

Some of our correspondents can compete as well as write.



Top Left. Ian Hume WAVA Technical Committee chairman holds veteran world records in the age 65 class at High Jump, Triple Jump, Pentathlon and Decathlon as well as providing strong competition in other events.

Top Right. Peter Mundle, Records Committee, leads this 10,000M event at Gothenburg, Sweden, 1977. Following Peter is Roger Monseur of Belgium.

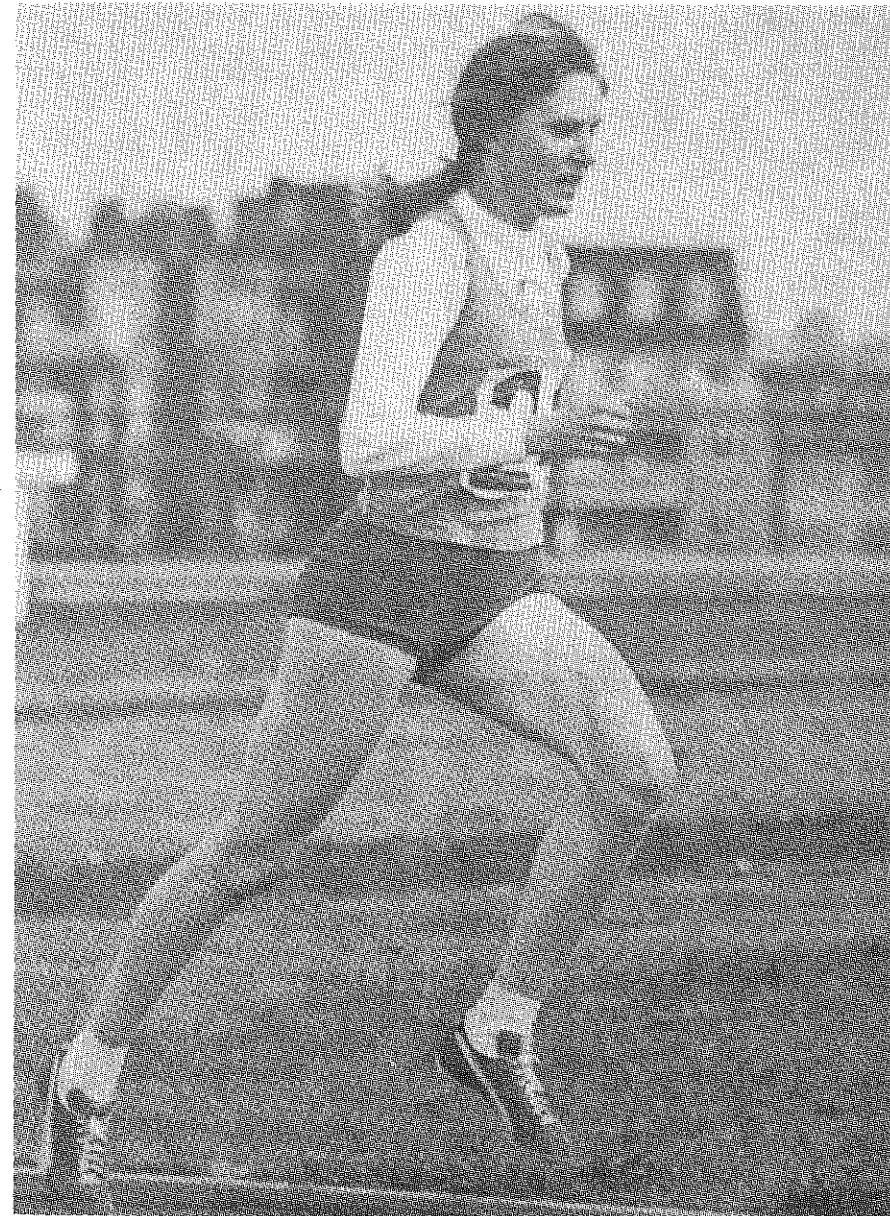
Lower Left. John Hayward, Records Committee, all time Best Ranking list in a Crystal Palace Relay event, 1972. Editor: "Yes, I know we need a new photo of John."

Lower Right. Veterans A.C. (England) Manager of the World Record 100 x 1mile relay team, May 31, 1981.



**NOËL NOBLE**

# The WORLD Association of VETERAN Athletes



**2:29:57**

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

Annual subscription rates (4 issues), for Airmail delivery are:

Within Canada.....\$7.00 (CAN.)  
U.S.A.....\$7.00 (U.S.)  
United Kingdom.....£3.50 or \$9.50 Canadian  
All other areas.....\$9.50 (CAN.)

Payments should be made to W.A.V.A. in Canadian Dollars (except U.S. subscribers)

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The Presidents Message

Dear Veterans,

A short message this time. Our many and diverse contributors say it all for me. On behalf of all of us, I would like to thank them including those who sent material. I just could not squeeze in this time. This 72 pages is our maximum, but I will endeavour to insert their efforts in newsletter # 6.

I have also received a large number of letters from around the world. More than I can find time to answer individually, but "thank you", each comment fills me in on activities somewhere in the world. I would plead, whenever possible, for photographs; I will return them promptly.

Amongst material I could not fit into this issue are W.A.V.A. scoring tables for Jumps Pentathlon (Standing, Long, High, Triple, Pole V.) and Women's Heprathlon (Hurdles, Shot, H.J., 200m, L.J., Javelin, 800 metres). These tables will be in the next issue but if anyone would like a copy beforehand, please drop me a line.

We are in dire need of someone to write Walking news. We receive limited Walk results but, do not feel qualified to write on this specialized event. Anyone for Walking?

A decision has been made and the following corrections will now apply to the following M55-59 events at Hannover Germany at the 3rd WAVA championships. As the result of protests, it was realized that Luis Torres, Puerto Rico, had finished first in 1500M and 10000M and 4th in 5000M in the above class, but competed in M50-54 in the later 4th WAVA championships in New Zealand.

A photocopy of Luis' Hannover entry form, shows that he listed M50-54 correctly but a typist had misprinted his correct 1927 birthdate as 1922. The Hannover committee, naturally assuming the birthdate to be correct, had then altered the M50 designation to M55. Luis explained that before the race he had pointed out the error, but was told he must take part as listed in the programme. We accept this explanation although a birth

Front Cover: Joyce Smith, 43 year old British veteran, running an awesome 2:29:57 at the London Marathon, March 29, 1981. This is the 3rd fastest time ever by a woman in any age class and a British open record.

certificate scrutiny should have revealed the error. No disciplinary action is involved. If Hans Axmann can unearth 2 more Gold medals, we will not ask Luis to return the same. Other medal adjustments will be made as soon as possible, meanwhile the official results of these events will now read:

Hannover 1979

M55, 1500 Metres

M55, 5000M

1 Basil Nielson	GBR 4:36.7	1 G. Eligio	MEX 16:29.4
2 Toivo Vikman	FIN 4:39.0	2 G. Endrizzi	ITA 16:49.0
3 Jack Pennington	AUS 4:41.0	3 F. Leitner	AUT 17:19.8
4 F. Leitner	AUT 4:43.5	4 S. Heitanen	CAN 17:31.7
5 E. Nygarseter	NOR 4:44.4	5 A. Bryant	USA 17:36.3
6 O. Liukka	FIN 4:44.5	6 E. Joynson	GBR 17:39.4

M55, 10000M

1 S. Hietanen	CAN 36:37.7	4 T. Thirud	NOR 37:01.1
2 F. Leitner	AUT 36:41.4	5 J. Fitzgerald	GBR 37:07.6
3 R. Hansen	NOR 36:58.6	6 J. Schmitz	FRG 37:18.1

In addition, these M55 performances of Luis Torres included in John Haywards' Alltime Veteran rankings in this issue, will be appropriately transferred to the M50 rankings. Would one of the 4th or 5th placed runners in 5000M and 10,000M kindly inform me if bronze medals were awarded in these events to 4,5,6th places at Hannover. We had intended to publish the entire official minutes of the W.A.V.A. General Assembly at Christ Church, as sent to all delegates by Roland Jerneryd, but space does not permit. Instead, courtesy of the national Masters Newsletter, U.S.A., we include a short form containing the essence of the proceedings. Anyone wishing the complete form please write to us.

Dues are due. In newsletter #4, I requested that anyone with a figure "1" in the lower left corner of his address sticker should send in a new subscription for the next 4 issues. I have received quite a number but many are still outstanding. We would

appreciate them quickly. Following this issue, those with figure "2" are also due for renewal. We hope that you enjoy the newsletter enough to continue support. Although an increase in Canadian postal rates will come about in the Fall, we will continue at the same subscription rates for a while.

In two weeks, I look forward to attending the 1981 North American Masters Track & Field championships in Philadelphia. It promises to be a great meet but in addition I hope to see Jaime Cabrera and other Puerto Rican representatives to learn the latest progress towards the 1983 championships. These will be reported in newsletter 6.

Finally, it was reported in newsletter #4, that a postal election would take place to determine the Executive Area Representative of South America. In fact, the South American Countries had already met and voted in Miguel de la Calle of Argentina. Miguel's address is listed inside front cover.

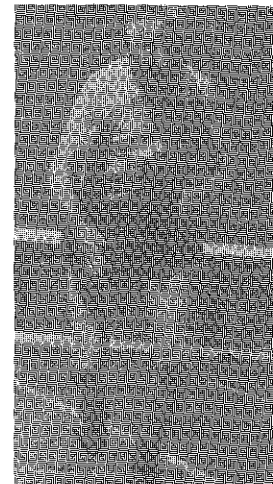
Welcome Miguel, we look forward to a great upward surge from the South Americans.

*Best wishes - Don*

And now the sad news of the death of Duncan Maclean, our oldest member and probably our most famous. He was also formerly president of the club and held a host of world age records for his sprinting. A sight it was seeing him, aged 90, fighting his way up the straight, at a speed that many a young skinhead or cigar-smoking executive could never equal.

From the VETS A.C. (ENGLAND) NEWSLETTER

His widow, Elsie, told me that once they moved from the Crystal Palace area and Duncan retired from running, he lost his will to live. Moral: never give up, go out every day! I spoke to Duncan a few weeks before he died, but he was already failing. By the end, said Elsie, he took interest in nothing, just wanted to sleep. Except for one thing, he wanted to see me, so that I could find a place that would look after his trophies, his press cuttings, his photographs and so on.



I was going to go over and visit him when I got back from the World Vet Games in New Zealand. But on my way out there, just before Xmas, while waiting at Hong Kong airport, reading the local paper, the South China Morning Post, I read the report of his death at the age of 96.

You'll be pleased to hear anyway that his mementoes will be kept in a museum. I spoke to John Bromhead of the National Athletics Library, which is at Birmingham University, and he was delighted to be able to have them, even Duncan's old music-hall stuff, including the songs he wrote. They will rest there in peace.



## Minutes of General Assembly Meeting at 4th World Games

by ROLAND JERNERYD, Secretary, WAVA

CHRISTCHURCH, New Zealand, January 6—Present at the meeting in the Town Hall were 11 members of the WAVA executive council, 57 delegates, representing 27 national veteran bodies, and 41 observers.

President Don Farquharson expressed satisfaction at the development of the veteran movement. He stressed the continued need for a WAVA newsletter, currently 4 issues a year for \$7.

### Action taken:

1. A budget must be submitted by the Treasurer and approved by mail vote of the Executive Committee.

2. The Treasurer must submit an annual report.

3. All checks of WAVA must be signed by the Treasurer and countersigned by the President.

4. Expenditures over \$500 must receive approval of the Executive Committee.

5. All contracts must be approved by the Committee.

6. Term of officers. Changed from a maximum of two terms (4 years) to "a member of the Council may not occupy the same post longer than 10 years = five consecutive terms."

7. Two vice-presidents will be elected: 1) Track and field. 2) Long distance running and road walk.

8. A motion that the year of birth, rather than the present date of birth, determine age classification was defeated, 44-22.

9. Field events, weights and heights shall be detailed by the Technical Committee, and Records will be handled by the Records Committee.

10. The Executive Committee will look into merging WAVA with IGAL.

11. Sylvester Stein's proposal to nullify South Africa's WAVA affiliation was ruled out of order, since it would require a change in the Constitution. (All amendments to the Constitution must be submitted in writing 90 days before the general assembly meets.)

12. The Executive Committee was given the right to set performance standards in the future if necessary.

13. Relays were eliminated from the 1983 World Games by a vote of 36-22.

14. A proposal to eliminate team events in road running, walk and cross country was defeated, 36-22.

15. The chairman announced these regional delegates for the 1981-83 period: North America: Bob Fine; South America: Miguel de la Calle; Asia: Hideo Okada; Europe: Cesare Beccalli; Oceania: Clem Green; Africa: Danie Burger. Women's delegate: Jean O'Neill.

16. Don Farquharson was unanimously elected President of WAVA the next two years.

Hans Axmann defeated Danie Burger, 54-16, in the vote for Vice-President of Track and Field. Jacques Serruys was unanimously elected Vice-President for Long Distance Running, Road Walk and Cross Country. Owen Flaherty was unanimously elected Secretary. Harm Hendriks was unanimously elected Treasurer.

17. Puerto Rico was chosen to host the 1983 World Games in late September, receiving 41 votes to 31 for Athens and 4 for Zagreb, Yugoslavia.

18. In Puerto Rico, the General Assembly shall choose the host for both the 1985 and 1987 World Games.

19. The next meeting of the General Assembly will be held in Puerto Rico in 1983. □

DON FARQUHARSON  
RE-ELECTED PRESIDENT  
W.A.V.A.

### TREASURER'S REPORT

from Harm Hendriks, Treas.

From start of WAVA in 1978 through December 31, 1980

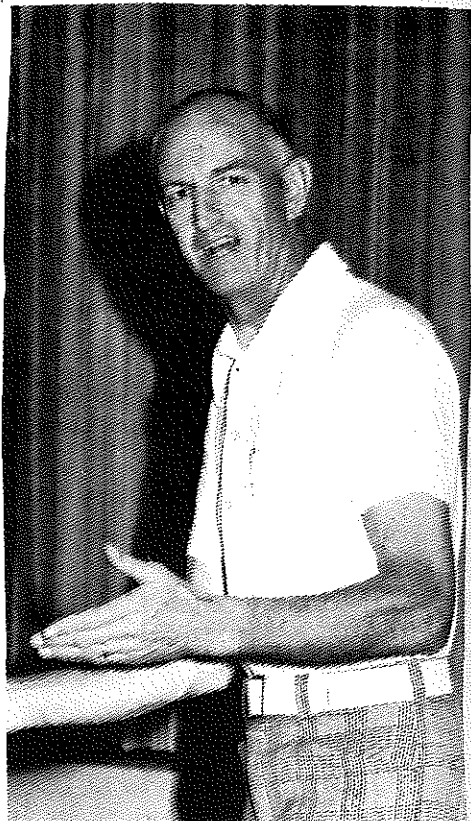
#### REVENUE:

Entry fees from Hannover World Games (3000 entries @ \$5.00) \$15000.00  
Interest ..... 13.27  
Membership fees from national bodies ..... 470.74  
TOTAL REVENUE .... \$15484.01

#### EXPENSES:

Council '78 & '79 \$ 2147.56  
Postage & phone .. 179.84  
Technical Comm.... 25.00  
Statistics ..... 36.75  
Hannover Presents. 256.00  
Miscellaneous .... 22.10  
Travel, phone, etc:  
Treasurer '79 .. 394.15  
President ..... 1826.62  
Secretary ..... 922.26  
Sec/Co-opted off. 3413.17  
Women's delegate 360.12  
Meeting of officers in Frankfurt .... 965.16  
Judges - Rothwell 164.20  
Travel to Helsinki and Glasgow by Secretary ..... 1087.70  
Travel to Greece by Treasurer .... 160.81  
Newsletter #1 .... 630.54  
Newsletter #2 .... 660.10  
TOTAL EXPENSES: \$13252.08

EXCESS OF REVENUE OVER EXPENSES .. \$ 2231.93



Excerpt from the Newsletter of the Veterans Athletic Club (England) published by Sylvester Stein.

In the December '80 W.A.V.A. issue (#3) we published a note on the untimely death of British Veteran Tom Flory. Norman Ashcroft sent me the Northern Veterans Athletic Club Newsletter in which the following appears:

With the kind permission of Mrs. T. Flory we print this condensed extract from the pathologist's report as given by the family doctor:

"The post mortem reveals some enlargement of the heart, but this does not imply hypertension and is likely to represent compensatory hypertrophy in response to athletic training. However, there is very considerable ischaemic heart disease with severe atheroma of a main coronary artery and this is entirely compatible with collapse and sudden death, typically after exercise'.

In my opinion, had Mr. Flory not been an athlete he would have probably succumbed years ago.

G. Morpeth."

hypertension - abnormally high blood pressure

hypertrophy - enlargement of an organ resulting from an increase in the size of the cells

ischaemic - an inadequate supply of blood to an organ as from an obstructed blood flow.

atheroma - a fatty deposit on or within the inner lining of an artery often causing an obstruction to the blood flow.

In the light of this report, Tom's achievements over the years are all the more remarkable and are testimony to his dedication and determination, a truly great competitor.

The Brugge International Veterans 25km (Belgium) will be held 28th June 1981. Contact W.A.V.A. Vice President Jacques Serruys  
c/o Fit Veteraan  
P.O. Box 7  
B 8000 Brugge, Belgium

The British Veterans A.F. Championships (Track & Field) will be held 25th-26th July 1981 at Wolverhampton. Contact Jack Fitzgerald  
6 Tyers House, Aldrington Road  
London SW 16

The B.V.A.F. Road Championships (10 mile) will be held 12th July at Altrincham. Contact Dave Attwell  
57 Harcourt Road  
Altrincham  
Cheshire, England

### VETS AC

Over this last winter a club member set a new world record. This was ex-president Bob Roberts, who has quite a few already. Yet this one was exceptional. It was the Over 75s ten-mile walk -- but the time, 1 hour 42 mins! An outstanding feat for any age (some of us, ahem, can't run the distance in that time) and Bob will be 80 this year.

The Canadian Masters Athletic Association track & field Championships will be held in Richmond (Vancouver) British Columbia, August 22nd-23rd 1981.

Contact Lily Richardson  
11954 Haney Blvd.  
Maple Ridge, B.C.  
V2X 6B3

(604) 467-3759

The Canadian Road Championships (10km) will be held at Winnipeg, Manitoba 20th September. Contact John Houlden

1526 William Avenue  
Winnipeg, Manitoba  
R3E 1A6

(204) 783-5493

The Canada vs U.S.A. Cross Country Match will be held 10th October in Vancouver, British Columbia. Contact Lily Richardson.

The Canadian National C.C. Championships will be at Edmonton, Alberta 12th October (Canadian Thanksgiving). Contact

#### The 3rd Indian National Veteran Championships

Will be conducted by the Andhra Pradesh Veteran Athletic Association on 18th and 19th September 1981 at Hyderabad. Entries to:

A.S. Prasad  
Hon. Sec. Gen.  
A.P. Veterans Athletes Assoc.  
1-1-773 New Bakaram  
Hyderabad (AP) India

#### THE GIFT OF THE SECOND ALL JAPAN VETERANS TRACK AND FIELD CHAMPIONSHIP MEET

We are very pleased to inform you that we are going to hold the all Japan veterans track and field championship meeting on October 3rd and 4th in 1981 in Kofu City, Yamanashi Prefecture Japan. We are expecting more than one thousand athletes and to make it a success we also welcome many athletes from all over the world.

Sponsored by Japan Veterans Athletic Union Supported by the Asahi Newspaper Company

Date	October 3rd and 4th in 1981	Kiyoshi Kounoike
Place	Midorigaoka Athletic Stadium Kofu City, Yamanashi Prefecture, Japan	The board of the directors
Divisions	Men 35 and over in 5 year groups to 75+ Women 30 and over in 5 year groups to 65+	
Events	Most standard Track & Field Events, Metric Distances	
Competition Rules	Japan Amateur Athletic Federation Competition Rule in 1981 is applicable	
Entry Fees	2000 yen for one event per one athlete 3000 yen for two events per one athlete 4000 yen for three events per one athlete	
application	Fill out a blank listing: Name, Address, Nationality, D.O.B., Sex, Events etc. and send it to: Deadline August 20th 1981 Address: Mr. Kiyoshi Kounoike c/o 72-36 Kounami Wakayama City Japan	

From Narita Airport to Tokyo Station by bus 6 via Shinjuku to Kofu Station by chuo line

#### Views from Around the World

Since our first issue we have striven for letters of opinion; criticism and ideas of interest to Veteran Athletes.

The following letters, we believe, are most interesting and we would be happy to receive comments, rebuttals or agreement on these or other subjects.

#### THE AUSTRALIAN CONFERENCE

We recently conducted our 1981 National Track and Field Championships in Brisbane and these were very successful, especially in view of the number of our members who attended Christchurch. As is usual we also held our Annual Conference and one point which arose was the conduct and content of the World Championships.

The Conference directed me to write to W.A.V.A. expressing our reservations and recommendations regarding future World Games.

- (a) It is recommended that a list of events be standardised and the host clubs must conform with them. In particular, the variation in distance and type of walks from Championship to Championship is unsatisfactory.
- (b) All age groups of each event to be held on the same day. In Christchurch this was not followed, for the reason that a varied program of events was considered more suitable for spectators. However with language problems amongst competitors some confusion was evident when athletes were scheduled for different distances because they were in a different age bracket. It is felt that foreign competitors will be much more certain of programs if we revert to former schedules.
- (c) Some events should be eliminated from older age groupings. These include - hurdles for Men 60 and over, Women 55 and over - Steeplechase for Men 65 and over - High jump Men 70 and over, Women 60 and over - Pole Vault Men 70 and over.

In Christchurch there was a near fatality in the hurdles and other competitors contravened rules by vaulting or climbing over hurdles. The introduction of a Safety Officer will not prevent the foregoing. In addition, in the High Jump action had to be taken to remove landing bags because they were higher than the height of the bar, in an older age group.

We have no desire to unduly restrict the activities of our members but commonsense dictates that we should regulate our events in the best interest of all concerned.

In a recent issue of the U.S.A. Masters newsletter a report from Bob Fine contained a chart with official Heights and Standards. This also states that over 70 Steeplechase distance will be reduced to 2000 metres. It is considered that, at the very least, the distance should be reduced at a much earlier age group. After all, normal rules for under 20 athletes specify a distance of 2000 metres, so on relative grounds it seems unwise for us to maintain 3000 metres up to Men 65. We must remember we should be adapting our rules etc to the lowest common denominator. The fact that our outstanding athletes can handle demanding distances and obstacles should not be the criteria.

I regret these suggestions were not placed before W.A.V.A. prior to Christchurch, but happenings at Christchurch were the reason for these proposals. Please arrange for them to be considered by the Technical Committee or placed on the 1983 Agenda.

Yours sincerely, WAL SHEPPARD

7 Kinlock Avenue  
Murrumbeena 3163  
Victoria  
AUSTRALIA

24 May 1981

THOSE WEIGHTS

Dear Don,

I read with interest the W.A.V.A. By-Laws on Heights and Standards and feel there is an anomaly in the age 50-59 group in the hammer throw. The shot and discus are at the reduced weights but the hammer remains at 7.26 KG. You must remember these blokes are getting on in years and need encouragement to stay in the game.

I would like to submit the following for your consideration and approval in the name of uniformity:

	<u>MEN</u>			
AGE	SHOT	DISCUS	HAMMER	JAVELIN
40-49	7.26 KG	2.00 KG	7.26 KG	800 G
50-59	5.50	1.5	6.00	700
60-69	4.00	1.00	5.50	600
70 <sup>+</sup>	4.00	1.00	4.00	400

The weights for women are humane and would not lend itself to a quarrel.

I read with interest the article by Bob Fine in his explanation on some of the Rules, especially the number of competitors in an event to win an award, and also possible qualifying standards.

Dealing with qualifying standards, I would agree that a standard should be met or bettered before a medal is won. What should be taken into consideration is adverse weather conditions on the day and inferior throwing facilities. A Standards Committee could determine the suitability and waive standards on the day.

With the advanced age groups and the various distances to travel for the Games, and taking into consideration that the heart is no respecter of the aims and wishes of competitors, I feel that a restriction on award presentation due to lack of competitors should not be a bar on the competitor ready and eager to compete. Should Duncan McLean be debarred from a medal just because he had outrun and outlived his fellow competitors.?

I feel that a humane set of standards would be a sufficient deterrent to 'pot hunters', and also, post entries on the day should be barred. Late entries should be considered only in the light of a postal strike or such like in the two countries concerned. After all, we have two years to make up our minds whether to compete or not.

Another suggestion for consideration is the 'take off' for the broad jump and the hop step and jump. I would suggest, for the 60<sup>+</sup> a metre square of carpet or other non skid material, this to be dusted with fine sand for a clear imprint of the take off foot.

60<sup>+</sup> is an age when failing eyesight becomes a handicap in jumping events, especially when glasses tend to slip off with the jolting of the body. This is not intended to molly coddle the 60<sup>+</sup> age groups, but to give them some incentive to keep going in the sport and may I say, with respect, that these gentlemen could well be the pioneers in many of the modern facilities enjoyed by present day athletes from grass to cinders to tartan and to concrete throwing circles.

Thank you for the wonderful and informative magazine and I wish you continuing success.

Sincere best wishes,

8

Roy Foley

AUSTRALIA

W.A.V.A. WOMEN'S CONFERENCE

Dear Jean O'Neil:

I had the opportunity to attend the Womens Conference, held during the 1981 World Veterans Championships in Christchurch, New Zealand. I would like to offer some suggestions I feel would make the meetings at future Games run more efficiently.

- 1) Minutes of previous meeting to be available to all delegates attending.
- 2) Interpreters to be on hand to aid non-English speaking delegates.
- 3) Agenda to be available, hopefully on arrival at Games.
- 4) Seating, during the meeting to be arranged in order that countries represented, be easily identified.
- 5) Voting for future officials to be carried out in an orderly fashion, with possibly nominations mailed in six months prior to next Games.

I do hope that some consideration be given to these suggestions.

Yours truly,

Christine Walker  
Canadian Masters Athletic Association  
Executive Member

RELAYS

After reading the By-Laws outlined by Bob Fine in the No. 4 issue, I write with some concern over the intention to exclude relays in Puerto Rico.

I am absolutely convinced that this is a gross mistake. The argument for the experiment is completely invalid. The records indicate that the host countries have never dominated the relays. The mistake in New Zealand was to have entries for the first time (of all places) in 5 year groups instead of the previous 10 year groupings. One can also argue that people who have little chance of an individual medal would make the trip to Puerto Rico if they had a chance of a relay place. This would be so in my own case as I shall be 49 in 1983.

I write with considerable experience of the Vets Relays as I captained the winning 4 x 400m teams in Toronto and Gottenburg and managed the silver-medallists in Hanover. I strongly recommend that the committee restore the relays for 1983.

Apart from the aforementioned reasons it should be realized that sprinters only have one chance at their event, whereas the distance men usually have, for example, a 10,000m track, a cross-country and also the I.G.A.L. 10Km road and 25Km road. Team medals are also available so this variance in comparison with the Olympic events would certainly give a bias towards the distance boys. I do not begrudge them their excellent competition, but I am campaigning for a better deal for the sprinters to even things out.

Fred Smith  
Ex. U.K. Capt. 9

Dear Don:

I especially appreciated the most recent issue of the Newsletter, with its Christchurch summaries. I could comment on several matters it raises, but I'll settle on two:

It was disappointing to observe that a great many top performers had to pass up the championships. While this no doubt was affected by the location, I believe that the principle cause is that the world meet is held too frequently for it to be reasonable to expect most persons to afford continuous participation. It has always been a hazzard of pay-your-own-way competition that often medals would be bought, rather than won. This is particularly unfortunate in the instance of the World championships. Moving to a quadriennial schedule would be fairer to the low-income athlete.

The problems over South African participation continue to plague the meet, and, as you pointed out, could easily spread to whatever country is in an unpopular stance at a given time: Canada's overt opposition to Puerto Rico's bid for the Pan-Am championships at the Pleurary Session in Hannover might be sufficient reason for the Canadians to be barred from the next world meet. I don't suppose we can ever get away from this problem entirely, but we surely could minimize it - by ending the practice of competing as representatives of national teams.

There seem to me only three reasons for registration by national affiliation; one unnecessary and the others reprehensible. The first, of course, is the argued need for certification of eligibility by a national committee; but there is no need for this if we revert to the original position that anyone of masters age is eligible. The second is the need of the AAU/IAAF types to maintain the certification requirements in order to perpetuate their own ego trips. The third is the opportunity it provides for persons who otherwise never would have won them, to wear a national vest. If we could argue that none of these purposes is valid, we could do away with national teams, and if we could do away with national teams, we could take away the main publicity vehicle for those who oppose a given national group.

Sorry that I had to miss Christchurch. I had surgery during the summer to relocate a nerve in the elbow and twice to remove arthritic debris from a knee. The knee hasn't come around, but I'm hoping for some low, slow vaulting this summer. I haven't any regrets about the contribution of jumping to an arthritis that, by family history, would have caught up with me eventually anyway. Someday, I'll work out the rest of a poem to go with the last lines of

...anyhow, wasn't it nice  
to be twice twenty  
and to be twenty, twice!

Regards Roger

EDITORS NOTE: Roger held the World Veterans Pole Vault Record for many years (4-60m), won the gold medal at Toronto 1975 (45-49) as well as medals in other jumps.

It should be noted that our problem in New Zealand was not sporting but political. Anyone arriving in New Zealand presenting a South African passport, stating the intention of competing would have jeopardized the vital financial contributions of the N.Z. Government. Even the complete removal of national identities from all competitors would not have solved this problem....

W.A.V.A. Future Meets

From Stan Thompson  
(Hawaii)

Following are a few suggestions I would like to make for future championship meets:

#### Medals

1. awarded to 6 places. With so many entries, only 3 places is not appropriate for world champs and leaves many of those good performers without awards after coming halfway around the world.
2. Have an outstanding design made for medals more appropriate for a World championship.

#### Patch

Award a patch for each 1st place that says World Champion etc similar to the much treasured patch given at the U.S. Nationals that says "National AAV Champion" this would be a much desired token to strive for and impressive to wear, appropriate for the difficulty in winning.

#### Point System

Since there has been considerable criticism about favouritism in publicity to lesser winners instead of top winners I would suggest the customary 5-3-1 or etc point system to determine the highest scorers in each 5 year age groups to show definitely the relative standing and put an end to the controversy.

#### Int Hurdles

Follow up in the recommendation to have the 70+ run 300 instead of 400 in view of the many falls in the latter part of 70+ races to avoid injuries.

#### Decathlon 70+ Hurdles

Since there is no table of W.A.V.A. scores for 80m Hurdles - resolve for Dec I would suggest 110 H for 70+ in the Dec at regular spacing of 30'.

#### Delegates

Hawaii is not represented in the W.A.V.A. - there has been no contact between the North American delegate in NY and 4000 miles is too far - they don't even know we exist. We would like to be represented and the area could be Mid Pac = etc.,. We are not under ocean in NZ!!

EDITOR'S NOTE: Regarding Stan's final point re representation. By constitution W.A.V.A. continental areas are the same as those defined by the I.A.A.F. His suggestion for the creation of a Mid Pacific area would mean a constitutional change for W.A.V.A.



## The 100 x 1 Mile Relay

By Don Farquharson

On 29th of June 1980 the Veterans A.C. of England set an initial World record for this event in which 100 different runners each run 1 mile relay fashion. They ran the distance in 9 hours 58:16. On 19th October 1980, the San Diego Track Club (USA) took up the challenge and shattered the record with a great 9:15:44.3 (average 5:37.4).

Stung by this, Noel Noble organized his Veterans Club for a supreme effort and on 31st May 1981 they did this with a stunning 8:45:21!! Remember these are all members of 1 club. That's an average of 5:15.2 per runner. The day was a triumph of organization and effort and this attractive event may be a challenge to veterans groups all over the world. The big problem, however, is that few clubs can boast 100 veteran members (let alone milers) so that in order to make it possible for a wider number of groups to take part I would like to suggest the following:

- 1) Retain the present Club Designation requiring all members to be bona-fide members of a single club.
- 2) Introduce a second category involving Masters (veterans) from a wider area rather than a "sham" system of "borrowed" runners to make up the required number.

This category could involve the Veterans on a State/Province or other area basis or, if this is difficult to designate then a National team category. I would welcome feedback on this suggestion. Perhaps we can evolve a ruling by the next issue.

Most other rules which applied to the Veterans A.C. run seem feasible.

- A) all runners should have attained 40 years of age
- B) A baton will be carried and passed along in the usual manner.
- C) Each runner must complete 1 mile before handing on. Should a runner fail to complete one mile a drop out of the relay that runner may be replaced. The substitute however must run a complete mile before handing on. The distance run by the withdrawing runner will not count but the time he took will not be deducted.
- D) Although Veterans AC did not use Women runners their inclusion is natural. They must however meet the 40+ age rule.
- E) Pacing Veterans A.C. did not use pacers but were taking part in an event with other teams (open class). San Diego, not having this facility, welcomed the assistance of pacers. Do you think pacers should be allowed?

This event could produce great excitement, publicity and club/national spirit. National and international mile records could be set for individual ages. It's a fine idea, let's try it.

**"I'll be home soon, Honey.**

**I'm on my last lap."**



1.	D. Barrington	4.37	51.	J. D. Wood	4.59
2.	D. Ellison	4.54	52.	E. Young	5.38
3.	D. Day	4.55	53.	G. Smith	4.57
4.	J. F. Batchelor	4.39	54.	R. Purle	5.00
5.	C. Canton	4.55	55.	S. Izzard	5.19
6.	J. McNamara	4.47	56.	G. Stevens	4.35
7.	P. Wilks	4.52	57.	A. Mineyko	4.45
8.	T. Everitt	4.53	58.	C. Walker	5.29
9.	B. Hallett	5.16	59.	S. Allen	5.06
10.	J. Green	4.58	60.	D. Davies	5.42
11.	J. Atkinson	5.25	61.	F. Prosser	5.30
12.	E. Kimber	4.55		(C'Wood)	
13.	R. Harrington	4.53	62.	B. Nielsen	5.21
14.	C. Gordon	4.58	63.	L. O'Hara	4.40
15.	C. Gray	5.24	64.	P. Harvey	5.06
16.	J. Geoghegan	4.55	65.	P. Bryant	5.36
17.	J. Brown	5.19	66.	J. Leith	5.25
18.	A. Tewkesbury	5.01	67.	C. Charnock	5.35
19.	P. Hancock	5.28	68.	W. Laws	5.25
20.	R. Chalk	4.47	69.	I. Sayer	5.03
21.	G. Valentine	4.50	70.	R. Gill	4.29
22.	M. Rosbrook	5.13	71.	D. Dellar	5.21
23.	P. Maffia	5.10	72.	R. Chapman	5.24
24.	A. Pawsey	5.00	73.	D. Forrester	5.28
25.	L. Tempan	4.59	74.	P. O'Reilly	5.48
26.	B. Skeet	5.20	75.	C. W. Back	5.25
27.	D. Thomas	5.10	76.	R. E. Gibbs	5.25
28.	A. Jones	4.44	77.	R. W. Jeans	5.25
29.	R. Allden	4.52	78.	M. Stafford	4.59
30.	T. Ryan	5.02	79.	C. Williams	5.38
31.	T. Knight	5.02	80.	D. Lodge	5.52
32.	E. Obree	5.29	81.	R. Askew	5.47
33.	R. J. Bell	5.14	82.	J. Backley	5.02
34.	E. Gutteridge	5.00	83.	E. J. Flowers	5.37
35.	D. Sudbury	5.26	84.	J. W. Flowers	5.47
36.	D. Townsend	4.53	85.	G. Standen	5.04
37.	B. Lewis	5.26	86.	R. Lendrum	5.25
38.	P. Kearsey	5.20	87.	A. Michell	5.39
39.	S. Eldon	5.30	88.	N. Booth	5.31
40.	I. Collinson	5.37	89.	F. Prosser	5.24
41.	J. Oliver	4.45		(Poly)	
42.	L. M. Wood	6.26	90.	C. W. Hunn	5.01
43.	T. Taylor	5.52	91.	J. Seymour	5.26
44.	H. Taylor	5.43	92.	F. Kirkbride	5.51
45.	K. Kenway	5.33	93.	M. Jacob	5.30
46.	D. Minns	4.59	94.	K. Livermore	5.18
47.	K. Powley	5.17	95.	E. Elderfield	6.00
48.	A. Churchill	4.55	96.	R. O'Donoghue	5.05
49.	R. Blois	5.43	97.	F. Byrne	5.50
50.	C. Henn	5.23	98.	A. Aitken	5.12
			99.	G. Brindley	5.20
			100.	L. Mann	5.05

## 100 X 1 MILE CLUB RELAY

## Veterans Athletic Club

31st May,  
1981

## CRYSTAL

## PALACE

The above times total 8 hours 45 minutes 23 seconds. 1/100ths of seconds were not recorded. Official time given as 8 hours 45 minutes 21 seconds.

Timekeepers:- A. Shepherd (Secretary V.A.C.)  
C. W. M. McDowell (President V.A.C.) 13

Team Manager:  
NOEL A. NOBLE



AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
 (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ )  
 ( 0-B , 1-A , 1-B , II-A , II-B , III-A, III-B, IV-A , IV-B )

Women's 5 year age class World Veteran Records to 1st Feb. 1981  
 By Peter Mundle

100 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11.7	FRANCINA BLANKER-KOEN (HOL)	35	2- 8-53
40-44	12.0	MAEVE KYLE (IRELAND)	40	25- 4-70
45-49	12.5	MAEVE KYLE (IRELAND)	45	21- 1-74
50-54	13.65H	MAEVE KYLE (IRELAND)	50	29- 7-79
55-59	14.6	RUTH CHRISTIAN (CORONA, CA)	55	18- 8-79
60-64	16.01	ELIZABETH HAULE (WG)	61	13- 1-81
65-69	16.1	POLLY CLARKE (LOVELAND, COLO)	67	6- 5-78
70-74	19.58	BESS JAMES (SAN JACINTO, CA)	71	13- 1-81
75+	19.75	IRJA SARNAMA (FIN)	75	13- 1-81

200 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	24.9	MAEVE KYLE (IRELAND)	37	6- 8-66
40-44	25.1	MAEVE KYLE (IRELAND)	40	10- 5-69
45-49	26.21	IRENE OBERA (MORAGA, CA)	47	13- 1-81
50-54	27.86	MAEVE KYLE (EIR)	51	6- 8-80
55-59	30.59	KIRSTEN HVEEM (NOR)	55	10- 1-81
60-64	33.16	ELIZABETH HAULE (WG)	60	6- 8-80
65-69	34.7	WINFRED REID (S.AFR.)	65	17- 8-80
70-74	45.11	BESS JAMES (SAN JACINTO, CA)	71	10- 1-81
75+	42.88	IRJA SARNAMA (FIN)	75	10- 1-81

400 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	50.56	AURELIA PENTON (CUBA)	35	15- 7-78
40-44	55.3	MAEVE KYLE (IRELAND)	41	22- 7-70
45-49	59.68	COLLEEN MILLS (NZ)	47	10- 1-81
50-54	63.2	ANNE MCKENZIE (S. AFR.)	50	15-10-75
55-59	71.8	ANNE MCKENZIE (S. AFR.)	55	5-11-80
60-64	76.29	ELIZABETH HAULE (WG)	60	6- 8-80
65-69	79.66	WINFRED REID (RSA)	65	13- 1-81
70-74	96.65	BESS JAMES (SAN JACINTO, CA)	71	13- 1-81
75+	2:03.5	RUTH ROTHFARB (MIAMI BEACH, FL)	79	13- 1-81

800 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	1:57.4	ILEANA SILAI (ROMANIA)	35	28- 6-77
40-44	2:06.5	ANNE MCKENZIE (S. AFR.)	41	1- 7-67
45-49	2:19.2	ANNE MCKENZIE (S. AFR.)	45	13-11-70
50-54	2:23.1	ANNE MCKENZIE (S. AFR.)	50	29-10-75
55-59	2:43.5	ANNE MCKENZIE (RSA)	55	10- 1-81
60-64	3:01.0	BRITTA TIBBLING (SWE)	62	9- 1-81
65-69	3:30.9	GERDA MUELLER (WG)	65	6- 8-80
70-74	3:53.4	BESS JAMES (SAN JACINTO, CA)	71	9- 1-81
75+	4:30.1	RUTH ROTHFARB (MIAMI BEACH, FL)	79	9- 1-81

AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
 (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ )  
 ( 0-B , 1-A , 1-B , II-A , II-B , III-A, III-B, IV-A , IV-B )

1500 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	3:58.5	ILEANA SILAI (ROM)	37	13- 7-79
40-44	4:20.7	JOYCE SMITH (GB)	40	21- 5-78
45-49	4:49.2	ANNE MCKENZIE (S. AFR.)	49	16-11-74
50-54	4:54.5	ANNE MCKENZIE (S. AFR.)	50	15-10-75
55-59	5:31.1	ANNE MCKENZIE (RSA)	55	10-12-80
60-64	6:01.4	BRITTA TIBBLING (SWE)	62	6- 8-80
65-69	6:59.0	JOHANNA LUTHER (WG)	67	6- 8-80
70-74	7:59.5	BESS JAMES (SAN JACINTO, CA)	71	14- 1-81
75+	8:47.8	RUTH ROTHFARB (MIAMI BEACH, FL)	79	14- 1-81

3000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:55.6	JOYCE SMITH (GB)	36	19- 7-74
40-44	9:11.2	JOYCE SMITH (GB)	40	30- 4-78
45-49	10:31.4	VALBORG OSTBERG (NOR)	46	17- 6-78
50-54	11:07.6	KIRSTEN GARBO (NOR)	51	31- 7-78
55-59	12:09.6	HILDE JOECKLE (WG)	57	- -79
60-64	13:38.2	PAT DIXON (US)	61	2- 8-80
65-69	18:02.4	JUSTINE BUCHER (WG)	69	8- 8-77

5000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	16:36.2	DORIS HERITAGE (SEATTLE, WA)	35	22- 4-78
40-44	16:57	MIKI GORMAN (LOS ANGELES)	41	13- 2-77
45-49	18:16.6	MARIA DE ORLANDO (ITA)	45	6- 8-80
50-54	18:57.4	ANNE MCKENZIE (S. AFR.)	50	8- 8-75
55-59	21:40.4	LIESELOTTE SCHULTZ (WG)	59	- -79
60-64	24:15.4	ELIZABETH TRUMP (HOL)	63	7- 8-80
65-69	24:49.2	MARIE LYNNERUP (DEN)	65	31- 7-79
70-74	28:33.8	BESS JAMES (US)	70	13- 7-80
75+	38:09.0	RUTH ROTHFARB (MIAMI BEACH, FL)	79	13- 7-80

10,000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	35:37.8	CINDY DALRYMPLE (HONOLULU)	35	8- 6-78
40-44	34:26.4	JOYCE SMITH (GB)	42	27- 2-80
45-49	38:49.2	DOROTHY STOCK (LA MESA, CA)	48	8- 1-81
50-54	40:13.2	MARGARET MILLER (THOUSAND OAKS, CA)	54	22- 6-80
55-59	43:12.2	HELEN DICK (CHICAGO, IL)	56	16- 8-80
60-64	50:13.9	ELFRIEDE FALKE (WG)	60	8- 1-81
65-69	52:53.2	WALTRAUD KRETSCHMER (WG)	68	8- 1-81
70-74	59:20.7	AILSA FORBES (NZ)	70	8- 1-81

MARATHON

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2:35:04	CAROL GOULD (GB)	36	26-10-80
40-44	2:30:27	JOYCE SMITH (GB)	43	15-11-80
45-49	2:53:20	VALBORG OSTBERG (NOR)	48	- -79
50-54	2:57:24	TOSHIKO D'ELIA (RIDGEWOOD, NJ)	50	24- 8-80
55-59	3:18:07	HELEN DICK (CHICAGO, IL)	55	7- 6-80
60-64	3:21:35	LIESELOTTE SCHULTZ (WG)	60	24- 8-80
65-69	3:53:53	MARIE LYNNERUP (DEN)	65	2- 8-79
70-74	4:37:37	MAVIS LINDGREN (ORLEANS, CA)	72	9- 9-79

AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ )  
( 0-B , 1-A , 1-B , II-A , II-B , III-A , III-B , IV-A , IV-B )

HIGH JUMP

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
35-39	5'8 1/4	1.73 CHRISTA VOSS (WG)	36	30-	7-79
40-44	5'4 1/4	1.63 DOROTHY TYLER (GB)	41	2-	8-61
45-49	5'0	1.52 DOROTHY TYLER (GB)	45	18-	7-65
50-54	4'10	1.47 DOROTHY TYLER (GB)	50	14-	6-70
55-59	4'3 1/4	1.30 VLASTA CHLIMSKA (CZE)	56	30-	7-79
60-64	3'9 1/4	1.15 ANNCHEN REILE (WG)	63	15-	9-78
65-69	3'7 1/2	1.10 ANNCHEN REILE (WG)	65	6-	8-80

LONG JUMP

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
35-39	21'4	6.50 WILLYE WHITE (US)	35	26-	10-74
40-44	18'2 1/2	5.55 MARLENE ALTMANN (WG)	40	30-	7-77
45-49	16'10	5.13 MAEVE KYLE (IRELAND)	45	10-	8-74
50-54	16'6 1/2	5.04 MAEVE KYLE (IRELAND)	50	29-	7-79
55-59	13'9 3/4	4.21 KIRSTEN HVLEM (NOR)	55	6-	8-80
60-64	11'11 1/2	3.64 ELIZABETH HAULE (WG)	60	6-	8-80
65-69	11'2	3.40 R. SOLE (NZ)	65	8-	1-81

SHOT PUT

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
35-39	63'7 1/2	19.39 ANTONINA IVANOVA (URS)	38	17-	7-71
40-44	62'10 1/2	19.16 ANTONINA IVANOVA (URS)	41	24-	2-74
45-49	46'1 1/4	14.05 LIESL HUBER (WG)	45	21-	9-79
50-54	41'11 1/2	12.79 MARIANNE HAMM (WG)	51	30-	7-79
55-59	36'6 1/4	11.13 M.V. AS (S.AFR.)		19-	7-80
60-64	31'4	9.55 EDITH MENDYKA (TUJUNGA, CA)	61	17-	6-72
65-69	29'4	8.94 EDITH MENDYKA (TUJUNGA, CA)	65	27-	3-76
75+	22'7 3/4	6.90 IRJA SARNAMA (FIN)	75	14-	1-81

DISCUS THROW

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
35-39	228'4	69.60 FAINA MYELNIK (URS)	35	9-	9-80
40-44	206'5	62.92 HELGI PARTS (URS)	41	-	-78
45-49	158'3	48.24 DEETE DOMINGOS (BRA)	46	10-	1-81
50-54	130'4	39.72 RUTH SVEDBERG (SWE)	51	17-	9-54
55-59	108'4	33.02 RUTH SVEDBERG (SWE)	55	-	-58
60-64	101'3	30.86 ANNCHEN REILE (WG)	60	19-	10-75
65-69	87'1	26.54 ANNCHEN REILE (WG)	65	8-	1-81
75+	50'1	15.26 IRJA SARNAMA (FIN)	75	8-	1-81

JAVELIN THROW

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
35-39	193'4	58.94 ANNELIESE GERHARDS (WG)	37	13-	8-72
40-44	167'8	51.10 DANA ZATOPKOVA (CZE)	42	19-	9-64
45-49	141'7	43.16 ALMUT BROEMMEL (WG)	45	13-	1-81
50-54	118'10	35.22 S. WHITE (AUS)	51	12-	1-81
55-59	93'7	28.54 LENA GREBLER (S.AFR.)	57	19-	7-80
60-64	83'4	25.40 ANNCHEN REILE (WG)	62	10-	8-77
65-69	84'7	25.80 HANNA GELERICH (WG)	65	6-	8-80
75+	59'11	18.28 IRJA SARNAMA (FIN)	75	10-	1-81

AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ )  
( 0-B , 1-A , 1-B , II-A , II-B , III-A , III-B , IV-A , IV-B )

Men's 5 year age class World Veteran Records to 1st Feb. 1981  
By Peter Mundle

100 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
40-44	10.7	THANE BAKER (DALLAS, TEXAS)	41	13-	9-72
45-49	11.0	THANE BAKER (DALLAS, TEXAS)	48	14-	6-80
50-54	11.4N	ALPHONSE JUILLAND (STANFORD, CALIF)	50	18-	8-73
55-59	11.6	PAYTON JORDAN (LOS ALTOS, CALIF)	56	23-	6-73
	11.6N	ALFRED GUIDET (CALIFORNIA CITY, CA)	56	22-	6-74
60-64	11.8	PAYTON JORDAN (LOS ALTOS, CALIF)	61	27-	5-78
65-69	12.8	YNGVE BRANGE (SWE)	65	10-	5-78
70-74	13.5	FRED REID (S.AFR.)	71	19-	7-80
75+	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75	23-	6-79

200 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
40-44	21.9	REGINALD AUSTIN (AUST)	40	10-	8-77
45-49	22.3N	GEORGE RHODEN (JAMAICA, SAN DIEGO)	45	2-	7-72
50-54	23.6	JACK GREENWOOD (MENDECEING LODGE, KANS)	50	7-	8-76
55-59	23.6	ALFRED GUIDET (PETALUMA, CALIF)	55	24-	6-73
60-64	24.9	PAYTON JORDAN (LOS ALTOS, CALIF)	60	19-	6-77
65-69	26.32	FRITZ ASSMY (WG)	65	11-	1-81
70-74	27.5	FRED REID (S.AFR.)	71	19-	7-80
75+	29.5	JOSIAH PACKARD (SAN FRANCISCO)	75	24-	6-79

400 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
40-44	49.5	NOEL CLOUTH (AUSTRALIA)	40	10-	8-77
45-49	51.0	MILTON NEWTON (INGLEWOOD, CA)	46	5-	7-80
50-54	52.28	PETER HIGGINS (GB)	50	1-	8-79
55-59	54.56	RUDOLPH VALENTINE (NYC, NY)	55	9-	6-79
60-64	59.1	RUSSEL NIBLOCK (VANCOUVER, WASH)	60	6-	7-74
65-69	63.19	YNGVE BRANGE (SWE)	66	1-	8-79
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO)	73	10-	8-77
75+	68.5	JOSIAH PACKARD (SAN FRANCISCO)	75	23-	6-79

800 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
40-44	1:54.5	KLAUS MAINKA (WG)	41	16-	7-77
45-49	1:57.9	JOHAN HASSELBERG (NORWAY)	45	9-	8-77
50-54	2:01.1	BILL FITZGERALD (PALOS VERDES, CALIF)	50	29-	6-75
55-59	2:08.7	FRANK EVANS (GB)	55	11-	1-81
60-64	2:17.0	JOHN GILMOUR (PERTH, AUSTRALIA)	60	11-	1-81
65-69	2:25.3	FRANK FINGER (CHARLOTTESVILLE, VA)	65	5-	7-80
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	71	4-	9-77
75+	2:40.0	HAROLD CHAPSON (HONOLULU)	75	14-	5-78

1500 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET	DATE
40-44	3:52.0	MICHEL BERNARD (FRANCE)	40	20-	6-72
45-49	4:03.2	PIET MAYBOOR (HOLLAND)	45	8-	6-77
50-54	4:14.0	JACK RYAN (AUSTRALIA)	53	26-	3-76
55-59	4:20.7	JACK RYAN (AUSTRALIA)	55	25-	3-78
60-64	4:31.3	JOHN GILMOUR (PERTH, AUSTRALIA)	60	10-	11-79
65-69	4:59.1	WILLIAM ANDBERG (ANOKA, MINN)	65	4-	7-76
70-74	5:11.8	MERV JENKINSON (AUSTRALIA)	70	6-	1-80
75+	5:30.1	HAROLD CHAPSON (HONOLULU)	75	11-	8-77

AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
(35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75+ )  
( 0-B , 1-A , 1-B , II-A , II-B , III-A, III-B, IV-A , IV-B )

1 MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	4:18.5	JIM McDONALD (NZ)	43	3-12-77
45-49	4:26.4	LOUIS VINK (HOL)	45	3-6-80
50-54	4:32.2	BILL FITZGERALD (PALOS VERDES, CALIF)	50	13-7-75
55-59	4:40.4	JACK RYAN (AUSTRALIA)	55	15-12-77
60-64	4:57.1	JOHN GILMOUR (PERTH, AUSTRALIA)	61	13-11-80
65-69	5:22N	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	65	8-4-72
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	70	9-7-77
75+	6:54.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	77	2-10-76

3000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	8:17.4N	JACK FOSTER (NEW ZEALAND)	43	31-1-76
45-49	8:36.0	LAURIE CHARA (GB)	45	8-7-77
50-54	9:00.9	GUNTHER HESSELMANN (WG)	54	- -80
55-59	9:12.8	JACK RYAN (AUSTRALIA)	55	24-1-78
60-64	9:41.2	JOHN GILMOUR (PERTH, AUSTRALIA)	61	22-11-80
65-69	10:47.8	STAN NICHOLLS (AUSTRALIA)	66	8-11-77
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73	28-3-76
75+	13:13.8	LOU GREGORY (PENSACOLA, FLA)	75	6-5-78

5000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	13:45.8	LUCIEN RAULT (FRANCE)	40	23-5-76
45-49	14:56.4	ALAIN MIMOON (FRANCE)	45	29-5-66
50-54	15:31.0	ALAIN MIMOON (FRANCE)	50	6-6-71
55-59	15:52.8	JACK RYAN (AUSTRALIA)	55	20-4-78
60-64	16:52.6	JOHN GILMOUR (PERTH, AUSTRALIA)	60	6-4-80
65-69	18:10.0	STAN NICHOLLS (AUSTRALIA)	66	12-11-77
70-74	19:33	JOHN FARRELL (GB)	70	20-6-79
75+	21:19	LUIS RIVERA (MEX)	75	4-9-77

10,000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	28:33.4	LUCIEN RAULT (FRANCE)	40	9-6-76
45-49	30:16.8	ALAIN MIMOON (FRANCE)	45	17-6-66
50-54	32:14.0	ALAIN MIMOON (FRANCE)	51	3-6-72
55-59	33:40	JOHN GILMOUR (PERTH, AUSTRALIA)	55	5-8-74
60-64	34:23	JOHN GILMOUR (PERTH, AUSTRALIA)	61	26-11-80
65-69	36:04.6N	TEDDE JENSEN (SWEDEN)	65	15-9-72
70-74	40:48.6	EINAR NORDIN (SWE)	71	10-8-77
75+	42:34.8	LUIS RIVERA (MEX)	75	3-9-77

1 HOUR RUN				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	11-1309	18.900 WILLIAM STUDDART (GB)	40	21-8-71
45-49	11-1268	18.862 ALAIN MIMOON (FRANCE)	45	20-3-66
50-54	11-953	18.574 ALAIN MIMOON (FRANCE)	50	16-5-71
55-59	10-1194	17.185 JOHN GILMOUR (PERTH, AUSTRALIA)	55	14-10-74
60-64	10-831	16.853 JOHN GILMOUR (PERTH, AUSTRALIA)	61	21-10-79
65-69	9-604	15.036 NORMAN BRIGHT (SEATTLE, WASH)	65	13-6-75
70-74	8-857	13.658 RAY SEARS (SHELBYVILLE, IND)	71	14-5-78
75+	8-335	13.181 LOU GREGORY (PENSACOLA, FLA)	75	17-12-77

AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
(35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75+ )  
( 0-B , 1-A , 1-B , II-A , II-B , III-A, III-B, IV-A , IV-B )

MARATHON				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	2:11:18.6	JACK FOSTER (NEW ZEALAND)	41	31-1-74
45-49	2:17:29	JACK FOSTER (NEW ZEALAND)	46	22-10-78
50-54	2:22:49	PIET VON ALPHEN (HOL)	50	7-9-80
55-59	2:26:35	ERIK OSTBYE (SWEDEN)	55	19-9-76
60-64	2:41:25	KARL HASLER (SWI)	61	24-8-80
65-69	2:51:12	CLIVE DAVIES (PORTLAND, OREGON)	65	26-12-80
70-74	3:07:03	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	71	16-10-77
75+	3:31:42	FRIEDRICH TEMPEL (WG)	75	30-10-77

3000 METER STEEPLECHASE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	8:41.5	GASTON ROELANTS (BEL)	40	6-7-77
45-49	9:36.6	JIM McDONALD (NZ)	45	17-11-79
50-54	10:18.1	ARTHUR TAYLOR (CANADA)	52	1-8-79
55-59	10:39.8	ELIGIO GALICIA (MEX)	56	1-8-79
60-64	11:41.6	OLLE ELVLAND (SWE)	61	1-8-79
65-69	12:24.8	NORMAN BRIGHT (SEATTLE, WASH)	65	15-8-75
70-74	14:34.7	WILFRED BIGELOW (BERKELEY, CA)	70	9-1-81
75+	19:04.8	LOU GREGORY (PENSACOLA, FLA)	76	20-8-78

110 METER HURDLES (40-49) 99.1CM (50-59) 91.4CM (60+) 76.2CM				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	14.4 (107CM)	DON FINLAY (GB)	40	1-8-49
	14.7M	L. MARIEN (BEL)	41	13-8-75
45-49	14.7M	VALBJORN THORLAKSSON (ICE)	45	8-7-79
50-54	15.1M	JACK GREENWOOD (MENDEICINO LODGE, KANS)	51	10-8-77
55-59	16.6M	ANDRE FINDELI (FRA)	55	14-9-78
60-64	17.3M	ROBERT HUNT (ANAHEIM, CA)	60	16-8-80
	17.3M	BURL GIST (SAN MARCOS, CA)	60	16-8-80
65-69	18.9M	CHESTER BEACH (VISTA, CA)	66	19-8-78
70-74	21.5M	RICHARD LACEY (PELHAM, NY)	70	14-6-80
75+	20.93M	RUSSELL MEYERS (PENSACOLA, FL)	76	5-7-80

400 METER HURDLES (40-49) 91.4CM (50-59) 83.8CM (60+) 76.2CM				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	54.08M	LEON HACKER (S.AFR.)	40	29-7-79
	54.1M	GEORGE MATHE (S.AFRICA)	40	30-6-79
45-49	55.7M	JACK GREENWOOD (MENDEICINO LODGE, KANS)	46	24-8-72
50-54	58.1M	JACK GREENWOOD (MENDEICINO LODGE, KANS)	50	3-7-76
55-59	62.3M	ANDRE FINDELI (FRA)	55	10-9-78
60-64	68.7M	MAX PICKL (CANADA)	61	23-6-79
65-69	73.22M	GEORGE BRACELAND (DREXEL HILL, PA)	65	29-7-79
70-74	84.1M	WILFRED BIGELOW (BERKELEY, CA)	73	10-1-81
75+	92.5M	HERBERT ANDERSON (BELLVUE, COLO)	75	11-8-77

AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ )  
( 0-B , 1-A , 1-B , II-A , II-B , III-A , III-B , IV-A , IV-B )

HIGH JUMP

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	6'8 3/4	2.05 EGON NILSSON (SWEDEN)	40	25- 9-66
45-49	6'2 3/4	1.90 HERH WYATT (CALIF)	48	19- 4-80
50-54	5'9	1.75 JOHN C. BROWN (GLADSTONE, MO)	50	5- 7-80
55-59	5'6 1/2	1.69 RICHMOND MURCOM (PHILADELPHIA)	55	27- 7-76
60-64	5'2 1/2	1.59 BURL GIST (SAN MARCOS, CA)	60	5- 7-80
65-69	4'11	1.50 IAN HUME (CAN)	65	5- 7-80
70-74	4'7 1/4	1.40 JOSEF SAHLMANN (WG)	71	28- 7-79
75+	4'3 1/4	1.30 HERBERT ANDERSON (BELLVUE, COLO)	75	24- 3-78

POLE VAULT

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	15'9	4.80 RUDOLF TOMASEK (CZE)	40	13- 8-77
45-49	15'5	4.70 MAURICE HOUVION (FRANCE)	45	12- 4-80
50-54	14'0	4.27 RICHMOND MURCOM (PHILADELPHIA)	52	8-11-73
55-59	13'6 1/4	4.12 RICHMOND MURCOM (PHILADELPHIA)	55	4- 8-76
60-64	12'9 1/2	3.90 HERBERT SCHMIDT (WG)	61	14-10-71
65-69	11'10	3.60 HERBERT SCHMIDT (WG)	66	15- 3-76
70-74	9'2	2.79 BOB MACCONNAGHY (REDONDO BEACH, CA)	70	6- 5-78
75+	7'0	2.13 MERT GAMBITO (US)	75	4-10-80

LONG JUMP

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	24'4 3/4	7.43 TOM CHILTON (KNOXVILLE, TENN)	40	24- 3-78
45-49	21'11	6.68 SHIRLEY DAVISSON (VICTORVILLE, CALIF)	45	4-10-75
50-54	21'1	6.42 SHIRLEY DAVISSON (VICTORVILLE, CALIF)	50	12- 4-80
55-59	19'9 1/2	6.03 TOM PATSALIS (ALHAMBRA, CA)	55	12- 3-77
60-64	17'8	5.38 HANS SCHNEIDER (WG)	60	22- 6-74
65-69	16'11 1/4	5.16 WILLI RUMIC (WG)	65	31- 7-79
70-74	15'0	4.57 JOSEF SAHLMANN (WG)	71	31- 7-79
75+	14' 1/4	4.27 GULAB SINGH (IND)		9- 1-81

TRIPLE JUMP

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	47'3 1/4	14.41 HERMANN STRAUSS (WG)	40	16- 5-71
45-49	45'7 1/4	13.90 HERMANN STRAUSS (WG)	46	11- 8-77
50-54	42'9	13.03 CARLOS VERA-GUARDIA (VEN)	50	1- 8-79
55-59	41'5	12.62 GORDON FARRELL (VAN NUYS, CALIF)	57	8- 1-75
60-64	39'0	11.89 GORDON FARRELL (VAN NUYS, CALIF)	62	24- 5-80
65-69	34'11 3/4	10.66 IAN HUME (CAN)	66	13- 1-81
70-74	29'5	8.96 WINFIELD MCFADDEN (SAN DIEGO, CALIF)	70	29- 6-75
75+	28'7 1/2	8.72 GULAB SINGH (IND)		12- 1-81

SHOT PUT (40-49) 7.26KG (50-59) 5.44KG (60+) 4.00KG

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	66'2 1/2	20.18 IVAN IVANCIC (YUG)	42	12- 4-80
45-49	58'1 1/4	17.71 PIERRE COLNARD (FRANCE)	47	12- 6-76
50-54	57'7 1/4	17.56 HERMANN HOMBRECHER (WG)	50	14- 8-75
55-59	51'9	15.77 HERMANN HOMBRECHER (WG)	55	6- 8-80
60-64	53'9 3/4	16.40 NATHANIEL HEARD (MARION, MASS)	60	8- 7-78
65-69	46'6 1/4	14.18 KONSTANTY MAKSYMZYK (GB)	65	15- 7-79
70-74	42' 1/4	12.81 RON DRUMMOND (CAPISTRANO BEACH, CA)	70	3- 9-77
75+	36'5	11.10 ERNST KORTE (WG)	75	6- 8-80

AGE GROUP BESTS BY FIVE YEAR CATEGORIES  
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ )  
( 0-B , 1-A , 1-B , II-A , II-B , III-A , III-B , IV-A , IV-B )

DISCUS THROW (40-49) 2KG (50-59) 1.5KG (60+) 1KG

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	227'11	69.48 AL BERTER (NYAC)	43	31- 5-80
45-49	166'4	50.70 GUY HUSSON (FRA)	48	17- 9-77
50-54	178'0	54.26 KAUKO JUOPPILA (FINLAND)	52	5- 8-73
55-59	177'1	53.98 KAUKO JUOPPILA (FINLAND)	56	3- 9-77
60-64	175'3	53.42 KONSTANTY MAKSYMZYK (GB)	63	8- 6-78
65-69	182'6	55.62 KONSTANTY MAKSYMZYK (GB)	65	17- 9-79
70-74	138'0	42.06 JOSE CELAYA (SPA)	70	4-10-80
75+	116'10	35.62 VERNER ANDERSSON (SWI)	75	14- 1-81

HAMMER THROW (40-59) 7.26KG (60+) 5.44KG

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	232'7	70.90 ROMUALD KLIM (SU)	40	22- 6-73
45-49	202'0	61.58 HANS POTSCH (AUT)	47	1- 8-80
50-54	188'0	57.30 MALIK INCOR (PAK)	50	30- 3-75
55-59	173'11	53.02 KARL HEIN (WG)	56	- -64
60-64	157'10	43.12 A. MIETTINEN (FINLAND)	63	12- 9-76
65-69	151'8	45.24 AARNE MIETTINEN (FIN)	67	6- 8-80
70-74	113'9	34.68 ALBERT REISER (WG)	70	27- 6-76
75+	97'8	29.77 STANLEY HEERMANN (SANTA BARBARA, CAL)	75	12- 5-79

JAVELIN THROW (40-59) 800 GRAMS, (60+) 600 GRAMS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	259'1	78.98 U. VON WARTBURG (SWITZERLAND)	42	2- 8-79
45-49	222'5	67.74 JAN SMIDING (SWEDEN)	46	10- 8-78
50-54	190'2	57.96 VEIKKO JAVANAINEN (FINLAND)	54	6- 8-80
55-59	180'11	55.14 HANS OVERLAND (NOR)	56	6- 8-80
60-64	177'5	54.08 BILL MORALES (SANTA ANA, CALIF)	60	9- 7-77
65-69	147'0	44.60 GERARD SCHEPE (WG)	67	15- 9-78
70-74	132'0	40.24 BOB MACCONNAGHY (REDONDO BEACH, CA)	70	24- 6-78
75+	96'2	29.31 HERBERT ANDERSON (BELLVUE, COLO)	77	2- 9-79

DECATHLON

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	6615	HORST MANDL (AUT)	40	4- 7-76
45-49	5084	HARRY HANKE (SAN DIEGO)	46	4- 7-75
50-54	4951	RICHMOND MURCOM (PHILADELPHIA)	50	12- 3-72
55-59	5246	RICHMOND MURCOM (PHILADELPHIA)	55	11- 9-76
60-64	4328	DUTCH WARNER DAN (FRESNO, CA)	60	6-12-75
65-69	3128	IAN HUME (CAN)	65	16- 8-80
70-74	1752	HERBERT ANDERSON (COLO)	74	28- 5-77
75+	1659	HERBERT ANDERSON (BELLVUE, COLO)	75	24- 3-78

PENTATHLON

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	3391	WERNER SCHALLAU (WG)	40	24- 9-78
45-49	2778	VALLJONER THORLAKSSON (ICE)	45	30- 7-79
50-54	2807	VACLAV BARTL (SWE)	51	12- 8-77
55-59	2439	RICHMOND MURCOM (PHILADELPHIA)	56	12- 8-77
60-64	2051	ADOLF KOCH (WG)	60	12- 8-77
65-69	1645	IAN HUME (CAN)	65	4- 7-80
70-74	1020	KARL WILMS (WG)	70	30- 7-79
75+	722	HERBERT ANDERSON (BELLVUE, COLO)	75	12- 8-77

World 'ALL TIME' Top Performers Part 3

By John Hayward

This time we take the two middle distance events - 800m and 1500m. which are presented in six age groups 1A - 3B as were the sprints. in part one.

The analysis on decline in each of these events are similar and follow the 'fall off' of the 400m. more than the two shorter sprints.

800m. (averaging top twenty)				1500m			
Class	Average	Decline	%	Class	Average	Decline	%
Wld.	1m44.15			Wld.	3m34.8		
1A	1m57.15	13.0sec	12.48	1A	3m59.15	24.35s	11.34
1B	2m01.19	4.04	3.49	1B	4m10.45	11.30	4.72
2A	2m07.69	6.50	5.36	2A	4m22.23	11.78	4.70
2B	2m15.57	7.88	6.17	2B	4m37.02	14.79	5.64
3A	2m24.51	8.94	6.59	3A	4m54.72	17.70	6.38
3B	2m33.68	9.17	6.34	3B	5m15.41	20.69	7.02

800m Men 40-44 (1A)				800m Men 40-44 (1A) cont'd			
1m54.5	K. Mainka	41 GER	16-07-77	1m59.7	S. Hiller	41 GER	30-07-78
1m54.8	T. Blue	41 AUST	09-08-77	2m00.2	J. Knebel	40 USA	79
1m54.8	N. Clough	40 AUST	09-08-77	2m00.3	G. Grunsfelder	44 GER	79
1m56.0	R. Anderson	41 GB	16-07-78	800m Men 45-49 (1B)			
1m56.0	E. Billups	42 USA	07-07-79	1m57.9	R. Hesselberg	45 NOR	09-08-77
1m56.9	G. Wise	40 AUST	30-11-74	1m58.1	W. Fitzgerald	48 USA	06-07-73
1m57.0	C. Huyssen	41 BEL	09-08-77	1m58.9	P. Majoor	45 HOL	14-06-77
1m57.2	B. Bullen	40 GB	14-08-73	1m59.9	E. Whitlock	46 CAN	09-08-77
1m57.4	H. Kupcyck	40 USA	27-09-73	2m00.3	M. Grujic	45 SA	28-07-79
10 1m57.4	N. Fisher	40 GB	09-08-77	2m00.3	T. Roberts	45 AUST	28-07-79
1m57.5	T. Roberts	40 AUST	02-03-74	2m00.5	B. Bullen	45 GB	16-07-78
1m57.6	D. Pratt	41 USA	06-07-73	2m00.7	E. Basse	45 GER	06-07-77
1m57.7	D. Valtier	40 GER	03-07-77	2m01.0	O. Trimble	45 USA	02-07-77
1m58.0	T. Bojfut	40 NOR	78	2m01.7	J. Clark	45 AUST	28-07-79
1m58.1	H. Lindell	43 SW	09-08-77	2m01.8	W. Lipka	45 GER	28-07-79
1m58.2	H. Telgenkamper	40 GER	11-06-77	2m01.9	B. Neumann	48 GER	79
1m58.2	B. Bartholomew	GB	78	2m02.0	R. Allen	45 GB	28-07-79
1m58.6	J. Thomas	40 GER	12-07-77	2m02.4	T. Connelly	46 USA	02-07-77
1m58.6	H. Mengler	42 GER	23-07-77	2m02.4	A. Hughes	46 GB	09-08-77
20 1m58.6	W. Bressemer	40 GER	20-08-77	2m02.5	T. Clowry	46 GB	23-06-77
1m58.7	J. Vantattenhoue	42 USA	18-06-72	2m02.6	L. Vagsmyr	46 NOR	15-08-76
1m58.7	P. Richardson	40 USA	09-08-75	2m02.9	E. Zuber	GER	28-07-79
1m58.7	E. Hamer	41 GB	05-07-77	2m03.0	C. Simpson	46 GB	01-07-76
1m58.8	F. McBride	40 USA	29-05-71	2m03.0	I. Grenak	SWIT	09-08-77
1m58.8	H. Wulf	41 GER	26-09-76	2m03.1	G. Puterbaugh	45 USA	02-07-70
1m58.9	K. Stein	42 GER	17-09-77	2m03.2	B. Gaedke	45 USA	02-07-70
1m58.9	B. d'Inca	40 IT	79	2m03.5	N. Windred	46 AUST	11-01-75
1m59.1	W. Fitzgerald	44 USA	24-06-69	2m03.5	P. Blanchou	FR	09-08-77
1m59.1	N. Lloyd	40 GB	06-07-73	2m03.6	D. Teegarden	48 USA	06-07-73
30 1m59.1	W. Oliver	42 SA	08-08-77	2m03.8	H. Guthoff	45 GER	03-06-78
1m59.1	H. Snepvangers	40 HOL	79	2m04.0	N. Toft	49 SW	09-08-77
1m59.2	E. Basse	44 GER	11-09-76	2m04.0	H. De Horf	47 BEL	09-08-77
1m59.4	P. Majoor	44 HOL	16-05-76	2m04.2	D. Pratt	45 USA	18-06-78
1m59.6	W. Bailey	40 NZ	20-02-75	2m04.3	W. Rimasch	40 GER	28-06-78
1m59.7	B. Jonsson	SW	08-08-77				
1m59.8	B. Parkes	42 GB	08-08-77				
1m59.9	T. Connelly	40 USA	09-08-75				

800m Men 45-49 (1B) cont'd				800m Men 55-59 (2B) cont'd			
2m04.8	B. Bowman	45 CAN	08-08-76	2m16.3	H. Lampert	USA	09-08-77
2m04.6	H. Thumm	47 GER	25-05-78	2m16.4	J. Curruchaga	56 SP	09-08-77
2m05.2	W. Lane	45 GB	79	2m16.6	J. Obree	GB	09-08-77
2m05.3	J. Greenwood	47 USA	01-06-74	2m17.0	R. Niblock	56 USA	70
2m05.4	J. Hayward	46 GB	15-08-75	2m17.1	L. Lindblom	SW	10-08-77
2m05.5	N. Sogaard	45 NOR	08-08-77	2m17.2	H. Fairbank	57 USA	03-07-76
2m06.0	L. Hooper	46 AUST	23-12-73	2m17.2	E. Nygarseter	NOR	28-07-79
2m06.2	W. Opper	45 GER	22-05-77	2m17.5	D. Schmidt	55 USA	03-07-76
2m06.3	C. Stubbings	45 AUST	79	2m17.5	A. Bryant	55 USA	07-07-79
40 2m06.8	K. Stiernerling	GER	08-08-77	20 2m17.7	K. Eriksen	55 NOR	14-08-75
800m Men 50-54 (2A)				800m Men 60-64 (3A) (*800 yds 2m19.9)			
2m01.1	W. Fitzgerald	50 USA	29-06-75	2m17.8	T. Haugen	57 NOR	09-08-77
2m03.5	D. Smith	53 USA	28-07-79	2m18.0	R. McDonald	55 USA	23-06-74
2m04.6	D. Turnbull	53 NZ	28-07-79	2m18.0	A. Gruber	OST	09-08-77
2m05.1	W. Sheppard	50 AUST	25-08-72	2m18.0	J. Pennington	56 AUST	79
2m06.2	L. Vagsmyr	50 NOR	28-07-79	2m18.1	A. Messenger	55 USA	29-07-78
2m06.7	R. McRea	50 USA	30-03-75	2m18.4	L. Brown	55 GB	09-08-77
2m07.1	B. Sieben	53 USA	28-07-79	2m19.0	V. Vuerinen	FIN	79
2m07.8	J. Ryan	52 AUST	10-12-74	2m19.3	J. Gilmore	60 AUST	28-07-79
2m08.2	G. Puterbaugh	50 USA	15-08-75	2m19.2*	R. Gordon	60 USA	05-08-78
10 2m08.2	J. Hayward	50 GB	28-07-79	2m19.9	G. Buck	61 AUST	17-04-76
2m08.3	R. Clark	50 AUST	10-08-75	2m21.5	J. Stevens	60 AUST	12-03-77
2m08.3	J. Stephens	AUST	03-12-77	2m21.6	O. Elvland	SW	28-07-79
2m09.3	C. Hall	52 CAN	16-06-79	2m22.3*	B. Deacon	63 USA	31-05-74
2m09.5	R. Gordon	50 USA	68	2m23.1	R. Isman	63 TURK	10-08-77
2m09.7	A. Eidsaether	NOR	78	2m24.0	W. Andberg	63 USA	05-07-74
2m09.7	N. Windred	AUST	79	2m24.0	R. Mahannah	63 USA	04-09-77
2m09.8	R. Mattock	50 GB	10-08-77	10 2m24.8	H. Taylor	61 GB	28-07-79
2m10.0	E. Gallagher	53 GB	28-07-79	2m25.0	S. Nicholls	63 AUST	22-03-75
2m10.3	H. Tempan	54 GB	30-06-79	2m25.3	H. Stranhage	61 SW	15-08-75
20 2m10.5	V. Koener	50 USA	09-08-77	2m25.9	H. Fairbank	60 USA	28-07-79
2m11.2	D. Stevenson	50 USA	21-07-79	2m26.4	G. Pauls	60 GER	21-05-77
2m11.3	P. Jost	52 GER	11-09-77	2m27.3	L. Batt	62 GB	15-08-75
2m11.3	D. Jackson	51 USA	03-07-78	2m27.6	O. Lie	NOR	28-07-79
2m11.3	G. Smith	50 GB	08-07-79	2m27.8	F. Finger	64 USA	04-05-79
2m11.4	A. Messinger	52 USA	10-08-75	2m28.2	C. Guasconi	IT	06-06-76
2m11.5	A. Bryant	51 USA	12-07-75	2m28.5	J. Outlaw	USA	78
2m11.8	C. Bornhoft	50 GER	27-07-79	20 2m28.6	L. Rolls	63 GB	10-08-75
2m12.1	L. Schneider	50 USA	02-07-77	800m Men 65+ (3B)			
2m12.1	R. Truter	SA	78	2m27.2	N. Bright	65 USA	15-08-75
30 2m12.43	A. Moller	SW	78	2m27.9	W. Andberg	65 USA	03-07-76
800m Men 55-59 (2B)				2m28.4*	M. Montgomery	65 USA	08-04-72
2m11.9	J. Gilmore	55 AUST	11-01-75	2m29.3	M. Jenkinson	65 AUST	28-11-74
2m12.1	T. Vikman	FIN	28-07-79	2m30.7	C. Kline	65 USA	15-08-75
2m12.8	W. Sheppard	57 AUST	78	2m30.9	S. Nichols	67 AUST	78
2m12.8*	R. Gordon	55 USA	05-08-73	2m30.9	H. Stranhage	65 SW	28-07-79
2m13.6	B. Nielson	55 GB	28-07-79	2m32.4	W. Stubbings	66 AUST	28-07-79
2m14.8	M. Hernandez	55 USA	09-08-77	2m33.5	F. Burgoyne	66 AUST	79
2m15.3	G. Endrizzi	IT	27-07-79	10 2m34.5	S. Madden	65 USA	06-07-73
2m15.6	O. Hasle	55 NOR	10-08-77				
2m15.8	A. Krcaj	59 CZE	09-08-77				
10 2m16.2	R. Morcom	56 USA	09-08-77				

1500m Men 40-44 (1A)

3m52.0	M. Bernard	40	FR	20-06-72
3m55.4	A. Thomas	40	AUST	29-03-75
3m56.6	N. Fisher	40	GB	17-06-77
3m56.7	C. Huyssen	41	BEL	11-08-77
3m57.2	J. McDonald	41	NZ	21-02-76
3m57.3	T. Blue	40	AUST	11-08-77
3m58.0	G. Wise	41	AUST	29-03-75
3m58.5	L. O'Hara	41	GB	19-09-73
3m58.7	B. Baillie	40	NZ	03-75
3m59.3	T. Kilmartin	40	GB	25-08-72
3m59.7	H. Lindell	43	SW	11-08-77
4m00.3	M. Alonso	43	SP	23-05-74
4m00.7	W. Oliver	42	SA	11-08-77
4m00.8	M. Schleime	40	GER	01-08-79
4m01.5	R. Allen	41	GB	16-08-75
4m01.8*	T. Roberts	40	AUST	05-03-74
4m02.0	M. Barrett	40	GB	14-08-73
4m02.0	B. Bullen	42	GB	26-08-75
4m02.0	B. Parkes	43	GB	11-08-77
4m02.5	E. Whitlock	42	CAN	16-08-75
4m02.5	J. Kessler	41	GER	79
4m02.8	K. Johansson		SW	11-08-77
4m02.9	H. Kupczyk	40	USA	07-07-73
4m03.0*	J. Herring	40	GB	75
4m03.0	L. Vink	43	HOL	78
4m03.1	H. Wulf	43	GER	03-09-77
4m03.3	A. Hughes	42	GB	07-07-73
4m03.4	E. Billups	42	USA	01-08-79
4m03.4	B. Bartholomew		GB	79
4m04.0	P. Majoor	40	HOL	14-09-72
4m04.1	H. Van d Val	41	CAN	79
4m04.3	R. Danielli	41	CAN	01-08-79
4m04.4	K. Hartenstein	40	GER	78
4m04.6	D. Valtier	40	GER	29-06-77
4m04.7	A.W. Kimber	40	GB	21-08-77
4m05.0*	R. Hatton	43	USA	18-07-75
4m05.1	H. Mengier	42	GER	78
4m05.3*	G. Wood	40	USA	04-05-74
4m05.3	D. Worling	40	AUST	29-03-75
4m05.4*	F. Phlaging	40	USA	12-01-73
4m05.4	W. Schonleber	41	GER	05-06-77
4m05.6	W. Stoddart	41	GB	08-72
4m05.7	M. Turner	41	GB	79
4m05.9	W. Williams	40	USA	07-07-73

1500m Men 45-49 (1B)

4m03.2	P. Mayoer	45	HOL	08-06-77
4m03.3	B. Bullen	45	GB	78
4m06.1	E. Whitlock	46	CAN	11-08-77
4m06.5	L. O'Hara	45	GB	01-07-77
4m08.8	M. Barrett	45	GB	78

1500m Men 45-49 (1B) cont'd

4m09.3	A. Hughes	47	GB	11-08-77
4m09.7	G. Warren	47	AUST	78
4m10.0	C. Simpson	46	GB	21-05-75
4m10.0	T. Roberts	45	AUST	01-08-79
4m10.4	W. Fitzgerald	47	USA	14-09-72
4m10.6	M. Alonso	45	SP	11-04-76
4m10.7	W. Lipka	45	GER	79
4m10.8	R. Allen	45	GB	01-08-79
4m13.0	D. Meyer	45	USA	03-06-78
4m13.0	B. Holmroos		FIN	78
4m14.0	W. Ramasch	45	GER	78
4m14.4	R. O'Brien	46	NZ	11-08-77
4m14.8	B. Neumann	48	GER	79
4m15.1	R. Gonzelmann	47	GER	01-08-79
4m15.3	G. Vernovsky	47	USA	11-08-77
4m15.5	W. opper	45	GER	17-09-77
4m15.5	J. Clark	45	AUST	01-08-79
4m15.9	W. Hass	45	GER	01-08-79
4m16.0	H. De Horf	47	BEL	11-08-77
4m16.4	A. Ida	46	GER	79
4m16.6	G. Wood	45	USA	05-05-79
4m16.7*	P. Mundle	46	USA	17-02-74
4m16.7	A. Taylor	47	CAN	26-06-74
4m17.0	J. Hesselberg	45	NOR	77
4m17.2	H. Thumm	46	GER	29-05-77
4m17.3	H. Pauls		GER	78
4m17.7	H. Harrington	45	GB	17-07-76
4m18.0	L. Vagsmyr	48	NOR	11-08-77
4m18.1	K. Napier	46	USA	78
4m18.5	E. Zuber	45	GER	78
4m18.7	R. Young		AUST	78
4m19.0	J. Harshberger	45	USA	13-03-77
4m19.2	I. Grenak		SWIT	11-08-77
4m19.3	E. Bass	46	GER	22-06-77
4m19.3	B. Jarnhester	47	SW	11-08-77
4m19.5	A. Rizzo	45	IT	31-07-79
4m19.9	R. Johansson		SW	11-08-77
4m20.4	H. Rodger	45	NZ	79

1500m Men 50-54 (2A)

4m13.2*	W. Fitzgerald	50	USA	13-07-75
4m14.0	J. Ryan	53	AUST	26-03-76
4m15.0	T. Orr	50	AUST	06-04-74
4m17.0	D. Turnbull	52	NZ	01-08-79
4m18.7	R. Boutard	53	FR	07-78
4m20.0	W. Sheppard	50	AUST	25-08-72
4m21.7	R. Marckx		BELG	01-08-79
4m22.7	C. Simpson	50	GB	01-08-79
4m23.0	J. Charman	50	GB	30-06-79
4m24.8	R. Mattock	50	GB	11-08-77

1500m Men 50-54 (2A) cont'd

4m25.0	G. McGrath	54	AUST	26-10-74
4m25.0	D. Smith	51	USA	11-08-77
4m25.0	G. Rhodes	50	GB	78
4m25.1	G. Lotsberg		SW	11-08-77
4m25.3	J. Pennington	50	AUST	24-08-72
4m25.5	G. Smith	50	GB	14-07-79
4m25.5	J. Hayward	50	GB	01-08-79
4m25.6	K. Brown	51	USA	08-07-79
4m26.1	P. Mundle	50	USA	06-01-79
4m26.5	L. Vagsmyr	50	NOR	01-08-79
4m27.2	A. Eidsaether		NOR	78
4m27.3	H. Tempan	54	GB	79
4m27.5	J. Soucek		CZE	11-08-77
4m27.9	A. Bryant		USA	09-08-75
4m28.7*	A. Sheehan	50	USA	22-02-69
4m28.8	P. Reid		RHO	01-08-79
4m29.0	A. Taylor	50	CAN	13-02-77
4m29.3	R. Johansson		SW	10-08-77
4m29.4	E. Schulz	50	GER	11-08-77
4m30.2	M. Hernandez		USA	09-08-75
4m30.8	S. Olsson	52	SW	11-08-77
4m31.4	W. Hanson		USA	78
4m31.6	C. Hall		CAN	12-09-76
4m31.7	G. Phipps	50	GB	07-08-76
4m31.8	R. Yaivola		FIN	78

1500m Men 55-59 (2B)

4m20.7	J. Ryan	56	AUST	25-03-78
4m22.0	J. Gilmore	56	AUST	22-10-75
4m29.7	M. Hernandez	56	USA	11-08-78
4m32.1	F. Leitner	56	OST	11-08-78
4m34.5	L. Torres		PUR	01-08-79
4m35.8	V. Vourinen	56	FIN	11-08-77
4m35.8	G. McGrath	58	AUST	78
4m36.1	E. Roels		BEL	23-08-77
4m36.7	B. Nielson	56	GB	01-08-79
4m37.3	O. Hasle	55	NOR	11-08-77
4m39.0	T. Vikman		FIN	79
4m40.4	G. Morrison	55	USA	78
4m40.5	E. Joynson	55	GB	78
4m41.0	J. Pennington		AUST	01-08-79
4m41.1	E. Obree		GB	11-08-77
4m41.9	G. Sheehan	57	USA	07-08-76
4m42.3	A. Bryant	55	USA	08-07-79
4m44.4	E. Nygarseter		NOR	01-08-79
4m44.5	O. Liukka		FIN	01-08-79
4m44.6	R. Delwo	55	USA	21-06-73
4m44.6	G. Paulsson		SW	11-08-77
4m45.6	N. Roupe		SW	11-08-77
4m45.7	W. Sheppard	55	AUST	11-08-77
4m46.8	A. Jensen	55	NOR	10-08-77
4m48.3	A. Waterman	55	USA	07-07-74

1500m Men 55-59 (2B) cont'd

4m49.1	H. Brutschied		GER	31-07-79
4m49.5	G. Paulson		SW	78
4m49.6*	W. Vible	56	USA	10-07-74
4m49.7	L. Brown	55	GB	16-07-77
4m50.4	E. Preston	56	USA	23-06-73
4m50.5	P. Meulemans		BEL	78
4m50.6	A. Messeneer	55	USA	09-07-78

1500m Men 60-64 (3A)

4m30.0	J. Gilmore	60	AUST	22-12-79
4m48.3	H. Josefsson		SW	01-08-79
4m49.8	D. Longenecker	62	USA	24-06-78
4m50.0	J. Verloop	61	HOL	01-08-79
4m50.3	O. Elvland	60	SW	15-09-78
4m53.1	R. Turnbull		AUST	01-08-79
4m53.2	W. Andberg	61	USA	31-08-72
4m54.2	C. Davies	63	USA	08-07-79
4m54.5	R. Isman	63	TURK	11-08-77
4m54.9	E. Jaervinen	63	FIN	78
4m55.4	R. Mahannah	61	USA	25-06-77
4m58.0	T. Koskela	60	FIN	11-08-77
4m59.2	A. Burgoyne	63	AUST	11-08-77
4m59.8	G. Pauls	60	GER	20-07-77
4m59.8	J. Olesan		USA	01-08-79
5m00.0*	M. Montgomery	60	USA	20-05-67
5m00.1*	J. Kelley	61	USA	11-01-69
5m00.9	H. Taylor		GB	01-08-79
5m01.0	C. Guasconi		IT	06-06-76
5m01.9	A. Newman	63	USA	23-06-79
5m02.2	N. Bright	61	USA	03-07-71
5m03.6	E. Preston	60	USA	18-06-77
5m04.0	B. Deacon	61	USA	19-04-73
5m04.1	R. Gordon	60	USA	09-07-78
5m05.4	S. Nichols	64	AUST	04-10-76

1500m Men 65+ (3B)

4m59.2	W. Andberg	65	USA	04-07-76
4m59.8	N. Bright	65	USA	16-08-75
5m03.0*	M. Montgomery	65	USA	08-09-72
5m03.3	M. Jenkinson	66	AUST	09-08-75
5m06.4	E. Kruzycki	68	GER	01-08-79
5m08.1	E. Stotsenberg		USA	01-08-79
5m09.5	S. Nichols	65	AUST	12-03-77
5m09.6	S. Madden	65	USA	07-07-73
5m16.4	H. Mellin		FIN	78
5m16.6	C. Dahlsten	66	USA	03-09-77
5m17.0	J. Farrell	69	GB	22-10-78
5m17.7	B. Johansson		SW	01-08-79
5m21.1	H. Chapson	73	USA	08-09-75
5m22.2	L. Rolis	66	GB	11-08-77
5m24.0	F. Huebner		GER	01-08-79

1500m Men 65 (3b) cont'd

5m24.8	A. Lauxmann	68	GER	11-08-77	20	5m31.3	E. Weber	67	GER	78
5m25.8	R. Williams		USA	23-06-73		5m31.5	G. Ekerstahl		SW	01-08-79
5m26.1	R. Barlow	71	USA	09-08-75		5m32.6	R. Bredenbeck	68	USA	16-02-74
5m26.3	O. Essig	69	USA	09-08-75		5m34.0	K. Kikuchi	70	JAP	11-08-77

World 'ALL TIME' Top Performers Part 4

This completes the TRACK events and before we can start on the FIELD these are already out of date - as they were based on the 1979 Rankings and before. As this work is a 'labour of love' and quite a lot of time is needed to complete them - we shall have to let another year pass before they can be updated. Of course next time it will be so much easier as these lists are the first and form the base from which corrections can be made without so much time.

The analysis of decline continues the same pattern as with the other events :-

5000m (averaging top twenty)				10,000m			
Class	Average	Decline	%	Class	Averages	Decline	%
Wld.	13m15.22			Wld.	27m36.46		
1A	14.29.75	1m14.53	9.37	1A	30m15.60	2m39.14	9.60
1B	15.28.94	59.19	6.80	1B	32m03.60	1m48.00	5.94
2A	15.57.80	28.94	3.12	2A	33m39.75	1m36.15	5.00
2B	16m52.54	54.74	5.71	2B	35m43.25	2m03.50	6.15
3A	17m59.25	1m06.71	6.59	3A	37m12.90	1m29.65	4.18
3B	19m05.37	1m06.12	6.13	3B	39m35.18	2m22.28	6.37

Statistics can be made to prove almost anything - and I would be the first to admit that our sport has not been going long enough to claim we have a truly soundly formed base. More time is needed - but it's interesting to reflect that by the age of about sixty we can expect to decline about as follows (over our peak years)

100m	200m	400m	800m	1500m	5000m	10000m
8% by the age 40	11.5%	13.5%	12.48	11.34	9.37	9.60
21% from 40-60	23.5	27.25	27.95	28.46	28.35	27.64

I must admit that before the lists were compiled - I would not have predicted that over the short sprints 'ones decline' would be less than over the longer distances, which come very balanced.

If you have any corrections or additions then please send to John Hayward  
128a, Princes Road  
Buckhurst Hill  
Essex, ENGLAND



"Whatever happens to the loneliness of the long-distance runner?"

5000m Men 40-44 (1A)

13m45.8	L. Rault	40	FR	23-05-76
14m03.0	G. Roelants	40	BEL	08-08-77
14m07.0	J. Foster	42	NZ	01-02-75
14m10.0	M. Bernard	40	FR	29-07-72
14m20.4	G. Gauthier	41	FR	23-05-76
14m23.6	J. Roberts	40	GB	13-09-78
14m28.0	L. O'Hara	40	GB	06-07-72
14m29.4	R. Fowler	43	GB	08-08-77
14m32.7	G. Schmitt	40	GB	08-05-77
14m33.5	D. McGregor	40	GB	79
14m34.0	J.D. McDonald	41	NZ	21-02-76
14m37.7	K. Harland	40	GB	22-07-73
14m37.8	A. Mimoun	41	FR	29-07-62
14m38.6	A. Ida	43	GER	16-07-77
14m41.0	R. Gomez	42	GB	08-08-77
14m41.8	A. Sidler	40	SWIT	14-07-74
14m42.0	M. Turner	40	GB	15-07-79
14m48.4	D. Crook	41	GB	25-08-72
14m49.8	A. Thomas	40	AUST	09-08-75
14m50.6	M. Barrett	41	GB	27-08-74
14m51.4	H. Jesberger	41	GER	25-07-76
14m54.0	D. De Bruyn	42	HOL	78
14m55.0	J. V. Mannstein	42	GER	78
14m56.2	K. Hartenstein	40	GER	78
14m56.5	H. Kirschka	40	GER	02-07-77
14m56.8	F. Pendlebury	40	GB	78
14m57.2	A. Walsham	42	GB	23-08-72
14m58.4	W. Stoddart	41	GB	07-72
14m58.7	R. Zimmermann	41	GER	78
14m59.0	W. Heuser	40	GER	28-05-77
14m59.2	R. Hatton	42	USA	15-06-74
14m59.6	H. Higdon	41	USA	25-08-72
14m59.6	G. Brown	42	GB	13-07-75
15m01.6	H. Wulf	42	GER	02-10-76
15m03.4	D. Amazon	40	ARG	31-10-76
15m03.6	R. Ter Poorten		HOL	79
15m04.9	T. Vincent	41	AUST	79
15m05.8	K. Korhonen	42	FIN	28-06-74
15m06-2	W. Allen	41	CAN	25-08-72
15m06.7	G. Seemann	40	GER	79
15m06.8	T. Davies	40	GB	78
15m08.6	J. Pulles	43	HOL	79
15m09.1	P. Springborn	40	GER	78
15m09.3	W. Wilms	40	GER	18-05-77
15m09.4	A. Aldegalega		PORT	78
15m09.8	E. Warren	41	AUST	27-08-72

5000m Men 45-49 (1B)

14m56.4	A. Mimoun	45	FR	29-05-66
15m03.4	M. Alonso	47	SP	28-05-78
15m05.4	L. O'Hara	46	GB	20-05-78
15m08.0	M. Barratt	45	GB	78
15m12.0	D. Power	45	AUST	23-12-72

5000m Men 45-49 (1B) cont'd

15m15.7	W. Irmen	46	GER	79
15m18.1	A. Ida	45	GER	79
15m18.5	P. Pystynen	45	FIN	09-08-77
15m29.1	H. Muller	45	GER	78
15m33.2	J. Heywood		GB	14-09-77
15m35.5	R. Hatton	47	USA	08-07-79
15m36.8	P. Mundle	46	USA	07-07-74
15m37.0	W. Stoddart	45	GB	08-08-76
15m40.4	A. Taylor	46	CAN	18-07-73
15m41.5	H. Higdon	48	USA	18-07-79
15m47.4	M. Morrell		GB	78
15m48.2	E. Bassa	47	GER	79
15m49.2	V. Skytta		FIN	79
15m51.0	T. Orr	48	AUST	25-08-72
15m52.0	R. Balding		GB	79
15m52.5	R. Gonzelmann	47	GER	30-07-79
15m53.0	P. Piper	47	AUST	11-04-75
15m54.4	R. Morgan-Morris	46	AUST	79
15m55.4	W. Rimasch		GER	78
15m56.0	W. Opper	45	GER	14-09-77
15m57.5	G. Vernovsky	47	USA	09-08-77
15m57.9	R. Monseur	46	BELG	09-08-77
15m58.0	J. Brown	49	GB	17-05-75
15m58.8	W. Kruijthof	47	HOL	78
15m59.5	H. Kennedy		CAN	78
15m59.8	J. McDonald	45	NZ	30-07-79
16m01.4	A. Goritz	49	GER	78
16m01.6	G. Rhodes	45	GB	12-08-72
16m01.6	P. Morris		GB	78
16m01.6	A. Hughes	48	GB	78
16m02.6	J. O'Neil	47	USA	19-09-72
16m02.6	H. Braun	45	GER	16-07-77
16m03.0	B. Bowman		CAN	78
16m03.8	J. Luxford		GB	79
16m04.4	H. Wetzel		GER	79
16m04.6	J. Smart	45	USA	25-06-77

5000m Men 50-54 (2A)

15m31.0	A. Mimoun	50	FR	06-06-74
15m45.4	E. Schulz	50	GER	78
15m52.0	A. Taylor	51	CAN	12-02-77
15m54.0	J. Ryan	52	AUST	02-11-74
15m56.0	P. Piper		AUST	78
16m03.4	H. Horn	50	GER	79
16m05.8	J. Gilmore	53	AUST	13-09-72
16m06.0	G. Rhodes	50	GB	16-07-78
16m07.0	T. Orr	50	AUST	04-74
16m07.3	H. Hinderks	50	GER	09-08-77
16m07.8*	J. O'Neil	51	USA	10-01-76
16m10.0	G. McGrath	54	AUST	04-74
16m10.4	D. Turnbull	53	NZ	30-07-79
16m10.9	R. Franklin	50	GB	78

5000m Men 50-54 (2A) cont'd				5000m Men 60-64 (3A)				10,000m Men 40-44 (1A)				10,000 Men 45-49 (1B) cont'd							
16m11.0	P. Mundle	51	USA	31-05-79	16m54.9	J. Gilmore	60	AUST	30-07-7	28m33.4	L. Rault	40	FR	06-09-76	31m48.0	R. Hatton	45	USA	11-06-77
16m13.0	J. Brown	50	GB	03-12-75	17m23.0	E. Kruzycki	62	GER	19-06-7	29m11.4	J. Foster	42	NZ	26-01-75	31m02.5	J.K. McDonald	45	NZ	27-07-79
16m13.6	K. Oksavik	50	NOR	30-07-79	17m27.5	C. Davies	63	USA	08-07-7	29m47.0	M. Freary	40	GB	27-08-78	32m04.1	H. Muller	45	GER	78
16m18.2	T. Wood		GB	08-08-76	17m35.0	D. Longenecker	62	USA	25-06-7	29m57.4	A. Mimoun	43	FR	01-08-64	32m04.8	W. Irmen	46	GER	79
16m20.6	D. Power	51	AUST	79	17m42.6	W. Andberg	60	USA	03-07-7	29m59.2	M. Gammoudi	40	TUN	78	10 32m07.6	M. Alonso	46	SP	28-05-77
20 16m24.8	P. Malm	52	SW	09-08-77	17m50.9	H. Josefsson	61	SW	30-07-7	30m00.6	A. Jesberger	41	GER	01-05-76	32m09.6	J. Heywood	45	GB	12-10-77
16m29.1	R. Boutard	52	FR	09-08-77	17m59.5	T. Stober	60	GER	30-07-7	30m04.2	D. McGregor	40	GB	27-07-79	32m11.2	K. Jacobsen	46	NOR	09-08-77
16m29.3	R. Daly		NZ	10-04-75	18m00.6	E. Jarvinen	61	FIN	09-08-7	30m05.6	R. Fowler	41	GB	18-06-76	32m23.2	A. Walsham	47	GB	07-08-76
16m30.7	P. Yla-Hallimen		FIN	79	18m01.0	J. Wall	61	USA	05-07-7	30m21.0	L. O'Hara	43	GB	16-04-75	32m29.0	A. Taylor	46	CAN	10-02-73
16m31.0	M. Fernandez	51	SP	12-10-75	10 18m04.0	O. Haupt	63	GER	7	30m26.0*	F. Norris	40	GB	21-07-62	32m30.8	P. Mundle	46	USA	05-07-74
16m31.6	A. Verbaan	50	HOL	09-08-77	18m05.8	J. Verloop	60	HOL	7	30m29.6*	C. Smart	44	GB	24-04-54	32m32.0	H. Higdon	48	USA	27-07-79
16m32.4	F. Leitner	52	OST	15-09-72	18m06.4	N. Bright	62	USA	13-09-7	30m32.4	W. Stoddart	41	GB	16-09-72	32m34.6	V. Skytta		FIN	79
16m33.0	G. Phipps	50	GB	08-08-76	18m11.2	R. McMinnis	62	GB	09-08-7	30m36.0	E. Kruzycki	40	GER	10-51	32m36.4	P. Pystynen	45	FIN	09-08-77
16m35.2	J. Pennington	50	AUST	15-09-72	18m13.2	O. Elvland	60	SW	7	30m36.4	A. Sidler	40	SWIT	19-05-74	32m45.3	G. Schlittenbair	45	GER	78
16m35.6	W. Weber	51	GER	07-08-76	18m15.0	S. Nichols	63	AUST	07-12-7	30m37.0	R. Hill	40	GB	79	20 32m53.4	R. Monseur	46	BEL	09-08-77
30 16m36.0	H. Mitchell		GB	20-06-79	18m19.6	E. Preston	60	USA	26-06-7	30m42.0	H. Salavarda	42	BEL	79	32m56.8	J. Brown	49	GB	06-04-75
16m36.8	G. Smith	50	GB	79	18m22.0	G. Porteous	61	GB	11-06-7	30m43.0	M. Barratt	40	GB	18-04-73	32m58.2	E. Lemittinen	47	FIN	09-08-77
16.36.8	A. Viskari		FIN	79	18m23.4	E. Flowers		GB	7	30m46.0	G. Schmitt	40	GER	02-04-77	33m00.2	M. Lanne		FIN	79
16m37.3	E. Kirkup		GB	79	18m24.4	J. Olesan	61	USA	30-07-7	30m47.9	J. Kessler	41	GER	79	33m07.0	R. Franklin	45	GB	06-07-73
16m38.1	P. Jost	51	GER	31-08-77	20 18m25.0	G. Buck		AUST	06-03-7	30m56.0	R. Hatton	43	USA	26-04-75	33m07.4	P. Morris		GB	78
16m39.4	E. Joyson	52	GB	79	18m26.5	R. Turnbull	60	AUST	30-07-7	30m56.8	S. James	40	GB	78	33m09.4	W. Hass	45	GER	79
5000m Men 55-59 (2B)					18m32.0	E. Wallace		GB	06-07-7	30m57.2	A. Haupt	40	GER	78	33m09.6	R. Smith	46	USA	27-06-74
15m52.8	J. Ryan	55	AUST	20-04-78	18m37.9	G. Pauls	61	GER	7	30m59.2	A. Aldegalega		PORT	27-07-79	33m12.4	F. Tepel	46	GER	79
15m57.0	J. Gilmore	56	AUST	08-08-75	18m38.0	L. Nilsson	60	SW	09-08-7	31m00.8	A. Thomas	40	AUST	30-03-75	33m16.5	H. Wetzel	45	GER	78
15m57.0	G. McGrath	56	AUST	23-06-76	18m44.2	G. Scutts	61	GB	7	31m03.9	J. Mannstein	43	GER	79	30 33m17.5	E. Basse	47	GER	79
16m29.4	G. Eligio		MEX	30-07-79	18m44.8	R. Rollason	61	CAN	09-08-7	31m04.8	E. Austin	40	GB	20-07-75	33m19.0	J. Smart	46	USA	03-09-77
16m35.3	E. Ostbye	56	SW	09-08-77	5000m Men 65+ (3B)					31m08.4	R. Zimmermann	40	GER	30-04-77	33m19.9	H. Horn	48	GER	78
16m49.0	G. Endrizzi		IT	30-07-79	18m04.6	E. Kruzycki	65	GER	01-05-7	31m09.0	N. Fisher	41	GB	78	33m22.2	H. Braun	45	GER	20-08-77
16m57.0	E. Joyson	55	GB	16-07-78	18m10.0	S. Nicholls	66	AUST	12-11-7	31m09.2	H. Higdon	42	USA	06-07-73	33m23.0	J. Barrowman		GB	79
16m58.0	G. Johansson	57	SW	09-08-77	18m33.0	W. Andberg	65	USA	04-07-7	31m12.1	H. Kirschke	41	GER	78	33m23.2	W. Schick	45	GER	78
16m58.6*	T. Buckingham	55	GB	73	18m33.4	N. Bright	65	USA	22-07-7	31m16.6	G. Schmitt	41	GER	27-07-79	33m24.0	B. Hopp	45	GER	03-07-77
10 16m58.6	G. Morrison	55	USA	02-07-78	18m40.6	N. Tamanaha	65	USA	02-09-7	31m17.2	G. North	40	GB	07-08-76	33m25.2	A. Goritz	48	GER	20-08-77
16m59.0	E. Kruzycki	57	GER	10-68	18m44.3	E. Stotsenberg		USA	30-07-7	31m21.2	P. Pystynen	40	FIN	27-08-72	33m28.0	M. Morrell	45	GB	79
16m59.6	F. Leitner	56	OST	09-08-77	18m47.0	J. Berg	66	GER	21-09-7	31m23.6	W. Allen	41	CAN	27-08-72	33m31.8	H. Saleina	46	GER	20-08-77
17m03.0	M. Hernandez	55	USA	04-09-77	19m03.6	G. Helber		GER	09-09-7	31m23.9	T. Valasti	43	FIN	27-07-79	40 33m33.3	F. Kreuter	45	GER	79
17m03.6	R. Heskeith	55	GER	15-09-72	19m04.2	T. Jensen		SW	16-08-7	31m25.2	G. Brown	43	GB	17-07-76	33m34.0	L. Nicholson	47	GB	03-09-72
17m04.2	K. Hall	55	GB	78	10 19m08.0	B. Tovey		AUST	7	31m25.4	H. Wulf	43	GER	25-04-77	33m34.6	V. Larson	48	NOR	27-07-79
17m06.3	L. Dreher	56	USA	09-08-77	19m10.3	C. Martin	66	SP	09-08-7	31m25.5	L. Lauffs	40	GER	79	10,000m Men 50-54 (2A)				
17m13.0	G. Morrison	55	USA	78	19m12.0	G. Porteous	65	GB	7	31m26.8	W. Wilms	40	GER	30-04-77	32m14.0	A. Mimoun	51	FR	03-06-72
17m21.2*	C. Davies	59	USA	19-07-75	19m19.0	M. Jenkinson	66	AUST	09-02-7	31m29.6	J. Robinson	40	NZ	27-07-79	33m05.0	J. Gilmore	53	AUST	27-08-72
17m28.0	F. Karl	55	GER	23-07-77	19m27.6	R. Bredenbeck	66	USA	7	31m32.8	O. Paolinelli		IT	78	33m19.0	T. Orr	52	AUST	27-03-76
20 17m30.8	L. Torres	57	PUR	30-07-79	19m33.0	J. Farrell	70	GB	20-06-7	31m36.0	J. McDonald	44	NZ	78	33m21.6	P. Piper	50	AUST	78
17m31.0	J. Pennington	56	AUST	78	19m34.6	F. Hueber	65	GER	30-07-7	31m37.7	K. Schreiber	40	SWIT	27-07-79	33m24.9	P. Kotila		FIN	27-07-79
17m31.7	S. Hietanen	59	CAN	30-07-79	19m38.4	S. Hidaka	65	JAP	09-08-8	31m38.7	J. Oliver	44	GB	27-07-79	33m25.0	H. Bode	50	GER	78
17m35.2	V. Vuorinen		FIN	09-08-77	19m39.0	S. Heskeith	68	AUST	21-04-7	31m40.0	D. Power	44	AUST	16-09-72	33m30.0	J. O'Neil	51	USA	02-07-76
17m36.0	R. Horman		USA	08-06-74	19m42.2	G. Scheck	67	GER	7	10,000m Men 45-49 (1B)					33m30.0	E. Schulz	51	GER	78
17m36.3	A. Bryant	55	USA	30-07-79	20 19m42.6	B. Johansson	65	SW	30-07-7	30m16.8	A. Mimoun	45	FR	17-06-66	33m32.0	K. Hall	50	GB	16-09-72
17m37.4	H. Josefsson		SW	09-08-77	19m46.0	S. Lee	66	GB	7	30m48.5	J. Foster	46	NZ	79	10 33m34.6	H. Hinderks	50	GER	20-08-77
17m38.0	L. Dreher	55	USA	11-07-76	19m56.8	H. Mohr	67	GER	09-08-7	31m19.0	D. Power	46	AUST	13-01-74	33m36.0	R. Franklin	50	GB	11-10-78
17m38.0	P. Lutz	55	GER	23-07-77	19m59.4	F. Nordin	71	SW	09-08-7	31m39.0	L. O'Hara	46	GB	19-04-78	33m36.3	C. Simpson	50	GB	27-07-79
17m38.8	E. Preston	56	USA	24-06-73						31m45.4	M. Barrett	45	GB	78	33m50.8	H. Horn	50	GER	27-07-79
30 17m40.0	F. McCabe		USA	73											33m53.0	P. Mundle	50	USA	01-10-78
17m44.4	J. De Borger		BEL	09-08-77											34m05.0	J. Lindolm		FIN	78
17m47.0	W. Beames		AUST	78															



10,000m Men 50-54 (2A) cont'd

34m12.0	W. Weba	50	GER	09-10-74
34m13.6	E. Nielsen	50	DEN	27-07-79
34m14.2	P. Malm	52	SW	10-08-77
34m14.8	S. Charlton	51	GB	78
20 34m23.1	K. Oksavic	50	NOR	27-07-79
34m35.5	D. Dellar	50	GB	27-07-79
34m38.6	G. Reidemeister	52	GER	79
34m38.8	W. Sievers	52	GER	20-08-77
34m40.0	B. Brown		NZ	02-75
34m40.2	J. Brown	50	GER	78
34m44.1	A. Taylor	52	CAN	79
34m49.4	E. Kirkup	51	GB	79
34m52.1	G. Pfister	50	GER	78
34m53.4	W. Marshall		GB	78
30 34m55.0	K. Heinz	53	GER	20-08-77
34m58.0	A. Viskari		FIN	79
35m02.0	R. Smith		NZ	22-01-74
35m02.3	T. Diamond		USA	27-07-79
35m04.5	A. Verbaan		HOL	27-07-79
35m05.0	G. McGrath	54	AUST	04-06-74

10,000m Men 55-59 (2B)

33m40.0	J. Gilmore	55	AUST	05-08-74
34m00.6	E. Ostby	55	SW	09-09-76
34m05.4	G. McGrath	55	AUST	14-08-75
34m45.8	G. Scutts	56	GB	13-07-75
35m08.0	L. Dreher	55	USA	11-07-76
35m37.0	H. Brecht	55	GER	17-04-77
35m38.0	G. Morrisson	55	USA	78
35m50.0	D. Hokkanen		FIN	78
36m00.1	K. Hall	55	GB	78
10 36m00.8	F. Karl	55	GER	20-08-77
36m07.0	N. Ashcroft	56	GB	06-07-73
36m08.0	T. Buckingham	55	GB	06-07-73
36m15.0*	C. Davies	59	USA	12-07-75
36m19.0	J. Lafferty	56	USA	05-07-74
36m20.9	L. Torres	57	PUR	27-07-79
36m22.0	P. Reese	55	USA	17-06-72
36m22.0	B. Hormon	57	USA	75
36m28.6	G. Johanson		SW	78
36m29.2	P. Lutz	55	GER	20-08-77
20 36m37.6	G. Lammer	57	GER	20-08-77
36m37.7	S. Hietanen	59	CAN	27-07-79
36m39.0	F. McCabe	55	USA	06-07-73
36m39.0	E. Preston	57	USA	07-07-74
36m41.4	F. Leitner	58	OST	27-07-79
36m43.0	W. Beames		AUST	78
36m98.6	R. Hansen	55	NOR	27-07-79
36m54.0	J. Schmitz	55	GER	12-05-77
36m57.4	J. Oleson	56	USA	06-07-74
37m01.1	T. Thirud	56	NOR	79
30 37m07.6	J. Fitzgerald	56	GB	79

10,000m Men 60-64 (3A)

35m07.7	J. Gilmore	60	AUST	27-07-
35m19.8	C. Davies	63	USA	19-08-
35m57.4	E. Kruzycki	61	GER	16-09-
36m16.0	R. McMinnis	60	GB	20-07-
36m55.5	T. Stober		GER	27-07-
37m05.0	H. Lammer		GER	
37m08.0	W. Andberg	62	USA	06-07-
37m08.6	E. Jarvinen	63	FIN	27-07-
37m10.0	O. Haupt	64	GER	
10 37m14.0	H. Josefsson	60	SW	27-07-
37m14.2	E. Samuelsson	60	SW	10-08-
37m18.0	J. Wall	61	USA	06-07-
37m34.4	N. Bright	60	SWIT	02-07-
37m35.3	K. Hasler	60	SWIT	27-07-
37m36.0	O. Narvan		FIN	
37m37.0	J. Verloop	60	SW	09-09-
37m42.0	T. Jensen	64	AUST	27-07-
37m42.0	R. Turnbull	60	AUST	27-07-
37m54.7	J. Oleson	62	USA	27-07-
20 38m08.8	E. Preston	60	USA	25-06-

10,000m Men 65+ (3B)

36m04.6	T. Jensen	65	sw	16-09-
37m04.0	E. Kruzycki	65	GER	10-04-
37m52.2	S. Nichols	66	AUST	15-11-
38m38.0	N. Bright	66	USA	03-08-
38m39.2	G. Porteous	65	GB	27-07-
38m48.0	W. Andberg	65	USA	02-07-
39m31.0	G. Ekerstahl	65	SW	
39m34.0	B. Tovey	67	AUST	
39m43.6	E. Stotsenberg		USA	27-07-
10 39m52.8	J. Berg	66	GER	28-08-
39m56.0	S. Hidaka	65	JAP	10-08-
39m57.0	O. Classen	65	GER	
40m16.7	F. Hubner	65	GER	27-07-
40m26.0	E. Ahoie		FIN	
40m31.0	C. Martin	66	SP	10-08-
40m42.0	H. Mohr	67	GER	10-08-
40m48.6	E. Nordin	71	SW	10-08-
40m50.0	R. Sears	69	USA	10-07-
41m13.0	O. Essig	68	USA	05-07-
20 41m16.0	J. Montoya	67	USA	



Jose Silveira (Brazil) leads R. McMinnis (England) and H. Fredriksson (Sweden)

THE HURDLES. Having read widespread opinions & criticisms, Ian Hume makes a Solomon's judgement (we hope).

The W.A.V.A. has a responsibility to set regulations for events contested in World Championships and other sanctioned competitions of Continental or Regional nature in which athletes from different countries are competing. The W.A.V.A. is not concerned with the laying down rules for a host of lesser competitions.

In the past 3 years there has been considerable demand to make the 110M hurdles possible for all Veterans who wished to do the event.

At the Hanover World Championships the lesser spacings were used without sufficient notification as to distance to the first hurdle being given in advance. Some veteran hurdles had injuries resulting from inability to cut down their normal stride at top speed. Others ran at less than full speed to avoid injury.

Following the regular meeting in Christchurch the overall distance of the race and the spacings have been cut even further in some age groups to the point where the event is no longer suitable or in some cases safe for the better hurdlers who risk injury particularly when the event is run with a following wind.

Robbing the rich to help the poor was laudable in Robin Hood's time, possibly, but is not completely acceptable in athletics at World Championship competitions.

The World Championship in Puerto Rico will probably attract more competitors than can be taken care of handily both during competition and otherwise. Standards limiting entry are a distinct possibility. Making more events open to more people at Championship level is not a top priority.

I believe the following suggestion is the fairest to all hurdlers in the present "hassle".

- 1) W.A.V.A. should name the extra hurdle spacings to be marked on tracks in addition to the 2 normal series men and women International (chalk or tape where necessary).
- 2) All athletes in any age group will obviously run the same height of hurdle and the same total distance, but may use the spacing they have requested on their entry form from among those adopted by the W.A.V.A. In this way every hurdler can compete under conditions closely approximating what he has done in past years instead of under conditions which may be totally unsuitable to him.

On first consideration this might seem like a lot of extra work for the hurdles crew but this is not really the case.

For Championship events entries are in some days at least in advance. In heats following competitors to a lane where the hurdles are spaced as required by the athlete. Except where all lanes are filled, frequently not many changes would be required and where made they would probably be suitable for the next older (or younger) age group. Under the present W.A.V.A. ruling all the hurdles have to be moved after every second age group. Under suggestion above, the starter's assistant would avoid extra work by assigning competitors to lanes where the hurdles are already correct for them (e.g. the strongest hurdlers in the 50 yr. age group would use the same spacing as the weaker hurdlers in the 45 yr age group)

Unless we believe that Championship events should be a handicap affair, the handicaps that have recently been placed on many experienced hurdlers should be removed.

Several athletes, 40-49, particularly in the throwing pentathlon, have remarked that the W.A.V.A. scoring table is unfair to them because they get a higher score on the I.A.A.F. table. This occurs for the following reasons:

- 1) The present I.A.A.F. scoring table was based on performances in 1960 and is thus 20 years old and unrealistic (at least since 1972).
- 2) Several times in the past 10 years the I.A.A.F. has delegated individuals or committees to produce a more modern scale, based on present performances, but are still waiting for an acceptable result.
- 3) The comparison between 1960 World Records and 1980 performances are as follows:

	1960 World Record	1980 Best Perf.	1980 (20th best)
Shot	20.06M	21.98M	20.67M
Discus	59.91M	70.98M	66.34M
Javelin	86.04M	96.72M	87.88M

In brief, the 20th best performance last year was considerably better than the World Record at the time the present I.A.A.F. scale was made for the 3 throwing events with the low basis at which points start.

- 4) The W.A.V.A. point scale offers the same reward for each metre of improvement in a throwing event. The I.A.A.F. scale gives a much larger reward per metre at a low level than it does for average or better performances.

I.A.A.F. Scale

	<u>1st M. Improvement above Base</u>	<u>5th M Improvement</u>	<u>10th M Improvement</u>
Shot	102 points	76 points	62 points -
	<u>1st M Improvement above Base</u>	<u>15th M Improvement</u>	<u>25th M Improvement</u>
Javelin	25 points	18 points	16 points
Discus	34 points	24 points	20 points

The I.A.A.F. table thus gives in the discus 70% more reward for the 1st metre of improvement above the base than for 1 metre at a fairly high level, 64% more in shot and 56% more in the javelin. This is discriminating against the average or better athlete, is it not, and explains why lesser results get an over-liberal rating on the I.A.A.F. scale.

- 5) A new W.A.V.A. scale is made tougher where greatly improved performances, mostly from 60 years up, indicate this is necessary - 1976 (3 10-year age groups) 1978 (7 five-year age groups) 1980 (8 five-year age groups) and in 1982 a point scale for 80-84 years. 1B, 2B, 3B performances have a better rating on the 1978 scale than on the 1976 scale where they were each combined with A groups.

Comparison of the scores made by medalists in the World Championship Pentathlons in 1979 and 1981 in the various age groups show that they do a far better job of rating the athletes than the I.A.A.F. tables which over-reward shot and discus in the older ages and cause many athletes to drop out in the 1500 M.

Meet Scoring

One or two letters have suggested that the W.A.V.A. scoring system is slow to use in calculating points. I can only suggest that multiplying (mentally) is perhaps becoming a lost art which we should not allow to become extinct.

As a test of the above assumption, this morning my wife wrote on a card imaginary performances for the 5 first-day decathlon events, passed them to me and started the stop watch. The five performances were scored, written down and a first day's total completed in 57.2 seconds. Anyone not satisfied with this facility of scoring is not going to be happy in this world.

The meet scorer for multiple events should be a person who from day to day does at least some mental calculations. The scorer at a meet should have a quiet place to work and not be interrupted continually if errors are to be avoided. A keen teen-aged mathematics student, given 5 minutes briefing, can do a good job with the W.A.V.A. point scale.

Ian Hume

# JOYCE SMITH STARS IN LONDON MARATHON

by ALISTAIR AITKEN

at Britain's Queen of the roads, Joyce Smith, isn't getting older (as the slogan goes) she's getting better.

LONDON, March 29—In constant drizzle but little wind off the Thames River, Joyce Smith, 43, the IAAF world cross-country champ in 1972 and bronze medalist in the European 1500 in Rome in 1964, chipped 31 seconds off her 1980 world veteran best with a blistering 2:29:56, fastest ever by an over-40 woman.

The flat, but sharp-cornered course, produced fast times among the 6700 starters and 5300 finishers, including my own PR of 2:52:35. Race director Chris Brasher got tremendous media coverage and crowd support.

Bill Venus, 41, 3rd place finisher in the World Vets 10K in Glasgow in 1980, ran an impressive 2:22:59 for 41st overall position. Vets Eric Austin (2:23:29), Jim Alder (2:26:10) and Jim Avis (2:26:38) were next.

The course ran from Greenwich, round the Isle of Dogs, through London, along the Embankment, and finished in Constitution Hill just adjacent to Buckingham Palace Gardens. □



Courtesy of the Marathon Magazine Mel Watman and Alistair Aitken

## Veterans Multi-Events Project

Rodney Charnock of England is performing a most valuable service by collecting, ranking and publishing information on Veterans' Multi-events - Pentathlon, Decathlon and others which he outlines. He has kindly sent us details and we will publish as much as possible on the events upon which far too little has been said up to this date. Rodney is keen to receive result information World wide but stresses the fact that he would like complete results. Mere scores and nothing more are not of much value. Over to Rodney:

The objective of the Veterans multi-event project is to develop competitions and incentives; to standardise events and scoring tables; and to compile world all time rankings for each age group in the pentathlon and decathlon.

The following is a brief review of the current situation regarding veteran multi-events on an international basis.

### 1) Masters Multi-events competitions

The Pentathlon is well established and is staged at the World Games; European Championships; and at a range of National and regional meetings. The format of the event seems particularly well suited to the requirements of masters athletes right through the range of age groups.

On the other hand, the Decathlon requires further development. To date there has been a lack of standardisation, particularly with regard to the hurdles, and relatively few competitions have been staged.

The objective is for veteran multi-event athletes to enjoy a range of events in the same manner as the distance and road runners e.g.

- Pentathlon
- Decathlon
- Short Decathlon
- Fitness for Life Competitions

The latter two events were recently introduced by Dave Thoreson in the USA and are based on a flexible choice of events organized on a postal team competition basis.

### 2) Point Scoring System

The W.A.V.A. scoring tables for masters are excellent and are more effective than the I.A.A.F. tables. However a problem does exist as mentioned by a number of competitors in that performances in the throwing events receive significantly lower points than equivalent performances in other events.

This makes comparisons between individual events scores misleading but does not significantly influence the overall result of the pentathlon/decalathlon competition. The good thrower still gains a consistent points advantage over the less capable thrower.

The downgrading of throwing event scores in comparison to other events is obviously not an ideal situation. We are waiting for Ian Hume's initial comments and are also looking at hundreds of scores in the ranking lists (see below) to arrive at a balanced conclusion before making a recommendation to W.A.V.A.

Also two suggestions to meeting organizers on subject of scoring tables

- please use the latest (currently 1980) W.A.V.A. scoring tables for your meetings. Some confusion has arisen by the use of outdated tables.
- please send full results, including all individual event performances, to the (W.A.V.A. Newsletter) and to the address below.

### 3) World all-time ranking lists: Pentathlon and Decathlon

In order to provide additional incentives for multi-event athletes I am compiling world all-time ranking lists for each age group in the pentathlon and decathlon. These lists will be compiled using both the I.A.A.F. and W.A.V.A. (1980) points systems and therefore details of each performance in individual events are also required please. This will also enable the rankings lists to be recalculated on any new W.A.V.A. and/or I.A.A.F. tables which are introduced. The approximate standards for the initial ranking lists are as follows:

Age group	PENTATHLON SCORES		DECATHLON SCORES	
	(WAVA/1980)	(IAAF)	(WAVA/1980)	(IAAF)
40-44	2,700	2,300	5,000	4,000
45-49	2,600	2,000	5,000	3,500
50-54	2,600	1,800	5,000	3,000
55-59	2,500	1,400	5,000	2,500
60-64	2,500	1,200	4,500	2,000
65-69	2,500	1,000	all scores	
70 <sup>+</sup>		all scores	all scores	

Please can readers send details of their scores/performances and any comments regarding masters multi-events to:

Rodney Charnock  
September Cottage  
Stanhoe Road  
Docking  
King's Lynn  
Norfolk, ENGLAND



**"Must be another running book on the best-seller list."**

## INTERNATIONAL TEAM MULTI-EVENT COMPETITIONS - Postal event as a start

A postal international team represents a practical start for international competition. A postal event would provide wider incentives than purely national competition and will get the maximum number of athletes involved with the minimum of cost. Experience with team multi-event competitions has been favourable with high involvement for every competitor and every point counting. The existence of an international team competition could be an added incentive to participate in the national championships and some form of recognition could be provided for each scoring member of the team.

The following reviews the workings of an international postal competition in some detail because Ed Oleata (USA) is likely to compete in the BVAF championships and real progress could be made by personal discussions. A USA/UK postal match in 1981 could get the ball rolling.

Firstly we need to get the basics sorted out e.g.

- hurdle specifications and acceptance/rejection of the 100m/80m hurdles second option (see page )
- agree to use Ian Hume's Vets scoring tables (and any subsequent modifications) so that all age groups are comparable.
- initial participating countries UK, USA, Canada, Germany, etc and then agree the specific details such as
- the basis of team scoring is suggested as being the total points scored by a given number of athletes, e.g. individual placings would not be used
- number of scoring athletes and ages. There are three basic approaches
  - 1) a specific number of scoring athletes for each age group e.g. 4x1A; 3x1B; 2x2A/B; 2x2A/B; 1x3A for 10 man team. This approach seems too rigid.
  - 2) total of 10 (15 or 20) highest scores on Vets tables irrespective of age. This approach is very valid if you accept that Ian Hume's age group could dominate the scoring.
  - 3) a proviso that no more than 50% of the scoring athletes can be in one age group could be introduced at a later stage if experience shows that this is necessary.
- total number of scoring athletes in team (10,15,20, etc) to be increased whenever possible. The objective is to involve as many athletes as possible.
- team points total to be the aggregate of the 10/15/20 man Decathlon total on (another) same date
- venues and dates as selected by each participating country. Try to obtain most favourable conditions
- 2 or more team attempts per year OK in both Decathlon and Pentathlon
- National veterans Decathlon and Pentathlon championships in each country would obviously provide one attempt. For other attempts discuss whether scores on same date but at different venues OK. The objective of the team competition is to get everybody competing together and not merely to enter a country's ranking lists as the scores. However some flexibility say to stage a team scoring attempt at two venues on the same day may be appropriate.

- some country groupings ( e.g. New Zealand/Australia; Scandinavia, etc) OK if insufficient participants in one country.
- annual or biannual event? Personally feel that vets need to alternate between 'hard' years and 'easy' years if they are to remain active and injury free. However with a large pool of interested athletes an annual event would be feasible.
- this Newsletter will be please to coordinate the postal competition and distribute final scores and progress scores from all participating countries.

## RANKINGS and AGE RECORDS - Why and How?

Decathletes are a friendly bunch competing against the scoring tables and with each other. While the majority of veterans multi-event competitions will be on a national or local level the existence of rankings and age records will provide some basis for international comparison and an incentive for personal improvement.

Rankings and age records for veterans multi-events are not easy to compile because various hurdles standards are used; different scoring tables are applied; meetings are not reported; individual event performances are not recorded (therefore scores cannot be recalculated); etc. However the supplement attached to this Newsletter provides a preliminary World and UK rankings and progressive age records for both the Decathlon and Pentathlon. This will provide a starting point from which we can build based on your help in sending in details of your and other performances, etc.

An explanation of the format of those lists as relating to use of both LAAF and Vets scoring tables; hurdle and implement specifications; and progressive age records is shown in the supplement with the ranking lists.

## WORLD RANKING PERFORMANCES for DEC/PENTATHLON: some 8000 point scores

Veterans have recorded excellent scores in excess of 6,000 points and 3,000 points on the L.A.A.F. tables for the Decathlon and Pentathlon. The aim of the world rankings list is to provide an incentive by recording at least the Top 10 performers of all time for each 5 year age groups with a provisional standards on the Vets tables of approximately 6,000 points (Deca) and 3,000 points (Pent) being set for inclusion in the world rankings.

At the highest level Valbjorn Thorlaksson (Iceland) has scored 8,303 points (Vets) in 1B and Richmond Morcom (USA/2B) and Dutch Warmerdam (USA/3A - World's first 15 foot pole vaulter in 1940) have scored well in excess of 8,000 points (Vets) but have yet to obtain the individual performance details to calculate the exact score which was originally computed only on LAAF tables.

In the Pentathlon Adolf Koch (Germany/3A), Bill Morales (USA/3A) and Richmond Morcum (USA/2B) have all exceeded 4,000 points on the Vets tables.

## BRITISH PERFORMANCES - Developing the depth to prepare for an international team competition.

British involvement in the world rankings is significant with Derek Clarke's then world best at No. 2 in the 1A Pentathlon and Robin Ball at No. 4 with a best age 41 Pentathlon. Joe Phillips is on the fringes of both the 1A and 1B Pentathlon rankings. In the Decathlon both Robin Ball (1A) and Dave Williams (2A) make the preliminary top 10 Vets with scores of over 6,000 points (Vets).

There is also good depth in the 1A/1B Decathlon with good individual performances in the other Decathlon age groups and in the Pentathlon.

What is now needed is more competitions in both the Decathlon and Pentathlon to provide greater depth of performances in all age groups. Then the UK will be able to compete in an international team competition (postal or otherwise) with distinction.

The preliminary UK ranking lists are undoubtedly incomplete please send full details of your performances. (see attached questionnaire)

#### HURDLES: the great debate on veterans hurdle spacings and heights

Confusion reigns . . . W.A.V.A. (World Association of Veteran Athletes) official standards for 110m Hurdles are based on 9.14m (30 foot) spacings for all age groups and hurdle heights of 3'3" for 40/49 decreasing by 3" for each 10 year age group . . . However the World Veteran Games in Hanover (1979) for 40/49 and 8.60m (28'2½") spacings for all age groups over 50 whilst conforming to the usual W.A.V.A. hurdle heights . . . meanwhile in the USA during 1979/80 reduced hurdle heights of 3'0" for 40-49; 2'9" for 50/59 and 2'6" for 60/69 have been used with the full 9.14m (30 foot) spacings. In the 1979 USA TAC (AAU) Masters Championships 40/49 athletes recorded 15.8 - 16.6 for the first 5 places in the Decathlon 110m Hurdles over 3'0". . . In 1981 USA hurdlers will experiment with the womens 100 metre hurdle spacings of 8.50m (27' 10½") together with the lower heights (e.g. 3'0" for 40/49, etc).

For further information please refer to an excellent article 'Results of Hurdle survey' by Al Sheahan, himself a hurdler and Editor of NATIONAL MASTERS NEWSLETTER, in the September issue (National Masters Newsletter, 6200 Hazeltine Avenue, Van Nuys, CALIFORNIA, 91401. Airmail sub \$22 p.a.) Dave Williams has a copy for athletes attending the BVAFDecathlon championships.

The specialist veteran hurdlers do not appear to be reaching a consensus regarding hurdle standards so where does this leave the Veteran decathletes? . . . with the occasional excellent performer and the rest stuttering away on 5 strides trying to adapt to a rigidly conceived event.

#### A practical PROPOSAL for HURDLES SPECIFICATIONS in Vets Decathlons

Let's adapt the event to the athlete. For veterans Decathlons it is proposed that athletes have 2 scoring options:-

- 1) the official international veterans event 110 metre hurdles (with whatever spacings and heights are finally agreed) for the excellent hurdler and any other athlete who selects the option
- 2) the womens hurdle spacings which exist on most tracks e.g. 100m with 8.50m (27' 10½") spacings with 3'0" hurdles for 40/49 progressing to 80m with 8.00m (26' 3") spacings. The scoring tables for this second option would be designed that the specialist hurdler is not penalised by comparison.

This proposal is based on considerations regarding practicality and fairness

- hurdles' standards should be suitable for the average veteran athlete to utilise a basic 3 stride pattern
- excellent veteran hurdlers however must not be penalised
- spacing reductions are more important than height reductions although both are desirable
- the 100m and 80m hurdle events both have an experience of performances and scoring tables, albeit for women hurdlers, which can be taken into consideration when compiling new scoring tables. (there is some similarity between 1A veterans performance and international womens performances).
- existing hurdle markings (e.g. for womens hurdles) should be used because it is not feasible to establish yet another set of special markings.

Please let us know whether you agree with the proposal or have an alternative. A questionnaire is attached for this purpose.

It is important that a consensus is reached so that we can forward specific proposals to the Technical Committee of W.A.V.A. well in advance of the meeting in January at the Christchurch World Games.

#### SCORING TABLES - are throwers getting a raw deal?

Ian Hume's veterans scoring tables appear to be excellent. Although the Vets tables are simple, being based on a straight line approach, they are probably fairer than the current IAAF tables. The IAAF tables score the track events on a progressively increasing basis and the field events on regressively decreasing basis for the same performance improvements.

However there is one regular criticism of the Vets tables-being that the scores are unfair to throwers. Two main reasons are given with this criticism. Firstly that most Vets score more points on the IAAF tables for the throwing events than on the Vets tables (e.g. in 1979 1A championships John Ross' javelin throw was the only performance which scored more Vets points than IAAF points). Secondly for a given level of points on the Vets tables the throwing performances appear to be significantly better than the 'equivalent' running, and possibly jumping, performances - for example 600 points on the 40/49 tables equates a 12.66m shot put and a 47 metre javelin throw with a 13.0 100m; and a 61.0 400m! Possible explanations for this comparative downmarking of throwers are

- that veterans throwing event records and championship results, upon which the 1000 point level of the Hume tables is based, are comparatively nearer to open competition world class than any other event included in the decathlon.
- that the IAAF tables, which work on a regressive basis for throws, score more favourably for lower level throwing performances.

The Vets tables provide a fairer points relationship within an even in that for a given throwing event each metre of improvement at any level scores the same increase in points. Whereas on the IAAF points each metre of improvement scores progressively less points. The weakness of the Vets tables is in the cross relationships between event scores at middle and low points levels.

What are your views on the Vets scoring tables? see questionnaire.

As most readers will know, the INTERESSEN GEMEINSCHAFT ALTERER LANGSTRECKEN LAUFER (I.G.A.L.), (International Association of Veteran Long Distance Runner) have successfully staged distance road races since 1968. Most of these have been held in Europe but as I.G.A.L. has spread, events have been held in Japan and more recently at Palmerston North, New Zealand, January 1981. This latter event was a worthy concession to cooperation with W.A.V.A. and the 4th World Veteran Track and Field Championships at Christchurch and was a popular and successful portion of the New Zealand Tour.

It seems most desirable that some day I.G.A.L. and W.A.V.A. should be one body but whilst discussions to this end have been held since 1976 there are some problems and it is often a case of "making haste slowly." We have just received a letter from genial I.G.A.L. Secretary Bryan Doughty who has just returned from the I.G.A.L. European championships held at Mamaia, a seaside resort on the outskirts of Constanza on the Black Sea, Rumania.

Bryan tells us that at the Delegates meeting, in addition to the long established European members, five Communist countries were represented as well as a number of non European countries. Some of the slight differences between I.G.A.L. and W.A.V.A. were discussed, amongst them the political considerations such as W.A.V.A.'s inclusion of South Africa and the W.A.V.A. system of Regional Administration as opposed to I.G.A.L.'s single country representation.

Continued on Page 47

The 6th National Veterans Athletic Championships of Australia were held in Brisbane over the Easter week-end 17/20 April, 1981.

Brisbane is the host city of the 1982 Commonwealth Games. It is the capital of Queensland, and can present superb athletic facilities that are difficult to rival. The nine-lane tartan surface track is settled into a natural amphitheatre and served by a pillarless grandstand which will seat 10,000 spectators. Within the grandstand is a carefully-planned sporting centre. It housed forty of the competitors for the championship period in comfortable quarters. The adjacent warm-up track is itself a complete athletic arena with four tartan lanes. The Commonwealth Games site is featured by contoured planning. This, together with skilful planting of native trees and selected grasses, has produced a picture of inviting relaxation.

The twenty-four hour airline strike the day before the championships began, threatened to cast its own special gloom but the record indicates that all but thirty of the 370 registered athletes attended. The Brisbane weather excelled itself by creating four days of pleasant warmth.

Most of the interstate and New Zealand competitors and visitors were housed and catered for in the Housing Village at the nearby (two minutes by bush track) Griffith University. They have reported favourably on the venue which will also be used by Commonwealth Games participants.

A considerable amount of effort was put into preparation of computer programs to ensure that comprehensive, accurate listings were produced to help a wide range of behind-the-scenes assistants. More importantly, the Queensland Veterans Athletic Club now has access to a useful computer-oriented system for conducting similar major championships in the future.

People whose judgement must be respected have commented in an unqualified way that the championships were highly successful. One of the reasons must be the remarkable contribution by volunteer workers. For important occasions, people of talent and energy can be found to do special jobs that necessarily have to be left undone at more routine gatherings. There is always the unjustified thought that only folk who have done a particular task for regular athletics meetings, year-in year-out, are the only ones who can be trusted to do particular tasks. None-the-less, contributions by experienced, reliable officials are essential.

The National Council met on the Friday of the Championships. Delegates expressed universal approval and support for the next World Games to be held at San Juan.

Concerning the competitions, what is left to say about extraordinary performers like George McGrath, Reg Austin, Daphne Pirie, Dorothy Browne, Alan Bradford, Una Lund, John McDonald, Lloyd Snelling, Bill Grady, Bernie Hogan, etc.? The accompanying results show that they triumphed with their usual flair. The reader can select his own "Athlete of the Meet", but my own choice is Lloyd Snelling. My over-all impression, however, is one of genuine joy radiating from those who established PBs, no matter what place they gained in their own event. There were plenty of them. The general standard is reflected in the number of records established, equalled or bettered.

TRACK / FIELD /  
CROSS-COUNTRY  
CHAMPIONSHIPS

RESULTS

17 - 20 April

Australian Association of Veteran Athletic Clubs

1  
9  
8  
1

100 Metres

M35	1	F. Turner	NSW	11.37	5	P. Crombie	NSW	11.89
	2	H. Giles	QLD	11.61	6	D. Brown	NSW	11.97
	3	W.J. Bales	QLD	11.72	7	N. McIntyre	NSW	11.97
	4	J. Fern	NSW	11.81	8	F. Knight	QLD	11.98

M40 Heat 1

	1	N. Allen	QLD	11.72	5	D. Hancock	TAS	12.48
	2	D. Brown	SA	12.07	6	G. Scott	VIC	12.75
	3	R. Garraway	QLD	12.24	7	W. Perry	NSW	12.80
	4	P. Robertson	ACT	12.38				

M40 Heat 2

	1	R. Smith	VIC	12.00	4	R. Shaw	NSW	12.81
	2	N. Richards	VIC	12.02	5	P. McEearney	NSW	13.24
	3	J. Christian	QLD	12.25				

M40 Heat 3

	1	R. Austin	NSW	11.34	3	B. Grummitt	QLD	12.17
	2	T. Walpole	VIC	11.94	4	E. Small	NSW	13.44

M40	1	R. Austin	NSW	11.12	6	B. Grummitt	QLD	11.94
	2	N. Allen	QLD	11.72	7	D. Brown	SA	12.01
	3	T. Walpole	VIC	11.74	8	J. Christian	QLD	12.11
	4	R. Smith	VIC	11.81	9	R. Garraway	QLD	12.16
	5	N. Richards	VIC	11.92				

M45	1	H. Thomas	SA	11.56	5	W. Gorman	VIC	12.52
	2	J. Liascos	SA	11.86	6	J. Sturzaker	NSW	12.71
	3	K. Zeller	QLD	11.95	7	L. Taylor	VIC	13.00
	4	C. Wheeler	QLD	12.43				

100 Metres

M50	1	L. Snelling	SA	11.56 R	6	G. Soutar	NSW	13.12
	2	R. Pirie	QLD	12.05	7	R. Sara	SA	13.33
	3	E. Eden	QLD	12.23	8	H. Smith	SA	13.66
	4	A. Cox	NSW	12.53	9	T. Morgan	SA	13.89
	5	R. Pollard	QLD	12.57				

M55

	1	D. Jones	WA	12.70	5	K. McConnell	TAS	13.11
	2	R. DeGruchy	WA	12.78	6	R. Clarke	SA	13.22
	3	F. O'Connor	NSW	12.87	7	F. Wright	QLD	13.31
	4	F. Soderstrom	VIC	12.92	8	D. Orr	VIC	13.52

M60

	1	B. Hogan	QLD	12.15 R	4	H. Logan	VIC	15.85
	2	B. Duffy	QLD	13.65	5	H. Merkel	NSW	16.56
	3	F. Chapman	VIC	13.78	6	T. Vickers	QLD	17.79

M65

	1	F. Stanton	NZ	14.16	5	S. Taylor	NZ	14.95
	2	W. Stubbings	QLD	14.19	6	A. Digance	SA	14.98
	3	F. Kelly	QLD	14.48	7	A. Smith	VIC	15.91
	4	J. Foster	QLD	14.61				

M70

	1	G. Simpson	VIC	16:39
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M75

	1	H. Warburton	VIC	18.40
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M80

	1	V. Empey	QLD	23.40 R	2	W. Empey	NSW	31.22
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W30

	1	L. Grainger	NSW	12.31R	3	L. Ireland	VIC	13.25
	2	W. Perkins	QLD	12.77	4	E. Toomey	TAS	14.79

W35

	1	J. Hynes	QLD	12.44	4	M. Loftus	SA	13.81
	2	D. Irwin	VIC	13.14	5	H. Lihou	QLD	14.47
	3	J. Byrnes	NSW	13.36				

W40

	1	U. Lund	QLD	12.48 R	5	C. Thomas	QLD	14.39
	2	H. Searle	NSW	13.34	6	G. Richards	NSW	14.41
	3	Vandenbroek M.	QLD	13.51	7	J. Chew	TAS	15.61
	4	R. Beveridge	VIC	13.52				

W45

	1	D. Pirie	QLD	13.74	3	B. Adams	NSW	14.78
	2	H. Doherty	QLD	14.72	4	R. Hughes	QLD	15.12

W50

	1	S. Kennedy	VIC	14.36
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## 100 Metres

W55 Final							
1	A. Hogan	QLD	15.12	4	M. Gibbs	NSW	17.43
2	J. Bannister	NSW	15.50	5	I. Moss	VIC	18.25
3	L. Delbridge	QLD	16.20				

W60	1	M. Cahill	SA	23.93			
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W65	1	Z. Pierce	NZ	16.57	2	D. Bowdrey	NZ	21.07
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## 200 Metres

M35	1	F. Turner	NSW	23.15	5	A. Turnbull	NSW	23.86
	2	H. Giles	QLD	23.60	6	J. Fern	NSW	23.87
	3	P. Cromptie	NSW	23.78	7	F. Knight	QLD	24.13
	4	W. Bales	QLD	23.78				

## M40 Heat 1

1	T. Walpole	VIC	24.56	5	W. Perry	NSW	25.40
2	N. Allen	QLD	24.83	6	P. Robertson	ACT	25.52
3	N. Richards	VIC	25.19	7	G. Scott	VIC	26.14
4	D. Hancock	TAS	25.21	8	P. McEneaney	NSW	26.56

## M40 Heat 2

1	R. Austin	NSW	22.73	4	D. Brown	SA	25.34
2	L. Peterson	QLD	24.94	5	T. Small	NSW	25.64
3	J. Christian	QLD	25.22	6	R. Baranoff	QLD	27.72

## M40 Final

1	R. Austin	NSW	22.86	5	J. Christian	QLD	25.18
2	N. Allen	QLD	24.34	6	N. Richards	VIC	25.19
3	T. Walpole	VIC	24.47	7	D. Hancock	TAS	25.48
4	L. Peterson	QLD	24.48				

M45	1	J. Liascos	SA	24.19	5	J. Sturzaker	NSW	25.63
	2	K. Thew	NSW	24.97	6	W. Gorman	VIC	25.72
	3	P. Pearson	QLD	25.06	7	L. Taylor	VIC	26.86
	4	C. Wheeler	QLD	25.45				

M50	1	L. Snelling	SA	23.81 R	4	A. Cox	NSW	25.80
	2	M. Pirie	QLD	24.91	5	E. Eden	QLD	26.28
	3	R. Pollard	QLD	25.77	6	T. Morgan	SA	28.88

M55	1	R. Aust	VIC	25.97	6	G. Soderstrom	VIC	27.16
	2	D. Jones	WA	26.37	7	D. Orr	VIC	27.32
	3	R. Clarke	SA	26.42	8	F. Wright	QLD	27.75
	4	R. DeGruchy	WA	26.45	9	J. Sweet	Q:D	28.09
	5	F. O'Connor	NSW	26.57				

M60	1	B. Hogan	QLD	25.23 R	5	H. Logan	VIC	31.84
	2	F. Chapman	VIC	29.07	6	C. Brockie	QLD	33.09
	3	C. Odell	TAS	29.22	7	T. Vickers	QLD	35.72
	4	K. Hopkins	NSW	30.76				

## 200 Metres

M65	1	W. Stubbings	QLD	29.99	5	S. Taylor	NZ	31.76
	2	F. Stanton	NZ	30.64	6	A. Digance	SA	32.72
	3	F. Kelly	QLD	31.41	7	A. Smith	VIC	33.89
	4	J. Foster	QLD	31.62				

M70	1	G. Simpson	VIC	35.51				
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M75	1	H. Warburton	VIC	38.75				
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M80	1	V. Empey	QLD	55.15 R				
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W30	1	L. Grainger	NSW	25.71 R	3	L. Ireland	VIC	27.84
	2	W. Perkins	QLD	26.91	4	E. Toomey	TAS	31.59

W35	1	J. Hynes	QLD	25.47	4	M. Loftus	SA	28.67
	2	D. Irwin	VIC	26.95	5	H. Lihou	QLD	30.57
	3	J. Byrnes	NSW	27.22	6	J. Yunker	QLD	31.13

W40	1	U. Lund	QLD	26.01 R	4	G. Richards	NSW	29.97
	2	R. Beveridge	VIC	28.16	5	L. Thomas	QLD	30.13
	3	M. Vandebroek	QLD	28.16				

W45	1	D. Pirie	QLD	28.35	3	B. Adams	NSW	31.54
	2	H. Doherty	QLD	31.06	4	R. Hughes	QLD	32.15

W50	1	S. Kennedy	VIC	30.00 R				
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W55	1	A. Hogan	QLD	31.19	4	M. Gibbs	NSW	38.13
	2	J. Bannister	NSW	32.10	5	I. Lister	NZ	40.31
	3	L. Delbridge	QLD	34.43	6	I. Moss	VIC	40.73

W65	1	Z. Pearce	NZ	34.45 R	2	D. Bowdrey	NZ	42.51
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## 400 Metres

M35	1	H. Giles	QLD	50.97	6	T. Pearce	VIC	53.03
	2	J. Huggins	NSW	51.36	7	N. McIntyre	NSW	54.99
	3	A. Turnbull	NSW	52.59	8	F. Knight	QLD	55.53
	4	R. Mooney	VIC	52.88	9	R. Bambery	QLD	55.54
	5	J. Fern	NSW	52.97				

## M40 Heat 1

1	W. Perry	NSW	57.25	4	D. Hancock	TAS	58.25
2	P. Robertson	ACT	57.54	5	G. Scott	VIC	59.91
3	N. Baumber	QLD	57.92	6	N. Richards	VIC	62.81

## M40 Heat 2

1	R. Austin	NSW	55.16	4	R. Baranoff	QLD	62.43
2	L. Peterson	QLD	55.90	5	A. Brown	ACT	63.23
3	R. Paul	VIC	60.67				



400 Metres

M40	1	R. Austin	NSW	52.49	5	P. Robertson	ACT	57.15
	2	L. Peterson	QLD	54.94	6	W. Baumber	QLD	57.25
	3	W. Perry	NSW	55.78	7	R. Paul	VIC	57.95
	4	D. Hancock	TAS	56.54	8	R. Baranoff	QLD	59.89
M45	1	R. Chugg	VIC	57.67	3	J. Liascos	SA	59.36
	2	C. Wheeler	QLD	57.71	4	L. Taylor	VIC	63.17
M50	1	L. Snelling	SA	52.50R	5	R. James	QLD	61.90
	2	W. Grady	QLD	56.69	6	R. Sara	SA	63.71
	3	A. Booth	QLD	57.34	7	T. Morgan	SA	69.13
	4	H. Smith	NSW	59.24				
M55	1	R. Aust	VIC	58.42	4	D. Orr	VIC	62.09
	2	R. Clarke	SA	59.66	5	F. Wright	QLD	64.12
	3	J. DeGruchy	WA	61.83	6	D. Jones	WA	68.50
M60	1	B. Hogan	QLD	59.41R	5	B. Duffy	QLD	69.00
	2	G. McGrath	NSW	63.50	6	K. Hopkins	NSW	69.00
	3	C. Odell	TAS	64.53	7	C. Brockie	QLD	88.12
	4	J. Milne	NSW	65.84				
M65	1	W. Stubbings	Qld	69.39	4	J. Foster	QLD	75.09
	2	F. Barry-Brown	VIC	69.85	5	A. Smith	VIC	75.73
	3	S. Taylor	NZ	72.64				
M70	1	G. Simpson	VIC	88.97				
M75	1	H. Warburton	VIC	98.04				
W35	1	J. Hynes	QLD	59.00	3	J. Byrnes	NSW	62.20
	2	D. Irwin	VIC	59.38	4	M. Loftus	SA	70.57
W40	1	R. Beveridge	VIC	65.80	3	L. Thomas	QLD	69.62
	2	M. Vandebroek	QLD	66.68	4	F. Hancock	TAS	76.29
W45	1	D. Pirie	QLD	63.93R	2	R. Hughes	QLD	81.02
W50	1	C. McKerr	VIC	70.80R	2	S. Kennedy	VIC	70.94
W55	1	B. Newman	VIC	73.63R	4	M. Gibbs	NSW	92.28
	2	A. Hogan	QLD	74.59	5	I. Lister	NZ	101.81
	3	L. Delbridge	QLD	83.80				
W65	1	Z. Pierce	NZ	88.91	2	D. Bowdrey	NZ	98.14

BALANCE OF CROSS COUNTRY RESULTS FROM P.

M70. Results

1.	J. BROWN	V.	57.01
2.	W. McCLINTOCK	N	69.25
3.	E. BARNACLE	Q.	77.29

M75. Results

1.	H. WARBURTON	V.	70.14
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W55. Results

L.	WARTH	A.	66.25
E.	HARRIS	N.	68.21

W45. Results

1.	J. COX	N.	47.48
2.	B. DOUCEY	Q.	54.29
3.	P. CROFT	Q.	57.44

W50. Results

1.	S. YOUNG	V.	48.27
2.	B. TWEEDIE	NZ.	49.02
3.	S. BRAHSER	T.	49.13
4.	C. MCKERR	V.	52.20

800 Metres

M35	1	P. Dignam	NSW	1.58.54	4	G. Cruise	TAS	2.04.53
	2	T. Pearce	VIC	1.59.23	5	R. Bambery	QLD	2.12.28
	3	J. Huggins	NSW	2.01.61				
M40	1	A. Bradford	QLD	2.03.81	4	R. Paul	VIC	2.12.39
	2	A. Brown	ACT	2.11.99	5	D. Hancock	TAS	2.14.95
	3	P. Robertson	ACT	2.12.38	6	G. Nicol-Smith	QLD	2.19.85
M45	1	J. Noort	QLD	2.11.17	4	E. Smith	QLD	2.15.13
	2	A. Hunt	VIC	2.11.51	5	C. Moore	TAS	2.15.40
	3	C. Stubbings	QLD	2.12.14	6	I. Anderson	QLD	2.21.72
M50	1	W. Grady	QLD	2.08.30	5	V. Plummer	NSW	2.14.48
	2	L. Hooper	VIC	2.09.33	6	R. Sara	SA	2.29.55
	3	A. Booth	QLD	2.12.70	7	T. Morgan	SA	2.46.55
	4	H. Smith	NSW	2.14.16				
M55	1	R. Clarke	SA	2.19.24	3	B. McCredie	NSW	2.31.04
	2	D. Orr	VIC	2.28.55	4	J. Johnson	VIC	2.45.58
M60	1	G. McGrath	NSW	2.18.95	3	W. Lee	NSW	2.32.75
	2	C. Odell	TAS	2.26.21	4	K. Hopkins	NSW	2.42.58
M65	1	F. Brown	VIC	2.36.98	3	J. Foster	QLD	2.53.56
	2	W. Stubbings	QLD	2.46.58	4	A. Smith	VIC	2.54.11
W30	1	E. Toomey	TAS	2.40.55	3	B. Kelly	QLD	2.48.77
	2	L. Docksey	QLD	2.41.76				
W35	1	J. Byrnes	NSW	2.25.13	4	J. Petroeschovsky	QLD	2.49.70
	2	M. Serre	VIC	2.31.26	5	W. Davidson	ACT	3.11.63
	3	L. Evans	NSW	2.39.66				
W40	1	D. Browne	VIC	2.20.02 R	3	J. Chew	TAS	2.59.43
	2	F. Hancock	TAS	2.51.27				
W45	1	D. Pirie	QLD	2.34.92	2	J. Smith	NSW	2.56.64
W50	1	C. McKerr	VIC	2.48.02				
W55	1	B. Newman	VIC	2.58.19 R	3	I. Lister	NZ	3.50.66
	2	M. Gibbs	NSW	3.28.44	4	L. Delbridge	QLD	3.58.04
W65	1	Z. Pearce	NZ	3.46.00	2	D. Bowdrey	NZ	3.48.12

Continued from Page 40

Whilst the meeting decided upon continued independence but cooperation with W.A.V.A., Bryan still looks to a formula which would be acceptable to both bodies. He is striving to minimize the rancour over the near clash of the above championship and the European Veterans T. & F. Championships at Riccioni, Italy 7-14 June which included a road race. Bryan feels that with the enormous upswing in Veteran events there is surely room for both I.G.A.L and W.A.V.A provided there is cooperation over the scheduling.

1,500 Metres

M35	1	P. Dignam	NSW	4.10.02	3	R. Bambery	QLD	4.18.82
	2	G. Cruise	TAS	4.15.38	4	K. Davey	TAS	4.43.92
M40	1	A. Bradford	QLD	4.22.88	5	R. Evenhuis	QLD	4.36.29
	2	A. Atkins	NSW	4.30.94	6	L. Gleeson	NSW	4.41.93
	3	A. Brown	ACT	4.33.06	7	L. Hauville	QLD	4.50.46
	4	R. Paul	VIC	4.34.27	8	J. Pittman	QLD	5.14.42
M45	1	R. Chugg	VIC	4.20.63	6	G. Moore	TAS	4.35.37
	2	R. Hunter	QLD	4.24.38	7	K. Patterson	NSW	4.38.09
	3	J. Noort	QLD	4.25.44	8	A. Hutt	NSW	4.40.37
	4	E. Smith	QLD	4.26.29	9	I. Anderson	QLD	4.51.50
	5	B. Longmore	TAS	4.31.22	10	C. Silcock	VIC	5.10.77
M50	1	R. Young	VIC	4.20.95	4	V. Plummer	NSW	4.33.23
	2	L. Hooper	VIC	4.22.12	5	A. Calder	VIC	5.51.04
	3	R. James	QLD	4.33.23	6	P. Jenkins	SA	6.14.62
M55	1	J. Weston	VIC	4.41.42	4	J. Johnston	VIC	5.20.92
	2	W. Sheppard	VIC	5.09.76	5	V. Gerlach	VIC	5.32.17
	3	B. McCreddie	NSW	5.14.88				
M60	1	G. McGrath	NSW	4.42.97	5	W. Lee	NSW	5.00.68
	2	E. McDonald	VIC	4.59.28	6	K. Hopkins	NSW	5.18.81
	3	J. Milne	NSW	4.59.95	7	C. Brockie	QLD	5.28.81
	4	C. Odell	TAS	5.00.41				
M65	1	F. Barry-Brown	VIC	5.17.88	3	W. Pease	NSW	6.18.53
	2	S. Nicholls	VIC	5.29.22	4	J. Foster	QLD	6.37.75
M70	1	W. McClintock	NSW	7.29.00	2	E. Barnacle	QLD	8.34.97
W30	1	E. Toomey	TAS	5.19.47	2	L. Docksey	QLD	5.23.04
W35	1	L. Evans	NSW	5.24.55	4	J. Petroshevsky	QLD	6.32.15
	2	M. Serre	VIC	5.30.48	5	D. Hauville	QLD	6.44.06
	3	W. Davidson	ACT	6.10.13				
W40	1	D. Browne	VIC	4.47.94 R	4	S. Hancock	TAS	5.53.56
	2	J. Wines	VIC	5.41.84	5	M. Baldwin	VIC	5.55.80
	3	J. Chew	TAS	5.50.21				
W45	1	G. Cox	NSW	5.25.65	3	B. Doocey	QLD	5.57.58
	2	J. Smith	NSW	5.50.00	4	P. Croft	QLD	6.46.11
W50	1	C. McKerr	VIC	5.40.43	3	C. Young	VIC	5.45.28
	2	S. Brasher	TAS	5.41.83	4	B. Tweedie	NZ	5.56.10
W55	1	L. Warth	ACT	7.36.74 R	2	I. Lister	NZ	8.01.68
W60	1	E. Harris	NSW	7.17.78 R				

5,000 Metres

M35	1	J. Hennessy	NSW	15.49.17	4	G. Ryan	NSW	17.07.65
	2	J. Healey	NSW	16.05.51	5	L. Tickle	QLD	18.07.07
	3	J. Wishart	QLD	16.53.82	6	M. Loftus	SA	18.51.81
M40	1	J. Bowers	NSW	15.30.41	7	L. Gleeson	NSW	17.39.23
	2	A. Bradford	QLD	15.45.18	8	L. Hauville	QLD	17.49.63
	3	R. Evenhuis	QLD	16.29.09	9	A. Gould	NSW	17.57.92
	4	P. Marshall	QLD	16.47.26	10	F. Thorne	NSW	17.59.59
	5	L. Farley	NSW	16.53.06	11	W. Seary	NSW	18.47.66
	6	M. Roberts	NSW	17.25.30				
M45	1	J. McDonald	NZ	15.47.50	6	R. Chugg	VIC	16.57.02
	2	D. Worling	QLD	15.49.89	7	R. Baldwin	VIC	17.20.21
	3	M. Hoyce	QLD	16.24.79	8	E. Smith	QLD	17.32.52
	4	B. Longmore	TAS	16.31.24	9	C. Silcock	VIC	18.53.75
	5	R. Hunter	QLD	16.46.70				
M50	1	D. Power	QLD	16.35.78	4	R. Crack	TAS	17.58
	2	R. Young	VIC	16.50.30	5	J. Weeks	QLD	19.13
	3	V. Plummer	NSW	17.23.80				
M55	1	D. Weston	VIC	17.15.47	6	D. Weston	VIC	19.49
	2	L. Frisby	SA	17.30.16	7	J. Johnson	VIC	20.25
	3	W. Beams	SA	18.21	8	B. Jones	NSW	20.32
	4	N. Clements	NSW	19.27	9	M. Wild	NSW	23.34
	5	G. Churchward	QLD	19.42				
M60	1	G. McGrath	NSW	17.27.47	3	W. Lee	NSW	19.16.65
	2	T. McDonald	VIC	18.58.57	4	C. Brockie	QLD	25.49
M65	1	W. Pease	NSW	20.22.03	3	C. Bould	WA	21.15
	2	S. Nicholls	VIC	20.56	4	T. Foster	QLD	23.21.4
M70	1	J. Brown	VIC	22.30				
W35	1	L. Evans	NSW	20.25	4	W. Davidson	ACT	22.57
	2	M. Serre	VIC	20.57	5	D. Hauville	QLD	25.16
	3	J. Thorne	NSW	22.14				
W40	1	D. Browne	VIC	18.44.16 R	3	F. Hancock	TAS	23.27.5
	2	J. Wines	VIC	21.23	4	M. Johnson	ACT	25.58
W45	1	J. Cox	NSW	19.41.72 R	3	P. Croft	QLD	23.08
	2	B. Doocey	QLD	21.03				
W50	1	S. Brasher	TAS	21.12	3	B. Tweedie	NZ	22.01
	2	S. Young	VIC	21.33	4	C. McKerr	VIC	23.11
W55	1	L. Warth	ACT	24.56				
W60	1	E. Harris	NSW	24.05.5				

Continued from Page 47

Bryan also tells us that Hideo Okada, president of I.G.A.L.

and ASIAN representative for W.A.V.A. is quite ill. Hideo is almost 77 now and is an inspiration to so many, the way he takes part in so many races. We wish him a speedy recovery.

Bryan concluded with the hope that W.A.V.A. can send a representative to Japan for the 1982 I.G.A.L. Marathon Championships and closes with his kindest regards to all.

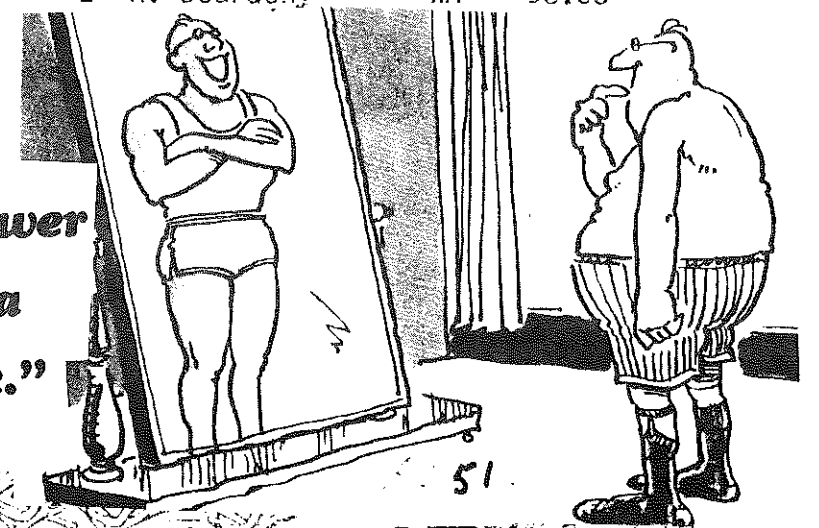
10,000 Metres

M35	1	J. Hennessy	NSW	34.00.60	3	K. Davey	TAS	43.39.07
	2	J. Wishart	QLD	37.15.20				
M40	1	A. Bradford	QLD	33.23.54	6	W. Seary	NSW	38.35
	2	R. Evenhuis	QLD	35.08	7	F. Thorn	NSW	38.44
	3	L. Farley	NSW	35.21	8	K. Yarwood	QLD	39.50
	4	P. Marshall	QLD	35.27	9	R. Moriarty	QLD	40.29
	5	L. Hauville	QLD	37.35	10	J. Pitman	QLD	42.31
M50	1	D. Power	QLD	35.35.7	3	R. Crack	TAS	39.32.5
	2	J. Weeks	QLD	38.51				
M55	1	D. Weston	VIC	37.49.8	5	G. Churchward	QLD	41.50.5
	2	L. Frisby	SA	38.28.9	6	W. Sheppard	VIC	42.16.2
	3	W. Beames	SA	38.48	7	B. Jones	NSW	44.27.7
	4	N. Clements	NSW	40.27	8	J. Lynch	QLD	45.34.2
M45	1	J. McDonald	NZ	33.06.98	5	E. Smith	QLD	37.15.30
	2	J. Patterson	QLD	34.08.23	6	C. Silcock	VIC	37.32.05
	3	B. Longmore	TAS	34.51.11	7	C. Brown	VIC	44.04.42
	4	R. Baldwin	VIC	35.44.53				
M60	1	J. Milne	NSW	41.32.57	2	P. Colthup	VIC	43.39.07
M65	1	S. Nicholls	VIC	41.51.30	3	C. Bould	WA	45.06.38
	2	W. Pease	NSW	42.15.94	4	W. Foster	QLD	46.00.57
M70	1	J. Brown	VIC	46.48.36				
W35	1	W. Davidson	ACT	45.19.75	2	J. Thorn	NSW	46.19.75
W40	1	D. Browne	VIC	38.47.4 R	3	M. Baldwin	VIC	47.15.4
	2	J. Wines	VIC	45.39.4				
W45	1	J. Cox	NSW	40.52.8 R	2	B. Doocey	QLD	47.04
W50	1	S. Brasher	TAS	43.14.39	3	B. Tweedie	NZ	45.11.49
	2	S. Young	VIC	44.08.5				
W55	1	L. Warth	ACT	56.59.2 R				
W60	1	E. Harris	NSW	53.02.46R				
<b>110 Metres Hurdles</b>								
M35	1	P. More	VIC	15.22	3	M. Drew	VIC	16.84
	2	W. Bales	QLD	16.80	4	R. Mooney	VIC	17.70
M40	1	N. Brown	QLD	16.60	5	R. Garraway	QLD	19.73
	2	R. Smith	VIC	16.81	6	P. McEnearney	NSW	20.82
	3	D. Brown	SA	17.39	7	V. Hough	NSW	23.05
	4	D. Hancock	TAS	19.11				

110 Metres Hurdles

M45	1	K. White	QLD	20.00	2	C. Jones	QLD	27.19
M50	1	T. Morgan	SA	22.32				
M55	1	K. McConnell	TAS	18.59 R	2	D. Jones	WA	23.11
M60	1	H. Logan	VIC	20.61	3	C. Brockie	QLD	29.89
	2	W. Fenton	NZ	22.24				
M65	1	A. Smith	VIC	30.15				
M70	1	G. Simpson	VIC	24.59				
<b>100 Metres Hurdles</b>								
W30	1	L. Ireland	VIC	18.03				
<b>80 Metres Hurdles</b>								
W40	1	U. Lund	QLD	12.84 R	3	L. Thomas	QLD	17.88
	2	G. Richards	NSW	15.55				
W45	1	H. Doherty	QLD	14.60				
W55	1	M. Gibbs	NSW	22.37 R				
<b>400 Metres Hurdles</b>								
M35	1	H. Giles	QLD	56.09	4	G. Ryan	NSW	64.03
	2	T. Pearce	VIC	60.00	5	P. McIntyre	NSW	65.45
	3	P. Crombie	NSW	62.47	6	A. Turnbull	NSW	71.04
M40	1	R. Smith	VIC	59.45	6	D. Hancock	TAS	67.54
	2	N. Brown	QLD	61.59	7	A. Brown	ACT	68.35
	3	P. McEnearney	NSW	63.31	8	W. Perry	NSW	70.84
	4	D. Brown	SA	64.81	9	G. Nichol-Smith	QLD	74.85
	5	R. Garraway	QLD	67.22				
M45	1	C. Wheeler	QLD	69.56	2	C. Jones	QLD	80.25
M50	1	T. Morgan	SA	75.39				
M55	1	R. Aust	VIC	69.56 R	2	R. DeGruchy	WA	98.88
M65	1	A. Smith	VIC	99.10				
M70	1	G. Simpson	VIC	106.84				

**"All it takes is a little will power  
and 5 miles a day, four days a  
week."**



1,500 Metres Steeplechase

M50	1	R. Young	VIC	5.05.71	2	T. Morgan	SA	6.24.55
M55	1	M. Wild	NSW	7.10.12				
M60	1	J. Milne	NSW	6.30.36				
M65	1	S. Nicholls	VIC	6.37.56				

3,000 Metres Steeplechase

M35	1	G. Ryan	NSW	10.02.23	3	N. Neil	QLD	12.09.47
	2	J. Smith	QLD	10.20.11				
M40	1	J. Bowers	NSW	9.39.58	4	L. Farley	NSW	11.01.30
	2	A. Bradford	QLD	10.02.07	5	A. Brown	ACT	11.36.15
	3	M. Roberts	NSW	10.45.15				
M45	1	D. Worling	NSW	9.50.66 R	2	D. Longmore	TAS	10.55.24

1,500 Metres Walk

W30	1	K. Ryan	NSW	11.45.37				
W35	1	J. Johnson	ACT	7.53.32	3	D. Hauville	QLD	10.04.58
	2	W. Davidson	ACT	10.03.41				
W40	1	J. Russell	VIC	7.29.68	2	J. Chew	TAS	9.15.79
W45	1	J. Chapman	NSW	9.38.41	2	M. Wahren	ACT	10.44.56
W50	1	S. Brasher	TAS	8.14.59	3	D. Camac	SA	8.59.77
	2	J. O'Neill	VIC	8.58.85	4	B. Soderstrom	VIC	10.42.32
W55	1	M. Colthup	VIC	8.47.09	2	R. Webber	SA	9.41.72
W60	1	G. McDonald	VIC	10.25.18 R	2	M. Cahill	SA	11.12.50

3,000 Metres Walk

M40	1	J. Smith	NSW	13.24.36	3	A. Hancock	NSW	15.02.41
	2	R. Stubbs	QLD	14.30.53				
M45	1	H. Summers	VIC	13.56.18 R	4	T. Nailer	SA	15.07.18
	2	W. Cook	QLD	14.47.48	5	C. Kirby	QLD	15.09.84
	3	R. Chapman	NSW	14.53.03	6	L. Irwin	NSW	15.21.33
M50	1	L. Waddell	ACT	14.59.58	3	N. Peters	SA	17.44.84
	2	D. Field	TAS	17.34.22				
M55	1	S. Jones	VIC	16.12.72				
M60	1	C. Brockie	QLD	19.02.80				
M65	1	J. Webber	SA	16.53.69	3	F. McGuire	VIC	17.57.24
	2	S. Nichols	VIC	17.20.38				

3,000 Metres Walk

M70	1	G. Knott	VIC	18.33.49 R	3	W. McClintock	NSW	22.16.49
	2	F. Scully	VIC	20.06.25				
M80	1	G. Theobald	VIC	19.26.41	2	W. Empey	NSW	24.41.44
W35	1	J. Johnson	ACT	16.11.89	2	W. Davidson	ACT	21.06.01
W40	1	J. Russell	VIC	15.54.66	2	J. Chew	TAS	19.02.79
W45	1	J. Chapman	NSW	20.13.69 R				
W50	1	S. Brasher	TAS	16.48.92	3	D. Camac	SA	19.31.88
	2	J. O'Neill	VIC	19.21.08				
W55	1	M. Colthup	VIC	18.14.97	2	R. Webber	SA	19.59.07
W60	1	G. McDonald	VIC	21.12.67				

5,000 Metres Walk

M40	1	J. Smith	NSW	23.15.43	3	A. Hancock	NSW	26.39.26
	2	R. Stubbs	QLD	25.15.57				
M45	1	H. Summers	VIC	24.11.77 R	4	R. Chapman	NSW	25.46.04
	2	W. Kirby	QLD	25.30.63	5	L. Irwin	NSW	26.10.50
	3	W. Cook	QLD	25.36.35				
M50	1	L. Waddell	ACT	26.22.96	3	N. Peters	SA	28.07.56
	2	D. Field	TAS	28.02.29				
M55	1	S. Jones	VIC	29.12.04				
M60	1	C. Brockie	QLD	33.29.55				
M65	1	J. Webber	SA	28.12.12	2	F. McGuire	VIC	29.04.00
M70	1	G. Knott	VIC	30.06.98	3	W. McClintock	NSW	31.53.34
	2	F. Scully	VIC	31.37.34				
M80	1	A. Theobald	VIC	33.48.41 (One lap short)				
	2	W. Empey	NSW	38.44.79 (One lap short)				

High Jump

M35	1	W. Bales	QLD	1.78 R	4	P. McWilliams	NSW	1.45
	2	R. Mooney	VIC	1.75	5	P. Crombie	NSW	1.40
	3	F. Turner	NSW	1.60				
M40	1	T. Hancock	VIC	1.71 R	5	R. Garraway	QLD	1.53
	2	N. Baumber	QLD	1.60	6	D. Brown	SA	1.50
	3	R. Smith	VIC	1.55	7	K. Daintry	QLD	1.35
	4	N. Brown	QLD	1.55				

High Jump

M45	1	K. White	QLD	1.53	4	F. Cron	NSW	1.30
	2	K. Thew	NSW	1.53				
	3	C. Jones	QLD	1.40				
M50	1	T. Morgan	SA	1.30				
M55	1	K. McConnell	TAS	1.45 R	2	R. Clarke	SA	1.30
M60	1	H. Logan	VIC	1.42 R	2	W. Fenton	NZ	1.30
M65	1	A. Smith	VIC	1.14	2	F. Stanton	NZ	1.11
W30	1	L. Docksey	QLD	1.43 R	3	L. Ireland	VIC	1.30
	2	W. Perkins	QLD	1.40				
W35	1	J. Petroeschewsky	QLD	1.30				
W40	1	H. Searle	NSW	1.50 R	2	G. Richards	NSW	1.21
W45	1	H. Doherty	QLD	1.18	2	R. Hughs	QLD	1.13
W50	1	S. White	SA	1.13 R				
W55	1	M. Gibbs	NSW	1.00 R				

Pole Vault

M35	1	R. Mooney	VIC	3.00	2	F. Turner	NSW	2.70
M40	1	R. Duigan	QLD	3.35	3	C. Portley	QLD	2.60
	2	T. Hancock	VIC	2.60	4	V. Hough	NSW	2.40
M45	1	K. White	QLD	2.40				
M50	1	G. Brown	QLD	3.20				

Long Jump

M35	1	H. Giles	QLD	6.32	4	R. Mooney	VIC	5.98
	2	D. Brown	NSW	6.20	5	P. Crombie	NSW	5.71
	3	M. Drew	VIC	6.03	6	N. McIntyre	NSW	5.65
M40	1	D. Brown	SA	5.75	5	S. Bennett	QLD	5.37
	2	N. Baumber	QLD	5.64	6	T. Hancock	VIC	5.33
	3	J. Christian	QLD	5.62	7	N. Richards	VIC	4.99
	4	R. Bannenberg	QLD	5.55	8	R. Baranoff	QLD	4.85
M45	1	K. White	QLD	5.68	3	K. Zeller	QLD	5.34
	2	K. Thew	NSW	5.52	4	J. Sturzaker	NSW	5.18

Long Jump

M50	1	A. Cox	NSW	5.11	3	I. Mancs	VIC	4.65
	2	J. Soutar	NSW	4.98	4	T. Morgan	SA	4.60
M55	1	K. McConnell	TAS	5.23	5	D. Orr	VIC	4.16
	2	F. O'Connor	NSW	5.10	6	R. Clarke	SA	4.12
	3	R. DeGruchy	WA	4.67	7	D. Jones	WA	3.93
	4	J. Sweet	QLD	4.26				
M60	1	H. Logan	VIC	4.51	3	F. Chapman	VIC	3.98
	2	W. Fenton	NZ	4.30				
M65	1	S. Taylor	NZ	4.05 R	3	A. Smith	VIC	3.16
	2	A. Digance	SA	3.45				
M70	1	G. Simpson	VIC	3.27	3	W. Tunaley	VIC	2.75
	2	W. McClintock	VIC	2.90				
W30	1	W. Perkins	QLD	4.98	3	E. Toomey	TAS	4.05
	2	L. Ireland	VIC	4.70				
W35	1	J. Hynes	QLD	5.71 R				
W40	1	H. Searle	NSW	5.54 R	4	L. Thomas	QLD	3.76
	2	U. Lund	QLD	5.20	5	F. Hancock	TAS	3.72
	3	R. Beveridge	VIC	4.37				
W45	1	R. Hughes	QLD	4.24	2	H. Doherty	QLD	3.85
W55	1	M. Gibbs	NSW	2.81 R				

Triple Jump

M35	1	M. Drew	VIC	13.20 R	4	R. Mooney	VIC	11.51
	2	D. Brown	NSW	12.09	5	N. McIntyre	NSW	11.46
	3	P. Crombie	NSW	11.99				
M40	1	J. Christian	QLD	11.77	4	S. Bennett	QLD	11.50
	2	D. Brown	SA	11.72	5	V. Hough	NSW	9.77
	3	N. Baumber	QLD	11.52				
M45	1	K. White	QLD	11.32	3	K. Thew	NSW	11.10
	2	J. Sturzaka	NSW	11.26				
M50	1	J. Hart	NSW	10.84	3	J. Soutar	NSW	10.27
	2	A. Cox	NSW	10.69	4	E. Eden	QLD	10.04
M55	1	K. McConnell	TAS	11.70	5	J. Sweet	QLD	8.83
	2	F. O'Connor	NSW	10.83	6	D. Jones	WA	8.23
	3	R. Aust	VIC	10.13	7	R. DeGruchy	WA	8.17
	4	R. Clarke	SA	9.18				
M60	1	H. Logan	VIC	9.81 R	3	W. Fenton	NZ	8.49
	2	K. Hopkins	NSW	8.61				
M65	1	A. Smith	VIC	7.57	2	A. Digance	SA	6.91
M70	1	M. McClintock	NSW	6.54	3	W. Tunaley	VIC	5.90
	2	G. Simpson	VIC	5.94				

Shot Put

M35	1	R. Mooney	VIC	11.86	2	P. McWilliams	NSW	9.77
M40	1	V. Hough	NSW	10.72	4	R. Bannenberg	QLD	10.34
	2	T. Hancock	VIC	10.61	5	K. Readwin	VIC	10.33
	3	R. Shaw	NSW	10.47	6	D. Brown	SA	8.47
M45	1	M. Bennett	VIC	11.00	3	K. White	QLD	9.66
	2	A. Ropelin	QLD	10.00	4	F. Cron	VIC	9.59
M55	1	J. Peridis	NSW	13.00	4	D. Frawley	QLD	9.70
	2	A. Pavulins	VIC	11.92	5	F. O'Connor	NSW	8.57
	3	K. McConnell	TAS	10.26	6	S. Halupka	SA	8.32
M60	1	R. Foley	VIC	10.89	4	H. Logan	VIC	9.07
	2	H. Merkel	NSW	10.52	5	R. Wilywri	NZ	7.66
	3	T. Vickers	QLD	10.15				
M65	1	F. McGuire	VIC	7.52				
M70	1	P. Barnes	SA	7.78	3	W. McClintock	NSW	6.13
	2	W. Tunaley	VIC	7.62	4	G. Simpson	VIC	5.87
W30	1	W. Perkins	QLD	9.42	2	K. Ryan	NSW	8.02
W35	1	M. Thomas	NSW	10.30	3	L. Birtwell	QLD	8.06
	2	J. Byrnes	NSW	8.49				
W40	1	U. Lund	QLD	11.90 R	4	R. Beveridge	VIC	6.90
	2	H. Searle	NSW	11.46	5	F. Hancock	TAS	5.80
	3	M. Vandenbroek	QLD	7.70				
W45	1	H. Doherty	QLD	9.18	3	M. Wahren	ACT	6.48
	2	E. Schmidt	NSW	8.46	4	R. Hughes	QLD	6.02
W50	1	S. White	SA	10.71	3	L. Foley	VIC	6.07
	2	C. Peters	SA	7.30				
W55	1	M. Gibbs	NSW	6.85 R	3	L. Frawley	QLD	6.26
	2	I. Lister	NZ	6.50				
W60	1	M. Cahill	SA	5.66				
W65	1	Z. Pierce	NZ	5.40				

Discus

M35	1	R. Mooney	VIC	32.98	4	P. McWilliams	NSW	24.68
	2	F. Turner	NSW	27.16	5	D. Brown	NSW	23.86
	3	F. Knight	QLD	26.30				

56

M40	1	T. Hancock	VIC	35.04	5	N. Baumber	QLD	28.64
	2	K. Readwin	VIC	34.66	6	R. Shaw	NSW	28.26
	3	R. Bannenberg	QLD	30.98	7	K. Daintry	QLD	21.40
	4	D. Brown	SA	29.10	8	A. Brown	NSW	21.10
M45	1	M. Bennett	NSW	37.84	4	V. Sturzaker	NSW	27.58
	2	K. White	QLD	31.70	5	F. Cron	VIC	27.56
	3	A. Ropelin	QLD	31.04	6	C. Wheeler	QLD	23.80
M50	1	C. Murraylee	VIC	37.30	4	J. Achurch	QLD	33.64
	2	I. Mancs	VIC	37.16	5	J. Hart	NSW	31.30
	3	J. Soutar	NSW	33.84	6	A. Cox	NSW	28.84
M55	1	J. Peridis	NSW	35.60 R	4	K. McConnell	TAS	26.42
	2	A. Pavulins	VIC	33.56	5	F. O'Connor	NSW	24.90
	3	D. Frawley	QLD	31.82	6	S. Halupka	SA	21.24
M60	1	R. Foley	VIC	37.90	4	H. Merkel	NSW	27.40
	2	H. Logan	VIC	30.32	5	F. Chapman	VIC	27.14
	3	T. Vickers	QLD	29.50	6	R. Wilywri	NZ	21.06
M65	1	N. Cheetham	QLD	27.26	3	A. Digance	QLD	18.34
	2	F. McGuire	VIC	19.30				
M70	1	W. Tunaley	VIC	23.10	4	W. McClintock	NSW	16.52
	2	P. Barnes	SA	22.52	5	E. Barnacle	QLD	12.86
	3	G. Simpson	VIC	17.86				
W30	1	W. Perkins	QLD	29.54 R				
W35	1	L. Birtwell	QLD	27.14	3	J. Byrnes	NSW	22.80
	2	M. Thomas	NSW	24.16	4	W. Davidson	ACT	17.46
W40	1	U. Lund	QLD	40.04	2	R. Beveridge	VIC	19.18
W45	1	H. Doherty	QLD	29.12	4	M. Wahren	ACT	17.54
	2	E. Schmidt	NSW	28.46	5	R. Hughes	QLD	17.00
	3	B. Adams	NSW	22.38				
W50	1	S. White	SA	30.34	3	C. Peters	SA	16.56
	2	L. Foley	VIC	18.90				
W55	1	L. Frawley	QLD	18.86	3	I. Lister	NZ	14.42
	2	M. Gibbs	NSW	15.18				
W60	1	M. Cahill	SA	14.40	2	M. Stevens	VIC	13.18
W65	1	Z. Pierce	NZ	11.84				

Hammer

M40	1	K. Readwin	VIC	47.84	4	R. Bannenberg	QLD	28.12
	2	T. Hancock	VIC	39.38	5	R.L. Shaw	NSW	25.02
	3	V. Hough	NSW	28.12				
M45	1	F. Cron	VIC	37.48	3	M. Bennett	NSW	27.70
	2	K. White	QLD	28.14				
M50	1	C. Murraylee	VIC	37.54	3	J. Soutar	NSW	33.40
	2	I. Mancs	VIC	34.36				
M55	1	A. Pavulins	VIC	32.52	2	D. Frawley	QLD	30.58

57

Javelin

M35	1 R. Mooney	VIC	53.66R	3 P. Crombie	NSW	39.80
	2 F. Knight	QLD	44.40	4 P. McWilliams	NSW	38.32
M40	1 J. Hancock	VIC	50.56	5 R. Shaw	NSW	38.52
	2 N. Baumber	QLD	46.08	6 V. Hough	NSW	37.92
	3 L. Peterson	QLD	43.96	7 W. Perry	NSW	34.28
	4 N. Brown	QLD	39.68	8 E. Small	NSW	30.20
M45	1 M. Bennett	NSW	48.38	4 C. Wheeler	QLD	34.02
	2 K. White	QLD	42.36	5 F. Cron	VIC	32.34
	3 R. Ropelin	QLD	41.10			
M50	1 J. Hart	NSW	50.64	4 I. Manes	VIC	36.92
	2 J. Achurch	QLD	48.80	5 A. Cox	NSW	32.20
	3 C. Murraylee	VIC	44.72			
M55	1 D. Frawley	QLD	45.26	3 F. O'Connor	NSW	30.70
	2 A. Pavulins	VIC	41.62	4 S. Halupka	SA	24.30
M60	1 K. Hopkins	NSW	29.76 R	4 F. Chapman	VIC	21.24
	2 H. Logan	VIC	28.56	5 R. Wilywri	NZ	19.94
	3 T. Vickers	QLD	28.24			
M65	1 A. Smith	VIC	19.28	2 A. Digance	SA	15.54
M70	1 P. Barnes	SA	20.48	3 W. McClintock	NSW	7.86
	2 G. Simpson	VIC	15.00			
W30	1 W. Perkins	QLD	29.04			
W35	1 M. Thomas	NSW	44.20 R	3 W. Davidson	ACT	15.84
	2 L. Birtwell	QLD	22.08			
W40	1 U. Lund	QLD	35.66	3 R. Beveridge	VIC	17.46
	2 G. Richards	NSW	25.54			
W45	1 H. Doherty	QLD	36.36	3 E. Schmidt	NSW	21.02
	2 M. Wahren	ACT	21.82	4 R. Hughes	QLD	15.10
W50	1 S. White	SA	32.82	3 L. Foley	VIC	17.90
	2 C. Peters	SA	22.06			
W55	1 M. Gibbs	NSW	14.52	3 I. Lister	NZ	12.54
	2 L. Frawley	QLD	14.14			
W60	1 M. Cahill	SA	14.54	2 M. Stevens	VIC	11.94

APRIL 20, 1981. 10,000 metres CROSS-COUNTRY MEN & WOMEN

W35. Results

1.	L. EVANS	N.	47.29
2.	W. DAVIDSON	A.	51.05
3.	J. THORN	N.	51.32

W40. Results

1.	D. BROWNE	V.	45.23
2.	J. WINES	V.	48.27
3.	J. CHEW	T.	57.42
4.	M. JOHNSON	A.	62.46

M40. Results

1.	J. BOWERS	N.	35.16	11.	L. GLEESON	N.	41.57
2.	L. FARLEY	N.	37.25	12.	A. GOULD	N.	42.09
3.	P. MARSHALL	Q.	37.45	13.	D. KING	Q.	42.17
4.	R. EVENHUIS	Q.	38.22	14.	R. MORIARTY	Q.	43.13
5.	A. BROWN	N.	38.54	15.	F. THORN	N.	43.26
6.	M. ROBERTS	N.	38.58	16.	B. SUMMERSBY	NZ.	46.44
7.	R. STUBBS	Q.	40.08	17.	J. PITMAN	Q.	47.05
8.	A. ATKINS	N.	40.15	18.	N. RICHARDS	V.	49.38
9.	L. HAUVILLE	Q.	40.50	19.	G. SCOTT	V.	55.00
10.	W. SEARY	N.	40.50				

M45. Results

1.	J. McDONALD	NZ,	35.29	9.	R. CHUGG	V.	39.57
2.	J. PATTERSON	Q.	35.44	10.	A. HUTT	N.	40.20
3.	B. LONGMORE	T.	37.33	11.	C. SILCOCK	V.	40.40
4.	D. WORLING	N	37.45	12.	T. NAILER	S.	43.09
5.	R. HUNTER	Q.	38.24	13.	C. BROWNE	V.	46.52
6.	E. SMITH	Q.	39.20	14.	C. KIRBY	Q.	47.22
7.	R. BLADWIN	V.	39.23	15.	W. GRUVER	Q.	52.04
8.	J. NOORT	Q.	39.51				

M50. Results

1.	L. HOOPER	V.	38.29	5.	A. BOOTH	Q.	43.21
2.	R. CRACK	T.	39.34	6.	R. JAMES	Q.	43.30
3.	R. YOUNG	V.	40.04	7.	R. SARA	S.	44.59
4.	H. SMITH	N.	42.25	8.	P. JENKINS	S.	53.39

M55. Results

1.	D. WESTON	V.	39.57	7.	J. JOHNSON	V.	49.23
2.	L. FRISBY	S.	40.50	8.	D. ORR	V.	49.55
3.	W. BEAMES	S.	42.13	9.	R. MOSS	V.	52.22
4.	N. CLEMENTS	N.	42.21	10.	V. GERLACH	V.	58.25
5.	G. CHURCHWARD	Q.	44.02	11.	G. SODERSTROM	V.	59.45
6.	J. JONES	N.	47.16				

M60. Results

1.	G. McGRATH	N.	39.20	3.	J. MILNE	N.	46.27
2.	E. McDONALD	V.	43.39	4.	P. COLTHUP	V.	50.08

M65. Results

1.	W. PEASE	N.	45.45	4.	J. FOSTER	Q.	54.29
2.	S. NICHOLLS	V.	47.40	5.	A. SMITH	V.	56.57
3.	S. TAYLOR	NZ.	50.27	6.	A. DIGNANCE	S.	58.46

These championships were held at Averbode on March 22. They were set in beautiful scenery but marred by heavy winds and intermittent showers.

The distance was 4 km for women and 8 km for men; 338 of them crossed the finishing line.

The Results

I

Women

40-44

1. Godelieve Vandevijver 15:23
2. Andrea Van Bost 15:48
3. Annie Vermeulen 16:16

45-49

1. Godelieve Roggeman 14:35
2. Maria Gijsemans 16:02
3. Erna Lambrechts 16:29

50-54

1. Denise Alfvoet 14:45
2. Victorine Deschoenmaecker 16:25
3. Berthilia Depreter

II

Men

40-44

1. Pierre Voets 25:22
2. Frans Cools 25:37
3. Staf Paepen 25:43
4. Robert Schelfhout 25:55
5. Jos. Siebret 25:58
6. Maurice Plasman 26:01
7. Herman Peeters 26:03
8. Robert Moriau 26:07
9. Robert De Saever 26:12
10. Guido Colpaert 26:16

(167 FINISHERS)

Men

45-49

1. Jean Van Onselen 26:07
2. Willem Vanderstappen 26:47
3. George Vanbesien 26:54
4. Theo Vankrunkelsven 26:57
5. Louis Van Spitael 27:02
6. Adelin Staelens 27:05
7. Roger Monseur 27:06
8. Marcel Janssens 27:29
9. Willy Brunix 27:44
10. Etienne Santens 27:52

(145 FINISHERS)

Men 50-54

1. Frans Vanderhoeven
2. Rene Marckx
3. Francois Steenhouden
4. Jozef Vanderlinden
5. Armand Bauters
6. Remy Keyaerts
7. Hector Hameuse
8. Rogier Verstaeten
9. Rik Dohoeft
10. Denis Van Bael

(75 FINISHERS)

Men 55-59

1. Edward Goossens
2. Omer Denie
3. Remi Boterberg
4. Henri Charles
5. Milou Blavier
6. Achille Vandenbossche
7. Paul Verkindere
8. Hendrik Servranckx
9. Jozef Verhoeven
10. Alfons Van Roosbroeck

(28 FINISHERS)

Men 60

1. Julien Vanbeneden
2. Olivier Depopliment
3. Karel Michiels
4. Albert Delmeiren
5. Andre Osselaer
6. Petrus Poelman
7. Jozef Van Der Kerken
8. Frans Christiaens
9. Karel Verlinden
10. Bienvenu Lams

Teams (men overall)

1. Looise
2. Vlierzele Sport
3. A.V. Toekomst

60

It was mud, mud, glorious mud at Arrowse Park, Birkenhead on Sunday, March 15th for the 11th National Cross Country Championships. Many who had competed at Parliament Hill Fields on the previous Saturday, had mistakenly thought that they had witnessed the ultimate in sticky conditions. They were soon to discover otherwise, although to be fair it was flatter.

This year the Ladies chased the over 50s, which is the exact opposite of the usual procedure. We should be so lucky. To complete 5000 Metres, they did a small lap, then chased the mature competitors on the first of their three large laps. It would seem that the small lap was less than half of the distance of the large lap, which would make it slightly less than 5000 Metres if the full three laps were 10,000 Metres, although I didn't hear too many people complaining after the race. Unless Pat Day won, there would be a new name to add to the Trophy, as Bridget Cushen is still badly injured, while Val Howe has not emerged from retirement yet. Likely candidates included Elaine Bartlett and Pat Gallagher Southern and Midland Champions respectively, who have had some good tussles in the South Western League this season. Brenda Robinson of Bury has been placed 2nd and 2nd in previous Championships, and Northern hopes were high that she would go one better this year.

At the end of the small lap, Pat had established a slight lead over Eileen and Brenda who were virtually locked together. At this point, I moved out to the back end of the large lap as the over 50s had started and were covering the 1st of their three large laps. Already Alan Hughes, the Northern Champion had established a good lead. Eddie Kirkup, the Northern runner up was a good second. A surprising third was Fred Wrigley, with Colin Simpson close on his heels. Derek Wood recently updated to the over 50 group was the leading Southern runner, and was causing all sorts of panics among the over 55s, by wearing a Brown Disc. As I remarked later to Ken Hall, "We aren't unintelligent down South, merely colour blind". Edgar Nicholls was leading the over 55s by almost as much as Norman Ashcroft and John Farrell were leading the 60s and 70s. Then the girls came through. Pat Gallagher had increased her lead and Brenda had got away from Eileen who was being chased hard by former winner Pat Day. Eileen is a fairly recent recruit to distance running. Starting as a jogger because she was two stone overweight, she is now addicted to Marathon running, and I do mean addicted. Pat is no mean Marathon runner herself, but whereas Eileen's immediate objective is a p.b. in the London Marathon, Pat is planning to peak a little later for the European Veterans Marathon Championships in Rumania in May. Anyway, Pat was fit enough on this occasion to clinch the W 40 title. Previous winner in this category Barbara Brookes, had to be satisfied with 3rd on this occasion as Jill Manners of Clevedon split them. Vera Robson of Gateshead was 7th and first over 45, in front of previous winners Betty Smith and Hazel Rider. Val Mijovic was the happy recipient of the Ruth Anderson Trophy for the first over 50. Cambridge Harriers retained their team status by a mere 4 points from Hallamshire Harriers.

The last two laps of the 50 race were fairly academic. Alan had increased his lead over Eddie, while Colin and Derek had finally got past Fred, who nonetheless had run his best race for years. He must have been training. Bill Fielding

61



who was the surprise winner in 1978 was 6th, followed by Ex sprinter Derek Howarth. Edgar Nicholls the barefoot boy was next to clinch the M55 title again, with Ron Franklin comparatively improving his Southern position with 9th spot. Norman Ashcroft was nearly 3 minutes up on Bryn Jenkins in the over 60 race, while John Farrell won the over 70 race by nearly 8 minutes. What fantastic specialist Norman and John are over the country. How nice, in the absence of Bill McMinnis like myself a bronchitis victim, to see a complete outsider Bill Gordon taking the M65 title from Fell specialist Stan Bradshaw. The popular Chalky White, again took the M75 title. Rotherham took the team race from Southern rivals Cambridge Harriers and Vauxhall Motors.

And so to the 40 race. After his splendid 72nd position in the National the previous Saturday, Jim Alder was a popular favourite. At the conclusion of lap one, the Northern optimism seemed justified as he held what looked like an unassailable lead. Taff Davies is a tough customer though, and doesn't let his titles go without a struggle. Throughout the second lap he plugged away at Jim's lead, and once he had recaptured him, Jim's efforts at P.H.F. and the previous weeks Scottish Championships, caught up with him. On the final lap, Taff increased his lead to 26 seconds, but such was the ferocity of their earlier battle, that even a final fast lap from local boy, Leo Carroll could only reduce the deficit to 27 seconds between 2nd and 3rd places.

Previously, Leo had been having a terrific struggle with a rejuvenated Ron Gomez. Leo's final fast lap finally clinched the places, but Ron left no one in doubt about the M45 Champion, as he left such good M40 runners as Fred Pendlebury, John Etchells and Scottish Champion Martin Craven in his wake. Alf Lennon and Derek Lawson were next to take 2nd and 3rd M45s and push Dick Cooper and Mike Barratt out of the medals.

Wirral proved once again to be a class apart in the team race, as they slaughtered Bingley and Cambridge Harriers, although the latter did have the satisfaction of being placed in all three team races. Wirral now hold the unique double of oldest and youngest National Team Champions. Already the irrepressible Maurice Morrell is planning to win the over 50 team race in two years time. Congratulations to both Maurice and Wirral for an excellent days sport. The only criticism I heard levelled at the organization was the delay in announcing the results. Apparently the boys who were supposed to transport the recorders sheets to the Sports Centre, were having their photographs taken by a local photographer for publication after their National Youths win. Consequently the Ladies who were recording sat idle for hours waiting for something to record. Such are the pitfalls of success.

JACK FITZGERALD



Total Masters finishing this race was 455 (of 1605 all ages). Space permits us only to list some.

RESULTS

CANADIAN MASTERS MARATHON CHAMPIONSHIPS  
VANCOUVER, MAY 3, 1981

Cold, wet weather brought out the best in many Masters runners at this year's Canadian Championships at Vancouver.

Bob Moore's sizzling 2.24.22 was good enough to warm the frigid atmosphere and take the number one spot, although his "thrill of victory" was marred by a mix-up over the award of a trip to the Tokyo World Championships. Fortunately, all was finally resolved and Dr. Moore will be on the Tokyo starting line along with Roger Robinson (41) of New Zealand who ran a superb 2.18.44 to finish 1st Master and 3rd overall.

Wendy Robertson (37), a CMAA member now living in Portland, Oregon, came in with another sterling performance of 2.51.56 which was close to her personal best. Polly Hlookoff (42), a recent addition to the B.C. membership, ran a steady 3.16.27 to take the W40 championship.



Overall Position	Name	Time	Country
3	R. Robinson, 41	2.18.44	NZ
7	R. Moore, 40	2.24.22	Can
8	L. Walker, 41	2.25.58	NZ
16	J. Robinson, 41	2.29.39	NZ
18	W. Foulk, 48	2.31.40	USA
27	N. Campbell, 42	2.35.48	Can
28	N. Flanagan, 40	2.35.55	Can
31	B. Holtzman, 45	2.36.26	Can
35	M. Pratt, 44	2.37.12	USA
39	H. Gregory, 42	2.37.51	Can
46	B. Jack, 42	2.39.6	USA
52	B. Dupuis, 41	2.40.47	Can
54	F. Reynolds, 41	2.41.13	Can
56	H. Adshead, 48	2.41.16	Can
62	D. Lapierre, 40	2.42.16	Can
68	D. Morris, 41	2.44.3	USA
74	F. Musson, 48	2.45.15	Can
76	R. Waechter, 44	2.45.43	Can
78	C. Siggers, 42	2.46.7	Can
93	M. Whitaker, 40	2.47.59	Can
96	E. Stewart, 48	2.48.18	Can
97	M. Ellis, 43	2.48.18	Can
103	G. Ealey, 41	2.48.32	USA
111	J. Volk, 48	2.49.17	USA
112	G. Van de Wint, 42	2.49.20	Can
114	B. Sherman, 41	2.49.34	Can
116	L. Bland, 42	2.49.53	Can
117	R. Eddie, 45	2.49.53	Can
120	T. Pizzello, 40	2.49.58	USA
125	L. Webster, 47	2.50.42	USA
132	J. Bohnet, 46	2.51.4	Can
134	P. Lynch, 44	2.51.15	USA
141	R. Gundersen, 44	2.51.40	Can
160	T. Hill, 46	2.53.6	Can
168	G. Willies, 42	2.53.49	Can
173	K. Ingo, 43	2.54.7	Can
174	H. Hume, 46	2.54.8	Can
176	O. Sexsmith, 41	2.54.31	Can
180	P. Berry, 42	2.54.42	Can
187	N. Johnson, 41	2.55.21	Can
201	H. Towe, 48	2.56.26	Can
208	D. Thomson, 41	2.56.38	Can
214	B. Turrell, 42	2.56.55	Can
218	D. Pearson, 40	2.57.5	USA
222	G. Rennie, 40	2.57.15	Can
223	D. Fournier, 46	2.57.17	USA
226	D. Nielsen, 45	2.57.24	USA
229	D. Roberts, 43	2.57.26	Can
231	T. Boydell, 42	2.57.28	Can
236	A. Anderson, 42	2.57.35	USA

63 Bob Moore - Another new top Veteran Marathoner for Canada

CANADIAN MASTERS MARATHON (cont.)

Overall Position	Name	Time	Overall Position	Name	Time		
245	Can	A. Marshall, 47	2.57.58	505	USA	E. Sienkiewicz, 42	3.10.12
257	USA	D. Syre, 40	2.58.37	506	Can	H. Kunc, 44	3.10.16
265	USA	J. Buzzard, 42	2.58.52	511	Can	B. Kent, 45	3.10.39
275	Can	J. Schmidt, 40	2.59.17	516	Can	J. Thipthorpe, 43	3.10.50
278	USA	H. Van Der Wal, 43	2.59.20	519	Can	E. Cronin, 42	3.10.52
279	Can	J. Fisher, 41	2.59.21	522	Can	H. Kassautzki, 41	3.10.57
282	Can	E. Reid, 41	2.59.24	525	Can	R. Palmer, 46	3.11.5
294	USA	R. Sandelius, 43	3.2	530	USA	E. Ring, 43	3.11.16
301	Can	T. Dobb, 45	3.37.	535	Can	T. Bircham, 42	3.11.28
307	Can	R. Cordwell, 42	3.55	539	Can	L. Olsen, 40	3.11.31
317	USA	J. Richards, 45	3.1.20	541	Can	T. Boychuck, 41	3.11.37
321	Can	S. Cameron, 43	3.1.43	546	Can	F. Cunnold, 45	3.11.44
323	USA	T. Eastman, 42	3.1.55	553	Can	B. Aceman, 44	3.12.21
336	Can	C. Kingston, 49	3.3.1	555	Can	D. Jamieson, 46	3.12.30
338	Can	J. Riley, 42	3.3.4	557	Can	G. Podhora, 47	3.12.36
341	Can	R. Vivone, 40	3.3.18	561	Can	P. Arnold, 45	3.12.47
345	Can	J. Harrop, 42	3.3.27	565	Can	J. Galvin, 45	3.13.
352	USA	M. Magie, 42	3.3.47	576	USA	V. Schmitz, 43	3.13.46
354	Can	G. McLachrie, 40	3.3.50	580	USA	K. Kettrick, 46	3.14.4
355	Can	L. Balkwill, 42	3.3.52	582	Can	R. Burton, 43	3.14.10
362	Can	D. Wheatley, 49	3.4.9	590	Can	R. Gehm, 43	3.14.41
364	Can	T. Ballard, 44	3.4.17	591	Can	B. Graham, 41	3.14.42
382	USA	B. Honikman, 44	3.5.4	592	Can	L. Tondy, 40	3.14.43
387	USA	H. Durham, 49	3.5.15	594	Can	W. Germann, 47	3.14.43
392	Can	D. Atwell, 42	3.5.34	595	Can	R. Franksen, 44	3.14.45
394	USA	R. Crerand, 40	3.5.35	596	Can	G. Campbell, 41	3.14.45
395	Can	B. Harper, 46	3.5.38	599	Can	E. Henderson, 43	3.14.48
397	Can	G. Agnew, 42	3.5.40	612	Can	R. Scotland, 42	3.15.31
400	Can	B. Day, 40	3.5.45	620	USA	J. Schmauss, 40	3.15.55
409	Can	G. Bell, 45	3.6.3	623	Can	A. Adler, 41	3.15.57
410	USA	R. Diercks, 40	3.6.4	640	USA	L. Nielsen, 40	3.16.29
425	Can	D. Coventry, 40	3.6.32	643	Can	D. Varnals, 44	3.16.38
427	Can	D. Graham, 43	3.6.34	646	USA	G. Lerner, 42	3.16.48
428	Can	P. Bowler, 43	3.6.38	655	Can	E. Roberts, 44	3.17.24
429	Can	E. Wilkins, 47	3.6.39	656	Can	R. Huenemann, 41	3.17.27
435	Can	L. Farrell, 45	3.7.	659	Can	W. Henderson, 45	3.17.31
437	Can	G. Holdsworth, 41	3.7.7	662	Can	J. Lawrence, 42	3.17.42
439	Can	L. Gardner, 43	3.7.11	681	Can	J. Hodson, 44	3.18.21
442	USA	J. Lipo, 40	3.7.14	692	Can	I. Wilson, 41	3.18.49
447	USA	J. Budko, 46	3.7.27	697	Can	L. Rombout, 47	3.18.57
448	USA	W. Cullen, 41	3.7.30	699	Can	G. Stephens, 44	3.19.1
455	Can	L. Ward, 42	3.7.43	702	Can	D. Bech, 46	3.19.7
457	Can	J. McCarthy, 47	3.7.51	717	Can	S. Alkema, 40	3.19.39
459	USA	J. Bostock, 42	3.8.	718	USA	R. Prater, 42	3.19.40
462	USA	J. Cushman, 43	3.8.7	719	USA	K. Riely, 49	3.19.40
463	Can	D. Fahlman, 46	3.8.8	723	USA	R. Gardner, 43	3.19.45
464	Can	A. Tait, 43	3.8.11	730	Can	M. Lemay, 44	3.20.15
465	Can	N. Milkovich, 41	3.8.19	747	USA	J. Kottenbrock, 45	3.21.4
480	Can	C. Ireland, 45	3.8.53	758	Can	D. Voneugen, 48	3.21.45
483	USA	J. Martinson, 42	3.9.3	767	Can	H. Naylor, 42	3.22.15
488	USA	G. Pelroy, 43	3.9.25	768	USA	J. Seals, 45	3.22.18
502	Can	J. Halsbeck, 48	3.10.6				

Men 50+ CANADIAN MASTERS MARATHON

146	Can	F. Kurucz, 51	2.52
199	Can	T. McCarthy, 50	2.56.14
225	USA	T. Flint, 50	2.57.21
283	USA	J. McCown, 59	2.59.30
304	USA	R. Bentson, 55	3. .44
322	Can	S. Baldry, 57	3.1.50
348	Can	J. Morrow, 54	3.3.30
350	Can	A. Milligan, 56	3.3.35
360	Can	R. Paul, 50	3.4.7
375	Can	R. Foxall, 51	3.4.52
376	Can	J. Reid, 52	3.4.55
460	USA	R. Holt, 50	3.8.4
461	USA	J. Herring, 53	3.8.6
476	Can	K. Fiddes, 50	3.8.40
499	Can	F. McKenna, 50	3.9.53
517	Can	J. Currie, 51	3.10.51
528	Can	E. Fischer, 61	3.11.11
609	Can	B. Harder, 54	3.15.24
634	Can	C. Hill, 59	3.16.16
673	Can	D. Sandner, 50	3.18.8
720	USA	N. Clark, 56	3.19.41
729	Can	T. Connolly, 54	3.20.15
733	USA	F. Fickeisen, 54	3.20.22
763	Can	J. Davidson, 52	3.22.2
827	USA	J. Herrick, 50	3.25.3
838	Can	R. Buckingham, 51	3.25.32
860	USA	G. Moore, 51	3.26.28
863	Can	J. Sullivan, 57	3.26.30
949	USA	C. Kozak, 55	3.28.57
960	Can	R. Smith, 52	3.29.34
1026	USA	R. Schofield, 51	3.31.54
1050	USA	D. Devin, 50	3.32.41
1052	USA	B. Mallers, 52	3.32.47
1084	Can	G. Smith, 53	3.34.9
1085	Can	M. Fawcett, 55	3.34.17
1115	Can	O. Wood, 53	3.35.40
1121	USA	C. Magnusson, 50	3.35.49
1122	Can	T. Dedinsky, 53	3.36.
1212	Can	B. Fahy, 51	3.41.8
1216	Can	W. Edwards, 56	3.41.18
1266	Can	T. Hadley, 52	3.44.14

Women 35-49

144	USA	W. Robertson, 37	2.51.55
212	USA	K. Scannell, 42	2.56.49
260	USA	V. Aldrich, 35	2.58.40
286	Can	L. Drury Piper, 38	2.59.42
417	USA	J. Groombridge, 41	3.6.12
474	USA	P. Thomas, 41	3.8.38
477	USA	R. Gardner, 41	3.8.41
583	Can	W. Mackay Smith, 39	3.14.11
618	USA	H. De Clark, 37	3.15.52
639	Can	P. Hlookoff, 42	3.16.27
683	Can	J. Harrison, 43	3.18.26
713	Can	B. Cross, 36	3.19.31
739	Can	E. McColl, 42	3.20.44
858	USA	E. Hackman, 39	3.26.26
952	Can	P. Jones, 36	3.29.10
958	USA	A. Jones, 43	3.29.28

Overall Position

990	USA	M. Lindstrom, 36	3.30.36
1019	Can	M. Marinatos, 38	3.31.41
1081	Can	H. Taylor, 35	3.34.7
1093	Can	B. Hirschfeld, 39	3.34.40
1097	Can	P. Jackson, 38	3.34.45
1119	Can	N. Miller, 44	3.35.55
1130	Can	M. Sheinin, 36	3.36.24
1134	USA	J. Murray, 39	3.36.34
1150	Can	M. Pruden, 43	3.37.29
1175	Can	D. Goos, 35	3.38.37
1177	Can	B. Robertson, 39	3.38.46
1194	Can	J. Mackenzie, 44	3.39.35
1207	Can	B. Selvage, 35	3.40.29
1218	Can	R. Lawrence, 40	3.41.19
1221	Can	J. Covell, 36	3.41.33
1234	Can	J. Thomas, 37	3.42.5
1248	Can	J. Williamson, 37	3.43.7
1271	Can	L. Jacobs, 37	3.44.21
1273	USA	S. Hunter, 36	3.44.25
1292	Can	T. Hagan, 38	3.45.32
1294	Can	S. Smith, 45	3.45.38
1302	USA	J. Hall, 35	3.46.8
1307	USA	D. Schwinkendorf, 42	3.46.26
1317	Can	M. Boldt, 42	3.46.34
1329	Can	J. Cundill, 46	3.46.56
1372	Can	S. Richardson, 42	3.49.4
1376	USA	I. Walker, 40	3.49.23
1385	USA	J. Campbell, 44	3.50.16
1397	USA	S. Tanberg, 35	3.50.59
1400	Can	J. Krebs, 35	3.51.5
1440	USA	R. Nielsen, 36	3.53.32
1444	Can	K. Webber, 35	3.53.43
1445	Can	D. Smallpiece, 35	3.53.43
1471	Can	A. Travis, 36	3.55.44
1476	Can	D. Lacterman, 39	3.56.2
1478	Can	R. Preston, 37	3.56.15
1496	USA	C. Rasmussen, 38	3.57.29
1497	Can	D. Goffe, 45	3.57.34
1504	USA	N. Lund-Zimmerman, 40	3.57.53
1508	Can	M. Davidson, 43	3.58.18
1534	Can	T. Hesketh, 35	3.59.46
1536	Can	J. Williams, 36	3.59.47
1571	Can	E. Donnelly, 37	4. 2.56
1572	Can	C. Gibbons, 35	4. 3.12
1591	Can	B. Lockyer, 44	4. 6.10
1595	Can	T. Garnes, 42	4. 6.38
1602	Can	I. Sindler, 35	4. 7.20
1612	Can	E. Schick, 39	4. 9.54
1639	Can	D. Oliva, 41	4.14.57

Women 50+

997	USA	F. Sackerman, 51	3.30.56
1334	Can	A. Baldwin, 53	3.47.16

These results were sent in my Stan Thompson. The Meet served as a warm up for U.S.A. and Scandinavian competitors en route to New Zealand for the 4th World Veterans Championships.

80 Meter Hurdles-Women 30"			200 Meters-Men						
40-44	1	Liv Ostreng (NOR)	14.4	75-79	1	Harold Chapson (HI)	32.9	W78	
100 Meters-Women			65-69			1	Yngve Brange (SWE)	28.4	W67
65-69	1	Toini Raunisto (FIN)	21.5	60-64	1	Pekka Nummi (FIN)	28.2		
60-64	1	Josephine Kolda (CA)	16.9		2	Erik Muren (SWE)	29.7		
	2	Britta Tibbling (SWE)	17.3		3	Max Pickl (CAN)	30.7		
55-59	1	Kirsten Hveem (NOR)	14.7	55-59	1	Gote Lindblad (SWE)	26.4		
	2	Edith Leiby (HI)	17.8		2	Conny Akerblom (SWE)	27.3		
40-44	1	Marianne Stenholm (SWE)	13.8		3	Magnar Moystad (NOR)	27.7		
35-39	1	Miki Hervey (TX)	14.3	50-54	1	R.G. Wolf (MN)	27.3		
	2	Heidi Dunham (HI)	16.6		2	Jim Waste (CA)	33.9		
100 Meters-Men			45-49			1	Borge Andersen (DEN)	29.0	
65-69	1	Yngve Brange (SWE)	13.5		2	Jim Gallup (HI)	30.4		
60-64	1	Pekka Nummi (FIN)	13.4	12/28	(1)	Tony Nasralla (CA)	25.8		
	2	Erik Muren (SWE)	14.3	40-44	1	Ove Edlund (SWE)	24.9		
	3	Max Pickl (CAN)	14.4	12/28	(1)	Nathan Aiwohi (HI)	29.1		
	4	Raino Rainio (FIN)	14.4	35-39	1	Bob Larsen (HI)	25.3		
	5	Tapani Aura (FIN)	15.0		2	Jack Karbens (HI)	25.7		
	6	Gunnar Endal Aase (NOR)	15.0		3	Al Chun (HI)	29.5		
	7	Roland Anderson (SWE)	15.2	Open	1	Kimo Toyama (HI)	26.1		
55-59	1	Gote Lindblad (SWE)	12.4		2	Dan Bear (HI)	26.6		
	2	Gullbrand Bergstrom (SWE)	18.2		3	Steve Dixon (HI)	29.2		
50-54	1	R.G. Wolf (MN)	13.2	400 Meters-Women					
45-49	1	Ole Neilsen (DEN)	13.0	60-64	1	Josephine Kolda (CA)	92.2	US6	
	2	Borge Andersen (DEN)	14.0	55-59	1	Edith Leiby (HI)	88.4	W57	
40-44	1	Hans Lagerquist (SWE)	11.6	45-49	1	Jytte Jensen (DEN)	77.9		
	2	Ove Edlund (SWE)	11.8	35-39	1	Heidi Dunham (HI)	84.7	H37	
	3	Gunnar Soold (SWE)	11.8	Open	1	Patricia Duboux (HI)	60.0		
35-39	1	Bob Larson (HI)	12.5		2	Michelle Gimblett (HI)	63.3		
Open	1	Ricky Hester (HI)	10.7		3	Judy Prien (HI)	63.6		
	2	Rick Nakishima (HI)	11.9	400 Meters-Men					
	3	Kimo Togama (HI)	12.5	75-79	1	Harold Chapson (HI)	74.0	W78	
100 Meter Hurdles-Women			65-69			1	Henry Strannhage (SWE)	69.3	
Open	1	Stephanie Digulio (HI)	18.1	60-64	1	Max Pickl (CAN)	75.0		
110 Meter Hurdles-Men			55-59			1	Gote Lindblad (SWE)	60.2	
70-74	1	Stan Thompson (HI)	22.3		2	Toivo Wikman (FIN)	60.6		
60-64	1	Raino Rainio (FIN)	21.3	50-54	1	R.G. Wolf (MN)	64.9		
	2	Max Pickl (CAN)	21.3		2	Jim Waste (CA)	74.8		
(-12/28)	(1)	Jim Craine (HI)	21.1	45-49	1	Ilmani Seppalanien (FIN)	62.8		
50-54	1	R.G. Wolf (MN)	19.7		2	Jim Gallup (HI)	64.3		
	2	Jim Waste (CA)	26.1	12/28	(1)	Tony Nasralla (CA)	58.8		
45-49	1	Lars Starhavg (NOR)	17.1	40-44	1	Gunnar Soold (SWE)	55.7		
40-44	1	Nathan Aiwohi (HI)	20.0	35-39	1	Sam Jones (HI)	54.1		
35-39	1	Bob Larson (HI)	20.4	Open	1	Greg Lewis (HI)	55.9		
Open	1	Herb Lloyd (HI)	16.6		2	Dan Bear (HI)	58.5		
					3	Steve Dixon (HI)	65.0		
200 Meters-Women			400 Hurdles-Men						
60-64	1	Josephine Kolda (CA)	36.1	70-74	1	Stan Thompson (HI)	93.2	US	
55-59	1	Kristen Hveem (NOR)	31.2	50-54	1	Jim Waste (CA)	90.8		
	2	Edith Leiby (HI)	38.5	800 Meters-Women					
35-39	1	Miki Hervey (TX)	29.7	60-64	1	Britta Tibbling (SWE)	3:01.0	W6	
Open	1	Donny Kawayz (HI)	27.8	55-59	1	Edith Leiby (HI)	3:30.0	W5	
	2	Stephanie Digulio (HI)	30.3	50-54	1	Joan Flynn (HI)	3:32.4	W5	
	3	Ghit Nordquist (HI)	33.0	40-44	1	Kristina Carlsson (SWE)	2:29.2		
					2	Liv Ostreng (NOR)	2:42.1		

\* (Under 40 - 12/28/80)

66

800 Meters-Women (cont)			5000 Meter Walk-Men					
35-39	1	Gun Eriksson (SWE)	2:25.2	60-64	1	Tage Bengstrom (SWE)	31:00.0	
	2	Gerd Eriksson (SWE)	2:27.7		2	Mauritz Eriksson (SWE)	34:58.0	
	3	Reiko Duba (CA)	2:46.0	55-59	1	Ake Lundstrom (SWE)	27:02.0	
12/28	(1)	Miki Hervey (TX)	2:26.5		2	Olaf Pettersson (SWE)	32:40.0	
	(2)	Reiko Duba (CA)	2:46.4	50-54	1	Alan Scott (SWE)	26:23.0	
	(3)	Heidi Dunham (HI)	3:21.4		2	Bengt Norberg (SWE)	30:55.0	
800 Meters-Men			45-49			1	Lennant Nilsson (SWE)	31:42.0
75-79	1	Harold Chapson (HI)	2:44.1	40-44	1	Jim Moberly (HI)	26:14.0	H41
65-69	1	Henry Strannhage (SWE)	3:18.2	5000 Meters-Men <i>Wills Roupe 19:31.0</i>				
60-64	1	Ole Elvland (SWE)	2:28.7	55-59	1	Alfonso Largo (HI)	23:34.0	
55-59	1	Toivo Wikman (FIN)	2:25.7	50-54	1	Jim Waste (CA)	21:15.0	
	2	Gosta Poulsson (SWE)	2:29.4	45-49	1	Willem Hakonsson (D)	16:13.0	
50-54	1	Jim Waste (CA)	2:49.1		2	Bengt Bladstrom (SWE)	18:02.0	
	2	Bengt Norberg (SWE)	3:18.6	40-44	1	Harold Cole (HI)	19:21.0	
45-49	1	Ilmani Seppalanien (FIN)	2:28.0		2	Larry Axmaker (HI)	17:33.0	
	2	Harold Cole (HI)	2:31.2	35-39	1	Tom Squire (HI)	21:27.0	
12/28	(1)	Jim Gallup (HI)	2:19.4	30-34	1	Jack Karbens (HI)	20:10.0	
35-39	1	Sam Jones (HI)	2:05.7	Open	1	Gunther Berger (SWE)	23:47.0	
	2	Al Chun (HI)	2:36.2		2	Pat Kenworthy (HI)	17:30.0	
Open	1	Pat Kenworthy (HI)	2:14.6			Steve Dixon (HI)	19:00.0	
	2	Dan Bear (HI)	2:17.9	High Jump-Women				
1500 Meters-Women			60-64			1	Dot Callan (HI)	0.80
55-59	1	Edith Leiby (HI)	6:59.0	55-59	1	Kirsten Hveem (NOR)	1.26	W5
45-49	1	Sussi Jespersen (DEN)	6:18.5	40-44	1	Liv Ostreng (NOR)	1.40	
	2	Jytte Jensen (DEN)	6:18.5	35-39	1	Heidi Dunham (HI)	1.20	H3
35-39	1	Miki Hervey (TX)	5:16.6		2	Reiko Duba (CA)	1.20	
	2	Reiko Duba (CA)	5:52.0	High Jump-Men				
1500 Meters-Men			75-79			1	Gunnar Holbek (DEN)	1.25
75-79	1	Harold Chapson (HI)	5:40.2	70-74	1	Stan Thompson (HI)	1.40	W7
60-64	1	Nils Roupe (SWE)	5:07.6		2	William Dunham (ME)	1.25	
	2	Thomas Sieg (DEN)	6:15.1	60-64	1	Raino Rainio (FIN)	1.40	
	3	Chuck Yogi (HI)	6:26.3		2	Max Pickl (CAN)	1.25	
55-59	1	Conny Akerblom (SWE)	5:31.8	50-54	1	Sheldon Varney (HI)	1.60	H5
50-54	1	Konrad Hernalind (SWE)	4:34.2		2	Jan Dahlbom (SWE)	1.50	
	2	Alan Johansson (SWE)	4:41.2		3	R.G. Wolf (MN)	1.35	
	3	Bengt Jarnhester (SWE)	4:54.0	40-44	1	Nathan Aiwohi (HI)	1.55	
45-49	1	William Hakonsson (DEN)	4:27.7	35-39	1	Tapio Vanhla (FIN)	1.45	
	2	Jim Gallup (HI)	4:46.3		2	Sten Stahlberg (SWE)	1.00	
	3	Harold Cole (HI)	5:10.6	Open	1	Kimo Toyama (HI)	1.75	
40-44	1	Lennant Samuelsson (SWE)	4:32.7		2	Greg Lewis (HI)	1.70	
	2	Bjorne Petersen (D)	4:35.2		3	Dan Bear (HI)	1.50	
	3	Ove Edlund (SWE)	5:15.4	Pole Vault-Women				
35-39	1	Jack Karbens (HI)	5:02.2	35-39	1	Heidi Dunham (HI)	1.25	H3
	2	Al Chun (HI)	5:35.0	Pole Vault-Men				
Open	1	Pat Kenworthy (HI)	4:22.6	70-74	1	Stan Thompson (HI)	2.65	H7
	2	Steve Dixon (HI)	4:46.0	60-64	1	Raino Rainio (FIN)	2.60	
	3	Kimo Toyama (HI)	5:35.0		2	Gunnar Erdal-Aase (NOR)	2.30	
5000 Meter Walk-Women			55-59			1	Verne Wolfe (CA)	3.05
60-64	1	Britta Tibbling (SWE)	29:05.0	50-54	1	R.G. Wolf (MN)	2.60	
	2	Dot Callan (HI)	50:37.0		2	Jan Dahlbom (SWE)	2.30	
50-54	1	Margaretha Olsson (SWE)	30:35.0	40-44	1	Nathan Aiwohi (HI)	3.20	
	2	Barbro Nilsson (SWE)	43:10.0	Open	1	Kimo Toyama (HI)	3.20	
					2	Ed Tsai	2.90	

67

Long Jump-Women			
60-64	1	Dot Callan (HI)	1.75 H62
40-44	1	Marianne Stenholm (SWE)	4.63 W46
	2	Liv Ostreng (NOR)	4.41
35-39	1	Reiko Duba (CA)	3.91
	2	Heidi Dunham (HI)	3.40 H37
55-59	1	Kirsten Hveem (NOR)	4.15 W55
50-54	1	Joan Flynn (HI)	2.70 W53
Long Jump-Men			
70-74	1	Stan Thompson (HI)	3.65 H70
60-64	1	Raino Rainio (FIN)	4.51
	2	Gunnar Erdahl-Aase (NOR)	4.37
	3	Max Pickl (CAN)	3.97
55-59	1	Conny Akerblom (SWE)	4.61
50-54	1	Jan Dahlbom (SWE)	4.73
45-49	1	Karl Svenson (SWE)	5.16
	2	Borge Andersen (DEN)	4.39
12/28	(1)	Tony Nasralla (CA)	5.27
	(2)	Jim Gallup (HI)	3.35
40-44	1	Ove Edlund (SWE)	5.80
	2	Nathan Aiwohi (HI)	5.01
35-39	1	Jack Karbens (HI)	5.40
	2	Bob Larsen (HI)	5.15
	3	Al Chun (HI)	4.25
Open	1	Kimo Toyama (HI)	5.87
	2	Dan Bear (HI)	5.23
	3	Pat Kenworthy (HI)	4.23
Triple Jump-Men			
70-74	1	Stan Thompson (HI)	8.25 H70
60-64	1	Raino Rainio (FIN)	9.84
	2	Gunnar Erdahl-Aase (NOR)	9.52
	3	Max Pickl (CAN)	6.75
50-54	1	Jan Dahlbom (SWE)	10.43
45-49	1	Tony Nasralla (CA)	9.55
Shot Put-Women			
60-64	1	Dot Callan (HI)	5.44 H62
50-54	1	Kirsten Hveem (HI)	8.27
40-44	1	Liv Ostreng (NOR)	8.21
35-39	1	Lena Sandgren (SWE)	10.25
	2	Heidi Dunham (HI)	5.51 H37
Shot Put-Men			
60-64	1	Bror Olofsson (SWE)	12.88
	2	Gunnar Erdahl-Aase (NOR)	11.62
12/28	(1)	Jim Craine (HI)	10.56
	(2)	A.M. Grubi (CA)	10.48
	(3)	Max Pickl (CAN)	9.15
55-59	1	Victor Jonsson (SWE)	11.32
	2	Arvo Kauranen (FIN)	9.06
50-54	1	Bengt Hallinder (SWE)	12.28
	2	R.G. Wolf (MN)	9.39
40-44	1	Arnfin Skadson (NOR)	10.50
	2	Tore Kristoffersson (NOR)	9.72
	3	Nathan Aiwohi (HI)	8.21
35-39	1	Jack Karbens (HI)	9.44
30-34	1	Mike McCrary (HI)	10.10
Open	1	Kimo Toyama (HI)	11.30
	2	Dan Bear (HI)	8.64

68

Discus-Women			
60-64	1	Dot Callan (HI)	14.40 H62
50-54	1	Joan Flynn (HI)	12.36 H53
35-39	1	Gun Johansson (SWE)	46.00
	2	Lena Sandgren (SWE)	35.80
	3	Heidi Dunham (HI)	12.40 H37
Discus Men			
70-74	1	Sverre Sunda (NOR)	27.52
60-64	1	Bror Oloffsson (SWE)	40.56
	2	Gunnar Erdahl-Aase (NOR)	36.42
	3	Max Pickl (CAN)	24.73
55-59	1	Victor Jonsson (SWE)	40.56
	2	Arvo Kauranen (FIN)	34.54
	3	Conny Akerblom (SWE)	30.32
50-54	1	Helmuth Duholm (DEN)	48.52
	2	Bengt Hallinder (SWE)	45.18
	3	R.G. Wolf (MN)	27.40
45-49	1	Karl Svenson (SWE)	31.42
	2	Tony Nasralla (CA)	22.64
	3	Jim Gallup (HI)	14.92
40-44	1	Arnfin Skadsen (NOR)	30.32
	2	Ove Edlund (SWE)	26.36
	3	Nathan Aiwohi (HI)	25.21
35-39	1	Jack Karbens (HI)	32.06 H39
	2	Bob Larson (HI)	27.33
	3	Al Chun (HI)	17.04
Open	1	Kimo Toyama (HI)	33.83
	2	Pat Kenworthy (HI)	23.26
Javelin-Women			
50-54	1	Joan Flynn (HI)	11.07 H53
35-39	1	Heidi Dunham (HI)	12.43 H37
Javelin Men			
70-74	1	William Dunham (ME)	27.90
60-64	1	Gunnar Erdahl-Aase (NOR)	31.00
	2	Max Pickl (CAN)	22.08
55-59	1	Conny Akerblom (SWE)	26.31
50-54	1	Brayton Norton (HI)	42.30 H50
45-49	1	Karl Svenson (SWE)	34.09
	2	Tony Nasralla (CA)	24.66
	3	Jim Gallup (HI)	14.58
40-44	1	Ove Edlund (SWE)	35.15
	2	Arnfin Skadsen (NOR)	33.13
	3	Nathan Aiwohi (HI)	31.10
35-39	1	Jack Karbens (HI)	39.94 H39
	2	Al Chun (HI)	26.93
Open	1	Kimo Toyama (HI)	40.16
	2	Pat Kenworthy (HI)	32.10
Hammer-Men			
70-74	1	Sverre Sunda (NOR)	26.68
60-64	1	Bror Olofsson (SWE)	35.54
	2	Max Pickl (CAN)	19.24
12/28	(1)	Jim Craine (HI)	25.23
55-59	1	Victor Jonsson (SWE)	28.62
	2	Arvo Kauranen (FIN)	25.28
50-54	1	Helmuth Duholm (DEN)	37.58
	2	Bengt Hallinder (SWE)	32.82
40-44	1	Osmo Ryttonen (FIN)	50.44
	2	Arnfin Skadsum (NOR)	25.58
35-39	1	Jack Karbens (HI)	22.65
Open	1	Kimo Toyama (HI)	26.27

Stan Thompson also sent in the report on this fine meet for which Veterans from Australia, New Zealand, Japan, Great Britain, Canada, Germany, Spain and U.S. mainland competitors came to Hawaii.

There were 2,000 competitors but space permits us only the winners results. The weather was fine but breezes caused some wind aid in the sprints and long jumps as noted. A number of World individual age records resulted which will be confirmed later by Peter Mundle. Stan also sent me the Decathlon results but I have sent these to Rodney Charnock (multiple events) and they will be published later.

Age Group	Name	State	Time	Age Group	Name	State	Time
			Ht, Dist				Ht, Dist
<u>100M</u>				<u>2 Mile Walk</u>			
<u>Men</u>				<u>Men</u>			
40-44	H.L. Smith	CA	11.3	70-74	John Clarke	CO	22:09.5
45-49	Nick Newton	CA	11.3	<u>5,000M Walk</u>			
50-54	Sheldon Varney	HI	13.9	<u>Men</u>			
55-59	Harry Nakama	HI	13.2	40-44	Jim Moberly	HI	24:11.7
60-64	Jim Craine	HI	14.0	<u>10,000M Walk</u>			
65-69	Emil Carreira	HI	15.6	<u>Men</u>			
<u>Women</u>				40-44	David Devenot	HI	38:47.0
55-59	Edith Leiby	HI	17.6	45-49	David Sakugawa	HI	38:36.0
70-74	Polly Clarke	CO	16.2	50-54	George Ishiki	HI	43:00.0
<u>400M</u>				60-64	Ken Wheeler	HI	51:35.0
<u>Men</u>				<u>High Jump</u>			
40-44	Bob Taylor	HI	55.4	<u>Men</u>			
45-49	Jess Carrington	CA	57.7	40-44	Bob Taylor	HI	1.615 metrs
60-64	Jim Craine	HI	1:08:42	45-49	Nick Newton	CA	1.765 "
65-69	Bud Deacon	OR	1:19.0	50-54	Sheldon Varney	HI	1.53 "
<u>Women</u>				60-64	Jim Craine	HI	1.20 "
55-59	Edith Leiby	HI	1:28.7	65-59	Bud Deacon	HI	1.20 "
70-74	Polly Clarke	CO	1:27.6	70-74	Stan Thompson	HI	1.37 "
<u>800M</u>				<u>Women</u>			
<u>Men</u>				35-39	Heidi Dunham	HI	1.25 "
40-44	Chuck Wall	HI	2:28.3	55-59	Edith Leiby	HI	.98 "
45-49	Jess Carrington	CA	2:14.9	60-64	Dot Callan	HI	0.98 "
65-69	Bud Deacon	OR	3:06.9	<u>Long Jump</u>			
<u>Women</u>				<u>Men</u>			
55-59	Edith Leiby	HI	3:33.3	40-44	H.L. Smith	CA	5.41 "
70-74	Polly Clarke	CO	3:38.7	50-54	Sheldon Varney	HI	5.115 "
<u>1500M Walk</u>				55-59	Harry Nakama	HI	4.23 "
<u>Men</u>				60-64	Jim Craine	HI	4.11 "
60-64	Dave Strauss	HI	11:00.8	65-69	Emil Carreira	HI	3.43 "
<u>Women</u>				70-74	Stan Thompson	HI	4.12 "

69

Age Group	Name	State	Time Ht, Dist	Age Group	Name	State	Time Ht, Dist
<u>Shot Put Men</u>				<u>100-H</u>			
40-44	Bob Taylor	HI	10.23	Mtr Men			
16 lbs			"	40-44	Nathan Aiwohi	HI	20.0
50-54	Sheldon Varney	HI	9.77	39"			
12 lbs			"	60-64	Jim Craine	HI	21.0
60-64	Jim Craine	HI	9.84	33"			
8 lbs			"	65-69	Emil Carreira	HI	37.4
65-69	Emil Carreira	HI	8.16	33"			
8 lbs			"	<u>Women</u>			
70-74	Stan Thompson	HI	6.27	35-39			
16 lbs			"	30"	Heidi Dunham	HI	21.5
70-74	Jack Carson	HI	8.20				
8 lbs			"	<u>400-H</u>			
<u>Women</u>				<u>Men</u>			
60-64	Dot Callan	HI	6.26	65-69			
3 Kg			"	30"	Bud Deacon	OR	85.3
<u>200M</u>				<u>Women</u>			
<u>Men</u>				<u>Men</u>			
40-44	H.L. Smith	CA	23.6	35-39			
45-49	Nick Newton	CA	23.7	30"	Heidi Dunham	HI	91.2
55-59	Harry Nakama	HI	29.9	<u>Discus</u>			
70-74	John Clarke	CO	33.2	<u>Men</u>			
<u>Women</u>				<u>Men</u>			
55-59	Edith Leiby	HI	40.1	40-44			
70-74	Polly Clarke	CO	35.3	2 kg.	Bob Taylor	HI	26.35
<u>1500M</u>				<u>Women</u>			
<u>Men</u>				<u>Men</u>			
40-44	Bob Taylor	HI	5:00.7	45-49	Dave Sakugawa	HI(Maui)	19.42
45-49	David Sakugawa	HI(Maui)	4:58	2 kg.			
50-54	George Ishiki	HI	5:31.1	50-54	Sheldon Varney	HI	30.83
60-64	Jim Craine	HI	6:14.0	1.6 kg.			
<u>Women</u>				<u>Women</u>			
55-59	Edith Leiby	HI	6:41.2	60-64	Ken Wheeler	HI	33.79
70-74	Polly Clarke	CO	7:34.0	1 kg.			
<u>5000M</u>				<u>Men</u>			
<u>Men</u>				<u>Women</u>			
40-44	Dave Devenot	HI	18:27.1	60-64			
45-49	David Sakugawa	HI(MAUI)	18:34.8	1 kg.	Dorothy Callan	HI	17.92
50-54	George Ishiki	HI	20:51.1	<u>Women</u>			
60-64	Chuck Yogi	HI	24:27.0	<u>Men</u>			
75-79	Harold Chapson	HI	23:17.8	<u>Men</u>			

"World Best Veterans"

By Jack Pennington

It is nearly a decade since the "World Best" Veteran Track and Field Championship, was held in Cologne, following the 1972 Olympics. In that year two Athletes were pre-eminent, and they were, Wal Sheppard in the 800 and 1,500mts age 50, and John Gilmour age 53, in the 10k and 5k. John is still in a class of his own aged 60.

During the decade, both men have been joined by other prolific medal winners, Theo Orr and George McGrath of Australia and Derek Turnbull of New Zealand.

At Christchurch in January 1981 they were joined by Gunther Hesselman of West Germany.

At Hanover and again at Christchurch Derek Turnbull, made an attempt to set age records and with determined front-running, came very close to doing just that. The surprising thing is, that the records he was after were not those of the prolific gold medal winners, but those of another Australian, who has been unable to travel due to family responsibility.

In 1975 I wrote about Jack Ryan, who according to Ken Young's "age tables" in Runners World booklet number 39, has run times during the decade which equate with a 1,500mts in 3m25s, a 3km in 7m20s, 5km in 12m45s and a 10km in 27m12s.

He has set himself a target of erasing John Gilmour's age records, and in turn Derek Turnbull has set himself the task of doing likewise to Jack Ryan. Thus there are two dominant incentives for Veterans, one is the five year age groupings and the other is age records.

In the 1975 profile on Ryan, I included an example of his training, which was then twice per day, made up of a brisk 6km in the mornings and an evening session alternating between 10x 400m at 67 seconds or 3 x 400 at 63, or 2 x 600 at 100 seconds or seven by 1,200mts at 3m50s. It is true that his best performances have been in bona fide races against young athletes, but he has proved his number one ranking by beating all Veterans in his age group including the Australian World Championships named at the beginning of this article.

At the age of 54 he was out of action with Sciatica for over a year, and with that exception he holds age records for 52 years to 59 years. His 1,500m times are 52 4m14.6s/ 53 4m14.0s/55 sub4m21 four times with a best of 4m20.1, and winning the Aussie M55 with 4m20.7s at 52 he ran a 5km in 15m54s and at 55 he ran it in 15m52.8s also at 55 he ran 3km in 9m12.7s. At 56 he ran 4m27s, 16m23s; and at 57 a rare 10km in 33m52s followed a week later by a 33m36.2s. Also at 57 he progressed from 4m26 to 4m20.8s. (in 1979) and in March 1980 a few weeks before his 58th birthday he ran a 1,500m in 4m17.6s. Already in 1981 a few weeks before his 59th birthday he has run 16m06 in 16m00.5s and in the two days of the Victorian Veteran Titles won the M55 in 16m38s - 4m26.1s - 2m14.3s.

It seems safe to predict that he will have a new incentive at 60 years in 1982 to improve those times, he has only run one marathon on 23 June 1979 recording 2hrs 48m 28s, on the 23rd of May 1981 he will run his second marathon, and he is after a record.

I have told Jack that many overseas athletes have enquired about him, including Bill Fitzgerald of U.S.A. and so he has now supplied the following information about himself.

### "Jack Ryan's Story"

I was born at Romsey Victoria, on the 30th of April 1922. I played a variety of sports until Easter of 1968, when I read Kenneth Cooper's book "Aerobics", it had a profound effect on me and my family, and for the next couple of years my five kids kept me company jogging here and there and everywhere, my wife joined us in Bush walking and Nordic Skiing.

In 1972 I met Alan Franski, he persuaded my sons and I to join his Athletic Club, and so at the age of 50 I ran my first race which was a 1,500mts in about 4m48s.

Then I came across Arthur Lydiards book "Run to the Top" and selected training schedules which gradually increased in quality and quantity, I then began to think that maybe I could beat Wally Sheppard's age record of 4m20s and aimed at doing so in the 1974 Victorian Veteran titles, I ran 4m28/4m26./4m22 in leading up to it, but I had overlooked a guy called Theo Orr and after a tussle, I had to let him go and he won in 4m15s to my 4m20.5s.

At Easter that year we both fronted up again in the Australian Titles in Sydney. We ran in a deluge, with high winds, again I could not hold Theo who won in 4m25, to my 4m28s with Jack Pennington 3rd in 4m44s, after that race my son Mark who had appointed himself my coach, remarked "Well dad it's back to the drawing board".

We consulted Theo Rabone, the successful coach of the Sandringham Athletic Club, he had helped many to the top including Commonwealth Gold Medal winner Trevor Vincent.

I was now able to train with top athletes, and the most important lesson was well learned and that is pace judgement, which is now second nature to me, I also collected good advice from Pat Clohessy, one of Australia's Internationals.

My training method is simply hard work without let up, at least 730 runs per year, a mixture of long relaxed runs and short fast runs, mostly on roads, but with one track session in winter and two in summer, I have a minimum of 8 hours sleep but prefer 10 hours, and an unrestricted amount of food in good variety.

Since my first race at 50 I became hooked on the fierce competition especially in road races, I also found comradeship and I love every minute of it, I spend a great deal of time in the Australian Alps with my family, and in my sixties these will get more of my time. Naturally I look forward to setting some M60 records, but it is unlikely that I shall travel over-seas to do so.

At the time of writing May 1981 I am in great form to run a good marathon, so now I am off for a few days bush walking before final preparation for the 23rd of May.

As you know I won the Victorian M55 titles recently, but was unable to travel 800 miles to Brisbane for the "Aussie titles."

However I understand the Association are in process of forwarding some of my Age records to the U.S.A., that should stir things up?.

In olden times, the cultured Greek,  
Who honoured sport, and fine physique,  
Saved Europe from the Persian Horde,  
And put it's armies to the sword.  
Pheidippides the brave and fleet,  
Brought tidings of the foe's defeat,  
And o'er the wild terrain did run  
Across the Plain of Marathon.

With bursting lungs and gasping breath,  
He drove his body to it's death,  
As into Athens staggered he  
To bring the news of victory.  
His loyal mission well fulfilled,  
His gallant heart at last was stilled,  
Yet still his memory lives on  
In Man's great race the Marathon

Our sporting spartans of today,  
With stride unceasing all the way,  
Force mind and limbs through this race  
To bear the grim relentless pace.  
Their sturdy muscles, fit and trained,  
That scores of miles have well maintained,  
Drive ever onward scorning rest,  
To overcome Man's greatest test.

The Veterans' Athletics' Club celebrating fifty years of existence held a successful dinner at the House of Commons on Friday 10th April 1981.

The sponsor for the night was Neil Macfarlane MP a former shadow minister of sport and the guest of honour was John Disley.

After the conducted tour members had pre-dinner drinks and were able to purchase souvenirs from a special stall. After an excellent dinner John Disley proposed a toast to the Club and said how much the challenge of competition influenced athletics, especially veterans' athletics.

Jogging for the sake of jogging only had in fact proved unsuccessful and the spur of competition was necessary to provide the challenge to keep people's interest in the sport.

The London Marathon had proved a great success and had provided that challenge for many thousands of people. He congratulated the Club on its success even though he felt that many of the members would not be there for the 100th anniversary.

Replying, the President Mike McDowell said that veterans' athletics was growing throughout the world and as the country which had started veterans' athletics in 1931 with this club, it was a shame that so far the country had been unable to host either European or world track and field championships. He pointed out that the New Zealand government's commitment for the last World Championships was about £14,000 for which they had 2,400 sportsmen visit their country plus their attendant relatives. Could not the Sports' Council or the government influence somebody like the GLC or Gateshead to sponsor such a scheme. However he made it clear that the world's veterans have made it plain that they will not tolerate any political interference with regard to who should and should not run in their championships. He stated that veteran athletes would conform to the laws of the land but would not be bullied as a sports' minority by government pressure on South African entries or attendance at the Olympics.

Contesting hills of brutal length,  
Though blazing heat may sap the strength,  
They firmly challenge all their trials,  
In a bold assault upon the miles.  
When hardship plagues, their stubborn pride  
Fights on to hold that constant stride,  
Determined that their strength must last  
Till six and twenty miles have passed.

Ignoring pain and sore distress,  
In bodies worn with strain and stress,  
They give their all with heart and soul,  
And strive towards the distant goal.  
In sporting annals through the years  
These gallant men have known no peers,  
For never was a victory won,  
That matched a grinding Marathon.

E.A. Sharpe