of 2:06.3.
4. Russ Meyers of Pensacola, Florida lowered his own 110 hurdle mark of 11.1 in the 75-79 group to 10.9.
5. The high-jumpers went wild. Three new world marks were set in the ideal hot, windless conditions. J.C. Brown of States Island, N.Y., leaped 6-2 1/2 to raise the 50-54 standard of 6-0, jointly held by Ovarl Gillette (Dec. 1971) and Bob Moore (July 1972).
6. Buri Gist of San Marcos, California was elected when he cleared 5-7 1/2 to erase Erik Staf of Norway's 6-2 1/2 in the 60-64 high jump mark set in the 2nd World Games in Sweden in 1977.
7. Ian Humm's 4:11 in the 65-69 high jump eclipsed the 4:10 mark set by Richard Bafford of Great Britain last year at the 2nd World Games in Hannover, Germany. Humm, a Canadian and world veteran's technical chairman, then triple-jumped 54-11 to better the 54-7 previously world best, but it was wind aided, as were many triple jump marks.
8. 810. Salisbury improved on 3 of the world women's 70-74 bests she set earlier in the year, when she won the 200 (2:17.11), 400 (2:31.15), and 800 (5:56.35).

Outstanding performances were commonplace. Among them:

-Mike Jackson of Los Angeles captured the 100 (10.8) and 200 (22.64) in the 30-34 division. A former Presidential fellow with a Ph.D. in Public Administration, Jackson has been working 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 weeks. Next year I'll run 10.4 or 10.5 in the 100 and the 20.1 or 20.2 in the 200."
-Doug Smith of Huntington Beach, California kept the 40-49 sprint crown 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 22.97.
-Hick Newton reversed the order of finish in the M45 100 and 200 from the World Games last year, beating gold medalist Lloyd Ridick, 11.69 to 11.89 in the 100, with Matt Brown splitting them for 2nd in 11.70. In the 200, Newton triumphed in 22.05 to Ridick's 22.38 with Brown third. In Hannover, Ridick won two golds in 11.25 and 23.55, while Newton took both bronze in 11.65 and 23.68. Thus, Newton, 46, improved on all three of his Hannover times (11.9, 12.38 and 25.51) to win three national championships 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 50-59 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, 46.35 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. Greenwood's 1-1 U.S. defeat, to our knowledge, in the 300, 54.45 to 54.46. Greenwood won the silver in 24.23. "I had a bad lane and I couldn't see him," Lancaster said. "But I ran a hard turn. I could have him coming at the end." Lancaster's two-out-of-three wins over Greenwood were even more impressive since the Philadelphian was the meet's most organized and was busy, overseeing details. Greenwood, however, remained undefeated as a master in the 100 and 400 hurdles, easily winning the former in 16.48 (39') and the latter in 50.14 (59'), 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 17.62 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 sprint in 12.38 and 25.51.
-Milt Hervey successfully defended her championships in the women's 35-39 800 and 1500.
-U.S.-40 440 800 record-holder (1:56.9) 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 1900. Cohen tried to stay with Billups' pace, but the American record-holder (4:02.37) was too much. Cohen eased in a 2nd place fight to 1:58.6 as Billups breezed in a 4:02.2, 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 (2:06.8) divisions, respectively.

By RUM

PHILADELPHIA, PA., June 20-July 2

World Records

MEN 65-69
1. Lloyd Riddick 1:07.70
2. Bob Hunt 1:09.70
3. Alex Johnson 1:10.49

MEN 55-59
1. Louis Firth 1:07.10
2. Bob Hunt 1:09.70
3. Tim Riddick 1:10.49

MEN 70-74
1. Pat Tatum 1:08.27
2. Dick Linn 1:09.70
3. Bob Hunt 1:10.49

MEN 75-79
1. Bob Hunt 1:09.70
2. Bob Hunt 1:10.49
3. Tim Riddick 1:10.49

WOMEN 35-39
1. Carol McCall 1:01.19
2. Carol McCall 1:01.74
3. Carol McCall 1:02.29

WOMEN 40-44
1. Carol McCall 1:01.74
2. Carol McCall 1:02.29
3. Carol McCall 1:02.84

WOMEN 45-49
1. Carol McCall 1:02.29
2. Carol McCall 1:02.84
3. Carol McCall 1:03.40

WOMEN 50-54
1. Carol McCall 1:02.84
2. Carol McCall 1:03.40
3. Carol McCall 1:04.04

WOMEN 55-59
1. Carol McCall 1:03.40
2. Carol McCall 1:04.04
3. Carol McCall 1:04.76

WOMEN 60-64
1. Carol McCall 1:04.04
2. Carol McCall 1:04.76
3. Carol McCall 1:05.46

WOMEN 65-69
1. Carol McCall 1:05.46
2. Carol McCall 1:06.15
3. Carol McCall 1:06.85

WOMEN 70-74
1. Carol McCall 1:06.15
2. Carol McCall 1:06.85
3. Carol McCall 1:07.56
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<td>Men 40-44</td>
<td>James Burnett</td>
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<td>Harry Tolliver</td>
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<td>Men 50-54</td>
<td>Jack Greenwood</td>
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<td>Men 60-64</td>
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<td>Milton Bass</td>
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<td>Men 70-74</td>
<td>C.E. Kline</td>
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<td>Paul Fairbank</td>
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<tr>
<td>Women 35-39</td>
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<td>Women 45-49</td>
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<td>800 Metres</td>
<td>Men 40-44</td>
<td>Ernest Billups</td>
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<td>Women 40-44</td>
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<tr>
<td>Women 70-74</td>
<td>Marilla Salisbury</td>
<td>2:51.15</td>
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5000 Metres

**Men 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 Ansprech 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

**Women 40-44**
1. Rachel Bourn 22:11.0
2. Pat Bessel 20:30.6
3. Sandra Knott 18:11.1

**Women 45-49**
1. Isabel McConnell 19:26.3
2. Diane Palmason 19:12.3
3. Pat Bessel 20:30.6
4. Sandra Folzer 24:16.6

5000 Metre Walk

**Women 45-49**
1. Mary Russo 25:59
2. William Harley 26:19
3. Ron Prend 27:03

**Women 50-54**
1. Fred Dunn 25:54
2. Harry Stiltenen 26:03
3. Tom Costigan 26:41

**Women 60-64**
1. Don Johnson 29:19
2. Richard Lukas 29:33
3. Anna Rush 29:42

**Women 70-74**
1. Marilla Salisbury 31:16

20 Kilometre Walk

**Men 40-44**
1. John Forrest 34:47.6
2. Robert Fine 38:39.1
3. Trevor Banks 38:56

**Men 50-54**
1. Jim O'Neil 35:35.6
2. Jack Start 39:10.3
3. Jack Pennington 41:58.5

**Men 60-64**
1. Rudolph Nilson 46:17
2. Sandra Knott 37:26.5
3. Pat Bessel 40:21.8

**Women 40-44**
1. Sandra Knott 37:26.5
2. Pat Bessel 40:21.8
3. Sandra Folzer 41:36

110 Metre Hurdles

**Men 40-44**
1. Alvin Henry 15.22
2. Jim O'Hara 15.53
3. Lew Thorne 15.57

**Women 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 17.66
3. Joe Murphy 18.01

Men 60-64 (30")
1. Bob Hunt 17.63
2. Burl Gist 16.02
3. Marcus Neuhof 20.01

Men 75-79 (30")
1. Russell Meyers 20.93
2. Herb Anderson 27.92

Women (open)
1. Eileen Phillips-Watson 16.66
2. Joann Grissom 19.18
3. Skipper Clark 20.07

400 Metre Intermediate
Men 40-44 (33")
1. Gary Miller 58.36
2. Jack Brocksmit 59.24
3. Jack Brocksmit 61.26

Men 50-54 (30")
1. Bob Hunt 1:00.14
2. Harold Green 1:04.71
3. Jay Wallace 1:06.92

Men 60-64 (30")
1. Bob Hunt 1:10.09
2. Max Pickit 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 10:12.6
3. Ed Hotham 11:23.6

Men 50-54
1. Roland Anspach 11:25.1
2. Jim Wastie 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 +2

Men 55-59 (33")
1. Freeman Mer 19.90
2. Jim Johnson 21.10

Men 65-69 (30")
1. Claude Hills 20.01
2. George Braceland 20.09

Women 40-44 (30")
1. Joann Grissom 1:20.98

*Men 65-69 See Below*

High Jump
Men 40-44
1. Jerry Counihan 5-10
2. Mamon Gibson 5-10
3. Tom Langenfeld 5-8

Men 45-49
1. Herm Wyatt 6-0
2. Milton Newton 5-10
3. tie, Floyd Smith 5-8
Rich Richardson 5-8

Men 50-54
1. J.C. Brown 1.75 (5-9)
2. Ed Austin 1.62 (5-4)
3. R.G. Wolf 1.37 (4-6)

Men 55-59
1. Spotwood Hall 1.62 (5-4)
2. Floyd Simmons 1.57 (5-2)
3. Irv Mondschein 1.52 (5-0)

Men 60-64
1. Burl Gist 1.59 (5-2)
2. Ian Hume 1.50 (4-11)

Men 65-69
1. Bob Boal 1.59 (5-2)

Pole Vault
Men 40-44
1. Paul Richard 13-6
2. Counihan 13-6
3. Ed Hoyle 13-0

Men 50-54
1. Paul Richard 13-6
2. Leon Trout 9-6
3. Ray Fitzhugh 9-0

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)
2. Herb Anderson 2.59 (8-6)

43
Long Jump

Men 40-44
1. Alvin Henry 6.38 (20-1 1/2)
2. Robert Jackson 6.12 (20-1)
3. Jerry Coushan 6.06 (19-10)

Men 50-54
1. Shirley Davisson 19-9
2. Edmund Schuler 16-8 1/2
3. Phil Schlegel 16-6 1/2

Men 60-64
1. John Alexander 16-2 1/4
2. Max Picki 15-6 1/4
3. Burt Gist 14-8

Men 70-74
1. Sherman Burho 11-5 3/4
2. Warren Pike 11-4 3/4
3. William Dunham 10-11 3/4

Women 30-34
1. Eileen-Philippa Watson 17-6%
2. Skipper Clark 17-0 3/4
3. Anna Mapps 15-0%

Women 40-44
1. Joann Grissom 15-11
2. Skipper Clark 17-0 3/4
3. Anna Mapps 15-0%

Women 45-49
1. Christel Miller 14-5 1/4

Triple Jump

Men 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 (33-2 1/2)
2. Bill Cole 10.08 (33-1)

Men 60-64
1. Richard Ganslen 9.94 (32-7 1/2)
2. Robert Solorsen 9.46 (31-0 1/4)
3. Max Picki 9.32 (30-7)

Men 70-74
1. Wesley Ward 8.16 (26-9 1/2)
2. Sherman Burho 7.50 (24-7 1/2)

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 (35-2 1/2)
3. James Johnson 10.16 (33-4)

Men 65-69
1. Ian Hume 10.64 (34-11)
2. John Satti 9.71 (31-10 1/2)
3. Claude Hills 8.81 (28-11)

Men 75-79
1. Wesley Ward 8.16 (26-9 1/2)
2. Herbet Anderson 7.50 (24-7 1/2)
3. Russell Meyers 6.80 (22-3 3/4)

Women 40-44
1. Shelley Ammons 9-9

Shot Put

Men 40-44
1. Steve Hameroff 43-1 1/4
2. Hal Smith 42-1 1/2
3. Carl Klehm 37-3 3/4

Men 50-54
1. Tom Allison 36-11 1/4
2. Tom Hill 37-6 1/2
3. Richard Walkup 36-11

Men 60-64
1. Bill Gilligan 45-5 1/4
2. William Coleman 44-4 1/2
3. Harold Parsons 41-8

Men 70-74
1. Raymond Connolly 33-7 1/2
2. Warren Pike 31-4 1/2
3. John Ward 29-6 1/2

Women 40-44
1. Joann Grissom 37-9 1/2
2. Samantha Watson 37-9 1/2
3. Anne Sirulnick 26-10 1/2

Discus

Men 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 Mc Dermott 31-11
2. Bill Gilligan 31-10
3. Harold Parsons 30-10

Men 70-74
1. W. Sherman Burho 27-2 1/2
2. Ray Connolly 30-0
3. Warren Pike 27-2 1/2

Women 40-44
1. Susan Sherke 22-8 1/2
2. Susan Sherke 22-8 1/2
3. Susan Sherke 22-8 1/2

Women 45-49
1. Anne Sirulnick 26-10 1/2
2. Anna Sirulnick 26-10 1/2
3. Anna Sirulnick 26-10 1/2

Women 50-54
1. Joann Grissom 37-9 1/2
2. Samantha Watson 37-9 1/2
3. Anne Sirulnick 26-10 1/2

Women 65-69
1. Susan Sherke 22-8 1/2
2. Susan Sherke 22-8 1/2
3. Susan Sherke 22-8 1/2

Women 75-79
1. Winfield McFadden 9-9
2. Stan Herrmann 89-3 1/2
3. Herb Anderson 68-8

Women 40-44
1. Ann Smith 63-7 1/2
2. Ann Smith 63-7 1/2
3. Ann Smith 63-7 1/2

Women 45-49
1. Tom Henderson 42-2
2. Stewart Thomson 42-0 3/4
3. Carlos Fraudorfer 41-1 1/4

Women 50-54
1. William Walbroth 45-3 1/2
2. Floyd Simons 39-6 1/2
3. John Ward 29-6 1/2

Women 60-64
1. James York 44-8 1/2
2. Ross Carter 41-6
3. Neel Buell 39-6 1/2

Women 70-74
1. Susan Sherke 22-8 1/2
2. Anna Sirulnick 26-10 1/2
3. Anna Sirulnick 26-10 1/2

Women 40-44
1. Ann Smith 63-7 1/2
2. Ann Smith 63-7 1/2
3. Ann Smith 63-7 1/2

Women 45-49
1. Tom Henderson 42-2
2. Stewart Thomson 42-0 3/4
3. Carlos Fraudorfer 41-1 1/4

Women 50-54
1. William Walbroth 45-3 1/2
2. Floyd Simons 39-6 1/2
3. John Ward 29-6 1/2

Women 60-64
1. James York 44-8 1/2
2. Ross Carter 41-6
3. Neel Buell 39-6 1/2

Women 70-74
1. Susan Sherke 22-8 1/2
2. Anna Sirulnick 26-10 1/2
3. Anna Sirulnick 26-10 1/2

Women 40-44
1. Ann Smith 63-7 1/2
2. Ann Smith 63-7 1/2
3. Ann Smith 63-7 1/2

Women 45-49
1. Tom Henderson 42-2
2. Stewart Thomson 42-0 3/4
3. Carlos Fraudorfer 41-1 1/4

Women 50-54
1. William Walbroth 45-3 1/2
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3. John Ward 29-6 1/2

Women 60-64
1. James York 44-8 1/2
2. Ross Carter 41-6
3. Neel Buell 39-6 1/2

Women 70-74
1. Susan Sherke 22-8 1/2
2. Anna Sirulnick 26-10 1/2
3. Anna Sirulnick 26-10 1/2
Javelin

Men 40-44
1. Hal Smith 44.15 (144-10)
2. Ken Mackenzie 37.98 (124-7)
3. Karl Klehm 26.85 (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 35.60 (123-3)
2. Harold Parsons 30.61 (100-5)
3. Stan Laski 30.07 (98-8)

Men 70-74
1. William Dunham 25.00 (82-0)
2. Raymond Connolly 19.74 (64-9)

Women 35-39
1. Susan Skerke 20.62 (67-7)

Hammer Throw

Men 40-44
1. Norm Cyprus 40.54 (133-0)
2. Carl Klehm 35.82 (118-7)
3. Ken Mackenzie 27.25 (89-4)

Men 50-54
1. Alfie Phillips 36.32 (119-4)
2. Tom Hill 22.57 (74-0)

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 (80-15)
2. Warren Pike 25.20 (82-0)

Men 85-89
1. Vincent Schiavi 6.05 (19-10)

PENTATHLON

Men 40-44
1. WHITE, Sammy 3,203
2. MILLER, Gary 3,190
3. BOHIGIAN, Hal 2,666

Men 45-49
1. SPRING, Elmer 57.10 (116-10)
2. ROBERTS, John 55.02 (180-6)
3. John Reider 44.33 (161-10)

Men 50-54
1. COX, Charles 2,265
2. BROOKS, Thomas 2,213
3. COLEN, Harold 1,766

Men 55-59
1. HARRIS, Don 2,827
2. BUSHMAN, Melvin 2,720
3. HARRIS, Oscar 1,444

BRITISH VETERANS ATHLETIC FEDERATION
TRACK & FIELD CHAMPIONSHIPS

1st 3 only
July 12-13, 1980

100 Metres

Men M40
Final
1. D. Herman 11.9
2. P. Dunham 11.2
3. F. Taylor 11.5

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. J. Pritchard 17.9

M60
1. G. 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

200 Metres

Men M40
Final
1. P. Dunham 24.0
2. B. Mitchell 24.5
3. P. Cornall 25.6

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

M50
1. F. 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. G. Fairey 29.0
2. F. Sherwood 29.9
3. L. Batt 30.0

M65
1. T. Hines 35.5
2. N. Martin 37.2
3. J. Searle 38.6

W35
1. E. Steedman 30.0
2. J. Coggin 31.1
3. B. Atkinson 33.1
### 400 Metres

<table>
<thead>
<tr>
<th>400 Metres</th>
<th>800 Metres</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. C. Wooton</td>
<td>52.6</td>
</tr>
<tr>
<td>2. R. Anderson</td>
<td>53.0</td>
</tr>
<tr>
<td>3. P. Dunham</td>
<td>53.2</td>
</tr>
</tbody>
</table>

### 400 M Hurdles

<table>
<thead>
<tr>
<th>400 M Hurdles</th>
<th>M40</th>
<th>1. E. O'Brien</th>
<th>4:57.3</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. H. Taylor</td>
<td>5:13.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. K. Price</td>
<td>5:25.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. B. Griffiths</td>
<td>10:06.5</td>
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### 500 Metres Walk

<table>
<thead>
<tr>
<th>500 Metres Walk</th>
<th>M40</th>
<th>1. D. Stevens</th>
<th>22:17.8</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. A. Agnew</td>
<td>26:00.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. R. Powell</td>
<td>26:40.0</td>
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### 800 Metres

<table>
<thead>
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<th>M40</th>
<th>1. R. Anderson</th>
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<tbody>
<tr>
<td>2. A. Clark</td>
<td>2:02.7</td>
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</tr>
<tr>
<td>3. A. Kimber</td>
<td>2:02.9</td>
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### 1000 M Hurdles

<table>
<thead>
<tr>
<th>1000 M Hurdles</th>
<th>M40</th>
<th>1. J. Howell</th>
<th>17:2</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. W. Taylor</td>
<td>17:6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. N. Barnes</td>
<td>18:9</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 3000 M Steeplechase

<table>
<thead>
<tr>
<th>3000 M Steeplechase</th>
<th>M40</th>
<th>1. G. Blackburn</th>
<th>9:54.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. D. Davids</td>
<td>9:57.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. B. Griffiths</td>
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### 5000 Metres

<table>
<thead>
<tr>
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<th>M40</th>
<th>1. R. Robinson</th>
<th>14:55.1</th>
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<tr>
<td>2. I. Carrol</td>
<td>15:08.1</td>
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<tr>
<td>3. J. Alder</td>
<td>15:15.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. A. G. Roberts</td>
<td>30:38.6</td>
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### 110 M Hurdles

<table>
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<th>M40</th>
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<th>17.2</th>
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</thead>
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<td></td>
<td></td>
</tr>
<tr>
<td>3. N. Barnes</td>
<td>18.9</td>
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### 1500 Metres

<table>
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<tr>
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<th>1. B. Brooks</th>
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<tbody>
<tr>
<td>2. J. Atchison</td>
<td>3:48.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. E. Price</td>
<td>4:01.4</td>
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<td></td>
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</table>

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<td></td>
</tr>
<tr>
<td>3. B. Griffiths</td>
<td>10:06.5</td>
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### Pole Vault

<table>
<thead>
<tr>
<th>Pole Vault</th>
<th>M40</th>
<th>1. P. Ball</th>
<th>3.90</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. A. Mackay</td>
<td>3.40</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. R. Brown</td>
<td>3.90</td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>4.0 M Hurdles</th>
<th>M40</th>
<th>1. P. Ball</th>
<th>3.90</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. A. Mackay</td>
<td>3.40</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. R. Brown</td>
<td>3.90</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. J. Day</td>
<td>3.11</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Shot

M40 1. J. Walters 13.66  M50 1. B. Tyndall 33.32
2. W. Bushnell 12.06  2. M. Dalrymple 44.20
M45 1. S. Clark 14.97  Javelin
2. B. Strange 10.53  3. I. Briggs 11.58
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. Laudobellis 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. E. 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 18.44
2. K. Koppell 18.46
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. McEvo 35.42
3. B. Sumner 34.16
M50 1. R. Evans 3.97
2. T. Hines 3.05
M55 1. N. Martin 2.73

Oerter Sets World Discus Mark

WICHITA, KANSAS, May 31. Four-
time Olympic gold medalist Al Oerter unleashed his best this year and set a record of 227 feet in the world this year.

Hammer

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

High Jump

M80 1. A. Sutherland 3.14
2. M. Burrell 1.65
W35 1. P. McNab 5.34
W40 1. J. Atcheson 3.99
2. E. Price 3.74
3. W. Farley 3.73
W45 1. W. Feldmanis 3.71
2. E. Knowles 2.91

Race Walking

by Alan Wood

Bill Ranney, 44, won the Julie Partridge Memorial 10K in 49:36. Sue Breddick took the National Women's 20KM in 1:46:30. Lori Maynard, 45, won 3rd in 1:50:34. Rose Kull, 42, rest her walk with a 10-mile run in 60:45. She was 3rd master. Maynard set a women's 5K best with 26:36.4.

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 November 1979 it published the World Veterans Championship results -- weeks before the official results were mailed. In November 1979 it published 5-year man's and women's age records.

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

Send EV 32 weekly issues to:
National Masters Newsletter 6200 Dazeville 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 in the 1980 Masters World and American Age-Record Books, 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 fixedly arranged rotation. If any 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 incomplete 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 W60 team. With only 9 team members (John Jeffery, Wayne Zook, Dr. Hal Elrick, Leo Leonard, Ed Crowley, Sef Torres, Ceci Smith, and 71 year old Dr. Carl Stroud), they passed the old record of 132 miles and 1416 yards at 9:00 a.m. into the relay, leaving them 8% hours to cover the last 464 yards and thus add 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 Hennigan, Bill Porter, Cal Hammen, Juergen Richter, Bob Jordan, Ray Sablan, Bob Henley, Frank Saiz, Ton 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 him 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 "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 Hammen, Bob Jordan and Frank Saiz. Porter led off his final (and 29th) mile with a 5:23. Then Porter's lead was taken by Bob Jordan and finally Frank Saiz. Saiz had exactly 96.8 seconds left in the relay to run more than 108 yards which would break a record standing since 1971. Frank Kurucz strode sturdily past the old mark, and the champagne was right there for the happy team whose many memories of the longest day will surely be indelible.

As the event proceeded into the humid warmth of the afternoon, the team continued to demonstrate a remarkable consistency. Don Hodge (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 Bietensen (60) demonstrated an almost equal regularity. As the night wore on the runners applied 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 stematoriense? 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 blowed but prevailed. Richardson, on his last legs, ran his last leg in his fastest time of the entire day.

And so the record-producing marathon came to an end. It is not clear whether June, 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 Bietensen (60) the team name - "Labatt's 50'ers" - was perhaps a trifle confusing, 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!
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 1500m Men

40-44 M Rosswag 26:06.1 45-49 S Ross 4:47.9
J Basson 29:21.3 J Strydom 4:50.2
J Stoiltz 25:28.1 J Stoiltz 5:42.8
M Lewis 32:37.5 J S Gerioke 5:05.7
50-54 J Van Deventer 26:05.8 J Naude 5:08.3
65-69 J V Niekerk 29:30.5 50-54 R Reid 4:37.0
J V Niekerk 31:06.2 J Van Deventer 5:10.9

3000m Walk Ladies

55-59 M Hutchinson 19:39.5

Hammer

40-44 P Potgieter 25:54 40-44 G Swakola 13:54
A Coetzee 34:46 R Collins 12:38
F Broedryk 22:06 M Lewis 8:71
M Erahm 14:02 J Grundlingh 7:19
J S De Bondt 13:04

1500m Ladies

35-39 A Kruger 6:00:1 40-44 D Pattenden 20:76
J Badman 6:31:8 R Collins 12:38
55-59 N du Plessis 6:44:4

2000m Men

55-59 J C Bocysen 35:00
M Horsstock 26:48
J Thirlion 24:10
L Leper 22:96
M Marcus 34:90
J Nel 33:20
50-54 M Mossow 28:00
65-69 E P Malan 38:50
L Paveley 28:16
J Siaokes 27:96
65-69 L Craig 22:48
C J Nel 20:06
70+ C Johnston 26:46

200m Men

30-34 N Wors 28:0
35-39 D Wald 21:9
35-39 J Leserwane 21:6
40-44 D Hacker 22:8
40-44 L Jacob 26:0
40-44 R Jacob 26:9
45-49 M Hacker 23:5
45-49 F V Vaun 25:1
45-49 J Ludicke 25:6
45-49 J Berneck 26:1
45-49 B Fourie 28:4
45-49 C Haynes 29:0
45-49 J Grundlingh 35:2
50-54 W Roos 25:0
50-54 J Jordaan 25:9
55-59 M Horsstock 33:3
65-69 L Craig 36:13
70+ M Reid 27:15

100m Hurdles

55-59 M Horsstock
J Niekerk
60-64 L Craig
70+ M Reid

150m Men

30-34 M Nicholas 4:31.0
35-39 J Corretta 5:08.
35-39 D Metsing 4:10
40-44 P Leary 4:15:2
A Gershadi 4:24:1
P Van Breda 4:14:3
E Shee 4:55:6
50-54 T Brauer 11:00
55-59 T Brauer 11:00

40-44 J Badman 5:32:1
40-44 N du Plessis 5:32:7

2000m Ladies

55-59 J C Bocysen 35:00
M Horsstock 26:48
J Thirlion 24:10
L Leper 22:96
M Marcus 34:90
J Nel 33:20
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65-69 E P Malan 38:50
L Paveley 28:16
J Siaokes 27:96
65-69 L Craig 22:48
C J Nel 20:06
70+ C Johnston 26:46

30-34 M Nicholas 54:9
30-34 M Nicholas 54:9
45-49 M Goutic 54:1
45-49 M Goutic 54:1

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

Official height 91.4 cm.
Shot
Men

70- C Johnston  8:56
C A Du Plessis  7:77

Discus
Men

30-39  W Mogaleyi  2:58.0
M Nicholas  2:08.1
C Benson  2:16.4

40-44  A Conradi  2:06.1
C Chambers  2:08.3
P V Broda  2:10.9
M Howard  2:13.9
C Rosenberg  2:17.8
K Steyn  2:18.4

50-54  M Grudzi  2:09.6
F V Vuuren  2:10.3
S Ross  2:14.6
G Foley  2:17.0
Gitungi  2:18.2
P v Zyl  2:18.7

65-69  J v Niekerk  2:17.6

Shot
Ladies

30-34  D Pattenden  1:50
W Nyamuya  1:50

40-44  A Conradi  1:50
C Chambers  1:50
P V Broda  1:50
M Howard  1:50
C Rosenberg  1:50
K Steyn  1:50

50-54  P v Vuuren  1:50
F V Vuuren  1:50
S Ross  1:50
G Foley  1:50
Gitungi  1:50
P v Zyl  1:50

65-69  J v Niekerk  1:50

High Jump
Men

30-34  D Pattenden  1:50
W Nyamuya  1:50

40-44  A Conradi  1:50
C Chambers  1:50
P V Broda  1:50
M Howard  1:50
C Rosenberg  1:50
K Steyn  1:50

50-54  P v Vuuren  1:50
F V Vuuren  1:50
S Ross  1:50
G Foley  1:50
Gitungi  1:50
P v Zyl  1:50

65-69  J v Niekerk  1:50

Long Jump
Men

30-34  D Pattenden  1:50
W Nyamuya  1:50

40-44  A Conradi  1:50
C Chambers  1:50
P V Broda  1:50
M Howard  1:50
C Rosenberg  1:50
K Steyn  1:50

50-54  P v Vuuren  1:50
F V Vuuren  1:50
S Ross  1:50
G Foley  1:50
Gitungi  1:50
P v Zyl  1:50

65-69  J v Niekerk  1:50

Javelin
Ladies

30-34  D Pattenden  53:60
W Nyamuya  53:16

40-44  E Skea  53:16
C Chambers  53:16
R Collins  53:16
A Coetzee  53:16
W Schutte  53:16

50-54  L Grobler  53:16
J v Niekerk  53:16

800m
Ladies

30-39  A Kruger  2:48.4

40-44  J Eksteen  2:48.4

50-54  A Mc Kenzie  2:48.4

400m
Ladies

30-39  A Kruger  1:49.5

40-44  J Eksteen  1:49.5

50-54  A Mc Kenzie  1:49.5

5000m
Men

30-34  C Benson  16:01.9

35-39  D Netsing  16:01.9

40-44  A Lewis  16:01.9

55-59  G Hubner  16:01.9

60-64  C du Plessis  16:01.9

Javelin
Men

30-34  D Pattenden  53:60
W Nyamuya  53:60

40-44  E Skea  53:60
C Chambers  53:60
R Collins  53:60
A Coetzee  53:60
W Schutte  53:60

50-54  L Grobler  53:60
J v Niekerk  53:60

800m
Ladies

30-39  A Kruger  2:48.4

40-44  J Eksteen  2:48.4

50-54  A Mc Kenzie  2:48.4

5000m
Ladies

30-39  A Kruger  1:49.5

40-44  J Eksteen  1:49.5

50-54  A Mc Kenzie  1:49.5

100m
Men

30-34  C Benson  11.03.9

35-39  D Netsing  11.17.3

40-44  A Lewis  11.20.0

55-59  G Hubner  11.26.9

60-64  C du Plessis  11.29.6

Javelin
Ladies

30-34  D Pattenden  53:60
W Nyamuya  53:60

40-44  E Skea  53:60
C Chambers  53:60
R Collins  53:60
A Coetzee  53:60
W Schutte  53:60

50-54  L Grobler  53:60
J v Niekerk  53:60

800m
Ladies

30-39  A Kruger  2:48.4

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30-39  A Kruger  1:49.5

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100m
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30-34  C Benson  11.03.9

35-39  D Netsing  11.17.3

40-44  A Lewis  11.20.0

55-59  G Hubner  11.26.9

60-64  C du Plessis  11.29.6
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
2. Kwok Cheng Wah 25m 05
3. Wong Lian Luan 26m 10
4. Basrij bin Deraman 26m 55
5. Bernard Lee 27m 05
6. Rocky Chau 27m 20
7. Ng Teng Soo 27m 55
8. Syed Ali Alwi Aljunied 28m 20
9. Low Choon Chu 29m 07
10. Kochummons Thomas 29m 20
11. Tja Seng Yam 29m 21
12. Oh Soon Tim 29m 47
13. Tan Boon Chye 30m 13
14. Sial Ah Seng 30m 30
15. Tan Kim Kwee 30m 32
16. Tan Choon Hoe 30m 47
17. Lim Ah Yong 31m 07
18. Ahbim b Mohamed 31m 53
19. Robert Bonaparte 32m 35
20. Lim Wan Hong 33m 00
21. Collin Wong 33m 57
22. Ahmadon Saib 34m 40
23. Des Holloway 35m 45
24. Willi Seet 35m 47
25. Chan Chaw Kwong 37m 07
26. Tong Poh Lim 37m 55
27. Tan Teck Lee 39m 47
28. Yong Choon Fah 39m 47
29. Chiang Toon Foo 39m 51
30. Hussin bin Kassim 46m 26
31. Fock Siew Kee 46m 28

50-54
1. Kho Kay Thong 27m 09
2. Lim Cheng Huat 28m 07
3. Tan Swee Kew 28m 08
4. Kooh Moor b Ariffin 29m 02
5. Kurnail Singh 30m 05
6. Tan Kim Chor 34m 16
7. R. Narayanasamy 34m 50
8. Liu Yuen Liang 35m 00
9. Cho Ah Sia 35m 45
10. Foe Chee Kuan 36m 25
11. N. Nadarajan 36m 40
12. Kwok Siew Hui 36m 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. Ngot Cheng Hing 44m 25
19. A. Muthu 44m 27

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

By Jack Fitzgerald

Once again Jacques Serrays produced a bigger and better "Brugge 25km". Jacques who is Vice President of both W.A.A.A. and I.O.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 76 from France were also National records.

Britain was fortunate 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 Wirral and Worcesters took 1st and 2nd placings in the Club Team race, well backed up by Epson 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 "Robbie" 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 here at Brugge and doubts will be wondering 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 Prestwood failed to pull out the night before the race with a recurrence 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 appreciate 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, Scotts 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 calm as she finished with the two 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 Alfwet 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-

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<th>Men's Class 40-44</th>
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<tr>
<td>John ROBINSON NZ</td>
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<td>Eric AUSTIN GB</td>
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<td>Leo CARROLL GB</td>
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<td>Piot Van Alphen NL</td>
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<td>Roger Monsieur BEL</td>
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<td>John Mills G.B.</td>
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<td>Eddie Kirkup G.B.</td>
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<td>Louis Struyken BEL</td>
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<td>Ach Van Den Bosche BEL</td>
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<td>Herbert Buchwald W.G.</td>
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<td>Remi Buttnerberg BEL</td>
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<td>Jan Verloop NL</td>
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<td>Olivier Depompion BEL</td>
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<td>David Blyth G.B.</td>
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<td>Friedrich Hahnker W.G.</td>
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<td>Ernie Harrison G.B.</td>
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<td>Claus Bendig G.B.</td>
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<td>Louis Charbonneau FR</td>
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<td>Pierre Pontieu FR</td>
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<th>Women 35-39</th>
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<td>Carol Gould G.B.</td>
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<td>Carolyn Billington G.B.</td>
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<td>Marianne Thun W.G.</td>
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<th>Women 40-49</th>
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<tr>
<td>Joyce SMITH GB</td>
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<td>Denise Alfwet BEL</td>
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<td>Godalieve Rogeman BEL</td>
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<th>Women 50-59</th>
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<td>Marie-Louise Beaumen BEL</td>
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<td>Beatrij Bernt BEL</td>
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<td>Hedwig Creme BEL</td>
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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 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 by pass 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 Shepard, the outstanding Veteran of 1972, at 800 mtrs. and 1600 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 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 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 and train and compete and this abnormality had never been more than a worry, but now it is fact. Wal has since become a businessman with all the hassle and the drive to not stop, if feeling something strange, 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 it was a combination of family heart disease without symptoms, a highly competitive personality and a history of stress full work situations, 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 top level 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 distance 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 can entail and although at one stage was running 100 miles a week, he now only runs 80 miles a week and has lived very well on this. He has continually improved his time for the 10000 mtrs. which he won in the heat of 21 minutes in 1977, and 1978, 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 fitness. The future of Max will not hear of such events, 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.

Continued on page 1K
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—my brand new shoes vigorously with a wash cloth; a shoe shine boy insisted on shining them for two hours. I nearly ran out of breath when I washed my face upon arrival, four disconcerting events took place during my first two hours. I rarely run out of breath when I washed my face vigorously with a wash cloth; a shoe shine boy insisted on shining my brand new shoes—$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 Adiós, 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 shocked. The constable was jumping up and down checking for broken bones while the van driver kept saying to me "somebody has to pay for this!" I opened the right door of the van to get out, and went sprawling over his machine onto the sidewalk. A policeman, no less! Geez! All three of us were shocked.

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 pickpocket 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 Rivera 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. New Era, Saturday, May 31, 1980 was to be the North American Masters Track and Field Championship—and I supposed 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 who asked me if I 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 Aeroplus mosquito repellent and slept like a baby." Geez! How I find out!

The chap not only offered to come to my room (at 6.30 a.m.) and spray my quarters, but said, "More, 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 Manteers)
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 was not bettered and I won the silver medal in the 2A category of the 1980 North American Championships.

A relatively good hammer throw by me (34.85m) was easily beaten by the superb Mexican hammer specialist, Francisco Fragunro. 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 Bang 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 plates 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 "O" 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 12 pesos but I magnanimously said I'd give him 150. 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

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 1500/5000m 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 persistant 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.
In Hanover last year he ran a creditable second to the German Manfred Schleime in the 1500. A memorable race for him, mainly for the uninhabited front 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 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 40.8.

Connolly himself "did a Billips" 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. 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 15:02.2, 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 of a running track in particular of a running track. The track has always been prepared to listen to his advice. For the last days his training conforms to the general pattern 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. He often often merges into 400 M intervals in the spring and early summer, 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 can do rather impressive work on 10,000 and maybe in time the marathon. He has an economical style with little knee lift - ideally suited to long distance running. He is in abundance of strength but no genuine speed, he would find it difficult to win a slow run 1500. If he had the confidence 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'Kefferty who won the high jump in the Over 65 Class in Hanover with a world record of 1.47 M. Of course it must be remembered that Maeve Kyle, the only Irishwoman in World Veteran Athletics, has collected a number of gold medals 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.

MICK CONNOLLY - Born, Dublin, September 30, 1938
Weight - 5' 11½" Club - Donore Harriers
Job - Insurance Inspector Married, with 4 children

Best times as a Veteran

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Best times Pre-Veteran

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