

Veteran events at the Barnet Sports Gala June 15 & 16 at the Cophall Stadium NW4

Organized by the Barnet Sports Advisory Council on behalf of the London Borough of Barnet

SATURDAY JUNE 15, 1974

3000m. Inter-Team race (class 1) for the Highgate Harriers Trophy. Holders: Belgrave. Plaques, first three individuals. Medals, first three teams (3 to score)

10000m Road race for the Williams Cup All classes. Holders: Belgrave. Winner: Prize valued at £20 Next 5: Prizes valued £10 to £3 1st over 50 £5, 1st over 60 £5 Plaques first three teams (3 to score)

800m class 1&2 Plaques 1,2,3 in each

SUNDAY JUNE 16

100m The Barnet Trophy Class 1 Winner: Trophy, 2 & 3 Plaques Class 2 Winner: Trophy, 2 & 3 Plaques Class 3 Winner: Trophy, 2 & 3 Plaques

**200m The Barnet Trophy } details as
400m The Barnet Trophy } the 100m**

Long Jump and Shot Putt Both class 1 Plaques first three

Under A.A.A Laws

Bring your family and friends and enjoy all the sports at the Barnet Sports Gala, Cophall Stadium Hendon.

Entry fees: Individuals, 30p per event. Teams (in addition) 20p.
Entries to: A.F. Rockall, 27 Upland Drive, Brookmans Park, Hatfield, Herts.
Cheques & P.O.'s to 'The Barnet Sports Advisory Council'

THE SWEAT SHOP

We think Vets deserve the best – and our aim is to provide it! Chris Brasher is one of our directors so we believe we understand your needs. Drop us a line – it will be a privilege to deal with you.

Training shoes

Adidas Gazelle (Mexicana): blue suede upper and thick absorbent sole: £8.00
Adidas SL'72: notched sole for grip, soft nylon upper, heel cups, ultra-comfortable: £8.15
Adidas Rom: excellent general-purpose shoe, leather upper, ripple sole: £5.25
Tiger Road Runner: supple leather upper, ridged sole with raised instep: £6.50.

Spikes

Adidas Avanti: Leather upper: £5.25
Adidas Apollo: Yellow nylon upper: £6.80
Gola Sprint: Economically priced at: £3.50
Gola Hornet: Nylon upper, excellent value: £4.15

Coming soon: The new range from Adidas!

Leader: An excellent low-price shoe with brown upper and hardwearing sole: £4.50
Country: Despite its name, a great road shoe, also very suitable for grass, Excellent heel and underfoot protection: £8.50
Super Rom: With extra heel and underfoot padding—good value at: £6.75

NB: Please add 15p postage and send foot outline to facilitate sizing. All sizes stocked from 4-12. Also an excellent range of track-suits, shorts and accessories—please send s.a.e. for full list.

The Sweat Shop, 76 Broad Street, Teddington, Middlesex, TW11 8QT 01-943 0636



VETERIS

the magazine of the

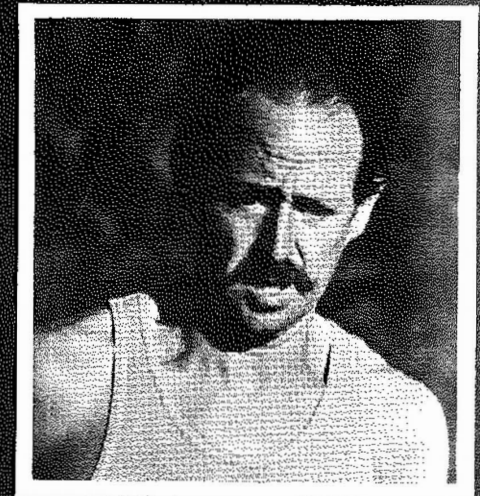
Association of

Veteran

Athletes

30p

Vol. 1 No. 4 April 1974





FRONTISPIECE: Ken Harland (GB), 40, headed the 1973 world rankings at 5,000 metres with 14:37.7.

Photo: Ron Linstead.

VETERANS' ORGANISERS

GREAT BRITAIN

Veterans AC: Arthur Welling, 65 Browning Ave., Worcester Park, Surrey.

Midlands Vets: Jack Selby, 15 Tamworth Road, Coventry, Warwicks.

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

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

N. Ireland Vets: E. Johnson, 126 Bally Co Martin Road, Belfast

AUSTRALIA: Wal Sheppard, 148 Manningham Rd. Bulleen, Victoria 3105.

CANADA:

Don Farquharson, 269 Ridgewood Road, West Hill, Ontario.

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

UNITED STATES: David H. R. Pain (U.S.M.I.T.T.), 1160 Via Espana, La Jolla, California 92037.

Robert G. Fine (N.Y.M.S.A.)
11, Park Place, New York
N.Y. 10007

COVER PHOTO: Jack Foster (N.Z.), 40, Commonwealth Games marathon silver medallist.

VETERIS

Quarterly
April 1974
Volume 1, Number 4

The magazine of
The Association of Veteran Athletes

Editor
Clive Shippen

Secretary
Jack Fitzgerald
6 Tyers House, Aldrington Road,
London S.W.16
01-677 1303

Statistician
John Hayward
35 Danbury Way, Woodford Green,
Essex
01-504 5464

Subscriptions & Distribution
A. N. Betteridge,
98 New Road, South Darenth,
Dartford, Kent
Farningham 863522

Advertisement Manager
Douglas Thompson
42 Harcourt Avenue, Edgware,
Middx.
01-958 8148

Published quarterly by:
Association of Veteran Athletes,
24 Fryston Avenue,
Coulsdon Surrey

Overseas Correspondents:

Australia: Wal Sheppard
Jack Pennington
Canada: Don Farquharson
New Zealand: Clem Green
John Drew
U.S.A.: David Pain
Bob Fine
Tom Sturak

Advertisement Rates per insertion
£2 per s.c. inch
£7 per ¼ page 10% discount on
£12 per ½ page series of four
£20 per page consecutive bookings

CONTENTS

Fixtures	4
Editorial	5
Paris Preview, by Jack Fitzgerald ..	6
Jack Foster, the perfect running machine	7
Vets in the News	8
British vets C.C.Champs	10
Hooked on Running, by Tony Weeks-Pearson	13
U.K. results	14
Exercise & Cancer	19
Coroebus	20
Exercise & The Ageing Process ..	23
Vintage Review	24
Spotlight on Bud Deacon	26
World Rankings Part 1 (track) ..	28
World New & Results: Australia	32
Canada	37
New Zealand	40
U.S.A.	44
South Pacific Odyssey, by David Pain	48
Walking	52
Postbag	53

Annual Subscription Rates

Four issues a year—All prices include postage

	Surface Mail	Air Mail
United Kingdom	£1.40	
Europe	£1.60	£2.10
N. America	£1.60 \$3.60	£2.70 \$6.00
S. America	£1.60	£2.70
Africa & India	£1.60	£2.70
Australia	£1.60 \$2.60	£3.00 \$4.80
New Zealand	£1.60	£3.00

FIXTURES

- | | | | | | |
|------------|----|---|------------|-----|--|
| Apr | 27 | Walthamstow AC Veterans Road Race (Details; B. W. Hart, 23 St James's St., London, E.17) | July | 5-7 | U.S. A.A.U. Masters Track & Field Championships including 5km and 20km walks and Marathon; Gresham, Oregon. (Mount Hood Community College) Write D. H. R. Pain, 1160 Via Espana, La Jolla, Calif. 92037 for details. |
| May | 4 | Midland Veterans Marathon Champs Rugby | Aug | 3 | A.A.U. Masters 15km road running Championship, Michigan City, Indiana, U.S.A. |
| " | 19 | Veterans AC 10 miles Road Champs Richmond Park | Aug | 11 | British Veterans Track & Field Champs Cophthall Stadium, Hendon |
| " | 19 | 7th World Best Veteran Marathon Champs & 10 kilometre Road Race. Draveil, nr Paris. Entries--45 francs per individual, 25 francs per team of 3 to Fred Josbera, 1, Rue des Epinetse, F.94410 Saint Maurice, France, by 31st March. Entry fee includes attendance at buffet, souvenir medal, diploma and result sheet. | Aug | 31 | A.A.U. Master 50km road running Championship, Seattle, Washington, U.S.A. |
| June | 9 | 21.1km "Maurice Coquoz" Memorial Race at Saint-Maurice, Switzerland. 10.30 start. Over-40 class. Entries by 27th May to H. Schonorhk, rte Simplon, 1890 St-Maurice | Sept | 14 | Southern Counties Marathon Champs Cophthall Stadium, Hendon |
| June | 9 | Bruges Half Marathon--Classes 40-48, 49-58 and 59+. Team awards (3 to score) Medals all starters. Entries by 15th May to J. Serruys, Engeldalelaan 25, 8310 Bruges, Belgium (Tel:050-337.63) | Nov. | 2 | A.A.U. Masters 50 miles road running Championship, New York, N.Y., U.S.A. |
| June | 15 | Barnet Festival of Sport. Cophthall Stadium | Nov. | 9 | A.A.U. Masters 25km road running Championship, Tulsa, Oklahoma, U.S.A. |
| " | 16 | Inter Counties Vets Road Run Champs (10km) Leamington | Nov. | 16 | A.A.U. Masters Cross-Country Championships, Los Angeles, Calif. U.S.A. |
| June 29/30 | | 1st Canadian Masters Track & Field Championships, Minoru Park, Richmond B.C. | Dec. 20-31 | | U.S. Masters I.T.T. Christmas tour--Florida and Jamaica. Tour extension Dec. 31 to Jan 12. Write D. H. R. Pain for details. |
| July | 7 | Veterans AC Track Champs Battersea Pk. (Entries to A. Welling, 65 Browning Ave, Worcester Park, Surrey, by June 24th. No late entries accepted). | 1975 | | |
| | | | May | 23 | U.K. visit by members of Masters Sports Association (New York) |
| | | | June | 1 | 2 Track & Field & 1 Cross-country meeting meeting planned. Watch this space for further details. |
| | | | Aug 11-16 | | First World Masters Track & Field Champs Toronto, Canada. For details of British Touring Party contact Jack Fitzgerald, 6 Tyers House, Aldrington Road, London, S.W.16. |

SUBSCRIPTIONS SPECIAL OFFER

This issue, our 4th, sees the completion of our first year of magazine production. There have been many difficulties, not least being the delay in the appearance of this issue, and our team of amateurs do not have all the time they would like to produce the magazine that veterans deserve. It is essentially a labour of love, and if love's labour is not to be lost then our circulation must have a dramatic uplift. Unfortunately we are also in an age of inflation which sees paper and postage costs uplifting also, so our cover price needs to increase too. For U.K. subscribers the new annual subscription is £1.40 and for Europe £1.60, including postage.

For overseas subscribers the surface and air mail rates are now £1.60 and £2.70 respectively. But a special arrangement is being allowed for those agents who can take a minimum bulk order of 100. A 12½% discount on surface and a full 25% on air will be allowable to existing and new agents who take up this opportunity to make some money for themselves or their clubs. We make absolutely nothing on bulk sales at these rates and make the offer purely as a means of boosting circulation and thus improving our viability in terms of unit costs and advertising potential. Consider it. You can receive £67.50 a year to distribute locally to your subscribers just four batches of 100 magazines sent by air freight. For further details write to Jack Fitzgerald, 6 Tyers House, Aldrington Road, London S.W.16.

Editorial

The professional/amateur question in relation to veteran athletics is being increasingly discussed. Indeed in some quarters discussion is fast bordering on confrontation with the national amateur bodies, and unless the problems are soon resolved serious rifts are likely to occur within our movement. The seriousness of such dissension should not be underestimated..Globe-trotting masters and veterans are subject to the rules of their host countries and they cannot afford to ignore the wishes of potential hosts when considering unilateral action. What might appear to be a simple problem with a simple solution to the guest may not be so clear-cut for the host. It is vital that heads are kept cool until the matter can be settled in an amicable way on an international basis.

What then is the problem?

Few will deny that the current boom in veteran activity is not only desirable but should be positively encouraged. As the gospel is spread an ever-widening range of men and women join the ranks. They cover the whole spectrum of mankind, and for a similarly wide range of reasons they end up joining a club which furthers their quest for health, companionship, travel, exercise and competition. Included amongst them are ex-professionals from other sports, former world-class athletes who lost their amateur status many years earlier, professional coaches and others who would not know what an amateur declaration meant, let alone feel qualified to sign one. All are welcome. But when it comes to competition, it is decreed that *not* all are welcome, and it is here that the difficulties begin.

International rules have been framed to provide uniformity and stability to the world of athletics and there is an undoubted need for the I.A.A.F. which frames those rules. Rules 52 and 53 specifically exclude the groups of athletes mentioned above. So the real question is "What relevance do these rules have at veteran level?".

It is a question which I.A.A.F. will have to consider with much sympathy. The press can always make the law look an ass, but it is so much easier for them if the victim is in his eighties! But at least we should give the I.A.A.F. a chance to consider our proposals within their constitutional machinery.

The framework is there, and we believe it can be adapted to suit all concerned. For instance, rule 53 accepts all professional activities prior to the age of 16. This could be amended to read "or after 40", with certain safeguards. Similarly, the reinstatement rule No.11 could be amended to give automatic reinstatement at the age of 40. If neither of these can be carried then the dual-status solution could be considered. This would exempt veterans from the amateur code only when competing against other veterans and provided that the rules of competition comply in all other respects. So there are several ways out if all parties are prepared to find them.

The I.A.A.F. are now fully acquainted with our position and the matter will be discussed at the next Council meeting in Rome. In the meantime we should do all we can to lobby our national delegates and exercise restraint in our dealings with national associations and unions until the matter is resolved. After all, they also are bound by the rules.

PARIS



FRANCE

RACE PREVIEW



by Jack Fitzgerald

SEVENTH WORLD BEST VETERAN CHAMPIONSHIP OVER MARATHON AND 10 KM

It seems no time at all since I was previewing the sixth Worlds best Veteran Championships at the Isle of Man for our initial edition, now here we are within a month of the seventh.

All roads lead to Paris for the Marathon Championship to be held at Draveil, which is about 25 Kilometres South of France's Capital City, at 10 a.m. on Sunday, May 19th. This will be preceded at 9.30 a.m. by a 10 Kilometre Road Race held by popular demand for those distance runners not quite so masochistically inclined, and from the English point of view this seems to be the more popular of the two races. I am still awaiting actual entry details from Fred Jesbera, but from my own knowledge, English entries include, Roy Fowler, Peter Goodfellow and Laurie O'Hara, which will make England a pretty formidable nation with three to score. England's chances in the Marathon seem less certain by comparison, although one hopes that Arthur Walsham the 1972 winner, will receive the backing he deserves to combat the always strong competition from Germany, Sweden and Belgium. Individually, I would expect the main challengers to Arthur to be Herman Muller and Willie Irmén of Germany, Etienne De Meyer of Belgium Ken Hodkinson of England and, if they run, Sadanaka of Japan and Alastair Wood of Scotland. It will be of interest to all if the last mentioned makes the trip to continue the good work of fellow Scot, Bill Stoddart (alas still injured) at the Isle of Man. Of course there is also a Class I Marathon runner from New Zealand called Jack Foster who could raise a few eyebrows on this course!

In Class 2, the old rivalries continue, with the 1968 overall winner Walter Weba of Germany and his runner up on that occasion evergreen Erik Ostbye of Sweden, a close third overall at Cologne in 1972. Tom Buckingham, Class 2 winner in both 1968 and 1970 and third in 1972 has apparently had a bad winter by his high standards, but the old india-rubber man will no doubt bounce back again as usual on the big occasion. As the Championships are being held in France for the

first time, we are hopeful of seeing that great figure of the 1948, 1952 and 1956 Olympics Alain Mimoun, making his International Veteran debut in one of the races.

Ernst Kruzicky of Germany and Thede Jensen of Sweden are obvious Class 3 favourites for the 10Km and marathon respectively, but it will be interesting to see what impact Scots John Emmett Farrell and Gordon Porteous can make on the latter in the longer race, in view of their recent excellent runs in the National and Scottish Cross Country Championships.

The 10 Kilometre Course is completely flat and starts in the Centre of Draveil at 9.30 a.m. It consists of one lap finishing at Mainville Stadium. The Marathon also starts in the Centre of Draveil at 10 a.m. follows the 10 Kilometre course for 3.5 Kilometres close by Mainville Stadium. From this point two identical laps of 19.348 K/M are run finishing on the track at Mainville Stadium. It is also flat apart from two slight hills at 12 and 31 Kilometres. No times will be taken after 2.45 p.m. in the Marathon.

Various entertainments will be provided for competitors and their supporters until the award of prizes at the Buffet Meal at 8 p.m. Each finisher will receive a souvenir medal, diploma and result sheet. Medals will be presented to the first three in each category and prizes to an undetermined number (possibly 5) in all 9 categories of both races. Coaches will return to the main Hotels in Paris at about 10 p.m.

All of the above programme has been organised by Fred Jesbera and his Committee members from S. C. Draveil, V. G. A. Saint-Maurand, U.S.BHV under the supervision of the International Association of Veteran Long Distance Runners, and no accolades are too great for the enormous amount of work Fred and his colleagues have put into these Championships. I know they will be enjoyed by competitors and supporters alike and will maintain the excellent standards of sportsmanship engendered in this series.

JACK FOSTER The perfect running machine

JOHN DREW sends this report from New Zealand

Jack Foster was born in Liverpool almost forty-three years ago, and like many veterans in the Northern hemisphere took up running surprisingly late in life.

Jack, a totally modest man, says that he quit cycling at 33 for running as he was a poor performer but also adds, that the cost of maintaining racing cycles was far too expensive when there was a young family of four to raise. Little is known here about Jack's baptism into athletics but his build-up to the marathon event must have been absolutely right. Not a believer in huge mileage Jack's philosophy is to train 'as he feels', which coldly translated means 70 miles a week of quality training on undulating cross country tracts of farmland near his home town Rotorua.

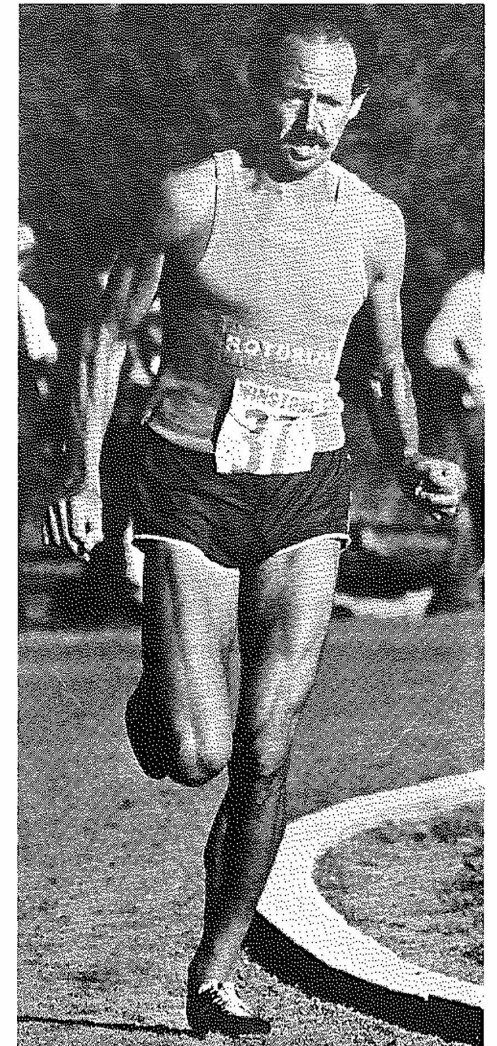
In 1970 Jack, nearing 40, made athletic headlines when he set the fastest time by a New Zealand athlete with his amazing 2:12:17.8 in the Tokyo marathon. Two years later he beat the best young New Zealand cross-country athletes to win the triangular tournament between Auckland, Waikato and Northland. His winning time lowered the course record by four minutes. Last year he set a world record for 20 miles with a time of 1:39:14.4

The old song 'Jack's the boy for work' must have been inspired by Jack Foster, for this year on January 12 he won a 10-kilometre veterans cross-country race beating Gordon Pirie by a minute (see report page 41) and then on January 21, barely ten days before his epic marathon, he set a new world veteran mark of 29:38 for the 10,000 metres in New Zealand's first International Veterans Meeting at New Brighton. His time bettered the previous record by Mimoun of France by 20 seconds.

The Commonwealth Games Marathon
On the cool evening of January 31, Jack Foster one of thirty-two competitors, followed Amani Tapusoa, of Western Samoa through the gates of Queen Elizabeth II Park at the start of the Commonwealth Games Marathon.

Nineteen runners, including Foster, went through the 5 kilometre mark together in 15:12. This number was reduced to sixteen at the 10 kilometres, reached in 30:15.

Soon after this Thompson and Foster broke away, and at 10 miles Thompson started to move away from Foster. At the 20 kilometre mark Thompson was 60:30. and Foster 60:40. Thompson still moving ahead reached the 30 kilometre mark in 1:30:35 with Foster



1:31:50 and third man Mabuza 1:32:15. Hundreds of enthusiasts on bicycles followed the runners as well as a cameraman, perched dangerously on the outrigger of a low-flying helicopter.

continued overleaf

VETS IN THE NEWS

BRITISH COMMONWEALTH GAMES. At the 10th. Commonwealth Games held in Christchurch, New Zealand at the end of January it is known that at least three veterans competed. Their performances are well worth reporting on.

JACK FOSTER (41) N.Z. Before his home crowd this runner became one of the fastest marathoners of all time with a prodigious 2:11:18.6 to collect the silver medal from many other world class performers.

HOWARD PAYNE (43) GB In what Howard claimed to be his last major competition (we hope he still throws at veteran level) the result was a wonderful 22'4"8" 68.48 which beat his own Games Record and took the silver medal. Having competed at nine major Games since his international career opened in 1960 this swan song performance was his best ever at such meetings.

LEN DUQUEMIN (45) GB (Guernsey) competing in the 20 mile Walk, was only a little below the form which earned him 6th place at the Edinburgh Games in 1970 when he was a young veteran. This time it was 11th.

* * *
NEW BRIGHTON, N-Z 21-1-74 Other than Jack Foster's 10,000m performance mentioned above there were several other interesting faces to be seen around that day.

CHRIS BRASHER (44) GB the Melbourne Olympic Champion took time off from his official duties of reporting the Games to enjoy himself in the steeplechase. Chris keeps fit at and is quite an outstanding orienteer—but found a carefree return to the track a tougher proposition (11m47.0)

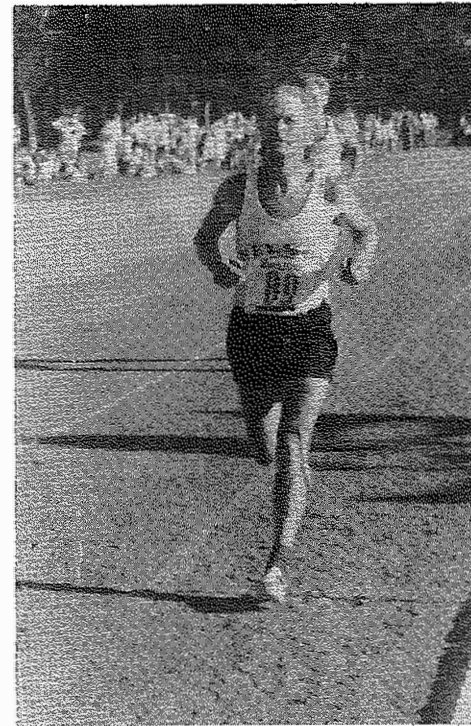
JACK FOSTER Continued.

None of this distracted Jack. How could it! He'd seen it all before with nineteen marathons under his belt. He strode relentlessly on, still under 5 minute miling, reaching the 40 kilometres in 2:04:10 against Thompson's 2:02:12 and Mabuza's 2:05:49.

As all those at the stadium witnessed, and the millions who later saw the T.V. film, Jack finished full of

8

HAROLD NELSON (52) NZ the winner of the Commonwealth Games six mile event in 1950, when they were also held last in his native New Zealand (Auckland) gave a class performance when winning the 5000m in 16m55.8—he also returned 11m27.7 over the steeple chase—a world age best.



HAROLD NELSON

MAEVE KYLE One can't be unkind and not mention the ladies—well at least one—for now in her forties!!! the ever-green Maeve from Northern Ireland returned a very useful 62.0 over 400m—not bad!

PRE VETS (age 35-39) They staged events for this group at this meeting and among those to be seen were Peter Snell (11.7 and 51.5) Alby Thomas (4m3.7 and 14m48.8) Bill Baillie (15m36.2) and Jeff Julian (32m26.2)—all one time Olympians.

DON THOMPSON GB (40) The Olympic 50 KM Walk Champion at the 1960 Rome Games is now a regular competitor over the country in his first vets season—and he's not bad at that.

running to take the silver medal and set a new World Veteran marathon time of 2hr11m18.6secs.

'Thompson ran a mighty race' said Foster 'I didn't really think I could catch him once he got away'. Asked about his future plans, Jack Foster said that he was not sure what he was going to do. 'I prefer cross-country running but I seem to do better in marathons'. Arthur Lydiard watching Jack Foster said 'he caresses the ground at every step he takes'.

Lectograph Studios

"Accolade has helped my athletes improve recovery rate and maintain performance"

Ron Murray—Professional Athletics & Olympic High Jump Coach



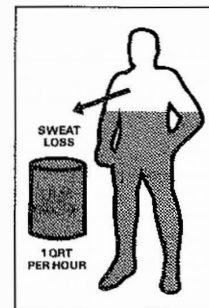
The more a sportsman puts into his game, the more he perspires, and therefore the more mineral salts he loses. Together with the energy he burns, this loss of 'electrolytes' inevitably affects his sporting performance.

Accolade's balanced formulation scientifically replaces the lost fluids and electrolytes in the right proportions within minutes. It also helps to stop cramps, to quench thirst and — because Accolade contains glucose — to add energy.

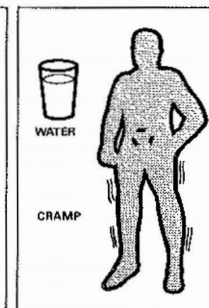
Many leading professional players and coaches believe that Accolade is vital to their match and training routines. Ron Murray says "The replacement of mineral salts lost in sweat, rather than just thirst-quenching, is most important to competitive performance".

Accolade is a scientifically balanced formulation of mineral salts and glucose which can improve sporting performance.

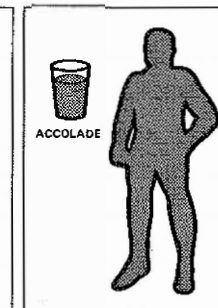
Take it, mixed with chilled water, before, during and after training and actual performance. Accolade contains no artificial stimulants, so drink as much as thirst dictates. Available in 60p jars through branches of Boots and leading sports shops.



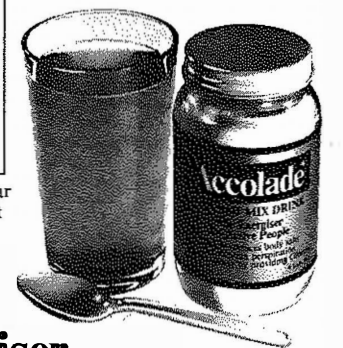
During strenuous exertion up to a quart of body fluid an hour can be lost through perspiration.



The loss of water and electrolytes — mineral salts — in body fluid frequently results in cramps and thirst.



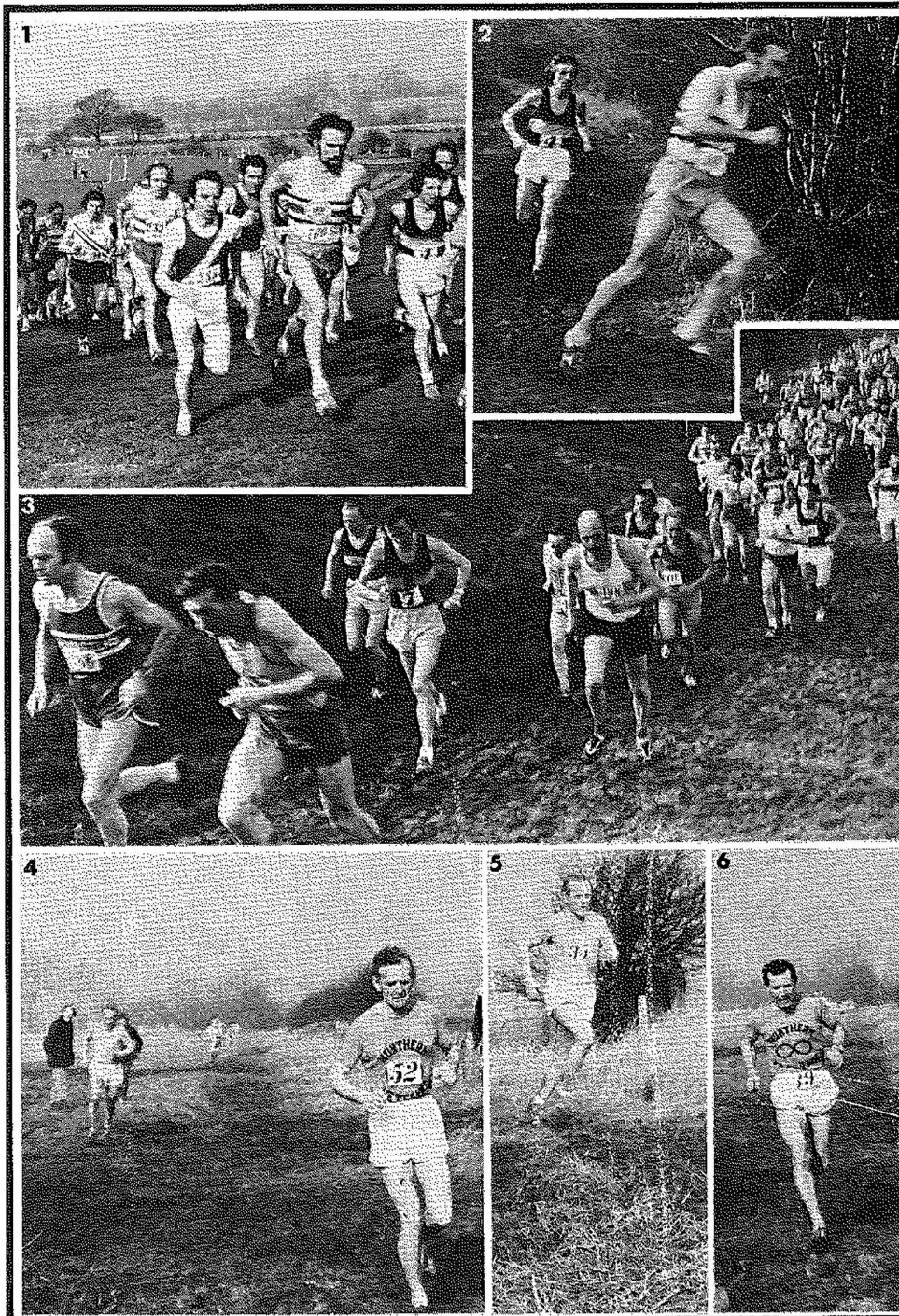
Accolade is so similar to the body's fluid that it combats thirst and cramps with minimum liquid intake.



Accolade. The Energiser.

TRADE MARK

A Nicholas Product, 225 Bath Road, Slough, Bucks. Slough 23971.



The fourth BRITISH NATIONAL VETERANS C.C. CHAMPIONSHIPS

FEB. 24 GREAT BARR, WEST BROMWICH

Report and photographs by Al Rockall

One reason for this year's smaller entry could possibly be due in part to the energy crisis, but all those fortunate enough to witness this year's two National races were agreed that there was no lack of energy, or indeed any energy spared in the dour struggles for the individual and team honours.

On a warm and sunny Sunday afternoon it was fitting that reigning champion Ken Hall should once again prove the runaway winner in the group 2 & 3 race. The three lap course (10,000m), soft in parts but generally fast must have been to Ken's liking for at the end of the first lap (12.10) he was well clear of the scrap going on behind between G. Martin (Springburn) N. Neilson (Blackpool) and R. Fernyhough (Michelin). At the end of two laps Ken had increased his lead (23.54) with the chasing bunch still glued together almost joined by Norman Ashcroft chasing hard. Still adding to his lead Ken, quietly without fuss, crossed the line over a minute clear of his three pursuers, still glued together with only nine seconds daylight separating them. Norman Ashcroft's good run earned him the gold in the 2B class.

In eleventh place was John Farrell (Maryhill) the winner of the 3A group; over 60 yet good enough on this day to have beaten over half of the group one field with his very excellent time of 39.57. Only 25 seconds down on John was his 60 year old team mate G. Porteous.

The offer of a fast start was not refused by the group one boys as they made the diagonal dash with P. Morris (Midland Vets) and J. Salt (Rochdale) leading the pack over the first bump. By the second bump the field was noticeably stringing out with Peter Goodfellow (City of Stoke) and Laurie O'Hara (Belgrave) already laying claims to the individual honours.

At the end of lap one (reached in 10.59) new veteran Peter and not so new Champion veteran Laurie were just ahead of Southern Veteran Champion George Brown (Verlea). Not far away Arthur Walsham

and P. Morris, the Midland Veteran Champion were also hammering it out. No change of order at the end of lap two, except that Laurie had now decided to run under Peter's left armpit! These two were now forty seconds clear of George Brown running solo in third place. End of lap three barely sixty yards from the tape O'Hara's overdrive is in evidence as he steps by Peter Goodfellow to take the title for the second year.

Tremendous runs by Peter and George in their first National. Great stuff from consistent Arthur Walsham, comfortable fourth, and Morris fifth. Just as good though was George Rhodes's sixth place to give him the over 45 title. Team winners for the second year were Belgrave Harriers, scoring 1, 9 and 10. Rochdale were second and Derby third.

Veterans, almost to a man, wallow in nostalgia and are ever mindful of the good 'times' past. Being aware of this it occurred to me that it was some fourteen years previous, all but a few days, that the English National' was held at Dartmouth Park just around the corner from today's race. Many of today's runners were competitors then. To remind them and you I have listed some of them here.

(The 1974 race position first.)

George Brown	3	—	43
Colin Simpson	7	—	82
John Salt	8	—	99
Clive Shippen	9	—	247
Ron Bentley	11	—	306
John Wright	12	—	37
Peter Wilkinson	13	—	28
Maurice Morrell	18	—	174
Alan Hughes	23	—	311
Colin Kemball	32	—	47
Ken Rickhuss	37	—	46
Ted Matley	45	—	20
Bert Harbach	99	—	72

Ken Hall (Group 2)	1	—	555
N. Neilson	3	—	493

Al Rockall (Reporter) 173

Fig. 1. The winning trio already together just after the start. G. Brown (133) finished 3rd, P. Goodfellow (169) finished second and winner L. O'Hara (4). Fig. 2. P. Goodfellow leading L. O'Hara on the first lap. Fig. 3. Arthur Walsham (186) leads the chasing pack. Fig. 4. N. Neilson (52) leads G. Martin (95) at the end of lap one in the group two race. Fig. 5. G. Martin who finished second in the group 2 race. Fig. 6. Norman Ashcroft winner of the 2B group.

**4th National Veterans
Cross-Country Championships
Sunday 24th February 1974
Great Barr—West Bromwich**

Group 1 Race

1	L. O'Hara (Belgrave)	32:56
2	P. Goodfellow (C. of Stoke)	32:59
3	G. Brown (Verlea)	33:47
4	A. Walsham (Salford)	34:10
5	P. Morris (Mid Vets)	34:18
6	G. Rhodes (Stafford)*	34:21
7	C. Simpson (Small Heath)	34:32
8	J. Salt (Rochdale)	34:45
9	C. Shippen (Belgrave)	35:27
10	P. Newall (Belgrave)	35:41
11	R. Bentley (Tipton)	35:45
12	J. Wright (Wallasey)	35:47
13	P. Wilkinson (Derby)	35:49
14	J. Wiid (E. Cheshire)	35:58
15	C. Freeman (Sunderland)	36:03
16	T. Smyth (Rochdale)	36:06
17	J. Kelly (Derby)	36:10
18	M. Morrell (Wirral)	36:17
19	K. Jones (Vauxhall)	36:17
20	F. Wigley (Leeds)*	36:19
21	G. Phipps (Leamington)*	36:23
22	J. Doggett (Soton Eastleigh)	36:25*
23	A. Hughes (Rochdale)	36:27
24	R. Kernighan (L'pool P)	36:29
25	M. A. Capewell (Lozells)	36:37
26	K. Flowers (Cheltenham)	36:46
27	K. Rickhuss (Tipton)	36:49
28	B. Rigby (T.V.H.)	36:54
29	H. Soper (Vauxhall)*	36:57
30	T. Joyce (Cheltenham)*	37:00
31	W. Hammond (W'ton)	37:03
32	C. Kemball (W'ton)*	37:07
33	G. Motralec (Portsmouth)	37:16
34	R. Johnson (T.V.H.)*	37:19
35	S. Izzard (Highgate)	37:22
36	E. Willis (Andover)	37:23
37	A. French (Blackheath)	37:28
38	M. Grace (Hallamshire)	37:34
39	J. McWhirter (Mid Vets)	37:39
40	A. Layton (Vauxhall)	37:42
41	C. Jones (Ilford)	37:45
42	S. Charlton (T.V.H.)	37:46
43	G. Brady (L'pool P)	37:47
44	G. Bradshaw (Newark)*	37:49
45	T. Madeley (Derby)	37:52
46	G. Eden (Rotherham)	37:57
47	J. Roberts (Crawley)	38:01
48	W. Boyce (Tipton)	38:03
49	B. Crook (Rochdale)*	38:05
50	R. Fox (Sutton in Ashfield)	38:09
51	W. Hill (Blackheath)	38:12
52	J. Murphy (T.V.H.)	38:14
53	J. Cook (Crawley)	38:19
54	T. Scanon (Sutton)	38:23
55	F. Valentine (Bolton)	38:27
56	J. Bloor (Leeds City)*	38:35
57	K. Dare (Small Heath)*	38:37
58	D. Rhodes (W'ton)	38:42
59	J. Lynch (Wallasey)	38:44
60	R. Blastland (Derby)	38:50
61	A. Kimber (Mitcham)	38:52
62	A. Tiffin (Ilford)	39:03
63	D. Howarth (Leigh)	39:03
64	J. Lawrence (Luton)	39:06
65	D. Rowe (T.V.H.)	39:11
66	K. Morse (Michelin)	39:17
67	J. Lawton (Leeds City)*	39:24
68	B. Jackson (Portsmouth)	39:26
69	G. Crowder (Blackheath)	39:27
70	J. Betney (Clayton-le-M)	39:35
71	D. Davies (Cheltenham)	39:40
72	R. Blois (basildon)*	39:46
73	S. Jackson (Bristol)*	39:56

74	A. Canton (Leeds City)*	40:04
75	J. Atkinson (Barnet)	40:05
76	E. Blackler (Highgate)	40:11
77	A. McManus (Scottish Vets)	40:12
78	W. Midgley (A.S.V. A/C)	40:15
79	J. Bancroft (Wirral)*	40:22
80	A. Gerrity (Manchester)	40:24
81	D. Owers (Ilford)	40:30
82	G. Stott (Warley)*	40:31
83	K. Blankney (E. Cheshire)	40:34
84	L. Opper (Verlea)	40:36
85	J. Young (Tipton)	40:38
86	C. Beeston (Derby)*	40:49
87	J. Charman (Crawley)	40:51
88	D. Hoggood (Blackheath)	40:56
89	L. Whitehead (L'pool P)	40:57
90	W. Aston (W'ton)	40:57
91	J. Lynch (Wallasey)	40:57
92	A. Ball (Blackheath)*	41:03
93	D. Wood (Leeds City)*	41:04
94	R. Appleby (Highgate)	41:05
95	P. Sillitoe (Liverpool)	41:07
96	D. Wandsworth (N'castle)*	41:08
97	M. Porter (Stretford)*	41:09
98	R. Payne (Portsmouth)*	41:23
99	B. Harbach (Tipton)	41:29
100	G. Geere (Blackheath)*	41:34
101	D. Cartwright (W'ton)*	41:37
102	B. Mottley (Ilford)	41:38
103	R. Evans (W'ton)	41:43
104	K. Bruns (L'pool P)*	41:52
105	H. Thornton (Spenborough)	42:00
106	J. Howcroft (Leigh)	42:05
107	D. Talbot (Stafford)	42:11
108	M. Dwyer (Warley)*	42:14
109	H. Down (T.V.H.)*	42:16
110	W. Convery (Harrogate)	42:22
111	M. Robertson (S. Shields)*	42:24
112	E. Dodds (Verlea)	42:25
113	M. Carr (Woodford G)*	42:27
114	W. Midgley (A.S.V. A/C)	42:28
115	H. Charles (Sheffield)*	42:48
116	R. Morley (Blackheath)*	42:53
117	R. Reid (Southampton)	43:07
118	R. Richmond (Sparkhall)	43:20
119	M. Bromley (Hallamshire)*	43:24
120	J. Baker (Belgrave)*	43:28
121	K. Westley (W. Bromwich)	43:34
122	D. Devers (Southampton)	43:51
123	G. Meech (Verlea)*	44:00
124	G. Sherwood (Tipton)	44:18
125	R. Macdonald (Maryhill)	44:29
126	J. Gripton (Tipton)*	44:56
127	N. Thompson (N'castle)	45:06
128	A. Tither (Salford)	45:46
129	N. Eckersley (Manchester)*	46:07
130	R. Phillips (Clayton-le-M)*	46:21
131	L. Joyce (Huntingdon)*	47:04
132	D. Vanhegan (Barnet)	48:09
133	G. Kirby (Sheffield)*	48:43
134	P. Scally (Northern Vets)	49:30
135	H. Hartley (Unattached)	49:38
136	C. Knowles (Aylesbury)	51:00
137	D. Allen (Barnet)*	
138	N. Blackham (Birchfield)*	
139	G. Hoagett (Highgate)	

***Class 1B (45-49)**

Group 2 and 3 Race		
1	K. Hall (Wirral)	36:37
2	G. Martin (Springburn)	37:51
3	N. Neilson (Blackpool)	37:53
4	R. Fernyhough (Michelin)	38:00
5	N. Ashcroft (Sutton)*	38:25
6	E. Leal (Ryde)	38:51
7	E. Joynson (Gateshead)	39:21
8	A. Etches (Sheffield)	39:26
9	G. Coleman (Highgate)*	39:30
10	L. Blackerby (Cambridge)	39:44

11	J. E. Farrell (Maryhill)**	39:57
12	W. J. Ross (Garscube)*	40:08
13	G. Betts (Veterans)*	40:13
14	J. Fitzgerald (Mitcham)	40:16
15	G. Porteous (Maryhill)**	40:22
16	J. Brennan (Godiva)	40:59
17	R. Shires (Oldham)	41:04
18	R. Bott (Mitcham)	41:10
19	G. Scutts (Portsmouth)*	41:14
20	T. Harrison (Maryhill)	41:21
21	J. Geddes (Monkland)	41:51
22	E. Wallace (Wirral)**	41:58
23	A. Couper (Newcastle)	41:59
24	F. Dyter (Blackheath)	42:24
25	D. Hanton (Paisley)	42:30
26	W. Jenkin (Huntingdon)	42:33
27	L. Brown (Woodford G)	42:35
28	B. Wade (Woodford G)	42:40
29	S. Bradshaw (Clayton-le-M)	42:51**
30	J. Whitbourne (Cambridge)	42:53
31	M. Haden (Tipton)	42:56
32	L. Cass (Cambridge)	43:07
33	J. Kelly (Derby)	43:36
34	F. Devenald (Ilford)**	43:43
35	G. Monshall (Blackheath)	43:55
36	A. Briggs (Clayton-le-M)	43:57
37	J. Selby (Godiva)*	44:00
38	L. Burnett (Woodford G)	44:02
39	P. Munn (Mitcham)	44:18
40	L. Heald (E. Cheshire)	44:33
41	T. Hall (Newcastle)	44:41
42	R. Salisbury (Wirral)	44:42
43	A. Keepax (Blackheath)**	44:42
44	E. Harrison (Lincoln Well)**	45:00
45	R. Hopercroft (T.V.H.)	45:07
46	D. Tingey (Blackheath)	45:15
47	B. Spratt (Cambridge)	45:18
48	C. Baldwin (Barton)**	45:27
49	W. Lake (Blackheath)	46:09
50	E. Genvey (Ryde)	46:17
51	A. Locke (Manchester YM)**	46:34*
52	H. Trafford (Newcastle)	46:50
53	R. Smith (Blackheath)**	47:11
54	E. Johnson (Sutton)**	47:11
55	N. M. Ross (Garscube)	47:30
56	G. Mephan (Blackheath)	47:59
57	S. Lee (Horwich R.M.L.)*	48:03
58	N. Dudley (Blackheath)	48:15
59	J. Cascarina (Victoria P)	48:17
60	G. James (Highgate)*	48:29
61	D. G. Causon (Garscube)	48:57
62	B. Twahley (Tipton)	49:08
63	W. Ross (Ryde)**	49:36
64	M. Salmon (Verlea)	49:56
65	G. Taylor (Shettleston)**	50:28
66	H. Lewis (Mid Vets)	50:41
67	J. Morris (N. Vets)	51:14
68	H. Hawkins (M'chester Y.M.)	51:14
69	D. White (Sheffield)	51:48
70	A. Mail (Derby)	52:38
71	K. Staues (Sheffield)*	53:38
72	J. Heath (V of Aylesbury)	54:24**
73	L. Hibbert (Shrewsbury)	57:45***

*Class 2B (55-59)
**Class 3A (60-64)
***Class 3B (65+)

Team Results

Group 1 Race		
1	Belgrave (1, 9, 10)	20pts.
2	Rochdale (8, 16, 23)	47pts.
3	Derby (13, 17, 45)	75pts.
4	Tipton (11, 27, 48)	86pts.
Groups 2 and 3 Race		
1	Maryhill (11, 15, 20)	47pts.
2	Wirral (1, 22, 42)	65pts.
3	Mitcham (14, 18, 39)	81pts.

Tony Weeks-Pearson takes a light-hearted look at the phenomenon of compulsive running 'HOOKED' ON RUNNING

We must all of us surely have experienced a deep sense of gratitude to Bob Bard of the United States for his article 'Runners Anonymous' reprinted from 'Runners World' in last August's Road Runners Club 'Newsletter'. Once again, the U.S.A. has led the way and encouraged us with this selfless example of a confessional record which has brought into the open, after years of shameful concealment, in all its hideousness, the phenomenon of Compulsive R-----G—or, to give Veteranerical Disease its medical name—'St. Vitus France'.

Now threatening to become as widespread in this country as the U.S.A. and challenging in its scope the more publicised drug or alcoholic addictions which affect the general public, for us the greatest sign of shame may be its increased incidence among a minority of the more elderly (over 40) of our population, while there are currently serious symptoms of pure females now wishing to join this vicious circle—and that as early as 35 years of age.

Is not the latest proof of decadence, by flaunting this vice openly, the appearance of 'VETERIS'—a publication to lend a veneer of respectability to what all right-thinking responsible car-driving citizens ('CARMORNGITTHEMNEESUP!!!) sensibly see—and point out—for the folly it is?

This affliction ought now to be admitted to be of major proportions in this country also, and serious pockets (there are, of course, varying areas of intensity) such as the North of England given special priority (see the learned medical publication, 'Medicio Veteranorum'—August, 1971—as 'Morbus Walshamiensis').

One is induced to add one's own public admission of 'hooked' involvement in 'R-----G' so that in some small way other painful cases ('Achilles Tendonitis') may be encouraged to come out into the open and do likewise. For we see on every hand multiplying aspects of the addiction and the hold it is securing in particular on older men. The insidious effect of clandestine R-----G is to be seen in the sinisterly named 'Twilight Training', where the growth of Floodlighting only serves to spotlight the degradation into which we have sunk in our shamelessness—flaunting the vice thus garishly now. As for 'Athletes Clinics'—Achilles Tendon treatment? Pooh!—mere cloaks of deception for psychiatric analysis in depth going on into the dead of night—courses accompanied by withdrawal symptoms among these 'Veterans' such as covering the legs while R-----G, and slow jogging for anonymity's sake, hoping pathetically that this will pass for fast walking such as

in indulged in by normal, sane people. So we may hope that what is at present a secret guilt may gradually become more susceptible to treatment and—who knows?—result in stamping out the whole rotten and irregular vice of R-----G altogether.

What place have these sentiments then in a journal devoted expressly and brazenly to this filthy sport, you may ask? Well, it is time to strike at the heart of the corruption. Such people—none of whom is less than the age of forty and of what was once thought to be respectability—many of whom are many years older than this, even—such people, bound as they are upon a Sam Ferris wheel of unbreakable corruption, ought to know better. Some experts favour a policy of concentration upon the young but 'VETERANS' are the ones who need the help.** Not only can we hope to afford them some relief but in treating them we should be treating the young, for it is well-known that from these older addicts the youthful catch what is so often flippantly termed 'The Habit'. (Veteran J. Br-n of Belgrave H-----s with his half-mile son, is a sad example of this, while Past President Roy M----y of B-----heath Harriers has a son who has only recently kicked the Habit after taking several 'Trips'—to the National Cross Country and other Championships. Who of us has not, at some time or other, innocently taken his family, wife and small ones to A-----C Meetings—the very cesspools of our affliction of R-----G?)

It would be unfair to single out the North for condemnation when in the South and notably in the Great Wen of the Metropolis we have such high priests of the cult—no 'pushers' more powerful in their different modes of persuasion than the influential Celtic Fringe of Jack ('Legs') Fitzgerald and Laurie O'Hara of the I.R.A. ('Irrational Running Attachment').....

.....Many more could be mentioned, each with their own strange manifestations of this saddest of all vices: mournfully we recall R-----D Franklin—as long ago as the 1950's while heading for the Inter-Counties—caught on the Blackpool train in the act of corrupting the public with nuts and raisins 'Kick'. Alas, alas!

Addicts of the World, unite! Give it up now before it's too late!

** (Footnote: we must guard against undue pessimism, though: it is encouraging to see how the percentage of older athletes especially in distance R-----G races is mounting—in other words, the younger generation is beginning to see the light and shun the baser forms of vice in favour of less harmful ones).

U.K. RESULTS

10th November, 1973
Glasgow University "54"
30 C. McAlinden 41 (Paisley H) 27:06

10th November
Bracknell 10 miles
W. Kerr (Bel) 54:25
R. Johnston (TVH) 55:24
R. Coxon (Wood) 56:02

11th November
Mid. Vets 10,000 m Yacht Handicap
Road, Leamington
1 R. Scott (Godiva) 28:18
2 S. Jackson (Bristol) 31:36
3 D. Owen (B'field) 31:50
4 K. Westley (Halesowen) 31:58
5 A. Kenny (Sparkhill) 32:07
6 M. Dwyer (Warley) 32:28
Fastest:
1 C. Simpson (S. Heath) 33:01
2 G. Phipps (Leamington) 33:47
3 W. Mottram (W. Brom.) 35:05

17th November
North Shields 5 1/2 miles
T. Rooke (M&C) 26:14

17th November
Rochester 5 miles
30 K. Harland (Camb) 25:41

17th November
Metropolitan League (Vets) No. 2
Welwyn
1 M. Barratt (Ealing) 26:12
2 G. Brown (Verlea A.C.) 27:32
3 G. Harrison (H'gate H) 28:35
4 J. Hyatt (Ealing) 28:54
5 P. Wilks (Polytechnic) 29:19
6 R. Johnson (TVH) 29:20
7 D. O'Gorman (Verlea) 29:38
8 A. Rockall (H'gate H) 29:43
9 G. Knox (Hillingdon) 30:06
10 D. Lee (Shaftesbury) 30:31
12 J. Thorpe (Verlea) 31:17
13 E. Blackler (H'gate H) 31:32
14 E. Shirley (Hillingdon) 31:38
(37 ran)

24th November
Brampton-Carlisle
29 G. Freeman (Sund) 53:19
37 P. Pattison (Gos) 54:50

G.L.C. CHAMPS
November 24th. P.H.F.
8 M. Barratt (Eal.) 30:36
69 P. Taylor (Bar) 33:49
70 P. Wilkes (Poly) 33:51

25th November
Basingstoke 6 miles
9 M. Barratt (Eal) 30:39

24th November, 1973
Essex County C.C. Championships
Three years ago Essex became the first
British county to stage a Veterans
Championship—and a very worthy

venture it has grown to be. This 3rd
occasion had 63 start and included such
names as one time internationals
Alan Perkins and George Knight.

The latter did most of the leading but in
the final stages found the defending
champion, Ron Budd, too strong for him
him.

1 R. Budd (Havering) 33:37
2 R. Coxon (Woodford) 33:45
3 K. Jones (Orion) 34:29
4 G. Knight (Essex B) 34:00
5 D. Hardy (Woodford) 34:40
6 K. Bray (Woodford) 35:14

a2
1 L. Burnett (Woodford) 39:46
2 B. Wade (Woodford) 40:02
3 L. Brown (Woodford) 40:53

a3
1 F. Devonald (Iford) 42:03
2 D. Shor (Woodford) 43:21
3 A. Proctor (Orion) 53:56

Team
Woodford 13pts.
Orion 26pts.
Iford 32pts.

1st December
Blackheath H. Vets v Crawley A.C. Vets
v Veterans A.C.
6 1/4 miles at Hayes

1 J. Cooke Crawley A.C.) 38:59
2 R. Dickenson (Crawley) 38:59
3 A. Kimber (Vets A.C.) 39:42
4 G. Crowder (B.H.) 40:05
5 W. Hill (B.H.) 41:23
6 P. Vetterlein (B'H.) 41:35
7 J. Fitzgerald (VAC) 41:36
8 D. Hopgood (B.H.) 41:58
9 G. Mooney (CAC) 42:46
10 A. Weeks-Pearson (CAC) 43:22
(25 ran)

Teams - Scoring 6 -
1 Blackheath H 48 points
2 Crawley A.C. 48 points
3 Veterans A.C. 102 points

8th December
Whitbread 5 miles. Portsmouth
17 M. Hyman (Ports) 26:00

15th December
Metropolitan League (Vets) No. 3
Perivale
1 M. Barratt (Eal) 26:02
2 G. Brown (V) 26:29
3 P. Wilks (P) 27:49
4 J. Hyatt (E) 27:50
5 R. Johnson (TVH) 28:16
6 R. Coxon (Wood. Grn.) 28:17
7 G. Harrison (Highgate) 28:17
8 G. Knox (Hillingdon) 28:48
9 A. Rockall (Highgate) 29:11
10 D. Hardy (Wood. Grn.) 29:19
11 D. Jones (Iford) 30:14
12 E. Shirley (Hillingdon) 30:35
(37 ran)

Teams:
1 Hillingdon 44
2 T.V.H. 52
3 Wood. Grn. 54

15th December
Hogs Back
36 G. McEntire (E & E) 59:19

15th December
5 miles Veterans Inter-club Putney Vale
1 S. Charlton Veterans A.C. 27:25
2 F. Paget (Bels) 27:48
3 R. Dickinson (Crawley) 27:54
4 J. Roberts (Crawley) 28:31
5 W. Kimber (VAC) 28:36
6 J. Cook (Crawley) 28:40
7 W. Hill (B'heath) 28:45
8 G. Crowder (B'heath) 29:06
9 J. Heywood (HHH) 29:26
10 P. Vetterlein (B'heath) 29:40
(34 ran)

Teams:
1 Crawley A.C. (3,4,6,13) 26 points
2 Veterans A.C. 38 points
3 Blackheath H. 40 points
4 Belgrave H. 48 points
5 Herne Hill H. 70 points

16th December, 1973
Scottish Veterans Harrier Club
Christmas Handicap
Bishopbriggs, Glasgow
26 runners took part
Distance 5 miles road

G. Martin 26:32
C. Forbes 26:35
B. Bickerton 26:41
C. McAlinden 26:47
W. Russell 26:58
W. Ramage 27:06

16th December 1973
Northern Vets v Midland Vets - Michelin
The 3 lap course of 10km was that used
for the National Vets Championships a
couple of years ago. It is a good
challenging course.

Colin Simpson shot off with Arthur
Walsham at the start, but on reaching
the wet, muddy heavy stuff, Arthur
glided over it whilst Colin tried to plough
his way through. (George Phipps
literally took a dive in it.)

With 10 men to count, the Northern
Vets won with 92 points to Midland
Vets 130 points.
Darryl McWhirter took the Mid. Vets
handicap, with Cyril Beeston 2nd and
Colin Simpson 3rd - taking his first
handicap prize.

1 A. Walsham (Sal.) 33:04
2 C. Simpson (S.Heath) 34:16
3 A. Hughes (Roch) 35:08
4 M. Capewell (Lozells) 35:40
5 G. Phipps (Lea.) 35:49
6 R. Kernighan (Fem.) 36:17
7 R. Fernyhough (Mich.) 36:19
8 T. Seanor (Sutton) 36:39
9 D. McWhirter (Hales) 36:49
10 R. Norman (E. Ches) 36:53

11 B. Boyce (Tip) 37:13
12 N. Ashcroft (Sutton) 37:19
13 W. Mottram (W. Brom) 38:22
14 R. Gomersall (Leeds) 38:26
15 A. Lawton (Leeds) 38:34
16 D. Howarth (Leigh) 38:44
17 C. Beeston (Derby) 38:56
18 J. Lawton (Leeds) 39:04
(33 ran)

23rd December
Midland Veterans Christmas Cross
Country Handicap Race - Coventry.
1 G. Ashby (W. Brom) 28:10
2 K. Westley (W. Brom) 29:08
3 R. Evans (W & B) 29:25
4 W. Hammond (W & B) 29:47
5 N. Thompson (Godiva) 30:05
6 W. Bradley (Godiva) 30:27

Fastest Times:
1 C. Simpson 30:30
2 G. Phipps 31:50
3 A. Hughes 32:07

Team Result:
1 Tipton (5, 10, 13 - 28 points)
2 C. Godiva (11, 14, 19 - 44 points)
2 W. Brom. (8, 15, 21 - 44 points)
4 Sparkhill (16, 23, 28 - 67 points)

Birmingham League
1st Div. at Tipton.
42 C. Simpson 33:08
71 G. Phipps 34:55
93 B. Boyce 36:34
109 H. Haden 41:56

2nd Div. at Redditch
49 R. Rhodes 29:48
63 D. McWhirter 30:31
85 R. Richmond 35:09
3rd Div. at Redditch
46 W. Mottram 40:18
63 G. Stott 42:33
81 M. Dwyer 44:21
92 K. Westley 46:11

26th December
Annual Boxing Day Bedford to St Neots
Road Race approx. 12 1/2 miles
6 G. Phipps (Leamington) 66:20
13 J. Moroney (C & C A.C.) 73:02
17 G. Smith (Kettering T. H.) 75:54
18 D. Smith (Kettering T. H.) 76:38
19 L. Hathaway (Leam.) 76:55
20 T. Palmer (Kettering) 78:52
21 D. Ball (Biggleswade A.C.) 79:49
22 B. Jenkins (Huntingdon) 85:03
23 A. Gale (Kettering T. H.) 88:28
24 F. Wright (P'borough A.C.) 88:51

29th December
Sparkhill 5 miles
25 C. Simpson (S. Heath) 25:24

29th December
Sparkhill 5 miles Road Race
25 C. Simpson 25:24
37 G. Phipps 26:19
50 W. Mottram 27:27
58 K. Dare 28:41
67 G. Ashby 29:40
69 M. Dwyer 30:26
72 A. Blagg 30:49
76 J. Hope 31:57
78 R. Richmond 32:27

29th December
Metropolitan League No. 4
Woodford
1 M. Barratt (Ealing) 25:42
2 P. Wilks (Polytechnic) 27:12
3 A. Rockall (Highgate H) 28:23
4 D. Hardy (Woodford G) 28:50
5 D. Jones (Iford) 29:28
6 E. Shirley (Hillingdon) 29:34
7 S. Izzard (Highgate H) 29:39
8 J. Murphy (TVH) 30:22
9 P. Vivian (TVH) 30:55
10 L. Upper (Verlea) 30:59
11 J. Hayward (Woodford G) 31:13
12 A. Tiffen (Iford) 31:28
13 E. Blackler (Highgate H) 31:33
14 D. Thompson (TVH) 31:36
(46 ran)

5th January, 1974
Nigel Barge Memorial Trophy
35 W. Stoddart 41 (G'ock W) 24:01

Kent, January 5th.
14 K. Harland (Cams) 45:02

Herts, January 6th.
6 G. Brown (Verlea) 38:41

Staffs, January 6th.
16 G. Rhodes (Staffs) 34:08

Middlesex January 5th
M. Barratt (Ealing)
Hampshire January 5th.
24 M. Hyman (Ports) 46:08

INTER-COUNTIES January 15th.
107 M. Barratt (Midx. Ealing) 43:56

12th January
Springburn 6 miles
11 C. McAlinden (Pais) 29:46

12th January, 1974
Springburn Cup
11 C. McAlinden 41 (Paisley H) 29:46

12th January
Mitcham A.C. 25Km - Vets only.
12 L. O'Hara (Belgrave H.) 83:24
18 A. Horne (Ranelagh H.) 86:12
24 R. Coxon (W. Green) 87:06
33 R. Johnstone (T.V.H. 'B') 88:34
36 G. MacEntire (Epsom) 88:50
42 W. Anderson (Met. Police) 89:49
68 I. McKenzie (Met. Police) 95:58
71 P. Pringle (Belgrave) 96:55
81 A. Kimber (Mitcham A.C.) 99:29
102 A. Parsons (H.H.H.) 128:59

19th January, 1974
Veterans Athletic Club Championship
Inspite of a rival race the other side of
Wimbledon Common (that took away
Laurie O'Hara and several other
veterans) over sixtyrunners came under
starters orders.

The winner proved to be Bob Johnson
who at near 47 years of age is at last

proving consistent as so often he has
promised. George Betts (57) and the
diminutive Jack Flowers (55) in
finishing 11th and 12th showed a
muddy pair of heels to many younger
rivals.

1 R. Johnson 27:04
2 S. Charlton 27:44
3 A. Rockall 27:54
4 K. Humphrey 28:26
5 P. Connell 28:32
6 R. Frazer 28:38
7 K. Bray 29:04
8 K. Livermore 29:07
9 J. Cook 29:18
10 J. Taylor 29:46

19th January, 1974
Scottish South-West District G.C.
Championship at Port Glasgow
5 C. McAlinden 41 (Paisley H) 33:43

Sunday 20th January, 1974
Midland Veterans AC
Cross-Country Championships,
Solihull

1 P. Morris (41) Birchfield 25:42
2 C. Simpson (44) Small H 26:29
3 G. Phipps (47) L'ton 26:57
4 R. Bentley (43) Tipton 27:42
5 D. Davies (40) Cheltenham 27:59
6 R. Rhodes (42) Wol. & Bil. 28:14
7 W. Hammond (43) " 28:21
8 C. Kemball (46) Wol. & Bil. 28:23
9 W. Mottram (44) W. Brom 28:25
10 K. Rickhuss (43) Tipton 28:26
11 D. McWhirter (43) H'owen 28:30
12 B. Boyce (41) Tipton 28:46
13 K. Dare (45) Small H) 29:02
14 G. Ashby (40) W. Brom 29:25
15 P. Burns (43) Godiva Cov. 29:45
16 J. Young (43) Tipton 29:48
17 W. Bradley (43) Godiva Cov. 30:15
18 C. Beeston (47) Derby 30:20
19 R. Scott (41) Godiva Cov. 30:56
20 J. Brennan (52) Godiva 31:08
21 R. Evans (44) Wol. & Bil. 31:10
22 A. Blagg (47) Sparkhill 31:17
23 H. Haden (50) Tipton 31:23
24 K. Westley (44) W. Brom 31:36
25 M. Dwyer (Warley) 31:45
26 J. Moore (45) Rugby 32:30
27 J. Marvel (40) Birchfield 32:34
28 J. Sherwood (44) Tipton 33:02
29 D. Owen (53) Birchfield 33:43
30 J. Selby (56) Godiva Cov. 34:56
31 R. Oldham (56) Godiva Cov. 35:03
32 H. Lewis (54) 36:32

Team Result
1 Wol. & Bil. (6,7,8) 21pts.
2 Tipton (4,10,12) 26pts.
3 W. Bromwich (9,14,24) 47pts.
4 Coventry Godiva 51pts.
5 Birchfield 57pts.

20th January, 1974
Scottish Veterans Harrier Club
4 miles Cross-Country Race
Fernieside, Edinburgh
21 runners took part

R. McFall 21:09
C. McAlinden 21:24
W. Ramage 22:32
W. Lyall 23:23
T. White 23:55
W. McBrinn 24:14

Association of Veteran Athletes
Southern Vets X/Country Championships
Wimbledon 27th January 1974

Class 1

1	G. Brown (Verlea)	32.06
2	K. Harland (Cambridge)	32.19
3	L. O'Hara (Belgrave)	32.33
4	G. Knight (E. Beagles)	33.05
5	M. Luxford (Horsham)	33.14
6	W. Anderson (Met Police)	33.21
7	F. Wilkes (Poly II)	33.46
8	C. Shippen (Belgrave)	33.59
9	C. Wilson (S.L.H.)	34.09
10	D. O'Gorman (Verlea)	34.22
11	G. Harrison (Highgate)	34.33
12	P. Newall (Belgrave)	34.37
13	R. Johnson (T.V.H.)	34.51
14	H. Soper (Vauxhall)	34.53
15	D. Dellar (Cambridge)	34.59
16	D. Maynard (Cambridge)	35.12
17	A. Rockall (Highgate)	35.14
18	W. Hill (Blackheath)	35.16
19	M. Baker (Horsham)	35.22
20	S. Charlton (T.V.H.)	35.24
21	R. Dickinson (Crawley)	35.25
22	S. Izzard (Highgate)	35.26
23	D. Hardy (Woodford)	35.27
24	K. Jones (Vauxhall)	35.37
25	D. Lee (Shaftesbury)	35.42
26	J. Roberts (Crawley)	35.49
27	G. Smith (Eton Manor)	35.55
28	F. Paget (Belgrave)	35.57
29	D. Jones (Ilford)	35.58
30	J. Wood (Barnet)	35.59
31	J. Ficken (E. Beagles)	36.00
32	R. Hunt (Surrey)	36.06
33	A. Layton (Vauxhall)	36.06
34	K. Bray (Woodford)	36.10
35	A. Weeks-Pearson (Craw)	36.16
36	D. O'Connell (Hurcules)	36.17
37	G. Crowder (Blackheath)	36.18
38	A. French (Blackheath)	36.21
39	F. Byrne (Cambridge)	36.22
40	I. McKenzie (Met Police)	36.24
41	R. Curtiss (Crawley)	36.25
42	A. Kimber (Mitcham)	36.26
43	K. Humphrey (Epsom)	36.28
44	E. Andrews (Havering)	36.36
45	J. Cook (Crawley)	36.42
46	R. Coxon (Woodford)	36.46
47	J. Atkinson (Barnet)	36.53
48	K. Livermore (Enfield)	36.55
49	A. Tiffin (Ilford)	36.59
50	D. Rowe (T.V.H.)	37.00
51	H. Martin (Horsham)	37.06
52	R. Gibson (Newham)	37.10
53	J. Thorpe (Verlea)	37.15
54	A. Lewis (Woodford)	37.17
55	D. Owers (Ilford)	37.21
56	L. Fletcher (Blackheath)	37.40
57	P. Vivian (T.V.H.)	37.49
58	E. Blackler (Highgate)	37.55
59	H. Wise (Shaftesbury)	37.56
60	T. Taylor (Bracknell)	37.59
61	P. Vetterlein (Blackheath)	38.08
62	J. Leith (Hillingdon)	38.10
63	L. Oppen (Verlea)	38.22
64	R. Glover (Belgrave)	38.25
65	C. Henn (Belgrave)	38.27
66	D. Sudbury (S.L.H.)	38.29
67	R. Blois (Basildon)	38.30
68	R. Appleby (Highgate)	38.31
69	W. Hazle (Woodford)	38.33
70	J. Ilay (Brighton)	38.38
71	W. Merrylees (E. Beagles)	38.42
72	J. Sharman (Crawley)	38.45
73	K. Kearsley (Eton Manor)	38.48
74	D. Hopgood (Blackheath)	38.51



Photo: Ron Linstead

GEORGE BROWN

75	E. Dodds (Verlea)	38.55
76	A. Ball (Blackheath)	38.56
77	D. Langley (S.L.H.)	39.00
78	H. Williams (Ilford)	39.08
79	I. McGregor (E. Beagles)	39.15
80	D. Thompson (T.V.H.)	39.18
81	G. Richards (Epsom)	39.21
82	B. Motley (Ilford)	39.24
83	A. Hughes (Woodford)	39.29
84	P. Maffia (Highgate)	39.47
85	M. Carr (Woodford)	39.53
86	S. Webb (E. Beagles)	39.59
87	C. Stockings (Woodford)	40.00
88	R. Hewitt (Shaftesbury)	40.07
89	C. Todd (Met Police)	40.08
90	R. Conway (Belgrave)	40.14
91	J. Daniels (Woodford)	40.23
92	J. Mooney (Crawley)	40.28
93	R. Allen (Poly)	41.00
94	R. Morley (Blackheath)	41.08
95	B. Wade (Woodford)	41.12
96	M. Payne (Cambridge)	41.15
97	G. Devers (Soton)	41.20
98	B. Reeves (Crawley)	41.24
99	A. Goodwin (S.L.H.)	41.36
100	L. Evenden (Met Police)	41.47
101	B. Hart (Walthamstow)	41.59
102	G. Grayson (S.L.H.)	42.06
103	D. Stewart (E. Beagles)	42.15
104	J. Baker (Belgrave)	42.55
105	M. Page (Cambridge)	43.25
106	K. Till (Crawley)	43.54
107	A. Poynter (Walthamstow)	43.57
108	J. Hayward (Woodford)	44.05
109	G. Eastwood (Woodford)	44.05

110	G. Meach (Verlea)	44.20
111	A. Fox (Croydon)	44.32
112	D. Davidson (T.V.H.)	45.41
113	D. Allen (Barnet)	46.52
114	J. Shave (Mitcham)	46.56
115	G. Hoggett (Highgate)	47.00
116	J. Whaymand (W'stow)	49.35
117	E. Nash (Cambridge)	49.50

Class 2

1	R. Page (Royal Navy)	36.58
2	L. Blackerby (Cambridge)	37.16
3	G. Betts (QPII)	37.48
4	J. Flowers (VPH)	38.00
5	J. Fitzgerald (Mitcham)	38.08
6	G. Coleman (Highgate)	38.13
7	D. Martin (Vets AC)	39.35
8	L. Burnett (Woodford)	40.25
9	L. Brown (Woodford)	40.26
10	F. Dyter (Blackheath)	40.32
11	B. Nicolson (Hillingdon)	40.40
12	R. Bott (Mitcham)	40.53
13	P. Munn (Mitcham)	41.18
14	H. Catton (Ilford AC)	41.39
15	R. Hopcroft (T.V.H.)	41.54
16	D. Tingley (Blackheath)	42.00
17	A. Parsons (Herne Hill)	42.41
18	L. Cass (Cambridge II)	42.45
19	G. Monshall (Blackheath)	42.55
20	J. McDonald (Belgrave H)	42.58
21	J. Walker (Belgrave H)	43.04
22	G. Pearson (Belgrave H)	43.35
23	C. James (Watford II)	44.41
24	B. Forster (Ilford AC)	44.45
25	N. Dudley (Blackheath)	45.45
26	F. Nickolls (Vets AC)	46.34
27	D. Vanhagan (Barnet)	46.52
28	S. Bastow (Belgrave)	47.20
29	G. Mephum (Blackheath)	47.35
30	T. Mitchell (Mitcham)	48.09
31	J. Bennett (Blackheath)	49.26

Class 3

1	F. Devcnaid (Ilford AC)	41.03
2	A. Kcepax (Blackheath)	41.35
3	D. Shor (Woodford)	42.43
4	L. Rolis (Vets AC)	43.14
5	W. Symes (QPH)	43.27
6	F. Woolford (S.L.H.)	44.56
7	L. Davis (Dartford)	48.33
8	K. Smith (Blackheath)	49.30
9	F. Sears (E. Beagles)	52.50
10	W. Rainbird (Cambridge)	65.22
11	W. Smith (E. Beagles)	65.22

Team Race

1	Belgrave H	23pts.
2	Cambridge H	33pts.
3	Highgate H	50pts.
4	Verlea AC	64pts.
5	Vauxhall Motors	71pts.
6	Horsham Blue Star	75pts.
7	Crawley AC	82pts.
8	T.V.H.	83pts.
9	Blackheath H	93pts.
10	Woodford Green	103pts.
11	Essex Beagles	106pts.
12	Ilford AC	133pts.

Classes 2 & 3

1	Mitcham AC (5,12,14)	31pts.
2	Woodford G (8,9,20)	37pts.
3	Blackheath H (10,15,18)	43pts.
4	Ilford AC (13,16,29)	58pts.
5	Vets AC (7,25,32)	64pts.
6	Cambridge H (2,21,42)	65pts.
7	Belgrave H (23,24,27)	74pts.
8	Blackheath H "B" (22,31,35)	88pts.



SCOTTISH VETERAN HARRIERS AT BELLAHOUSTON PARK, GLASGOW.

Standing:

*D. Urquhart, *J. Japp, *A. N. Other, *D. Corbett, P. Livingston, G. Martin, J. Hanton, D. Causon, G. Porteous, O. Flaherty, A. McManus, G. Steel, J. McNeil, M. Philips, T. Fletcher, J. Crawford, *J. Girvin, *G. Pickering, *Jim Girvin, *E. Farrell.

Kneeling:

W. Ross, H. Smith, G. Taylor, E. Farrell, T. Monahan, J. Geddes, C. McAlinden, S. Petty, T. Lowry, A. Cook, J. Kelly, N. Ross, R. McDonald, J. Cascarani, B. Bickerton.

*Officials.

2nd February

Blackheath H. Veterans 6 1/4 miles match v Bels, Mitcham & H.H.H. Vets. At Hayes.

1	W. Hill (B'Hth)	39:27
2	A. French (B'Hth)	42:00
3	A. Kimber (Mitcham)	42:05
4	J. Bowen (Mitcham)	42:33
5	A. Pawsey (Mitcham)	43:14
6	J. Heywood (Herne Hill)	43:51
7	D. Hopgood (B'Hth)	44:08
8	C. Henn (Belgrave)	44:22

Team Result - Scoring 4 -

1	Blackheath H.	19
2	Mitcham A.C.	22
3	Belgrave H.	50
4	Herne Hill H.	78

NORTHERN CHAMPS February 9th

61	P. Morris (M & D)	55:11
136	A. Walsham (Sal.)	57:33

SOUTHERN CHAMPS February 9th

35	M. Barratt (Eal)	50:33
46	M. Hyman (Ports)	57:03
66	L. O'Hara (Bels)	57:40

Scottish Vets Cross-Country Championships, Coatbridge 2.3.74

It was a fine sunny day which greeted the 66 athletes who took part in the 5 mile, 3 lap trail. From the start, Charlie McAlinden took command of the race and steadily drew away from the remainder of the field to win by 300 yards from W. Russell, with W. Ramage a close third. First man home in the over-50 group was G. Martin, in 15th position, while the

over-60's was won by J. E. Farrell, in 19th position.

1	C. McAlinden (Paisley H.)	27:47
2	W. Russell (Monkland H.)	28:54
3	W. Ramage (S'burn H.)	29:03
4	W. Marshall (M'well YMCA)	29:22
5	A. White (S'burn H.)	29:26
6	W. Lindsay (Teviotdale H.)	29:36
7	C. O'Boyle (Clydesdale H.)	29:50
8	T. D. Todd (Falkirk V)	30:14
9	T. O'Reilly (S'burn H.)	30:22
10	J. Moore (E. Kilbride AC)	30:28
11	W. McBrinn (Monkland H.)	30:36
12	R. Cox (Greenock G.)	30:44
13	A. J. McManus (Paisley H.)	30:47
14	B. Bickerton (Shettleston)	31:01
15*	G. Martin (S'burn H.)	31:12
16	J. L. Hendry (Cupar & D)	31:36
17	J. McLean (Bellahouston H)	31:40
18	A. Galbraith (Stirling AAC)	31:44
19**	J. E. Farrell (Maryhill H)	31:47
20*	R. C. Wallace (Shettleston)	31:51
21*	W. J. Ross (Garscube H)	31:58
22	J. McNeil (Shettleston H)	32:16
23	R. Calderwood (Victoria P)	32:27
24	T. Mercer (Bellahouston H)	32:40
25	R. Kane (Victoria Park)	32:52
26*	J. Geddes (Monkland H)	33:00
27*	T. Harrison (Maryhill H)	33:02
29	P. Livingston (B'ouston H)	33:19
30*	J. Kelly (Bellahouston H)	33:27
31	J. T. Erskine (G'mouth O)	33:30
32	J. S. Petty (Edinburgh S.H)	33:37
33*	J. Hanton (Paisley H.)	33:40
34	A. Oliver (Teviotdale H)	33:44
35	P. Younger (Clydesdale H)	33:49
36	J. Brownlie (Cambuslang H)	33:54
37	C. Third (Edinburgh S. H.)	34:04
38	D. McKirdy (Monkland H)	34:08
39	H. S. Millar (E'burgh S. H)	34:40

40	R. McDonald (Maryhill H)	34:48
41	T. Fletcher (Shettleston H)	34:48
42	L. Howitt (Shettleston H)	34:57
43	R. Pickard (S Veterans)	35:20
44	A. Cook (Falkirk Victoria)	35:23
45**	H. Smith (Maryhill H)	35:29
46	J. Sweeney (Clydesdale H)	35:40
47	T. Doherty (Shettleston H)	36:06
48	M. Philip (Bellahouston H)	36:07
49	I. Steedman (Lewisvale Sp)	36:33
50	R. McIntyre (Maryhill H)	36:36
51	T. Monaghan (S Veterans)	36:51
52	R. Taylor (Monkland H)	36:53
53	J. Crawford (S'burn H)	36:58
54	W. Hislop (Clydesdale H)	37:08
55	R. Donald (Garscube H)	37:22
56	J. Walkinshaw (Edin' S. H)	37:23
57*	P. Minchin (S Veterans)	37:32
58*	N. M. Ross (Garscube H)	37:35
59	O. J. Flaherty (Edin' S. H)	37:44
60	T. Crouch (Lewisvale Sp)	39:20
61*	J. Cascarani (Vic. Park)	40:21
62**	G. Taylor (Shettleston H)	40:40
63*	D. McFarlane (S'burn H)	40:44
64	J. Smith (Lewisvale Sp)	42:26
65**	R. Devon (Motherwell YMCA)	42:31
66*	T. Weatherhead (S Vets)	42:32

Teams:

1	Springburn H.	17
2	Monkland H.	39
3	Paisley H.	47
4	Shettleston H.	56
5	Bellahouston H.	70
6	Maryhill H.	74
7	Clydesdale H.	88
8	Edinburgh Southern H.	108
9	Victoria Park A.A.C.	109
10	Garscube H.	134
11	Lewisvale Spartans	173

18th February		
Scottish Veteran Harriers 4 miles Cross Country, Bellahouston Park, Glasgow.		
1	C. McAlinden	20:26
2	W. Marshall	20:43
3	J. McLean	21:47
4	A. McManns	22:32
5	G. Martin	22:44
6	B. Bickerton	23:04
25th November		
Vin Term Aran Marathon Sweden		
1	S. Gustavsson	2:37:12
2	C. Greenless (Aberdeen)	2:44:07
24th February		
Metropolitan League (Vets) No. 5 Cranford		
1	M. Barratt (Eal)	25:29
2	J. Hyatt (Eal)	27:31

European Miscellany

4.11.73		
10Km Cross-country, Vincennes, FRANCE		
Class 1: (56 ran)		
1	Blanchard (ASVP)	35:47
2	Gettardo (ASVP)	36:00
3	Michant (ES Viry)	36:14
4	Garnier (SC Draveil)	36:23
5	Curty (ASVP)	36:54
Class 2: (19 ran)		
1	Leroy (CASG)	38:12
2	Faugerouse (CASG)	38:21
3	Huet (ASVP)	38:28
4	Lucuron (ASVP)	42:06
Class 3: (7 ran)		
1	Roger (CASG)	43:05
2	Zechser (Cheisy)	47:20
3	Lemaitre (RCF)	47:37
2.12.73		
4,150m Cross-country, Lyon, FRANCE		
1	Covizzi (Le Coteau)	13:39
2	Vollerin (Rives)	14:14
3	Renaud (Grenoble)	14:21
4	Roman (ASP)	14:25
5	Artiaga (Lyon)	14:33
(118 ran)		
2.12.73		
6,500m Cross-country, Geneva, SWITZERLAND		
1	C. Haymoz (Geneva)	23:16
2	H. Ecoer (Cheve)	24:53
3	K. Voegeli (Bienne)	25:02
(10 ran)		
9.12.73		
6.2Km Cross-country, Noisy-Bailly, FRANCE		
Class 1		
1	Gettards (VP)	19:55
2	Martins (Montrouze)	20:00
3	Martinez (Gagny)	20:17

3	G. Knox (Hn)	28:28
4	J. Lusty (Eal)	28:34
5	J. Murphy (T)	29:32
6	J. Baker (W)	29:45
7	R. Franklin (T)	29:55
8	A. Tiffen (I)	30:11
9	J. Leitch (Hn)	31:21
10	D. Thompson (T)	31:40
11	H. Wild (Hn)	31:56
12	D. Blackett (W)	32:01
13	B. Saunders (T)	32:23
14	J. Hayward (W)	32:24
23.3.74		
Orion Harriers 2 1st Invitation 15 Miles Cross-country Race at Chingford		
Veterans		
20	D. Case (Ealing)	1:36:21
32	K. L. Jones (Orion A)	1:39:08
33	P. Wilks (Poly)	1:39:33
42	R. J. Mattock (B'mouth)	1:41:40
61	C. Morrish (Invicta)	1:44:15
65	W. K. Jones (Luton B)	1:45:37
66	F. H. Cowley (Bracknell)	1:45:42
70	H. A. Soper (Luton A)	1:47:14
78	D. C. Lee (Shafts A)	1:48:17
79	A. T. Layton (Luton C)	1:48:50
85	P. Pringle (Belgrave)	1:49:52
91	H. A. Wise (Shafts B)	1:51:49
94	D. R. Jones (Iford)	1:52:55
95	L. A. Durrant (Orion A)	1:52:56
98	G. Harrison (Highgate)	1:53:38
100	G. Stott (Warley)	1:54:28
101	D. Rikly (Bracknell)	1:54:44
103	E. Blackler (Highgate)	1:55:11
104	R. Appleby (Highgate)	1:55:16
106	G. Coleman (Highgate)	1:55:53
107	D. Hopgood (B'heath)	1:55:58
110	A. K. French (B'heath)	1:56:21
123	J. H. Fenn (Orion B)	2:03:54
124	R. Everett (MPAC)	2:04:21

31.12.73		
7Km Road, Kientzheim, FRANCE		
9	Wambst (St.Die) 45	24:17
31	Martins (Montrouze)	—
34	Zaugg (Delle)	—
40	Bon (Mutzig)	—
(80 ran)		
1.1.74		
10.5Km Road, Zurich, SWITZERLAND		
13	H. Rudisuhli (40)	36:27
6.1.74		
10.25Km Cross-country, Faisanderie, FRANCE		
Veterans (40-55)		
1	Stefani (SF)	39:27
2	Manem (ASB)	39:51
3	Blanchard (ASVP)	39:55
4	Rascalou (USMT)	40:00
5	Gottardo (ASVP)	40:52
6	Vinet (ACP)	41:02
7	Garnier (SCD)	41:20
8	Rameaux (ACP)	41:32
9	Colliot (USMT)	41:52
10	Belkacem (ASVP)	42:20
(125 ran)		
Veterans (55+)		
5.35Km		
1	Bouder (Indir) 61	22:20
2	Faugerouse (CASG) 56	22:24
3	TerasDroust (CASG) 58	23:10
4	Ricois (CS) 55	23:55
5	Leprete (ASVP) 55	24:17
6	Marceron (ASB) 63	25:45
12.1.74		
Walloon Cross-country Ghamps, Quceu-du-Bois, BELGIUM		
Veterans		
1	Leva (FCL)	16:16
2	Dehoef (Arlon)	16:26
3	J. Nicolas (Bertrix)	16:41
4	M. Nicolas (Bertrix)	16:52
5	Kempeneers (FCL)	17:40
13.1.74		
8Km Road, Antibes, FRANCE		
7	Acquarone (ITA) 44	24:40
(77 ran)		
31.12.73		
4 Michant (Viry-Chat.) 20:46		
5 Curty (VP) 20:50		
(53 ran)		
Class 2		
1	Blanchard (VP)	19:57
2	Feleand (Massy)	20:30
3	Bourquin (VP)	22:33
15/16.12.73		
6Km Cross du "Figaro", Paris, FRANCE		
Class 1		
1	M. Bernard (Anzin)	20:20
2	Stefani (ITA)	21:14
3	Monseur (BEL)	21:57
Also ran: Compere, Simonet, Iceaga, Martinez, Moravan, Wambst, Manem, Gomond, Blanchou, Gottards, Martins.		
Class 2 (5Km)		
1	Fievez	17:59
2	Bouterd	20:19
3	Blanchard	20:27
Also ran: Tonnelier, Garnier, Thibandeau, Hourdeaux, Feleand, Baletand, Remy, Leroy.		
Over 65		
1	Guimard	—
2	Potier	—
3	Vesine	—
66	Hebrard (85)	—
23.12.73		
7Km Cross-country, Ans, BELGIUM		
1	Leva (FC Liegeois)	13:53
2	De Hoef (Arlon)	14:11
3	Van Leuven (Charler)	14:32
30.12.73		
Marathon, Rome, ITALY		
6	Acquarone (44)	2:34:41
6.1.74		
Marathon, Milan, ITALY		
20	F. Kappeli (SUI)	3:03:26
16.12.73		
9Km Road, MONACO		
1	Aquarone (ITA) 44	27:41

Much has been written about the physiological benefits of endurance activities, particularly with respect to the cardio-respiratory system. There is now no doubt that slow endurance running continued over many years protects the person from coronary heart disease. But can the same be said of cancer? Professor Otto Warburg has shown experimentally that healthy mouse cells, under conditions of 30% decrease in oxygen pressure, degenerate irreversibly into cancer cells within 48 hours. Doctor Ernst van Aaken believes that endurance training, carried on at a moderate pace with optimal breathing efficiency, is (because of its optimal provision of oxygen to all 60 billion cells of the organism) the best guarantee of prevention of coronary infarct, certain rheumatic disease, and even cancer in certain forms which may depend on a throttling of the oxygen supply. The following discussion concerns the statistical backing to Dr. Aaken's claim.

Exercise and Cancer

"Statistical proof of a possible prevention of cancer through years-long, increased endurance functioning of biological oxidation, with a view of the final cause of cancer." That is the somewhat complicated title of a medical-scientific work which Ernst van Aaken, M.D., recently published. In plain English, the title of this work might be: Does slow endurance running, continued over many years, protect a person from cancer? This is an interesting topic, and it is no coincidence that Dr. van Aaken is the person dealing with it since, as is well known, he is the German prophet of long running training at a pace where no oxygen debt is acquired.

Dr. van Aaken had stated in a previous paper that among members of the Association of Senior Long Distance Runners there had been no reported case of cancer. Professor Otto Warburg, a noted cancer researcher, was not satisfied; he asked for statistical proof. Dr. van Aaken then sent a questionnaire to about 1000 senior (over-40) distance runners all over the world.

Four-hundred fifty-four questionnaires were returned to him; some had been answered with the backing of family doctors or specialists. The distance men were between 40 and 89 years old; the average age was 53.8. They had been active in sports for an average of 32.4 years; in running, mostly by the endurance method, for 19.6 years. The seniors who completed the questionnaire didn't form a "physical elite." Dr. van Aaken reports that seven of them have already had a heart attack and 74 had severe circulatory disturbances before they began long distance training; only two of the 74 are still suffering from these ailments. The runners have been through other diseases ranging from bronchitis to dysentery or malaria, and have had operations of various kinds.

"The most important result of the whole questionnaire project was, however," states Dr. van Aaken,

"that all together only four cases of tumor formation were determined." None of these cases resulted in death. One was really questionable. Two of the three other distance men feel healthy again, among them a 71-year-old internist who was originally very depressed but now is again running five kilometres daily.

Dr. van Aaken compared the evaluation of the 454 questionnaires from senior runners with the same number of 40-to 90-year-old patients in his practice. This group were non-athletes, some were heavy smokers, some alcoholics, every fifth person was heavily overweight. Among them Dr. van Aaken found 19 verified and 10 probable cases of carcinoma (cancerous tumors).

"The comparison of the two groups: 454 fit senior runners with four tumors = 0.89%; 454 men from a country practice between 40 and 90 years of age with 29 tumors = 6.4%, which can serve as clear proof that a healthy way of living, continued for years, with fasting, non-smoking and daily running training does not only give extensive protection from cancerous diseases, but preserves a performance capacity on into high old age which even some trained athletes cannot show."

That is the conclusion Dr. van Aaken draws from the examination. He also supports it with details of the mode of life of the senior runners and references to heart and circulatory data. We are keeping clear of the theoretical part of Dr. van Aaken's paper. Let us only mention the opinion he has distilled from his research, "that an optimal running training with eightfold increase in the endurance function of the biological oxidation process, carried on for years, prevents cancer with 99% certainty." If this is true, slow endurance running training will take on a heightened significance for the maintenance of health.

(With acknowledgements to LEICHTATHLETIK and RUNNERS WORLD)

COROBUS SAYS ~ ~ ~

"Be wise with speed;
A fool at forty is a fool indeed"

Edward Young (1683-1765)

I have never been sure whether Young was simply moralising to the middle-aged or was really an 18th century 'Lydiard'. Either way, his words are well worth remembering, for as we approach another track and field season in the Northern Hemisphere we can expect the usual crop of injuries as veterans let their enthusiasm run away with them and sprint, throw or jump too intensively too soon. So when you put those spikes on for the first time, think of Edward Young.

The Canadian's call it Participaction—a hybrid name to indicate direct action in sport participation. The federal Government has given other countries a lead by establishing an organization called Sport Participation Canada whose object is to study ways to get Canadians to exercise.

Participaction has assembled some unpleasant facts. The average 30-year-old Canadian male is as fit as the average 60-year-old Swede. Tests in Saskatchewan showed that 40 per cent of men and 47% of women fell into the low-to-fair range of the American Heart Association fitness standards. In fact, only 5 per cent of Canadians follow a regimen of physical exercise—and if everything I hear from Canada is true, most of those belong to the Canadian Masters team!

Participaction is finding ways of spending their share of a federal health department budget of \$25m. Following an intensive advertising campaign in Saskatoon, Saskatonions were asked to drop whatever they were doing one night last February and, in the interest of their health, take a walk round the block. More than 60,000 people—an amazing 51 per cent of the city's population—ventured out into the freezing night.

It just shows what can be done if the effort is made. I wonder though whether the necessary follow-up is there. Supposing Don Farquharson and his merry masters had been informed beforehand and had arranged for 60,000 leaflets to be handed out that night. What a delightful logistics problem that would have been—could have boosted sales of VETERIS too!

Many of these campaigns and studies are directed at children and young adults, and with good cause when research indicates that many of them reached their peak of fitness around the age of 12, but it seems a pity that

20

similar publicity is not given to the growing veterans movement. Participaction could well get a better return on their money by spending a fraction of that \$25m on supporting and publicising the 1st World Masters Track and Field Championships. What an example that would be to the younger element!

The article in the last issue of VETERIS about the Pike's Peak "Marathon" in Colorado was read with interest by many veterans in Scotland and the northern reaches of England. This territory is the stronghold of the fell runners—a tough breed of men who belong to the Fell Runners Association (FRA) and who have little time to venture out into the 'soft' pastime of lowland racing when they have such a full programme of their own. All fell races are graded into 3 categories A, B and C. The Classic Fell Races (A) must have an overall gradient exceeding 250 feet per mile. None match the Pike's Peak climb of 7,600 (finishing at 14,110 feet!) but the longest and highest are not necessarily the most difficult in this type of running.

The "Fell Runner of the Year" award is based on points received throughout the season for performances in A and B grades only. 1973 winner was Harry Walker of Trawden, Lancs., who amassed a remarkable 249 points in 15 major races. They ranged from Ben Nevis (10 miles and 4,418 feet in 89:38) to Thieveley Pike (3½ miles and 850 feet in 21:22). Fourth in the competition was Joss Naylor who has been called "the toughest runner in the world". In 1972 he ran up and down 63 lakeland peaks in atrocious weather conditions in 23 hours 35 minutes. Last year he broke the late Eric Beard's record for a 22 miles run over fourteen 3,000 feet Welsh peaks in 4 hours 46 minutes.

The agility, strength and endurance of these fell runners is legion, and veterans will be pleased to congratulate Mike Davies of Reading who finished an excellent third in the FRA competition against such fine opposition. The superbly fit Davies attained veteran status last year and won the Lomonds of Fife race (B) in 71:56.



Photo: W. E. Smith

Mike Davies descends from Ingleborough's summit in the 1973 Three Peaks race.

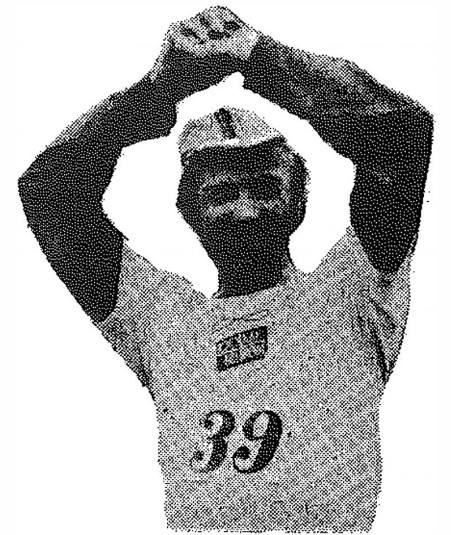
That well known figure on the British veterans scene, JOHN TARRANT, is once again showing how hard it is for anything or anyone to keep him down. Only last September this well known ultra-distance performer was racing in Cardiff's Lake '15'. Two months later he was told he had cancer of the stomach which necessitated major surgery. The removal of his stomach did not stop the flow of fighting words and it was with amazement and delight that I saw John at the veterans cross-country championships. He was weak and needed a walking stick but that wasn't going to keep him away. His spirit is truly remarkable and deserves the hundreds of letters and visits he has received.

In his early years as a runner this ex-boxer had many difficulties with officialdom over his amateur status. He was barred from open competition. He soon became known as the "ghost runner" as he frequently lined up behind the field and ran out at the finish. His persistence eventually won him the day. Let us hope that his present, and greatest, battle will achieve a similarly happy end.

Jack Foster's famous run in the Commonwealth Games marathon may well have furthered the promotion of distance running as a means of combating degenerative heart disease. According to Dr. Tom Anderson, medical officer of the New Zealand team at Munich, the performances of athletes like Foster "are revolutionising medical thinking about stamina training as a means of coping with heart attacks". He went on to say that long distance training "gives an older man the best chance of avoiding heart attacks" and that blood pressure becomes largely self regulating when a runner is doing enough training to take part in cross country and road events. He went on to say "there is no record in medical literature of a fit distance runner, in regular training, having a heart attack".

On the same theme, more and more cardiologists in the U.S.A. are putting heart attack patients on to tailor-made programmes of stamina training. In fact, eleven former heart attack patients, together with their doctor, rounded off a long period of training by competing in the last Boston marathon. Such programmes are closely linked with computerised cardiographs operated during exercise. Provided that no more than about 30% of the heart muscle has suffered blood blockage then a rehabilitation programme is possible.

For all it's knowledge, the medical profession has a long way to go to fully understand the human body. It's history is littered with false premises and bigotry. The average athlete's view of the medical profession is certainly worse than that of the 'average' citizen—probably because of his greater awareness of the body's functions and behaviour. Progressive doctors, physiologists and veteran athletes now have the opportunity to rectify this serious lack of confidence. Perhaps then we will no longer hear those all too common phrases "you're over the top at 40" and "you're getting on now and must take it easy".



Veteran François

Whatever British views may be on membership of the EEC, there is one man to whom the English Channel has never existed. He is 61-years-old distance runner François Caviglioli. François is resident at Basildon in Essex but is as well known on the continent as over here for his frequent appearances in veteran events. His insatiable appetite for veteran racing makes him a difficult man to pin down. These last few months, for instance, he could either have been in Paris for the famous "Figaro" cross-country festival (49th out of 350) or in Holland, where he won the Dutch class 3 title, and a half-marathon race in 95 minutes, or in his native France where he clocked 12 hours 49 minutes for the 100km (62½ mile) event at Milan finishing 21st of the 183 starters. Most veteran races wouldn't be the same without this chirpy, moustachioed figure on the line, easily recognisable by the ever-present cap.

Incidentally, François's son, Olly, is a race walker of repute. As a teenager he made his mark on the British Race walking circuit and soon gained his international vest for France. If he is anything like his father he has a long career ahead of him!

ED VIVANCOS of Canada, who is on the World Executive for Esperanto, has been appointed languages delegate for the 1975 World Masters Track and Field Championships in Toronto. I know that veteris is from the latin for "old" but Ed has pointed out that AVA means "grandfather's" in Esperanto. The editor tells me that this was quite unintentional. The emblem is likely to disappear from the cover anyway very soon and I am assured that it's removal would be nothing to do with the grandfather's label!

It is common practice these days to compare the merits of various performances by use of the I.A.A.F. scoring tables, and for open competition it would seem to be a reasonable yardstick. For veteran performances though it produces too many anomalies. The strength and technique of throwers and the stamina of endurance athletes seem to acquire a certain vintage quality over the years and serve them in good stead at 40 years of age—witness Foster, Mimoun, Payne and Connolly—whereas those requiring quick reflexes, flexibility, speed and agility seem to have greater difficulty in maintaining these qualities into middle age. Perhaps it is about time that we devised a set of international tables specifically for veterans, which would incorporate the various rates of decline with age.

* * *

One of America's leading class 3 throwers, 62-years-old PHIL PARTRIDGE, wrote recently about a harness he devised to cure and support a right shoulder separation. Six months after curing the trouble he had a bicycle accident and fractured his left shoulder, amongst other injuries. Out came the elastic harness again, adapted for left hand use. None of this was going to stop Phil competing in the Monmouth Masters meeting 10 days later, of course, and he had six practice sessions, with some pain, in everything but the hammer throw. Then to the meeting. "The thing I dreaded happening" he said, "hammer throw was the first event, very tough on the left shoulder, I took one throw and quit, enough to win without further injuries, and went on to win the shot, discus and javelin setting new world age records in the latter two events. The elastic shoulder harness is O.K. But I was so intent on making good under duress that I didn't notice until three events were gone that I was pantless, competing in underwear briefs. Maybe we have something here. Pantless throwers do better?!"

* * *

I hear from the United States that the U.S. Masters South Pacific tour has been perpetuated on film. Financed by members of the team, approximately 10,000 feet of film was exposed by Hollywood outdoor motion picture professional, Mike Hoover. Sufficient 16mm film was shot to produce two films: a 30 minute film featuring four members and their activities, and a special 20 minute product for viewing in cinemas throughout the country. I understand that Hoover also plans to use the film as a pilot for a longer TV documentary on adult fitness.

Star of the film is that well known master from Seattle, 63-years-old Norman Bright. Apparently Norman proved to be a good choice, his scraggly white hair and youthful physique being most suitable. Much of the film was shot in the Mount Cook region where Norman continued to be a highly co-operative star, jumping over crevasses and the like, on cue, at the director's request. When you are dealing with stars as fit as Norm, who needs stunt men? It is hoped to give a preview of the films at the Masters Championships in July.

The 1975 World Masters Championships will certainly be well supported by the English speaking nations, but I am wondering what sort of support is likely from other countries—the continent of Europe in particular. It is important that the championships have a truly world flavour about them and, in this respect, an intensive advertising campaign in the non-English speaking nations would help to establish the event in future years also. With the ubiquitous David Pain handling publicity and international travel arrangements it is likely that no stone will be left unturned to get all veterans track and field enthusiasts to Toronto.

* * *

Fred Housden played no major part in the realm of veteran athletics, but British veterans were particularly saddened by the loss of this 81 years old coach who died last month. Although known to the public as the man who guided David Hemery to that Mexico gold medal, many of us remember him as the friendly, gentle coach who was equally ready to give his time to the beginner as he was to the star.

Fred himself knew what it was to compete as a veteran. After joining South London Harriers in 1919 as a sprinter he turned to the hurdles becoming Kent County champion and reaching the A.A.A. finals. He took up pole vaulting in 1924 and four years later, at the age of 36, vaulted for the British Empire against the United States. On reaching veteran status Fred finished third in the A.A.A. pole-vault championship.

I well remember Fred taking a particular interest in a couple of veterans preparing for the steeplechase in the weeks preceding the big Crystal Palace meeting in 1972. It was almost as though he was wishing he had been born 40 years later. We shall miss his untiring energy and good humour.

Coroebus

APPEAL

Our appeal for donations to tide us over the difficulties of our first year met with an encouraging response. As we go to press the total is well over £50. Donations from the following are acknowledged.

D. Burraude	D. Eyles	F. Price
G. M. Pearson	D. K. Hall	R. Shires
J. B. Leith	J. Walker	A. Tucker
J. Johns	A. Parsons	W. Symes
A. Lawton	G. Collett	A. Welling
A. Weeks-Pearson	P. Wilks	M. Carr

DR. JOHN L. BOYER M.D. of the Human Performance Laboratory, San Diego State College, has considerable experience in assessing the fitness of United States service personnel. He has also studied the participants in the U.S. Masters Track and Field Championships these last four years. The following is an address given by Dr. Boyer to the annual gathering of Masters.

Exercise and the Ageing Process

-beating heart with a large volume capacity results from endurance exercise. An additional benefit of exercise is that it tends to lower the blood pressure. Long endurance activity in particular does this by its dilating effect on the vessels so that the pressure within the vessel is reduced. Exercise may also lower the blood pressure by a direct effect on the body's other blood pressure regulating mechanisms.

A fourth benefit of exercise is called the peripheral benefit. This means that collateral vessels are also increased to other muscles of the body. This gives another reserve capacity and increases the overall efficiency of the cardiovascular system.

A fifth benefit is in the body weight and metabolic areas. How much body fat one has compared to lean body mass (muscle) is more important than overall body weight. Optimally one should have only 10-15% of one's weight as body fat. Most sedentary Western men have 25-30% of the body weight as body fat. Exercise helps to convert the body fat to lean muscle mass and thus decreases the proportion of total body fat. In general, the more unfit and untrained the individual, the greater his per cent of total body fat.

Bone metabolism is also improved with exercise. There is an increase of both bone density and bone strength. The oxygen carrying components of the blood, the red blood cells, are also increased as a result of exercise.

There is also an endocrine benefit from regular exercise. It improves the metabolism of certain chemical substances called catecholamines. These are adrenalin-like products. These substances tend to waste the oxygen supply of the body. Exercise improves the efficiency of the way the body handles the catecholamines. This may also have something to do with the mood of an individual and it may explain why fit persons have less of a tendency toward depression and in general are happier than the unfit.

With this background of the physiological effects of exercise we can now answer some topical questions. It is easy to see now why running (actually alternating walk and jog) is used as the exercise rehabilitation for cardiac patients. Jogging is an ideal form of endurance exercise. It can be done anywhere and at any time and without any equipment. It does everything for the heart that exercise can do. However, other endurance activities do just as well such as cycling, swimming or long-distance hiking.

We now know that ageing is a condition called atherosclerosis, a fatty deposit on the walls of the arteries, which carry blood to the heart, brain, kidneys, legs and other important parts of the body; this condition restricts the supply of oxygen and other cellular nutrients, causing the death of cells which are replaced by scar tissue. This is the ageing process. Just what does exercise do to your heart and blood vessels?

First exercise trains the heart muscle just as exercise trains and improves any muscle. It strengthens the muscle fibres of the heart and thus makes it a more efficient organ. What kind of exercise does this best? Endurance exercise is best to improve the strength of the heart muscle. That is why running, jogging, swimming, cycling or any endurance work is so good. It makes the heart stronger. To support this improved muscle there must be improved circulation — the formation of new vessels and the dilation of existing vessels to improve the blood flow to the muscle fibres of the heart. Thus there is an actual increase of blood to the heart itself with exercise by this collateral system.

Secondly, exercise increases the size of the heart. Just as exercise increases the size of any muscle. This increases the output of blood by the heart with each heart beat. Since the heart is a volume organ, the size and capacity of the heart are very important. The better the volume capacity the better the stroke volume and cardiac output with each beat.

Thirdly, exercise decreases the resting heart rate. The resting heart rate of the trained or the untrained. The heart rate tends to reflect the heart function. A slow resting heart rate is more efficient. Rates below 70 are optimal. A slow

Continued on page 25

For the Over 70's

VINTAGE REVIEW

by JACK FITZGERALD

I have received Pete Mundle's list of Best Performances by American Class 4 Athletes and comparisons can now be made with British over-70 performances with the ultimate aim of producing Class 4 World Records.

70 year old Harold Chapson appears no less than 10 times on the list with 100 yards in 14.1, 100 Metres in 15.3, 220 yards in 33 seconds, 400 Metres in 68.4, 440 yards in 69.5, 800 Metres in 2.37, 880 yards in 2.41.6, 1500 Metres in 5.30.8, 1 Mile in 6.04 & 2 miles in 13.09., quite a formidable total. Ralph Higgins (71) comes next with 100 Metres in 15.3 (shared with Chapson) 110 Metre Hurdles (30") in 22.7, Long Jump of 12'3", Triple Jump of 25'11½", Discus Throw (1kg) of 97'6" and Javelin Throw of 88'1" (600 Grammes).

Another excellent double has been achieved by 76 year old Fred Grace, with a 42.38 six mile at 73 and 3.45.15 Marathon when 74. Gentry Mower (72) has 3 performances listed, namely a Shot Putt (8lbs) of 33'4", Discus Throw (1.6kg) of 61'3" and Javelin Throw (800 Grammes) of 69'4".

Other listed performances are 75 year old David Fowler, 200 Metres in 36 secs, Tom Roberts (71) 3000 Metres in 12.36, Harold Keith, (71) 3 miles in 20.43, Noel Johnson (74) 5000 Metres in 25.10, Herbert Dowler (70) 10,000 Metres in 51.46, John Whittemore (73) 4 foot High Jump & Hammer Throw (12lbs) of 77'3", Walt Westbrook (76) Pole Vault of 7 foot achieved at 73 & Arthur Wright (71) Hammer Throw (16lbs) of 62'6".

Known superior British performances are Alf Sutherland's 200 Metres in 33.5 and Long Jump of 12'5¼" reported in the December issue. Please let me know of any other superior performances to these, stating Venue and Date of achievement and actual age when accomplished.

Phil Partridge's proposed "EURICAN" Standards for grade 4 are 4 Kilo Shot, 1.25 Kilo Discus, 600 Grammes Javelin and 5 Kilo Hammer and if adhered to these should finally bring some uniformity. He also proposes an 80-89 group standard of 8lb Shot, 1 Kilo Discus,

24

600 Gramme Javelin and 4 Kilo Hammer, but I feel we are a bit thin on the ground for over-80 throwers in active competition.

Cantabrian of Newnham Mill, Cambridge, formerly the London Instrument Company have offered any technical advice or information to Phil, and have extended this offer to VETERIS, so would welcome any comments on these.

* * *

LARRY LEWIS ASTOUNDED DOCTORS

San Francisco runner dies at age 106

Larry E. Lewis, the 106-year-old ex-waiter who liked to run almost seven miles each morning, died on February 1st of cancer of the liver.

Born in 1867 of Jewish immigrant parents while Andrew Johnson was President, Lewis astounded his doctors for many years with his 4 am runs around Golden Gate Park. He also liked to celebrate his birthdays with 100-yard dashes, the latest of which he finished in 17.3 seconds three years ago.

Until recently he travelled as a goodwill ambassador for Western Girl, Inc., a temporary help employment agency. He had taken that job because he was bored several weeks after retiring at age 105 as a waiter at the St. Francis Hotel, San Diego. He had been hard at work at that post since he was 80 years old.

Lewis grew up in Phoenix, and went to work in a circus trapeze act for P.T. Barnum in 1882. In 1893, he began the first of his 33 years as an assistant to magician Harry Houdini.

The first of 13 children, all of whom he outlived, Lewis never smoked or drank alcoholic beverages, but did claim to down 3 gallons of water and 12 ounces of orange juice a day. He also skipped fried foods, pastries and white bread, preferring rye and whole wheat.

He said he learned his life-style of health and longevity from the Navajo Indians he grew up with in Arizona. He liked to quote his longtime friend Navajo Chief Henry Ironshell, who died in 1972 at age 131.

"I can still say in the Navajo tongue a very wise thing he told me about people," Lewis recalled last year. "This is it: 'Every man, woman and child born is your brother or sister until they prove unworthy of being called one . . .'"

Lewis left no survivors. His second wife, whom he married when he was 86, died two years ago. U.S. Masters who attended the National Championships in San Diego in 1969 witnessed the unbelievable sprinting ability of the 102-year-old (as he was then) and enjoyed his ebullience and magic.

We are happy to have met Larry Lewis, and "Old Boy" with a full life.

Harold Chapson

By Tom Sturak

Old runners never die, they just move to Hawaii—and keep on running. Consider Bud Deacon, Norman Tamanaha, and Stan Thompson: all are in their 60s and together hold dozens of Division III age-group records. But perhaps the brightest star yet to rise among the mid-Pacific masters is the latest—and the oldest. At 70, Harold Chapson burst on the veterans running scene this past April at the Hawaii Masters track and field championships when he obliterated Division IV world marks in the mile, 880 and 220. The mile in 6:05 (better than the old mark by 27 seconds) was Chapson's first track race in 46 years!

Harold Chapson: Honolulu, Hawaii (Hawaii Masters TC). 71 years old (born July 11, 1902). 5'5½", 120 lbs. Retired agricultural engineer and corporation executive. Married. Began racing (masters) at age 70. Self-coached. Racing: (all marks set in 1973; all world bests for over-70): 100m—15.3; 220—33.0; 400/440—68.4/69.5; 800/880—2:37.0/2:41.6; 1500m—5:30.2; mile—6:04.0.

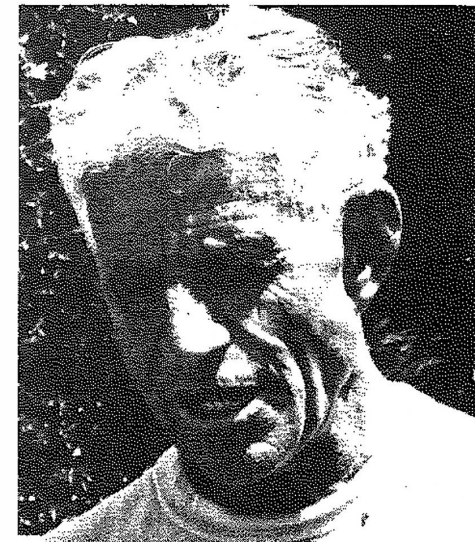
Training: once a day, two miles on the track in 13.30—"I do nothing else; no speed work or interval training. I used to run on the grass in a park but now use the University of Hawaii (Tartan) track, which gave me sore legs at first. I've coached track myself in the past—but no one knows how to train older athletes. There's a dearth of information on over-60 athletes especially. The university is going to use me as a guinea pig to see what they can find out."

A 4:30 miler and 10-flat two-miler at Colorado State University in the mid 1920's. Chapson had done no training or competed in any other sport until 1969, when he took up running following his retirement as a corporation executive. Since then, he has run two miles daily always timed.

EXERCISE & THE AGEING PROCESS, Continued.

What about running contrasted with other sports for conditioning? I'm sure you could all answer this yourselves. Conditioning occurs only with endurance sports — running, swimming, cycling, singles tennis and so on. It does not occur with the non-endurance sports such as golf, bowling, archery, and NFL football-watching on the TV screen.

As far as competitive sports for men over 40 is concerned, over three years experience with the US Masters meets indicates that it is just great for the trained, conditioned year-around middle-aged adult. I think competition could be disastrous for the middle-aged man who tries to get ready for competition in a short period of time. This probably is one of the most important points of my talk today. Competitive sports for men over 40 are fine provided year-around conditioning and cardiovascular fitness is maintained. It should be the responsibility of track and field clubs who have Masters competitors to encourage an over-40 athlete to withdraw from a meet unless he has



Tom Sturak photo

Early this year, Hawaii Masters club member, Mike Nagle discovered Chapson running at good pace in a park and encouraged him to undergo treadmill tests by Dr. Jack Scaff, a cardiologist and active marathoner. The results showed Chapson to be in better shape than most 30-year-olds.

A week before the Hawaii Masters meet, Chapson ran a mile time-trial, wearing heavy tennis shoes, in 6:14—and decided to invest in a pair of running flats. Since his initial success, he has taken running "more seriously." At the Senior Olympics last June in Los Angeles, he set world marks at 400, 800 and 1500 metres. For fun, he entered the 100 and finished second—in the same (record) time as the winner.

(With acknowledgments to "Runners World")

maintained his fitness continually.

In regard to disabilities as the result of strenuous exercise, the same principles apply whether you are 20 or 40. The more fit you are the less chance you have of an injury.

The results of our study of participants in the first US Masters Track and Field Championships were about as predicted. They were in the upper echelon of adult fitness levels. In particular the endurance runners, middle distance and beyond, were outstanding. Some of the field-event participants, although in great muscular shape, could have improved their cardiovascular condition. We have not published our data for a couple of reasons. One of which was we wanted to be certain that no one would get into trouble medically after we got ourselves out on a limb by stating how great these middle-aged athletes were. After three years of competition you might be interested to know that we have had no serious medical problems of any kind. As a matter of fact at this meet we have had fewer musculo-skeletal problems than at the last AAU National meet held at the same stadium.

SPOTLIGHT ON Bud Deacon

A one time Commander in the U.S. Navy - Bud at 62 is what many would claim veteran athletics is all about. For no one could depart from his company without a strong feeling that this man enjoys to the full all that an active part in sport can bring. He is dead keen and ever ready to have a go at almost all events. His versatility would be remarkable for one less than half his age let alone almost sixtythree. Of our listed Class Records only the 800 metres bears his name but in almost all the other events it is prominent. Born in San Diego in 1911, it took until his final year at High School to make a mark in Track and Field by gaining honours in the high jump, long jump and pole vault. The year was 1928, and at an age of 17 he was the youngest participant in the final trials held at Harvard Stadium for the pending Olympics. The youthful Bud cleared 6'-2" but missed out on selection by 2" - although gaining a certain satisfaction by his effort being rated a world age record: his first of many. By the time the next Games came round in 1932, vaulting had become his main event. This time he tied for 3rd spot in the final trials but didn't get the nod

Born: 28th April 1911
Place: San Diego, USA
Height: 5' 11"
Weight: 150lbs
Pulse at rest: 45
Occupation: One time Commander in the US Navy (rtd.), Hotel owner and real estate.
Club: Hawaii Masters Track Club

Personal Bests

	Pre Vet.	Over 60
100m		13.8
200m		28.3
400m		62.2
800m		2m23.0
1500m		5m04.3
1 Hour		8m33.2yds
110H. (2'6")		18.5
H. J.	6'2" (17)	4'8"
L. J.	23' plus	15'8½"
T. J.		32'4"
P.V.	14'4" (29)	15'8½"
Jav. 600g		119'3"
Dis 1kg		105'5½"
Shot 8lbs		37'6"



at selection time. In 1936 again he misses out by one place and seemed doomed to never make it. It was his misfortune that America ruled supreme in the vault with legendary names like - Miller, Sefton, Meadows and Graber; all Olympic Champions or World Record holders.

In a way, the year 1934 was the high water mark in Bud's younger days. In his final year at Stanford he vaulted for their team in the Intercollegiate Championships and at the end of a long hot day only one event had to be recorded and only one last vault remained to decide the coveted team award. America's amazing depth at world class was on display that afternoon as ten competitors cleared 13'-6" and all but Bud Deacon went out at 14'-0". That is, nine had recorded three failures to Bud's two. If he cleared at his final try, Stanford would win - and if he failed, Harvard and Southern California would take the honours.

He recalls: "I started down the runup six times and quit in a state of nerves. Finally from the top of mighty Colloseum, cloaked in a pregnant silence, coach Dink Templeton bellowed in a voice that could be heard in San Francisco 'For Christ's sake go ahead and vault'. That did it, and I sailed over to win at a height that was within two inches of the existing world record. Winning an Olympic gold couldn't have made that moment of joy more intense - we had won the team title and I felt like walking on air - And there was an added bonus, for I had defeated team mate and friend Bill Miller, the 1932 Olympic Champion and World Record holder". A few weeks later he defeated Miller again and took his record with a clearance of 14'-2¾" for a Stanford record that was to stand for 27 years, until the advent of glass fibre poles.

After leaving university Bud's other sporting talents came into play when he was part of the very successful San Diego Volley Ball Team that won the National Championship in 1935, place 2nd in 1936 and 5th in 1937.

By 1939 all could have been over for an American athlete out of the University structure and in his late twenties - but it wasn't quite so. For although a world war was to cheat him out of competing in the Olympic Games when he finally made it in the 1940 Trials - he was at least in on one of Track and Field's moments of history. In the twilight of, bamboo poles Cornelius Warmadam became the first and only man in history to clear 15'-0". Tying for 2nd place was Gunn Smith (the 1948 Olympic Champion to be) and Bud himself. The height was 14'-4" - a personal best; and goodbye to athletics for thirty years.

Thirty years would pack a life time's experience for most, but not the irrepressible Deacon, for after retiring from the Navy he decided to take up jogging a few months after his 59th birthday. 'Jogging', says Bud, 'or easy long distance running, should be the base of every sportsman's fitness, especially the veterans. It forms the foundation of all else you may try'.

He claims his backyard in Honolulu, where he now lives, is big enough to jog in and contains a 100'-0" long wooden runway with a pole vault and high jump pit one end, a triple jump and long jump pit the other - some back yard! His re-introduction to active track came through reading Dr. Kenneth Cooper's "Acrobatics"

which succeeded in selling him the health benefits of running. After reading "Age Records" he decided a little competition wouldn't be out of place either.

Entering what was billed as the 'Los Angeles Senior Olympics' in 1971, he substantiated his belief, and versatility, by winning his age group 800 metres, pole vault, long jump and triple jump in two days.

Enjoying himself by 'having a go' is more important to Bud than specializing. This was underlined in the European Masters Tour in 1972, when in London he won the Class 3 long jump (14'2"), triple jump (29'9¾"), pole vault (9'6") and high jump (4'2"); and in Cologne the high jump (4'3"), triple jump (30'8½"). 400 metres (66.8) and 800 metres in 2m29.3 (the last two in the space of fifteen minutes) plus second in the pole vault and long jump with the same heights as in London. One can be excused from wondering where he gets all the energy from!

He is now Commander R.W. Deacon, US Navy (Retired), but Bud keeps busy inbetween training and competition with being the owner of several hotels and apartment houses, plus being involved in real estate. This means travel between Hawaii and the East and West coasts of America - thus affording the opportunity to pop over to Europe now and again - a visitor who is welcome any time, I am sure.

JOHN HAYWARD

Spotlight on Roger Ruth has been held over until the next issue.

Thedde Jensen

Sweden's Veteran Extraordinary

65 year old Thedde Jensen of Sweden has competed in every Veterans World road championship since its inception with the marathon in 1968, held at Baarn in Holland.

He made fastest time in the 0/60 class in this event and then remained in command of this division in the next four succeeding World championship events until the 25 km. championships held in the I.O.M. in 1973. Here he was beaten into second place by Erich Kruzycki the sensational winner of the San Paulo New Year race of 1951/2, at the age of 40.

But five wins and a second place in six championships must surely be a very outstanding achievement which seems to have gone unheralded; outside, perhaps, his own country.

Other excellent performances from Jensen which come to mind are a standing European 0/60 marathon record of 3:02:24 in the Stensund marathon in June 1970 and a remarkable time of 1:54:34 for 30 kms. at Gagnel, Sweden in 1972, easily I should think an unofficial class world record.

This sort of form must assure Thedde Jensen of an invitation to the first Veterans World Track and Field championships which are to be held in conjunction with the Canadian National Exhibition in Toronto 1975.

SAM LEE

RANKING LISTS PART 1

by John Hayward

ASSOCIATION OF VETERAN ATHLETES — 1974 World Ranking Lists

Part One — TRACK EVENTS

Class 1 (over 40) Class 2 (over 50) Class 3 (over 60)

Where the ages are known they are shown in brackets.

An athlete qualifies for his age group on his birthday.

* converted from yards 1 indoors

100 METRES Class One

Class Record :- Thane Baker (USA) 10.7 as listed 72

10.8*	R. Thomas (40)	USA	16-6
11.0	D. Smith (41)	USA	23-6
11.1	A. Blackman (40)	GBR	12-6
11.2*	D. Jackson (41)	USA	17-3
11.3	J. Lingel (41)	USA	23-6
11.4*	D. Cheek (42)	USA	17-3
11.4	G. Gluppe (40)	CAN	6-7
11.4	R. Stolpe (48)	USA	6-7
11.4	A. Juillard (50)	USA	18-8
11.5*	M. Parker (48)	USA	7-8
11.5*	T. Brooks (43)	USA	9-5
11.5*	A. Feela (40)	USA	2-2
11.5*	S. Davison (43)	USA	17-3
11.5	W. Frederickson (42)	USA	23-6
11.6	J. Waller	AUS	14-4
11.6	L. Snelling	AUS	14-4
11.6*	J. Ryan	USA	27-4
11.6	P. Jordan (56)	USA	23-6
11.6*	A. Guidet (55)	USA	14-7
11.6	P. Schlegel	USA	21-7
11.7	R. Hochreiter	AUS	14-4
11.7*	P. Cowell	CAN	16-6
11.7	H. Washington (44)	USA	6-7
11.7	R. Marlin (43)	USA	6-7
11.7	J. Greenwood (47)	USA	6-7
11.7	D. Howarth (43)	GBR	25-6
11.7*	O. Dawkins	USA	21-7

100 METRES Class Two

Class Record :- Al. Juillard (USA) 50 11.4

11.4	A. Juillard (50)	USA	18-8
11.6	P. Jordan (56)	USA	23-6
11.6*	A. Guidet (55)	USA	14-7
11.9*	P. Fetter (52)	USA	6-5
12.3*	R. Crouch (52)	USA	7-4
12.3	B. McDonald (55)	USA	23-6
12.3*	C. Boyd	USA	22-7
12.4	J. Tennant (51)	AUS	14-4
12.4	N. Orrmins (53)	USA	6-7
12.6	J. Tuttle (50)	USA	6-7
12.8	V. McIntyre (62)	USA	23-6
12.8	C. Fairey (57)	GBR	1-7
12.8	R. Fortze (52)	USA	6-7
12.8*	K. Jack	USA	21-7

100 METRES Class Three

Class Record :- Virgil McIntyre (USA) 62 12.8

12.8	V. McIntyre (62)	USA	23-6
12.9	A. Major (60)	USA	23-6
13.2	G. Braceland (60)	USA	30-9
13.3*	K. Carnine (65)	USA	8-4
13.4	J. Williams (62)	GBR	16-6
13.6	V. Pye (60)	AUS	14-4
13.6	L. Batt (60)	GBR	12-8
13.7	F. Sjostrand (60)	USA	23-6
13.7	A. Puglizevich (65)	USA	23-6
13.8	B. Deacon (61)	USA	24-8

200 METRES Class One

Class Record :- Dean Smith (USA) 40 San.D 22.3 as listed 72
Go. Rhoden (Jamaica) 45 San.D " as listed 72

22.4	D. Smith (41)	USA	24-6
22.6*	R. Thomas (40)	USA	16-6
22.8	J. Lingel (41)	USA	24-6
22.9	A. Blackman (40)	GBR	1-8
23.1	D. DeValence (42)	AUS	24-6
23.2	D. Stolpe (48)	USA	24-6
23.2	J. Lloyd (40)	USA	7-7
23.5	J. Dixon (41)	GBR	1-7
23.5	K. Scott (40)	GBR	12-8
23.6	W. Frederickson (42)	USA	24-6
23.6*	D. Cheek (43)	USA	7-4
23.6	J. Greenwood (47)	USA	7-7
23.6*	A. Juillard (50)	USA	25-8
23.6	A. Guidet (55)	USA	24-6
23.7*	M. Parker (47)	USA	2-5
23.7	K. Whitaker (43)	GBR	7-7
23.9	T. Brooks	USA	2-5
23.9*	O. Dawkins (45)	USA	22-7
24.0	J. Waller (40)	AUS	1-4
24.0	L. Snelling (43)	AUS	15-4
24.1*	T. Rademaker (45)	USA	22-7
24.2	H. Washington (44)	USA	7-7
24.2	K. Melgosa (44)	USA	7-7
24.3	P. Manning (42)	AUS	1-4
24.3	P. Jordan (56)	USA	24-6

200 METRES Class Two

Class Record :- Al. Guidet (USA) 55 23.6
Al. Juillard (USA) 50 23.6

23.6	A. Guidet (55)	USA	24-6
23.6*	A. Juillard (50)	USA	25-8
24.3	P. Jordan (56)	USA	24-6
25.7	J. Tuttle (50)	USA	7-7
25.8*	C. Boyd	USA	22-7
25.9*	B. McDonald (55)	USA	25-8
26.3	R. Crouch (52)	USA	7-7
26.3	J. Upham (52)	USA	7-7
26.3	J. Hutchinson (51)	USA	7-7
26.4	J. Tennant (51)	AUS	14-4
26.5	C. Fairey (57)	GBR	12-8
26.6	S. Stein (53)	GBR	12-8
26.8	B. Bowers (54)	USA	24-6

200 METRES Class Three

Class Record :- Virgil McIntyre (USA) 60 Irvine 26.6 25-6-71

27.0	V. McIntyre (62)	USA	24-6
27.6	R. Niblock	USA	23-12
27.8	J. Williams (62)	GBR	7-7
28.4	B. Deacon (61)	USA	7-1
28.4	A. Puglizevich (65)	USA	24-6
28.4	K. Carnine (65)	USA	17-6
28.7	V. Pye (60)	AUS	15-4
29.3	J. Sharp (61)	USA	7-7
29.4	F. White (60)	USA	7-7
29.4	G. Braceland (60)	USA	30-9

There were nine track record breakers during the year. They were as follows:-

100m	Cl.2	11.4	A. Juillard	50	USA	100m	Cl.3	12.8	V. McIntyre	62	USA
200m	Cl.2	23.6	A. Guidet	55	USA	400m	Cl.1	49.7	J. Dixon	41	GB
800m	Cl.1	1m57.2	B. Bullen	40	GB	400m	Cl.3	61.4	F. Sjostrand	60	USA
3000m	Cl.1	2m23.0	B. Deacon	61	USA	5000m	Cl.3	17m23.0	E. Kruzycycki	63	GER
Equalled		8m22.0	L. O'Hara	41	GB						

The efforts of Dixon, Bullen and O'Hara have been commented on before. Of the ones that have only just come to light pride of place must go to the improvement brought about by Alf Juillard (50) in the Cl.2 100 and his record equalling 200 which matched a remarkable run of 23.6 by the fifty-five year old Alf Guidet two months earlier.

The lists show new arrivals and many holding or improving on the form of last year—something to be proud of. In all events, other than the 5,000m and 10,000m., there have been over-all improvements in depth and, with some, leading performers times have been returned; which as with open world records, makes one wonder where the limits are.

400 METRES Class One

Class Record :- J. Dixon (GBR) 41 49.7

49.7	J. Dixon (41)	GBR	22-6
51.1	K. Whittaker (43)	GBR	7-7
52.0	M. Clark (40)	USA	7-7
52.4	R. Stolpe (48)	USA	7-7
52.6	D. Cheek (43)	USA	23-6
52.6	G. Gluppe (40)	CAN	6-7
52.7	J. Waller (40)	AUS	14-4
52.7*	M. Parker (48)	USA	25-7
52.8	J. Lingel (41)	USA	6-7
52.8	P. Manning (42)	AUS	22-12
53.4	H. Laws (41)	USA	6-7
53.4	O. Dawkins (45)	USA	6-7
53.7	D. Palmer (43)	USA	23-6
54.1	L. Snelling (43)	AUS	14-4
54.1	G. Daborn (41)	GBR	4-8
54.2	J. Cull (42)	USA	7-7
54.4	R. Melgosa (44)	USA	7-7
54.5	G. Putterbaugh (48)	USA	7-7
54.6	M. Donachie (40)	GBR	4-8
54.7	K. Scott (40)	GBR	12-8
54.7	N. Windred (45)	AUS	22-12
54.8	B. Gaetke (41)	USA	7-7
54.9	A. Hughes (43)	GBR	11-6

400 METRES Class Two

Class Record :- B. Morcom (USA) 51 Phil. 56.1 18-9-71

56.5	J. Upham (52)	USA	7-7
56.8	B. McDonald (54)	USA	7-7
57.3*	R. Gordon (55)	USA	10-6
57.6*	E. Halpin (55)	USA	14-4
57.7*	B. Bewers (54)	USA	14-4
57.9	P. Munn (50)	GBR	7-7
57.9	W. Sheppard (51)	AUS	12-10
58.4	J. Purcell (51)	USA	23-6
58.7	C. Boyd	USA	22-7
58.8*	K. Jack	USA	21-7
59.2	G. Brooks (54)	GBR	12-8
59.3	R. Niblock (59)	USA	23-6

400 METRES Class Three

Class Record :- F. Sjostrand (USA) 60 61.4

61.4	F. Sjostrand (60)	USA	23-6
62.4	L. Batt (60)	GBR	12-8
62.9	V. McIntyre (62)	USA	23-6
63.0	B. Deacon (61)	USA	28-7
65.6	K. Carnine (65)	USA	23-6
65.9	J. Sharp (61)	USA	7-7
66.1	S. Madden (61)	USA	28-7

800 METRES Class One

Class Record :- B. Bullen (GBR) 40 1:57.2

1:57.2	B. Bullen (40)	GBR	14-8
1:57.4	H. Kupczyk (40)	CAN	27-9
1:57.6	D. Pratt (41)	USA	6-7
1:58.1	W. Fitzgerald (48)	USA	6-7
1:59.1	N. Lloyd (40)	GBR	6-7
2:01.3*	W. Williams (40)	USA	6-5
2:02.0	P. Clohesy (40)	AUS	23-12
2:02.4	H. Roberts (40)	GBR	18-8
2:02.5	K. Lodge (42)	AUS	23-12
2:03.0	M. Barratt (40)	GBR	30-6
2:03.0	A. Hughes (43)	GBR	14-8
2:03.3	K. Humphrey (42)	GBR	11-7
2:03.6	D. Teegarden (48)	USA	6-7
2:03.8	M. Windred (45)	AUS	23-12
2:03.9	R. Colson (42)	GBR	22-5
2:04.3	R. Bowman (43)	CAN	22-8
2:04.6	N. Donachie (40)	GBR	4-8
2:04.7	T. Clowry (43)	GBR	11-7
2:05.0	T. Sturak (42)	USA	2-7
2:05.1	R. Morgan-Morris (40)	AUS	23-12
2:05.3	K. Lodge (42)	AUS	14-4
2:05.3	W. Sheppard (51)	AUS	14-4
2:05.7	R. McRea (40)	AUS	23-12
2:05.8	P. Stevens (41)	GBR	4-8
2:06.0	L. Hooper (46)	AUS	23-12
2:06.1	J. Hayward (44)	GBR	11-7
2:06.1	M. Rowbottom (40)	GBR	11-7

800 METRES Class Two

Class Record :- Wal Sheppard (AUS) 50 London 2:05.1 25-8-72

2:05.3	W. Sheppard (51)	AUS	14-4
2:12.8*	R. Gordon (55)	USA	5-8
2:14.7	J. Pennington (51)	AUS	23-12
2:16.5*	G. Sheehan (54)	USA	4-7
2:17.0	L. Burnett (53)	GBR	5-9
2:17.3	P. Munn (50)	GBR	6-7
2:17.7*	D. Schmidt	USA	22-7
2:17.9*	A. Escamilla (50)	USA	22-7
2:18.0	D. Pain (50)	USA	17-2
2:18.0	E. Halpin (54)	USA	17-2
2:18.7	M. Shurtleff (51)	USA	

800 METRES Class Three

Class Record :- B. Deacon (USA) 61 2:23.0

2:23.0*	B. Deacon (62)	USA	7-1
2:27.4	L. Batt (60)	GBR	12-8
2:31.7	W. Andberg (62)	USA	23-12
2:34.5	S. Madden (65)	USA	6-7
2:34.9	J. Bole (65)	USA	6-7
2:35.0	L. Rolls (64)	GBR	12-8
2:36.7	H. Chapson (70)	USA	11-11

1500 METRES Class One

Class Record :-

Michel Bernard (FRA) 40 Brussels 3:52.0 20-6-72

3:58.5	L. O'Hara (41)	GBR	19-9
4:02.0	M. Barratt (40)	GBR	14-8
4:02.9	H. Kupczyk (40)	USA	7-7
4:03.3	A. Hughes (42)	GBR	7-7
4:05.9	W. Williams (40)	USA	7-7
4:06.7	B. Bullen (40)	GBR	28-7
4:07.8	M. Alonso (43)	SP	12-8
4:08.4	C. McAlinden (40)	GBR	12-8
4:09.4	W. Allen (42)	CAN	21-7
4:09.8	G. Warren (42)	AUS	8-12
4:10.6	N. Lloyd (40)	GBR	7-7
4:11.2	T. Kilmartin (41)	GBR	28-7
4:12.1	W. Fitzgerald (48)	USA	7-7
4:12.6	P. Clohessy (40)	AUS	22-12
4:12.8	B. Bowman (43)	CAN	21-7
4:14.0	C. Shippen (41)	GBR	1-6
4:15.2	R. Hatton (42)	GBR	22-12
4:15.9	K. Napier (40)	USA	10-2
4:16.6	H. Roberts (40)	GBR	1-5
4:16.6	E. Whitlock	CAN	28-7
4:16.9	A. Taylor (46)	CAN	30-6
4:17.3	P. Mundle (44)	USA	10-2
4:17.4	D. Pratt (40)	USA	10-2
4:17.4	D. Teeguarden (41)	USA	10-2
4:18.0	F. Thornton	USA	1-4
4:18.3	T. Sturak (42)	USA	7-7

1500 METRES Class Two

Class Record :-

Wal Sheppard (AUS) 50 London 4:20.0 25-8-72

4:20.3	W. Sheppard (51)	AUS	10-2
4:34.2	J. Ryan (40)	AUS	22-12
4:38.1	J. Pennington (51)	AUS	15-4
4:38.1	M. Hernandez (50)	USA	7-7
4:38.4	A. Escamilla (50)	USA	7-7
4:42.2	A. Salmon (52)	USA	7-7
4:44.9	M. Shurtleff (51)	USA	7-7
4:50.2	L. Burnett (53)	GBR	12-8
4:50.5	E. Preston (56)	USA	23-6
4:52.9	E. Falpin (55)	USA	23-6
4:53.6	R. Norman	USA	21-7
4:54.4	G. Betts (57)	GBR	25-7
4:55.1	R. Dellwo (55)	USA	7-7

1500 METRES Class Three

Class Record :-

W. Andberg (USA) 61 Stockholm 4:53.2 31-8-72

4:58.8	W. Andberg (61)	USA	7-7
5:04.0	B. Deacon (61)	USA	19-4
5:07.0	N. Bright (63)	USA	7-7
5:09.6	S. Madden	USA	7-7
5:12.5	A. Tovey (62)	AUS	15-4
5:25.8	R. Williams (65)	USA	23-6
5:27.0	L. Rolls (64)	GBR	1-7

5,000 METRES Class One

Class Record :-

Michel Bernard (FR) 40 Paris 14:10.2 29-7-72

14:37.7	K. Harland (40)	GBR	22-7
14:39.8	L. O'Hara (41)	GBR	6-5
14:56.8	M. Barratt (40)	GBR	24-6
15:12.0	D. Power (45)	AUS	23-12
15:15.0	C. McAlinden (41)	GBR	6-6
15:17.0	W. Stoddart (41)	GBR	6-6
15:17.0	M. Alonso (43)	SP	31-5
15:19.8	R. Hatton (42)	GBR	23-12
15:26.6	D. Meyer (40)	USA	13-1

15:27.0	W. Allen (42)	CAN	18-7
15:32.2	G. Warren (42)	AUS	14-4
15:34.6	J. Luxford (40)	GBR	12-8
15:38.0	N. Duff (41)	AUS	14-4
15:40.0	B. Bowman (43)	CAN	6-5
15:40.4	A. Taylor (46)	CAN	18-7
15:50.0	R. Calderwood (40)	GBR	6-6
15:58.0	G. Hicks	AUS	27-3
16:01.6	G. Rhodes	GBR	12-8
16:02.0	T. O'Reilly (41)	GBR	15-8
16:03.4	J. Smartt (41)	USA	23-6
16:04.0	P. Versteegen	AUS	31-3
16:06.0	G. Kent (41)	AUS	31-3
16:06.2	A. Hughes (42)	GBR	7-7
16:08.0	R. Franklin (45)	GBR	7-7
16:12.0	T. Kelly (41)	AUS	14-4
16:14.0	T. Sturak (41)	USA	23-6
16:14.0	J. O'Neal (48)	USA	23-6

5,000 METRES Class Two

Class Record :-

John Gilmour (AUS) 53 Köln 16:05.8 13-9-72

16:22.8	J. Gilmour (54)	AUS	23-12
16:49.8	K. Hall (51)	GBR	28-7
16:58.5	J. Pennington (51)	AUS	14-4
17:03.4	J. Ryan (50)	AUS	23-12
17:18.2	J. Fitzgerald (50)	GBR	12-8
17:28.0	C. Junner (51)	AUS	23-12
17:30.4	A. Escamilla (50)	USA	23-12
17:38.8	E. Preston (56)	USA	24-6
17:41.0	T. Buckingham (55)	GBR	16-9
17:44.0	C. Bould (57)	AUS	23-12
17:55.0	E. Keysar (51)	USA	23-12
17:57.0	N. Ashcroft (56)	GBR	12-8
17:57.0	W. Caudle (52)	USA	23-12
17:08.0	M. Hernandez (50)	USA	24-6

5,000 METRES Class Three

Class Record :-

E. Kruzycki (GER) 63 17:23.0

17:23.0	E. Kruzycki (63)	GER	9-9
18:09.0	J. Wall (60)	USA	23-12
18:12.0	W. Andberg (62)	USA	23-12
19:05.0	A. Tovey (62)	AUS	15-4
19:12.0	J. Farrell (61)	GBR	6-6
19:15.8	N. Bright (63)	USA	7-7
19:43.0	E. Wallace (61)	GBR	12-8
19:45.0	S. Nicholls (62)	AUS	23-12
19:51.0	J. Montoya (61)	USA	24-6
19:52.6	S. Lee (61)	GBR	16-9

3,000m STEEPLE CHASE Open Class

Class Record :-

Hal Higdon (USA) 41 London 9:36.2 24-8-72

9:38.0	H. Higdon (42)	USA	24-6
9:41.4	M. Alonso (42)	SP	30-6
9:51.0	M. Barratt (40)	GBR	28-7
9:52.0	H. Kupczyk (40)	CAN	
10:04.4	J. Salt (40)	GBR	
10:12.0	T. O'Reilly (41)	GBR	23-6
10:16.8	T. Kelly (41)	AUS	22-12
10:21.0	M. Morell	GBR	12-8
10:31.0	R. Young (41)	AUS	15-4
10:38.8	W. Stock (43)	USA	22-12
10:44.2	G. Morralec	GBR	12-8
10:48.6	C. Shippen (41)	GBR	18-8
10:48.8	R. Curtis	GBR	12-8
10:51.0	T. Orr (49)	AUS	15-4
10:57.2	W. McConnell	USA	22-12
11:00.0	K. Routley (49)	AUS	22-12
11:03.6	L. Roberts (49)	USA	7-6

3,000 METRE Open Class

Class Record :-

L. O'Hara (GBR) 41 8:22.0 (Equalled)

8:22.0	L. O'Hara (41)	GBR	23-6
8:48.8	M. Alonso (43)	SP	16-9
8:50.2	W. Kerr (41)	GBR	7-5
8:55.5	W. Allen (42)	CAN	12-5
8:59.9	M. Barratt (40)	GBR	16-6
9:02.0	A. Taylor (46)	CAN	12-1
9:13.0	C. Shippen (41)	GBR	16-6
9:16.0	G. Harrison (40)	GBR	16-6
9:17.0	P. Newall (41)	GBR	16-6
9:19.0	J. Wild (41)	GBR	1-5
9:19.0*	H. Synder	USA	21-7
9:29.2*	D. Colton	USA	21-7
9:30.0	R. Le Frank	CAN	1-8
9:32.0*	J. Burns	USA	21-7
9:32.6	B. Bowman (43)	CAN	12-1
9:33.0	J. Reeves	CAN	12-1
9:34.0	M. Fernandez (49)	SP	13-10
9:37.0	D. Coveney	CAN	11-7
9:43.0	R. Colson (42)	GBR	1-5
9:45.0	A. Rockall (40)	GBR	16-6
9:45.2	C. Hall	CAN	12-1

110m HURDLES Open Class

Class Record :-

Donald Finlay (GBR) 40 London 14.4 1-8-49

15.1	D. Jackson (42)	USA	21-7
15.5	A. Fedla (40)	USA	7-7
15.7	J. Greenwood (47)	USA	7-7
16.3	L. Schaefer (42)	AUS	31-3
16.3	T. Rademaker (48)	USA	21-7
17.2	G. Bartlett (48)	AUS	14-4
18.2	J. McGrath (42)	AUS	14-4
18.3	D. Brodie (45)	AUS	31-3
18.9	F. Klassen	CAN	16-6
19.0	D. Gillette (50)	USA	21-7

400m HURDLES Open Class

Class Record :-

Jack Greenwood (USA) 46 London 55.7 24-8-72

54.8	J. Dixon (41)	GBR	27-5
57.5	J. Greenwood (47)	USA	6-7
59.8	E. Shirley (41)	GBR	19-5
60.5	T. Rademaker (48)	USA	6-7
60.9	P. Field (42)	GBR	6-7
61.9	A. Sheahan (41)	USA	6-7
63.3	T. McNulty (41)	USA	6-7
63.6	T. Clowrcy (43)	GBR	2-6

10,000 METRES Class One

Class Record :-

Alain Mimoun (FR) 43 Cambrai 29:57.4 1-8-64

30:43.0	M. Barratt (40)	GBR	18-4
30:46.6	L. O'Hara (41)	GBR	6-7
31:09.2	H. Higdon (42)	USA	6-7
31:38.0	W. Stoddart (42)	GBR	15-8
31:42.6	D. Power (45)	AUS	23-12
31:56.4	W. Allen (42)	CAN	6-7
32:14.9*	R. Hatton (40)	GBR	21-7
32:29.0	A. Taylor (46)	CAN	10-2
32:47.0	A. Walsham (43)	GBR	16-9
33:07.0	R. Franklin (45)	GBR	6-7
33:08.0	G. Hicks	AUS	20-3
33:26.8	B. Sawyer (40)	AUS	22-12
33:30.2	B. Gookin (40)	USA	9-6
33:31.0	F. Mundle (45)	USA	6-7
33:40.0	R. Smith (45)	USA	6-7
33:44.0	J. Salt (40)	GBR	16-9
33:45.0	R. Calderwood	GBR	15-8
33:47.0	J. Conway	CAN	18-8
33:54.0	D. Dellar (44)	GBR	6-7
33:54.0	J. O'Neil (48)	USA	6-7
34:00.0	P. Haley	CAN	18-8
34:03.7	F. Ryan	USA	21-7
34:07.0	I. Davies	CAN	18-8
34:07.0	W. Mitchell (40)	GBR	16-9
34:10.0	T. Andrews (40)	GBR	6-7
34:12.0	C. Hall	CAN	10-2

10,000 METRES Class Two

Class Record :-

Alain Mimoun (FR) Chalons 32:15.0 18-6-72

32:36.2	A. Mimoun (52)	FR	20-5
35:15.6	J. Gilmour (54)	AUS	22-12
35:21.0	K. Hall (51)	GBR	6-7
36:07.0	N. Ashcroft (56)	GBR	6-7
36:08.0	T. Buckingham (55)	GBR	6-7
36:25.4	C. Junner (51)	AUS	22-12
36:14.0	E. Keysar (51)	USA	6-7
36:40.0	F. McCabe (55)	USA	6-7
36:59.0	J. Getas (50)	USA	6-7
37:08.0	A. Hessack (50)	USA	7-4
37:23.0*	N. Hansen (51)	USA	21-7
37:27.0	B. Dellwo (55)	USA	6-7
37:30.0	C. Burns (52)	USA	6-7

10,000 METRES Class Three

Class Record :-

E. Kruzycki (GER) 62 Köln 35:57.4 16-9-72

37:51.8	J. Wall (60)	USA	22-12
39:33.8	N. Bright (63)	USA	22-12
39:52.0	E. Wallace (61)	GBR	16-9
39:54.0	S. Lee (61)	GBR	16-9
41:29.4	U. Miller (62)	GER	23-6

It is still proving difficult to obtain results on veterans T & F on anything like a worldwide basis. Only time will rectify this, although in the meantime we can at least claim we are reasonably sure of covering the most active areas.

With regard to the rankings we must point out that as information on wind conditions is generally unavailable—we rank all results regardless. When it comes to new Class records we endeavour to obtain further substantiation.

WORLD NEWS AND RESULTS

Australia

The First Australian National Track & Field Championships were held at Boa Hill Athletic Club's rubber-bituman-track at Melbourne on 22nd & 23rd December, (full results on page 34). They were a resounding success. Every state and territory was represented and about 50 Masters of the US track team also took part. The first day's competition was marred by heavy rain just before the championships commenced, and strong winds which continued throughout the day affected most performances. Nearly 200 veterans competed during the two days, with the Americans dominating the over-60 division.

That famous Class 2 trio of Sheppard, Pennington and Gilmour have been joined by a newcomer who established his credentials in his first couple of races. His name is GEORGE McGRATH, and at 54 years of age he is enjoying form which the majority of class 1 veterans would welcome. Last August he finished a surprise 92nd out of 4,300 starters in Sydney's City to Surf road race, recording 52:52 for the 15km distance. Two months later (18.10.73) he is reputed to have clocked 10:12 for a two miles track race, lowering the world age record by over a minute, and seven days after that to have turned his hand to 5,000 metres and a time of 16:15! Unfortunately these times have not been corroborated for our World Lists, but his potential was further underlined when he won both his events in the NSW & US match on 19th December in chilly, windy conditions. He took the 1500 from Jack Pennington in 4:32.8 and the 5,000 from Ed Keysor (US) by over a minute in 16:41.6

David Pain and his US Masters International Track Team passed through Australia on their South Pacific tour, arriving at Sydney (from Fiji) on 17th December. They competed against NSW at the Randwick Botany Club two days later, losing the class 1 and class 2 matches but winning class 3 so convincingly that they took the overall match by 261 to 161. After stopping off at Canberra, to be greeted by Jack Rennington, the team moved on to Melbourne for the National Veterans Championships where they were received by Wal Sheppard. Following the Championships the tour moved on to New Zealand.

Earlier this month the Geelong athletic organisers, for the second year, put on a veterans decathlon in conjunction with their Open and Junior events. Despite



Pat Clohessy 427 of Melbourne leads the Class 1 800m. Also in the picture is Richard Benson (USA).

having a bad first day, recording his worst sprint time of the season, RUDY HOCHREITER (47) ran out a comfortable winner with a score of 4,123 points (12.7, 4.74, 9.92, 1.50, 59.2, 20.5, 32.88, 2.30, 39.38, 5:16.2).

Harry Wynhoven (42) scored 3489 and R. Fossey (42) 2225.

ANTON TESIJA (60) threw the 16lbs hammer 34.51m in Canberra on 25th November, a world age record. In London and Cologne in 1972 he placed second against the class 2 throwers with his right arm in a splint! It was thought he would have to give up throwing but the forecasts have been proved wrong.

Anton was formerly one of Yugoslavia's national coaches, appearing with the 1956 and 1960 Olympic teams.

N.S.W. v U.S.A. Masters

The first match of the U.S.A. Masters Australian tour saw N.S.W. win the team honours in the Class 1 and 2 and the Americans in 3. Due to the Australians failing to provide enough opposition in the over 60 groups they came out losers of the over-all match.

On the track Greenwood (47) (11.5, 15.2H) and Niblock (60) 13.2 looked the best of the sprinters and over one lap Manning (42) 52.8, Waller (40) 53.4 and Gordon (55) 59.3 looked equally as good.

American-residing Briton Ray Hutton (41) turned in the fastest 1500m time (4:16.5) but pride of place in this event must go to Geo. McGrath (54) who set an impressive world age record of 4:32.8.

From a large 5000m field Dave Power (45) won in 15:23.5, but again in Class 2 the remarkable McGrath set another age record (16:41.6).

Hal Wallace won all three throws - 10.33 (33'11") - 32.94 (108'1") - 39.55 (129'9") and there was some good jumping from Williams (40) 1.62 (5'4"), Braceland (60) 1.37 (4'6") in the high and Sturzaker 6.03 (19'9 1/2") in the long to round it all off.

19th December, 1973
N.S.W. v U.S.A. Masters

100 Metres

Class 1 (40-49)

1	J. Greenwood 46 (USA)	11.5
2	D. Dawkins 44 (JAM)	11.8
3	N. Fletcher 40 (NSW)	11.8
4	J. Daly 44 (NSW)	
5	J. Sturzaker 40 (NSW)	
6	J. McGrath 42 (NSW)	12.2
7	J. Soutar 43 (NSW)	12.6
8	L. Boies 41 (USA)	12.8
9	H. Wallace 45 (USA)	12.8

Class 2 (50-59)

1	R. Payne 52 (NSW)	13.3
---	-------------------	------

Class 3 (60+)

1	R. Niblock 60 (USA)	13.2
2	G. Braceland 60 (USA)	13.8
3	J. Caruso 63 (USA)	13.9
4	R. Lacey 63 (USA)	
5	G. Rowley 62 (NSW)	

400 Metres

Class 1 (40-49)

1	P. Manning 42 (NSW)	52.8
2	J. Waller 40 (NSW)	53.4
3	N. Windred 45 (NSW)	54.8
4	G. Gluppe 40 (CAN)	60.0
5	J. Daley (NSW)	

Class 2 (50-59)

1	R. Gordon 55 (USA)	59.3
2	R. Payne 52 (NSW)	62.9
3	J. Young 55 (CAN)	79.0

Class 3 (60+)

1	R. Niblock 60 (USA)	66.6
2	G. Braceland 60 (USA)	67.2
3	N. Bright 64 (USA)	69.0
4	R. Lacey 63 (USA)	70.9
5	J. Clarke 66 (USA)	73.9
6	S. Hesketh 68 (NSW)	79.7
7	G. Ingram 72 (USA)	80.4
8	S. Lum 69 (USA)	84.4
9	P. Hobe 69 (USA)	91.8

1500 Metres

Class 1 (40-49)

1	R. Hutton 41 (USA)	4:16.5
2	F. Thornton 42 (NSW)	4:20.1
3	P. Versteegen 41 (NSW)	4:27.4

4	P. Piper 43 (NSW)	
5	A. Rappich 41 (CAN)	
6	D. Hall 41 (NSW)	
7	F. Ryan 41 (USA)	
8	R. Benson 48 (USA)	
9	A. Hutt (NSW)	
10	J. Collins 48 (NSW)	
11	T. McDonald 43 (NSW)	
12	F. Devlin 48 (NSW)	
13	G. Church 46 (USA)	
14	L. Sobey 44 (NSW)	
15	J. Bowes 45 (NSW)	

Class 2 (50-59)

1	G. McGrath 54 (NSW)	4:32.8
2	J. Pennington 51 (NSW)	4:37.9
3	A. Escamilla 50 (USA)	4:50.0
4	F. Warnock 52 (NSW)	4:52.9
5	R. Payne 52 (NSW)	5:05.5
6	B. Ross 50 (USA)	5:14.5
7	H. Ehrick 55 (USA)	5:18.5

Class 3 (60+)

1	W. Andberg 62 (USA)	5:01.2
2	N. Bright 64 (USA)	5:21.8
3	A. Southwood 62 (NSW)	6:20.4
4	G. Williams 64 (NSW)	6:29.4

5000 Metres

Class 1 (40-49)

1	D. Power 45 (NSW)	15:23.5
2	T. Visali 41 (NSW)	16:47
3	B. Stock 44 (USA)	16:58.5
4	P. Piper 43 (NSW)	16:59
5	W. McConnell 42 (USA)	17:08
6	R. Clyne 43 (NSW)	17:13
7	S. Hamilton 45 (USA)	17:18
8	P. Versteegen 41 (NSW)	17:28
9	T. McDonald 43 (NSW)	17:34
10	A. Richards 41 (USA)	17:38

George Braceland (USA) who won the Class III Long Jump with 4.10 metres.



11	F. Ryan 41 (USA)	18:03
12	B. Fine 42 (USA)	18:08
13	E. Etherton 47 (NSW)	18:14
14	Carmichael (USA)	18:19.5
15	H. Perry 49 (USA)	18:22.5
16	V. Koerner 46 (USA)	18:37
17	L. O'Connor 47 (NSW)	18:40
18	J. Collins 48 (NSW)	18:41
19	F. Devlin 48 (NSW)	18:43
20	R. Whitham 45 (NSW)	19:02.5
21	W. Hunter 41 (NSW)	19:07.5
22	R. Benson 48 (USA)	19:08
23	L. Lobey 44 (NSW)	19:24
24	R. Cartwright 45 (NSW)	22:08
25	J. Bowes 45 (NSW)	22:11

Class 2 (50-59)

1	G. McGrath 54 (NSW)	16:41.6
2	E. Keysar 52 (USA)	17:57
3	F. Warnock 52 (NSW)	18:01
4	N. Hansen 52 (USA)	18:41
5	M. Tooley 53 (NSW)	19:08
6	J. Baker 55 (NSW)	19:09
7	J. Paton 51 (NSW)	19:25
8	V. Townsend 54 (NSW)	20:01
9	B. Ross 50 (USA)	20:26
10	R. Ferguson 59 (NSW)	21:18
11	R. Long 55 (USA)	22:21
12	K. Craving 53 (NSW)	22:27

Class 3 (60+)

1	T. Wall 60 (USA)	18:11.5
2	W. Andberg 62 (USA)	18:47
3	H. Batterham 62 (NSW)	19:01
4	N. Bright 64 (USA)	19:54
5	W. Bigelow 63 (USA)	20:54
6	S. Hesketh 68 (NSW)	21:04
7	W. Stack 65 (USA)	23:42
8	R. Barrand 63 (USA)	23:46
9	T. Millard 70 (NSW)	24:00
10	A. Southwood 62 (NSW)	24:26

continued on page 37

1st Australian Track & Field Champs. WAL SHEPPARD reports

The first day of the Australian Championships was conducted in difficult weather conditions and an almost gale force wind made good aims almost impossible. The wind was a ¼ cross headwind for sprinters and of course, was no help in the circular events.

However despite the conditions outstanding performances were recorded by Dave Power (Aust.) 45 years and Jack Greenwood (U.S.A.) 47 years. Dave won the class 1 10,000m in the excellent time of 31:42. The strong wind seemed to have little effect on him as he barrelled his way around the track to win clearly. He followed this up on the second day, when conditions were calmer, by winning the 5,000m in 15:12, a great double.

Jack Greenwood recorded 16.2 when winning the 110 Hurdles and as this was into the wind mentioned previously, it will be realized that it was a quality performance. Jack has retained speed, agility and flexibility to an amazing degree.

The standard of Australian Veterans performances is rising rapidly and a glance at the results will show that the depth is also increasing. As this situation will also be evident in other countries there are tough times ahead for all competitors.

From the comments made, regarding the Australian Championships, they were certainly a success. The meetings were well conducted and were favourably compared with the 1972 Crystal Palace meet which seems to have set a standard for all to aspire to. The presence of the U.S. Masters team did much to give the meet an additional fillip and assumed favourable publicity from the media.

22nd and 23 December 1973
U.S.A. v Australia and
First Australian Veteran's Championships

100 Metres (22.12.73)

40-49	
1 L. Snelling (S.A.)	12.1
2 J. Greenwood (U.S.A.)	12.2
3 R. Hochreiter (Vic)	12.2
4 O. Dawkins (U.S.A.)	12.3

50-59

1 J. Tennant (Vic)	12.5
2 J. Stevens (Vic)	13.2
3 L. Lampard (S.A.)	13.8
4 D. Colclough (Vic)	14.4
5 G. Brain (Vic)	14.5
6 H. Logan (Vic)	14.6

60 and over

1 R. Niblock (U.S.A.)	13.7
2 V. Pye (Vic)	14.1
3 J. Caruso (U.S.A.)	14.6
4 G. Braceland (U.S.A.)	14.7
5 G. Simpson (Vic)	16.0

35-40

1 A. Cook	11.8
2 N. Clough	11.9
3 G. Scott	11.9
4 F. Scurr	12.3

200 Metres (23.12.73)

40-49	
1 L. Snelling (S.A.)	24.3
2 J. Greenwood (U.S.A.)	24.5
3 P. Manning (N.S.W.)	24.5
4 O. Dawkins (U.S.A.)	24.6
5 G. Gluppe (Can)	25.8

50-59

1 J. Tennant (Vic)	26.7
2 R. Gordon (U.S.A.)	27.0
3 J. Stevens (Vic)	27.2
4 A. Lampard (N.S.W.)	28.3
5 H. Jones (Vic)	31.0

60 and over

1 R. Niblock (U.S.A.)	27.6
2 V. Pye (Vic)	29.1
3 R. Lacy (U.S.A.)	30.1
4 J. Caruso (U.S.A.)	31.7
5 R. Barrand (A.C.T.)	34.2

35-39

1 A. Cook (Vic)	23.7
2 G. Scott (Vic)	24.0
3 F. Scurr (N.S.W.)	25.2

400 Metres (22.12.73)

40-49	
1 P. Manning (N.S.W.)	53.2
2 N. Windred (N.S.W.)	54.7
3 L. Snelling (S.A.)	55.2
4 R. McCrae (Vic)	55.3
5 G. Gluppe (Can)	55.9

50-59

1 R. Gordon (U.S.A.)	60.2
2 J. Stevens (Vic)	60.3
3 A. Lampard (S.A.)	66.1
4 N. Le Rossignol (Vic)	70.9
5 R. Jones (Vic)	72.4

60 and over

1 R. Niblock (U.S.A.)	66.2
2 R. Lacey (U.S.A.)	69.9
3 J. Clarke (U.S.A.)	71.2
4 S. Lum (U.S.A.)	85.5

800 Metres (23.12.73)

40-49	
1 P. Clohessy (Vic)	2:02.0
2 K. Lodge (Vic)	2:02.5
3 N. Windred (N.S.W.)	2:03.8
4 R. Morgan-Morris (Nauru)	2:05.1
5 R. McCrae (Vic)	2:05.7
6 L. Hooper (Vic)	2:06.0
7 J. Davy (Vic)	2:07.0
8 V. Koerner (U.S.A.)	2:11.0
9 D. Paul (S.A.)	2:11.0
10 A. Rappich (Can)	2:12.0
11 H. Perry (U.S.A.)	2:17.0

50-59

1 W. Sheppard (Vic)	2:09.6
2 J. Pennington (A.C.T.)	2:14.7
3 J. Stevens (Vic)	2:21.5
4 J. Ross (U.S.A.)	2:29.0
5 N. Le Rossignol (Vic)	2:47.2
6 A. Smith (Vic)	2:47.4

60 and over

1 B. Andberg (U.S.A.)	2:31.7
2 B. Tovey (Vic)	2:37.7
3 N. Bright (U.S.A.)	2:40.4
4 R. Williams (U.S.A.)	2:44.0
5 G. Simpson (Vic)	3:04.1

35-39

1 N. Clough (Vic)	1:56.2
2 T. Vincent (Vic)	1:56.9
3 T. Roberts (Vic)	1:58.4
4 K. Fraser (Vic)	2:01.1

1500 Metres (22.12.73)

40-49	
1 G. Warren (Vic)	4:12.4
2 P. Clohessy (Vic)	4:12.6
3 R. Hutton (U.K.)	4:15.2
4 L. Hooper (Vic)	4:33.1
5 J. Davy (Vic)	4:39.0
6 V. Koerner (U.S.A.)	4:40.4
7 A. Rappich (Can)	4:44.0
8 B. Fine (U.S.A.)	4:45.0
9 G. Conlan (U.S.A.)	4:53.0
10 R. Bensen (U.S.A.)	4:53.0
11 R. Young (Vic)	5:01.0
12 L. Carter (Vic)	5:06.0

50-59

1 W. Sheppard (Vic)	4:30.7
2 J. Ryan (Vic)	4:34.2
3 J. Pennington (A.C.T.)	4:45.0
4 A. Escamilla (U.S.A.)	4:50.1
5 J. Ross (U.S.A.)	4:53.5
6 H. Elrick (U.S.A.)	5:01.9
7 N. Le Rossignol (Vic)	5:53.0
8 A. Smith (Vic)	5:59.6

60 and over

1 B. Andberg (U.S.A.)	5:08.3
2 J. Wall (U.S.A.)	5:16.2
3 B. Tovey (Vic)	5:26.7
4 R. Williams (U.S.A.)	5:42.1
5 Roy Barrand (Can)	6:23.7
6 G. Simpson (Vic)	6:57.6

35-39

1 T. Vincent (Vic)	4:02.3
2 T. Roberts (Vic)	4:07.3
3 N. Clough (Vic)	4:14.8
4 J. Visser (Vic)	4:23.3
5 K. Fraser (Vic)	4:23.9
6 B. Williamson (N.S.W.)	4:27.7
7 R. Chugg (Vic)	4:45.2

5000 Metres (23.12.73)

40-49	
1 D. Power (N.S.W.)	15:12
2 R. Hutton (U.K.)	15:19.8
3 G. Warren (Vic)	15:25.6
4 N. Duff (Vic)	16:16.2

5 R. Morgan-Morris (Nauru)	16:18
6 T. Orr (Vic)	16:19
7 B. Sawyer (Vic)	16:22.2
8 T. Kelly (Vic)	16:41
9 W. McConnell (U.S.A.)	16:42
10 B. Stock (U.S.A.)	16:46
11 L. Sykes (Vic)	17:12
12 T. Read (S.A.)	17:17.4
13 A. Richards (U.S.A.)	17:20
14 S. Hamilton (U.S.A.)	17:22.6
15 K. Routley (Vic)	17:27
16 F. Ryan (U.S.A.)	17:36.4
17 V. Koerner (U.S.A.)	18:38
18 D. Elliott (Vic)	17:40.6
19 G. Riley (Vic)	17:50
20 B. Kirkwood (S.A.)	17:52
21 M. Skinner (Vic)	17:59
22 B. Lanyon (Vic)	18:07
23 R. Bensen (U.S.A.)	18:10
24 H. Perry (U.S.A.)	18:11
25 I. Carter (Vic)	18:12
26 G. Conlan (U.S.A.)	18:14
27 T. Robbins (Vic)	18:23
28 A. Gottschak (S.A.)	18:24
29 D. Paul (S.A.)	18:47
30 R. Young (Vic)	19:02
31 G. Church (U.S.A.)	19:52
32 J. Conway (Vic)	20:00
33 A. Jones (Vic)	20:12
34 F. Bonecker (Vic)	20:40

50-59

1 J. Gilmour (W.A.)	16:22.8
2 J. Ryan (Vic)	17:03.4
3 C. Junner (W.A.)	17:28
4 A. Escamilla (U.S.A.)	17:30.4
5 C. Bould (W.A.)	17:44
6 E. Keysar (U.S.A.)	17:55
7 B. Caudle (S.A.)	17:57
8 N. Hansen (U.S.A.)	18:11
9 T. Breen (Vic)	19:07
10 P. Colthup (Vic)	19:25
11 R. De Castella (Vic)	20:08
12 H. Elrick (U.S.A.)	20:23
13 D. Colclough (Vic)	20:29
14 M. Tooley (N.S.W.)	20:30
15 N. Le Rossignol (Vic)	20:40
16 G. Brain (Vic)	20:45
17 A. Smith (Vic)	21:26
18 J. Young (Can)	22:24
19 H. Logan (Vic)	22:40

60 and over

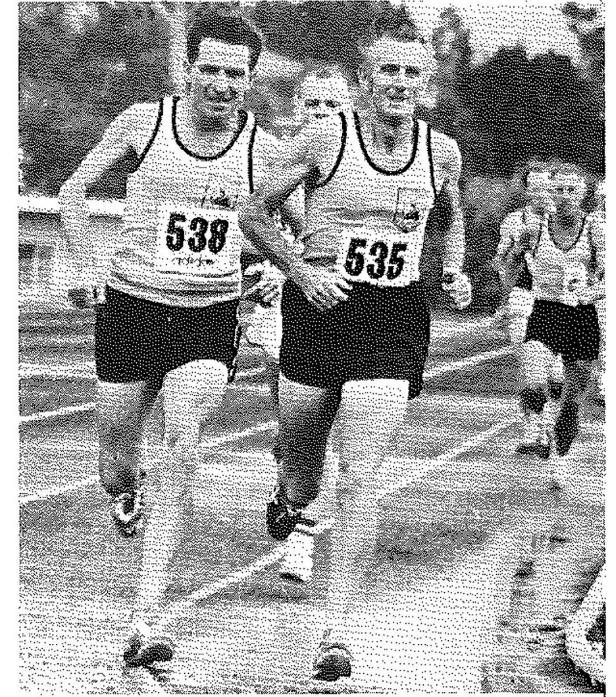
1 J. Wall (U.S.A.)	18:09
2 B. Andberg (U.S.A.)	18:12
3 S. Nicholls (Vic)	19:45
4 O. Essig (U.S.A.)	21:05
5 W. Bigelow (U.S.A.)	22:31
6 G. Wilson (Vic)	22:37
7 P. Hobe (U.S.A.)	23:49
8 W. Stack (U.S.A.)	24:03

35-39

1 T. Vincent (Vic)	14:52.4
2 T. Roberts (Vic)	15:53.8
3 D. Bowers (Vic)	15:56
4 K. Fraser (Vic)	16:45
5 T. Naiter (S.A.)	16:53
6 J. Visser (Vic)	17:02
7 R. Chugg (Vic)	17:22
8 W. O'Loughlan (Vic)	17:32

10,000 Metres (22.12.73)

40-49	
1 D. Power (N.S.W.)	31:42.6
2 B. Sawyer (Vic)	33:26.8
3 S. Hamilton (U.S.A.)	35:46.4
4 A. Richards (U.S.A.)	36:25.0



Col Junner 538 and John Gilmour 535 lead in the Class II 10,000m

5 L. Sykes (Vic)	36:29.5	60 and over	
6 T. Read (S.A.)	36:32.3	1 G. Braceland (U.S.A.)	23.1
7 F. Ryan (U.S.A.)	36:44.0	400 Metres Hurdles (23.12.73)	
8 K. Routley (Vic)	37:09.0	40-49	
9 B. Kirkwood (S.A.)	37:26.8	1 J. Greenwood (U.S.A.)	58.4
10 G. Riley (Vic)	38:35.0	2 M. O'Neil (Vic)	64.5
11 B. Lanyon (Vic)	39:57.6	3 T. Kelly (Vic)	67.9
12 J. Conway (Vic)	42:05.0	4 K. Routley (Vic)	71.9
13 G. Church (U.S.A.)	43:54.6	5 I. Carter (Vic)	75.2
14 L. Jones (Vic)	44:41.4	50-59	
15 F. Bonecker (Vic)	45:41.4	1 A. Lampard (S.A.)	76.5
		2 E. Gamble (Vic)	82.6
50-59		60 and over	
1 J. Gilmour (W.A.)	35:15.6	1 G. Braceland (U.S.A.)	80.5
2 C. Junner (W.A.)	36:25.4	2 W. Bigelow (U.S.A.)	92.8
3 E. Keysar (U.S.A.)	36:55.2	3,000 Metres Steeple Chase (22.12.73)	
4 C. Bould (W.A.)	37:59.8	40-49	
5 N. Hansen (U.S.A.)	38:01.0	1 T. Kelly (Vic)	10:16.8
6 P. Colthup (Vic)	40:01.0	2 B. Stock (U.S.A.)	10:38.2
7 T. Breen (Vic)	40:08.0	3 T. Orr (Vic)	10:52.2
8 R. De Castella (Vic)	40:39.6	4 W. McConnell (U.S.A.)	10:57.2
		5 K. Routley (Vic)	11:00.0
60 and over		50-59	
1 J. Wall (U.S.A.)	37:51.8	1 B. Caudle (S.A.)	11:55.8
2 N. Bright (U.S.A.)	39:33.8	2 H. Dalheim (Vic)	12:13.6
3 R. Barlow (Vic)	43:53.0	3 J. Ross (U.S.A.)	13:14.6
4 O. Essig (U.S.A.)	44:08.4	4 E. Gamble (Vic)	13:33.0
5 W. Stack (U.S.A.)	49:32.0	5 R. Long (U.S.A.)	13:41.8
6 G. Wilson (Vic)	52:27.8	60 and over	
110 Metres Hurdles (22.12.73)		1 N. Bright (U.S.A.)	13:26.2
40-49		2 G. Braceland (U.S.A.)	14:49.8
1 J. Greenwood (U.S.A.)	16.2	3 W. Bigelow (U.S.A.)	14:54.4
2 J. McGrath (N.S.W.)	18.8		
3 G. Bartlett (Vic)	21.0		
4 J. Sheppard (Vic)	21.2		

1st Australian Track and Field Championships

continued

35-39		
1	T. Nailor (S.A.)	10:33.4
2	K. Fraser (Vic)	10:40.4
3	W. O'Loughlan (Vic)	11:35.4

Long Jump (22.12.73)

40-49		
1	J. Sturzaker (N.S.W.)	5.82
2	P. Schlegel (U.S.A.)	5.72
3	J. McGrath (N.S.W.)	5.60
4	R. Hochreiter (Vic)	5.08
5	I. Manes (Vic)	4.99
6	H. Colen (U.S.A.)	4.70

Late Competitor
H. Wallace (U.S.A.) 4.88

50-59

1	H. Logan (Vic)	5.06
2	A. Lampard (S.A.)	4.52
3	G. Brain (Vic)	4.31

60 and over

1	G. Braceland (U.S.A.)	4.10
2	A. Tesija (A.C.T.)	4.10
3	J. Caruso (U.S.A.)	3.89
4	R. Lacey (U.S.A.)	3.72
5	P. Partridge (U.S.A.)	3.39

35-39

1	F. Scurr (N.S.W.)	5.31
---	-------------------	------

High Jump (22.12.73)

40-49		
1	D. Williams (N.S.W.)	1.63
2	G. Bartlett (Vic)	1.57
3	H. Wallace (U.S.A.)	1.42
4	H. Colen (U.S.A.)	1.30

50-59

1	H. Logan (Vic)	1.45
2	A. Lampard (S.A.)	1.33
3	J. Young (Can)	1.30

60 and over

1	G. Braceland (U.S.A.)	1.36
2	W. Bigelow (U.S.A.)	1.30

Triple Jump (23.12.73)

40-49		
1	J. Sturzaker (N.S.W.)	11.28
2	R. Hochreiter (Vic)	10.86
3	P. Schlegel (U.S.A.)	10.72
4	N. Butler (Vic)	10.32
5	IlmarManes (Vic)	9.14
6	H. Colen (U.S.A.)	8.94

50-59

1	H. Logan (Vic)	10.52
2	A. Lampard (S.A.)	8.62
3	R. Jones (Vic)	8.28
4	R. Long (U.S.A.)	8.26

60 and over

1	R. Lacy (U.S.A.)	7.92
2	P. Partridge (U.S.A.)	6.37

Pole Vault (23.12.73)

40-49		
1	J. McGrath (N.S.W.)	11'0"
2	H. Wynhoven (Vic)	10'3"
3	B. Seymour (Vic)	10'0"
4	H. Wallace (U.S.A.)	10'0"
5	N. Butler (Vic)	8'6"

60 and over

1	G. Braceland (U.S.A.)	8'0"
---	-----------------------	------

Discus (22.12.73)

40-49		
1	P. Leane (Vic)	37.42
2	I. Manes (Vic)	35.52
3	H. Wynhoven (Vic)	35.00
4	H. Wallace (U.S.A.)	32.98
5	R. Hochreiter (Vic)	32.86
6	J. McGrath (N.S.W.)	30.40

50-59

1	P. Fanning (U.S.A.)	38.16
2	P. Dalwood (S.A.)	29.02
3	J. Belbin (Vic)	28.22

60 and over

1	P. Partridge (U.S.A.)	34.58
2	S. Herrmann (U.S.A.)	30.48
3	A. Tesija (A.C.T.)	29.94
4	G. Braceland (U.S.A.)	25.46

Hammer (22.12.73)

40-49 (16lb)		
1	H. Wynhoven (Vic)	39.28
2	L. Hollis (Vic)	26.30
3	I. Manes (Vic)	21.70

50-59 (16lb)

1	P. Dalwood (S.A.)	24.70
---	-------------------	-------

60 and over (12lb)

1	A. Tesija (A.C.T.)	42.36
2	B. Tunaley (Vic)	32.38
3	P. Partridge (U.S.A.)	30.72
4	S. Herman (U.S.A.)	27.32
5	G. Braceland (U.S.A.)	21.28

Shot Putt (23.12.73)

40-49 (16lb)		
1	P. Leane (Vic)	11.41
2	I. Manes (Vic)	11.36
3	R. Hochreiter (Vic)	10.65
4	H. Wallace (U.S.A.)	10.06
5	J. McGrath (N.S.W.)	9.31
6	H. Wynhoven (Vic)	9.28
7	L. Hollis (Vic)	7.27

50-59 (10lb)

1	P. Dalwood (S.A.)	12.47
2	J. Belbin (Vic)	11.61
3	P. Fanning (Vic)	11.00
4	J. McConchie (Vic)	7.44

60 and over (8lb 13oz)

1	S. Herman (U.S.A.)	11.33
2	Phil Partridge (U.S.A.)	11.11
3	G. Braceland (U.S.A.)	9.04

Javelin (23.12.73)

40-49		
1	P. Leane (Vic)	50.38
2	R. Hochreiter (Vic)	42.68
3	H. Wallace (U.S.A.)	40.66
4	Hal Colen (U.S.A.)	25.58

60 and over

1	P. Partridge (U.S.A.)	36.24
2	G. Braceland (U.S.A.)	28.82
3	S. Herman (U.S.A.)	20.74
4	L. O'Neill (U.S.A.)	18.28

1500 Metres Walk (23.12.73)

40-49		
1	P. Waddell (A.C.T.)	7:00.0
2	W. Ford (Vic)	7:26.1
3	N. Anderson (Vic)	7:26.4
4	M. Porter (Vic)	7:32
5	W. Smith (W.A.)	7:45
6	C. Baker (W.A.)	8:33

50-59

1	P. Bethell (Vic)	7:28
2	L. Perry (Vic)	7:33
3	R. Long (U.S.A.)	7:53
4	N. Le Rossignol (Vic)	7:56
5	J. McConchie (Vic)	8:52

60 and over

1	C. Barling (Vic)	7:41
2	S. Nicholl (Vic)	7:45
3	T. Daintry (Vic)	7:59
4	R. Field (Vic)	8:17
5	L. O'Neil (U.S.A.)	8:41
6	G. Theobald (Vic)	9:03

35-39

1	T. Branigan (Vic)	7:00.1
2	C. Martin (Vic)	7:07.6
3	G. Major (Vic)	7:22.1

3000 Metres Walk

40-49		
1	P. Waddell (A.C.T.)	14:57.2
2	J. Pottage (Vic)	15:20.2
3	M. Porter (Vic)	15:45.0
4	N. Anderson (Vic)	16:00.0
5	W. Ford (Vic)	16:10.0
6	W. Smith (W.A.)	16:56.0
7	C. Baker (W.A.)	18:23.0

50-59

1	L. Perry (Vic)	15:34.0
2	P. Bethell (Vic)	16:12.0
3	R. Long (U.S.A.)	17:00.9
4	J. McConchie (Vic)	18:42.0

60 and over

1	C. Barling (Vic)	16:00.0
2	T. Daintry (Vic)	16:23.0
3	R. Field (Vic)	17:00.0
4	G. Braceland (U.S.A.)	17:10.0
5	F. Redman (Vic)	17:20.0
6	L. O'Neil (U.S.A.)	17:52.0
7	A. Theobald (Vic)	18:17.0
8	E. Laldenpera (U.S.A.)	20:06.0

35-39

1	C. Martin (Vic)	14:54.6
2	T. Branigan (Vic)	15:28.0
3	G. Major (Vic)	15:32.0

15Km Walk (Albert Park)

40-49		
1	P. Waddell (A.C.T.)	83:48
2	W. Ford (Vic)	84:22
3	M. Porter (Vic)	86:46
4	N. Anderson (Vic)	87:21
5	W. Smith (W.A.)	88:18
6	L. Boies (U.S.A.)	94:12

60 and over

1	C. Barling (Vic)	84:04
2	T. Daintry (Vic)	85:14
3	R. Field (Vic)	87:37
4	A. Theobald (Vic)	94:46
5	L. O'Neil (U.S.A.)	98:06

(Oldest competitor Gus Theobald aged 76)

N.S.W v U.S.A. Masters continued

110 Metres Hurdles

Class 1 (40-49)		
1	J. Greenwood 46 (USA)	15.2
2	D. Brodie 45 (NSW)	18.8

Relays 4x400 Metres

Class 1 (40-49)		
1	NSW	3:40.8
2	USA	3:47.9

Class 2 (50-59)

1	NSW	4:33.8
---	-----	--------

Class 3 (60+)

1	USA	4:41.0
---	-----	--------

Shot Put

Class 1 (40-49)		
1	H. Wallace 45 (USA)	10.33
2	J. McGrath 42 (NSW)	9.61
3	D. Frawley 49 (QLD)	8.34
4	H. Colan 44 (USA)	7.51

Class 2 (50-59)

1	H. Merckell 55 (NSW)	10.04
2	P. Fanning (USA)	9.83

Class 3 (60+)

1	S. Herman 69 (USA)	12.28
2	P. Partridge 62 (USA)	11.13
3	G. Braceland 60 (USA)	10.13

Discus

Class 1 (40-49)		
1	H. Wallace 45 (USA)	32.94
2	J. Soutar 43 (NSW)	31.75
3	J. McGrath 42 (NSW)	30.29
4	D. Frawley 49 (QLD)	30.23

Class 2 (50-59)

1	P. Fanning (USA)	37.72
2	H. Merckell 55 (NSW)	28.81

Class 3 (60+)

1	P. Partridge 62 (USA)	35.25
2	S. Herman 69 (USA)	27.87
3	G. Braceland 60 (USA)	27.16

Javelin

Class 1 (40-49)		
1	H. Wallace 45 (USA)	39.55

Class 3 (60+)

1	P. Partridge 62 (USA)	32.60
2	G. Braceland 60 (USA)	26.95

High Jump

Class 1 (40-49)		
1	D. Williams 40 (NSW)	5'4"
2	J. Greenwood 46 (USA)	5'2"
3	H. Wallace 45 (USA)	4'2"
4	H. Colen 44 (USA)	3'10"

Class 2 (50-59)

1	J. Young 55 (CAN)	4'0"
---	-------------------	------

Class 3 (60+)

1	G. Braceland 60 (USA)	4'6"
2	W. Bigelow 63 (USA)	4'0"

Long Jump

Class 1 (40-49)		
1	J. Sturzaker 40 (NSW)	6.03
2	P. Schlegel 43 (USA)	5.77
3	J. McGrath 42 (NSW)	5.74
4	D. Frawley 49 (QLD)	5.05
5	T. Soutar 43 (NSW)	5.00
6	H. Colen 44 (USA)	4.64

Class 3 (60+)

1	G. Braceland 60 (USA)	4.03
2	J. Caruso 63 (USA)	3.90
3	P. Partridge 62 (USA)	3.36

Pointscore

Class 1 (40-49)		
1	NSW	86
	USA	80

Class 2 (50-59)

1	NSW	66
	USA	42

Class 3 (60+)

1	USA	139
	NSW	9

Overall

	USA	261
	NSW	161

Canada

Doug Clement has the organisation of the 1974 Canadian Masters Track and Field Championships well in hand and everyone is delighted at the way things are shaping up for our inaugural meet. The Championships have been scheduled for 29/30 June 1974, one week before the United States Masters Championships, now in their seventh year, to be held in Gresham, Oregon. In this way, participants from the east will be able to include two competitions during their time on the west coast. A considerable number of U.S. competitors, as well as some competitors from outside of North America, are therefore expected to join the Canadian competitors in the Canadian Championships.

The organising committee has also scheduled special events for men 30-39 years old, and for women 30 years old, and for women 30 years and over. These non-championship events are added to the standard Masters programme to fill a void in the availability of competition for these groups, and to encourage people to continue competing beyond their twenties.

For further information on the Championships, or to receive entry forms, contact John Pavelich, 5549 University Boulevard, Vancouver, BC, Phone (604)-224-4027.

Meanwhile, Don Farquharson is preparing the ground for the World's "Big One" in 1975 at Toronto. A new track will be laid in time for the championships, and with the stadium forming part of the Canadian National Exhibition complex large crowds are expected to filter into the stadium when the games are underway

(admission free). The organisation will be a mammoth exercise and already no less than 30 divisions of responsibility have been delegated. It is hoped that all veterans will make a big effort to attend this historic occasion in 1975. For those who have not quite reached veteran status there are likely to be some special pre-vet. events.

There were several Canadians on the U.S. Masters South Pacific tour. John Young and Roy Barrand write in appreciation of the tour.

"For the Canadians in the U.S. Masters Tour of the South Pacific, it was a visit to what are to them fellow citizens of the Great British Commonwealth of Nations family. There was an especially warm welcome for them when

Canada Continued

and middle distance; and all in the several cross country races and runs so popular with runners in those countries. While we Canadians did not place in the awards positions, we had the pleasure and satisfaction of competing with the best in our age groups, and congratulate those who placed so well.

Our thanks to the very fine people of Fiji, Australia and New Zealand for making our tour so pleasant and enjoyable. We look forward to seeing a large number of the South Pacific runners in Toronto in 1975 for the World Championships.

On our return from the tour we watched the Commonwealth Games on television and had a distinct feeling of being in Christchurch once again. It was there that Russ Niblock set new world records for the 200 and 400 metres for the 60+ division. This was another highlight.

The tour would not have taken place had it not been for the promotion of it by David and Helen Pain. All will agree that much planning had gone into it, and arrangements for our pleasure, interest and comfort had been well done. The Canadians appreciate this and add their thanks to David and Helen for all they had done in the planning, and the personal attention to all details on the tour."

1st WORLD MASTERS INTERNATIONAL TRACK & FIELD MEET, TORONTO, AUGUST 1975.

Anyone may enter any events (provided he has the necessary age qualifications). Those who can provide prior proof of meeting the following standards need not enter the preliminaries. All others may enter these preliminaries (to be run Monday and Tuesday (12th and 13th) August 1975) and if successful in meeting these standards will advance to the heats to be run Thursday and Friday (15th and 16th) August 1975. These standards will appear easy to most but they are designed to exclude unsuitable untrained person lining up for the heats proper.

DIVISIONS

Event	1A(40-44)	1B(45-49)	11A(50-54)	11B(55-59)	111A(60-64)	111B(65-69)	IV + 70
100M	13.2	13.7	14.3	15.0	15.8	17.0	18.8
200M	27.5	28.8	30.0	31.5	33.8	36.0	39.0
400M	60.0	62.0	64.5	68.0	74.0	81.0	90.0
800M	2:24.0	2:28.0	2:32.0	2:40.0	2:50.0	3:00.0	3:15.0
1500M	5:30.0	5:45.0	6:00.0	6:20.0	6:45.0	7:00.0	8:00.0
3000M	12:00.0	12:30.0	13:00.0	13:30.0	14:00.0	14:30.0	15:00.0
5000M	20:00.0	21:00.0	22:00.0	23:00.0	24:30.0	26:30.0	29:00.0
10000M	43:00.0	45:00.0	47:00.0	49:00.0	53:00.0	56:00.0	60:00.0
3000M SC	13:00.0	14:00.0	15:00.0	16:30.0	18:00.0	19:00.0	20:00.0
110M H	19.0	19.5	20.0	22.5	25.0	27.5	30.0
400M H	66.0	68.0	70.0	74.0	78.0	87.0	98.0

MARATHON: No standards but should offer proof of having run some distance 25KM or more in past year.

11.11.73
Ontario Masters Cross-Country
Championships 6 miles
High Park, Toronto

Bill Allen laid out this course as a trial of the site chosen for 1975 World Masters Cross Country Championships. We will hold more such events at High Park either to perfect a course suitable for larger numbers or decide that the race should be held elsewhere.

1	Arthur Taylor 1B	33:08
2	Bob Bowman 1A	34:09
3	Brian Martindill 1A	34:23
4	Bob Lazenby 1A	34:49
5	Cliff Hall 1B	35:07
6	Bill Allen 1A	35:39
7	Peter Morgan 1B	37:43
8	Andrew Ivan 1B	37:48
9	Sid Shuttleworth 1A	38:14
10	Art Rappich 1A	38:16
11	Dave Milne 1A	38:27
12	Brian Oxley 1A	38:44
13	Ralph Lang 1B	38:54
14	Bill Cameron 1B	39:08
15	Frank Galata 1B	39:16

16	Alistair Lyne 1A	40:59
17	Alex Whorwood 1A	41:19
18	Don Farquharson 1B	42:12
19	Harlod Rutherford 1B	43:58
20	Pat Reeves 1B	44:04
21	Roy Barrand 3	51:15

18.11.73
M.T.R.R.A. 30 Km York University
Masters Result: (Class 1)

1	Peter Morgan	2:01.37
2	Sid Shuttleworth	2:03.03
3	Jack Gray	2:06.36
4	Bill Salter	2:08.03
5	Ralph Lang	2:08.11
6	Gord Jackson	2:09.49
7	Pat Reeves	2:21.56

(Class 2)		
1	Doug Laister	2:19.03
2	Jack Webb	2:29.30

15.12.73
Edmonton Indoor Track
1 mile.

5	Tony Dancer (43)	4:44.5
---	------------------	--------

5.1.74
How's this for a day in the life of a
Master. Northern Alberta v Southern
Alberta at Edmonton Indoor.

1500m (1.15pm)		
3	Tony Dancer	4:37.9
3000m(4.15pm)		
6	Tony Dancer	10:05.7
3000m Walk (4.55pm)		
3	Tony Dancer	16:25.4

12.1.74
Owen Sound Winter Carnival
1.9 miles Road Race.

Masters Result:

1	Bob Bowman	10:57
2	John Kendall	11:15
3	Jack Coles	11:26
4	Gord McComb	12:43
5	Ted Harwood	12:48
6	Whitey Sheridan (50+)	13:04
7	Bill O'Sullivan	14:09
8	Elwyn Davies	14:31
9	Ken Yates	15:21
10	Grant MacDonald	17:36
11	Blain Till (60+)	

CANADA

INVITES YOU

TO THE 1st WORLD MASTERS (40 and over) TRACK & FIELD CHAMPIONSHIPS

August 11 to 17
1975

Toronto, Canada

CANADIAN NATIONAL
EXHIBITION STADIUM

Open to all Veteran
Male Athletes
(age group competition)
Sponsored by C.N.E.,
Canadian Masters and
U.S. Masters



For further information contact:

David Pain, 1160 Via España, La Jolla, California 92037, U.S.A.

Canada contd.

12.1.74
3,000M Toronto All Comers
Indoor Track Meet

An exciting fast race for the first Toronto meet of the year. Cliff Hall unfortunately covered the first 25 yards on his face giving him a first class one sided blush ever since. False start; everyone came back except Arthur Taylor was winning by 200 yards when he felt a bit lonely. Bob Lazenby ran a hot race on the restart to beat Arthur for the first time.

1	Bob Lazenby	9:23.8
2	Arthur Taylor	9:27.4
3	Bryan Martindill	9:30.6
4	Cliff Hall	9:40.0
5	Graham Downer	10:02.0

Same meet George Gluppe
400M 56.2

19.1.74

Edmonton Indoor Track:
Alberta v Saskatchewan
3000M

1st master Tony Dancer (43) 9:55.6
2nd master Francis Ruiter (44) 10:21.8

2.2.74

C.N.E. Indoor Track, Toronto
3,000m:

1	Arthur Taylor (47)	9:08.8
2	Bob Lazenby (41)	9:18.8
3	Bob Bowman (42)	9:27.2
4	Bryan Martindill	9:47.0
5	Andrew Ivan (47)	10:16.8
6	Jack Reid (45)	10:24.0
7	Alastair Lynn	10:28.0
8	Jack Reck	10:47.0
9	Paul Belliveau (46)	12:51.2

8.2.74

University of Toronto Indoor Meet
Masters 600m:

1	Bob Bowman (42)	1:30.6
2	John Lauder (43)	1:33.7
3	Alastair Lynn	1:35.6
4	Art Rappich (41)	1:36.5
5	Dan Farquharson (48)	1:39.8
6	Alex Woodhouse (55)	1:43.8

10.2.74

Metro Road Runners Toronto 15km

It snowed heavily as this race got underway so that underfoot became slippery and times were perhaps 2 minutes slower than last year over the same course. A good race nevertheless. Arthur Taylor finished 5th in the Open race.

Masters Result:

1	Arthur Taylor (47)	52:43
2	Gord Dickson (43)	52:50
3	Bob Lazenby (41)	54:34
4	Lorne Buck (40)	59:31
5	Jack Reid (45)	59:32
6	Graham Downer	59:36
7	Doug Laister (51)	61:16
8	Sid Shuttleworth (43)	61:17
9	Mike Harrington	61:37
10	Brian Oxley (40)	63:35
11	Dave Milne (41)	63:35
12	Fred Pritchard	65:01
13	Bob Madley (49)	67:21
14	Alex Whorwood	67:56
15	Pat Reeves (50)	69:08
16	Ted Clark (54)	72:59



VETS v MASTERS IN AUCKLAND

Clem Green reports on the International Veterans cross-country race in Auckland New Zealand, Dec 27, 1973

The visit of the U.S. Masters International Track Team to Auckland to take part in an event organised by New Zealand Veterans and Air New Zealand was a tremendous success, both competitively and socially.

The U.S. group led by David Pain continued their South Pacific tour by competing with New Zealand veterans and U.K. veterans over a twelve kilometre road and cross-country course.

The race took place on the slopes of Auckland's landmark, the dormant volcanic cone of One Tree Hill, which still clearly shows the ancient Maori fortifications and which is now a favourite meeting place for Auckland harriers and joggers. With temperatures around 23°C (74°F), high humidity, a course that has very few level sections, at least seven climbs ranging from hard to very hard, twelve fences and stone walls, this was quite an endurance test for all 110 starters and particularly so for the forty U.S. visitors who had the previous day arrived from Australia.

Enthusiasm at the start was incredible, the field breaking twice before world famous coach Arthur Lydiard tossed aside an errant pistol and bellowed "GO".

New Zealand marathon representative at the 10th Commonwealth Games, Jack Foster of Rotorua, demonstrated his superb fitness by leading from start to finish but he was hotly pursued by Melbourne Olympic Silver Medallist Gordon Pirie of Gt. Britain

who now lives in Auckland and is the present orienteering champion.

The next group was led throughout by Masters runner Ray Hatton, another Englishman but now resident in U.S.A. Top Auckland veteran Dick Chase was with Hatton until a recent calf muscle injury recurred while negotiating a stone wall, forcing his abrupt withdrawal. However Len Field from Whangarei, New Zealand kept the pressure on Hatton until the finish for a close fourth place.

Meanwhile Divisions Two and Three runners were staging a great battle with U.S. Masters Doc Andberg (62) coping easily with hurdles and hills to finish only seconds behind Division two winner N.Z.'s Rob Brown (58) who turned in another sterling effort. Close behind these two, Masters runners N. Hansen, J. Wall and A. Escamilla were giving notable performances to take the placings in their age groups.

Oldest competitor was Auckland, Bill Woodhead (72) who found the cross-country sections a major challenge in New Zealand's mid summer conditions.

The highlight of the day was undoubtedly the social gathering afterwards at which Air New Zealand supplied liquid refreshments and presented trophies to top placegetters in each division and the two U.S. women team members who completed the course. Air N.Z. certificates to all who finished were a fitting memento of this great occasion.

NEW ZEALAND

Anyone who thinks that the Queen Elizabeth Stadium was the absolute centre of interest in Christchurch last January is badly mistaken. Many of the best athletes in the world were competing there alright, but for those with not-so-long memories there was a bigger assembly of household names at the nearby New Brighton track a few days earlier. How's this for a list? Peter Snell, Albie Thomas, Jeff Julian, Bill Baillie, John Davies, Derek Ibbotson, Jack Foster, Dave Power, Chris Brasher, Harold Nelson and Maeve Kyle. With Dick Quax, Murray Halberg and Ron Clarke looking on it was a track-nut's dream gathering.

The organisers (Bill Rolls, Alex McPherson, George Currie and Gideon Tait) of this first NZ International Veterans Meeting did a grand job and C. S. Thomas (former NZ quarter & half-mile champion) said it was one of the best meetings he had seen anywhere. Certainly, many expressed the view that it was on a par with the pace-setting 1972 European Meetings. If there were any doubts about the desirability of staging some pre-vet races at these large meetings then this occasion must have dispelled them forever. Not only did they whet the appetites of the spectators but they seemed to instil a remarkable enthusiasm into the competitors themselves. One could almost see them wishing away the last few years of their thirties so that they may come-of-age and join the mainstream!

Clem Green found December and January his busiest months since becoming so heavily involved in Veteran athletics. Not only was he preparing the way for the US Masters tour by arranging advance preparations at Wellington, Rotorua, Christchurch, Dunedin and Invercargill, but he was also involved in the organisation of a section of the Queen's baton relay for the Commonwealth Games.

Clem and his colleagues have no doubt that Helen Pain



Clem Green (President of N.Z. Veterans), Helen and David Pain (Co-Directors of U.S. Masters International Track Team) and Bruce Menzies (Air N.Z.).

is David Pain's most valuable asset. She does a great deal of work on those tours. When the US Masters arrived in Auckland, David went off to Mount Cook in the South Island with his film unit. Helen piloted the tour party on her own and was most appreciative of the runs and social events which had been laid on. The New Zealand veterans were delighted to have the US Masters, Australian Veterans and other overseas veterans in their midst this summer. January 1974 will be a month to remember for many years.

Any comments on New Zealand's activities would be incomplete without mention of the incredible JACK FOSTER. What can one add to the wealth of material already written about this 41 years old veteran from Rotorua?

Although a world-class performer in open competition he is still very interested in the veteran movement. He drove up to Auckland from Rotorua (a 4 hours drive) to compete in the One Tree Hill 9km cross-country event and two days later joined the US Masters again, when they were in Rotorua, for a 10-miler through the woods.

INTERNATIONAL VETERANS ATHLETIC MEETING

CHRISTCHURCH NEW ZEALAND

JAN 21-22

More than 200 veterans, plus a few pre-veterans, from six countries competed in New Zealand's first International Veterans' track and field meeting held at the New Brighton Athletic Club's all-weather track on January 21 and 22.

A crowd of 1,000 witnessed a magnificent competition

with two new world records from Jack Foster (NZ) and Mrs. Maeve Kyle (N. Ireland).

New Zealand's super veteran Foster ran the 10,000m in 29m38 sec, breaking Mimoun's record by 20 secs. Northern Ireland's former Olympic and Commonwealth Games representative Maeve Kyle broke the women's world record for a 45 year-old with a 62 sec. 400m. She finished full of running and later went on to win the 100m in 13.3 secs.

The former Australian Olympic 10,000 and marathon runner D. Power won the over-45 10,000m in 31m50 secs.

Wal Sheppard, now over 50 and currently the best half miler in that age group won the 400m in 58.9 secs.

Three times Olympic gold medal winner Peter Snell once again ran powerfully to win the 100m (11.7) and the 400m (51.5) in the pre-veteran (over-35) events.

The outstanding sprinter over 50 was Englishman H. Trafford, who won his event in 13.6 secs.

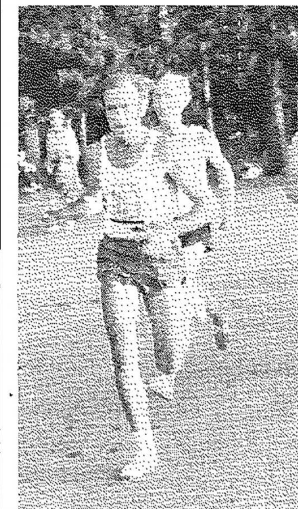
Competitors' Classes:	
Pre Vets : 35 to 39 years	
Class 1 : 40 to 44 years	
Class 2 : 45 to 49 years	
Class 3 : 50 to 59 years	
Class 4 : 60 years and over	
100 Metres	
Pre Veterans Final	
1 P. Snell (NZ)	11.7
2 D. Davidson (NZ)	11.8
3 W. Sharps (NZ)	11.8
Class 1 Final	
1 T. Crossen (NZ)	12.1
2 L. G. Milne (NZ)	12.5
3 R. Heseltine (NZ)	13.0
Class 2 Final	
1 N. Rodley (NZ)	13.2
2 P. Price (NZ)	13.6
3 W. Ward (NZ)	13.7
Class 3 Final	
1 J. Tennant (AUS)	12.7
2 H. Trafford (ENG)	13.5
3 J. Smithers (NZ)	14.9
Class 4 Final	
1 V. Pye (AUS)	14.1
2 A. Reeve (NZ)	15.6
3 G. Simpson (AUS)	15.9
200 Metres	
Pre Veterans Final	
1 D. Davidson (NZ)	24.5
2 B. Sharp (NZ)	25.0
3 V. Sykes (NZ)	26.6
Class 1 Final	
1 T. Crossen (NZ)	25.4
2 L. Milne (NZ)	25.9
3 B. Kerr (NZ)	26.6
Class 2 Final	
1 N. Rodley (NZ)	26.9
2 R. Crosbie (NZ)	27.5
3 R. Heaps (NZ)	28.3
Class 3 Final	
1 J. Tennant (AUS)	26.8
2 H. Trafford (ENG)	28.0
3 S. Hamlin (NZ)	29.2
Class 4 Final	
1 V. Pye (AUS)	29.4
2 F. Stanton (NZ)	30.3
3 G. Simpson (AUS)	33.3

400 Metres	
Pre Veterans Final	
1 P. Snell (NZ)	51.5
2 Y. Pantilat (Israel)	54.6
3 I. Sim (NZ)	55.5
Class 1 Final	
1 T. Crossen (NZ)	57.1
2 L. Milne (NZ)	59.2
3 R. Heseltine (NZ)	59.6
Class 2 Final	
1 R. Heaps (NZ)	61.3
2 G. Shaw (NZ)	64.7
3 T. Sweeney (NZ)	68.3
Class 3 Final	
1 J. Tennant (AUS)	26.8
2 H. Trafford (ENG)	28.0
3 S. Hamlin (NZ)	29.2
Class 4 Final	
1 V. Pye (AUS)	29.4
2 F. Stanton (NZ)	30.3
3 G. Simpson (AUS)	30.3
Class 3 Final	
1 W. Sheppard (AUS)	58.9
2 F. Hamlin (NZ)	63.2
3 J. Smithers (NZ)	70.0
Class 4 Final	
1 V. Pye (AUS)	74.8
2 G. Simpson (AUS)	78.0
3 N. Hawke (NZ)	81.3
800 Metres	
Pre Veterans Final	
1 Y. Pantilat (Israel)	2:03.6
2 I. Sim (NZ)	2:05.5
3 V. Sykes (NZ)	2:06.6
Class 1 Final	
1 P. Clohessy (AUS)	2:04.2
2 R. Morgan-Morris (Nauru)	2:06.4
3 R. J. O'Brien (NZ)	2:07.9
Class 2 Final	
1 R. Heaps (NZ)	2:14.4
2 T. Orr (AUS)	2:14.4
3	2:15.6
Class 3 Final	
1 W. Sheppard (AUS)	2:09.7
2 F. Hamlin (NZ)	2:24.6
3 W. Waznock (AUS)	2:33.3
Class 4 Final	
1 C. Ell (NZ)	2:37.6
2 K. Trow (NZ)	2:48.9
3 C. Walters (NZ)	2:52.7

1500 Metres	
Pre Veterans Final	
1 A. Thomas (AUS)	4:03.7
2 J. P. MacDonald (NZ)	4:04.5
3 K. Osborne (NZ)	4:08.5
Class 1 Final	
1 P. Clohessy (AUS)	4:14.1
2 P. Morgan-Morris (Nauru)	4:19.6
3 P. O'Brien (NZ)	4:28.7
4 G. Thomas (NZ)	
Class 2 Final	
1 T. Orr (AUS)	4:29.5
2 W. Hobbs (NZ)	4:34.8
3 R. Crosbie (NZ)	4:37.3
Class 3 Final	
1 W. Sheppard (AUS)	4:33.3
2 H. Nelson (NZ)	4:36.8
3 R. Smith (NZ)	4:38.3
Class 4 Final	
1 C. Ell (NZ)	5:24.3
2 A. Waynam (NZ)	5:30.7
3 C. Walters (NZ)	6:05.4
5000 Metres	
Pre Veterans	
1 A. Thomas (AUS)	14:48.8
2 J. Julian (NZ)	15:30.8
3 W. Baillie (NZ)	15:36.2
4 J. K. McDonald (NZ)	
Class 1	
1 I. Field (NZ)	15:56.8
2 R. Morgan-Morris (Nauru)	16:23.7
3 D. Cameron (NZ)	16:47.6
Class 2	
1 D. Power (AUS)	15:23.6
2 W. Hobbs (NZ)	16:41.2
3 K. Routley	17:39.4
Class 3	
1 H. Nelson (NZ)	16:55.8
2 R. Smith (NZ)	16:58.9
3 W. Waznock (AUS)	17:29.8
Class 4	
1 A. Waynam (NZ)	19:38.0
2 C. Ell (NZ)	20:10.0
3 E. Woods (NZ)	20:12.0

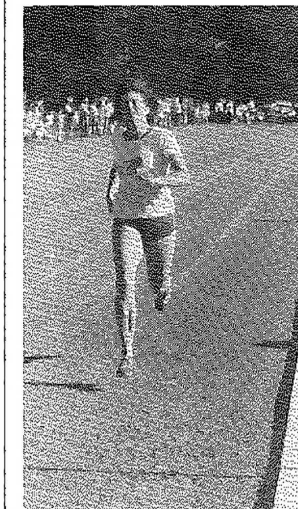
10,000 Metres	
Pre Veterans	
1 J. Julian (NZ)	32:36.2
2 J. K. McDonald (NZ)	33:22.7
3 M. Lusty (NZ)	38:30.8
Class 1	
1 J. Foster (NZ)	29:38.0
(World Record)	
2 L. Field (NZ)	34:38.0
3 D. Cameron (NZ)	35:15.5
Class 2	
1 D. Power (AUS)	31:49.2
Class 3	
1 R. Smith (NZ)	35:02.3
Class 4	
1 T. Bain (NZ)	41:53.7
3,000 Metre Steeplechase	
Pre Veterans	
1 J. D. McDonald (NZ)	9:44.6
2 K. Osborne (NZ)	9:56.0
3 R. Jones	
Class 1	
1 R. O'Brien (NZ)	11:01.8
2 R. Cain (NZ)	11:28.8
3 J. Sprague (NZ)	11:38.0
Class 2	
1 T. Orr (AUS)	10:32.6
2 C. Brasher (ENG)	11:47.0
3 J. Stewart (NZ)	12:03.6
Class 3	
1 A. Nelson (NZ)	11:27.7
2	
Class 4	
1 K. Trow (NZ)	14:42.6
1500 Metre Walk	
Pre Veterans	
1 A. Lett (Swaziland)	8:29.6
2 N. Hill (ENG)	9:44.3

DAVE POWER



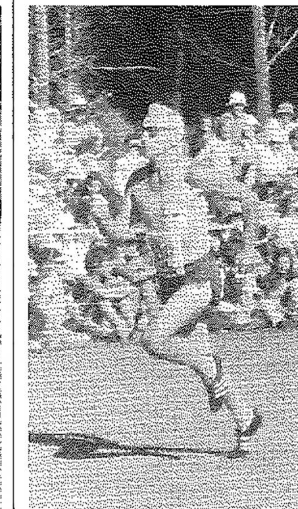
Class 1	
1 I. Irwin (AUS)	7:05.5
2 M. Poulton (NZ)	
Class 3	
1 V. Townsend (AUS)	7:44.1
2 N. Le Rossignal (AUS)	8:09.9
Class 4	
1 R. Field (AUS)	8:04.2
2 A. Theobald (AUS)	9:00.5
3 J. Curtis (ENG)	9:58.4
3000 Metre Track Walk	
Pre Veterans	
1 W. Hill (NZ)	20:10.6
Class 1	
1 I. Irwin (AUS)	14:45.5
Class 3	
1 V. Townsend (AUS)	15:51.5
2 R. Field (AUS)	16:26.0
3 N. Rossignal (AUS)	17:28.0
Class 4	
1 A. Theobald (AUS)	18:18.0
Long Jump	
Pre Veterans	
1 R. Williams (NZ)	5.99m
Class 2	
1 P. Price (NZ)	4.88m
2 N. Rodley (NZ)	4.78m
Class 3	
1 H. Logan (AUS)	4.63m
2 H. Trafford (ENG)	4.61m
3	4.03m
4 P. Colthrup (AUS)	3.63m
Class 4	
1 V. Pye (AUS)	3.61m
Javelin	
Class 1	
1 A. Hutchinson (NZ)	118'2"
2 R. Fleming	39'8"

MAEVE KYLE



Class 2	
1 A. Grayburn (NZ)	169'5"
2 J. McKinnon	96'7"
3 T. Sweeney (NZ)	86'6"
Class 3	
1 G. Tait (NZ)	67'9"
Class 4	
1 N. Hawke (NZ)	86'3"
Discus	
Pre Veterans	
1 R. Dallow (NZ)	150'2"
2 R. Williams (NZ)	134'0"
Class 1	
1 N. Wynhoven (AUS)	110'5"
2 D. Leadbetter (AUS)	93'9"
3 A. Hutchinson (NZ)	90'9"
Class 2	
1 J. McKinnon (NZ)	107'5"
2 J. King (NZ)	101'10"
3 D. Leech	85'9"
Class 3	
1 S. Johnson (NZ)	101'9"
2 G. Tait (NZ)	88'4"
3 J. Goulter (NZ)	62'6"
Class 4	
1 N. Hawke (NZ)	84'5"
2 V. Pye (AUS)	55'8"
Hammer	
Class 1	
1 D. Leadbetter (AUS)	151'10"
2 T. Bent (NZ)	131'8"
3 H. Wynhoven (AUS)	120'4"
Class 2	
1 D. Leech (NZ)	141'9"
2 A. Grayburn (NZ)	52'3"
Class 3	
1 S. Johnson (NZ)	123'9"
2 G. Tait (NZ)	110'4"
3 H. Husband (NZ)	95'4"
Class 4	
1 N. Hawke (NZ)	120'5"
(Record)	

VIC PYE



Triple Jump		
Class 1		
1 L. G. Milne (NZ)	10.55m	
2 M. Poulton (NZ)	8.30m	
Class 2		
1 P. Price (NZ)	11.12m	
2 N. Rodley (NZ)	9.98m	
3 T. Sweeney (NZ)	7.95m	
Class 3		
1 H. Logan (AUS)	9.66m	
2 H. Trafford (ENG)	9.43m	
3 G. Brain (AUS)	8.23m	
High Jump		
Pre Veterans		
1 R. Williams (NZ)	1.68m	
Class 1		
1 A. Hutchinson (NZ)	1.20m	
Class 2		
1 N. Rodley (NZ)	1.30m	
2 P. Price (NZ)	1.30m	
3 G. Lane (NZ)	1.20m	

Class 4		
1 V. Pye (AUS)	1.10m	
Shot Putt		
Pre Veterans		
1 R. Harris (NZ)	12.24m	
2 R. Williams (NZ)	11.94m	
Class 1		
1 D. Leadbetter (AUS)	10.02m	
2 H. Wynhoven (AUS)	9.56m	
3 A. Hutchinson (NZ)	8.44m	
Class 2		
1 J. McKinnon (NZ)	10.02m	
2 J. King (NZ)	9.12m	
3 A. Grayburn (NZ)	8.08m	
Class 3		
1 A. Husband (NZ)	12.54m	
2 H. Trafford (ENG)	11.64m	
3 S. Johnson (NZ)	10.09m	

Class 4		
1 N. Hawke (NZ)	10.00m	
2 D. Mahoney (NZ)	8.10m	
3 V. Pye (AUS)	6.87m	
Ladies Invitation 200 Metres		
1 J. Hurdle (NZ)	32.4	
2 C. Tennant (NZ)	37.0	
3 D. Grieg (NZ)	39.7	
Ladies Invitation 400 Metres		
Veterans		
1 M. Kyle (N. Ire)	62.0	
(World Record)		
2 J. Hurdle (NZ)	74.1	
3 C. Tennant (NZ)	86.1	
Ladies Invitation 800 Metres Final		
1 J. Hurdle (NZ)	3:11.7	
2 D. Grieg (NZ)	3:31.1	
3 C. Tennant (NZ)	3:41.8	

U.S.A

With the South Pacific tour of the USMITT hardly over a brochure is out this month giving details of another tour this year under the same directorship—this time a two weeks summer trip scheduled to highlight the two National Masters Championships in the great Northwest. Reservations must be lodged with David Pain by May 17th.

Air transportation has been booked from Toronto on the East Coast and San Francisco on the West to Vancouver on Friday June 28th, allowing the Canadian Masters Championships in Vancouver, British Columbia on June 29th and 30th; a tour to Victoria and down to Gresham, Oregon for the US Masters Championships July 5, 6 & 7th; a visit to Expo '74 in Spokane Washington on the way to Kalispell, Montana and Radium Hot Springs followed by the two days in Calgary before the return flights to Toronto and California. The total tour of 17 days represents 3 weekends with 2 weeks packed full of competition, sightseeing, Western hospitality.

Looking further ahead to the spring of 1975, Bob Fine—President of the Masters Sports Association—is negotiating with Jack Fitzgerald of the British Veterans to take an MSA team to London for a dual meeting. The proposed dates are, depart New York Friday evening May 23rd (May 26th is Memorial Day), depart London for home Sunday June 1st. The tour would include two track meetings (one outside London) and a cross-country race. It is hoped that exchange visits will be held on alternate years.

The professional I.T.A. circuit will be holding some 20 meetings throughout the USA during the period February 15—May 30 and will include a few Masters events. Competition will not be for individual cash prizes but the I.T.A. will probably make modest

donations to local Masters' programs. However, there are obvious difficulties regarding amateur status and Masters clubs have warned their members of possible exclusion from international veterans meetings if they foul the I.A.A.F. ruling. Nevertheless, indignation is widespread from East to West and we understand that a considerable number of Masters are likely to defy the ruling.

Run - Compete - Travel



U.S. MASTERS INTERNATIONAL TRACK TEAM

Compete Canadian Masters Championships
June 29-30
Vancouver, B.C.

U.S. AAU Masters Championships
July 7-9
Gresham, Oregon

See scenic
Pacific Northwest
Olympic Park
Calgary stampede

Christmas Masters Tour
December 20-31

Compete Florida Masters
(age group 30 and up)
Enjoy tropical Jamaica
with Masters Competitions

Join USMITT receive bi-monthly Masters Newsletter.
For information: David and Helen Pain, 1160 Via
España, La Jolla, California 92037. (714) 459-6362.

U.S.A

Not too long ago, they used to let the "Old Boys" tag along and bring up the rear in local road races. The Veterans were suffered in order to fill out the field, or as a gesture of largesse. Not so now. With the world-wide, renewed interest in, and importance of, fitness, the over 40 group has burgeoned to a point where many nations, such as the United States, Canada, England and Australia, are conducting Masters Veteran Championships in track and field. Many distance and road races are also conducted exclusively for the over-the-hill group, with many races drawing hundreds of entries.

The performances are not all that bad, either; the most striking example being the recent efforts of 41-year old Jack Foster of New Zealand at the Commonwealth Games in Christchurch, where he ran in a pre-games Veteran event on a very slow track, but, nevertheless, broke Frenchman Mimoun's 10-year Veteran (over 40) world record for the 10,000m, with a 29:38 and then, at the Games, ran a brilliant 2:11.18 second place effort in the Commonwealth Games marathon. This would have been good enough to win this event in Munich won by Frank Shorter nearly two minutes slower. At the other end of the scale, we have runners like Thane Baker (40) doing the 100m in a record 10.6. Besides a desire to be fit and enjoy a little competition, the main reason for the great interest in Veteran athletics is the fact that all meetings are age group contested—usually in 10 and sometimes 5-year divisions. This assures the older runners of competition with their peers and guarantees close competition even when the athletes competing are in their 60's and 70's.

International Veteran athletics got their start in 1972 when a U.S., 50-year old attorney, David H. R. Pain, brought his U.S. Masters International Track Team to England, Scandinavia and Germany. Joining the U.S. athletes at those competitions were teams from Canada and Australia. The camaraderie and good will associated with the competition was in marked contrast to the dreadful happenings experienced in Munich at the Olympics. Following the European success, this same U.S. group competed in Fiji, New Zealand and Australia in 1973.

Since the program is constantly being nourished by new 40-year olds who, now aware of the Masters (Veteran) program with quality competition, have decided to continue in the sport, each year sees new faces entering the competitions, with the older Veterans, nonetheless, staying in contention as they move up into upper divisions. Interest has also been sustained by the publication of age group records in the U.S. publication, Track and Field News. These quasi-official records are revised annually as Veterans reaching a prescribed age take aim on a record they believe vulnerable.

1973 saw every American record broken in the U.S. AAU Masters championships, from 400m through the marathon. This was largely due to a strong British contingent led by spunky Laurie O'Hara, who exemplified the type of Veteran athletes now engaging in international competition.

Since the older athletes generally are more financially independent than their more youthful counterparts,

the Veterans can arrange their own meetings at the international level without relying on the dubious assistance and financing of national AAU organizations, which are generally understaffed and lack the funds to take on additional programs. As a result, the U.S. Masters and Canadian Masters have combined forces with the Canadian National Exhibition in Toronto to sponsor the first World Veterans Track and Field Championships scheduled for August 11-17, 1975, where competition will be in 5-year age groups from age 40, with selected events for the sub-Masters, 35-39. Included in the latter will be such world class athletes as Peter Snell, New Zealand and Ron Clarke, Australia, now retired from open competition, but looking enthusiastically to renewed activity as Veterans.

Those interested in learning more about this worldwide program should contact the U.S. Masters International Track Team, 1160 Via España, La Jolla, California 92037, USA.

November 17, 1973

3rd Annual Nat. Masters Cross-Country Champs

Lorain County Community College, Elyria, Ohio.
By Don Farquharson.

This 10,000 metres race was the 3rd annual and the starting field of 120 was only slightly larger than last year's. The difference lay in the absence of the joggers. This was a fast runners' race. Last year's winner Phlaging did not compete as neither did the 3rd and 4th places, Waco and Gookin, so that from a U.S. point of view, 1971 winner and 1972 runner up Hal Higdon looked an easy winner. That he, in fact, faced the toughest possible opposition was due to a very strong Metro Toronto Fitness Club team from Canada led by John Doyle and Arthur Taylor who pushed Higdon to a hard won victory.

Hal moved out quickly to a lead but was overhauled by John Doyle at about 5km. From this point a see-saw struggle commenced with each alternating in the lead whilst Arthur Taylor always posed a threat if either weakened. In 4th spot Henry Kupczyk, formerly of Toronto now Nashville Tenn, probably possessing the fastest finishing ability, also could not be discounted. Fifth and Sixth spots wore MTFC yellow shirts too as Bill Allen now coming back strongly after his injury strove to shake of Bob Bowman. With Bob Lazenby and Cliff Hall also to the fore the team race looked sewn up for MTFC.

Hal Higdon resolved the race with a final great effort in the late stages and hung on to win for a fine victory. John Doyle and Arthur Taylor ran strongly to the end whilst Henry Kupczyk lost about 50 yards on a wrong turn but nevertheless maintained his place in face of the finishing battle between Bob Bowman and Bill Allen, won by the former. Bob Lazenby closed in for the Canadians in ninth place to clinch the open team race. Pacific A.A.U. took the U.S. title spearheaded by Ken Napier and James Shettler.

The class 2 event produced a convincing win by Augie Escamilla who beat Alex Hossack by more than a minute. With all classes racing in the same field, Augie's 27th position in the open race was highly creditable. But as praiseworthy as his run was Escamilla would be the first to acknowledge any superlatives that described the class 3 victory of John Wall. This U.S. Naval Reservist not only beat the Grey Ghost of Anoka by 42 seconds but would have placed second in the class 3 event and 37th in the class 1—a truly outstanding performance.

Team Result

Class 1 (40-49)	38 A. Denman (KS "A") 39:04	76 D. Farquarson (MTFC Can) 44:11
1 H. Higdon (Indiana S) 33:37.1	39 K. Wilson (Mt. L TC) 39:08	77 H. Dayle 44:31
2 J. Doyle (MTFC Can) 33:46	40 C. Anderson (S. Diego TC) 39:08	(90 ran in Class 1)
3 A. Taylor (MTFC Can) 34:09	41 J. Haroney (BW AC) 39:15	
4 H. Kupczyk (Nville S) 34:44	42 A. De La Porte (Indiana S) 39:34	
5 B. Bowman (MTFC Can) 35:07	43 R. Costello (Mt. L TC) 39:43	
6 B. Allen (MTFC Can) 35:11	44 R. Fite (Jersey S TC) 39:43	
7 K. Napier (Fac AAU) 35:26	45 R. Glaze (Jersey S TC) 39:46	
8 W. McConnell (J STC) 35:31	46 R. Cole (S. Diego TC) 39:52	
9 B. Lazenby (MTFC Can) 35:33	47 R. Lister (Mittany V TC) 40:01	
10 J. Shettler (Pacific AAU) 35:43	48 J. Schendal (Univ of TF) 40:05	
11 F. McBride (Motor City S) 35:49	49 R. Campbell (Jersey S TC) 40:08	
12 S. Goldberg (Illinois TC) 35:59	50 J. Iasbell (Indiana S) 40:09	
13 B. Phillips (San Diego TC) 36:04	51 W. Anderson (Motor C S) 40:10	
14 B. Steck (San Diego TC) 36:15	52 R. Stoja 40:11	
15 C. Hall (MTFC Can) 36:16	53 R. Sullivan (Belle W AC) 40:17	
16 R. Smith (Pacific AAU) 36:31	54 L. Denault (Indiana S) 40:28	
17 R. Swank 36:50	55 H. Henriques (Jersey S TC) 40:30	
18 T. Diamond (DC Harriers) 36:53	56 W. Churchill (U of T) 40:34	
19 L. Roberts (San Diego TC) 36:56	57 D. Greenwood (MCS) 40:39	
20 R. Anspach (KS "A") 37:11	58 W. Barron (MCS) 40:40	
21 J. Merola (KS "A") 37:26	59 B. Wakeford (KS "B") 40:48	
22 D. Wahle (KS "A") 37:32	60 B. Cameron (MTFC Can) 40:56	
23 M. Uher (NV TC) 37:32	61 E. Dibble (U of T) 41:09	
24 V. Yehnert (Summitt AC) 37:36	62 B. Oxley (MTFC Can) 41:13	
25 J. Nickolson (Pacific AAU) 37:37	63 D. Sowers (Mt. L TC) 41:16	
26 B. Coldren (Kettering S) 38:01	64 C. Gough (Mt. L TC) 41:21	
27 O. Brown (Belle W AC) 38:03	65 P. Frezza (JS TC) 41:26	
28 R. Kendall (Belle W AC) 38:04	66 J. Roys (KS "B") 41:34	
29 G. Branam (Indiana S) 38:05	67 B. Cook (KS "B") 42:01	
30 B. Cushen (Kettering S) 38:27	68 R. Baya (MCS) 42:10	
31 M. Healy (Pacific AAU) 38:30	69 C. Rieff (KS "B") 42:35	
32 D. Coleman (S. Diego TC) 38:40	70 A. Lyon (MTFC Can) 43:06	
33 J. Harwick (Mt. LTC) 38:50	71 S. Mah (U of Toledo) 43:27	
34 J. Comyne (Lake Erie AA) 38:54	72 E. Le Fonte (U of T) 43:35	
35 J. Lambert (Indiana S) 38:57	73 B. Henn (Jersey S TC) 43:38	
36 R. Culp 39:02	74 J. Porvinn (Windsor) 43:43	
37 J. Richardson (BW AC) 39:03	75 S. Liss 43:58	

3rd November 1973
USTFF Mid America Championships
University of Wisconsin—Parkside
Kenosha, Wisconsin

U.S.T.F.F. National Masters (40 & over)
Three miles

1 R. Swank (Joliet III) 17:05.8	20 R. Hornby (Am Motors) 21:44.0
2 A. Brodzik (UCTC) 17:09.5	21 B. Kuehny (Kenosha) 22:32.0
3 D. Ikltz (UWMTTC) 17:32.0	22 A. Prichard (Waukesha) 22:40.0
4 L. Bostian (Vilas RC) 17:46.0	23 J. McHale (Racine YMCA) 23:03.0
5 W. Mayer (UWMTTC) 18:12.0	24 N. Gerlach (Chicago) 23:25.0
6 R. Czarapata (UWMTTC) 18:26.0	25 C. Constantine (Racine) 23:35.0
7 M. Knox (Milwaukee) 18:47.0	26 H. Comm (Chicago) 23:41.0
8 A. Prisinger (Des P III) 19:15.0	27 L. Afremon (N'brook III) 24:31.0
9 S. Hartmann (Neeah) 19:20.0	28 V. Nelson (UWMTTC) 26:12.0
10 B. Capek (Chicago) 19:39.0	
11 E. Beth (Racine) 19:58.0	
12 B. Sonneman (L'ville III) 20:41.0	
13 K. Schlager 20:42.0	
14 R. Collins (WFTC N. Cen) 20:43.0	
15 B. Martin (UCTC) 20:57.0	
16 T. LeRose (Racine) 21:00.0	
17 M. Deakin (UWMTTC) 21:09.0	
18 D. Dell (UNA) 21:28.0	
19 C. Niles (Janesville) 21:36.0	

31st December, Hawaii.
Mt. Tantalus 10 mile Road Race
Honolulu, Hawaii

Over 40 result	
1 Ray Hatton (1) 56:50	
2 Arne Richards (1) 64:10	
3 Field Ryan (1) 65:31	
4 Norman Hansen (2) 65:39	
5 Gordon Schaefer (1) 66:57	
6 Bill Andberg (3) 67:44	
7 Art Rappich (1) 67:53	
8 Dick Benson (1) 70:49	
9 Bob Fine (1) 73:30	
10 Jerry Church (1) 75:54	
11 Bob Long (2) 76:11	

12 Otto Essig (3) 80:03
13 Larry Boies (1) 80:49
14 Bill Bigelow (3) 84:02
15 Walt Stack (3) 85:34
16 Keith Williams (1) 87:53
17 Richard Lacey (3) 98:28

30th December
Honolulu, Hawaii.
Results of Masters Track Meet.

The following are the tentative results of the meet held in conjunction with the US International Masters Track Team. These have been hurriedly transcribed and not proofread, so there may be errors.

100 Yard Dash	
Class 1 (40-49) Men	
1 D. Dawkins 10.9	
2 J. Greenwood 10.9	
3 P. Schlegel 10.9	
4 L. Thomas 11.5	
5 L. Boies 11.8	
6 G. Gluppe 12.3	

U.S.A. contd.

Class 2 (50-59) Men	
1 H. J. Warwas 12.4	
2 E. Reiner 13.0	
Class 3 (60+) Men	
1 G. Braceland 12.8	
2 J. Caruso 13.2	
3 S. Thompson 13.5	
4 S. Lum 15.0	
5 R. Lacey 15.0	
Class 1 (40-49) Women	
1 I. McConnell 16.6	
2 V. King 16.8	
Class 2 (50-59) Women	
1 M. Lum 26.7	
Class 3 (60+) Women	
1 P. Clarke 16.9	
400 Metres	
Class 1 (40-49) Men	
1 J. Greenwood 53.5	
2 D. Dawkins 54.7	
3 G. Gluppe 57.6	
4 A. Rappich 62.0	
Class 2 (50-59)	
1 R. Gordon 59.4	
2 H. J. Warwas 65.1	
3 J. Ross 65.8	
4 B. Long 78.0	
Class 3 (60+)	
1 G. Braceland 66.8	
2 R. Lacey 68.4	
3 H. Chapson 69.2	
4 J. Clarke 73.0	
5 S. Lum 82.4	
Class 1 (40-49) Women	
1 V. King 83.1	
2 I. McConnell 96.9	
Class 2 (50-59) Women	
1 M. Lum 2:30.6	
Class 3 (60+) Women	
1 P. Clarke 1:29.6	
800 Metres	
Class 1 (40-49) Men	
1 V. Koerner 2:16.9	
2 R. Fine 2:17.2	
Class 2 (50-59) Men	
1 R. Gordon 2:24.0	
2 A. Escamilla 2:32.0	
3 J. Ross 2:33.2	
Class 3 (60+) Men	
1 B. Andberg 2:43.2	
2 G. Braceland 2:56.4	
3 J. Clarke 3:05.1	
Class 1 (40-49) Women	
1 V. King 3:33.0	
2 I. McConnell 4:10.3	
Class 3 (60+) Women	
1 P. Clarke 3:55.8	
1500 Metres	
Class 1 (40-49) Men	
1 R. Hatton 4:16.3	
2 A. Rappich 4:44.9	
3 Richards 4:52.7	
4 R. Fine 4:54.8	
5 D. Benson 5:11.5	
6 Church 5:17.0	
Class 2 (50-59) Men	
1 J. Ross 5:15.4	
2 H. Eirick 5:21.6	

Class 3 (60+) Men	
1 B. Andberg 5:12.3	
2 H. Chapson 5:38.2	
3 R. Williams 5:43.9	
4 W. Bigelow 6:14.4	
Class 1 (40-49) Women	
1 V. King 8:07.7	
5000 Metres	
Class 1 (40-49)	
1 S. Hamilton 17:33.9	
2 A. Richards 17:45.6	
3 C. Mora 18:01.7	
4 D. Benson No time	
Class 2 (50-59)	
1 A. Escamilla 18:32.7	
2 N. Hansen No time	
Class 3 (60+)	
1 J. Wall 18:32.9	
2 B. Andberg No time	
3 B. Brobston No time	
4 R. Williams No time	
5 O. Essig No time	
6 W. Stack 22:35.7	
110 Metre High Hurdles	
Class 1 (40-49)	
1 J. Greenwood 16.8	
2 H. Colen 20.8	
Class 2 (50-59)	
1 E. Reiner 21.4	
Class 3 (60+)	
1 S. Thompson 22.6	
2 G. Braceland 22.9	
400 Metre Relay	
1 Boies, Colen, Dawkins, Schlegel 52.9	
2 Thompson, Lum, Chapson, Jones 60.4	
3 Partridge, Braceland, Caruso, Bigelow 71.4	
1 Mile Relay	
1 Wallace, Fine, Benson, Rappich 4:23.8	
2 Richards, Boies, Hamilton, Church 4:33.7	
Pole Vault	
Class 1 (40-49)	
1 H. Wallace 8'6"	
Class 3 (60+)	
1 S. Thompson 8'6"	
2 G. Braceland 8'0"	
Shot Put	
Class 1 (40-49)	
1 L. Thomas 32'9 3/4"	
2 H. Wallace 32'8"	
Class 2 (50-59)	
1 V. Davies 30'3 3/4"	
2 H. J. Warwas 29'0 3/4"	
Class 3 (60+)	
1 S. Hermann 41'1 1/2"	
2 J. Carson 37'9"	
3 P. Partridge 35'1 1/4"	
4 G. Braceland 35'8 3/4"	
5 S. Thompson 23'10 1/4"	
High Jump	
Class 1 (40-49)	
1 J. Greenwood 5'0"	
2 H. Wallace 4'9"	
3 H. Colen 4'0"	
Class 2 (50-59)	
1 R. Long 3'9"	
Class 3 (60+)	
1 S. Thompson 4'6 1/2"	
2 G. Braceland 4'2 3/4"	
3 W. Bigelow 3'11 1/2"	
Triple Jump	
Class 1 (40-49)	
1 P. Schlegel 30'7"	
2 H. Colen 29'5 1/2"	
Class 2 (50-59)	
1 B. Long 25'5"	
Class 3 (60+)	
1 S. Thompson 28'2"	
2 G. Braceland 22'3"	
3 J. Carson 21'10"	
4 P. Partridge 21'0"	
Long Jump	
Class 1 (40-49)	
1 P. Schlegel 18'0 3/4"	
2 O. Dawkins 16'8"	
3 H. Wallace 15'7"	
4 H. Colen 15'5"	
Class 2 (50-59)	
1 H. J. Warwas 13'2"	
2 B. Long 12'10"	
Class 3 (60+)	
1 S. Thompson 13'6"	
2 J. Caruso 12'10"	
3 G. Braceland 11'7"	
4 S. Lum 10'8"	
Discus	
Class 1 (40-49)	
1 E. Van Pelt 124'7 3/4"	
2 H. Wallace 100'10 1/4"	
Class 2 (50-59)	
1 V. Davies 71'10"	
2 H. J. Warwas 69'1"	
Class 3 (60+)	
1 P. Partridge 114'7 3/4"	
2 S. Hermann 102'8 3/2"	
3 G. Braceland 101'6"	
4 J. Carson 82'7"	
5 S. Thompson 55'2 3/4"	
Javelin	
Class 1 (40-49)	
1 H. Wallace 124'1"	
2 H. Colen 73'7 1/2"	
Class 3 (60+)	
1 P. Partridge 99'2 1/2"	
2 G. Braceland 78'1 1/2"	
3 J. Carson 70'7 1/2"	
4 S. Thompson 50'6"	
5000 Metre Walk	
Class 1 (40-49)	
1 L. Boies 29:48	
Class 2 (50-59)	
1 B. Long 28:39.9	
Class 3 (60+)	
1 G. Braceland 28:44.5	
2 L. O'Neil 32:18	

The U.S. Masters International Track Team's South Pacific Tour bridged the years 1973 and 1974, taking in FIJI, AUSTRALIA, NEW ZEALAND and HAWAII. Co-Directors of the tour were Helen and David Pain.

SOUTH PACIFIC ODYSSEY

by DAVID PAIN

The 15th December 1973 was supposed to be a day to relax. After an all-night flight from Los Angeles to Fiji, some 11,000 miles, with a short stopover in Honolulu of one hour, we needed that rest. But this was impossible as we were greeted on our 5:50 a.m. arrival at Nadi by New Zealander, Keith Williams, sponsor of our cross-country in Auckland, together with our Fijian host, both of whom wished to consult with us. There was the usual hassle over lost luggage—Hal Wallace's javelin never got off the plane, and several pieces of baggage ended up enjoying their holiday in Auckland, Sydney, or Melbourne.

The exhaustion of the flight was dismissed, however, as some of our troop retired to their rooms. Others jumped into the pool, ate breakfast featuring fresh pau-pau (papaya), or started off in various directions for a good workout. Reports soon filtered back to our GHQ (the outdoor bar adjoining the terraced gardens and pool of the Nadi Travelodge, where we tested the relative qualities of Fijian local bitters to New Zealand Leopard Larger) of runs to the beach some four miles away, to a freshwater river, and the experience when caught in the usual afternoon rain shower of being invited into a Fijian home, and being offered abundant quantities of local fruit. All reported the friendly greetings from all the locals they met, who must have thought us quite mad, running ourselves silly in 90° heat (it is the height of summer here) and 90% humidity. Shades of Mad Dogs and Englishmen!

That evening, we entertained our 130-member group with a delightful outdoor Fijian feast, cooked in the traditional manner; wrapped in wet banana leaves and palm, placed over hot rocks and covered with the coals. Following a truly memorable meal, we enjoyed a 1-hour concert presented specially for us by a 45-member troupe from the local village. All-in-all, it was a superb first day for everyone, even for one tour member who missed the flight from Los Angeles, due to Detroit being snowed in, and who arrived 12 hours later sans luggage.

Two days later we were still adjusting to the time zone differential, but making headway. During our stay in Fiji we took a bus journey 17 miles North to Lautoka, moving past the verdant hills and cane fields, and the brilliant red blossoms of the Christmas Tree, and boarded a 120-foot motor cruiser bound for Voma Island, some 20-odd miles off the coast. It consisted of a fairly large volcanic hill, and a level area of about 100 acres, covered with coconut trees, and a beautiful beach with coral clusters offshore. Upon hearing the anchor rumble out, the impulse for a swim in crystal-clear, 85° water was overpowering; and, as the waters

This feature is an abridged version of David's tour "diary". It begins in Fiji, "where the World's day begins", and ends amongst New Zealand's alpine scenery.

beckoned, some of us dived overboard and swam to the beach 250 yards away. We then swam back to the boat, to find the Fijian captain extremely upset, as he feared sharks might attack swimmers diving off the boat. The Fijians were particularly "up tight" about sharks at the time, as 92 people were lost in a typhoon several days prior to our arrival, and no bodies were found, it being speculated that the sharks ate the entire bunch.

An excellent lunch was served on the beach, consisting of steak, sausage and curry with rice. Plenty of beer and soft drinks were consumed, while the native crew entertained us on our return to the mainland, with Norman Bright doing the Mambo with the attractive Chinese stewardess.

Disaster count for our first leg of the tour was: Two passengers failed to get Australian visas and one had to fly to Suva to get it from the Australian Consulate; one passenger's luggage never arrived; one javelin, at no extra cost, flew on to Auckland, but was returned, to be lost a second time; and Mike Hoover, our professional cameraman covering the tour for the film we are to produce, brought a mountain of gear, except that he left the camera in Los Angeles! We soon learned upon each departure to count noses and sweep the area for mislaid personal effects.

Our track meeting was held in the town of Lautoka on Monday, as the Fijians are very religious and no athletic activities take place on Sunday. Saturday was out, as that was the day of our arrival. The meeting was hosted by Derek Robinson, an official in the Fijian Agriculture Department, as well as President of their AAU, but recognized as a sprightly Welshman equipped with a goatee; and Viliame Saulekaleka Tunidau, a delightful Fijian and coach of their Commonwealth Games and Olympic team.

The meeting was conducted at the Government High School, on a grass track, laid out on a large playing field, surrounded by large, green shade trees, under which our team reclined between events. It was a delightful setting for a track meeting. Added to this was a jolly crowd of locals, estimated at several hundred, who cheered for friend and foe alike.

Larry O'Neil, George Braceland, Bob Long, and other team members, put on a race-walk demonstration, which was greeted with a wave of spectator laughter when the walkers struck out accompanied by two beery Fijians, apparently full of local bitters, who manfully attempted to keep up—with little success.

As expected, the Fijians, mostly in bare feet, won all the races and relays up to 1500m, although Ossie, Jack Greenwood, Phil Schlegel, and Canadian George Gluppe, pressed the Fijian team to good times in all the sprints. Jack had an excellent 54.3 400m in his anchor leg of the 4 x 400 relay, which was a real crowd pleaser. Considering this was on a rough grass course, in 87° heat and 90% humidity, this was an excellent Veteran performance. The feature race was supposed to have occurred between Ray Hatton and Fiji's National 10,000m Champion, nicknamed Mushroom. Unfortunately, Ray was more ready than Mushroom, who hung on for only the first three laps (the 1st 800m was run in 2:20.) Ray, in a fine sporting gesture, dropped off his own pace to pick up the rapidly falling local, but to no avail. Ray's winning time of 16:21 considering the course and weather, was exceptional, particularly so, in view of the fact that Ray had just left Bend, Oregon with 40 inches of snow.

The Division III 1500 was a fine race, with Bill Andberg and John Wall on Norm Bright's shoulder until the final straight, when John and Bill pulled away in 1:12.8, and 5:13.0, with Norm 3rd at 5:18. Besides the weather and track to contend with, the runners were distracted by numerous frogs that jumped over and about the track, assisted by our camera crew, who deliberately planted the frogs in lane 1 to highlight their shooting of the event. On crossing the finish line, Norm was last seen crawling down the track, desperately lunging for the elusive amphibians.

The field events, including the shot and discus, were all conducted on the grass which made the footing tricky. Here, the primary contribution of our Masters Phil Partridge, Stan Herrmann, and Hal Wallace, was the clinic they conducted after the conclusion of their events. The Fijians are fine physical specimens, desperately lacking in coaching and quality competition. This was amply demonstrated by the fact that Fiji's leading girl discus thrower, after 15 minutes of instruction from Hal Wallace, broke their women's national record by 3'.

We made a wild dash from Lautoka after the meeting to get Derek Robinson to the airport to catch the plane for Suva. The ride, in a rather dilapidated, open-air, windowless bus ("air-conditioned") with rain curtains flapping like a galloping cowboy's chaps, was highlighted by an electrical, tropical storm, and numerous sugar cane trucks that nearly forced us off the road. Although it seemed we were going 90 mph, this ancient vehicle's speedometer was only registering 50. Louise Stock objected, stating she had a rare blood type, but she was silenced when advised that no hospital stocked chicken blood in any event!

All agreed that Fiji was a great place to start the tour, and would be mighty hard to beat in Australia and New Zealand. We all left this emerald-green isle with a warm feeling about its hospitality and its gregarious and outgoing people.

After a delayed departure from Nadi, Fiji, we arrive about 4 hours late at Sydney to be greeted by our

son, Bruce, now living in Sydney and our U.S. Master, Denis De Vallance, also a resident of Sydney, who had both been at the airport since early that morning. We immediately boarded our buses and travelled to central quay adjacent to the famous Sydney Bridge and the newly completed but equally well-known Sydney Opera House. We departed from the Quay for a wonderful harbor cruise in what has to be one of the world's greatest inland bays set off by palatial homes sitting on the cliffs, with numerous vessels on the water, ranging from giant steamers and freighters to ferries, hydrofoils and yachts. Following this quick orientation to Sydney, we then crossed their traffic-choked bridge for our hotel on the North side.

The next morning, Mike Hoover, our one-man film producer and professional cameraman, and I arrived at Royce Smeal Films for a conference regarding our "epic" film feature. 1st class equipment was arranged for, plus film and additional crew—1 cameraman and a sound man. Later, we dined at an Indian curry restaurant, where, with typical Pain courage (but singular lack of judgement) we ordered the "hot" curry. Unlike similar U.S. establishments where a "hot" curry is not really hot, here the curry was really hot. As a result, copious quantities of water were necessary to wash it down.

As usual, Hal Wallace lost his javelin again.

Wednesday, we bused to the Randwick Botany Club's brand new tartan surfaced track for the competition. Unfortunately, the weather was inclement, with strong, gusty winds, eliminating any chance of a record of fast performances. Since it was a twilight meeting, it also grew quite chilly. As the artificial lighting did not permit filming, little of the meeting could be photographed.

The competition was close, however, with approximately 100 Sydney Vets contesting the 50-odd U.S. Masters.

Dave Power, former world class performer, proved the best of the field, running a good 15:23 5,000m, and in so doing, lapped the field.

After the meeting we were all treated to sandwiches and beer, courtesy of the host club. As the beer flowed, international goodwill flowered, with "beery" athletes promising to come to Toronto in '75. "T" shirts and Masters patches were broken out and a brisk business was done, as the Aussies bought everything in sight.

The following day, we flew to Canberra, Australia's national capital, about halfway between Melbourne and Sydney, to be greeted by Jack Pennington, who works at the university. The weather was perfect, as we visited the impressive and well-displayed National War Memorial, complete with numerous battle souvenirs dating from Viet Nam to the Boer War, and including many well-executed diorama of famous battle scenes. The city, only 60 years old, is an example of good planning and has wide streets and boulevards, bordered by thousands of trees.

A highlight of the day was a side-trip to a sheep station (ranch) a few miles out of town, where we had an excellent outdoor meal, after which we were given a sheep shearing demonstration (using real sheep) and an example of herding by a sheep dog. A surprise, however, was furnished when our hosts produced a large box of boomerangs, which, when thrown correctly return to the thrower. Soon, the air was filled with missiles—flying, falling, plunging and zooming about the paddock, with more than one of our members getting knocked on the head as it returned. It was not long before all but the most hardy scurried from this self-inflicted aerial bombardment. Meanwhile, Penny Wallace, and Jack Greenwood were demonstrating their horsemanship on the sheep herders' well-trained pony.

On returning to the airport to complete our southward flight to Melbourne and the pending Veteran Championships, we learned that Melbourne had just that afternoon been struck by 81 mph winds and rain. As a consequence, all flights were delayed, and some of our group did not make it to Melbourne until 2:00 a.m. the next morning.

Our flight arrived earlier, and we were thus able to meet with Wal Sheppard and his hardworking committee to tie up loose ends, such as late entries.

Wal's primary concern appeared to be our attestation of athletic virginity, duly certified to by Ollan Cassell of the U.S. AAU. Fortunately, we came so supplied, but loudly protested the antiquated athletic rules, which require men 40 years of age and older to be pristine pure amateurs. The rule worked no hardship on our group, all amateurs anyway; but did prevent U.S. Masters' Australian Denis De Vallance from competing, as well as others such as Ron Clarke, now 36 and anxious to get back into athletics, Merv Lincoln, Herb Elliott and Gordon Pirie (now a New Zealander.)

Our trip caused some degree of media interest in each city we visited, with the greatest shown in Melbourne, primarily due to the efforts of Our Man in Australia, Denis De Vallance.

The competition the 1st day in Melbourne's Box Hill Track was marred by heavy rain just before the competition commenced and strong winds, which continued throughout the day and eliminated all chance of any record qualifying efforts. The grasstex-type track was soft and easy on the legs with a few athletes suffering from 2 days' straight competition. The other facilities were good and the meeting was generally well-run, with approximately 200 athletes in competition. (full results on page 34)

When the tour arrived in New Zealand Helen Pain took over control of the party while our film company of Mike Hoover (producer), Nigel Barber (assistant producer) Walt McConnell, Bill Stock, Norman Bright (lead actor) and the writer set off for 4 days filming at Mount Cook. The location was far more rugged and alpine in character than we had reckoned, and on more than one occasion we had to lower our sights due to the freakish weather conditions. Norman proved

an extremely good choice for the lead part in that he took Mike's direction well and was, well—just himself.

Our two days in Auckland and two in Rotorua have been some of the most pleasant we have experienced on the tour, to a great extent due to the picturesque green country and beautiful gardens, but largely to the friendliness of our New Zealand hosts. Keith Williams of Air New Zealand and the Auckland Joggers worked exceedingly hard to eliminate snags and to assure us a good run in Cromwell Park on One Tree Hill.

We first viewed the park to establish camera locations. We were scheduled to run 10,000 metres (6 miles) around One Tree Hill of volcanic origin and laced with ancient Maori ramparts, to which we added a loop up to the top and around the Maori monument with its grand overview of the two bays which surround this city. Although a park within the city, it is run as a farm with cattle and 2,000 sheep grazing upon it. Notwithstanding this concentration of animals, the entire park was covered by lush green grass several inches high. The race course ran through these fields, requiring the runners to scale two fences and one stone wall.

There were over 100 starters, graced with the presence of Jack Foster, (41) considered by many to be the world's premier Veteran distance runner, and Gordon Pirie, now of New Zealand, but formerly one of Great Britain's premier distance runners. Gordon, incidentally, is a current member of the U.S. Masters, barred from local competition, even as a Veteran because of alleged professional sins committed years previous. Since he ran as a U.S. Master and the event was not an AAU sanctioned race, he was able to compete.

Foster, however, immediately displayed his superiority by breaking away from the field and lapping most after 2 laps on a 3 lap course. He soundly thrashed Pirie and our best, Ray Hatton, who came in 2nd and 3rd respectively. Fine efforts were made by Walt McConnell-8th, and Bill Stock-9th. Bill Andberg proved his superiority in Class III winning his division with a 17th placing overall one ahead of Norman Hanson, Class II winner in our U.S. Masters group. The highlight of the Auckland race for all was the scenic course across the grassy paddocks of the park and through its woods.

The starter for the race was the legendary Arthur Lydiard, who is undoubtedly a better coach than he is a starter, as we experienced not one, but two false starts. This was all greeted with jolly cheers of derision by the athletes. After the race, we adjourned to the Auckland Joggers Club shared with a rugby club, to shower and dress, followed by lots of beer and quickly consumed cheese and crackers. It was in this very club that Arthur Lydiard organized the first joggers group over ten years ago, and in 1962 on a visit by Oregon coach, Bill Bowerman, the program of running for health was brought to the United States; this occurring after an overweight Bowerman was outrun in two miles by a 75-year old jogger, and the U.S. coach saw the light. After the presentation of awards, we repaired to

a delicious dinner with Gordon Pirie, (who is now coaching Auckland's biggest track club and attempting to build a tartan track) and his wife, Shirley, who, 20 years ago, ran for Britain in the Commonwealth Games and held a world's relay record in Vancouver. We partook of the famous shellfish soup, which appears to have a creamed asparagus base, as well as White Bait fritters.

The next morning, Arthur Lydiard came to the hotel and while the team ate breakfast, he gave a film lecture on physical fitness and the physiology of healthful exercise. Being a dynamic and controversial figure, his talk was well received. We might add that Lydiard did not run in the Auckland race, although he's extremely fit for a man in his late 50's, because as a coach, he is not considered an amateur. We are told that the reason for declaring a coach ineligible is that he should not be competing against his own athletes. Whatever merit this rule may have, we fail to see its relevance in a Veteran event. At that age, all coaches, who have sublimated their own athletic aspirations in favor of their charges, should be given the opportunity to compete against men of their own age. After Lydiard's lecture, we travelled by bus South.

As we wended our way South, the city gave way to the countryside for which New Zealand is famous.

We motored to the thermal area where we viewed the geysers, vents and mud pots actively spewing boiling water, steam and/or mud. We partook of the thermal baths and later enjoyed a Maori concert, where the team graciously rewarded Helen and David Pain with commemorative medals.

The next day, we met our Rotorua running friends, including Jack Foster, who took us on a wonderful run through the woods, which included a magnificent stand of California Redwoods 150' high, planted in 1901.

This represented the turnback point for 100 of our party which, guided by Randy Pain, returned to Auckland and the long flight to Honolulu.

The planned activities in Honolulu were somewhat dampened by torrential rains and difficulties in getting through customs. The performances on the track, due to the rain, were not up to expectations. However, the 10-mile Tantalus Mountain run, won by Ray Hatton, was a delightful experience for all who entered, as the course winds up through the hills above Honolulu and is overhung with great trees and dropping philodendron vines, bordered by some of Hawaii's most palatial homes.

The luau scheduled to follow was moved indoors at the University due to the inclement weather, but was an enjoyable get together. Bud Deacon entertained the group at his home, as did Dr. Reiner in his Waikiki condominium on New Year's Eve, which proved an eye and ear opener as Honolulu's large Chinese population brought in the New Year with a gigantic outburst of fireworks and giant crackers. The following day, the group reluctantly deplored for the Mainland.

The 38 who made up the tour extension group proceeded from Auckland South to Wellington, where they were greeted by Clem Green and his Masters group, and who drove them about this capital city of New Zealand and a major seaport. The Scottish Harriers held a run for us, commencing from their new clubhouse and over the hills (of which there are plenty in this country) and back to the club. An informal New Year's Eve party was conducted at the hotel with lots of room hopping. On the 1st, the party flew on to Christchurch where the Canterbury Veterans hosted our party with a tour of the city and an exhilarating short running meeting on the new Commonwealth Games track at Queen Elizabeth Park. There, Russ Niblock (60) set age group records in both the 200 and 400 metres.

The group then bused South to the community of Dunedin, a replica of the Scottish town and originally settled by Scottish farmers and sheep raisers. Finally, all met up with the camera crew in Te Annu for the Milford Track walk.

This most scenic area of the New Zealand Alps and Fjordland is closely managed by the park service and administered by the State Hotel Corporation.

We crossed a swinging bridge to hike up a jeep trail bordering the Clinton River, in which 24" brown trout insolently lolled, ignoring all bait, flies and other inducements east their way. Our Isaac Walton, Bill Stock, tried his luck and brought in one, but was depressed when advised by the local park supervisor that it was dying of old age, and therefore an easy catch and no good to eat.

At noon, we stopped at 6-Mile Hut to consume our sack lunch and to have a cup of tea prepared by our guide for that day. All in all, we had tea 13 times during this 3-day hike and consumed at least 50 cups. British traditions are strongly entrenched on this small island, 12,000 miles from the home country, and, frankly a good cup of tea really hits the spot after 1 6-mile hike through rain and wind.

That afternoon, we moved up through a valley as deep and perpendicular as the Yosemite, with literally dozens of small streams and waterfalls festooning the canyon walls. We paused for a refreshing swim in Hidden Lake, where the ice melt formed the lake. Needless to say, no one lollygagged in the water.

Following this eventful trip, we bused out in two days via Mt. Cook back to Christchurch where we competed in a fine pre-Commonwealth Games track meeting on a lovely grass track surrounded by magnificent trees. We entered the 6-mile road race and all ran astonishingly well, considering we had just come off the Milford Track. Unfortunately, we compared our times and conceded the course must have been too short.

Soon, we were driving back to the airport to board our plane for Auckland and then the long flight to Los Angeles.

Thus, our South Pacific odyssey ended.

WALKING

FRED NICKOLLS writes..

Looking through results of post war races in the U.K., English walkers have returned some very interesting times over the short distances.

2 miles (track)

Class 1

13:00.6 (3Km) G. Chaplin (42) Nun. 7.6.72

14:12.2 K. Easlea (42) Parliament Hill Fields 17-6-68

Class 2

16:08 D. McMullen (51) Battersea (3200m 16:02) 1-7-73

Class 3

17:24 C. Speechley (67) Battersea 14-8-55

Class 4

18:08 A. Roberts (71) Copt Hall Hendon (3000m 16:52) 12-8-73

21:36 C. Speechley (82) Battersea (3000m 20:02) 19-7-70

5 miles (road)

Class 1

37:41 K. Easlea (45) Battersea 8-6-71

Class 2

42:58 F. G. Nickolls (51) Tooting

Class 3

43:17 C. Speechley (68) Tooting 5-6-56

Class 4

45:33 A. Roberts (71) Tooting 8-5-73

The above performances are all authenticated, mainly in Veteran Championships, and all over correct distances

World Veteran Walking Championships Wedel/Holstein, West Germany 29th September 1973

Results

10,000 Metres (40-49)

1 Karl Eric Svenson (SWE) 46:31.8
2 Lannhardt Simu (SWE) 47:45.8
3 Alan Scott (SWE) 50:24.6
4 Willi Schuis (GER) 53:27.6
5 Horst Wedeg (GER) 55:17.4
6 Ralmand Friese (GER) 55:30.6
7 Wolfgang Kiebling (GER) 56:24.4
8 Arno Hubermahl (GER) 59:40.0
9 Eugen Hingst (GER) 61:01.2
10 Root Schriever (GER) 61:03.4
11 Werner Ziebold (Berlin) 64:21.4
12 Heinz Hildebrandt (GER) 72:38.6

(50-59)

1 Erare Hammer (NOR) 53:45.6
2 John Blidberg (SWE) 54:52.2
3 Walter Block TuS (GER) 57:02.4
4 Karl Iflend (GER) 53:21.4
5 Dr. H. J. Neumann (GER) 63:10.26
6 Erich Vogel (GER) 64:42.0
7 Hainrich Grebe (GER) 65:37.4
8 Hans Krilla (GER) 65:41.4
9 Helmut Orto (GER) 66:32.4
10 Albert Wagner (GER) 69:28.2

(Over 60)

1 E. V. Horsley (AUS) 54:24.6
2 Hans Horstmann (GER) 56:07.8
3 Herbert Pulver (Berlin) 59:18.2
4 Johannes Boege (GER) 59:24.0
5 Werner Bernhar (GER) 60:30.8
6 Hermann Werk (GER) 62:42.4
7 64:22.0
8 Kurt Albers (GER) 67:17.2
9 Bruno Stawicki (GER) 67:42.6
10 Engelbert Schuberack (GER) 67:31.6
11 Fritz Schreiber (SWE) 67:42.6
12 Piaschke Erich (GER) 72:38.8
13 Rudolf Schindler (GER) 72:30.8
14 Willi Stainhawa (GER) 73:21.4
15 Freidrich Reib (GER) 81:19.2
16 Harald Kierek (GER) 90:38.4

200 Km

(40-49)

1 Karl-Heinz Hartwig (GER) 1:38:05.2
2 Gerhart Peter (GER) 1:39:25.3
3 Walter Gries (GER) 1:39:55.2
4 Gundolf Gotz (GER) 1:40:03.0
5 John J.L. Dunsford (GBR) 1:40:07.0
6 Rudolf Bruer (Berlin) 1:42:17.4
7 Barje Johannson (SWE) 1:44:42.0
8 John Bromley (GBR) 1:46:03.0
9 Hubert Behrenda (GER) 1:46:09.2
10 Ake Anderson (SWE) 1:48:57.6
11 Bernhard Tielsch (GER) 1:50:02.3
12 Ewald Ganter (GER) 1:54:12.1
13 Johann Pick (GER) 1:54:53.1
14 Ernst Bielefeld (GER) 1:57:00.0
15 Engelbert Braun (GER) 1:58:20.2
16 Gunter Masur (GER) 1:59:30.3
17 Gerhard Wurche (GER) 2:01:12.4
18 Harry Appelt (GER) 2:03:22.6
19 Karl-Heinz Zimmer (GER) 2:03:47.1
20 Rolf Date (GER) 2:05:12.8
21 Dr. Erich Kemp (GER) 2:06:00.0
22 Bodo Lubitz (GER) 2:07:10.5
23 Rudolf Donalek (GER) 2:07:20.4
24 Otto Steinbrecher (GER) 2:07:22.8
25 Hans Delle (GER) 2:08:10.1
26 Eickemeyer, Dagobert (GER) 2:08:35.0
27 Alfred Schnabel (GER) 2:08:36.9
28 Bruno Catermann (GER) 2:11:10.5
29 Boris Siebert (GER) 2:11:33.7

(50-59)

1 Arthur Pofabl (NED) 1:44:57.2
2 David McMullen (GBR) 1:45:00.4
3 Pavo Saira (FIN) 1:47:12.0
4 Arne Svenson (SWE) 1:48:19.4
5 Ernst Bartsch (GER) 1:55:18.7
6 Harry Christensen (DEN) 1:55:32.3
7 Rolf Schonemann (GER) 1:56:13.4
8 Willy Schurmann (GER) 2:03:04.3
9 Rolf Rauchfuß (GER) 2:08:34.7
10 Waldemar Hoffmann (GER) 2:17:33.8
11 Targe Bergstrom (SWE) 2:18:33.9
12 Arend Zwangfeld (GER) 2:18:48.9
13 Karl-Heinz Fiebig (GER) 2:26:25.7

(60+)

1 Joshen Miller (GER) 2:01:11.7
2 Ellis Haltgren (SWE) 2:09:07.8
3 Herbert Maehyer (GER) 2:11:38.1
4 Henry Karlstedt (SWE) 2:12:05.7
5 Theo Meinecke (GER) 2:12:05.7
6 Ernst Schulte (GER) 2:14:53.1
7 Hermann Mathiesen (GER) 2:15:22.5
8 Fritz Brummer (GER) 2:23:17.8
9 Heinrich Hanckel (GER) 2:24:03.3
10 Walter Stille (GER) 2:30:00.0

50 Km

(40-49)

1 Stig Lindberg (SWE) 4:43:29
2 Curt Chlander (SWE) 4:52:42
3 John Hedgethorpe (GBR) 4:57:21
4 Werner Schmidt (GER) 5:06:43
5 Olavi Vaisanen (FIN) 5:19:21
6 Karl Wurzel (GER) 5:46:55

(50-59)

1 Jan Cijs (NED) 5:06:06
2 Julius Statzle (GER) 5:29:32
3 Gerd Nickel (GER) 5:46:55
4 Walter Blank (GER) 6:15:00

(60+)

1 Charles Bartsch (GER) 6:05:00
2 Otto Weinrich (GER) 6:07:00
3 August Giese (GER) 6:11:00
4 Rolf Paulsen (GER) 6:45:00
5 Johann Strobl (OST) 6:50:00

5,000 Metres (Women)

(40-49)

1 Olga Meyer (GER) 30:02.8
2 Christa Gille (GER) 31:58.6
3 Astris Schiller (GER) 32:02.0
4 Elisabeth Koditz (GER) 34:02.2
5 Sophie Hofmann (GER) 38:50.6

(50+)

1 Hildegard Keuchel (GER) 31:50.0
2 Helene Schuberack (GER) 34:18.0
3 Edith Otto (GER) 35:03.2
4 Lieselotte Brandt (GER) 41:55.0

POSTBAG

Dear Editor,

It was extremely kind of the 'Veterans' to send me the December edition of Veteris with a 'get well' card. I really did enjoy reading the magazine, and would like to order further copies.

107 people from all over the world have kindly written to me including George Board (*Ed: Lillian's father*). I have answered 100 of the letters, which mean so much to me at this moment.

My operation lasted 5½ hrs, and to the astonishment of the doctors and hospital staff I was back home within 16 days. Long distance running must be the world's best exercise! My strong heart and healthy lungs developed with 20 years of distance running, has helped to prolong my life. Make no mistake, this is the 'ghost runner's' toughest race, but with the help of my wife and family I aim to WIN! I am still 28lbs below my normal 154lbs, but I have put on a few pounds in weight since my operation.

May I take this opportunity to congratulate everyone connected with the Veterans magazine—its certainly value for money.

May 1974 be blessed with health, happiness, and good running for all Veterans.

Yours sincerely,

John Tarrant,
16 Charlton Avenue, Hereford HR2 7HP.

* * *

Dear Editor,

I would like you to know how much I appreciate "Veteris", not only as a magazine, but the way in which it has brought together Veterans from the other continents. A very efficient journal with statistics unobtainable elsewhere, you must certainly have a good team around you.

In contrast I am surprised no one has pointed a finger at the inefficiency of the Southern Clubs in not having an organisation to represent them like the Midlands, North, Scottish and Northern Ireland. We certainly have enough Clubs and people available in the South. What about it Southerners?

The same can be said of course for not having a National or United Kingdom Veterans AAA. I am sure we would find selection difficulties should a National or UK team be required for an international fixture; or how best to arrange fixtures, both track and country, such as UK Championships; or to get funds to stage these events; or to organise our fixtures to prevent clashing, and even perhaps personalities.

I think that it is time to form a United Kingdom

Veterans AAA or such a body before we meet any major problems that might cause serious trouble; our numbers are growing all the time and we do not want any setbacks.

I would like to see a meeting of Area Representatives (perhaps four each from the Midlands, North, Scotland, Northern Ireland and the South) for an exploratory meeting and to formulate an agenda for a full scale meeting. It might even be possible for this to take place on the weekend of the track and field championships when we hope to see a full house at Hendon.

Yours sincerely,

Frederick S. Cuthbert,
Honorary General Secretary, Highgate Harriers,
37 The Meadway, Cuffley, Potters Bar, Herts.

Editor's Note: Fred is ahead of us, but I understand that both of his hopes are likely to be realised before the year's out.

* * *

U.S. Master Jerry Smartt was recently appointed as Asian Games coach by the Iranian Olympic Committee. He writes from Teheran of his frustrations and achievements.

Dear Editor,

Running in Iran is a joke I suggested that the National Cross-Country Championships be at least 12kms and the officials were aghast. They opted for 7kms. (I do not know why they ask for my opinions—they never accept them!)

A local club had a meet last week—a 2kms run for girls and a whopping 4kms for boys. (Many national team candidates). A doctor gave a physical to each runner! In the states we usually reserve the physical for 42km.

Commander John Butterfield (36) and I have formed the Iran Road Runners Club. We have a meet each month that is open to anyone. The only requirements are birth date and 15 rials (158 to the pound). Last month we registered 71 and this month 65. The distances are 3kms and 10 kms. Many run them both with only about 15 minutes rest!

The longest event in the Asian Games next Sept. will be the 10,000 metres. Iran is not allowing the marathon (can you believe it) because "it would be politically bad for the country." Whatever that means! By the way, when the weather gets warm I will be going for the U.S. 3,000 metres record.

Yours sincerely,

Jerry Smartt,
Ebtehadje-Dameshgh 22
Medan Kakh, Teheran, IRAN.

The following letter was written in open form to USMITT director David H. R. Pain and was featured in THE VETERAN ATHLETE magazine, published in Australia. We reproduce it here because we feel that David Pain's views have been given full coverage in previous issues, and in the interests of healthy controversial discussion all views should be heard.

"Dear Dave,
I am sure the U.S. team of Masters enjoyed their trip "down under", we were very impressed by their all-round fitness and enthusiasm, particularly members of the over 60 division, the ability of some of these athletes to front up for the 10,000m and the Steeplechase in the same afternoon, was to me, astounding.

As you know I am very much a free agent, being several hundred miles from the Veteran scene in Melbourne and Sydney, I am not a committee member, nor have I seen the correspondence which has passed between the USA and Australia, so that I am writing from "between the lines". Athletics here is based on a year round inter-club; even University Clubs are part of the inter-club competition. Many Veteran's, like John Gilmour and Cliff Bould, are a 1,000 miles or so from a Veteran Club, and therefore need to rely on the inter-club system for competition.

I think you will agree, that the Australian Veteran Championship, of 1973, in Melbourne, was only equalled by the Meet at Crystal Palace in 1972, and made the German meets 2nd rate. This Championship (which included your team) was conducted by the Victorian Amateur Athletics Assn; and many of the competitors are involved in the system as officials.

In Victoria there is a flourishing and ancient Professional Organisation, which has the opposite aims to the Olympic Ideal, it exists purely for the "betting" with the athletes regarded as dogs or horses; any amateur who foolishly competes in this competition, soon finds his athletic career is finished, never may he run a time which represents his true capability; if he was a star amateur, he is handicapped out of winning. By comparison with amateur athletics, it is sub-standard and bent.

On the other hand in Melbourne we have Ron Clarke and Herb Elliott who are ineligible because of advertising, (which I consider only a just reward for the dedication they have given and still give to Athletics).

This is the scene at which you declared that "you did not wish to tell us how to run our affairs", and then proceeded to talk about your team of "pristine pure amateurs" and to advise us to "infiltrate" the A.A.U.

The talk you gave us, was suitable only for the ignorant T.V. sportswatcher; it was not a way to part company with your peers. Australians tend not to be hypocrites, they play athletics according to the IAAF handbook, but in doing so fail to realise that this book is designed for the conduct of International competition, under International conditions. However, because of the existence of a rival and corrupt organisation, the Amateur rules are rigidly enforced. You will

have noticed that your hosts did not reply to your arguments; for my part I consider that you were the "Pot" calling the "Kettle" black. You came from an athletic scene split by two rival amateur associations, which not even President Nixon could join together. Your athletics is largely based on the enslavement by talent scouts, for the purpose of advertising their respective Universities. This is the sort of reply which was best left unsaid.

We know that to compete in Toronto in 1975 will infringe the present IAAF rules, and we would be debarred from competing in our inter-club. We know that Veteran athletics should be placed in the same category as Physical Education or Orienteering. We know that any ex-pro, who has reached the age of 40 is finished as a "pro", and once he competes in Veteran athletics will have forsaken his old ways forever. We know that our Veteran Clubs will need to consider and formulate an addition to rule 53 of the IAAF to be submitted through the Victorian Amateur Athletic Assoc; and thence to the AAU, and on to the IAAF, as a matter of urgency, to permit full participation in the World Veteran Games. Of course, if this does happen, "our Father which art in heaven" will be able to claim another credit. In any event, I for one hope to see you in Toronto.

Yours from afar,
Jack Pennington"
(The Veteran Athlete No. 13, 1974)

* * *

Dear Editor,
In Australia the pro/am position is different from that in other countries due to the strong professional circuit which conducts meetings on a year round basis. There are some 2 to 3000 athletes competing and they also have their own Veterans events for which there is prize money.

Generally there has been no pressure from professional athletes to compete in amateur veterans events, and vice versa, so there has been little or no difficulty here. Because of different rules in other countries some problems did arise over the visit of the U.S. Masters but these were satisfactorily overcome.

It seems to me that the question of "open" competition for veterans events should be resolved on an international basis so that common rules apply to all and dissension is avoided.

The I.A.A.F. should be asked to make an amendment which meets the desires of the majority and thus ensure that harmony and unity of purpose is achieved.

Latest advice from the A.A.U. of Australia is that the subject will be discussed at a September 1974 meeting so interested parties should see that their delegates are suitably briefed.

Yours sincerely,
Wal Sheppard,
148 Manningham Road, Bulleen, Victoria 3105,
Australia.

Dear Editor,
I enjoyed reading the December 1973 issue of VETERIS and found the articles very good; especially "The End of the Plateau". This was excellent and unusual in that Tony Weeks-Pearson appreciates that many veteran athletes need to know about others' training methods (and to adapt them to suit their own ability and age), without "looking down" on the lesser endowed. He asked for comment, but as I am returning to the fold after 20 years of non-competing, and then not above an average club runner, I do not have much to offer him or others of his standard. However an altruistic approach like his deserves appreciation.

I have tried the sprints again but need many yards at those distances so have considered going for 1/2 or 1 mile this year. You can see that for a sprinter(?) 5 miles (road) is like a Marathon but I have achieved this since November by 2 to 3 sessions weekly. I have tried to find a formula and Tony's system seems ideal. Long steady runs, with occasional 1/2 mile fast sessions and fewer still short hill sprints. "Steady" to me is running over-distance (3/5 miles) without speed, and finishing tired without being flogged.

As athletics is largely an individual's sport, with the setting of one's own targets as Tony suggested, would not team events be of more benefit to veterans to encourage the atmosphere of cordiality that is prevalent? Usually athletes are too busy with their own condition and performance at meetings to discuss training etc. so perhaps letters are a better medium!

I hope that others have responded to Tony Weeks-Pearson's request for a "continuing dialogue" which could be of practical value to us all. With best wishes to the magazine and its contributors.

Yours sincerely,
Stan Willetts
17 Ollison Drive, Streetly, Sutton Coldfield B74 3DZ.

* * *

Dear Editor,
Reading through "Veteris" and being regaled by narrative of how so-and-so fights off senile decay, weight problems and turns in even-paced five minute miles at the ripe old age of forty-three, it suddenly occurred to me that I've never come across my own problem—namely, how to cope with a policeman's shift hours.

My own life cycle is built round a four week shift system of:—

Week 1 7 Nights—
Week 2 (2 days off), 5 afternoons then a short change from a 10 pm finish to resume at 6 am.
Week 3 2 mornings (2 days off) then 3 more mornings.
Week 4 2 afternoons with another quick turnaround, to 2 mornings, then bliss—3 days off before Nights again.

Last week I did "Nights" Monday finishing 6 am

Tuesday, resume 2 pm Tuesday finishing 10 pm and back for 6 am Wednesday for mornings.

It all adds up to lack of sleep, upset stomachs and a problem of when to stagger off to inflict oneself with a "training" run. My only crib after many years of torture is—why do a lot of Veterans events start at 12 noon on a Sunday? This means I can only compete on my week-end off, if the event falls in with that.

Years ago I collected English Schools, AAA Junior, and AAA Senior Javelin titles and managed the first twenty in the "National" Junior Cross-Country so the Javelin/Steeplechase double is not as surprising as you suggest in your National report. You may have noticed that I completed both of these events plus the Triple Jump in 32 minutes, Howard Payne kindly encouraged me in my waterlogged state after completing the steeplechase, and then taking five consecutive attempts in the Triple. Oh yes, I'd been on Nights the night before, travelled 200 miles to Coptthall, and was back for "Nights" the same night at 11 pm.

Next time you pass me in the 'National' don't make a noise I may be asleep!

Thank you for a very interesting magazine, it is probably the best of current athletics mags.

Yours sincerely,
Maurice Morrell,
Wirral AC/Cheshire Constabulary.

P.S. (Unlike Geoff Capes I don't get time off to compete or train.)

N.Z. X-CTY.

Continued

Division 1			
1	J. Foster (41)	NZ	38:30
2	G. Piric (42)	GB	39:58
3	R. Hatton (41)	US	41:53
4	L. Field (41)	NZ	43:03
5	A. Carter (41)	NZ	44:13
6	I. Malloves (45)	NZ	44:34
7	C. McGuire (40)	NZ	44:45
8	W. McConnell (42)	US	44:58
9	B. Stock (44)	US	45:22
10	B. Harrison (44)	NZ	45:55

Division 2			
1	R. Brown (58)	NZ	47:05
2	N. Hansen (52)	US	47:18
3	A. Escamilla (50)	US	48:10

Division 3			
1	W. G. Andberg (62)	US	47:15
2	J. Wall (60)	US	48:10
3	E. Woods (63)	NZ	52:58

Veteran events at the Barnet Sports Gala June 15 & 16 at the Cophall Stadium NW4

Organized by the Barnet Sports Advisory Council on behalf of the London Borough of Barnet

SATURDAY JUNE 15, 1974

3000m. Inter-Team race (class 1) for the Highgate Harriers Trophy. Holders: Belgrave. Plaques, first three individuals. Medals, first three teams (3 to score)

10000m Road race for the Williams Cup All classes. Holders: Belgrave. Winner: Prize valued at £20 Next 5: Prizes valued £10 to £3 1st over 50 £5, 1st over 60 £5 Plaques first three teams (3 to score)

800m class 1&2 Plaques 1,2,3 in each

SUNDAY JUNE 16

100m The Barnet Trophy Class 1 Winner: Trophy, 2 & 3 Plaques Class 2 Winner: Trophy, 2 & 3 Plaques Class 3 Winner: Trophy, 2 & 3 Plaques

200m The Barnet Trophy details as 400m The Barnet Trophy the 100m

Long Jump and Shot Putt Both class 1 Plaques first three

Under A.A.A Laws

Bring your family and friends and enjoy all the sports at the Barnet Sports Gala, Cophall Stadium Hendon.

Entry fees: Individuals, 30p per event. Teams (in addition) 20p.
Entries to; A.F. Rockall, 27 Upland Drive, Brookmans Park, Hatfield, Herts.
Cheques & P.O.'s to 'The Barnet Sports Advisory Council'

THE SWEAT SHOP

We think Vets deserve the best – and our aim is to provide it! Chris Brasher is one of our directors so we believe we understand your needs. Drop us a line – it will be a privilege to deal with you.

Training shoes

Adidas Gazelle (Mexicana): blue suede upper and thick absorbent sole: £8.00

Adidas SL72: notched sole for grip, soft nylon upper, heel cups, ultra-comfortable: £8.15

Adidas Rom: excellent general-purpose shoe, leather upper, ripple sole: £5.25

Tiger Road Runner: supple leather upper, ridged sole with raised instep: £6.50.

Spikes

Adidas Avanti: Leather upper: £5.25

Adidas Apollo: Yellow nylon upper: £6.80

Gola Sprint: Economically priced at: £3.50

Gola Hornet: Nylon upper, excellent value: £4.15

Coming soon: The new range from Adidas!

Leader: An excellent low-price shoe with brown upper and hardwearing sole: £4.50

Country: Despite its name, a great road shoe, also very suitable for grass, Excellent heel and underfoot protection: £8.50

Super Rom: With extra heel and underfoot padding—good value at: £6.75

NB: Please add 15p postage and send foot outline to facilitate sizing. All sizes stocked from 4-12. Also an excellent range of track-suits, shorts and accessories—please send s.a.e. for full list.

The Sweat Shop, 76 Broad Street, Teddington, Middlesex, TW11 8QT 01-943 0636



VETERIS

the magazine of the

Association of

Veteran

Athletes

30p

Vol. 1 No. 4 April 1974

