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

Editor
Clive Shippen

Art Editor
Al Rockall

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

Statistician
John Hayward
128, Princess Road,
Buckhurst Hill, Essex
01-504 5464

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

Overseas Correspondents:
Australia: Wal Sheppard
Jack Pennington
Canada: Don Farquharson
New Zealand: Clem Green
U.S.A.: David Pain
Bob Fine
Tom Sturak
Finland: Charles Greenlees

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FRONTISPIECE: (Photo: Christchurch Press) JIM MACDONALD (NZ) Sets new s/chase record.
FRONT COVER: (Photo: Ed. Lacey) ROY FOWLER, Britain's National Vets Champion.
This issue of VETERIS comes to you a month later than originally planned. The change of date from April to May was to allow in time to include full details of the Australian and New Zealand Track and Field Championships. When you read the reports of those highly successful meets, we feel sure that you will agree the delay was worthwhile.

You will also notice that the first part of last year's world best performance lists has been excluded from this issue, where it normally appears under the heading of "Part 1 - Track" (Part 2 - Field and Marathon following in the subsequent issue). This is because our next issue will be a special TORONTO PREVIEW edition which has been planned not only to cover all the Games news, views, personalities etc., but to include the COMPLETE ranking lists for 1974. In addition, a comprehensive list of best performances for 1975 up to June 30th will also be featured. You will therefore possess in ONE COPY all the information you could possibly need to assess the form and prospects of the leading contenders at Toronto. The issue will be dated AUGUST and will be on sale at the U.S. Masters Championships in New York on August 8/9/10 before appearing at Toronto the following week. Make sure that you and your fellow veterans have a copy by ensuring that you have a current subscription. Demand at Toronto is expected to be heavy.

Once again, we have to announce that spiralling costs and the new postal rates of postage necessitate a further increase in our subscription rates. The new rates will be on page three for surface mail only. Air mail rates will be supplied on request. Subscribers in U.S.A., Canada, Australia and New Zealand may order their copies personally (air or surface) through the following agents:-


CANADA - Don Youngstrom, 249 Ridgewood Rd., West Hill, Ontario.


PROGRESS TOWARDS A NATIONAL VETERANS ASSOCIATION

Fred Cuthbert, Honorary Secretary of the Southern Vets A.A.A. writes:

Further progress was made towards the formation of a National Veterans Association at a meeting held in Sheffield on Saturday, 22nd February. Three delegates from each of the Midlands, North, South and Scottish areas were given a welcome warm welcome by the members and wives of the Hallamshire Harriers. The meeting was chaired by an independent member of the Regional Sports Council, John Ather from Sheffield. The meeting was highly successful and we feel sure that you will agree the delay was worthwhile.

The outcome of the meeting was the formation of the Steering Committee (one from each area) who have been approached by several individuals who are interested in becoming members of the Association. The Steering Committee will meet at regular intervals to discuss the progress of the Association and to plan future events.

The steering committee is currently planning to organise a national championships for all ages and has already received a number of expressions of interest from various clubs. The steering committee is also planning to organise a national championships for all ages and has already received a number of expressions of interest from various clubs. The steering committee is also planning to organise a national championships for all ages and has already received a number of expressions of interest from various clubs. The steering committee is also planning to organise a national championships for all ages and has already received a number of expressions of interest from various clubs.
How can you keep that legendary figure JACK FOSTER out of the news? After finishing a brilliant 36th in the International Cross Country Championship at Rabat, Morocco 7th scorer for New Zealand, Jack returned home to support the New Zealand Veterans Track & Field Championships and collect the 10,000 title with 29:36. That is not hanging about of course, but Foster had already shown his real mettle two months earlier when he set two new world marks for the 10,000 and 5,000. At the O.E.2 Games on 24th January he slashed his own vets record to 29:11.4 and then eight days later at Hamilton removed Michael Bernard's name from the record lists with a sensational 34:07.5.

Former British 10,000 metres track international RON GOMEZ (40) must be wondering why he was unfortunate enough to be born in the same year as Roy Fowler. Gomez was a clear winner of the Southern Vets C.C. Championships in January, leaving those seasoned campaigners O'Hara, Brion (G) and Barrett trailing. When it came to the National Championships at Christchurch three weeks earlier and, to prove it was no fluke, followed up with a sensational 9:16.6 shortly afterwards.

The amazing MONTY MONTGOMERY (68) of the United States continues to run in sub 3-hour marathons. In January he recorded a new world age-best 3:24.99—his seventh sub 3:50 clocking since turning 60.

ALBY THOMAS (40), Australia's former world record holder for the three miles & a sub-four minute miler is right back in the limelight now he has reached veteran status. In the Australian Veteran Championships on March 29th, Alby ran a world class 1 record for 1500 (3:55.4), followed by a 5,000 m in 14:50.8. Next day he completed the triple by taking the 10,000 m in an unpressioned 31:00.8.

GRAHAM WISE (40) is another of Australia's leading middle-distance vets. When he went to the Australian Nationals at the end of March he was already equipped with season's bests of 1:56.9 and 3:59.1. No respecter of reputations, he led Alby Thomas throughout the first 1,500 metres, before giving best on the final sprint, and improved his vet p.b. to 3:58.0.

England's JACK BROWN (49) has made it clear, right at the start of the U.K. track season, that he means business in Toronto. Jack finished 5th in the Kent 10,000 Metres track championship at Crystal Palace on 6th April with the outstanding time of 32:56.8. There may be a handful of veterans who are confident of beating that, but that doesn't worry Jack. You see—Toronto Jack will be in the over-50 class.

ROY FOWLER (40), racing between injuries as usual, continues to astound. Rarely recovered from his latest injury, the diminutive Staffordshire veteran just failed to make England's international team for the European track meet in March. In the National Championships at Luton, which included runners from all of the home countries, Roy finished a very fast 21.1s, just 27 seconds outside an English vest. Six days earlier he had annexed the British Veteran National title with an impressive win at Sheffield. Latest news? He's injured.

Two sprinters have wrought havoc with the 3000 metres steeplechase world mark this year. At the turn of the year, the record stood at 9:34.4 by Manuel Alonzo of Spain, but on February 22nd DOUG WORLING (40) of Australia sliced ten seconds off the mark with a great 9:24.3. Unbeaten to Doug, JIM MACDONALD (40) of New Zealand had already chopped the mark to 9:29.2 at the Christchurch Games three weeks earlier and, to prove it was no fluke, followed up with a sensational 9:16.6 shortly afterwards.

The fourth veteran's world mark to be set at the Christchurch Games (after Foster's 5000-10,000 and MacDonald's steeplechase) was 8:12.2 in the Decathlon over-70 weight events. Which included runners from all of the home countries, Roy finished a very fine 21st, just 27 seconds outside an English vest. Six days earlier he had annexed the British Veteran National title with an impressive win at Sheffield. Latest news? He's injured.

In case you hadn't noticed it, ROY FOWLER long jump in that recordbreaking decathlon was a Class A record in itself! It improved the existing mark held by Dave Jackson (US) by 3". Roy continued to leap long and has since upped the record to 23.14'.

Apart from ROY FOWLER's magnificent decathlon, the finest veteran performance ever recorded over a 2-day period must surely be JIM MACDONALD'S. How about this for a lift?

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<tr>
<th>Event</th>
<th>Distance</th>
<th>Score</th>
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<tr>
<td>400m</td>
<td>400m</td>
<td>56.8</td>
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<tr>
<td>800m</td>
<td>800m</td>
<td>1:58.6</td>
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<tr>
<td>1500m</td>
<td>1500m</td>
<td>3:58.4</td>
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</tbody>
</table>

GEORGE McGrath, the Aussie life-guard who runs and swims every day, missed the Vets Championships on April 11 / 12 / 13. And what a three-day event it proved to be! On the 11th, George set a new world-best 5,000 m for a 55 year-old with 16:02.4. The following day he travelled 100 miles to run a marathon in 2:45:00, and returned on the 13th to win the Vets Class 2b 10,000 metres. How's that for a treble?

Laurie O'Hara (62) has no intention of being subdued by the upsurge of quality performances from our Friends in the Antipodes. Within days of hearing of Alby Thomas's 'treble' in the Australian Championships, Laurie turned out at the Southern Counties A.A.A. 10,000 metres track championships at Crystal Palace on April 16th to finish 19th in a brilliant 30:21.0.

At the inaugural New Zealand Games, held at Queen Elizabeth Park, Christchurch in January, the 1976 Olympic champion NORMAN AGER (45) showed fine form again to finish 3rd in the 5000 metres track walk with a clocking of 23:21.2.

NORMAN READ

REG McRAE (50), Australia, set a new world class record at the Australian Championships when he recorded 55.0 in the 400 metres. This improved on his previous best of these seasons of 55.7 and 55.9.

On March 1st, the day after his 45th birthday, SHIRLEY DAVISSON (US) long jumped 20'7" at Palm Desert. This leap puts him at the top of the world in the Class 1B jumpers ahead of two great athletes—Bud Morcom (19'6") and Jack Greenwood (19'11.5'). In the same meet, STAN BIERMANN (US) set new over-70 world marks for the shot, discus and hammer. Since reaching 70 last year Stan has dominated the over-70 weight events.
Sisters? by David H.R. Pain

As the veteran boom continues, David Pain of the U.S. Masters I.T.T is concerned lest the "nationalistic, political bickering that we observe every four years when the Olympic Games surface" inflicts the veteran scene. Eligibility is frequently the foremost of such controversy and he appeals to administrators not to lose sight of our principal aims.

It's dawn and one creases from his warm repose to don running gear. As the light appears, one turns outside to run, rather stiffly at first, but then more smoothly on tree-lined park trail, rolling golf course, ocean shores, or paved deserted city streets now unfettered and enjoying the pure pleasure of this physical emancipation.

The Declaration of Independence refers to certain "inalienable rights" and that among these are "Life, Liberty, and the Pursuit of Happiness." Certainly "inalienable rights" and that among these are "Life, Liberty, and the Pursuit of Happiness." Certainly it was the "pursuit of happiness" and in so doing are the recipients of a bonus.

We respect one another because of our freedom and in so doing are the recipients of a bonus. Let us make it extremely worthwhile programme. Let us make it a friendly competition. As these meetings get larger, the group one race started as expected with the mass suicidal dash down the gravity slope and away across the football pitches, led (as last year) by the man in black. Who is he?

Good sense, however, trumps prevailed and at the minute the expected foreign peers were there, including this year's new boys, Ron Gomez, Southern Champion and the quiet man of athletics, just ahead of a very young looking Roy Fowler (did anyone check to see whether he swapped places with his son?) with defending champion O'Huay completing the leading trio. Stroke's second man Peter Goodfellow and Mike Garrett, fresh from his sixth Mile League race the day before, come in with R. Balding in a close sixth position. Roy will sole the whole race.

At the end of lap one Roy Gomez was just ahead of his four pursuers. After sixth man Balding, McAlindgen, Simpson (the first A45) Murrill, Morris and Witty, and the finishing had a little further running involves all three, and, in a manner only three men can appreciate.

We race with others and again we enjoy this freedom and in so doing are the recipients of a bonus. We share our freedom with others and note with satisfaction that both we and they are accepted for what we are - runners - who can care less about our comrades' social, religious, or racial status.

Often, we know little of our running friends' other life and are not concerned. We respect one another because of our ability and sportsmanship. This is all very self-satisfying, and we feel good about it, as it injects into our lives an element foreign to our countries.

We are standing at the threshold of developing an extremely worthwhile programme. Let us make it available to all who desire to join in.

Simple, basic objectives: That one should be fit and, that people should band together to achieve fitness through friendly competition, somehow become complex. More of us are now preoccupied with winning, setting records, and team scores. One sees a political advantage to be achieved and threatened to boycott the games unless their group of athletes is given exclusive rights. The regulations of the IAAF are now thrust upon us. The fact that its rules regarding eligibility were developed based on different criteria is disregarded.

Veteran (Masters) Athletics is on the verge of becoming a major worldwide sport. This is desirable for it is our policy to encourage adult fitness in every possible way. Large international meetings stimulate the athlete to stay in shape and do his or her best, and the media are forced to take notice and publicize the activity.

Masters Athletics got its start in California nine years ago and was based on the simple premise that any fit person of the requisite age may compete. The programme, three years later, was absorbed by the United States Amateur Athletic Union with the express agreement that any fit person 40 years of age or older could compete regardless of his prior athletic antecedents. The programme has been a success.

In the AAU National Masters Track and Field Championships foreign athletes are permitted to enter and generally, due to their superior ability, walk off with a high percentage share of awards; yet no one in the programme, one unsavory incident has emerged.

In the AAU National Masters Track and Field Championships foreign athletes are permitted to enter and generally, due to their superior ability, walk off with a high percentage share of awards; yet not once have we heard a domestic athlete complain that a foreigner pushed him off the victory stand. This is the credit of the veteran Athletics.

To those who volunteer to administer to our Masters programme, let us suggest they keep a closer perspective on our programmes and goals.

Let us not permit our programme to degenerate into the voided mass of nationalistic political bickering that we observe every four years when the Olympic Games surface.

We are standing at the threshold of developing an extremely worthwhile programme. Let us make it available to all who desire to join in.

With all the footballers safely in the showers and with the sun giving way to chilling rain, the stage was set for the 1975 Veterans Cross Country Championships.

The group one race started as expected with the mass suicidal dash down the gravity slope and away across the football pitches, led (as last year) by the man in black. Who is he?

Good sense, however, trumps prevailed and at the minute the expected foreign peers were there, including this year's new boys, Ron Gomez, Southern Champion and the quiet man of athletics, just ahead of a very young looking Roy Fowler (did anyone check to see whether he swapped places with his son?) with defending champion O'Huay, completing the leading trio.

Stroke's second man Peter Goodfellow and Mike Garrett, fresh from his sixth Mile League race the day before, came in with R. Balding in a close sixth position. Roy will sole the whole race. The ditch on the second lap marked the halfway point of the race with Gomez still leading. After the race Ron recalled to me what happened next. "I came up to the ditch and decided to take the left hand side, stumbling a bit as I did so. Looking to my right I saw Roy zipping along the ditch and when he landed the other side he started sprinting and had gone!

The ditch, it seemed, as if Roy had miscounted the laps with this finishing burst. Those is the known however, nodded knowingly as Roy clicked in to overtake.

Roy's disappearing act and his lack of consideration for those expected faces and foreign peers and his certainly upset the rhythm of the trailing four. Roy Gomez, barely shaken by the event, was overhauled by O'Huay and Garrett but hung on gamely and at the end of lap two had reclaimed second place.

The 1500 yard straight for the third time Roy produced yet another incredible surge to score bonus points. He emerged from the ditches and continued on before he was overtaken by O'Huay and Garrett but remained on top and at the line, just ahead, dashed for the line. Ron, Laurie, Mike and Peter, on first name terms by now, in that order with just 16 seconds covering them.

Individual honours to the North, team honours to the South with Ealing 1st belt Havelock 2nd and Rochdale 3rd.

Congratuations to the organizers for a great day's sport!
NATIONAL RESULTS

[Table with results]

RESULTS

[Table with additional results]

TOP RIGHT: LAURIE O’HARA, twice champion, now 3rd.

BOTTOM RIGHT: ALICE BARRATT, 4th.

TEAM RESULTS

[Team results table]

LEFT: The runner-up, RON GOMEZ.

TOP RIGHT: LAURIE O’HARA, twice champion, now 3rd.

BOTTOM RIGHT: M. BUNTER (Wirral) 169 pts 13. Rochdale (Harriers) 66 pts 13. City of Hull


LEFT: The runner-up, RON GOMEZ.

TOP RIGHT: LAURIE O’HARA, twice champion, now 3rd.

RIGHT: "..."
NATIONAL RESULTS

RIGHT: PAPE tries to break away from Wallace

(Over 50)

1. R. Pape 2a (Royal Navy) 36:42
2. H. Wallace 2a (Newport) 36:30
3. R. Pape 2a (Royal Navy) 36:42
4. R. Walker 2a (Salford) 41:13
5. W. McMinnis 3a (Sutton) 37:00
6. M. Jackson 2a (Rotherham) 37:34
7. M. Jackson 2a (Rotherham) 37:34
8. L. Blackeby 2a (Camb. H.) 37:47
9. J. Caddy 2a (Middleton) 37:14
10. R. Brown 2a (Leeds) 38:05
11. A. Etches 2b (Sheffield) 38:17
12. T. Harrison 2a (Maryhill) 38:29
13. J. Fitzgerald 2a (Mitcham) 38:39
14. A. Lawton 2a (Leeds) 38:42
15. E. Joynson 2a (Gateshead) 37:13
16. R. Salisbury 2a (Wirral) 38:51
17. J. Haden 2a (Tipton) 39:40
18. W. J. Ross 2b (Scottish Y.) 39:07
19. D. Blyth 2b (Norfolk) 39:08
20. B. Jenkins 2a (Huntingdon) 39:31
21. J. Ree 2a (Stretford) 40:50
22. J. Brennan 2a (Coventry) 40:38
23. E. Wallace 3a (Wirral) 40:42
24. J. R. Smith 2a (Blackheath) 41:00
25. J. Selby 2b (Coventry) 40:56
26. F. Wright 2a (Peterborough) 40:59
27. J. Halton 2b (Scottish V.) 41:04
28. J. Walker 2a (Scottish V.) 41:13
29. F. Wright 2a (Derby) 41:46
30. W. Smith 2a (Gloucester) 41:49
31. M. Halton 2a (Derby) 41:49
32. M. Wallace 2a (Newcastle) 42:05
33. J. Tait 2a (Newcastle) 42:18
34. E. O'Bee 2a (Blackheath) 42:22
35. G. Porteous 3a (Maryhill) 42:38
36. G. Bell 2b (Scottish V.) 42:44
37. M. Hodd 2b (Cumb.) 42:57
38. G. Halton 2b (Scottish V.) 43:24
39. E. Evans 2b (Cumb.) 43:27
40. G. Porteous 3a (Maryhill) 43:24
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97. M. Hodd 2b (Cumb.) 43:27
98. G. Porteous 3a (Maryhill) 43:24
99. M. Hodd 2b (Cumb.) 43:27
100. G. Porteous 3a (Maryhill) 43:24

TEAM RESULT

1. F. Dyke 2a (Blackheath) 40:56
2. M. Bromley 2a (Hallamshire) 40:30
3. G. Porteous 3a (Maryhill) 40:14
4. E. O'Bee 2a (Camb. H.) 40:09
5. D. Blyth 2b (Norfolk) 39:56
6. J. Haden 2a (Tipton) 39:40
7. J. Ree 2a (Stretford) 40:50
8. J. Brennan 2a (Coventry) 40:38
9. E. Wallace 3a (Wirral) 40:42
10. J. R. Smith 2a (Blackheath) 41:00

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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.

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.
Fitness and Health

Fitness and Health have become household words in the last decade in North America. All agree that meaningful exercise and ideal weight contribute to health, physical and psychological, and hopefully to longevity. This last point is supported by evidence over the years appears to support this view. A Soviet survey of athletes who have continued to remain fit over their lives finds those in their fifth environment in which they live. Technical devices or

industrialized countries have radically reshaped the conditions, by yourself or with any number of people, no one activity offers such variety in terms of scenery, weather, and degree of activity. Individuals who say running is boring have simply never discovered after six months and must become "hooked" to what is hoped will be a life-long commitment - in the case of the late Larry Lowry, a San Francisco waiter, for 106 years!

The Modern Dilemma

Astrand in his booklet has summarized the problem as follows. "During the past century people in industrialized countries have radically reduced the environment in which they live. Technical devices of all kinds have assumed an increasing amount of the work performed by muscle power. In most cases changes were for the better but they have also created major problems. One of these problems is that the individual originally designed for hard physical labor in the Stone Age must adapt to a world dominated by technology. Modern man must appreciate that regular physical activity is necessary if he is to function properly. Part of the ample spare time which we all enjoy as compared to previous generations, must be utilized for "recreation".

My desire to become fit was finally translated nearly 12 years ago by a chance conversation with two neighbors. As a one time athlete in his mid-thirties, I suddenly realized what was on my mind: my coronary. The competitive runner, who uses heavier shoes in the Stone Age must adapt to a world dominated by technical innovations. Modern man must appreciate the fact that regular physical activity is necessary if he is to function properly. Part of the ample spare time which we all enjoy as compared to previous generations, must be utilized for "recreation".

"Runners and Beginners Only" in our last issue may find Bill McInnis's offering more convincing. It is "joggers and beginners only" in our last issue was directed at the "run-for-fun-and-fitness" brigade - an important leader from the common level. (Who would think that a "cardiac" could run an Olympic marathon of 26 miles, 385 yards with no history of running until after his coronary?).

Necessary Equipment

Shoes are the most important. A "runner" in a simple T-shirt. Support is supplied by the usual jockey type underwear or the newer bikini type. In winter the basic clothing should be supplemented by light layers of clothing to suit the individual and weather needs. In rain one rarely wears the same dressing suitable to that time of year. It is interesting that running in the rain is not uncomfortable - the heat generated keeps one warm enough even though soaking wet.

Running Technique

It is most valuable to start running with a friend who is at the same level. This usually fosters competition, (The secret to running miles in any other form of activity is to be organized - a certain part of the day must be set aside, just as one sets aside portions to sleep, eat and work). One must accept fitness as being worthwhile and to be worked for. It is important to realize that the trained human body is capable of incredible physical feats. It is frequently only application and motivation which distinguish the leader from the common level. (Who would think that a "cardiac" could run an Olympic marathon of 26 miles, 385 yards with no history of running until after his coronary?).

Choice of Clothing

Clothing varies. Some must be light and comfortable. In warm weather running shorts (not the tennis type) are ideal. The usual gym short is satisfactory. The top is a simple T-shirt. Support is supplied by the usual jockey type underwear or the newer bikini type. In winter the basic clothing should be supplemented by light layers of clothing to suit the individual and weather needs. In rain one rarely wears the same dressing suitable to that time of year. It is interesting that running in the rain is not uncomfortable - the heat generated keeps one warm enough even though soaking wet.

Running Technique

Technique is important as it is in any other sport. Watch the great runners and see how beautifully coordinated their style is. Few people watching Frank Shorter on television as he won the Munich Marathon would realize that his average pace was about 5:07 minutes per mile. I have never exceeded 5:08 minutes in one mile race, yet alone a marathon! Never run on the toes like a sprite: (the relaxed and light - think of floating. The degree of knee lift varies. It is to make high enough that it adds strength and length of stride. If you are fat, it is not comfortable - the heat generated keeps one warm enough even though soaking wet.

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Technique is important as it is in any other sport. Watch the great runners and see how beautifully coordinated their style is. Few people watching Frank Shorter on television as he won the Munich Marathon would realize that his average pace was about 5:07 minutes per mile. I have never exceeded 5:08 minutes in one mile race, yet alone a marathon! Never run on the toes like a sprite: (the relaxed and light - think of floating. The degree of knee lift varies. It is to make high enough that it adds strength and length of stride. If you are fat, it is not comfortable - the heat generated keeps one warm enough even though soaking wet.

Weight Reduction

Any fitness programme usually implies weight reduction. Many westerners are overweight. Exercise is not a good way to lose; in fact it has been estimated one must run 23 miles per day to lose one pound. Running creates an atmosphere where an individual wants to lose weight. Diet needs a psychological impetus - a desire to look well and feel fit. The importance of a special diet is recommended for runners, just a well balanced daily caloric intake to achieve what is needed. Daily weighing, preferably shortly after rising, is the best way to keep track of one's goal weight and to maintain it when reached.
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.

Until SURVIVAL KIT came along

SURVIVAL KIT is the new health and consumer publication for people, according to Adam Raphael in The Guardian, "who wish to survive into the 1980's." Examples?

- A new way of alleviating stress conditions like migraine, high blood pressure, asthma, insomnia. Its name? Biofeedback.
- Energy-saving ways of cooking, heating, driving— including a make-it-yourself cooker that works without fuel.
- What are the practical alternatives to petrol?
- How to make money out of recycling rubbish.
- What are the alternatives to petrol? SURVIVAL KIT is essential reading for everyone who wants to know and understand the alternatives. It contains no advertising and is available on subscription only.

Write for details of our special education for people, according to Adam Raphael in The Guardian.

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- Energy-saving ways of cooking, heating, driving— including a make-it-yourself cooker that works without fuel.
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Examples?
### Northern Veterans C.C. Champs.

**January 19th**

Northern Vets CC Champs. The entry limit and the competition was very nearly reached. The Class A was very close, but the competition was not as tough as expected.

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**February 19th**

Southern Vets CC Champs.

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**March 19th**


**April 19th**

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**July 19th**


**August 19th**

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**October 19th**

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**November 19th**


**December 19th**

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**Final Standings**

**Northern Vets CC Champs.**

- **Richmond Park** 38:50
- **Bury & Ranel** 38:40
- **Leeds City** 38:30
- **Bury & Ranel** 38:20

**Southern Vets CC Champs.**

- **Richmond Park** 38:50
- **Bury & Ranel** 38:40
- **Leeds City** 38:30
- **Bury & Ranel** 38:20

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**T. ROOKENE**

**EJOYNSON**
February 16th
South Western Counties CC Champs.
J. C. Crofton 42 (Torbay) 35:33

February 1st
Elibroner 4 Road Race

Veterans 3 miles
1. M. Barratt (E&S) 43:47
2. J. Corcoran (Laragh) 43:44
3. R. Fowler (Stoke) 44:21

February 4th
Midland C.C. Champs: Redditch
J. Foster 40 (Staff) 43:24
C. Simpson 46 (Shef) 47:15

February 5th
Southern C.C. Champs: Pat Hill
J. J. Harrison 57 (Wessex) 50:39

February 15th
Vereenion 4C 4 CC: Worp.
B. Monk 5 (11:50) 24:45
B. Glorv' 9 (10) 24:58
R. Lintonger 10 (9:00) 25:21
Fastest: K. Livegneam 28:12

February 15th
Scotland 4 C.C. Champs: Cchestle
G. Mobbeach 43 (Salom) 46:29
W. Ramegam 42 (Spring) 42:24

February 15th
Surrey CC League (Dev 2)
C. McKenzie 46 (E) 26:19
W. Anderson 43 (Pol) 26:43

February 22nd
Northern Ireland CC Champs.
Veterans 3 miles
G. Miller (PB) 17:46
J. Gilmore (E) 18:11
J. Page (N. Bel) 18:29
N. Skelton (B) 18:30
W. Goulden (E) 18:36
W. Thompson (N. Bel) 18:47

1st. M. Barratt (E&S) 17:39
2nd. J. McVeigh (B) 18:20
3rd. J. Corcoran (L) 18:47
4th. R. Fowler (Stoke) 19:21

February 14th
Southern V. of E. CC: Glos
W. Garman 40 (Coxham) 35:33
P. Campbell (B) 35:41

February 14th
Tudorbridge "10" Road Race
Veteran Race
N. Bell and R. Evans were the only two men to travel north to the planet's biggest road race occasion. The 35 year veteran road race resulted in the following:

4th. C. Mepham (Blackheath) 3:53
5th. A. H. Newton (Woodford) 4:15
6th. A. H. Newton (Woodford) 4:17
7th. A. H. Newton (Woodford) 4:18
8th. A. H. Newton (Woodford) 4:19
9th. A. H. Newton (Woodford) 4:20
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20th. A. H. Newton (Woodford) 4:31
21st. A. H. Newton (Woodford) 4:32
22nd. A. H. Newton (Woodford) 4:33
23rd. A. H. Newton (Woodford) 4:34

* Veterans Festival of Road Races

Photos by: H. Lacey

February 22nd
Metropolitan CC League
41. J. Plater 41 (Birch) 7:59
42. M. Barratt 4 (F & D) 8:02
43. G. Knox 4 (W) 8:10

March 3rd
Cambridge "16" Road Race
G. Mepham 41 (Cambridge) 45:20
28. J. Oliver 40 (Kent) 45:51

March 5th
Veterans AC F 5 CC: Worp.
1. T. Mitchell (14:00) 16:39
2. J. McConnell (13:30) 18:11
3. K. Livingstone 18:14

* Continued on page 14
### Scottish Championships

#### March 22nd

**Walders 5k Road Race**  

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Scottish Veteran C.C. Champions  

- C. Watson, 46 (Strathclyde)

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**Woking '10' Road Race**  

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<td>1</td>
<td>G. McMillan (Eppon)</td>
<td>73:42</td>
</tr>
<tr>
<td>2</td>
<td>J. English (Edinburgh)</td>
<td>73:49</td>
</tr>
<tr>
<td>3</td>
<td>J. Parry (Edinburgh)</td>
<td>73:53</td>
</tr>
</tbody>
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#### Scottish Championships

**March 2nd**

Scottish Veteran C.C. Champions  

- C. Watson, 46 (Strathclyde)

#### March 10th

**Woking '10' Road Race**  

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>B. Lister (Bolton)</td>
<td>32:16</td>
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<tr>
<td>2</td>
<td>M. Crossley (Ripon)</td>
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<td>3</td>
<td>J. Litts (Chipping)</td>
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<td>4</td>
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### Scottish Championships

**March 22nd**

**Walders 5k Road Race**  

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#### Scottish Championships

**March 29th**

**Hartlepool Half Marathon**  

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</table>
As Chris Brasher wrote in *The Observer* with utter simplicity - "The ghost is dead". For 42 years the "ghost" had been with us in the flesh, and for as long a time as he wanted to remain, he would have made his mark on the world of athletics; but his competitive spirit did not cease when he was barred from the sport. In 1957 he was re-instated domestically and at that very moment cancer was warning otherwise. But the indomitable John Tarrant went on with the torrential rain to catch the field and finish 52nd. His first major event had been the World Veterans 25Km at the Isle of Man in 1973 where he had missed the start by 30 minutes, yet finished through the forest to come in 156th and finish 52nd. I travelled back to the dressing-rooms with him that night and we were quite speedily at home. He was out to regain his best form and felt he was already near it. Neither of us knew that at that very moment cancer was deciding otherwise.

The stock of his enthusiasm became stimulated still further and there is little doubt that he would have made his mark on the veteran scene in no uncertain manner."

With his great distance running experience and his competitiveness, his second half of his career was beginning just as the gun went. Officialdom may have barred him, but the athletes supported him - paradoxical really when you think, in very simple terms, the officials are elected to act on behalf of the public; and perhaps the odds slightly favoured his rival on that strength of that Rupt rob, but the Stoke man did not come running for a target and who is to say that carrying the mantle of a former champion would not have evoked those odds?

The trophy won by Kaling and Southall AC at this year's British Veterans Cross Country Championships was the San Sebastian "Omegea" Cup. This tall, handsome trophy - now awarded to the winning team - was originally presented to the winning England team in the annual San Sebastian race of 1956. This European classic cross-country race has seen many sensational performances hot none has matched that team win of 19 years ago when England beat Spain and Belgium with the following packing: 1. Ken Norris, 2. Fred Norris, 3. Peter Davie and 4. Derek Walker - Score 10 points!

Despite the tough standards set by the Australian vets for Toronto (see January's Veterans) no less than 106 toed the line. And as Chris Brasher concluded "There are in this world very few utterly honest men. John Tarrant was one of them. A man so honest that he told of money earned in another sport and thus had himself barred (or life from his life's ambition) - a very simple ambition: to wear a British vest."

John Tarrant may no longer be with us in person, but road runners and veterans will be delighted to hear that he had already moved on to other things. He was a decision just reached by the R.C.C. Council. The Committee decided to accede a trophy, to be named "The John Tarrant Memorial Award", which will be presented each year to the first veteran to finish in the maximum of nine men, yet 1,162 toed the line. Roy ran brilliantly on the 5 miles course and, after 48 minutes of running, failed by a mere 27 seconds to make the English team. Behind him were Ricky Wilde, Jim Alder, Mike Tagg, Iain Hill, Bill Robinson, Alan Rumphar, Frank Briscoe, Ian Thompson, Rob Gell, Peter Stewart and Don Perciballi. But he would not be meeting Foster. The New Zealander produced a fine performance at Rabat over the fast 7½ miles course to finish 36th - seventh scorer for the victorious Kiwis. One wondered only a little at how Roy would fare, and perhaps the odds slightly favoured his rival on the strength of that Rupt rob, but the Stoke man did not come running for a target and who is to say that carrying the mantle of a former champion would not have evoked those odds?

So many distance runners are now continuing their competitive careers into their late thirties and beyond that I have noticed a marked change in the attitude of the 30-years-old runners. No so many years ago everyone felt that these men were in the twilight of their careers, including the runners themselves. The downhill trend was almost self-inflicted as the runner's real self-confidence became infected with this myth. What would have been a normal bad patch in the early thirties. Now, no runner would dare say "not for an old 'un ch?" at the age of 32. He would be laughed out of the dressing room. The average age in the last issue of Veterans I spoke of that ace woman who hails from South Africa where she has to rely on open events for her competition. But that is no drawback as her form is so good. How about these recent performances?

**250 metres** 6th Nov. 1975
13.8

**300 metres** 28.5
2nd Oct.
6th Nov.
6.6
500 metres 19.6
11th Dec.
5800 metres 19.6

In the last issue of Veterans I spoke of that ace woman athlete Marve Kyle (44) and her daughter Sharon. Well, this column has no intention of showing favouritism so this time it is in the turn of Anne McKenzie. Anne is Marve's niece by four years and hails from South Africa where she has to rely on open events for her competition. But that is no drawback as her form is so good. How about these recent performances?

**1000 metres**

<table>
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<tr>
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<th>Time</th>
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<tbody>
<tr>
<td>200 metres</td>
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</tr>
<tr>
<td>400 metres</td>
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must raise serious doubts about the need for pre-vet divisions in the distance events. On my reckoning, over a third of the top 50 in the English C.C. Championships were over 30. This proportion probably reflects in the chips as well. There is clearly a different "ideal" veteran age for every event; the 40 miler would be the best bets. The "ideal" age for today probably would be far from ideal for tomorrow. So why go on? To be the best the most easily recognisable threshold, and if the mainstream of athletics cannot present foot up to this line in all events then we must wait until sheer pressure of numbers from below, and the strength of the vets from above, close that gap and produce the conformity we all seek.

Active athletes, and even joggers, will have no need to be told that regular exercise is good for the body's metabolism. It "vents" the whole system, disposing of toxic wastes and preventing the build-up or waste metabolism. It "vents" the whole system., disposing

You are going to use it for nothing else than running! ! Is little point in flooding your brain with oxygen if you are told that regular exercise is good for the body's metabolism - raised pain threshold, delayed oxygen debt, improved mobility etc. But what of the other benefits? For instance, can it improve the efficiency of brain cells? Can it also improve mental performance? Medical researchers have known for some time that when brain cells are deprived of oxygen they do not perform their work efficiently. Conversely, a group of clinical psychologists have demonstrated that when pure oxygen is administered daily to senile hospital patients placed in a pressurized chamber, the patients' scores in standard memory tests jumped as much as 15 points in 15 days. Stimulating the brain's environment can clearly affect the performance of its cells, and experiments with rats have indicated that when exposed to a varied stimulating environment the brain can benefit from below, and the strength of the vets from above, close that gap and produce the conformity we all seek.

...continual appearances in the British top ten hammer Championships were over 30. This proportion probably reflects in the chips as well. There is clearly a different "ideal" veteran age for every event; the 40 miler would be the best bets. The "ideal" age for today probably would be far from ideal for tomorrow. So why go on? To be the best the most easily recognisable threshold, and if the mainstream of athletics cannot present foot up to this line in all events then we must wait until sheer pressure of numbers from below, and the strength of the vets from above, close that gap and produce the conformity we all seek.

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second fastest on record since Bernard. What is more, he still held the championships as a title-holder, beating Tom Roberts in a swift 1:58.0 800 metres. Tony Manning, S.J, schoolteacher Warling found the metres. The visiting athletes openly declared the meet a11 on March 29th both were somewhat off form due to over-training. Orr filled the role of front the 10,000 (40.0 6). Not a bad two 52 ) held the world's best mark of 4: 14.6 and Theo

Some really outstanding performances were Class 3A

Lloyd Snelling was a film show, which included last year's Veterans

As Tom came down the finish straight they, the "youngsters", moved towards

The visiting athletes openly declared the meet a11

The after-race "gathering together" was terrific. Wives of the host State members had arranged a really splendid

The atmosphere of the conference was friendly with plenty of good food to eat and plenty of

Austalia second fastest on record since Bernard. What is more, he still held the championships as a title-holder, beating Tom Roberts in a swift 1:58.0 800

The Great Australian 55-year-old, John Gilmour, was also not at his very best; though a No. 2 in Australia in the mid-sixties behind

Lloyd Snelling races to 100m win over Fletcher

At 71 years of age runs in the true veteran spirit

The visiting athletes openly declared the meet a11

On March 29th both were somewhat off form due to

They were over-training. Orr filled the role of front

Stadium was typical of the atmosphere of

The visiting athletes openly declared the meet a11

Some really outstanding performances were

Tom Gilmour (S) held the world's best mark of 4:14.6 and Theo Orr (N) had a 4:23.5 personal best year. However, on March 29th both were somewhat off form due to recent injuries, though some observers believe that they are over-training. Orr filled the role of front runner while Ryan did an "Atty Thomas" to take it down the straight, 4:23.5 to 4:41.3. Tom Remington was close up with 4:26.3. Theo also took the 1500 steeplechase in a fierce 4:50.8.

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### Australia

<table>
<thead>
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<td>6. R. Bok (S)</td>
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<td>7. R. Sars (S)</td>
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<td>4. A. Nicholls (V)</td>
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<td>5. L. S. Ford (N)</td>
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<td>6. R. Payne (N)</td>
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<td>7. G. Cavill (W)</td>
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<td>8. T. Nailer (S)</td>
<td>29:45.0</td>
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<td>9. M. Porter (V)</td>
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### Class 2B

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<td>7. G. Cavill (W)</td>
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<td>8. T. Nailer (S)</td>
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<td>9. M. Porter (V)</td>
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<td></td>
<td>10. R. Clarke (S)</td>
<td>30:13.0</td>
</tr>
</tbody>
</table>
Held at the CNE on 15th February, this event was the last meet of the Australian track season. The joint meeting of the Australian Teachers Colleges, the Australian Teachers Colleges, and the Australian Teachers Colleges Fraternity were able to place sixth in an open marathon at Newcastle, 10000 metres, to see veterans in action, and I know that they were impressed. The new President of the Australian Association of National Athletics organisations is William Taylor (48), as well as advertising and providing sit-down refreshment afterwards, as well as providing insurance for the hall. The new President of the Australian Association of Veteran Athletes Clubs is Queensland's JAMES COOK. Cook was elected as the Associate National Championships in Adelaide on March 29/30 and succeeds South
Canada

All entrants for the World Masters Track and Field Championships in Toronto this August year are reminded that they must obtain official clearance from their national athletics organisations before leaving their home countries. LAAP regulations require such clearance to be produced by an athlete before he can compete in a foreign country and the organizers intend to apply the amateur rules. SPECIAL NOTE

The whole masters athletic world was drawn to the CNE on 15th February, as the 3000 metre race was one of the most interesting events of the day. The new President of the Australian Association of Veteran Athletes Clubs is Queensland's JAMES COOK. Cook was elected as the Associate National Championships in Adelaide on March 29/30 and succeeds South Australia's Ron O'Neill.
New Zealand Veterans Track and Field Championships

By JOHN DREW

New Zealand veterans showed themselves able to match—and sometimes better—the performance of university athletes half their age when the Trans Tours inaugural New Zealand Veterans track and field championships were held at Q & E II stadium, Christchurch on March 29 and 30.

Admittedly less advanced than the UK and North America in the development of veterans athletics, New Zealand took a big step forward with the successful staging of this meeting.

Largely due to the indefatigable activities of the organizing secretary Morrie Poulton the meeting proved an outstanding success.

About 130 men and women from throughout New Zealand contested 53 events, and the results proved more than adequately ensured that the meeting will become an annual national event.

Holding the meeting in conjunction with the University tournament made things easier for Canterbury University athletes, many of whom were on the field championships were held at Q & E II stadium, Christchurch on March 29 and 30.

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NEW ZEALAND

Jack Foster plans active rest

Jack Foster probably the greatest over 40 athlete the world has seen has lost none of his ambitious enthusiasm for world class competition. 

Jack sported taking part as the inaugural National Veterans Championships at Christchurch on March 29 and 30 in spite of a strenuous succession of air journeys when he was a member of New Zealand winning team at the world cross country champs. at Rabat. 

Now Jack says he is going to have a month’s rest.

But for Jack this will mean active rest in the form of a leisurely 50 miles a week of recovery running. 

After that he plans to build up for what he hopes will be a good cross-country season and when he hopes to help younger athletes in his own district of Taupo.

After that Jack said he plans to build up for the Olympic marathon. "It would be wonderful to be selected to run an Olympic marathon at 43" he said after winning the 10,000 metres veteran title as Christchurch on March 30th.

Jumping from the display of flowing power in winning the 10,000 in 29 min 36 sec he has the ability to run plenty more world class marathons.

Track & Field Champs:

200 Metres
Clasu IA.
1. J. Few (Oxford) 23.10
1. D. Ward (ChCh) 23.10
2. D. Cameron (Cashmere) 23.78
2. R. Clarke (Marl) 23.78
3. D. Barr (New Brig) 24.7
3. A. Mahan (Tea H) 24.7

800 Metres
Clasu IA.
1. I. M. Rae (Auck) 2:04.6
1. A. Horsnell (Tech) 2:04.6
2. R. Bearsley (Taka) 2:07.1
2. A. Horsnell (Tech) 2:07.1
3. B. Cameron (Tea H) 2:10.6
3. B. Bearsley (Taka) 2:10.6

5000 Metres
Clasu IA.
1. A. Horsnell (Tech) 13:31.9
1. B. Bearsley (Taka) 13:31.9
2. I. M. Rae (Auck) 13:41.6
2. R. Clarke (Marl) 13:41.6
3. G. Hunter (Flem) 13:52.8
3. B. Cameron (Tea H) 13:52.8

15,000 Metres
Clasu IA.
1. J. Few (Oxford) 43:19.0
1. D. Cameron (Cash) 43:19.0
2. I. M. Rae (Auck) 43:23.3
2. R. Clarke (Marl) 43:23.3
3. G. Hunter (Flem) 44:09.4
3. B. Cameron (Tea H) 44:09.4

400 Metres Hurdles
Clasu IA.
1. R. Williams (Gore) 55.05
1. B. Bearsley (Taka) 55.05
2. G. L. Emmerson (Sp) 55.73
2. A. Horsnell (Tech) 55.73
3. R. Clarke (Marl) 56.37
3. B. Cameron (Tea H) 56.37

10,000 Metres
Clasu IA.
1. D. Ward (ChCh) 28:39.5
2. R. Bearsley (Taka) 28:47.3
2. A. Horsnell (Tech) 28:47.3
3. B. Cameron (Tea H) 29:04.1
3. B. Bearsley (Taka) 29:04.1

800 Metres
Clasu IA.
1. J. Few (Oxford) 2:04.6
1. A. Horsnell (Tech) 2:04.6
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In past years our participation has been limited to taking part in open road races. However this summer, wherever possible, usually with the local club at their meets, with the impetus of our National meeting in Christchurch. Chase (42) recorded 64.40 with John Fenton (40) to reach a peak for the season.

Dick Chase has been to the fore on other occasions, particularly in a ten miler when he recorded 54.2. He was also superbly supported by up to about ten in each event, we are hopeful our veterans will have races included on future athletic programmes.

 Performance by New Zealand veterans in the first three months of this year were so remarkable that it is not possible to comment on all of them in detail. Nevertheless, the following list makes most interesting reading.

IAN MALLOWES

WRIGHTS FROM AUCKLAND

**Results of some of these events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
<th>Place</th>
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<tbody>
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<td>100m</td>
<td>100m</td>
<td>10.9</td>
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<tr>
<td>200m</td>
<td>200m</td>
<td>21.7</td>
<td>1st</td>
</tr>
<tr>
<td>5000m</td>
<td>5000m</td>
<td>13.4</td>
<td>3rd</td>
</tr>
<tr>
<td>Hammer</td>
<td>2.9m</td>
<td>3.975</td>
<td>1st</td>
</tr>
<tr>
<td>Discus</td>
<td>2.4m</td>
<td>1.20</td>
<td>1st</td>
</tr>
<tr>
<td>Shot</td>
<td>5.4m</td>
<td>3.20</td>
<td>1st</td>
</tr>
<tr>
<td>Javelin</td>
<td>10.6m</td>
<td>3.25</td>
<td>1st</td>
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</table>

**Leading NZ Veteran Perforances**

**1st January to 31st March**

**High Jump**

<table>
<thead>
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<th>Class IA</th>
<th>Club</th>
<th>Name</th>
<th>Height</th>
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<tbody>
<tr>
<td>1st</td>
<td>Bishop (Tech)</td>
<td>B. Bishop</td>
<td>6'-8&quot;</td>
</tr>
</tbody>
</table>

**Javelin**

<table>
<thead>
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<th>Class IA</th>
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**Shot Put**

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<th>Club</th>
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<td>1st</td>
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**Discus**

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</table>

**Lead High Jumpers**


**Leading NZ Veteran Performance**

**Women’s 1500 m. (35-40)**

**SHIRLEY SHACKLETON wins the Women’s 1500 m. (35-40)**

**Performance by New Zealand veterans in the first three months of this year were so remarkable that it is not possible to comment on all of them in detail. Nevertheless, the following list makes most interesting reading.**

**Jim Macdonald (27/3/74) IA**

- 3000 m Steeplechase 9:16.6 w.r.
- 5000 m 15:58.9
- 10,000 m 35:57.0

**Roy Williams Decathlon (9/9/74) IA**

- 100 m 11.15
- 400 m 44.92
- 110 m Hurdles 16.9
- Long Jump 7.09 m
- Shot put 41.34 m
- Discus 14.71 m
- Pole Vault 3.58 m
- Javelin 46.16 m

**Bill Baillie (28/3/74) IA**

- 400 m 49.90
- 500 m 1:00.0

**Jack Foster (7/3/74) IA**

- 200 m 21.15
- 400 m 44.92

**Jim Davie (27/1/74) IIA**

- 800 m 2:15.3
- 1500 m 4:22.2
- 5000 m 16:30.4
- 10,000 m 35.57.0

**Tom Bain (12/11/74) IIA**

- 10,000 m 34.82.0

The British servicemen were the most successful group at the Veterans meeting as the list of achievements shows.

**FCPO Doug Bell (RN) JIB Shotput 1st**

- Discus 2nd
- Hammer 2nd

**CPO Alec Valentine (RN) JIB Hammer 1st**

- Shot 2nd
- Discus 3rd

**FCPO Gary Beck (RN) JIB 100 Metres 1st**

- 10,000 Metres 3rd
- 5000 Metres 5th

**WO Don Colby (RAF) IAP 100 Metres 1st**

- 5000 Metres 2nd

**CPO Henry Shup (RN) JIB 5000 m 2nd**

- 1500 m 5th

**Veteran Don Cameron of Bluff Cape Reinga fame, our New Zealand’s longest open wide road race win.**

- 10,000 m 39.2

- 5000 m 18.2

- 1500 m 21.0

- 800 m 1:00.2

- 400 m 44.92

- Shot put 41.34 m

- Discus 14.71 m

- Pole Vault 3.58 m

- Javelin 46.16 m

**Shirley Shackleton wins the Women’s 1500 m. (35-40)**

**Monday March 31 following the last day of the Veterans meeting. These and other visiting veterans swelled the open field to a record entry of 86. The lovely country and picturesque farming country road run delighted the visitors. The weather was brilliantly fine and the visitors revelled in the hot conditions after leaving UK a few days before during widespread snowstorms.**

- Dick Chase (42) recorded 64.40 with John Fenton (40) to reach a peak for the season.

- Don Cameron was loudly applauded at the finish in this seaside suburb. It was his last race in New Zealand before leaving with his wife, Pat, for Europe on April 29th for a series of road runs prior to Toronto in August.
Bob Fine writes on the topic of masters track and field, emphasizing the importance of coordination and networking within the sport. He mentions the creation of a national team under Larry Fuerst and highlights the achievements of various masters athletes. The text also includes a section on the masters marathon, with a profile of Herb McLearney, who set a world record. There are also references to masters track events and the establishment of a masters track and field club in California. The text concludes with a list of masters track and field events and a note on the importance of participation in the sport.
First Indoor Nationals

Although not a meet on the scale of the First Annual AAU National Championships, a meet at the University of Southern California, a year younger, was a remarkable success. A total of 1,386 entries were entered in 31 events. The week was a delight for the 3,385 who turned out. The indoor track was not the finest we have ever seen, but it was good, and the enthusiasm was the same.

The meet was sponsored by the University of Southern California track club. The meet was under the management of Dr. George P. Hartman of the U.S.C. It was set up in the gymnasium of the University of Southern California which was converted into an indoor meet with bleachers, starting line, and all the equipment that makes a meet run smoothly.

The meet was held on March 31, 1961, and the weather was perfect for an indoor meet. The meet was a great success and the competitors were all very pleased with the meet.

The meet was a great success and the competitors were all very pleased with the meet. The meet was a great success and the competitors were all very pleased with the meet.
Dear Editor:

First, I should like to register my agreement with the well-articulated and intelligent view expressed by Maurice Morrell in the January 1975 issue. He advocated a world championship every four (4) years. I am strongly against any period of time in excess of two (2) years. Let us please not be drawn into the "Olympiad Syndrome." Consider the following: (1) If championships were conducted every 4 years, an injury at the wrong time could keep an individual out of the championships for a period of 8 years (truly a lifetime). (2) The excitement created by a world championship would carry and keep the veteran athlete stimulated for a 2 year period—obviously less so, for a 4 year period. (3) Under other conditions (i.e., Nationals, etc.) helping to carry the interest in the individual, it is the individual's responsibility for competing against the best in the world. Consider that "Open" Athletics are finding that the 4 year Olympian period is too long and they are attempting to come up with a world championships in the 2 year period between each Olympic games. If so, it would mean that the US masters championships could be held in 1977 and 1981, and, I think, again in 1985. The excitement created by either the Olympic games or world championships could be quite strong.

Second, I have one objection concerning the organization of events at Toronto. It seems that relay teams, 3 or 4 men, are to be set up at will, by any nation or nations. There are few, if any, rules at all. Are we to go along with the cross-country running races being cut in half the numbers in the various events? I can see no reason for this. Why should not competitors from different nations form a relay team? If they choose to do this, I would prefer that they be from the same name, you can see the reason for this. Why should not competitors from different nations form a relay team? I would prefer that they be from the same name, you can see the reason for this. Why should not competitors from different nations form a relay team? I would prefer that they be from the same name, you can see the reason for this. Why should not competitors from different nations form a relay team? I would prefer that they be from the same name, you can see the reason for this. Why should not competitors from different nations form a relay team? I would prefer that they be from the same name, you can see the reason for this. Why should not competitors from different nations form a relay team? I would prefer that they be from the same name, you can see the reason for this.
Reiff, Roelants, Puttemans — all great Belgian runners who have left, or continue to leave, their mark on the international stage since the end of World War II. However, the student of the European cross country scene would probably like to add Marcel Vandewattyne to that list — for although he never won any European or Olympic titles, or set any World Records on the track, he did leave a remarkable oeuvre that befitted him when retiring from international racing at the age of fifty-one — such that cross country specialists would undoubtedly rank him with the greats when considering this era of sport.

Born at Elzéville on the 7th July 1924, Marcel Vandewattyne started running at the age of ten, and by the time he retired in 1965, he had competed for Belgium on 80 occasions and had been their Senior C.C. Champion on 34. In the world premier cross country race, the ‘Coup des Nations’ or International cross-country championship, he competed for 20 consecutive years, from 1946 to 1965. Taking second place three times and only in five races did he finish lower than 17th. In the races in which he placed second he only gave best to Pujanzo and three times and only in five races did he finish lower than 17th. In the races in which he placed second he only gave best to Pujanzo in 1952 and Roelants in 1952 — when by then he was 37 years of age and known to his many English fans as the “Peter Pan” of cross country.

It was remarkable that with his premier section of the sport being cross country, Marcel stayed free of muscle trouble until he was 39 — and then with thirty years of running behind him and an increase in strains, he called it a day two years later.

After five years of smoking, drinking and inactivity there then followed a big increase in weight, which must be very exciting to train and race on'.

The Belgian governing body for athletics has made an impressive impact on the track. In those days his summer work hours in the building industry — but that didn’t stop the waist line swelling and a realization developing that something had to be done. So Mr. International Cross Country, as his fellow countrymen once named him, started running once more and by 1974, at the age of fifty, became the first Belgian Veteran Class II Champion over the country. He cannot train now with the same dedication as in his younger years, when some periods found twice a day a common. Now it could be four times a week — but points out that he didn’t make an impressive impact on the track. In those days his summer work hours in the building industry were very long and restricted training. After he found the tracks of poor quality and often minimising — unlike the all-weather surfaces of today which must be very exciting to train and race on'.

Road running and racing are, and have been, part of Marcel’s scene, but never too long a distance. He is inclined to feel that if you find success at shorter events (10 Km and below) you are not likely to race seriously the longer ones. His most notable road run was third place in the world famous Sao — Paulo New Years Eve Road Race and a victory in the ‘Rabat’ equivalent in Morocco in 1962.

Marcel Vandewattyne runs today for the same reason as years ago — because he loves it, but reflects on the fact that a runner today, who at his age, makes a race of a lot of sacrifices, can make a second job out of his sport. For it is possible to get 30,000 — 35,000 Francs (£300 — £400, 1000 dollars etc) for a race over the country — whereas he missed the Melbourne Olympics because he couldn’t afford a month away without earning a penny.

He is now the Belgian over-50 cross-country champion and, amongst his peers, it is once again regarded as a supreme cross-country runner. His long sojourn from the athletics scene did not affect the reputation he had built up in countrysides far and wide — and it was with great pleasure that his many fans learned of his return to the fold. This living legend of the International cross-country championship will have no successor.

Above: The International C.C. Champs at Hamilton in 1952 Vandewattyne (right) 2nd, Mignon (centre) 1st, Driss (left) 3rd.
Dr. Ernst VanAaken

Our American correspondent, TOM STURAK, had for many years hoped to meet the German doctor who is widely regarded as the prophet of long running training at a pace where no oxygen debt is acquired. Dr. VanAaken’s belief in the benefits of endurance training led him to publish several research papers on the beneficial effects of endurance running—not least the one that claimed "that optimal training running with an emphasis on intervals is the best insurance function in the biological oxygen process, carried on for years, prevents cancer with 99% certainty". But what is long? What is slow? Is there any place for speed in a runner’s programme? And just what is interval training? In September, Tom Sturak visited Dr. VanAaken’s home town of Waldniel, where the first international women’s marathon was being staged, and there he eventually pinned down the man he had so long wanted to meet. The following interview was taped by Tom Sturak and first published in "Runner’s World" of January February 1975 and is reproduced here by kind permission of World Publications.

Ernst van Aaken is the most impressive man I’ve ever met—yet I like him enormously. I hadn’t necessarily seen the ‘father of long slow distance’ and founder of the Association of Veteran Long Distance Runners—who at age 60 reportedly ran many miles daily, pole vaulted, and on three hours at night and on a meager diet—but unforeseen circumstances had prevented interviewing. A year later, came the terrible news: while on a night training run, van Aaken had been hit by a truck and as a result lost two legs. This fact subconsciously dampened my expectations when at last I met the Wizard of Waldniel this past September.

But van Aaken is not a pathetic or bitter invalid. One is immediately over-whelmed by the man’s physical strength, vitaliy and lust for life. He still walks unsteadily on the new artificial legs, using his powerful upper torso to propel himself with crutches. But you don’t doubt when he says he’s training to compete in a 10-kilometer run.

Courageous and honest, charming and warm, van Aaken is also a very funny man. His observations and opinions are laced with subtle wit. At times, he can be plain goofy. When an Austrian television producer asked him to explain why so many of the marathoners present were attractive women, he pontifically deadpanned into the camera: ‘They are beautiful because they run and they run because they are beautiful’.

It is clear that van Aaken’s sense of humor has been a saving grace, helping him to weather not only physical trials but also years of public ridicule and predictions concerning endurance training and the potential of veteran and women runners.

But the dissemination of many of his theories in recent years has not spoiled him. Van Aaken is so zealous. His scientist’s mind remains open to new ideas. He pointedly asks even his fondest theories with words to the effect that “it is all hypothesis,” and that “we still have a lot to learn.”

As reported by Joan Ullrich (“International First for Women,” Nov. ’74), this interview was taped at van Aaken’s home in the wee hours following an eight-hour party for the contestants of the international women’s marathon, Sept. 22. We were able to isolate ourselves in the wide-thrilled office—directly off van Aaken’s Spartanly furnished bedroom—where

Within six months of losing both legs is a road accident, Dr. Van Aaken was exercising again.

For years he has treated both the common club of Waldniel’s boroughs and the esoteric needs of runners from the world over. Said one point, he pointedly asked and一流 transcribed. We began by discussing the question of women’s endurance potential, which Joan wrote about in the December issue (“Women’s Weapon: Fat”)

Sturak: You told us before the interview that your motto is “run long, run daily, drink little and don’t eat like a pig.”

Van Aaken: My whole teaching in one sentence is “run slowly, run daily, drink moderately and don’t eat like a pig.”

Sturak: Everything we have heard—and I’m sure a lot of what we’ve heard has been distorted—has been that a runner should be almost emaciated. After what you’ve done, it’s hard to believe. It’s funny if Harold Norpoth (6’2”, 130 pound former world record holder, coached by van Aaken) is indeed our “ideal runner.”

Van Aaken: The most important thing is the weight. In the future, it will be the person who has a large heart and the least weight who does best. It doesn’t matter so much how much muscle and how much is fat. It’s mainly a matter of weight. Everybody is trainable. Everybody can bring their weight down, and everybody can train their heart. So everybody can bring themselves closer to this ideal.

Sturak: You have said, look at the “ideal” weight charts and get 20% below this. Steve Prefontaine for me. If one criticizes this, saying he has big bones and could never run at that weight, he’s so weak he couldn’t run.

Van Aaken: If you take two men of exactly the same height, one a shot putter, and the other Harold Norpoth, and you weigh the bones, the difference in the weight of the bones is only going to be 900 grams (about two pounds). The normal weight is a function of the muscles, the water and the connective tissues.

Sturak: Would you advise a big-boned, heavily-muscled runner like Prefontaine to lose weight?

Van Aaken: He probably couldn’t bring his weight down further. Every person has his own weight where he’s gotten rid of practically all of the fat. He can’t get down lower than that.

Sturak: It seems that a runner’s weight has a larger heart than Prefontaine and he (Norpoth) has better leverage in his arms and legs because they’re longer. Prefontaine is 6’3”. He runs 13:20 for 5,000 metres. He is lighter, but Norpoth has a larger heart.

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Sturak: When did you realize that something was wrong with this fast interval training?

Van Aaken: I’m only talking about history. We haven’t come to my own ideas yet. Most people don’t know the roots of this kind of running.

Sturak: But isn’t that anaerobic running?

Van Aaken: Yes, anaerobic.

Sturak: Are you against anaerobic running in training?

Van Aaken: I’m not against anaerobic running in training. I think it’s terrible because we don’t know how much is fat. It’s mainly a matter of weight. The founder of “intervals” was Hannes Koeleman, and he ran harder tempo runs. He ran only a few seconds faster for 5000 metres, but 5-10 seconds faster for 10,000 metres.

Next in the history of long distance running came Emil Zatopek. He told me his main training was running 60-100 x 400 metres, each in 1:36 (about 64-minute pace) or 20-minute runs of 5000-10,000 metre runs. He never stopped. He just interrupted the runs with 200-metre stops every 10 seconds.

We shouldn’t call these intervals because people will think they were fast. He would run 60 x 400 metres jogging and 60 x 300 metres less jogging.

Van Aaken: When Harold Norpoth, I had to teach him to run slowly. By “slowly,” I mean 400 metres in about one minute. I pointedly asked and translated. We began by discussing the question of women’s endurance potential, which Joan wrote about in the December issue (“Women’s Weapon: Fat”).

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In 1955, I said that the speed generally doesn't have to do any tempo runs at all. What counted with Zatopek was the number of kilometres he ran. One should do a high number of kilometres where the pulse is between 130 and at most 150.

Sturak: Let me interrupt. When Zatopek is running comfort zone for 15 minutes, his pulse isn't going to go above 150?

Van Aaken: When I talk about those 2000-metre tempi runs, that's the second or third level of training. Most important is the ground or base training, where for months and even years you do long training so as to build up your ability to use oxygen. Anyone can do the basic training—man, woman, child, old people—and it can do them good.

Sturak: How much training should one do?

Van Aaken: A minimum of 10 kilometres a day even for children.

Sturak: We've read that you think a marathon runner has to do at least 2000 kilometres (26 miles) a day. Is that figure accurate?

Van Aaken: But there are others like Jack Foster who told me that in his time he ran instead of 70 miles a week and sometimes as little as 35. Yet at age 42, he can run under 2:15.

Van Aaken: Yes, and Erna Weissenb and a 55-year-old German 100-kilometre runner, never has time to run more than five or six kilometres a day.

Sturak: And so what does all of this mean—that runners need not be as much as you suggest?

Van Aaken: When we see what Jack Foster does at age 42, he can run under 2:15. We are built like Norpoth and trained like Roelants (without injuries), he would run the marathon in 1:55. We are practically and physiologically unproven. What is involved in training, and at the end of every 12-kilometre run, you must continue to train the correct way in order to lose weight. You have to fast. Sturak: What do you mean by "fast"?

Van Aaken: Eat only 1000 calories a day if you can. Drunks and other people report considerable weight loss. If you lose one kilo of fat, you have to use 2000 litres of water. If you lose one gram of fat, you have to use 200 litres of water. So five grams a day is the equivalent of one litre.

Sturak: And tell others "The next ten years should be my best!" I have told others "The next ten years should be my best!" and I tell others "The next ten years should be my best!"

Van Aaken: It certainly gives me a thrill to see Jack Foster, Mamo Wolde, Alain Mimoun, Alistair Wilson, Bill Roger, Gordon Babel, and may be even more! As I keep telling them, "The next ten years should be my best!"

Van Aaken: Sincerely,

Gordon Babel

Polytechnic Harriers invite veterans to attend the following Sunday meetings for over-40 races:

June 30th - 2900 m July 20th - 100 m, 3000m

Soythos is how it feels by COLIN YOUNG

COLIN YOUNG has contributed walking news and results to our magazine since the first issue, despite his confinement with the walking columns of Athletics Weekly. His interest in walking, and athletics generally, stretches far and wide but we feel that this active sport's interest in VETERANS was stimulated by the knowledge that when he reached his 80th birthday this month he would 'come of age'. He has always been the most enthusiastic of walkers and was clearly looking forward to veteran status these last few months. Now he has reached it, so we asked him how it felt.

Even since my earliest interest in athletics I have followed avidly the feats of the veterans. This being so I naturally have had both long distance runners and walkers as my inspirations. Men such as Jack Holden, Lloyd Johnstone, Charly Smart, Don Finlay and Harold Whitlock were always looked up to by us. He would come back with stories of his adventures.

Since I started in senior competition back in 1946 the veteran scene has changed, and I was never competing when I reached the veteran stage. So with the advent over the past three or four years of the world series of competitions for over-forties I set out to meet them during the 1973 season.

I was surprised to find that the 'race the heart' argument was disappoin ted with his time of 66.35. That's the best time he's done this year, and he's only wish I could make it!

Personally I feel that the trend of popularising both men and women veterans in one that continues to flourish. From the health aspect also, a very good thing, and there is the interest in companionship, etc., etc., just the joy of being able to move reasonably fast and fluently at an age when one thought one was too old or not fit. It is a real question, if they have energy that they can continue their offspring, running enough to allow the added bonus of companionship.

Certainly I give it a thrill to see Jack Foster, Mamo Wolde, Alain Mimoun, Alistair Wilson, Bill Roger, Gordon Babel, Gordon Babel, Gordon Babel, Gordon Babel, and may be even more! As I keep telling them, "The next ten years should be my best!"

Walking – FRED NICKOLLS writes

"Bob" Roberts, 73, has quickly stamped his authority on the 1975 walking world. Following his World Age Record on 14-12-74 of 66:08 in the Cambridge 7 miles he finished 34th of 203 starters in the 10-day run on 1-7-75 and was disappointed with his time of 66:35. The 4 hours and 10 minutes of the man who was 66:35. The 4 hours and 10 minutes of the man who was 66:35. The 4 hours and 10 minutes of the man who was 66:35. The 4 hours and 10 minutes of the man who was 66:35.

1974 WORLD RANKING

50 Kilos

6th G. WEINBERG (41) 4:00:37

100 Kilos

6th G. WEINBERG (41) 4:00:37
Vladimir Golubnichiy was in remarkable form at Richmond, Va. on March 3rd, on Paul Nihill's 5km world best of 20:14.2 set in Sweden, Golubnichiy was in sharper form by 13.3 seconds, winning in 14:03.6; but two track walks. In the 3,000 metres Folland was the occasion of the USA v USSR indoor match. Only Paul Nihill's 5km world best of 20:14.2 not in Sweden two years ago is superior to Vlad's mark at the 3M/5km distance. Obviously the Olympic champions will be extremely difficult to beat both in this year's Logame Cup and at Montreal by time which great Russian will have reached the Veteran stage.

In the Australian Veterans National Track and Field Championships held at Adelaide on March 29/30, Ed Folland and Logan Irwin shared the honours in the two track walks. In the 3,000 metres Folland was sharper by 13.3 seconds, winning in 14:03.6, but Irwin got his revenge in the 5,000 metres sprints home by 4 seconds in 24:17.4. Peter Waddell was close behind in both races.

Vladimir Golubnichiy
19:42.2 3 miles indoors!
Vlad's mark at the 3M/5km distance.

WALKING

1975 BRITISH RANKINGS
3000 m track
10,000 track

20 K Road
15th R. Thorpe
15th K. Easha
15th K. Livermore
8th K. Easha
3rd R. Thorpe
3rd G. Coleman
9th J. Eddershaw

7000 m track

20 Rd Road
15th G. Chaplin
15th R. Thorpe
15th R. Thorpe

February 8th
47. G. Coleman 57 (Middlesex)
Middlesex
Sheffield Utd. v RAF Met Police '7' Imber Court
February 22nd
20. G. Chaplin 46 (Cov G)
38. K. Livermore 40 (Enf.)
13. K. Easha (Enf)
52
February 22nd
9. D. Fothingham (B&H)
3rd R. Thorpe

February 12th
SCAAA Track 5 Km, Crystal Palace
5. C. Young 40 (Ex.B) 23:32:4
February 17th

SUNDAY JUNE 15th AT 1400 HRS.
SUNDAY JUNE 15th (2 p.m.)
3000m Intro-Tune race (class 1) for the
Higham Hurstmen Trophy. Holders: Belgrave.
Plaques first three individuals.

4000m The Barnet Trophy
Class 1 Winners Trophy, 2 & 3 medals
Class 2 Winners Trophy, 2 & 3 medals
Class 3 Winners Trophy, 2 & 3 medals

20th The Barnet Trophy
details at
2000 The Barnet Trophy
the 100m

Long Jump and Shot Put
Both Class 1 medals first three
Entry fees: £1.00 per Event - Teams £5 in addition
Cheques & P.O's made out to the London Borough of Barnet,
Please enclose S.A.E. for receipt.
Entries to: G. Harrison, 75 Gallows Hill Lane, Aldershot, Hants. GU11 3JY.
Closing date: 4th June, no entry will be accepted after this date.
Entry to Stadhampton Free. Official entry fee ticket, which will be sent with receipt of paid entry fees.

WOMEN
2000m, 800m, Shot, Medal 1, 2 & 3
Entries to: Stadhampton Free. Official entry fee ticket, which will be sent with receipt of paid entry fees.

BRUGES VETERANS 25km

SUNDAY 15th JUNE AT 1400 HRS.
THREE CLASSES:
40-49 years (1935-1926)
50-59 years (1925-1916)
60 years and over (1915 and before)

Starting point on the Market Square at Bruges. A splendid medal for all entrants (value £200 BF).
Club competition per 3 men in each category. Awarding of prizes and free supper in the zaal Jagersloot, centrum St. Andreas-Brugge (church Square) at 1900 hrs.

Entries before 27th May with name, christian name, address, date of birth to J. Serruys Engelandlaan, 25 8310 Bruges (Belgium)
No entries will be accepted on the day of the race.

U.K. VETERANS: Contact Jack Fitzgerald immediately for details of touring party. 6. Tyers House
Aldrington Road, London S.W. 16. Tel: 01-677 1393

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Fees: 50p 1st Entry 30p Other. Entries close on Saturday, 5 July 1975. Late entries definitely not accepted. Early entries appreciated. Acknowledgements, directions etc SAE or no reply.