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FRONTISPIECE: (Photo: M.F. Jones) R. Taylor wins British Veterans 100m in 11.1 secs.
FRONT COVER: (Photo: B. Bickerton) L. O’Hara completes 1500/5000 double in British Champs.
FIXTURES

Nov 16 Epsom 10 Vets over 40 & over 50. Vets Team race for Dennis McGuillen Trophy.

Nov 16 A.A.U. Masters Cross-Country Champs., Los Angeles, California

Dec 20-31 U.S.M.I.T.T. Christmas Tour — Florida and Jamaica. Tour extension to Jan 12
Details from David Pain.

1975

Jan 11 Mitcham 15. Vets over 40, 50 & 60 plus Vets Handicaps. Entries 20p per individual to Jack Fitzgerald.

Jan 12 Northern Vets A.C. Cross Country Champs. Venue to be announced later.

Jan 18 Veterans AC Cross-country Championships, Wimbledon.

Jan 19 Northern Veterans cross-country championships at Cleveland, Stockton-on-Tees.

Jan 26 S.C.V.A.A. Cross-country Champs., from "Dyais Arm", Petramham, Richmond Pl. 12.00 start, Twences, 40-49 and 50+. Entries to George Harrison, 75 Gallows Hill Lane, Abbotts Langley, Herts. Fee: 25p per individual. Awards to affiliated clubs only.

Feb 23 National Vets Cross Country Champs at Graves Park Sheffield.

Mar 29-30 New Zealand Veterans Track & Field Championships, Q.E.II Park, Christchurch.

May 23 M.S.A. tour to London & Midlands, M.S.A. tour to London & Midlands, 23, 3105


July 13 Southern Veterans A.A.A. Track & Field Championships — Copthall Stadium, London.

Aug 1/2 U.S. Masters Track & Field Championships, New York.

Aug 11-16 First World Masters Track & Field Championships, Toronto.

Aug 17 Marathon & 25Km Walk, Toronto Island, Canada. Details of touring parties from Jack Fitzgerald.

Sep 15 Eighth World Best Long Distance Runners Race over 25Km at Lake Yamanaka, Yamanashi Prefecture, Japan. Entries 3000 Yen (approx. £4) to Nippon Turtle Association Tokyo C.P.O. Box No 1137, Japan by 20th July.

Oct 15 Field Championships — Copthall, Wimbledon.

1976

Feb 23 National Vets Cross Country Champs at Graves Park Sheffield.

Aug 15 9th World Best Veteran Long Distance Runners Marathon Championships at Coventry U.K. Details from Jack Selby 15 Tamworth Road, Coventry.

AREA & NATIONAL ORGANISERS

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Editorial

We apologize for the late appearance of this issue but your Editor has suffered almost every conceivable set-back during its preparation and, as with all wartime veticias, it has not been possible to make up last ground. However, the January issue stands every chance of being in your hands by the end of that month. The same cannot be said for subsequent issues, but for a different reason—that of cost.

Unluckily we double our circulation within the next twelve months our survival is doubtful. We therefore appeal to our readers to send in one subscription each. By this means you will be helping to ensure continuity of the only magazine produced by veterans for veterans.

Despite the hopes of many veterans/masters that the I.A.A.F. would exempt all over-40 athletes from the amateur status rules, the L.A.A.F. Congress, meeting in Rome last August, decided on only minor adjustments to the rules. Nevertheless, they are a beginning. A professional in another sport is not now automatically excluded from amateur athletics. A few veterans may benefit from this amendment.

The I.A.A.F. are in a difficult position. To produce a rule book to cover every single situation would bog down the administration of the sport. Furthermore, every new rule is likely to have loopholes, and the one sought by veteran would probably be riddled with them and exploited by the mainstream of track and field athletics. We have reason to suppose that the I.A.A.F. view the veteran movement with understanding, that discretion is exercised in the interpretation of rules, and that application for reinstatement by veteran is sympathetically considered.

With the First World Championships only ten months away, it is surely preferable to keep this amateur controversy in low key, rather than to engineer a confrontation. The latter would do no one any good—the former could well give us what we want anyway. Let the I.A.A.F. make the moves, if any.

More and more major races and meetings are using the five year age groupings. Unfortunately, this is tending to dilute the quality of competition at certain meetings, particularly in track and field where in some events each competitor is a winner. It would seem logical to use five year groupings only when entries warrant it. Even then the value of such splits is questionable—as Roger Ruth mentions in our "Postbag" column, the mixtures of five-year and ten-year classes can also be confusing, particularly when some organisers number the classes, or divisions, as they come. We appeal to all organisers to adhere to the 10 year divisions in numbering their classes, with A and B suffixes where necessary.

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Readers wishing to obtain photographs of the British Veterans Track & Field Championships, held at Copthall Stadium on August 11th, are invited to contact GREG MEADE, 50 Colborne Way, Worcester Park, Surrey. Tel: 01-330 1159

APPEAL

Thanks to the generosity of our readers we are still able to maintain the standard of VETERIS. Since our last acknowledgement list, the following have generously contributed to income:

D. Bureford
N. Donachie
R. Hobday
R. Torreggini
R. Daley
G. Eastwood
J. Walker
G. Jenkins
J. Hillier
K. Kern
F. Webb
TOURS TO CANADA & JAPAN
The arrangements for the above tours are in hand. Jack Fitzgerald is hoping to arrange two tours with Chinese, Japanese, and Singaporean teams by the end of this season. Tour One would be flying from London to New York at about £320. They have about 200 contingent groups together e.g. 60-64 and 65-69. Tour Two would be a straight 14 days in Toronto from 20-24 August. Norman Addis is hopeful of being in Manchester to Toronto from August 4th or 11th to 25th. Accommodation in the University of Toronto has been quoted at £44 for a single room and 33 dollars for a shared double room. This price is subject to change at any time! In brief, the officials lost control of the race. However, there is a possible further increase of 15% to New York is slightly cheaper, but this cost will be provably cost in the region of £300 at medium class central hotels ranging from £2 a day for a shared triple room up to £13 a day for a single room. Currently Charter Air Fares are £105 from London to Toronto, £105 for Manchester to Toronto. The fare to New York is slightly cheaper, but this cost will be offset by the Air Fares from New York to Toronto. However, there is a possible further increase of 15% on Charter Flights in the pipe line from November 1st, so firm overall prices cannot be quoted until that date. The New York tour would depend on a party at least 50

A PLEA FOR BETTER ORGANISATION IN RECORDING
by John Emmett Farrell
World best marks for specific age groups are most interesting, and are an incentive for veteran athletes to attain standards, but the unreliability they are forced to put up over their lieutenants at Colchester in 1972, but I must cite my experience as an example. At the last minute the organiser put the over 50's off and over 65's in a large field there was a lot of lapping. A humorous story is a runner against the background of the Eiffel Tower encircled with the words “World Veterans Marathon, Paris 1974” – all in his protective garment. The performance was comparable to a 2.15, or possibly 2.18.24.8 was one minute faster than Coakie's 2.19.23.2, nearly four minutes up on 3rd place finisher, Fleming. We runners love the sport for its own sake and the exhilaration it provides, but the camaraderie enjoyed, the competition element is an added bonus. However, many who lack the financial resources to enter had to cancel. It was a short lap, between 410-420 yards, but even with another lap to run, the times would have been far too sixty six plus runners, perhaps 37.10-37.20, faster than I have done since joining the old age group, but the official results which appear in print here are therefore not fair to John Wall and Bill Andberg, who have legitimate times of around 37.20, which more closely reflect their race positions. Despite all this, the Alberta Masters are to be held in Banff, which I have no doubt will have about 300looked already with £100 deposits paid, while the French have about 90 so far.

PARIS TEE SHIRTS
Only 40 medium and large shirts from the World Veterans Marathon in Paris last May remain unclaimed. The white shirts show a runner against the back, head and arms, and the Canadian Masters mixup this year (Sub Masters had over 50's and 65-69). PARIS MARATHON
LEONARDS (Can) The last additions to the 1973 Lists threw up several interesting performers to note. ARTHUR DYSON (Can).Over looked on the 1973 Lists this year, this athlete's 1975 could be interesting! Paul Colnard and Guy Brisson (44 & 42) Two of France's all-time greats are still throwing with distinction – Colnard was only just past 6' (2) and below his 1979 record of 66'10" (20.20) and (19) and (19) in the Marathon about 27' (71 100) record of 21' 7.04. SVERE STRANDLI (Nor.) Now 48, this athlete was the first performer on the world Hammer stage to beat the "impossible" magic 20' in 1938 at the Nationale, Udine he set a world record of 10'11.1 (31). RICARDO HIBER (Arg.) 46. Holder of the Argentinian 10,000m. Record also with 36:10.

JOHN SALISBURY (GB) The silver medal winner at the 1975 European Games at Toronto on June 3rd. he threw the lK . Discus a few more younger men get their shoes off the shelf - for knocking out a stream of 'class' results that should make that occasion John has passed the age of 55 years and is considered to be at his peak form. Heber competed in the '48 Olympiad and reached the final round of the 50 Discus.

ERIK KRUCZYCK (Ger.) At 63 not only did this runner set a new World Record of 200'11" (61.25) and won for at Swansea on June 3rd. he threw the lK . Discus a few more younger men get their shoes off the shelf - for knocking out a stream of 'class' results that should make that occasion John has passed the age of 55 years and is considered to be at his peak form. Heber competed in the '48 Olympiad and reached the final round of the 50 Discus.

ARNARD for 15, Allee Romain Rolland, 9510 0, Brussels. Heber competed in the '48 Olympiad and reached the final round of the 50 Discus, he set a world record of 200' 11" (61.25). The late additions to the 1973 Lists threw up several interesting performers to note.

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August 11th, Copthall Stadium, London.

World Marks for Kyle (61.7) and Maksinczyk (14.47)
Taylor 11.1/22.5, Lane 57 .8 , Payne 62,00, Smith 52.5

The sun truly shone on this year's National Championships. It rained the day before and the day after, but for the occasion itself the clouds parted and over 200 veteran athletes were inspired to push their champions to top quality performances.

From the 10,000 metres at Noon to the last 400 metre final at 6.15 p.m., the programme was packed with action. Payte, Clark and Maksinczyk were the centre of interest on the field while every track performance from Taylor’s brilliant sprint double (11.1/22.5) through Thorpe’s classy 5,000 metres walk (12:33.6) to U.S. Master Gerry Smartt’s convincing 10,000 win (32:30.8) were exciting to say the least.

And the ladies were there too – the irrepressible Maeve Kyle taking away a hat-trick of titles from four well supported events.

Although not necessarily the finest win of the day, Fred Smith’s 400 win (52.5) deserves special mention, for his victory meant that he is the current U.S., Canadian and British Champion. But for Smith, Verlaine’s Bill Lane would have pulled off a notable double, having won the 400 hurdles title in 57.8 (no Jim Dixon) before finishing behind Smith with 53.2.

Allen of Harrogate made the crowd gasp as he set about demolishing the 800 field right at the start. Ten metres clear at 200 (27 secs) he was through the bell in 57 secs, in the last 200 his solo effort began to pay and he finished in an exact 2 minutes - a remarkable display of front running. Canada’s Ed Whitlock got the best of the rest (2:05.5) having earlier run in an interesting 1500 against O’Hara and Hughes. O’Hara was obliged to take the lead in this race, after a 200 metre doddlce had made it clear that no one was going to give him a ride and be jumped at the finish. Laurie raised the pace to a smart level but, to everyone’s surprise, was jumped at the bell by Whitlock and Hughes. But O’Hara tagged on and as they hit the finishing straight won with his kick after all (4:13.6). Tactics were also the order of the day in the 5,000 where O’Hara met a fresh, highly tuned George Brown who had a recent 3,000 clocking of 8:38 to his credit. Brown tried a different ploy, attacking in the first 2,000 metres in an effort to shake off his rival. And he nearly did. Three metres of daylight appeared for a spell but George couldn’t maintain the effort, the pace slowed, O’Hara recovered and a 64 seconds final circuit gave him a comfortable finish (15:14.0).

Commonwealth Games silver-medallist Roy Thorpe led from start to finish in the 3,000 track walk, but he didn’t have an easy time of it. George Chaplin stuck fast and close, within striking distance all the time, and pulled Thorpe to a brisk 13:33.6 to Chaplin’s 13:59.2. Bob Roberts (79) also showed his pace in this race with 17:15.0.

The general theme of exciting tussles extended through to the steeplechase where Maurice Morrell (Javelin, triple-jump, long-jump and 1500 already behind him) was involved in a close race with Clive Shippen. They cleared the final hurdle together but a tired Morrell gave way to a faster finish (10:12.4). Maurice thus ended the day with three seconds, a fourth and a fifth.

PHOTOS: TOP (Ben Bickerton). O’Hara wins the 1500 from Hughes and Whitlock
BOTTOM LEFT (Greg Meade). Len Bail, 100/200/400 winner in Class 3. (Over 60)
BOTTOM RIGHT (Greg Meade). Ron Allen wins the 800 metres, having led from gun to tape.
THIS PAGE (Ben Bickerton). Ken Hall on his way to a class 2A 5000 metres win.
I. Master Gerry Smartt, on his way home to the States from Iran, broke his journey to compete here — and it was well worth the effort. He lapped all but the runner-up Dave Case (who, oddly, chose to race the Shaftesbury '10' the previous day) and his lap times showed a remarkable consistency. He would surely have run sub-3:2 in a close race. Dave Dollar, despite a muscle pull, won the 45-49 race; and the evergreen Bob Dapt took the over-50s with 55:43.0. Talking of evergreen runners, Ken Hall (17:00.0) and Tom Buckingham (18:10.8) won their 5000-metre races, while Sam Lee (20:13.8) had to just give best to Ed Wallace (20:11.8) in the Over 60 class. And then there was Kenneth’s Facel (56) producing a scintillating 12:41.26 sprint double, followed by 400 record holder Len Batt (61) plumping this time for the shorter double (13:28.7). Last, but by no means least, of the truly glycerinated gentlemens was Duncan MacLean. Yes, the “Tartan Flash” was present once again, taking of his upcoming 90th birthday (December) and bemoaning his luck that he always has to mix it with the 60 year old “boys.” He wasn’t too happy with his 19:44/37.7 times either — always looking for improvement! — but he enjoyed getting more applause than the winner.

With 5 year age groups, the meeting was a statistician’s delight; but the VETERANS statistician had good reason for being more delighted than the usual. Howard Payne won the hammer and discus and was given best to Ed Wallace (20:13.8) in the Over 60 class, and Tom Buckingham (18:10.8) won their 5,000 metres in 13:19.5 and the 400 metres in 57.1 and the 200 metres in 28.7.

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BRITISH CHAMPS:

5000 Metres (45-49)
1. R. Hunt (Surrey) 2.09.9 2. R. Hunt (Surrey) 2.11.3 3. Lt/Com R. Pape (Roya! N) 2.13.6
4. J. Phelan (Hercules) 2.12.2 5. B. Bickerton (Scots. Vets) 2.13.8

Over 50
7. M. Payne (Cam H.) 5.13.2
W. Hill (Blackheath) 5.13.2
5. J. Atkinson (Barnet AC) 5.15.0 5. G. Lowe (Watford) 5.15.5

PHOTO by Ben Bickerton:
Bill Lane hurdles his way to an impressive 57.8.

5000 Metres Walk
4. R. Purcell (Birkenhead) 14.45.4

PHOTO by Greg Meade:
Howard Payne had tough opposition in the dust, discus and high jump but was in a state of his own when it came to the hammer.

3000 Metres Walk
1. A. G. Roberts (72) (H.H.) 17.15.0 1. C. Guardia (Arquitcco) 17.15.0
2. A. Parsons (Herne Hill) 17.35.8 2. R. Thorpe (Shef. Untd.) 17.35.8

FOOTBALL


PHOTO by David Pappo:

JAVELIN


SHOT PUTT

1. S. Clark (Woodford) 23.22 2. J. Coughlan (Highgate H) 23.22 3. C. Knowles (V. of Ayles) 23.22

DISCUS


POLE VAULT

1. J. Searle (VAC) 13.33.6 2. M. Morrell (Wirrall) 13.33.6 3. P. Holden (Verlea) 13.33.6

3000 Metres
1. J. O'Hara (Bels.) 18.10.8 2. C. Shippen (Bels.) 18.10.8 3. A. Welling (VAC) 18.10.8

3000 Metres Steeplechase
1. A. Hughes (Rich) 18.10.8 2. R. Pathak (Wood) 18.10.8 3. C. Knowles (V. of Ayles) 18.10.8

OVER 60

1. C. Fairley (Kett,) 10.33 2. A. Kalirai (Unatt) 10.33 3. P. 111inchin (Rich) 10.33

10000 Metres FINAL

1. J. Searle (VAC) 26.01.0 2. J. Searle (VAC) 26.01.0 3. J. Searle (VAC) 26.01.0

PHOTO by Ann Bickerton:
Bill Lane hurdles his way to an impressive 57.8.

TRIPLE JUMP

1. M. Cullen (Welsh Vets) 17.15.0 2. J. Searle (VAC) 17.15.0 3. P. Munn (Mitcham) 17.15.0

PHOTO by Steve Bickerton:
Eddy Whitlock leapt his way to a great 57.8.

10000 Metres
1. J. Searle (VAC) 26.01.0 2. J. Searle (VAC) 26.01.0 3. J. Searle (VAC) 26.01.0
In Japan they beat dummies with bamboo sticks...

... but in Britain the only way to get rid of tension—job-induced or home-produced—is to stifle it with a handful of pills.

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SPORTLIGHT ON

by John Hayward

Fred Smith

Born: 15.4.1934
Height: 5'-6½"
Weight: 129 lbs.
Pulse: 54

Occupation: Insurance Club: Woodford Green A.C.

Fred Smith found a sagging interest in track and field athletics rekindled by the sudden surge of activity within the veteran ranks of the sport and such occasions as the Crystal Palace Meeting where he officiated and was inspired by what he saw. At that time he became quietly determined that in his first year as a veteran he would aim to return a performance something better than the then World Age Best of 51.7 for the 400m.

This year he achieved that silent ambition by retaining 51.0 - a time certainly worthy of note for one whose best ever was 49.5 some 14 years previously. But that was not all. Travelling extensively, he captured the Masters' titles of Canada (a record 51.8) the USA (a record 51.0) and the UK (52.5) - victories worthy of a SPOTLIGHT on this quiet and unassuming character who has become a triple champion in his first year as a veteran.

To underline his 400m form, Fred can claim also to have run 11.2 for the 100m (within point two of his best) and 23.2 for the 200m. (23.0 straight away) which is within point seven of a second of his best. When one is told that five weeks before the departure of the American Tour he had serious thoughts about calling it off - for hamstring trouble had plagued him for several weeks during his aging training - one can see he is accustomed to wonder what performances may have been achieved with a trouble-free approach. Fred thinks he could have been near a sub 50.0 for the 400m (within point two of his best) and finds it necessary, "for squats is all pleasure, whereas the speed runs in hard and often painful" - a point all those with experience would understand when looking at his typical peak season (March - April) track work-outs.

Pre Vet.

3 x 300m. jog in 41.0

3 x 500m. with 300m. jog in 40.0

3 x 500m. with 300m. jog in 39.0

3 x 300m. with 400m. walk in 23.0

At forty years

3 x 500m. with 300m. walk in 40.4/1

Best

3 x 300m. with 300m. walk in 40/41

3 x 200m. walk at 600m within 24.2

Fred joined his club - Woodford Green A.C. - in the mid-fifties and became their track captain in the early sixties. His most pleasing moments (other than the tour to America this year) were in being part of the club team that won the National Indoor 4 x 400m. in 1965 and especially part of the team that retained the National Indoor 4 x 4 lap Relay at Wembley in 1963. On that occasion he had to replace one of his club three internationals that formed the backbone of the squad. The delight being not in just winning but in setting a record that remained unbeaten until Wembley Arena closed.

On the lighter side he will always remember helping Pete Stoll run a then personal best of 4X.0 for 400m. when the Olympic Champion visited the club track after the 1960 Games - and coming face to face with that all time great Jesus Owens in the very Stadium where he won those four gold medals during the 1936 Olympics. This was in 1964 when Fred took his club team to Berlin for an International later Club match - the team was housed in the Stadium and Owens was there to make an appeal for the American Olympic Fund drive.

Fred mentions reading and photography as other interests and when asked about possible retirement comments "as long as I am enjoying it like I have over the past twenty-five years - there can be no deadline." He has great admiration for many of the older athletes and is particularly impressed with Alf Guidet who in his mid-fifties still performs and returns remarkable sprint times (11.6 - 23.0) last year. If his speed doesn't hold out as long as Alf's - then perhaps he will turn to the mile. An event to which many tell him his small and light frame are more suited - what an interesting prospect!
When 54 year olds Sylvester Stien ran a U.K. Class 2 record of 25.9 for 200 metres, few onlookers realised that eighteen months earlier he had no more thought of sprinting than going to the moon. But the veteran movement allowed him to be himself and thereby found a new discipline to his behavior and self respect when he learned that two other athletes on the Copthall programme had connections with that far distant city, one was a man with a strong track record and another was a class 1 veteran, Colin Knowles. The foreigner was more than a class 2 veteran, and Duncan macdon who was already a class 2 veteran was about to become a class 2 vet when Sylvester won that boys 100 yds trophy at Durban South Africa. So he returned to the fold and showed damp and cold the handkerchief still made it's mark on the British scene.

Laurie O'Shea (62) has set many records during his veteran career, but the one he will surely cherish most of all is that of receiving his first ever S.C.A.A. A.A.A. vest at the age of 62 years. His frequent appearances in open competition and his remarkable consistency eventually persuaded the Southern Counties Athletic Association that he would be a worthy representative for them in a major match. Such wins are usually awarded to up and coming youth, so it was particularly noteworthy that he should be recognised this late in his career. The year was 1973 the British Under-50 team v. S. C.A.A. at Crystal Palace on Monday 26th August (pubblc headline) and it was Laurie's favorite distance, 100 metres. The small field ran a tactical race, with a long run in, which left Duncan on 8th place which he held until 8.33.6. He was rather disappointed with the time (six seconds outside his season's best) as he had already hoped that the 8.22 mark shared by himself and the great Alan Mimms would be cracked this year. Can you imagine any other veteran being disappointed with an 8.55.6?

When GERRY SMART (43) of the Beverly Hills Striders stopped off in London last August, following a tour of coaching duty to the Iranian national team he chose the right time to make his mark with the British veterans. Looking very fit and tanned, and wearing the knitted handkerchief which is his trademark, he ran out a convincing winner of the British Veterans 10,000 meters in a fine 32:30 - and this a distance on which the British pride themselves! Two days later Gerry appeared at the sprint Battlebridge track, just South of London, where the cows munch away at the hedges, and weeds have a freedom of growth which one could only marvel at. The field is scheduled for 1975. The New York Masters Association are planning a week's tour to London next spring (May 23rd to June 4th) and will take in a track and field meeting in the Midlands (Lemington) and a similar meeting, plus a cross-country match, at Parliament Hill Fields, London. The visit is the brainchild of Bob Fine, the very active past president of the M.A.A. Some sub-master events will be staged and I hear that the London organizers are expecting a healthy response from London veterans. The dates are well worth penciling in your diary.

The war against disease has achieved many a victory, but the "battle" for positive health is fought with rather less fervour. It is less glamorous and much more unpractical. To be picked up and patched up makes news. But merely supporting our spinal columns. And they go on to tell us that it is because we do not "stand properly" that we get under pressure on our spines. But where is this "standing properly" and how is it achieved? Is it a sub-conscious striving towards the ceiling? Straightening the shoulders, perhaps? Or the old-fashioned chin-out, chest-out routine?

Well, an American doctor thinks he may have come up with a clue to it all. George Sheehan, M.D., of New Jersey, who is as well known as a Class 2 Master runner, * as a doctor, has noticed all the back experts make very little mention of feet. And all the feet experts make very little mention of backs. The shoe manufacturers who provide us with the platforms that we walk on seem to know less than anybody else.

Dr. Sheehan, writing in the American medical Journal *Medical Times* (July 1973) draws attention to the interesting independent findings of a Danish yoga teacher, a Michigan engineer and a Californian orthopedist (foot expert) that, at the hospital's lowest level, 100 yrs old, there are no straining injuries or fatiguing strains and that the lower back carries the heaviest loads. And, therefore, no strain on the back. Try it and see: Can it be that a healthy foot should have the heel lower than the sole-rather like the foot print you leave when walking barefoot on sand? Perhaps, but it is an interesting thought. Maybe it's the foot that's disagreeing with the arches to the arches truncheons! Some say you can't win, but Dr. Sheehan's view is that the foot should be in the running circles and he is convinced that most athletic injuries stem from the feet. The shoes we wear down too far, and try wearing a podiatrist if injuries persist for long periods.

*George recently lowered his own 55 year age record when winning a 2 mile race in 19:54.

*B.B.C. Television has given much viewing time recently to the question of heart disease. The programme entitled "Cross your heart and hope to live" gave five main causes as, smoking, blood pressure, high blood fats, heredity and lack of exercise-the latter added almost as an afterthought. Much time was spent on the blood fats question.

A later programme in the "Controversy" series featured a studio full of "experts" arguing whether high sugar consumption or high poly saturated fat consumption was the principal cause of heart disease. And although it is recognised that cholesterol and other lipids are necessary in the blood, and that coronary heart disease is caused only by the accumulation of these lipids on the artery walls, no one knew what the mechanism was which deposited the fat on the walls; nor why women prior to the menopause are virtually immune.

My thoughts turned to the unaccepted merits of acupuncture, osteopathy, hypnotherapy and the like. And of the many aspects of medicine and naturopathy-and of the many aspects of medicine and naturopathy... Did you know that researchers had concluded that much of Western man's diseases are due to lack of indigestible fibre in our diet and that many of Western man's diseases are exceedingly rare in populations where...? (Cont'd on page 22.)
The following amendments and additions indicate how incomplete our Lists were when going to print. As mentioned before — while contacts are being built up — the Lists will always fall short of a "statistician's perfection" — in the mean time we can only stress once more PLEASE HELP US BY SENDING YOUR YEAR'S BEST PERFORMANCE IF YOU THINK IT IS WORTH RANKING.

SEND THEM AS SOON AS AFTER THE END OF THE YEAR AS POSSIBLE.

J.L. Hayward 128 Princes Road, Buckhurst Hill, Essex. (New address).

1973 Ranking Lists

AMENDMENTS & ADDITIONS

FIELD EVENTS

High Jump Class 1
1.30 5’10” W. Reinhardt (GER) 40
1.30 5’10” R. Bannier (GER) 45

Long Jump Class 1
6.08 19’11” W. Stronman (GER) 42
6.08 19’11” R. Kummer (GER) 42

Long Jump Class 2
5.55 18’3” R. Schuss (GER) 51
5.51 17’8” H. Scheute (GER) 51

Triple Jump Class 1
13.34 44’5” W. Stronman (GER) 42

Triple Jump Class 2
10.87 35’6” A. Bannier (GER) 55

Pole Vault Class 1
4.90 16’3” R. Schur (GER) 40

Shot Class 1
17.31 57’6” P. Edmond (FRA) 41
16.19 53’9” H. Holzmeister (GER) 40
16.20 53’9” E. Brand (GER) 43
16.15 49’7” H. Breit (GER) 43
16.13 49’7” H. Lagem (NOR) 40
15.44 44’11” L. Kranz (NOR) 44
15.05 43’1” K. Kepest (GER) 42

Shot Class 2
12.38 40’7” W. Sutor (GER) 50

Discus Class 1
45.50 149’5” L. Dugge (FRA) 41
48.96 160’7” T. Pilger (GER) 40
48.25 159’3” G. Hauser (GER) 42
47.42 155’0” H. Thiel (GER) 40
47.10 149’10” H. Langen (NOR) 40
45.22 148’9” A. Guetard (ARG) 42
45.26 147’0” E. Patrolle (FRA) 42

Discus Class 2
39.76 137’0” E. Figge (GER) 53

Javelin Class 1
58.95 196’0” R. Heber (GER) 46
58.90 160’6” J. Boem (GER) 41
57.04 162’0” J. Boem (GER) 41
49.20 161’3” H. Hutter (GER) 41
48.05 157’3” L. Kranz (GER) 47
47.08 154’5” E. Heimann (GER) 41

1980m Class 1
31.59 10’6” O. Hugger (GER) 60

1980m Class 2
31.59 10’6” O. Heimann (GER) 63

1980m Class 3
31.59 10’6” O. Heimann (GER) 63


table.png

The technique

The "Surya standing start" is simple and doesn't have any complications found in other starts like the so-called Bunch, Bullet, the long, the medium and the jet. Like the conventional crouch start, the standing start has three commands: (1) "On your marks", (2) "Set", and (3) "Go" or the Gun.

THE PLACEMENT OF BLOCKS

The front block is at an angle of 45-45.5 degrees and placed two to three inches from the rear edge of the starting line. The rear block is at an angle of 90/90 degrees and placed about two to four inches (5-10 cm) behind the front block. It is advisable to mark blocks with paint when angles and distances have been established which suit comfort and balance.

fig.1

On your marks

At the command "On Your Marks", the athlete walks to the blocks and places his front foot flat against the block, the front spikes or the toes in contact with the ground. The rear foot is behind, eyes are focusing down over the front knee, the legs are bent at the knee, the knees rest above the front knee supporting the body weight. If right foot is back, the right hand is over left.

fig.2

Set
The angle legs
At the command "On Your Marks", the legs take semi-best position, the front leg making an angle of 90-95 degrees and the rear between 115-130 degrees.

Points to Stress
1. In the "Set" position the trunk should be level. 2. In the "Set" position only the arms move to oppose arm-leg position. 3. In the "Set" position, as most weight is borne by the front leg and thigh, much

Advantages
1. The "Set" position reduces the use of the starting blocks. 2. The athlete reaches the starting line faster, thereby gaining a head start. 3. The "Set" position is more natural and comfortable to get into. 4. The athlete reaches peak speed much quicker than in crouch start.

Experiments show later times over the first 50-yards marks, by no less than two to three-tenths of a second. 6. In handling the advantages are obvious and may make it possible to achieve a seven-stride rather than an eight-stride approach to the first barrier. 9. The standing start for any track event can be used more successfully by a middle and long distance runner without using the starting blocks. Drive the feet into the surface of the track and assume the position.

Corebus (Cont'd from page 19)
seems to me that there is little stress in primitive societies and much more exercise. But Jack Pennington puts it more bluntly when he says "I'm no athlete. I'm just fat."

Remember to "set" the rear leg is initiated, the head should be raised, the eyes looking some 20-50 yards ahead. In the early stages, do not practice with the starting gun. Athletes must be instructed to this technique gradually. Otherwise, there is a tendency to either dwell, rock back, or alternatively jump from the blocks if the stimulus is sudden. 6. Guard against athletes "raising" into the "set" position by keeping the arms moving. This should be stopped immediately, otherwise a pattern may be established of moving into the start. 7. The "set" position is attained quickly and held. 8. When the starting gun is used, it should be varied, sometimes fired late but never fired early. 8. It is recommended that for the first few weeks of the season, all athletes practice at least three times a week with the blocks, swinging some 50-yard mark at each time. 9. Make absolutely sure that there is no "rolling" in the "set" position. There is no pleasure in disqualifying an athlete. 10. Make absolutely sure that the athlete assumes the most comfortable and natural running action (opposite arm-leg position) in his "set" command. As initially the arms are kept in the running attitude, they can be used more vigorously.

Amendments (Cont'd from page 20)

Sweatshirt Class 2
40.00 M. Warrick (GBR) 50 19.5
43.72 143.07* N. North (GBR) 54 19
45.63 1435* B. Harrer (GER) 59 55.5
Hammer Class 1
62.30 204'9" G. Ryan (USA) 30 18.6
54.90 109'9" S. Bernardi (GBR) 60 14.9
51.35 187'9" J. Gail (FRA) 42 11.7
49.73 196'9" N. Ramos (FRA) 42 11.5
49.22 161'9" E. Sambells (NOR) 40 13.9
47.93 196'9" D. Lorenzo (FRA) 47 11.5
50.05 146'9" W. King (GER) 41 3.3
Hammer Class 2
50.07 128'9" A. Hansen (GBR) 55 27.10

Kelly wins National X-Ctv.

The National cross-country championships was held over the South Australian Club's course on 10th June and was won by two young athletes who occupied the first four places. Overall victor was Tom Kelly who finished in 9 minutes 40 seconds, head of the field on a course which included severe hills.
### Australia Cont’d

Class 1A
1. J. Penaluna (Vic) 41:59
2. Tom Kelly (NSW) 42:24
3. Mike O’Neil (SA) 42:48
4. G. Wilson (NSW) 43:00
5. L. Hart (SA) 47:16
6. R. Jones (Vic) 48:46
7. D. Davis (SA) 50:20
8. Ray Turner (SA) 51:03
9. Ray Tean (SA) 63:18
10. Bob Clarke (SA) 64:29

Class 1B
1. Jen Vee (NSW) 1:01:34
2. Al De Pasquale (SA) 1:27:08
3. Tom Kelly (Vic) 1:34:20
4. Mike O’Neil (SA) 1:48:52
5. Bob Clarke (SA) 1:50:20
6. Mike Foster (Vic) 2:01:25
7. Bob Carwright (NSW) 2:34:30

Class 2A
1. Wally Cossins (SA) 41:39
2. Colie Jones (WA) 45:06
3. Ron Nicholls (Vic) 45:40

### Victoria

1st June, 1974

Class 1A
1. Tom Kelly (Vic) 10:21
2. Jennings (41) 10:24
3. Sawyer (40) 10:30
4. Meischbach (45) 10:59
5. Tom Ribbins (46) 11:12
6. A. Lynch (44) 11:35
7. Gamble (44) 11:59
8. J. Sheppard (49) 12:29
9. J. Roy (-) 12:39
10. Reg White (-) 12:59

Class 1B
1. Bob Clarke (SA) 10:48
2. Jay Ribbins (45) 11:01
3. Wally Cossins (SA) 11:15
4. Ron Nicholls (Vic) 11:24
5. Bob Clarke (SA) 11:39
6. Mike Foster (Vic) 11:44
7. Bob Carwright (NSW) 11:51

21st July, 1974

15,000m Road

T. Kelly (40) 16:48
D. McNicol (40) 16:48
D. Elliott (40) 17:00
L. Hooper (41) 17:32
L. Etches (41) 17:37
K. Davison (40) 17:50
B. Sawyer (40) 17:50
A. Lynch (44) 18:10
N. Anderson (40) 18:18
E. Young (42) 18:18
T. Deluca (40) 18:20
D. Grant (40) 18:29
B. Hartley (40) 18:32
W. Ware (40) 18:34
M. O’Neil (40) 18:34
S. Nichols (40) 18:39
P. Gaffney (53) 18:54
J. Rees (52) 19:00
P. Lester (51) 19:15
H. Rhodes (40) 19:29
T. Parke (40) 20:15
T. Barrett (40) 20:56
V. Price (59) 21:20
A. Lynch (44) 21:37
G. Wilson (59) 21:54

### Canada

Entry forms will shortly be published for next year’s big event in Toronto.

The following events have been added to the programme:

1. For ladies in their three age groups (OW, 30-39; 3W, 40-49; 2W, 50+) 100m, 400m and marathon in addition to the existing 1500m and 5000m. It is probable that ladies will be accepted for one of the walks.

2. In addition to the regular 4 x 100m and 4 x 400m relays in three Masters age classes (1-3, 4-6, 7-9) there will be a special National 4 x 400m relay comprising two 1-3, one 4-6 and one 7-9 runner, running in the order 40+, 50+, 60+, 70+. Only runners who did not compete in any of the regular relays may run in this event.

### South Australia

1st, 4th & 6th August, 1974

Class 1A
1. Ron O’Neill 50:21
2. Wally Beames 50:44
3. Len Hart 50:55
4. J. Sheppard 51:52
5. Joe Hart 57:17

2. In addition to the regular 4 x 100m and 4 x 400m relays in three Masters age classes (1-3, 4-6, 7-9) there will be a special National 4 x 400m relay comprising two 1-3, one 4-6 and one 7-9 runner, running in the order 40+, 50+, 60+, 70+. Only runners who did not compete in any of the regular relays may run in this event.

### 1st Canadian Masters Track & Field Championships

The first Canadian Masters Track and Field Championships — Don Perelman writes:

On June 26th, Duncan McLean, the 89 year old “titan of track” dropped in at Toronto en route to Vancouver. With him came Ed Sears (65) and Fred Smith (41) and this trio, later joined by Keith Whisker in Vancouver, comprised the British team to our first Canadian Championships.

After a couple of pleasant days highlighted by a stand-off party at Rhyno and Lynn Davies’ homes, they continued westbound joined by about 30 Canadians and a group of N. Eastern U.S. Masters including our old friend, John Hutchinson, now also a member of C.M.I.T. Unhappily we left such stars as Bill Allen, Arthur Taylor, Ray Cowell, John Doyle, Bryan Martinelli, Bob Bowman and Ron Wallingford, as well as receiving the news that Quebec’s Ed Whitlock could not make it either.

Following a brief retirement out around Vancouver during the Friday afternoon, we attended a welcoming wine and cheese party at the Richmond Track & Field Clubhouse and the chance to look over the adjacent Minneus Park track. The evening was a great success.

25
Canada

success as it gave us the chance to meet many CMITT members from B.C. hilleroo just names. It was a treat for me to meet Doug Clement, John Pavlich, Ken Robertson, Bill Henderson and the many others who had made the championship possible.

Competition started the next day and it was obvious that David Pain’s U.S. Masters were strongly represented. I was particularly pleased to meet Doug Clement, John Pavelich, Ken Richardson, Bill Henderson and the many others whom I had met in Chicago years ago. The Class 2A

Canada Contd.

Class 2

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3

1. R. Yeaffey (Ont)
2. J. Snow (USA)
3. R. Barrett (Ont)
4. E. Sears (Ont)

Class 4

1. B. Armstrong (Ont)
2. S. Bell (USA)
3. H. Christensen (Ont)
4. F. McGraw (Ont)
5. D. Newton (Ont)

Class 1A

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 1B

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 1C

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 1D

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 1E

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 1F

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 1G

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 1H

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2A

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2B

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2C

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2D

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2E

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2F

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2G

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 2H

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3A

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3B

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3C

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3D

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3E

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3F

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3G

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 3H

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4A

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4B

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4C

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4D

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4E

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4F

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4G

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)

Class 4H

1. B. Yeates (Ont)
2. J. O’Neil (USA)
3. A. Waterman (USA)
4. H. Brae (Ont)
5. R. Sargent (Ont)
6. W. Buchanan (Ont)
DOUG BEATTY won 1500 (18) 3 G. Braceland (USA) 2:49

Class 2
2 H. Hunter (USA) 4:76

Class 3
M. Pickl (Ont) 30'8½" 2 A. Brosz (Ont) 3:26 9 C. Hills (USA) 23:53

Class 4
2 S. Thompson (USA} 28'8" 4 J. Kilbuck (USA) 41:44

Pole Vault
Class 1
2 R. Ruth (BC) 4.20 1 L. Denley (USA) 5:51 3 M. Woerle (Ont) 25:19

Class 2
1 D. Brown (USA) 4'25 2 G. Braceland (USA) 5:46 2 G. Braceland (USA) 24:49

Class 3
1 B. Dunkin (USA) 2.80 3 J. Pavelich (BC) 5:43 2 C. Hills (USA) 5:43

Class 4
1 G. Braceland (USA) 3:26 9 C. Hills (USA) 23:53

Shot Put
Class 1 (16 lbs)
1 T. Warner (USA) 13:50 2 J. Pavelich (BC) 12:80
3 J. Hovick (USA) 12:00 4 G. Braceland (USA) 9:87

Class 2 (12 lbs)
1 G. Warner (USA) 10:08 2 R. Knight (Ont) 9:28
3 B. Deacon (USA) 8:57 4 E. Brown (Ont) 8:17

Class 3 (8 lbs)
1 R. Rash (USA) 9:10 2 C. Hills (USA) 8:17 3 A. Brosz (Ont) 8:07

Class 4
1 M. Woerle (Ont) 7:51

Heptathlon
Class 1 (2 Kg)
1 T. Warner (USA) 42:74 2 T. Wancan (USA) 36:28 3 H. Wallace (USA) 32:42

Class 2 (1 Kg)
1 J. Dick (USA) 25:00 2 E. Phillips (USA) 24:10 3 M. Woerle (Ont) 19:40

Class 3
1 B. Dunkin (USA) 16:19 2 G. Braceland (USA) 12:90 3 J. Kilbuck (USA) 11:90

Class 4
1 G. Braceland (USA) 11:50 2 C. Hills (USA) 10:57

Decathlon
Class 1
1 K. Ghezzi (USA) 44:03 2 R. Banger (Ont) 38:57 3 D. Alston (USA) 38:44

Class 2
1 G. Braceland (USA) 40:50 2 R. Banger (Ont) 35:54 3 D. Alston (USA) 35:01

Class 3
1 R. Nash (USA) 33:27 2 A. Brosz (Ont) 30:54 3 B. Bower (Ont) 28:45

Class 4
1 J. Dick (USA) 28:30 2 E. Phillips (USA) 25:44 3 M. Woerle (Ont) 23:35

Javelin
Class 1 (8 lbs)
1 K. Carnine (USA) 50:65 2 J. Eyrick (Ont) 39:28 3 J. Flugenvieck (USA) 35:19

Class 2 (6 lbs)
1 J. Pavelich (BC) 35:30 2 M. Warwel (Ont) 31:25 3 A. Vesco (USA) 28:33

Class 3 (4 lbs)
1 G. Braceland (USA) 23:30 2 G. Braceland (USA) 21:37 3 F. Hicks (USA) 19:23

Class 4
1 A. Brosz (Ont) 12:30 2 M. Woerle (Ont) 10:10 3 J. Kilbuck (USA) 9:10

800
Class 1
1 B. Flam (USA) 1:31:44 2 J. Hovick (USA) 1:31:44 3 H. Wallace (USA) 1:31:44

Class 2
1 G. Braceland (USA) 25:19 2 R. Banger (Ont) 22:90 3 D. Alston (USA) 22:00

Class 3
1 M. Woerle (Ont) 23:53 2 G. Braceland (USA) 22:00 3 J. Kilbuck (USA) 20:58

Class 4
1 R. Haldrid (USA) 22:00 2 A. Vesco (USA) 21:48 3 J. Dick (USA) 20:46

5000
Class 1
1 G. Braceland (USA) 2:01:12 2 R. Banger (Ont) 1:56:28 3 D. Alston (USA) 1:55:18

Class 2
1 J. Pavelich (BC) 1:53:58 2 J. Hovick (USA) 1:50:53 3 A. Vesco (USA) 1:50:06

Class 3
1 J. Kilbuck (USA) 1:48:16 2 J. Hovick (USA) 1:48:16 3 R. Banger (Ont) 1:46:38

20000m Walk (Track)
Class 1
1 D. Mott (BC) 2:05:22 2 R. Bower (Ont) 2:03:51 3 M. Woerle (Ont) 2:01:12

Jacks Foster (41) won the inaugural "Marathon of the Flames" in Toronto on June 23rd, breasting Ireland's Neil Consill in 2:18:25. He had been trained by J. Drew, who ran the second lap and, after taking fastest veterans time, he ran back to the start. This and a 10 miles run in the morning gave him a total of about 30 miles for the day.
Macdonald wins Kiwi C.C.

New Zealand Veteran 5th National Cross Country Championship Whangarei, August 19th.

by John Dew

Canterbury's John Macdonald scored a fine win in this year's National Championship when he can New Olympic representative Baillie into second place over the 9,000 metres course. Last year's winner, Dick Chase (Auckland), who, like Baillie, is a former Olympic champion, was about 500 metres behind Macdonald in third place.

The testing undulating course, including some steep inclines up to 50 metres in height, was slushy - in the middle stages of the race. Runners said the volcanic mud was very sticky, and although nearly everyone taped their shoes several shoes were lost in the mud.

Macdonald, the Canterbury 15,000 metres titleholder, took the lead with about 6000 metres to go after Chase fell at a culvert. From then on, he was never headed.

Baillie, running his usual crafty race, had kept the Commonwealth Games silver-medallist Jack Foster on his tail until Chase fell. Foster was sidelined with a leg injury.

The Commonwealth Games silver-medallist Jack Foster was sidelines with a leg injury.

John Macdonald

Some veteran athletes gave proofs to those who grow old:

That's what has happened to New Zealand's tall, long-legged John Macdonald who won the national, mass-start cross-country championship at Whangarei New Zealand on August 10.

John has the winning temperament at Whangarei on August 10. John once was second to the world champion over the 9,000 metres road event. Since then, he has been a close follower of the world's best, aiming to bring his record closer to the world's best in the next world-wide top-notch meet.

The Commonwealth Games silver-medallist Jack Foster was sidelined with a leg injury.

Over 60

New South Wales

10km CCC Centennial Park, very cold and wet.

George McNeish age 54 actually finished a close 2nd to Peter Piper in the Open over 60.

Over 60

7th July, 1974

10km CCC Centennial Park

cold and sunny.

Some veteran athletes gave proofs to those who grow old:

That's what has happened to New Zealand's tall, long-legged John Macdonald who won the national, mass-start cross-country championship at Whangarei New Zealand on August 10.

John has the winning temperament at Whangarei on August 10. John once was second to the world champion over the 9,000 metres road event. Since then, he has been a close follower of the world's best, aiming to bring his record closer to the world's best in the next world-wide top-notch meet.

The Commonwealth Games silver-medallist Jack Foster was sidelined with a leg injury.
Roy Fowler, born in 1934, started running when he was 16 and first entered the British ranking lists as late as 1960 when he recorded 14:41.8 for 3 miles at the age of 26. By the following season he had burst through to 13:30.8, with a 28:18.6 over the mile in pagan form.

Roy had made his mark quite suddenly, but this freed, fast-handed athlete of slight build (he is only 5'3") had also embarked on a career of injuries for which he became as noted for in his running as the injury caused him to draw a blank following winter, but anyone who was to be seen at the track that season, by hiscourage.Later in the season, Roy was to finish 4th behind Tidball, Johnston & Strong in the Inter-Countries 3 miles at the White City with 13:30.8. It was a freak performance either, simply a warm-up for the A.A.A. Championships of this European and Commonwealth Games year.

Roy was after a berth in the British team at 5 miles and, with this in mind, he dogged the heels of the A.A.A. 5 miles record holder at 5:18.6; 5 miles (34:30.6). The first to make his bid for victory was Hyman, who lapped in 64.8. Bullivant and Fowler kept close but Batty found the hotted up tempo too much for him, and Janke (35:49.8) took 2nd by 35.36s. Bullivant and Fowler together, Bullivant 3rd, Batty 4th. Bullivant struck early, Hyman repassed him 250 yards out but around the final turn it was Fowler, all 5'3" of him, who ripped ahead. Bullivant, a lanky six footer, went with him and struggled mightily to get on level terms down the finishing straight. But the little man was not going to let himself be passed at this late stage and he held off his persistent challenger, for a few obstraneous inches, all the way to the line. Fowler, to the great delight of 10,000 fans, then mused that he had not been informed that both men should be rewarded with a Commonwealth and European Championship each. But the world record holder was not to have it (5:27.43.8, has ever run faster). As usual, injury followed quickly on success and Roy had to miss one half a season without trouble. This time it was a groin injury which he had to fight off. His efforts to up to the European Cross-Championships in Belgrade and there was speculation that this was the reason he allowed Bolotnikov and Janke to break the field early on. At 6,000 metres the chazeing group were 50 metres behind the leader, but Roy faced the 3 mile battle with Hyman and Borey (FRA) and Fowler sprinted to 3rd place behind Jouer. Once again he had shown this ability of overcoming adversity and coming good on the day. He was still Britain's No.1. Then came the Commonwealth Games. This time it was too close to the race — the Commonwealth 6' at Perth, Australia — and Roy limped home 8th in the 850 yard heat. Three months later he appeared in the British National cross-country championships at Cambridge and finished a brilliant second to Basil Heatley — prompting Jimmy Green to write "Roy Fowler made a gallant attempt to hold Heatley and chased him all the way to the line... but all the time, the Geddon man was just too strong and went on to gain his third National win over Ron Hill. Two months later, Hill turned the tables on Hill. Despite his remarkable ability to come back, quite certainly the chances of win over Ron Hill. Now he is a Veteran. This recent exploit suggests that he has given notice to all mature athletes that he has not red exercised (as was his title of SUPER VEF).
by Fred Smith

Foursome & Jet-some

proud of their hospitality.

Meanwhile our Duncan was beginning to make himself known and was always quick to take advantage of a chance to publicise the image of Veterans (or Masters) Athletics. His photograph and articles became familiar in the local press and often were the times we heard "mustardings" to the effect that "the Tartan Flash has hit town" and "watch out for The Tartan Flash". And his natty little songs, all written by him- self, became very popular, to the extent of receiving a standing ovation on one big occasion. How does he retain such strength of voice at the age of 89?

Dominion Day found us ferrying to Victoria on Vancouver Island. I really have never before seen such a clean and charming city, with its gorgeous hanging baskets of cascading flowers. And we saw the Tamour Butchatt Gardens. Nearing our motel we changed upon a Colourful military tattoo so not only destined to take Keith's title but was to go on and achieve a remarkable treble by annexing the Canadian Masters of each country. Included in that party were two outstanding one-lap specialists, Don Farquharson and Elwyn Davies, traditionally dressed as old-tyme hotel block, imposing and exciting, with its Wild-West include horse-racing, the health-club, where we had a pleasant and smooth journey and it did not seem over the Atlantic and the jet-lag was having its effect.

On the 9th floor of the University of British Columbia, there was a very distant. The active weekend drew to a close with oysters to start by having to keep our seat-belts fastened for 50 minutes before we eventually climbed clear of the dense cloud floating below like a huge field of cotton wool. However, the DC-10 lumbered to a hansom, provided a pleasant and smooth journey and it did not seem long before we were through customs at Toronto and being greeted by Don Parcarrdon and Hilary Davies, unmitakable and resplendent in their red Canadian mountaineers. Toronto was bustling and sprawling, but Don's home was some way out in a quiet, open and green area, with its back balcony overlooking Lake Ontario just half-mile distant. This was where Duncan Moore, Ed Starr and myself were to spend a couple of nights before joining up with the man Canada/U.S.A. party flying to Vancouver. We did, in fact, meet some of the party later that evening at a Hamburgo barbecue kindly hosted by Elwyn Davies, and his wife Lynn. Memories of this arc unfortunate being greeted by Don Farquharson and Elwyn Davies, Hamburger barbecue kindly hosted by Elwyn Davies meet some of the party later that evening at a

The Rain Forest truly lived up to its name the afternoon we were there, because it poured so heavily and a finn invitation into a side-room, further questions and form filling! One can only assume that the Customs fellow had never heard of Scotland and did not wish to show his ignorance with further discussion! On the whole, the Americans, Canadians and Masters and family. Roger was featured in the July issue of "Victoria"

Neithet shall we forget the lush accommodation on the 9th floor of the University of British Columbia, Gresham. Once again we were blessed with very warm and windeless conditions and track similar to Vancouver. The meeting, under the direction of Jim Parcarrdon, was excellently presented and naturally, with the usual hospitality and friendliness, very enjoyable. There was nothing lacking, even National T.V. were there, apart from radio and local press, and upon returning to our hotel rooms in the evenings we were able to watch excerpts from the day's events.

I was tremendously impressed by some of the older stars, How does Jack Greenwood keep so supple and looking 38 rather than 48? And Al Guidet

Fred Smith

FRED SMITH

on foot. A few of the eccentric (for want of a better word) members went for a run, including that dour Yorkshireman who shall remain nameless! However, we were able to observe the desire vegetation and regard the Douglas-fir and Sitka spruce reaching heights of nearly 300 feet. We did not see bear, raccoon or beaver, but we did manage to photograph wild Roosevelt elk. Further on came the highlight of this scenic tour. The buses climbed slowly into thick patches of cloud, with sudden glimpses of snow-capped mountains coming over. Finally we broke through into sun, blue skies and snow-covered mountains. This was Hurricane Ridge and we celebrated with a friendly game of snowballs.

Continuing our journey we finally arrived at the Portland Motor Hotel, Oregon where we were to stay for the three-day period of the U.S. Masters Championships in Gresham. Once again we were blessed with very warm and windless conditions and track similar to Vancouver. The meeting, under the direction of Jim Parcarrdon, was excellently presented and naturally, with the usual hospitality and friendliness, very enjoyable. There was nothing lacking, even National T.V. were there, apart from radio and local press, and upon returning to our hotel rooms in the evenings we were able to watch excerpts from the day's events.

I was tremendously impressed by some of the older stars, How does Jack Greenwood keep so supple and looking 38 rather than 48? And Al Guidet

Fred Smith
We approached the outskirts of Philadelphia via the mile-long Turn that cuts through the Appalachian Mountains. It was the perfect route and team. Our entourage was made up of several of our new friends. We were excited to see the beautiful scenery of the Pacific northwest, as well. The venues were chosen to offer the best track surfaces and facilities for the athletes. The competitions were scheduled to take place at the University of Oregon, the University of Connecticut, and the University of California. The events included running, jumping, and throwing.

The first combined effort between the U.S. and Canadian Masters to coordinate their respective national championships has taken place in an unprecedented success. As a result of cooperative scheduling, the Canadian Masters set their 1st Masters Championships to coincide with the U.S. Masters, the first ever. With the two meets separated only by the distance between Detroit and Vancouver, there are many wonderful people and a fan base ready to support them.

For the field enthusiasts, we have noted a definite improvement in the quality of the fields. The venues are well-prepared, and the track surfaces are smooth and fast. The atmosphere is friendly and welcoming, with a strong sense of camaraderie among the athletes. The competitions were held at the various universities and colleges, including the University of Oregon and the University of Connecticut. The events included running, jumping, and throwing.

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EXCEPTIONAL PERFORMANCES ENHANCE AAU MASTERS

Outstanding athletes were given to the top track and field athletes in each age division. The selection committee, in some instances, had little difficulty in making their selection and in others, the contrary was true.

In Division 1-A, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53. Hullinger won both the 5 and 10 km events, traditionally the most difficult in making their selection and in others, the contrary was true.

Hatton, (42), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.

In Division 1-B, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.

In Division 1-C, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.

In Division 1-D, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.

In Division 1-E, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.

In Division 1-F, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.

In Division 1-G, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.

In Division 1-H, the track award went to Ray Hullinger (65), who competed so well in 1972. Ray had no one to push him, otherwise his times might have been better. Hullinger took the prize for his gritty performances in the 500, 1st at 1:05.6; 1st in 1000 at 2:15.5; and 1st in 200 in 23.53.
## U.S. MASTERS, cont'd

### HIGH JUMP FINALS

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<th>Height</th>
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<tbody>
<tr>
<td>1-A</td>
<td>LEONARD, Des CDM</td>
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<tr>
<td>2-B</td>
<td>BROWN, Dave COM</td>
<td>6'-10&quot;</td>
<td>6-62</td>
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<tr>
<td>3-B</td>
<td>LAMBERT, Eddy SUITC</td>
<td>7'-0&quot;</td>
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### TRIPLE JUMP FINALS

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<td>GREENWOOD, J. U.S.</td>
<td>37'-11</td>
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<td>2-A</td>
<td>ROTH, Jeff VBCO</td>
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<tr>
<td>3-A</td>
<td>SCHROEDER, L. CDM</td>
<td>39'-9&quot;</td>
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### DECATHLON

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<td>PENNOCK, F. NCSTC</td>
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<td>WHITE, Dr. Fred SDTC</td>
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<td>SATHER, J. NCSTC</td>
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## U.S. MASTERS, cont'd

### JAVELIN FINALS

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<td>KILBUCK, John</td>
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<td>CARSON, Ken SDTC</td>
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<tr>
<td>3-A</td>
<td>SAVAGE, J. SDTC</td>
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### AGING

At a recent conference organized by the Royal Society of Health, Dr. Thomas Judge of the department of preventive medicine, Glasgow University, said that a scientific study in Russia had discovered that there was an increase in the efficiency of the heart in local body age. This showed for the first time that aging, like growth and development might be a process of adaptation.

### TRAINING DAYS

C. William Danielson, veteran sprinter and Hertfordshire County Coaching Secretary, is organizing training days for all track athletes at the Teachers Centre, St. Hill's Way, Beverham, Herts., on 24th November and 15th December. Veterans are welcome and should bring a packed lunch, notchbacks, in order to keep training shore. Time: 09.30 to 10.00 to 16.00 hours. Only track events will be covered on these two dates.

### DAVIDSON

A 20 kilometres road race for veteran runners will be held at Basingstoke, St. Hill's Way, Beverham, Herts., on 24th November and 15th December. Veterans are welcome and should bring a packed lunch, notchbacks, in order to keep training shore. Time: 09.30 to 10.00 to 16.00 hours. Only track events will be covered on these two dates but jumps will be dealt with on March 23rd at a venue to be announced.

### 10th Anniversary of the Association of Veteran Long Distance Runners

A 20 Kilmeters road race for veteran runners will be held at Basingstoke, St. Hill's Way, Beverham, Herts., on 24th November and 15th December. Veterans are welcome and should bring a packed lunch, notchbacks, in order to keep training shore. Time: 09.30 to 10.00 to 16.00 hours. Only track events will be covered on these two dates but jumps will be dealt with on March 23rd at a venue to be announced.
### Vilvoorde - 10Km Road Race
23rd June, 1974

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>G. De Vlieger (AAR)</td>
<td>31:14</td>
</tr>
<tr>
<td>2</td>
<td>J. Marien (DK)</td>
<td>31:16</td>
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<tr>
<td>3</td>
<td>E. Van Hove (AAR)</td>
<td>31:28</td>
</tr>
<tr>
<td>4</td>
<td>R. De Bosschere (AAR)</td>
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<tr>
<td>5</td>
<td>J. Van Den Berghe (AAR)</td>
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### Berent Half Marathon
26th May 1974

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<td>2</td>
<td>M. Delmotte (VA)</td>
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<td>3</td>
<td>J. Van Den Berghen (VA)</td>
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### Inntel Marathon
10th May 1974

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<td>3</td>
<td>M. Van Den Berghen (VA)</td>
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### Brugge - 30Km Road Race
19th May 1974

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<td>J. Van Den Berghen (VA)</td>
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### Ghent Half Marathon
8th June 1974

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<td>J. De Jonghe (VA)</td>
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### Antwerp - 10Km Road Race
5th June 1974

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<td>3</td>
<td>J. Verhaeghe (VA)</td>
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### Gent 10 Miles Run
13th June 1974

<table>
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<td>3</td>
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### Brussels - 30Km Road Race
15th June 1974

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### Brussels - 20Km Road Race
22nd June 1974

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<td>2</td>
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<td>1:16:30</td>
</tr>
<tr>
<td>3</td>
<td>J. De Jonghe (VA)</td>
<td>1:16:31</td>
</tr>
</tbody>
</table>

### Brussels - 10Km Road Race
20th June 1974

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<th>Name</th>
<th>Time</th>
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</thead>
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<tr>
<td>1</td>
<td>J. Van Den Berghen (VA)</td>
<td>31:30</td>
</tr>
<tr>
<td>2</td>
<td>J. De Jonghe (VA)</td>
<td>31:31</td>
</tr>
<tr>
<td>3</td>
<td>J. Verhaeghe (VA)</td>
<td>31:32</td>
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</tbody>
</table>
When one turns to walkers however, a much more favourable expectancy arises.

Thanks to Gerhard Weidner (40) and his absolute world record would hold at 50km and the fact that walkers at the longer distances are often at their best up till their middle forties, the 40 to 49 range showed only a 4% deterioration.

Assuming that true decline in walkers commences only after 50 we get an additional percentage decline of around 45% per 10 year group (e.g. 20% + further 25% = 45%).

In general it would seem that walkers can expect to deteriorate at about 2/3rds the rate for runners.

Max Gould (57) has set a string of Masters walking records these last few months. In the space of 11 days (June 30th to July 11th) he notched the Canadian Masters 20 Km track walk in 1:48:56.3, the U.S. Masters 5 Km track walk in 25:29, the Suise Island 20 Km road walk (Oregon) in 1:40:51.1 — all U.S. and Canadian Masters records — and finally the U.S. Masters Kallpfell Mountain 35Km in a record 3:41:29!

Obviously dismayed at his non-selection for the European Championships, Roy Thorpe (40) did enough to win and set a championship best of 13:33.6 at the National Veteran Championships at Copshall, Hendon, in August 11th, but it was well outside the UK Vets best of 13:08.6 set by George Chaplin in 1972.

George himself made a rather competitive appearance this year to finish second only 5.4 seconds down on Thorpe.

Very good group wins in the 3,000 meters event came from Dave McPhail (51-54) and Fred Nickolls (55-60), while Arthur "Bob" Roberts continued to amaze at the age of 72 by taking the over-60 title.

B. Jones (over 70) turned in two useful walking performances this year in N.S.W. Australia. He recorded 2:42:46 for 20 Kilos and 73:17 for a track 10,000 meters.

For other U.K. Walking results see page 48/49.

GEORGE CHAPLIN

Standing head and shoulders (he is 6’5”) over the rest, George Chaplin has been a real fixture in the front ranks of race walking at all distances for the past 25 years. I first saw him finish 2nd in the junior mile at the Highgate Harriers’ meet back in 1947.

Always a versatile and consistent performer George was reserve at 50Ks for both Melbourne and Rome Olympics and reserve at 20 Kms at Tokyo; each time being very unfortunate to be left out. Trying the longest stuff he was placed in the ‘Brighton’ behind Don Thompson and Tom Misan, and finished 5th behind that redoubtable duo in the famous Miao 100Kms classic.

Now 80 year old champion his many placings at all distances have always made him a man to be reckoned with, and even as late as 1972 he was representing his country at 50K in a match with West Germany. In the same year he so very nearly defeated Paul Nihill at Leisters in a track 50 Kms.

George’s 5 Kms veteran best of 15:00:6 will be difficult to beat even for current International Roy Thorpe, who beat George in this year’s championships at Hendon.

A man who rarely receives a second look from the judges, George has with those other vets, George Coleman and Bryan Hawkins been a stalwart of the sport. All three are just as enthusiastic now as when they were at the top; truly inspiring to all who attempt to follow in their footsteps.

Photo by I. Harris

GEORGE CHAPLIN leads the last Phil EMBLETON in the inter-counties 15,000 metres at Crystal Palace in 1969.
### U.K. RESULTS

#### May 27th
- **Eldorado 440 Race**
  - **Winner**: R. Bentley (Tipton)
  - **Time**: 43.22

#### June 22nd
- **Scottish AAA Marathon**
  - **Winner**: L. Heald (E.Chester)
  - **Time**: 2:29:45

#### June 29th
- **Kernighan 50 (over)**
  - **Winner**: L. Johnson (Pembroke)
  - **Time**: 59:43

#### June 30th
- **Welwyn ½ Marathon**
  - **Winner**: R. Bendall (Derby)
  - **Time**: 1:08:34

#### July 15th
- **Welwyn 50 Over & Over**
  - **Winner**: L. Hildon
  - **Time**: 76:55

### Northern Veterans T&F Champs. ~ June 8th Blackpool

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
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<tr>
<td><strong>100 Metres (40-44)</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1. C. McDonald (Lincoln)</td>
<td>11.2</td>
<td></td>
<td></td>
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<tr>
<td>2. A. Harman (Black)</td>
<td>11.3</td>
<td></td>
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<tr>
<td>3. P. Morley (Tipton)</td>
<td>11.5</td>
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<tr>
<td><strong>100 Meter (40-45)</strong></td>
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<tr>
<td>1. B. Morris (Hull)</td>
<td>10.9</td>
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<td></td>
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<tr>
<td>2. A. Maloney (Hull)</td>
<td>11.0</td>
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<tr>
<td>3. R. Honey (Hull)</td>
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<tr>
<td><strong>400 Meter (40-44)</strong></td>
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<tr>
<td>1. R. Smith (South)</td>
<td>60:09</td>
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<tr>
<td>2. J. Oliver (South)</td>
<td>60:10</td>
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<td></td>
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<tr>
<td>3. R. Honey (Hull)</td>
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<tr>
<td><strong>400 Meter (40-45)</strong></td>
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<tr>
<td>1. R. Smith (South)</td>
<td>60:09</td>
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<tr>
<td>2. J. Oliver (South)</td>
<td>60:10</td>
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<td></td>
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<td>3. R. Honey (Hull)</td>
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<tr>
<td><strong>1500 Meter (40-49)</strong></td>
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<td>1. R. Smith (South)</td>
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<td>2. J. Oliver (South)</td>
<td>47:20</td>
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<tr>
<td>3. R. Honey (Hull)</td>
<td>47:22</td>
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<tr>
<td><strong>5000 Meter (40-49)</strong></td>
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<tr>
<td>1. R. Smith (South)</td>
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<tr>
<td>2. J. Oliver (South)</td>
<td>15:03</td>
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<td>3. R. Honey (Hull)</td>
<td>15:05</td>
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</table>
Veterans AC Track Champs.

July 10th - Battersea

5000 meters (50-54) Final
1. D. Brattigan (Selkirk) 13:21.2
2. P. Eden (Pembroke) 13:23.4
3. I. Blackmoor (Selkirk) 13:24.8

July 17th - Southend

August 13th - Vets A.C. 5 miles Road Handicap
3. R. Ingrow (40) 36:08
2. J. Caddy (M'Boro) 36:09
1. S. Smith (Pembroke) 36:10

August 17th - Vets A.C. 10,000m Road Race
1. E. Johnson (Sutton) 60+ 40:53
2. W. Ramage (55-64) Final
3. G. Daborn (40) 60+ 40:56

Gordon Daborn (2) wins 600 from John Daniel (45)

British Games, Crystal Palace

26th August, 1974

British League, Division Three.

British League, Division One

20th August, 1974

S.C. Clark (Nom) 35:17

9th August, 1974

British League, Division Two

British League, Division Two

20th August, 1974

British League, Division Three

27th August, 1974

S.C. Clark (Nom) 35:17

9th August, 1974

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British League, Division Two

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British League, Division Two

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British League, Division Three

27th August, 1974

S.C. Clark (Nom) 35:17

9th August, 1974

British League, Division One

20th August, 1974

S.C. Clark (Nom) 35:17

9th August, 1974

British League, Division Two
August Thurlow

August 10th Race
Incorporating the Southern Counties Veterans AAA Championchips

L. O’Hara led the way through going through 500 metres followed by T. Jenkins of Durham in 1:46:46 and in third place was D. Jones of Reading in 1:47:26. On the second lap of the course the order of the first three remained unchanged. L. O’Hara showed slightly on second time to win in 3:25:30, with M. Price in 3:26:10 and J. Micallef (Durham) in 3:26:45. This was 37 seconds outside the record of last year.

The 50 to 60 group was led by Jack Ferguson of Mitcham A.C., who took 156 place. He was followed by E. Leal of Barrow (1:46:15) and B. Johnson of Salford (1:46:26). The Sitara group was won by Sam McKelvie of Ranelagh in 2:06:06, with E. Peacock of Vets A.C. in 2:06:43. While Lee of Honvich in 2:06:48, second F. Dyson (High H.) 2:07:26, 3rd L. Heald (East Ches) 2:08:49, 4th A. Dugger (Portsmouth) 2:09:51. This was 37 secs outside his record of 2:06:06.

26th September, 1974

The following is a extract from a letter received from Mike Agapow (who won the event called "Tame Rake") in the 1956 Olympic 100 and 200 metres.

Yours sincerely,
Mike Agapow
PO Box 106,
Rose Bay,
New South Wales.

Dear Mike,

The statistical coverag in your last issue was excellent: nice work. This assumes greater importance to in the hurdles and weights) may cheapen the physiological potential. One has only to look at the max fatigue that one feels when one feels that the top young accomplishments of an age level can be achieved. I now coach athletes first Vet (40) meeting, and now am planning to do a book on training for the veterans based on my own experiences. I find this level of running much more fun than the tough Olympic class of competition and one that only wish that one could reregister some of the degree of pleasure into today’s top meets. Maybe it is a sign of age when one feels that the top young athletes of today do not as have much fun from their involvement in sport as one did at the same stage, but the competition and amount of training necessary must detract from the essential qualities of pleasure and fun than the tough Olympic class of competition.

26th September, 1974

Commonwealth Games competition. I now coach athletes first Vet (40) meeting, and now am planning to do a book on training for the veterans based on my own experiences. I find this level of running much more fun than the tough Olympic class of competition and one that only wish that one could reregister some of the degree of pleasure into today’s top meets. Maybe it is a sign of age when one feels that the top young athletes of today do not as have much fun from their involvement in sport as one did at the same stage, but the competition and amount of training necessary must detract from the essential qualities of pleasure and fun than the tough Olympic class of competition.
Dear Editor,

I, through Veterans, question some of the standards set for the world veterans championships next year. The most glaring error is in the over 70's, 1500 and 3000 metres where the 3000 men are expected to run. In relation to Class 3 standards, 8 seconds per lap faster than their 1500 metres competitions. The whole theory seems to be in doubt. Taking speed per 100 metres for distances up to about 10,000 metres as a criterion, indeed if all speeds are plotted on a graph it can be seen that veteran performances are slower than open ones but parallel with them as speed varies with distance. This is not the case with the Toronto standards, however, as they become progressively easier as distance increases. I wonder why this is? If the idea is to increase the number of participants why have standards at all?

Secondly, one comes to the vexed question of grades. Anyone tempted, but if professionals are allowed in, in pre-vet competition.

Yours sincerely,

[Name]

U.K. Results Cont'd.

15th September, 1974
Northern Veterans U.L.C. 7½ Mile Road Race
Moose Blue, Athlone.

1. K. Enderlin 
2. W. Ramsay  
3. A. McIvor  
4. B. Becket  
5. A. Gelheath  
6. G. Porteous 49:49

8. A. Foster 47:41  
10. G. Fother 47:47  
11. W. Kelly 47:50  
12. M. Phillips 48:02  
14. S. Thomson 48:17  
14. M. Bruce 48:17  
16. G. Ross 50:00  
16. H. Evans 50:00

23rd September, 1974
Northern Marathon – Rothbury

12. G. Spink (Thrift) 2:04:08

25th September, 1974
Langdale Fell Race (Cat: A/I 6m)

24. J. Cockon (Lochside) 2:04:50
27. E. Kibbets (Run) 2:05:50
29. B. Hallett (Run) 2:05:10

28th September, 1974
Dorset House Half Marathon

D. G. (19 & 89) 7:53
9. R. Smith 8:52
13. R. (Woodford Green) 8:58

29th September, 1974
London to Brighton (50k)

1. R. M. C. (Aberdeen) 3:37:30
2. D. Smith (Glasgow) 3:37:30
3. J. F. (Nottingham) 3:37:30

21st September, 1974
Dorset House Half Marathon

D. G. (2 & 9) 7:14
13. R. Green (W. Gr) 7:53

Sub Masters Divisions,

19. M. Phillips 53:56
28. D. Case (Edinburgh) 7:47
71. R. Findlay 7:41
87. G. Phipps 46 (Leith) 5:30

Scotish Veterans 11.C. 7½ Road Race
Woodford Green Athletic Club
with an average combined age of 100yrs.

K. Bray 15:54
M. Phillips 15:54
G. Phipps 15:54
A. Kimber & K. Williams 15:54

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