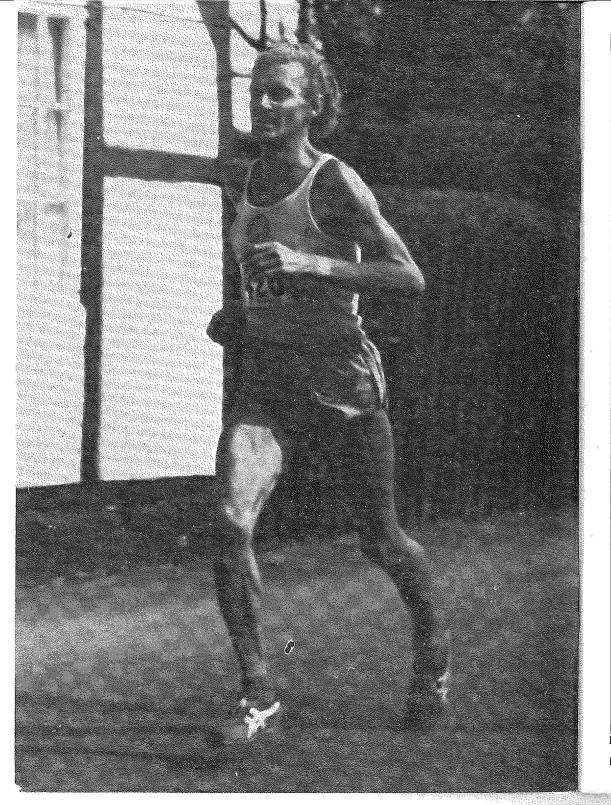


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FRONTISPIECE (J. L. Hayward): Erik Ostbye (SWE), convincing 2B winner in Coventry World Marathon.
 FRONT COVER (Frank Wood): Veteran fell runner Eric Roberts leads the climb up Lattrig in the Skiddaw Race.

FIXTURES

- Jan 1 Blackheath Harriers Vets Inter Club Cross Country Race. West Wickham.
 - 2 City of London 10 Miles Open Road Race. Medals for first over 40 and first over 50. Entries (25p) to Reg Jacobs, 123, Coxtle Green Road, Brentwood.
 - 15 Mitcham A.C. 25 Km Road Race. Includes over 40, over 50, over 60, over 35 Ladies and Vets Handicap awards. *Entries (25p)* to Jack FitzGerald.
 - 15 Veterans A.C. Cross Country Championships at Wimbledon Common. Entries to Arthur Welling, 65, Browning Avenue, Worcester Park.
 - 22 Southern Vets Cross Country Championships at Crawley (awards for 3 to score and 6 to score). Entries (40p) to John Cook, 15, Johnson Walk, Tilgate, Crawley.
 - 23 Midlands Vets Cross Country Championships 11.30 am at Sparkhill. Entries to Ken Westley, 18, Pinewoods Avenue, West Hagley, Stourbridge.
 - 23 Northern Vets Cross Country Championships at Rotherham. Entries to Norman Ashcroft, 16 Davids Ave., Lane Ends, Warrington, Leeds.
- Feb 20 National Vets Cross Country Championships (Men & Women) Perry Park, Birmingham. Changing at Birchfield Harriers HQ, Perry Bar. Entries to Ken Westley. 50 pence per person by 5th February.
- Mar 13 Inter Area & International Vets Cross Country Championships at Stoke. Changing at Michelin Sports Club. Entries (30p) to Norman Ashcroft.
- Mar 30 5 x 2 Miles Vets "Pedro Domecq" Road (Sunday) Relay at Crystal Palace motor racing circuit. Entries (£1.50 per team) to John Hills, 34 Links View Road, Shirley, Croydon.
- Apr 9/10 Australian National Vets Track & Field Championships, Perth.
- Apr 11 Midlands Vets 3 x 5000 Metres Handicap Road Relay Race at Tipton Harriers HQ. Entries to Ken Westley.
- May 5 Veterans A.C. 10 Mile Road Championships at Richmond Park. Entries to Arthur Welling.

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- June 17 Southern Vets 10,000 Metres Track Championships. Copthall Stadium.
 - Barnet Festival of Sport open 10,000 Metres Road Race. Copthall Stadium.
 - 18 Coventry Carnival includes Mens & Womens Vets Track Races at Coventry Municipal Track.
 - 19 Southern Vets Track & Field Championships. Copthall Stadium.
 - 26 Inter-Counties Vets 10,000 Road Race at Learnington. Entries to George Phipps, 164 Millbank, Warwick.
- July 2 R.R.C. Marathon Championship at Milton Keynes.
 - 3 Veterans A.C. Track Championships at Battersea Park.
 - 16/17 National Track & Field Championships. Copthall Stadium or Parliament Hill Fields, includes 1st National Vets Pentathlon
 - 17 11 am.British Veterans Athletic Federations 3rd Annual General Meeting. (above venue)
 - 30 Worlds Best 10,000 Metres Road Championships at Bruges, Belgium.
 - 31 10th Worlds Best 25 Kilometres Road Championships. Bruges Belgium. Details of entries from Jacques Serruys, Engelendalelaan 25, 8310 Bruges, Belgium. Details of touring parties from Jack Fitzgerald (South) and Norman Ashcroft (North) and Jack Selby (Midlands). Friday to Monday tour.
- Aug 8 to 2nd Worlds Masters Track & Field Champion-13 ships. Gothenberg. Details of entries from Roland Jerneryd, Ullevi, Skanegatan S-411 40 Gothenburg. Sweden,

Details of Touring Parties from Laurie Durrant (South) 18 Bisterne Avenue, Walthamstow, London E17 3QS and Norman Ashcroft (North). Air Tours are arranged from 4th-17th, but it is also hoped that sea tours can be arranged from Tilbury and Immingham respectively for those who prefer to take their own transport.

For addresses of Organisers see page 6.

EDITORIAL

August 14th and 15th was a key weekend for veteran runners competing at Rugby and Coventry. But it was important too for the organisers and administrators of two influential bodies – the World Masters Track & Field Association (WMTFA) and the International Association of Long Distance Runners (IGAL).

The WMTFA is striving to rationalise the world masters programme in track and field, road running and walking. It was born out of Toronto and although largely representative of the Englishspeaking nations, it is fast being accepted by other countries as the body best able to plan international activity in the full range of athletic events. Its steering committee includes members from the UK, USA, Canada, Australia and Sweden.

The IGAL has rendered invaluable service to veteran distance runners. Born in Germany, its influence soon spread to neighbouring countries and in 1968 it inaugurated the first of the "World Best" marathon races. For distance runners, its annual "Championships" (marathon and 10km one year, 25km the next year) are red letter days, and have been staged at venues from Sweden to Japan.

Both these organisations planned to meet separately, and together, at Coventry. But difficulties arose in the preceding months. It had been agreed by the IGAL at Paris in 1974 and in Japan in 1975 that Coventry would be the yenue for the 9th World Best Marathon. Yet, with the Coventry organisation in an advanced state, it was found that influential members of the IGAL in Germany were organising a rival promotion in the Canary Islands. This had been done, it is alleged, because the IGAL had earlier dropped the veteran age to 32(!) and when Coventry refused to budge from the internationally accepted 40, the Germans felt obliged to accommodate their new young "veterans". There was evidence to suggest that the age change met with much opposition amongst the Germans themselves, whilst foreign veterans were flabbergasted at a change that many felt should have gone the other way if at all.

Meanwhile, the WMTFA had been having troubles over the South African question. They had been upset at the Canadian Government's behaviour at Toronto when the South Africans were banned only after landing in North America. The courageous decision to defy the ban proved to be an expensive one when cash grants were withheld. The WMTFA clearly wanted to adhere to a non-political, purely sporting line which would eventually allow everyone, but anyone, over the age of 40 to compete against his contemporaries. Unfortunately, such idealism is not for this present world, and before the steering committee could even discuss the matter, the IAAF Congress had ruled that all South African athletes (previously it was teams only) should be banned from international competition. This was to produce another dimension to the WMTFA "eligible athlete" problem, and the question of IAAF sanction for the 1977 Track & Field Championships in Sweden,

So both organisations went to Coventry in August with difficulties. Before anything was to be resolved they were going to find those difficulties compounded, misunderstandings prevalent and some individual reputations tarnished.

As Chairman of the WMTFA Steering Committee. Jack Fitzgerald planned that its meeting should be held on the Saturday evening of the Championships with an adjournment to the following day so that the last item on the agenda could be discussed at a meeting open to supporters of both organisations, This item concerned the integration of WMTFA and IGAL for all future world events. A free vote would be regarded as a fair indication of the wishes of veteran runners.

However, unknown to Jack Fitzgerald, the IGAL officers had met on the Friday evening, and moved that the two meetings be reversed. This request was made and acceded to only a few hours before the first meeting and just prior to the Mayor's reception where two representatives from each country were to be in attendance.

When the reception was over, the delegates trooped into the Council Chambers expecting the IGAL meeting and nothing else. This eleventh hour *fait accompli* by IGAL meant that not only were many interested parties not present, including the British Secretary Norman Ashcroft, but some observers who were present were under the impression that the meeting was the first part of the WMTFA meeting.

Confusion commenced when Jack Fitzgerald rose to explain the position to the assembly. He was immediately shouted down by Hideo Okada, the Japanese Vice-President of IGAL, who clearly objected to a non-IGAL officer taking the chair, even though it was a joint meeting under the auspices of the WMTFA. A bewildered Fitzgerald gracefully withdrew to permit Jack Selby, the Coventry organiser, to explain the situation and nominate Brian Doughty as a peace-keeping chairman acceptable to all. Doughty was a V-P of IGAL too, but also a keen supporter of amalgamation.

The question of amalgamation was quickly dispensed with when, reflecting the mood of the assembly, Brian Doughty pointed out that present differences of opinion between the two organisations were not yet conducive to a union, whereupon no proposition was forthcoming. The expectation of the preceding weeks died in a flash, and there were murmurings of IGAL wrecking tactics.

IGAL matters were then discussed and the first resolution, passed unanimously but with a handful of significant abstentions, was the reversion of veteran entry ages to 40 (men) and 35 (women).

Konrad Seuler (Switzerland) notified the assembly that his country was unable to meet its commitment to stage the 1977 25km Championship, but Canadian Don Farquharson's suggestion that it could be postponed a year in view of the marathon being staged at the WMTFA meeting in Sweden, stood little chance of being accepted by this very touchy assembly. It was left to Jacques Serruys (Belgium) to produce a compromise solution by offering to stage the event near enough to the Gothenburg meeting to enable visitors to Europe to compete in both.

With the principal decisions settled and the temperature reduced, controversy raged once more when the chairman requested that Germany's Lambert & Haman apologise to the Coventry organiser for endangering the promotion by their staging of a rival race in Tennerife. Doughty was clearly upset at the behaviour of his IGAL colleagues and wanted to put the record straight. But there was little chance of acquiescence in that climate and Lambert, through an interpreter, simply dodged the question and expressed his disappointment, as President of IGAL, that he had not been invited to chair the meeting. Brian Doughty then formally announced his resignation as an IGAL Vice President and the meeting closed in the same turmoil and confusion with which it had started.

There is no doubt that language difficulties compound problems at international level. Minor problems are blown up out of all proportion and differing national characteristics produce suspicion and resentment where often there is no cause for either. The Coventry gathering illustrated more than ever before that however good the intentions may be of individual organisers, and however much they may wish to preserve the informal, friendly approach of their affairs, that when the movement as a whole reaches large international proportions, then some form of order must prevail. They can't have it both ways. They either stick to their local promotions and the occasional small international gathering, and do things the way they want, or they continue to expand at international level and abide by some form of international agreement. The behaviour at and preceding Coventry, illustrates just why the athletics world needs the IAAF. To the cynics it may not seem to do much, but its absence would cause chaos far greater than that witnessed at Coventry.

Although the WMTFA is a younger body than IGAL, it has been much quicker to appreciate the needs of a truly representative international federation which would enable all nations of the world to compete to a recognised set of rules without the intrusion of personalities and without the feeling that some nations have undue influence on the progress of the movement. The IAAF is an existing body representing almost all athletic nations. Through the Federation all nations would be aware of the veteran movement and, by receiving the official sanction of the IAAF, Championships become truly WORLD CHAMPIONSHIPS, open to all nations and with the attendant IAAF publicity through its members,

Following the bedlam in the Coventry Council Chambers, the WMTFA Steering Committee meeting was a sober affair. In addition to the committee, other interested representatives were present. These 4 were permitted to enter discussion but not to vote. They included Cesare Beccalli (Italy), Peter Gehrmann (Germany), Konrad Hernelind (Sweden), Jacques Serruys (Belgium) and George Phipps (Great Britain).

U.S. Masters Chairman, Bob Fine, initiated the discussion on "Should we become an affiliate of the IAAF" and a letter from the Federation was read. It recognised the growth of masters athletic endeavours and outlined certain terms for co-operation between the Masters and the IAAF. Fine proposed that the Committee conform to the terms and Gehrmann offered support from a significant group of German veterans. But Helen Pain (USA) felt that "all that had been achieved at Toronto would be lost" and, when the meeting was resumed the following day, produced a typewritten proposal calling for decisions to be made without regard to governments or international bodies.

For practical reasons the Committee felt unable to endorse the proposal. After all, the Swedes had decided it was essential for them to seek sanction from the Swedish A.A.A. for the Gothenburg meeting. Such sanction would not be forthcoming if it did not comply with IAAF rules. Once again it was illustrated that amateur organisations can only go so far in their own sweet way. Ignore all the rules in your own little corner of the globe and you will get away with it without undue difficulty. But try it on a world scale and the problems will engulf you. Fine's motion was carried and the Gothenburg Meet was subsequently given official sanction by the IAAF.

The 1977 WMTFA Championships were discussed in detail, and it was agreed that,

 A full complement of Olympic events be held for men in Five Year classes to age 79.
 All Olympic events be included for women.

2. All orympic events be meraded for women.

It was also agreed that no mandatory entry standards would be set but it was strongly recommended that all intending participants be able to meet the published marks for their event and age class.

How nice, too, to see the Committee giving a lead to the Olympic movement by deciding that all ceremonies would be of a cultural and festive nature and not oriented to Nationalism. There would be no national flags.

Finally, it was resolved that every effort would be made to work with the IAAF, and that a presentation (in English and French) would be made in Gothenburg outlining an internationally acceptable constitution for the WMTFA.

There is no doubt that the WMTFA is moving in the right direction. There is also evidence to suggest that support for the present IGAL leaders is waning. Perhaps by the time Gothenburg arrives all differences will have been resolved, and the World Veterans movement will once again plough ahead into new fields with a unified voice.

Vets in the news

ERIC AUSTIN (GBR) was an impressive winner of the Veterans World Marathon title at Coventry in August. His time of 2:20:51 was nearly five minutes clear of the field in hot conditions. The previous week in the British Vets T&F Champs. he had given Rey Fowler the hardest competition the Stoke man had had for some time when he clocked 31:05.6, 10.6 seconds behind Fowler.

To round off the season, Eric ran in the Unigate Marathon at Harlow on October 23rd, and finished eighth in the Open race with 2:23:10, just four minutes behind the winner, in very windy conditions.

ROY FOWLER (GBR) just cannot be kept out of the news. This great competitor, who always does only what is necessary to ensure victory, scored another double at the British Vets T&F Champs. with 14:54.2/30:55.0. The following week, at Rugby, he was a convincing winner of the Veterans World 10 km road title when he finished ten seconds ahead of Makinen (Finland).

Our fell-running correspondent, BILL SMITH, was himself in the news earlier this year when he completed a round of 63 Lakeland peaks in 23 hrs 55 mins. Apart from substituting Rossett Pike instead of Great Calva, it was the same round of 63 that Joss Naylor did in 1972 when he first set the record.

ROBIN BALL (41) caused a stir when he won the Javelin, discus and pole-vault at the British Vets Championships. But it shouldn't have done, for those who know Robin will recall that he was New Zealand decathlon champion in 1964 (6650 points on the 1962 tables) and N.Z. javelin champion six times in the "sixties". Resident in Britain, he has been back in training for 18 months now and already his javelin, discus, shot and pole-vault performances will put him in the 1976 rankings. In 1977 he is aiming for the f o 11 o w i ng d e c a t h 1 o n p. b's 12.5/5.60/13.00/1.55/56.0/17.0/45.60/3.80/61.00/4.50.

That lot adds up to 6114 points, and it makes his 5500 target quite feasible. He could be in the news for some time to come.

MATT CULLEN (GBR), Honorary Secretary of the Swansea Valley AC, is now 75 years of age. At his club's annual championships in September, Matt threw the 1 kilo discus 34.30 metres (112'-6") to record a new over 75 world best performance.

FRED CUTHBERT (Highgate Harriers), did not stand for re-election, Honorary Secretary, at the A.G.M. of the Southern Veterans A.A.A. held at The Polytechnic, Regents Street, London W.1 on 8th October,



DAVE CHAPMAN, one time British steeplechase international, joined the veteran ranks this year and celebrated his 40th birthday on August 21st by running a British veterans record of 9:34.0 over the barriers.

MANUEL AUGUST ALONSO (SPA) has been in the Vets news before; but now, as a Class 1B athlete, he reappears with another set of impressive times for 1976.

 April 11th
 1500m:
 4:10.6
 (WAB for 45 years)

 May 1st
 5000m:
 15:28.8
 (WAB for 46 years)

 July 23rd
 3000 s/c:
 9:53.8
 (WAB for 46 years)

 August 14th
 3000m:
 8:52.0
 (WAB for 46 years)

NORMA CAMPBELL (GB) was ranked 11th last year in the Womens World Marathon lists, but we got her age wrong. Norma was no less than 47 when she clocked her 3:16:20 at Barnsley. She is now 48, took 15 seconds off her personal best 1500 metres when she recorded 5:28.1 at the British Vets Track & Field Championships in August and now plans to duck under the magical 3 hours for the marathon. Norma only started running when she was 40, and now she finds that her 3:16:20 marathon is a world age-best for a woman.

JACK HEYWOOD (Herne Hill Harriers) is the new Honorary Secretary, and his address is 14, Darling Road, Brockley, London SE4 1YQ.

AREA& NATIONAL ORGANISERS

GREAT BRITAI Southern Vets:	Jack Heywood, 14 Darling Road,	BELGIUM:	(Flanders) Jacques Serruys, Engelendalelaan 25, 8310 Bruges.
Midlands Vets:	Brockley, London SE4 1YQ. Ken Westley, 18 Pinewoods Ave., Wes Hagley, Stourbridge, W. Midlands. Norman Ashcroft, 16 Davids Ave.,	ITALY:	Cesare Beccalli (IMITT), Via Bartolomeo d'Alviano 24, 20146 MILAN.
Scottish Vets:	Lane Ends, Warrington, Lancs. Walter Ross, 10 Thornley Ave., Glasgow, W3.	CANADA:	Don Farquharson, 269, Ridgewood Road, West Hill, Ontario M1C 2X3
N. Ireland Vets: Women Vets:	E. Johnston, 126 Ballygomartin Rd., Belfast 13-3NE. Hazel Rider, 1 Malthouse Lane, Shorne, Nr. Gravesend, Kent.	UNITED STATES:	David H. R. Pain (U.S.M.I.T.T.) 1160 Via Espana, La Jolla, California 92037.
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NEW ZEALAND	: Clem Green, 46 Hargreaves St., Wellington 2.	SOUTH AFRICA:	Dr. Danie Burger, P.O. Box 17735, Hillbrow, Johannesburg 2038.
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POSTAL BOOK SALES

RUNNERS WORLD BOOKLETS

Send to Book Dept., "Veteris", 24 Fryston Avenue, Coulsdon, Surrey CR3 2PT enclosing cheque or postal order payable to "VETERIS". All prices quoted are inclusive of postage and packing.

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The Running Body The physiology of running; how the body in action works and how to make it work more efficiently and effectively. 52 pages. Price:£1.00 Finnish Running Secrets The first full examination of the men and methods that brought the Finns back into world leadership in distance running, featuring Viren and Vasala. 96 pages. Price: £1.65

Exercises for Runners How to increase power with strength work and reduce injuries with stretching. 84 pages. Price £1.30

Age of the Runner Examines running's effects on aging and longevity and how a runner's age affects his performance. 68 pages. Price: £1.15 Running after 40 surveys all aspects of veteran running. Summarises background of leading vets in classes 1 to 4.36 pages. Price: 70p The Female Runner Looks at the special needs and problems of women runners, from sprinters to marathoners. 36 pages. Price: 85p Run Gently Run Long Joe Henderson's sequel to the popular 'LSD' book published 5 years earlier. Tells

how to enjoy a long and productive running career with minimum of pain. 100 pages. Price: £1.65 Race Walking The sport is surveyed, with advice on training and mastering the walking action, 52 pages. Price: £1.00

Tale of the Ancient Marathoner The amazing Jack Foster tells his own life story, littered with advice for runners of every age. 52 pages, Price: £1.00

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Guide to Distance Running Nearly 100 articles divided into 5 chapters: Basics, Races and Racing, Coaching and Training, The Reasons Why, The People. 208 pages; nearly 100 photos. Price: £3.85 Yoga and the Athlete by Ian Jackson shows, in depth, what yoga has to offer to athlete; how it can break down barriers which seemed immoveable. A deep thinking book of great value to the thinking veteran. 96 pages. Price: £1.65

The African Running Revolution edited by Dave Prokop. The complete story of modern African athletics from Bikila to Bayi. Price £1.65

First Steps to Fitness is aimed at the beginner or the athlete returning to fitness, but still of value to the veteran. Over 50 topics discussed from the endurance fitness point of view. 64 pages. Price: £1.05

Eric Austinwins World Veterans Marathon Coventry/Rugby, 14/15th August, 1976.

The favourites came out on top at Rugby & Coventry during the hot weekend of August 14th/15th; especially in the marathon where none of the division winners caused a surprise.

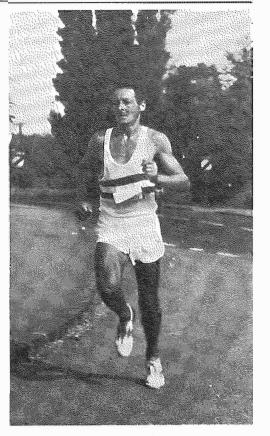
The 1976 marathon champion is Eric Austin who took the lead at about 10 miles and relentlessy forged into an invincible lead which, by the finish, had stretched to almost five minutes. In some respects Eric was luckier than most, for his speedy running enabled him to miss the real brunt of the heat, which those outside 3 hours could not avoid.

The temperature was pleasantly warm when the 500 strong field sped through Coventry City Centre at 9 a.m. on Sunday, 15th August. For two miles, a sizeable group led the race, at which point Phil Hampton of Cambridge Harriers, made a break. Having done nothing of note for some years, this former holder of the World's 50 miles track record looked remarkably determined. Such was his effort that only Eric Austin was able to go with him, and the pair gradually eased away from the following group which soon thinned out as a result.

At about ten miles, the runners reached a long steady climb and it was here that Austin pulled away. It says much for Hampton's courage that he was able to stay clear of the chasing group for the final 16 miles, and indeed he actually increased his lead over them. Meanwhile, Austin moved away with every stride and received tremendous applause from a well spectatored route.

Interest soon dwelt on the chasing runners. At 10 miles, with Austin and Hampton nearly two minutes clear, John Steed was running the race of his life, leading an illustrious group of Alistair Wood (the holder), Nikula (Finland), Piet Van Alphen (Holland) and the two strong Germans Roggenbach and Wetzel. Back in 13th place an unhappy looking Terry Rooke was fighting to keep clear of another formidable group - Bill Allen (Canada), Willie Dunne (Ireland), Willie Vergison (Belgium), Ron Franklin and P. Raidey. Soon they were coming thick and fast, a multi-coloured parade of toiling flesh. Concentration was intense amongst most of the forward runners, but as the competitive types moved on, a gradual slackening of tension became apparent. There were more smiling faces and more conversation until at the rear an almost social atmosphere prevailed. A Japanese and a German in their sixties shuffled along together at the rear, quietly determined to finish the course without too much stress. They were not wanting for applause.

Meanwhile, Austin & Hampton, barring accidents, were pretty safe for the gold and silver. At 17 miles their form was as good as ever. But two minutes behind Hampton, a battle royal was in progress.



ERIC AUSTIN

Wood, Steed and Van Alphen were in line abreast with Wetzel and Eadie tucked in behind. Wetzel had been dogging Alistair's footsteps since the start and one wondered whether the German had realised that the Scot was not in fact leading the race.

A couple of hundred meters back, the tall lanky Jansen of Holland loped alongside the tough little Belgian with the white skull cap, Willie Vergison; while a relaxed Nikula and a worried looking Dunne kept them company. A short distance behind, Arthur Walsham, the former holder of this title back in 1970 and 1972, was striving hard to get up to the Van Alphen group, where the Dutchman was leading the 1B division – or was it to shake off his perennial rival, Erik Ostbye? The remarkable Swede was there

6

WORLD VETERANS MARATHON

again at the age of 56, haunting Arthur's footsteps a mere 100 metres in arrears. And clinging to that vellow vest for all they were worth were Franklin Raidev and Allen (Canada).

As the runners approached the Craven Arms for the last time, Wood & Wetzel broke clear of Steed & Van Alphen, while Nikula made a strong run for home, leaving Jansen & Vergison in his wake. Poor Willie Dunne, short of training through injury, faded right away. Walsham got Van Alphen in his sights on the last three miles stretch, but it was too late.

Alistair Wood, also short of training through a chronic ankle injury, had to succumb to Wetzel's final flourish and could hardly have enjoyed his journey south

John Steed's run was particularly noteworthy few would have backed him for the first ten in this field.

Van Alphen confirmed his 1B superiority by beating Walsham and Vergison, leaving Ron Franklin medal-less for once.

The Division 2 titles went to two exceptional Swedes - 2A to K. Hernefind, who accomplished the outstanding feat of adding the marathon title to his 10 km win of the previous day! And 2B to Erik Ostbye (56), who not only clocked 2:34:22 for 15th

in the open race, but beat his nearest 2B challenger by 20 minutes!

Gordon Porteous (3A) was another fine winner in 3:01:45, but was run rather closer than expected by France's Michon.

The women received a tremendous reception. The Dutch runner Konings-Rijper looked suite fresh as she acknowledged her winning accolade, and the cheers had hardly died down before Pat Day, who turned to running only two years' ago, crossed the line for second place in a meritorious 3:05:21.

It was a race over which there was much to enthuse. According to one's interests, there were ten races to choose from, not counting the many personal tussles which took place. There was also a very special spirit abroad - a spirit which is known so well to the regulars at these gatherings, and which is attracting more and more enthusiasts. Taking part is the important thing to most of these veterans - the race as a personal test, and the after-race social activities (a personal test too for some!) as an opportunity to socialise with veterans from other lands.

Everyone turned out to be a winner - but the most satisfied winner of them all must surely have been Eric Austin.

	•	•		
1	E. Austin (ENG) 1A	2:20:50.8		2:52:58
	P. Hamoton (ENG) 1A	2:25:36.8	43. K. Hokkanen (NOR) 1B 2:41:31 84. B. Boyce (ENG) 1A	2:53:22
	W. Wetzel (GER) 1A	2:27:56	44. O. Rehnman (SWE) 1B 2:43:05 85. J. Reid (CAN) 1B	2:53:31
	A. Wood (SCO) 1A	2:28:33		2:53:38
	J. Steed (ENG) 1A	2:29:33		2:53:49
	P. Van Alphen (HOL) B	2:30:28		2:53:50
	S. Nikula (FIN) 1A	2:30:31	48. G. Hallbere (SWE) 1B 2:44:12 89. B. Heatley (ENG) 1A	2:53:57
	A. Walsham (ENG) 1B	2:31:46	49. E. Butcher (ENG) 1A 2:44:35 90. J. Caddy (ENG) 2A	2:54:00
	R. Jansen (HOL) 1A	2:32:08		2:54:17
	W. Vergison (BEL) 1B	2:32:52		2:54:19
	R. Sattler (CZE) 1A	2:32:58		2:54:27
	P. Raidey (ENG) 1A	2:33:20	53, L. Buck (CAN) 1A 2:46:02 94, T. Rooke (ENG) 1A	2:54:35
	R. Franklin (ENG) 1B	2:33:46	54. K. Fiddler (ENG) 1A 2:46:05 95. B. Nilsson (SWE) 2A	2:55:08
	R. Brandon (ENG) 1A	2:34:07	55. J. Geoghegan (ENG) 1A 2:46:31 96. A. Fern (ENG) 1A	2:55:17
	E. Ostbye (SWE) 2B	2:34:22	56. D. Lee (ENG) 2A 2:46:37 97. H. Baudisch (GER) 2A	2:55:24
	W. Allen (CAN) 1A	2:34:50	57. J. Foster (SCO) 1 A 2:46:52 98. J. Fitzgerald (ENG) 2A	2:55:42
	G. Manthey (GER) 1A	2:34:56	58. P. Haley (USA) 1A 2:47:20 99. H. Saunders (ENG) 1A	2:56:24
	P. Urponen (FIN) 1A	2:35:02	59. J. Nechuatal (CZE) 1A 2:47:24 100. J. Douglas (EIRE) 1B	2:56:36
	L. Cook (ENG) 1A	2:35:18	60. A. Staelens (BEL) 1A 2:47:43 101. A. Beasley (ENG) 1A	2:57:08
	M. Utrianen (FIN) 1A	2:36:37	61. J. Sartin (FRA) 1A 2:48:12 102. D. Franke (GER) 1A	2:57:17
	B. Holmroos (FIN) 1A	2:36:46	62. A. Arnaut (ROU) 1A 2:48:19 103. B. Popliment (FRA) 2B	2:57:24
22.	R. Kernighan (ENG) 1B	2:36:47	63. I. McKenzie (ENG) 1A 2:48:19 104. G. Anderson (SWE) 2B	2:57:32
23.	J. Sawyer (ENG) 1A	2:37:10	64. T, Wood (WALES) 2A 2:48:27 105. T. Banks (CAN) 1A	2:57:40
24.	K. Morse (ENG) 1A	2:37:34	65. R. Day (ENG) 1A 2:48:39 106. J. Donnet (FRA) 1B	2:58:14
25.	W. Dunne (EIRE) 1A	2:37:49	66. P. Ashton (ENG) 1B 2:48:55 107. K. Karlsson (FIN) 2B	2:58:16
26.	P. Kohn (GER) 1A	2:38:16	67. K. Ekstron (SWE) 2A 2:49:08 108. S. Richardson (USA) 2B	2:58:48
27.	L. Vink (HOL) 1A	2:38:21	68. E. Tanninen (FIN) 1A 2:49:16 109. R. John (GER) 1B	2:58:48
28.	L Ullesperger (CZE) 1A	2:38:43	69. M. Weston (ENG) 1A 2:49:18 110. R. Fernyhough (ENG) 2A	2:58:53
29.	R. Bowman (CAN) 1B	2:38:44	70. R. Chreticn (FRA) 1A 2:49:32 111. B. Jones (ENG) 1A	2:59:30
30.	J. Bentley (ENG) 1B	2:38:47	71, J. Maclean (SCO) 1B 2:49:39 112. H. Ekstrom (SWE) 2B	2:59:36
31.	R. Goodyear (ENG) 1A	2:38:52	72. F. Byrne (ENG) 1B 2:49:40 113. E. Campbell (SCO) 1A	2:59:47
32.	J. Wedeking (GER) 1A	2:38:54	73. H. Anthoni (F1N) 1B 2:49:44 114. H. Larsson (SWE) 2B	2:59:50
33.	V. Berggren(SWE) IA	2:38:59	74. B. Mills (ENG) 1A 2:49:49 115. H. Richards (ENG) 1A	2:59:52
34.	H. Wetzel (GER) 1A	2:39:36	75, F. Feiaud (FRA) 2A 2:50:24 116, A. Hefford (ENG) 1B	3:00:30
35.	V. Forey (ENG) 1A	2:39:46	76. E. Damuynck (BEL) 1A 2:50:28 117. J. Humpasson (SWE) 1B	3:00:44
36.	G. Eadie (SCO) 1A	2:39:58	77. C. Moller (SWE) 1B 2:50:34 118. E. Murtagh (EIRE) 1A	3:01:00
37.	A. Muller (GER) 1A	2:40:22	78. H. Downer (ENG) 1B 2:51:21 119. J. Lee (ENG) 1A	3:01:15
	E. Nolan (ENG) 1 A	2:40:38	79. T. Deighton (ENG) 1A 2:51:30 120. G. Poulim (BEL) 1B	3:01:35
	R. Monseur (BEL) 1B	2:40:43	80. J. Manen (FRA) 1B 2:51:34 121. G. Porteous (SCO) 3A	3:01:45
	D. Davies (ENG) 1A	2:40:46	81. R. Blois (ENG) 1B 2:51:54 122. G. Phipps (ENG) 2A	3:01:55
41.	K. Hernelind (SWE) 2A	2:41:02	82. E. Madsen (NOR) 2A 2:52:50 123. H. Henningson (SWE)2A	3:02:14

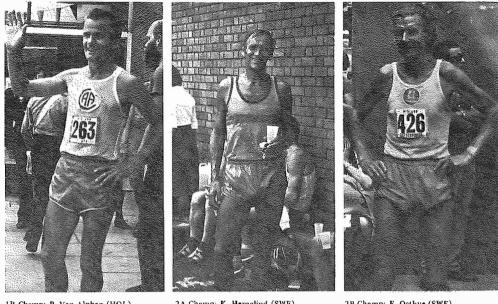
124. T. Reinikka (FIN) 1A 3:02:31 202. F. Monteilhet (FRA) 1A 3:17:49 280 3:37:04 125 I. Black (SCO) 1B 3.03.08 203 T Jenson (SWE) 3B 281. W. Grube (GER) 2B 3.17.55 3:38:50 126. H. Wise (ENG) 1B 204. P. Scheringa V Acker WO 3:18:08 3:03.13 282. S. Lee (ENG) 3A 3:39:17 127. W. Freedman (USA) 1B 3:03:15 205. P. Burns (ENG) 1B 3:18:13 283. E. Callheim (SWE) 2 A 3.39.21 128. H. Michon (FRA) 3A 206. C. Whiteside (ENG) 1B 3:18:34 3.03.20 284. M. Robertson (ENG) 1B 3:39:43 129. T. Banks (CAN) 1A 207. R. Manguin (FRA) 2A 3:18:45 285. D. Gricg (SCO) WO 3.03.29 3:39:44 130. M. Campbell(ENG) 1A 3:03:29 208, W. Hazle (ENG) 2A 3.19.22 286. H. Herszkowicz(HOL)1B 3:39:50 131. P. Touzeau (FRA) 2A 3:03:47 209. R. Lesur (FRA) 1A 3:19:25 287, M. Crossfield (ENG) 1A 3:40.09 132. W. Rigby (ENG) 1A 3:03:51 210. A. Hardman (ENG) 1B 3:19:39 288. E. Horwill (ENG) 1A 3.40.55 133. T. Samuels (ENG) 1A 211. D. Talbot (ENG) 1B 3.03:54 3:19:46 289. J. Bogaerts (BEL) 1B 3.41.01 134. S. Yamagaki (JAP) 1A 3:03:56 212. N. Bengtsson (SWE) 2A 3:19:52 290. K. Mohs (GER) 1A 3:41:10 291. E. Alomaine (BEL) 2A 135. C. Cornil (FRA) 1A 3:04:22 213. J. Haden (ENG) 2A 3.41.15 3.20.34 136. H. Vagt (GER) 1A 3:04:37 214. L. Tunders (HOL) JA 3:20:42 292. J. Brennen (ENG) 2B 3:41:32 137. B. Tarlaker (SWE) IA 3:04:43 215. R. Devers (ENG) 1B 3:21:04 293. J. Fox (ENG) 2A 3:41:39 3:04:44 216. A. Wakefield (ENG) 1A 294. C. de Jager (HOL) 2B 138. C. K-Rijper (HOL) WO 3:21:12 3:41:54 139, P. Day (ENG) WO 217. E. Crowley (ENG) 1B 295. H. Seidel (GER) 2B 3:43:20 3:05:21 3:21:17 296. B. Moxen (ENG) 1A 140 D. Rikley (ENG) IB 3:05:25 218. D. Blyth (ENG) 2B 3:21:28 3:42:31 141. L. Byron (ENG) 1A 3:05:44 219. J. Kelly (SCO) 2A 3:21:29 297. R. Bott (ENG) 2B 3:42:49 142. A. Borrows (ENG) 1A 3.05.44 220. T. Beattie (ENG) 2B 298. A. Sturn (FRA) 2A 3.42:53 3.21.30 143. R. Hindley (ENG) 2A 299. A. Chistelinck (BEL) IB 3:42:58 3.05:47 221. N. Campbell (ENG) W1 3:21:33 144. I. Jacobs (USA) 1A 3:05:57 222. R. 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		K. Wardaeus (SWE) 3A	4:04:15		G. Mitsuhashi (JAP) 3B	4:35:00	427.	H. Morita (JAP) 3A	6:08:41
	360.	J. Jamieson (NZ) 3B	4:05:18		G. Broeders (HOL) 1A	4:35:01			
	361.	R. Phillips (ENG) 2A	4:05:20	395.	J. Van der Ryden 2A	4:35:01	Team	Result	
	362.	D. Purdon (ENG) 2B	4:05:41	396.	J. Innocent (ENG) 1B	4:35:19	1.	ENGLAND	7:16:06
	363.	S. De Bauve (FRA) 1B	4:06:26	397.	A. McManus (SCO) 1A	4:37:55		E. Austin, P. Hampton,	
	364.	F. Hassia (SW1) 3B	4:07:33	398.	J. Luther (GER) 3A	4:37:59		S. J. Steed.	
	365.	G. Vang (NOR) 4A	4:07:53	399.	C. Buisson (FRA) 1A	4:38:49	2.	HOLLAND	7:40:57
	366.	J. Endrizzi (FRA) 2B	4:08:53	400.	R. Oldham (ENG) 2B	4:39:57		P. Van Alphen, R. Jansen,	
	367.	R. Engelrest (BEL) 1B	4:08:56	401.	J. Davies (ENG) 1B	4:42:49		L. Vink.	
	368.	A. Schlott (GER) 3A	4:09:53	402.	N. Yamashita (JAP) 3A	4:43:14	3.	GERMANY	7:41:08
	369.	J. McCormack (ENG) 2A	4:11:40	403.	D. Nutt (ENG) 2B	4:43:45		W. Wetzel, G. Nanthey,	
	370.	J. Legge (ENG) 1B	4:12:55	404.	J. Van Santen (HOL) 1B	4:44:17		P. Kohn.	
		M. Bars (FRA) 2B	4:14:00	405.	R. Nilsson (SWE) 2B	4:46:34	4.	FINLAND	7:42:10
	372.	T. Tanaka (JAP) 2A	4:14:27	406.	M. Arnkilde (SWE) 3B	4:47:09		S. Nikula, P. Urponen,	
		E. Laiho (FIN) 3B	4:15:57	407.	E. Peacock (ENG) 3B	4:47:14		M. Utrianen.	
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		P. de Jong (HOL) 1B	4:17:09		P. Crog (FRA) 1A	4:49:39	•.	E. Ostbye, V. Bergeren,	
		F. Stewart (ENG) 1B	4:18:54	410.	S. Nakayama (JAP) 4B	4:49:49		K. Hernelind.	
		A. Pohlan (GER) 2B	4:19:50	411.	J. Baker (ENG) 2A	4:55:53	6.	SCOTLAND	7:55:23
	378.	D. Kerlogue (USA) 3A	4:19:57	412.	T. Hughes (ENG) 1A	5:10:14	0.	A. Wood, G. Eadie,	
		L. Laiho (FIN) 3B	4:20:38		M. Nakamura (JAP) 2A	5:12:39		J. Foster.	
		T. Elsinghorst (HOL) IA		414.	A. Pieters (BEL) 2B	5:13:23			
		J. Shave (ENG) 1B	4:22:01		K. Kato (JAP)	5:14:14			
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		C. Schneiter (SWI) 3B	4:26:28		L. Ettlinger (SWI) 3A	5:37:10			8:11:44
1.4		B. Grogan (ENG) 1B	4:26:46			5:41:28	4.	ETSV Gut Heil	
		J. McKeon (ENG) IB	4:30:24			5:47:40			8:12:09
		J. Kindl (CZE) 3A	4:30:47		T. Nakagawa (JAP) WI	5:53:41	5.		8:12:29
		R. Ilabermann (GER) 1A			C. Ogawa (JAP) 3A		6.		8:12:35
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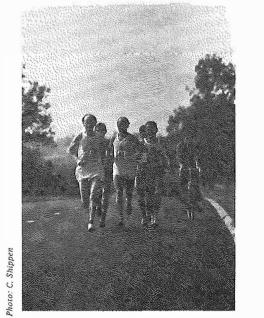
1B Champ: P. Van-Alphen (HOL)

2A Champ: K. Hernelind (SWE)

2B Champ: E. Ostbye (SWE)



3A Champ: G. Porteous (SCO)



The fight for 3rd place. Wood, Steed and Van Alphen lead Wetzel and Eadie at 17 miles.

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The Chasing group. Jansen, Vergison, Nikula and Dunne in 8th place at 17 miles.

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what they said

best".

properly fit".

PHIL HAMPTON

"I just wasn't fit enough to keep with Eric, but I

had a good run considering. I've been out of

running for a couple of years, and haven't long

started training again, so I was just hoping for the

"I don't think I'll be running the 25 km

championship next year. I'll stick to marathons for

a time as I reckon that I could do 2:20 when I get

ERIC AUSTIN

"Before the race, I thought I had seen Phil Hampton in the dressing-room, but I thought 'It can't be', and forgot about it. I'd had quite a few battles with him four or five years ago, but he has been away from the scene since. I think he went overseas with the Navy. I had intended staying with the leading group for up to ten miles, but when Hampton made a break at about two miles, I knew for sure it was him and I just had to go with bim - you can't mess about with Phil".

"I think that I was stronger than him on the hills, though I wasn't purposely pushing it - you can't afford to push it too carly in a marathon. Anyway, I managed to get clear on the long climb at about ten miles".

"I was getting pretty tired at the end and it wasn't entirely due to the heat. I think it was a fairly hilly course. You are told every time it's a flat course, and when you go round it in a car it is a flat course. But when you run up a slope at 24 miles in the race, it's a hill -- whatever you called it in the car!"

"I didn't train up especially for this race. I keep fit all year round".

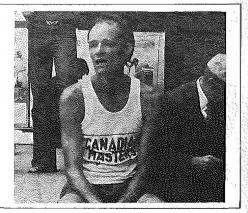


BILL ALLEN

"It was a tough race for me. I haven't run a marathon for two years, so I came in a little light on mileage and had to really gut it out".

"I ran mostly with Willie Dunne & Ron Franklin. We went through 10 km in 34:04, and the halfway mark in 1:13:35, so we weren't wasting any time. Ron got away in the latter stages and I just had to hang on. But I was very pleased with my run. It was a fast start, and a gutty finish and tremendously competitive the whole way. I tried to relax and hold my form, but it was tough, and also hot and sticky at the end."

"I've run a few 10,000 metres this last couple of years, but nothing like this. I'm a recreation runner at heart and run about eight miles a day. I try to keep it fun".

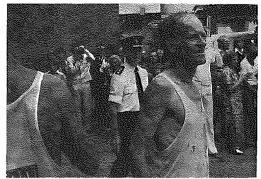


after the marathon

ALISTAIR WOOD

"I never really got going at all, and was never really in the race. I have no desire to make excuses but this tendon injury of minc has meant that I've not been out for more than ten miles at a time. The site of the trouble is at the attachment to the heel bone, and if this specialist Williams considers it can be operated on, then I will have it done. But the other thing is that I've run so many marathons (that's about my 52nd) that I've so many mental blocks I really can't help myself any more. I don't think I could tackle another one seriously".

"I believe that I could still do about 49 minutes for ten miles, and I'll make that about the limit. Races between 10 km and 10 miles yes, but I've no real wish to do this any more. But then with people like Fowler to contend with, the pressure can be just as great. Perhaps I'll give it a rest for a year".



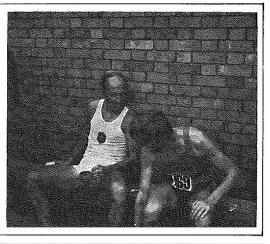
"I'm not a good loser. Fourth or fifth doesn't really interest me - and in that frame of mind I was bloody glad to see the end!"

JOHN STEED

"I blew up. That's what I did – blew up! My friend Macey came third yesterday in the 10 kilos at Rugby, so I had to run right up to form to match his performance. But I went too fast at the start and although I held 3rd for 20 kilos, I was caught by a pack and then dropped my place at 30-35 kilos".

It was only when I realised that Wood, ahead of me, was Scottish, that it dawned on me that I was 3rd Englishman and could clinch the team race. So I really hung on. Both my toes went at about 2 miles out, and I daren't take my shoes off to look at them - it felt as though they had exploded!"

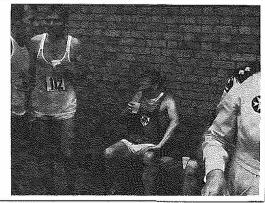
"Yes, I was pleased with my run. It was the fastest I've run for several years, though I've only ever run three marathons. I'm a bike rider actually, and when all the cyclists around the course recognised me, I got lots of extra support, which was a great help".



WILLIE DUNNE

"The distance got me in the end. I really haven't been able to do the work. I have a groin injury but the doctor can't diagnose the problem. After a while my leg just goes dead on me".

"I was up in 8th place at about 17 miles, and my time at halfway was fairly good, but in the last 3 or 4 miles I went back to 25th. It was very much warmer at the end and in the last part of the race the heat seemed to get me".



Photos by A. Ruckall & C. Shippen



13

Fowler triumphs in 10km at Rugby

Eighteen nations were represented by over 300 runners in the World Veterans 10km Road Race at Rugby on August 14th, the largest contingent coming from the UK (116) followed by Japan (91), Sweden (34), France (33) and Holland (23).

Roy Fowler had a tough battle during the first 6km of the one-lap course of undulating country

WORLD VETERAN PREMIER 10km ROAD RACE 14th AUGUST 1976 at RUGBY

14 [A	AUGUST 1976 at RUGB	Ŷ					
40-4	4 Years						
1.	R. Fowler (GBR)	30;16	56.	E. Karlsson (SWE)	43:07	43.	P. V. Ommeren (HOL)
2.	E. M. Makininen (FIN)	30:26	57.	Y. Domon (JAP)	43:17	44.	B. Pettersson (SWE)
3.	R. Macey (GBR)	30:33	58.	T. Hughes (GBR)	44:29	45.	A. N. Betteridge (GBR)
4,	E. Williams (GBR)	30:42	59.	G. Georges (FRA)	46:17	46.	K. M. Turner (GBR)
5.	G. A. North (GBR)	31:01	60.	F. D. Pleydell (GBR)	47:16	47.	C. Den Hamer (HOL)
б.	L. Vink (HOL)	31:22	61.	G. Broeders (HOL)	48:00	48.	S. Kobayashi (JAP)
	J. Mills (GBR)	31:29	62.	A. Goulier (FRA)	49:45	49.	B. Norberg (SWE)
8.	M. E. Morrell (GBR)	31:44	63.	I. Sato (JAP)	50:17	50.	G. Mathe (FRA)
9.	A. Giblin (CAN)	31:44	64.	R. Evans (GBR)	51:48	51.	A. Visscher (HOL)
10.	B. E. Webster (GBR)	33:26	65.	M. Veila (JAP)	\$1:55	52.	J. C. Moore (GBR)
11.	B. Harbottle (GBR)	33:35	66.	F. Ehrbar (SWI)	53:29	53.	B. Bengtsson (SWE)
12.	F. Lucop (GBR)	33:40					21 241g10001 (01 #)
13.	T. L. Everitt (GBR)	33:58	45-4	9 Years		50-5	4 Years
14.	T. R. Billington (GBR)	34:03	1.	J. Goritz (GER)	32:02	1.	K. Hernelind (SWE)
15.	R. L. Froggart (GBR)	34:09	2.	R. F. Wambst (FRA)	32:39	2.	J. Kystad (NOR)
16.	J. O'Callaghan (GBR)	34:17	3.	C. J. Simpson (GBR)	32:46	3.	G. H. Meech (GBR)
17.	B. G. Taylor (GBR)	34:35	4.	D. G. Dellar (GBR)	32:53	4.	A. Hall (GBR)
18.	M. J. Rudden (JRL)	34:45	5.	B. Jarnhester (SWE)	33:04	5.	L. M. Brown (GBR)
19.	P. Schoonen (HOL)	34:57	6.	S. Smith (GBR)	33:12	6.	W. W. Sheppard (AUS)
20.	M. Grace (GBR)	35:11	7.	C. E. Haslam (GBR)	33:25	7.	H. Bogemyr (SWE)
21.	P. Manfred (GER)	35:17	8.	V. D. Rhodes (GBR)	33:47	8.	A. Jonsson (SWE)
22.	R. A. Huins (GBR)	35:20	9.	V. Puustinen (FRA)	34:25	9.	J. Brownlie (GBR)
22.	H. S. Thornton (GBR)	35:20	10.	H. Hendriks (HOL)	34:33	10.	J. de Jong (HOL)
24.	J. Van Oorshot (HOL)	35:40	11.	A. T. Layton (GBR)	34:40	11.	A, Krejci (CZE)
24.	M. J. Ebbage (GBR)	35:57	12.	T. Tachikawa (JAP)	34:42	12.	E. McAvoy (GBR)
26.	R. Turton (GBR)	35:58	13.	D. Ball (GBR)	34:54	13.	T. Miyazaki (JAP)
20.	F. Jansen (HOL)	36:02	14.	K. Jones (GBR)	35:00	14.	B. Lindqvist (SWE)
28.	P. R. Maffia (GBR)	36:02	15.	T. Semperes (FRA)	35:03	15.	D. G. Farguarson (CAN)
20.	F. Ramael (BEL)	36:20	16.	B. Olsson (SWE)	35:23	16.	G. E. Baehr (FRA)
30,	Y, Shimizu (JAP)	36:20	17.	G. Eden (GBR)	35:24	17.	B. Martensson (SWE)
31.	T. Eggenhuizen (HOL)	36:32	18.	W. Muller (GER)	35:43	18.	A. E. Bowden (GBR)
32.	J. Telford (GBR)	36:32	19:	G. Bradshaw (GBR)	36:08	19.	A. Verbaan (HOL)
33.	A. K. French (GBR)	36:50	20.	R. G. Fine (USA)	36:17	20.	A. Stokhof (HOL)
34.	E, Beck (GBR)	36:52	21.	S. A. Coffey (GBR)	36:37	21.	Z. Shoji (JAP)
35.	H. Tokai (JAP)	36:57	22.	G. Asselin (FRA)	36:42	22.	
36.	M. C. Payne (GBR)	37:03	23.	N. Thompson (GBR)	36:49	23.	M. H. Walsh (GBR)
37.	H. J. Rother (GER)	37:20	24.	M. Damis(FRA)	37:17	24.	R. Edberg (SWE)
38.	G. Olbrich (GER)	37:29	25.	T. Hodges (USA)	38:10	25.	S. Nambu (JAP)
38. 39.	J. Betney (GBR)	37:45	26.	P. Balderacchi (FRA)	38:19	26.	J. Reyden (HOL)
40.	P. W. Jones (GBR)	37:53	27.	J. Van Santen (HOL)	38:22	27.	D. W. Braybrook (GBR)
41.	A. J. McManus (GBR)	38:14	28.	R. W. Hayward (GBR)	38:27	28.	S. Nakajima (JAP)
42.	R. H. Gibson (GBR)	38:26	29.	R. Brown (GBR)	38:30	29.	B. Karlsson (SWE)
43.	M. J. Bentley (GBR)	38:39	30.	J. I. Hannington (GBR)	38:33	30.	J. Jansen (HOL)
44.	A. Thielemans (BEL)	38:50	31.	L. Engelberts (HOL)	38:38	31.	J. Wolff (FRA)
44.	O. P. Jones (GBR)	38:54	32.	A. Verly (BEL)	38:58	32.	H. Hara (JAP)
46.	B. Anderson (SWE)	39:08	33.	T. Fletcher (GBR)	39:28	33.	D. G. Lord (GBR)
40.	B. B. Shave (GBR)	39:12	34.	K. C. Westley (GBR)	40:07	34.	M. Ebihara (JAP)
48.	B. W. Hart (GBR)	39:12	35.	R. C. A. Malone (GBR)	40:21	1 24.	M. Domara (JAT)
49.	Y. Frocourt (FRA)	39:49	36.	G. W. A. Hemming (GBR)	40:23	55.5	9 Years
49. 50.	G. L. Baldwin (GBR)	39:57	37.	R. Jolly (FRA)	40:54	1.	J. G. de Morger (BEL)
51.		40:42	38.	P. Lynch (GBR)	41:30	2.	G. E. Scutts (GBR)
51.	D. R. Taylor (GBR)	40:42	39.	M. Delacourt (FRA)	41:42	3.	N. Ashcroft (GBR)
52. 53.	R. Verhaeghe (BEL)	41:52	40.	F, Schneider (SWI)	41:50	4.	F. Wikstrom (SWE)
	J. Perrault (FRA)		41.	C. W. M. McDowell (GBR)		5.	H. Smith (GBR)
54.	E. K. Densham (GBR)	42:17	42.	E. Macdermid (GBR)	42:17	6.	L. Fougerouse (FRA)
55.	A. Huisman (HOL)	42:23		2		1 0.	A. I. Sugerouse (I IA)

roads, but he justified his "favourite" status by
pulling away for a comfortable victory over Makinen
of Finland, Macey and Williams ran fine races just
behind the leading pair.
Estable Variation and the state of the second light over the

Erich Kruzycki produced another excellent run to win the 3B division in a time which would have placed him 4th in class 2A!

> 43:04 43:25

44:32 45:18

45:30

46:07

47:08 49:23 51:57 52:01 52:50

33:33 33:41 36:25 37:06 37:35

38:21 38:30 38:55 38:59 39:16 39:19 40:19 40:38 40:49

41:18

41:30

42:32 42:48 45:20 45:33 46:04

46:50 47:32 48:39

49:24 50:16

51:07 51:33

53:19 53:39

53:46 55:22

60:09

36:26

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37:29 37:38

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37:59

7.	G. Beck (SWI)	38:35	16.	F. Cavvin (FRA)	45:39		4 Years	
8.	A. Ridder (GER)	39:02	17.	F. Schappi (SWI)	46:52	1.	L. Clarbonneau (FRA)	42:58
9.	W. H. Watts (GBR)	39:15	18.	S. Takeda (JAP)	48:32	2.	K. Shima (JAP)	45:26
10.	Yong Hee Whang (KOR)	40:13	19.	H. Nishiyama (JAP)	49:29	3.	T. Yoshikawa (JAP)	45:50
11.	J. Railton (GBR)	40:36	20.	L. M. Aellen (SWI)	49:48	4.	O. Essig (USA)	46:24
12.	R. Huet (FRA)	40:41	21.	N. Nezu (JAP)	51:22	5.	B. Doughty (GBR)	46:53
13.	P. Bonnemain (FRA)	40:47	22.	J. Kodame (JAP)	51:47	6.	M. Raschke (GER)	46:59
14.	Sik Hacng Lee (KOR)	40:56	23.	G. Miller (GBR)	52:03	7.	S. Matsuda (JAP)	49:20
15.	G. W. Storey (GBR)	41:45	24.	K. Schuler (SWI)	52:16	8.	C. Bendig (GBR)	50:04
16.	K. Brauchei (SWI)	42:17	25.	Y. Nishizawa (JAP)	52:42	9.	R. F. White (GBR)	50:15
17.	Kwang Whan Cho (KOR)	42:43	26.	M. Yajima JAP)	53:37	10.	T. Nakamura (JAP)	52:44
18.	K. Ishibashi (JAP)	42:52	27.	T. Otake (JAP)	56:15	11.	S. Yeshida (JAP)	52:54
19.	E. Yuoka (JAP)	43:40	28.	S. Mizune (JAP)	56:32	12.	H. Nonaka (JAP)	53:24
20.	T. Bergstrom (SWE)	43:59	29.	Hae Tae Lee (KOR)	60:37	13.	K. Ishikawa (JAP)	55:52
21.	B. Lams (BEL)	44:00	30.	S. Konishi (JAP)	61:05	14.	K. Nakamura (JAP)	57:06
22.	R. Vermaut (BEL)	44:01	31.	S. Noguchi (JAP)	61:15	15.	O. Imamura (JAP)	57:34
23.	P. Minchin (GBR)	44:03	32.	S. Nakao (JAP)	89:18	16.	R. Wiseman (GBR)	58:12
24.	R. Lantz (SWE)	44:58				17.	S. Koda (JAP)	82:20
25.	F. Wright (GBR)	45:00	65-6	9 Years		18.	S. Hamanaka (JAP)	91:40
26.	J. Van Ginkel (HOL)	45:04	1.	E. Kruzychi (GER)	37:02			
27.	M. Inamoto (JAP)	45:06	2.	T. Jenson (SWE)	38:06		9 Years	
28.	M, Bars (FRA)	45: 13	3.	S. Smith (GBR)	43:41	1.	F. Kitaura (JAP)	51:18
29.	C. Carlsson (SWE)	45:26	4.	E. W. Harrison (GBR)	43:45	2.	S. Sato (JAP)	57:31
30.	L. Larroque (FRA)	45:29	5.	K. Kuribayashi (JAP)	43:52	3.	F. Cahill (IRL)	58:15
31.	K . Katasho (JAP)	46:57	6.	W. T. Ross (GBR)	44:55	4.	T. Aso (JAP)	85:39
32.	A. Debeurme (BEL)	47:43	7.	M. Aoki (JAP)	45:16			
33.	R. Matsuzaka (JAP)	47:45	8.	L. Zechser (FRA)	45:27		80 Years	
34.	M. Fujita (JAP)	47:45	9.	K. Fujiwara (JAP)	46:56	1.	F. Schreiber (SWI)	57:06
35.	I. Kageyma (JAP)	47:51	10.	J. Aoyama (JAP)	47:42	2.	T. Hara (JAP)	73:19
36.	B. Kaneko (JAP)	48:48	11.	T. Sumi (JAP)	47:48	3.	E. D. Sullivan (GBR)	98:56
37.	M. Otake (JAP)	49:42	12.	M. Sugimoto (JAP)	48:02			
38.	M. Takashima (JAP)	50:20	13.	K. Kozuka (JAP)	48:21		ien 35-44 Years	
39.	J. M. Young (CAN)	51:51	14.	T. Umemoto (JAP)	48:43	1.	P. R. Meldrum (GBR)	38:47
40.	B. Blomkvist (SWE)	52:24	15.	S. Sueki (JAP)	49:32	2.	H. M. Rider (GBR)	41:49
41.	A.E. Parsons (GBR)	53:02	16.	A. Dupuy (FRA)	50:00	3.	E. Joustra (HOL)	43:08
42.	Z. Heshiki (JAP)	57:45	17.	S. Sekiguchi (JAP)	52:12	4.	J. G. de Graas (HOL)	45:33
			18.	M. Tanabe (JAP)	52:21	5.	A. Sattler (SWE)	48:22
			19.	Y. Kumagi (JAP)	52:27	6.	B. Kockkock (HOL)	48:24
	4 Years		20.	S. Kajikawa (JAP)	52:40	7.	M. Dupont (BEL)	54:12
1.	T. Tochinai (JAP)	38:44	21.	T. Tanizaki (JAP)	52:57	8,	T. Narumiya (JAP)	65:44
2.	H. Michon (FRA)	39:19	22.	H. Sakameto (JAP)	53:03	9.	Y. Frocourt (FRA)	68:48
3.	G. A. Betts (GBR)	40:16	23.	Z. Nakai (JAP)	53:06	10.	In Sook Oh (KOR)	75:05
4.	Moon Ho Park (KOR)	40:18	24.	H. Carlstedt (SWE)	53:34			
5.	H. H. Meilin (FIN)	40:19	25.	H. Kato (JAP)	53:37		ten 45-54 Years	20.50
6.	S. Lee (GBR)	41:03	26.	P. Herveleu (FRA)	53:49	1.	U, Seger (SWE)	39:59
7.	S. Gustafson (SWE)	42:08	27.	M, Yamada (JAP)	54:22	2.	A. Lusk (GBR)	46:43
8.	N. Nuriki (JAP)	42:22	28.	H. Umemoto (JAP)	54:35	3.	I. Kassel (GER)	51:07
9.	E. R. Wallace (GBR)	43:21	29.	H. Sekine (JAP)	55:47	4.	D. Cauvin (FRA)	53:43
10.	K. Ando (JAP)	43:30	30.	H. Sawabe (JAP)	56:44	5.	R. Pijb Jansen (HOL)	54:43
11.	E. Graf (SWI)	44:09	31.	F. Arai (JAP)	60:16	111	and One of S. Varia	
12.	T, Indoue (JAP)	44:29	32.	T. Hirano (JAP)	60:36		ten Over 55 Years	40.46
13.	G. C. Radford (GBR)	44:30	33.	S. Minami (JAP)	62:15	1.	E. Eriksson (SWE)	48:46
14.	T. Miyazaki (JAP)	45:30	34.	K. Koyama (JAP)	66:01	2.	J. Luther (GER)	50:25
15.	K. Watanabe (JAP)	45:36	35.	K. Kurata (JAP)	78:01	3.	T. Kurata (JAP)	57:04

The 10th World Veteran 25km & 10km Road Championships

at

BRUGES, BELGIUM

on SATURDAY & SUNDAY 30/31 JULY 1977

Men over 40, Women over 35 in 5 year age groups. Entry Fee: 300 Fr (Belgian) Additional 350 Fr (Belgian) for Awards Dinner. Closing date: 15 May 1977. Entries to: Jacques Serruys, Engelendalelaan 25, 8310 Bruges.

Entry forms for English competitors from J. Fitzgerald (South), J. Selby (Midlands), N. Ashcroft (North)

14

International Veterans Gathering-Glasgow

36:53

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41:58 42:17

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42:56 43:03 43:04 43:09

43:24 43:33 43:42

43:54 43:58 44:05 44:26

44:33 44:35 44:42

44:49 44:53 45:00 45:04 45:10

45:10

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70. F, Bias

72.

73.

A. Dunbar

K. Richardson

R. Thompson

J. Hanton

L. Heald

69. B. Sefton

71. A. Cook

74. E. Harrison

75. P. Minchin

R. McKav

T. Rooke

C. McAlinden

W. Stoddart

R. Bowman

E. Kirkup

(115 finished)

Over 40

Over 45

2

3.

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Inte	d August ernational 10,000 M Vete e, Bellahouston, Glasgow	rans Road
1.	W. Stoddart	36:5
2.	R. McKay	37:3
3.	T. Rooke	37:5
4.	C. McAlinden	37:5
5.	R. Calderwood	38:43
6.	W. Allen (CAN)	38:44
7.	W. Ramage	38:4
8. 9.	R. Bowman (CAN)	38:59 39:2
10.	J. lrvine E. Kirkup	39:2
11.	W. Marshall	39:43
12.	L. Buck (CAN)	39:59
13.	J. Foster	40:00
14.	J. Foster J. Haslam	40:09
15.	M. Coyne	40:26
16.	E. Dolan	40:30
17.	J. Barrowman	40:54
18.	J. Milne	41:04
19. 20.	B. Bickerton T. O'Reilly	41:21 41:25
20.	A. Byers	41:23
22,	W. Armour	42:17
23.	J. Moore	42:32
24.	C. Forbes	42:56
25.	B. Fickling	43:03
26.	J. Brierly J. Thomson J. McGregor	43:04
27.	J. Thomson	43:09
28.	J. McGregor	43:24
29.	J. Gray	43:33
3●. 31.	J. Lawton	43:42
32,	S. Robson N. Ashcroft	43:54 43:58
33.	J. Kelly	44:05
34.	G. Porteous	44.26
35	G. Porteous A. Galbraith	44:33 44:35
36.	M. Morrison	44:35
37.	M. Morrison A. Forbes	44:42
38.	F. Kielty	44:49
39.	W. Brown	44:53
40.	C. Beeston	45:00
41. 42.	W. Jenkins T. Flotcher	45:04 45:10
43,	T. Fletcher C. Third	45:10
44.	M. Campbell	45:24
45.	A. White	45:33
46.	A. McManus	45:44
47.	W. McBrinn	45:48
48.	A. Lawton D. Wood R. Hindley J. Brownlie	45:55
49.	D. Wood	46:00
50.	R. Hindley	46:02
51.	J. Brownlie	46:04
52. 53.	J. Jdden	46:07
54.	R. Anderson* T. Harrison	46:15 46:17
55.	W Miller	46:24
56.	W. Miller J. Farrell	46:30
57.	H. McErlean	46:41
58.	P. Meldrum*	46:52
59.	J. Jacobs	47:26
60.	R. Gannon	47:37
61.	W. Baxter R. Anderson	47:42
62.	K. Anderson	47:46
63. 64.	R. McDonald S. Lee	47:50
64. 65.	S. Lee N. Stocks	47:51 47:53
1.		+1.23

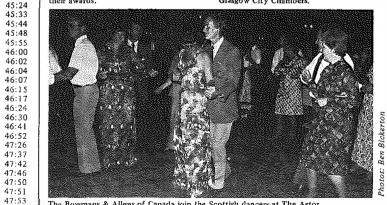
16

	48:02 48:11 48:15 48:28 48:32	Over 50 1. B. Bickerton 2. C. Forbes 3. J. Melly Over 55 1. N. Ashcroft 2. W. Jenkins 3. T. Harrison	41:21 42:56 44:05 43:58 45:04 46:17
n I	48:48 48:50 48:55 48:57 49:02	Over 60 1. G. Porteous 2. A. Forbes 3. G. Bell	44:26 44:42 49:46
1	37:39 37:50 37:58	Over 65 1. J. Farrell 2. E. Harrison 3. S. Smith Over 70 1. W. Fellows	46:30 48:57 49:54 65:11
	36:53 38:59 39:32	*Ladies 1. R. Anderson 2. P. Meldrum	46:15 46:52



McKay, Stoddart and Rooke receive their awards.

Duncan Maclean entertains at the Glasgow City Chambers.



The Bowmans & Allens of Canada join the Scottish dancers at The Astor



WELCOME TO GOTHENBURG SWEDEN

and

The Second World Masters Track and Field Championships

including

Cross Country Race (10 km), Walk (5 and 20 km) and Marathon

8th to 13th August

Open to men over 40 years old in 5 year age groups and women over 35 years old in 5 year age groups

Information and registration forms

from

World Masters Championships 1977 Ullevi, Skanegatan, S-41140 Göteborg, Sweden.

Telephone (00946) - 31 801640

2nd WORLD MASTERS TRACK & FIELD CHAMPS:

The Second International Masters Track and Field Championships will be held in Gothenburg, Sweden, from 8th to 14th August 1977, and the European Cup Track and Field 'B' Final at the same stadium on 6th and 7th August, 1977. Several tours are being planned to include both events. Contact your National organisers for details.

Laurie Durrant (18 Bisterne Avenue, London E17 30S) is organising a tour for U.K. veterans on a return fare of £55, approximately, through Laker Airways. The flight will be Gatwick/Stockholm plus coach to Gothenburg. Various grades of accommodation are available, with bed and breakfast costs varying from about £2 to £10. The probable itinerary is:-

Depart Gatwick 19.00, 4th August 1977 Arrive Stockholm 20.30, 4th August 1977 Depart Stockholm 21.30, 17th August 1977 Arrive Gatwick Midnight, 17th August 1977

The Gothenburg Championships will be a great competitive and social occasion, with plenty of scope for the fun-runner and those who just want to share in the spirit of the gathering. Gothenburg and its surrounding areas also have much to offer the visitor. and the following notes are to whet your appetite:-

GOTHENBURG

Gothenburg lies on the Swedish West Coast at the mouth of Göta River.

Before Gothenburg was founded by King Gustavus Adolphus 11 in 1621, towns had been in existence for centuries at the Göta River, but these were frequently attacked and destroyed during the wars of that time. The site of the new city was therefore chosen by the King because the topography was favourable for defence.

The new city grew rapidly and became the second largest city in Sweden. Gothenburg is now an industrial, commercial, educational and cultural centre of international stature. Scores of modern hotels and restaurants, amusements and meeting facilities will impress even the most demanding visitors.

The Harbour

Gothenburg is Sweden's seaport to the west. And that is due to its fine harbour.

Gothenburg's maritime traditions are more than three hundred years' old. Originally the canals through the town formed the actual harbour area.

Gothenburg's harbour is the biggest in Scandinavia and ranks among the world's fifteen biggest seaports. Over a hundred regular shipping lines include Gothenburg in their traffic. On the average a ship arrives or departs every twelve minutes.

An interesting tour through the harbour is the trip to the 17th century fortress Elfsborg.

18

Liseberg – Cothenburg's amusement park

Liseberg, one of the largest amusement parks in Scandinavia and one of the most beautiful in the world features top attractions such as rides, guest appearances by international artists and many other special arrangements.

Botanical Gardens, internationally renowned for its collection of orchid flowers and trees from all over the world.

Museums

Many fine museums, e.g. East India House (archaeological, ethnografical and historical collections). The Museum of Art, The Museum of Natural History, The Maritime Museum, The Ship Museum. The Museum of Arts and Crafts etc.

Sightseeing under 20 bridges through the Moute, the canals and in the harbour, or by bus through and around Gothenburg.

Excursions to Marstrand with Carlsten Fortress. (1697), Kungälv with Bohus Fortress (1308), Nääs Manor, Gunnebo Manor and Tjolöholm Manor.

To the Tjörn Bridges (with a magnificent view over a world of islands).

And after the championships excursions to Denmark, Norway (Oslo) and Stockholm will be arranged for groups.

Transportation

A special card, valid for all city trams and buses, entrance to Lisberg Amusement Park, all public baths and swimmingpools and training centres during the World Masters Championships will be supplied to competitors, familymembers and guests from the registration centre at Slottsskogsvallen for a very low (subsidised) price.

AGE CLASSES:

Events will be contested in following age classes:

					-			
					Aug. 7	th	Aug.	8th
CLASS	1 A	Men	born	betweer	1932	&	1937	incl
**	1 B				1927	ôi	1932	11
12	2A		23		1922	æ	1927	
	2B	22	33	**	1917	&	1922	
**	3A	79			1912	&c	1917	
17	3 B	**	11	122	1907	æ	1912	23
37	4			on or be	fore Aug	. 8th 1	907	
				×	Aug. 7	th	Aug. 8	Sth
CLASS	1 A	Wom	en bo	rn betw	een 1937	' &	1942	incl
51	1B	32		8 53	1932	&	1937	
15	2A				1007	&	1932	
**	2B	23			1012	&	1927	**
	3A		,,		1917	&	1922	
	3 B				1017	å	1917	
37	4	33			before A	ug. 8t]	h 1917	- 10

GOTHENBURG THROWS AND HURDLES

The WMTFA Steering Committee has decided that official weights will be:-

	CLASS 1	CLASS 2	CLASS 3 AND ABOVE
Javelin	800 gm.	800 gm	600 gm
Shot	7.25 kg	5.5 kg	4.0 kg
Hammer	7.25 kg	7.25 kg	6.0 kg
Discus	2.0 kg	1.6 kg	1.0 kg

There was some discussion on changes in hurdle heights and distance between hurdles. It was finally voted that distances remain standard and the following heights be used.

	CLASS 1	CLASS 2	CLASS 3 AND ABOVE
110 M Hurdles	39" (99.6 cm)	36" (91.4 cm)	33" (84.0 cm)
400 M Hurdles	36" (91.4 cm)	33" (84.0 cm)	30" (76.2 cm)

THE PROGRAM:

The program will comprise:

Men:-

1. All standard Track and Field events at the Metric measurements except that Classes 2, 3 and 4 will use those specific field implements and heights listed. 2. An internationally scored cross country race.

(10 km) 3. A Marathon Road Race, also internationally

- scored. 4. A 20 km Road Walk.
- 5. A 5 km Track Walk.
- 6. A pentathlon.

Women:-

The following events will be open in Classes 1, 2 and 3 for women in all stated W age classes:

100 metres	Cross Country
400 metres	High Jump
1.500 metres	Long Jump
3.000 metres	Shot Put
5.000 metres walk	Discus
Marathon	Javelin

AWARDS:

- 1. A specially struck quality World Masters medal will be presented to the first three competitors in each event and at each age class: gold, silver and bronze respectively.
- 2. A Certificate of Performance suitable for framing to each finisher.
- 3. A souvenir award to each finisher.
- 4. Special prizes in events with many competitors.
- 5. Special prizes for best results in the different age groups.

ENTRIES

Must be received by the WORLD MASTERS CHAMPIONSHIPS 1977, Ullevi, Skånegatan, 411 40 Göteborg, Sweden, not later than July 1st, 1977.

Confirmation of acceptance will be returned immediately. If confirmation has not been received by July 15th, please cable WORLD MASTERS CHAMPIONSHIPS 1977. This deadline does not apply to relays.

ENTRY FEES:

All Masters Track and Field 25.00 Sw. Crowns events, Pentathlon, Cross first event. Country, Marathon and Road 15.00 Sw. Crowns Walk (both men and women) each other event Relays and Team Competitions 40.00 Sw. Crowns per team

All entry fees must be payable in Swedish Crowns to "WORLD MASTERS CHAMPIONSHIPS 1977".

SOCIAL FUNCTIONS:

A full calendar of social events, sightseeing and tourist trips, are planned from Saturday August 6th onwards. Qualifying round in European Cup in Track and Field for National Teams (8 teams) take place in the arena of Slottsskogsvallen on Saturday 6th p.m. and Sunday 7th p.m. A fellowship festival is planned Saturday evening, August 13th on one of the big ferries to Denmark, which will return at midnight.

CORRESPONDENCE

President of the World Masters Championship 1977: Roland Jernervd, Sweden,

- Address for all correspondence:
- World Masters Championships 1977 Ullevi, Skanegatan S-411 40 GÖTEBORG Sweden

Information (00946) 31-801640 Swedish Bankgiro account 444-9773 Swedish Postalgiro account 849436-1

Spotlight on GU	R Paylog
D	Personal Bests
Born: 7 Dec. 1933 Place: Kingston, Jamaica	Under 40 Over 40
	100m 10.7 11.0
Height: 5'-11"	200m 21.5 22.2
Weight: 158 pounds	400m 47.7* 52.0
Clubs: Halesowen, Lozells, Birchfield	800m 1:56.0
by Wilf Morgan —	*440yds minus 0.3

Ron Taylor came to Birmingham from Jamaica in 1952. During his boyhood in Kingston Ron played several sports, all of them ball games and never took part in athletics at all. He confesses that he had no knowledge at that time of the famous Jamaican sprinters McKenley, Wint, Rhoden etc. Although, after coming to England he saw newsreels of McDonald-Bailey and remembers being very impressed, "he seemed like some kind of superman".

Ron's introduction to athletics happened in 1953 when he played in a football match for his work's team against a team composed of athletes from Halesowen A.C. Playing in the wing position, his ability to sprint obviously impressed the opposition. because after the match he was invited to join the Athletic Club. Some weeks' later, without any training, Ron was pitched into the club's 440 yds Championship, and proceeded to outstrip everyone, including the Worcestershire Junior Champion in a time 'around 51 secs'. However, Ron's amazing start in athletics did not meet with the approval of his father, who hoped his son would follow him and play cricket. Indeed Ron's father Derief Taylor was a regular member of the Warwickshire County Cricket Team for several seasons, during the 50's, and has been coach to the County Colts for many years. Determined to dissuade his son from becoming a runner he challenged Ron to a race. A rough 100 yds was marked out on the road outside the house, and Taylor senior proceeded to out-sprint Taylor junior to the line. So the first yet to defeat Ron Taylor was not Thane Baker but a certain Mr. Derief Taylor. Even now Ron recalls this race with genuine irritation and complains "my old man would never give me another chance".

Luckily, this did not deter Ron from pursuing his interest in sprinting and he was to become a respected competitor on the Midlands athletics scene for some vears to come.

In the late 50's and early 60's the standard of sprinting in the Midlands counties was of a high order, and Ron recalls both the Warwickshire and Midland Championships of 1958 as evidence of this. In the County 440 vds, he was 2nd to Mike Rawson; in the Midlands 220 he was 4th behind Robby Brightwell, Peter Radford and John Salisbury. The significance being that these four all went on to become finalists over different distances in the

European Championships at Stockholm that year. In fact. Rawson won the 800 metres. Salisbury was 2nd in the 400, Radford 3rd in the 100 and Brightwell 5th in the 200.

Research into the racing record of Ron Taylor produces some interesting names from the Warwickshire 'Class of '58'. In the County Championships of that year, Colin Simpson won the one mile with 'Mack' Capewell 3rd, George Chaplin was 2nd in the 2 miles walk and Ian Swindale won both shot and discus.

However, in the following seasons Ron was to win many county titles at 220 and 440 yds. Moving to Lozells Harriers in 1960, Ron's arrival coincided with an upward turn in that Club's fortunes. One particularly satisfying victory was when Lozells won the A.A.A. 4 x 440 vds Championship in 1962, Running the first leg in 47.2, he handed over a good lead which was whittled down over the next two exchanges, but with international Barry Jackson holding off the late John Cooper of Birchfield on the last leg Lozells came home to defeat their mighty neighbours. Ron changed clubs once more at the end of that season, this time to Birchfield, adding to their powerful squad of quarter milers.

Ron selects as his most cherished memory a win in the 440 in the Triangular Oxford v. Cambridge v. Birchfield match at Iffley Road in 1963, coming home inches ahead of Adrian Metcalfe in a personal best time of 48.0. That season also saw some fine running in the Inter Counties Quarter, after being fastest qualifier with 48.3, he placed 3rd in the final behind Pat Jones of Essex. Ron's 48.0 placed him 8th in the ranking lists that year.

Although occasionally missing a season, he turned in some fine performances in his 30's, and the records show a 300 yds on grass at the Murrayfield Highland Games in 30.5, and a 21.5 220 in Liverpool. In 1971 he showed 48.6 and 21.9, and at the age of 38 he must have eved the veteran scene with keen interest. Ron became National Veteran Champion at 100 and 200 metres in 1974 at Hendon and successfully defended both titles at Leicester in '75. At Stretford this year, unsure of his fitness, he chose only to defend his 100 title, and proved fit enough to register his third successive win in this event.

The World Masters in Toronto brought about a long awaited clash with Thane Baker (U.S.A.) and Ron claims injury robbed him of two gold medals. It is difficult to judge whether his problems prevented him from producing top form in Toronto for he showed 11.0, 11.0 and 11.1 to take the silver medal behind Baker, and these times are as good as anything he has done as a vet. However, his withdrawal from the 200 metres certainly proves something was wrong. According to Ron his form in training prior to Toronto was so good he began to think in terms of 10.6. Like most of the other British sprinters he did not have a high opinion of the track surface in Toronto, but conceded that Keith Scott did extraordinary well to place 2nd in the 200. In 1975 his running over 200 metres was outstanding, he set a world record 22.2 at Grimsby and equalled that time some weeks' later in the Nationals at Leicester.

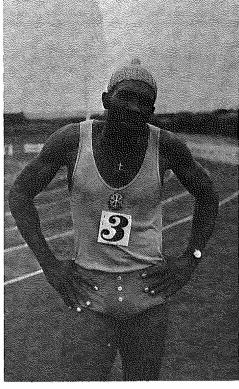
Ron is married, has a son 18, who is in the R.A.F. and a daughter of 14. He has had several jobs and at present is a van-driver. He sometimes finds time for an easy jogging session before starting work. Diet and sleep play an important part in his plans, and he claims these things demand as much attention as training. He has never trained hard by modern standards, but now as a vet. he trains harder than he did in his pre-vet days! In training, he pays a great deal of attention to 'feel', and never pushes himself unless he "feels right". He has never been coached and has gained most of his "know-how" from watching carefully how star-athletes went about their business. He thinks most coaches demand too much effort from their athletes in training, and confesses he finds some training schedules frightening. Perhaps one gains insight into a luke warm attitude to coaches generally when one hears that at the age of 24 at a coaching course at Cosford, he was told by the then National Coach for the Midlands that he was too old to make much progress as a sprinter. Knowledge of Ron's personality leads one to believe that this was just the sort of statement likely to give him all the incentive he needed. He has always had an easy, fluent running style that has not changed much over the years, and he continues to grow old gracefully.

Ron's 'showy' and egocentric attitude to his racing may not please everyone, but he is convinced he races better when he is in a mean frame of mind, and says a touch of arrogance is necessary for anyone who wants to succeed. He eats, drinks, sleeps and lives athletics with a passion that is difficult to describe.

If there is a secret to his success, perhaps it is contained in his remakrs:- "Because I ate the right things, got the right amount of sleep, lived the life of an athlete, and thought carefully about my training, I have been able to carry on running fast times into my 40's."

Ron does not have training methods - rather a training philosophy. He never over-trains and never over-races, but in a race, any race, he develops a hard uncompromising attitude that has unfailingly produced a good performance.

He is prepared to argue with anyone who suggests he may not be able to improve upon the times he has set since turning 40, firmly believing he can go faster yet. When asked to list the best times he did in his



hey-day, he replied, "my hey-day is today". Certainly, he could not be accused of negative thinking.

Ron Taylor was the first West Indian athlete to make an impact on athletics in the Midlands, and is now well respected by the present young generation of coloured lads, who often turn to him for advice. He has the ear of Ainsley Bennett, Glen Cohen, and several promising sprinters.

Although, in his former days, he was mainly a quartermiler, his veteran races have been confined to 100 and 200 metrcs, and he does not plan to move up to the 400, "until someone arrives on the scene who can thrash me in the sprints".

At present his sights are set on the Gothenberg Championships in which he hopes to make amends for what he saw as a failure in Toronto.

Of course, there is another race which if it came off would surely rival the Gothenberg 100 in importance for Ron in 1977 - a re-match with his father, in the Midland Vets Championships!

The above article was prepared from a tape recording on the athletic career of Ron Taylor, produced for the National Library of Athletic Literature at Birmingham University.

photo: Ben Bickerton

Walking

JOHN HEDGETHORNE, who will be writing walking notes in future, has been a veteran for 5 years. He was born in Essex in 1931 and started in open athletics in 1947; he has just finished his 30th summer on the track

After regular army service John entered Essex Police in 1955 and has been concerned in police cadet training since 1969. He switched from running to walking in 1962 after a knee injury made running painful. His first race was the Police long distance, 34 miles. Barking to Southend.

In 1968 John tried the Leicester to Skegness 100 miles and finished 2nd, in 19h 01m 40s, Encouraged he has specialised in long walks since then, representing Britain against France in 1970 at 24 hours.

John Hedgethorne is heavily involved in athletics administration having been Essex Police athletics secretary for 20 years, as well as various other police positions from time to time.

He is Essex Walking Secretary and Press Officer to both Southern and National R.W.A. Last year he was President of Essex A.A.A.

IN JOINING the team writing for Veteris I have to start with a confession: I had not realised before that I had risen to this station in life - that is to say, veteran, not writer to which even now I should perhaps not aspire.

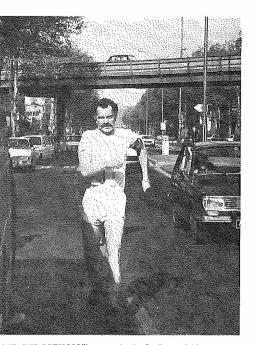
Mind you, I suspect I am not alone in this among walkers, who tend to be later developers than other athletes.

One tends, as the years pass, to go on taking on all comers with scant regard to their ages. After all, in a good sprint finish there is hardly time to defer to a rival's less advanced years.

I mention all this only to explain why I have no idea how old - sorry how young - many of my colleagues are. Some will have already been confronted with my abrupt, "How old are you?" If you haven't and are not mentioned in these reviews. perhaps you would let me know your score.

Highgate Harriers Hour Races are always liberally sprinkled with veteran competitors. One was pleased to see Harold Whitlock, victor in Berlin 1936, with his shoes on again, still able to cover nearly 6 miles.

I recently competed in the 9-day, 300 kms, Tour de Romandy in Switzerland where several veterans were tackling the climbs like funicular locomotives. I had the undoubted pleasure of being the oldest competitor by a few months over Richard Heilmann (44) of Muhldorf, West Germany, Colin Young, Essex Beagles (42) and Michel Marchal (40), France, also competed. Of course the Russian team, being nominated as a national squad were very strong, one of them Evsiukov later competing in the World



JOHN HEDGETHORNE competing in the Rouen 24 hours race of 1975 where he covered more than 200 km.

Championship 50 kms and finishing 10th in 4 hrs 7 mins.

The Leicester Open 7 miles, on 2nd October, proved, as usual, a popular event for over 40's. How marvellous to see Lol Allen at 55 still looking very stylish, indeed most noticeable among many less elegant gaits all around him. On a difficult 7 he still broke the hour.

One must mention also George Eastwood, who took up this pastime at 50, tackled the 24 hours last May and is now getting to grips with 7's.

National Champion

As I am new to this column you must forgive my failure to delve back into past results to bring things up-to-date. With so much veteran walking activity it is hard to know where to stop. The results, therefore, will be a selection.

One must mention one past feat, however, that of Roy Thorpe (42) in winning the RWA 50 kms on a difficult course at Birmingham in July. Alas Roy had a less fruitful day in Malmo at the World Championship 50 kms but he stuck it out to finish.

Denis Vale's 9 kms vacht handicap races at Blackheath Park are a most enjoyable feature of the London scene. Organised on behalf of the London Postal Region they take place on Wednesday or Sunday, thus avoiding - or adding to - the rest of the racing programme.

Their popularity may be gauged from the field of 60 which tackled the most recent promotion on 20th October. They were of all ages, from the Essex and Metropolitan Police Cadets to Bob Roberts who was wearing No. 75 but denied being this age despite remarks to this effect by some rivals (he is 74), and of all abilities from Paul Nihill, with the fastest time of the day, to 60 years old. Vets AC Sec. A. Welling with the slowest.

Yacht handicaps, in theory, mean that everyone should arrive on the final line together. Alas it was not so, though the recorders doubtless thanked their hicky stars, though on this occasion handicapper Vale had let himself in and took 3rd place, beaten by Police Cadet Sean Maxwell, recently 2nd in the national youth championship.

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'his	is	the	toughest	walking	comp	oetitio	on
oun	try,	cons	sisting of	12 races,	spread	over	th
	0-	+ - 1 ·				£	20

Essex Walking League

co he whole year, October - September, varying from 3000 mts to 50 kms.

in the

This years campaign began with a 7 miles on the tough Woodford Green circuit and six Essex veterans took part.

Result: A. Seddon 51:41 1. Tendring AC 2 S. Gower Ilford AC 53:19 3. K. Carter Southen AC 54:17 J. Hedgethorne (45) 13. Essex Police 59:22 17. D. Fotheringham (46) 61:21 Woodford Green K. Easlea (51) llford AC 64:20 26. 32. J. Clifton (48) Woodford Green 67:15 38 G. Eastwood (52) Woodford Green 70:32 40. C. Megnin (61) 73:22 Woodford Green

Incidentally these and other vets figured in last years final league result

S. Maxwell	Belgrave H	43:13	12.	 Hedgethome (45) 	Essex Police	222
D. Vale (49)	Surrey	46:48	22.	D. Fotheringham (46)	WGAC	143
J. Hedgethorne (45)	Essex Police	45:19	31.	K. Easlea (51)	llford	94
P. Ray (44)	Enfield	49:11	35.	J. Clifton (48)	WGAC	81
F. Nickolls (59)	Vets (Surrey)	53:31	39.	G. Woods (60)	Southend	77
D. Fotheringham (46)	Met Police	47:28	44.	P. Worth (46)	Essex Police	43
A. Roberts (74)	Vets (Highgate)	53:57	45.	G. Eastwood (52)	WGAC	41
R. McMullen (56)	Belgrave (Vets)	48:39	46.	C. Megnin (61)	WGAC	40
J. Bromley (48)	Belgrave H	51:21	60.	C. Young (42)	Essex Beagles	28
W. Symes (64)	Vets (Q.P.H.)	58:30	68.	J. Scammell (54)	Newham	16
A. Welling (60)	Vets AC	77:02	70.	H. Neilson (60)	WGAC	15

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RESULTS		1	5
July 4th		12, D. Boxall (41) (Brighton) 4:43:45	(60-69)
Veterans AC 3200M Track		13. K, Harding (45) R Sutton)4:45:36	1. A. H. Poole (Worcester) 27:12.2
Championships, Battersea P	ark	14. G. Chaplin (45) (Cov) 4:46:28	2. S. Smith (Stockport H) 29:44
(40-49)			3. A. Llado Bonastre (Sp) 32:45
1. A. Meadows	16:23.2		4. W. Stanley (Sheffield) 34:22
2. A. Goodwin	18:26		
3. T. Cook	19:10	Veterans AC 1976 Lester Points Cup	
(50-59)		(Based on FIVE, 5 miles summer	September 4th
1. D. McMullen	16:28	handicaps)	London-Brighton (Vets)-53 miles
2, K. Easlea	18:14	1. F. G. Nickolls 105	6, D. Boxall (41) (Brighton) 8:39:17
F. G. Nickolls	19:15	2, A. Roberts (75) 97	7. P. Worth (46) (Verlea) $8:57:20$
(70+)		3. A, East (71) 81	J. Morris (51) (Belgrave) 9:35:11
1. A. East	21:20	G. Meadows 81	J. Keown (44) (Belgrave) 9:46:03
		5. T. Cook 66	36. E. McNeir (76) (Camb.) 11:49:59
July 13th		6. G. Eastwood 63	Can McNeir keep going until he's 80
Veterans AC 5 Miles Batters	sea	7. A. Goodwin 55	and if he does, can he beat the 12 hour
 A, Fotheringham 	41:35	8. C. Speechley (88) 53.	limit? This chap really is evergreen, a
J. Clifton	45:37	Only the winner did all five races but	sterling performer.
3. J. Morris	45:48	nice to see the 70's and 80's still scoring	
G. Eastwood	45:50	heavily. Twenty-four walked in at least	
C. Megnin	47:27	one race.	October 2nd
6. 'f, Cook	48:54		Leicester Open 7 miles,
A. Goodwin	49:10		1. G. Seatter (N Zealand) 50:41
F. G. Nickolls	49:22	Aug. + 7/9/1	2. J. Warhurst (Sheffield) 51:11
A. Roberts	49:25	August 7/8th	3. Mick Greasley (Sheffield) 51:17
 A, East 	54:03	British Vets T & F Championships Stratford	8. G. Chaplin (45) (Coventry) 53:09
 H. Neilson 	55:52	5000M Walk	15. J. Eddershaw (41) (Shef) 54:33
(World 24 hour record	d holder	(40-49)	17. P. Markham (41) (Leicester)55:06
1960)		I. R. Thorpe (Sheffield) 23:25.2	39. J. Hedgethorne (45) (I: Pol) 58:11 50. L. Allen (55) (Sheffield) 59:32
W. Morris	61:24	2. J. A. Dowling (Sheffield) 26:10.2	55. P. Worth (46) (Verica) 60:30
		(50-59)	71. J. Englert (48) (Sheffield) 62:56
		1, R. D. McMullen (Belgrave) 26:23	86. G. Eastwood (52) (W Gn) 65:07
Luba 174b		2. L. Allen (Sheffield) 26:57	101. C. Megnin (61) (Wood' Gn) 68:11
July 17th RWA 50 Kms Birmingham		3. G. M. Eastwood (W Gn) 28:12	113. H. Neilson (60) (Wood' Gn) 73:06
1. R, Thorpe (42) (Sheft	Gald VI . 22.43	4. J. Johns (Sheffield) 28:58	115. II. Nellaon (00) (wood Gli) / 5.06
5. C. Fogg (43) (Enfield)		5. J. Volta Domenech (Sp) 32:34	
5. O. PORE (+5) (Autom)	, 4.27.20	1 of a voice voice (op) 52.54	

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Pennine Way

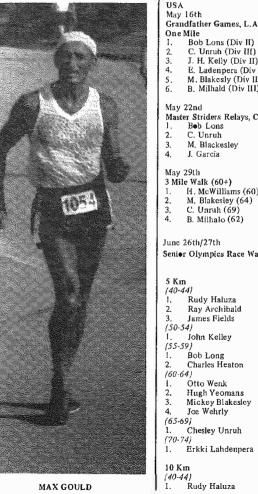
24

Jack Englert, Sheffield, another Vet at Leicester, and a former police 2 miles national champion incidentally, tells me that last year he achieved his ambition to traverse the Pennine Way (270 miles) and did it, self supporting, in 10¹/₂ days. in the Canadian Open Champs at 50 kms. On August 8th he was overall Masters winner at 4:03.21 in the NE USA 40 Kms in New Jersey. On September 6th he finished 2nd in the Ontario Summer Games 10 Kms in 52: 57. 2 (all the other competitors were under 24!).

OVERSEAS ROUND-UP

I hope we will be able to build up a network of good friends who will let us know what is going on in the world. For the present I have some results from U.S.A., Switzerland, Netherlands and Canada.

Max Gould (59) has had some fine recent successes. On June 6th he finished 2nd to Pat Farelly



Those great veterans Golubnichiy (41) USSR, an	nd
Weidner (43) West Germany, were in Montreal for th	he
Olympic 20 kms and finished respectively 7th	in
89.24 and 18th in 92.56. Such a turn of speed	as
'Golub' produced when over 40 is quite remarkabl	le,

Rudy Haluza, former USA Olympian, won 1st overall in the Senior Olympics Race Walks 5 km and 10 km events at Irvine on June 26/27. Competitors were from Arizona, Arkansas, California and Ohio.

1 100 01

		(50	541	
		1.	John Kelley	70:03.5
L.A.		155-		
L.A.		1.	Charles Heaton	61:21.4
(II)	9:04.3	160-		0112111
/ II) - III)		1.	Hal McWilliams	59:46.3
	9:44	1.	(New meet record. Old r	
iv II)	9:55		61:39.0 by Larry O'Neil	
(Div IV)	10:00		Montana}	01
liv III)	10:14	2.	Mickey Blakesley	68:54.5
v I[])	11:33	3.	Hugh Yeomans	69:24.6
		3. 4.		84:24.0
			Joe Wehrly	64.24.0
ys, Cal Poly		(65-		24.50.0
	9:02.8	1.	Chesley Unruh	74:58.8
	9:39.3			
	10:04.2	1		
	N.T.	CAN	ADA	
			ember 11/12th	
			Canadian Masters T&F Ch	amps
			wa, Ontario	
(60)	28:07	2B	Max Gould (Can)	25:41
64)	30:54	3A		33:28.8
.,	33:03	3B	Art Keay (Can)	35:22.4
)	35:54	200	Ernestine Yeomans (US)	JJ.22.4
)	33,34	2 1	Ernestine reomans (US)	1) 34:32
e Walks, Ir	vine			
• • • • • • • • • • • •			HERLANDS	
			ober 2nd	
			ms Drachten, Holland	
		1.	A. James (Enfield)	96:21
	24:15.7	2.		96:48
	32:31.0	3.		99:50
	32:42.0	13.		108:42
	52.42,0	20.	H. Kloppe (52) (RGB)	115:01
	33:15.0	24.	G. Warche (43) (LGC)	122:16
	33:13.0	25.	E. Bielefeld (44) (LGV) G. Sowa (42) (LGV)	122:20
	29.40 6	27.	G. Sowa (42) (LGV)	131:00
	28:49.5	29.	•. Steinbrecher (45) LG	C) 135 10
n	29:00.0	30.		
	30:54.0			
s	33:36.0		12	
ley	33:49.0		TZERLAND	
	53:27.0	Tou	r de Romandy, approx 30	0 Kmsin
		9 ev	ents	
L	34:17,0	1,	B. Iakolev (USSR)	26:46:52
		2.	N. Tourischev (USSR)	26:46:56
era	33:52,0	3.	E. Evsivkov (USSR)	26:47:15
		7.	C. Young (42)	27:49:30
		11.	J. Hedgethorne (45)	28:49:58
			R. Heilman (44) (WG)	30:14:58
	48:53.3	18.	M. Marchal (40) (FRA)	
		10.		

The British Track and Field Championships

The sixth British Veterans Championships, staged in the Stretford suburb of Manchester on 7/8th August, were the first to be spread over two days, and they courted enough approval for it to be deemed necessary to repeat the programme next year – when they will be held at Copthall Stadium North London 23/24th July.

As far as Stretford was concerned, Meeting Secretary Keith Whittaker and his able team produced a well run and enjoyable two days, blessed with fine weather and support from Canada, Spain, Yugoslavia, Ireland, Australia and the U.S.A. In all about 200 veterans competed, although it must be said that there were quite a few home 'names' missing, especially from the south.

As is customary for Veteran Meeting Secretaries, Keith also competed, contesting seven heats or finals and finding the energy and form to take 3 firsts and a second in the 1B events.

Even so the Trophy for the 'Most Outstanding British Athlete' did not go his way, but to name sake Peter Whittaker who impressed when winning the 2A 100m and 200m in 12.0 and 24.5. The latter improved the National Best and the former equalled it. One can only hope he will be seen around at Gothenburg.

The Whittakers did not monopolise the limelight, for a study of the results show that Smith (1A), Fowler (1A), Phipps (2A) on the track, and Ball (1A) and Maksimczyk (3A) in the field, were very close challengers. Had it been an open trophy, then the two Canadians, Bowman (1B) and Hume (3A) would also have been in contention.



Fowler leads Harland and Morrell in 1A 5000 m



Parkes leads Williams, Allen and Bullen in 1500 m (1A)

E. Williams, 1500 m (1A) winner



Gerry North, 3rd in 10,000 m (1 A)

British Track Championships

100 M	Ť	Class 3B (65-69)	3.	B. Parkes (Highgate) 4:07.8
Class 1A (40-44)		1. J. Williams (VAC)	30.3 4.	R. I. Allen (Harrogate) 4:15.8
1. R. A. Taylor (Midland AC)	11.4	2. N. Cole (NVAC)	33.1 5.	
D. Herman (M/c DHRAC)	11.8	3. T. W. E. Hines (VAC)	34.7	T. Giblin (CAN) 4:22.8
3. F.C. H. Smith (Woodf'd G)	11.8	Class 5 (80-59)		Heat 4:19.3
4. W. S. Lane (Verlea AC)	11.9		6.	D. G. Taylor (HHH) 4:28.3
5. D. Burton (Hallamshire H)	12.0	1. I. D. MacIver (ASVAC)	62.1	Heat 4:20.2
6. R. G. Rowbotham (Roth'm)		Women	7.	J. W. Weldy (US Masters) 4:29.6
		 M. Hamer (Unatt) 	32.7	Heat 4:23.2
7. J. Coggin (Leicester CAC)	12.8	M. Whitaker (ASVAC)	34.3 8.	N. Hamilton (Notts) 4:34.8
Class 1B (45-49)		3. 1. Bruns (Liverpool & D AC)	34.8	Heat 4:21.7
1. X. Anton Bofill (SP)	11.9	4. P. A. Wakelin (Worcester AC))35.5 Cu	ss 1B (45-49)
K. M. Whitaker (ASVAC)	12.1			
D. R. Howarth (Leigh H)	12.1		1.	R. B. Bowman (CAN) 4:22.8
A. J. Tipping (Sutton H)	12.2	400 M	2.	J. L. Hayward (Woodford) 4:26.8
5. W. Brittee (Lothian AC)	12.6	Class 1A (40-44)	3.	W. P. Marshall (ClydeVAC) 4:29.9
6. J. Christie (Victoria PAC)	13.2		4.	J. Arnau Busca (SPAIN) 4:47.5
	13.3	1. F. C. H. Smith (Woodford)	51.5 5.	P. Jelenecki (YUG) 5:36.0
	13.5	W. J. Morgan (Lozells H)	51.9 Cla	is 2A (50-54)
Class 2A (50-54)		B. Grundy (Mid & Clev AC)	52.3 1.	G. A. Phipps (Learnington) 4:31.7
 P. H. Whittaker (Ilford AC) 	12.0	 W. S. Lane (Verlea AC) 	52.7 2.	T. C. Wood (Newport) 4:32.3
T. H. McNeill (N. Ireland)	12.8	5. C. Shafto (Rowntree AC)	54.1 3.	
H. Smith (NVAC)	13.0	6. D. Carr (AUS)	67 6 J ³	B. T. Bickerton (Shet'ton) 4:33.4
4. D. Pinnington (Warrington)	13.1	Class 1B (45-49)	· · ·	E. Joynson (Gateshead) 4:38.4
5. A. E. Bowden (P'borough)	13.7		5. 5.	N.S. Neilson (Blackpool) 5:01.8
		1. K.M. Whitaker (ASVAC)	53.5 6.	F. Webb (Woodford) 5:09.6
6. R. Davenport (NVAC)	14.5	2. T. Clowry (Notts AC)	55.6 7.	D. G. Farguharson (CAN) 5: 14.7
Class 2B (55-59)		D. R. Howarth (Leigh H)	55.6 8.	H. A. Satonen (US Masters)6:20.7
 S. R. Stein (Highgate H) 	12.7	X. Anton Bofill (SPAIN)	56.1	
A.C. Huggins (Norwich)	13.4	5. R. G. Blackler (Highgate)	56.9 Cla	ss 2 B (55-59)
 T. Kershaw (Blackpool) 	13.6	6. T. Brown (Liverpool H)	57.8 1.	L. Burnett (Woodford) 5:10.2
4. G. Norman (C of Hull AC)	14.4	Class 2 A (50-54)		ss 3 (60-69)
5. K. Hallam (NVAC)	18.4	I. R. Archbold (Norfolk)		
Class 3A (60-64)	, 0.4			A. S. Else (VAC) 5:27.0
	121	2. B. C. Nielsen (Hillingdon)	61.4 2.	A. Locke (E Ches.) 5:39.8
	13.1	D. G. Farquharson (CAN)	64.2 Wo	men
Class 3 B (65-69)		Class 2B (55-59)	1.	H. M. Rider (Cambridge) 5:10.4
J. Williams (Vets AC)	14.5	 A.C. Huggins (Norwich) 	60.3 2,	R. Anderson (US Masters) 5:20.2
N. Cole (NVAC)	16.2	S. R. Stein (Highgate)	68.6 3.	N. Campbell (Blaydon) 5:28.1
T. W. E. Hines (Vets AC)	16.4	Class 3 (60-69)	4.	I. Bruns (Liverpool & D) 6:29.1
Class 4 (70-79)		1. N. Cole (NVAC)	77.9	I. Diana (Erreipoor & D) 0.29.1
 N. Martin (Vets AC) 	15.8	2. T. W. E. Hines (VAC)		00 M
Class 5 (80-89)		2. I. W. E. HIIES (VAC)		00 M
I. I. D. Maciver (ASVAC)	24.2	000 M		ss 1A (40-44)
I. D. Macivel (ASVAC)	24.2	800 M	1.	H. R. Fowler (C of Stoke) 14:54,2
		Class 1A (40-44)	2.	K. A. W. Harland (Cam) 14:56.2
	1		01.5 3.	M. E. Morrell (Wirral) 15:33.6
	1	E. Hamer (Blackpool) 2:	01.8 4.	T. Giblin (CAN) 15:54.2
200 M	1		02.2 5.	W. J. Allen (CAN) 15:56.6
Class 1 A (40-44)			02.9 6.	D. G. Taylor (HHH) 16:20.6
F. C. H. Smith (Woodford)	23.5		.08.5 7.	N. Hamilton (Notts) 16:23.4
2. W. J. Morgan (Lozelis H)	23.6	· · · · ·		
B. D. Burton (Hallamshire H)	23,7		.09.0 8.	P. G. Knott (Blackpool) 16:25.0
	25.4		11.9 9.	F. Lucop (C of Hull) 16.26.0
			13.3 10.	L. A. Buck (CAN) 16:42.4
5. D. Reade (Highgate H)	25.5	Class 1B (45-49)	11.	B. Hartottle (Elswick) 16:47.6
5. J. P. McGregor (Burn Rd H)	25.7	 R. B. Bowman (CAN) 2: 	04.8 12.	A. G. Kimber (Mitcham) 16:55.0
Class 1B (45-49)		2. T. Clowry (Notts AC) 2:	04.8 13.	B. Webster (Warley) 16:56.0
. K. M. Whitaker (ASVAC)	24.5	3. J. L. Hayward (Woodford) 2:		J. Hanak (YUG) 17:03.0
2. X. Anton Bofill (SPAIN)	24.7		09.3 15.	J. Weldy (US Masters) 17:09.0
Heat	A			
B. D. R. Howarth (Leigh H)				J. Betney (Clayton) 17:14.6
			11.6 17.	H. Thornton (ASVAC) 17:18.0
A. J. Tipping (Sutton H)	25.7	7. R. G. Anthony (Bridgend) 2:		T, Banks (CAN) 18:04.8
Heat		 M. O'Neill (AUS) 2: 	14.4 19.	J. W. Jacobs (US Masters) 18:17.8
. W. Brittee (Lothian AC)	26.4	Class 2A (50-54)		s IB (45-49)
Heat		1. B. T. Bickerton (Shettle') 2:		W.J.W. Stoddart (SVAC)15:37.0
J. C. Daniels (Woodford)	26.6		15.0 2.	R. G. Franklin (TVH) 16:05.2
Heat				
				R. B. Bowman (CAN) 16:10.8
Class 2 A (50-55)		4. B. C. Nielsen (Hillingdon) 2:		E. Kirkup (Rotherham) 16:28.0
	24.3		36.6 5.	W. P. Marshall (Clyde V) 16:39.6
. T. H. McNeil (N Ireland)	26.1	Class 2B (55-59)	6.	S. Smith (Liverpool) 17:10.8
Heat	26.0		28.5 7.	T. R. Colson (Stretford) 18:05.6
H. Smith (NVAC)		Class 3 (60-69)	8.	R. Blois (Basildon) 18: 14.4
	I			
				T. Hodges (US Masters) 18:59.0
Class 2B (55-59)		2. J. W. Burns (Rotherham) 2:	45.0 10.	M. O'Neil (Australia) 19:00.2
			Clas	s 2 A (50-54)
	27.1			
A. C. Huggins (Norwich)		1500 M	1	
A. C. Huggins (Norwich)	27.5		1.	T.C. Wood (Newport) 16: 18.2
2. A. C. Huggins (Norwich) 3. K. Hallam (NVAC)	27.5 33.0	Class 1A (40-44)	2.	T.C. Wood (Newport) 16: 18.2 G. A. Phipps (Leam'ton) 16: 33.0
2. A. C. Huggins (Norwich) 3. K. Hallam (NVAC) Mass 3 A (60-64)	27.5 33.0	Class 1A (40-44) 1. E. Williams (Shrewsbury) 4:	06.5 2.	T.C. Wood (Newport) 16:18.2 G. A. Phipps (Leam'ton) 16:33.0 R. Joynson (Gateshead) 16:39.4
2. A. C. Huggins (Norwich) 3. K. Hallam (NVAC) Mass 3 A (60-64)	27.5 33.0	Class 1A (40-44) 1. E. Williams (Shrewsbury) 4:	2.	T.C. Wood (Newport) 16: 18.2 G. A. Phipps (Leam'ton) 16: 33.0

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 N. S. Neilson (B'pool) 17:34,2 	Class 3 (60-69)	Class 3 (60-69)
J. F. Fitzgerald (Mitcham) 17:39.4	1. 1. K. Hume (CAN) 22.2	1. K. Maksimczyk (Westbury) 13.42
7. W. Brown (E Chesh) 18:11.0		2. G. E. Smith (Cambridge) 12.24
 L. M. Brown (W'ford) 18:57.0 	400 M Hurdles	3. I. K. Hume (CAN) 10.59
9. M. Porter (Stretford) 19:00.0	Class 1A (40-44)	Group 4 (70-74)
10. F. Webb (Woodford) 19:07.0	1. J.A. Dixon (Bristol) 57.5	1. M. Cullen (Swansea) 8.00
11. K. S. Richardson (CAN) 19:29.0	2. W. S. Lane (Verlea) 58.0	
		III-h I
		High Jump
Class 2B (55-59)	4. J. Busquets Thomasa (SPAIN)65.9	Group 1 (40-49)
1. N. Ashcroft (Sutton) 18:51.0	Class 1B (45-49)	1. J. Busquets Thomasa (SP) 1.60
2. P. Colthup 19:03.0	1. K. M. Whitaker (ASVAC) 62.9	J. J. Phillips (Trowbridge) 1.53
3. W. Ross (S Vets) 19:26.2	2. 1. Steedman (Lothian) 65.9	C. W. Knowles (V of Ayles'y) 1.50
4. P. M. Minchin (S Vets) 20:34.4	 C. W. Knowles (V of Ayles'y) 68.5 	4. J. E. Day (Blackheath) 1.41
5. J. M. Young (CAN) 24:36.8	Class 2A.(50-54)	Group 2 (50-59)
Class 3A (60-64)	1. P.N.Munn (Mitcham) 73.3	1. J. Tapias Ventura (SPA) 1.33
1. A. Locke (E Chesh) 20:45.0	. ,	Group 3 (60-69)
Class 3B (65-69)	Hammer	I. I.K.Hume (CAN) 1.53
1. J.W. Burns (Rotherham) 20:15.6	Cluss 1 (40-49)	2. J. E. T. Searle (VAC) 1.24
1. J . W. Barna (Rothornam) 20.15.0	I. E. Johnston (Lincoln) 52.32	
10.000 M	2. J. M. Elorriaga Weibel (SPA) 49.10	3. T. W. E. Hines (VAC) 1.13
10,000 M		
Class 1A (40-44)	3. B. Sumner 39.34	Pole Vault
 H. R. Fowler (C of Stoke) 30:55.0 	4. J. A. Watson (Coventry) 34.98	Class 1 (40-49)
 E. J. Austin (Tipton) 31:05,6 	Class 4 (70-79)	 R. G. Ball (Redhill) 3,30
 G. A. North (Belgrave) 31:17.2 	1. M. Cullen (Swansea) 21.12	2. J. E. Day (Blackheath) 3.12
4. W. J. Allen (CAN) 32:59.2		3. W. Brittee (Lothian) 2.13
5. T. Miles (Wrexham) 33:48.2	Javelin	
6. L. Buck (CAN) 34:36.6	Class 1 (40-49)	Triple Jump
7. G. H. Doggett (Salford) 34:40.0	1. R.G.Ball (Redhill) 56.60	Group 1 (40-49)
8. B. Harbottle (Elswick) 34:48.6	2. J. J. Phillips (Trowbridge) 50.54	1. J. J. Phillips (Trowbridge) 12.17
9. B. Webster (Warley) 35:07.4		2. C. W. Knowles (V of A) 10.77
10. B. W. Boyce (Tipton) 35:47.4	4. W. F. Mann (Sefton) 38.00	3. N. Turk (YUG) 10.16
11. J. Betney (Clayton) 36:20.6	5. J. Coggin (Leicester) 32.48	J. E. Day (Blackheath) 9.85
12. T. Banks (CAN) 36:56.6	M. Dowthwaite (H'shire) 31.24	Group 2 (50-59)
 N. Hamilton (Notts) 37:37.8 	 P. J. McEvoy (L Irish) 27.32 	1, H. S. Trafford (Newcastle) 9.43
 J. W. Jacobs (US Masters) 38:34.6 	Class 3 (60-69)	Group 3 (60-69)
15. P. Gregor (Blackpool) 39:12.0	1. I. K. Hume (CAN) 39.98	1. I. K. Hume (CAN) 10.14
16. C. Hallinan (Leigh) 39:52.0	. ,	
J. Hanak (YUG) (1 lap short) 34:36.6		Long Jump
······································		Class 1A (40-44)
Class 1B (45-49)	Discus	
	Class 1A (40-44)	2. D. Burton (H'shire) 5.47
2. W. J. N. Stoddart (SV) 32:42.2	1, R. G. Ball (Redhill) 41.04	 J. J. Phillips (T'bridge) 5.45
3. R. G. Franklin (TVH) 34:07.6	E. Johnston (Lincoln) 39.88	Class 1B (45-49)
 J. Haslam (Bolton) 38:52.4 	F. W. Hobson (Sheffield) 36.44	 D. R. Howarth (Leigh) 5.33
Class 2A (50-54)	 P. J. McEvey (L lrish) 29.74 	 C. W. Knowles (V of A) 4.94
 K. Hall (Wirral) 34:25.6 	5. W.F. Mann (Sefton) 29.64	W. Brittee (Lothian)4.74
 G. A. Phipps (Leam'ton) 35:40.2 	W. Nicholls (Stretford) 28.58	4. J. Christie (VPAC) 4.56
3. J. F. Fitzgerald (Mitcham)36:42.1	7. J. D. Howell (HHH) 28.00	5. Z. Jednacak (YUG) 4.42
4. N. S. Neilson (B'pool) 38:00,0	Class 1B (45-49)	6. N. Turk (YUG) 4.20
5. J. H. Haden (Tipton) 40:05.0	1. J. A. Watson (Coventry) 36.96	7. P. Jelenecki (YUG) 3.71
6. H. A. Siitonen (US M) 43:10.4	2. J. M. Ellorriaga Weibel (SP) 35.92	Class 2 (50-59)
Class 2B (55-59)		
· · · · · · · · · · · · · · · · · · ·		
	4. M. Dowthwaite (H'shire) 23.82	
Class 3 (60-69)	Class 2 (50-59)	3. J. Gercs (Rugby) 4.65
1. S. Lee (Horwich) 43:04.0	1. F. Laudobelis (MVAC) 34.48	4. H. S. Trafford (Newcastle) 4.45
2. F. Jackson (Norwich) 44:38.0	2. J. Gercs (Rugby) 30.78	5. G. Norman (C of Hull) 4.36
Class 4 (70-79)	3. H. S. Trafford (Newcastle) 27.36	Class 3 (60-69)
1. W. Leach (Bolton) 43:29.4	4. D. Pinnington (Warrington) 24.96	1. I.K. Hume (CAN) 4.37
	 D. Pinnington (Warrington) 24.96 	
	4. D. Pinnington (warrington) 24.96 Class 3 (60-69)	 T. W. E. Hines (VAC) 3.05
3,000 M Steeplechase		2. T.W. E. Hines (VAC) 3.05
3,000 M Steeplechase Class IA only	Class 3 (60-69) 1. K. Maksimczyk (Westbury) 48.08	
	Class 3 (60-69) 1. K. Maksimczyk (Westbury) 48.08 2. G. E. Smith (Cambridge) 39.20	Note: For Walking result see
Class IA only	Class 3 (60-69) 1. K. Maksimczyk (Westbury) 48.08 2. G. E. Smith (Cambridge) 39.20 3. I. K. Hume (CAN) 33.92	
Class IA only 1. M. E. Morrell (Wirral) 9:49.6 2. A. E. J. Shrimpton 10:03.4	Class 3 (60-69) 1. K. Maksimczyk (Westbury) 48.08 2. G. E. Smith (Cambridge) 39.20 3. I. K. Hume (CAN) 33.92 4. T. A. Dirkin (Stretford) 23.78	Note: For Walking result see
Class 1A only 1. M. E. Morrell (Wirral) 9:49.6 2. A. E. J. Shrimpton 10:03.4 3. P. G. Knott (B'pool) 10:21.6	Class 3 (60-69) 1. K. Maksimczyk (Westbury) 48.08 2. G. E. Smith (Cambridge) 39.20 3. I. K. Hume (CAN) 33.92 4. T. A. Dirkin (Stretford) 23.78 Class 4 (70-79)	Note: For Walking result see
Class 1A only 1. M. E. Morrell (Wirral) 9:49.6 2. A. E. J. Shrimpton 10:03.4 3. P. G. Knott (B'pool) 10:21.6 4. W. Ratcliff (Warrington) 10:43.2	Class 3 (60-69) 1. K. Maksimczyk (Westbury) 48.08 2. G. E. Smith (Cambridge) 39.20 3. 1. K. Hume (CAN) 33.92 4. T. A. Dirkin (Stretford) 23.78 Class 4 (70-79) I. M. Cullen (Swansea) 28.40	Note: For Walking result see
Class 1A only 1. M. E. Morrell (Wirral) 9:49.6 2. A. E. J. Shrimpton 10:03.4 3. P. G. Knott (B'pool) 10:21.6	Class 3 (60-69) 1. K. Maksimczyk (Westbury) 48.08 2. G. E., Smith (Cambridge) 39.20 3. I. K. Hume (CAN) 33.92 4. T. A. Dirkin (Stretford) 23.78 Class 4 (70-79) I. M. Cullen (Swansea) 28.40 Women 28.40	Note: For Walking result see
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Much has been written about the late Tom Buckingham's athletic prowess and in fact his record speaks for itself, but those of us who knew him well. appreciate him for another attribute. This was the ability to throw in the sly piece of repartee when it was least expected. Very dry would sum up our Tom. and two gems I shall always remember as examples of his quick wit occurred at different venues. The first was at the National Veterans Track and Field Championships at Derby in 1971. Howard Payne was throwing the Hammer very long distances, and the announcer kept reminding us of Ian Chipchase's ground record. Ian wasn't too well known in Athletic circles at that time and somebody enquired who Chipchase was, A "Chipchase" replied Tom, "must be three times round the fish shop".



TOM BUCKINGHAM

The second was at Draveil in 1974. After the race, we indulged ourselves in the customary guided tour of Paris, and the courier was proudly extolling the virtues of her native City. On visiting a famous historical place of worship, she covered the interior in considerable detail until Tom, spotting an isolated brown-paper parcel, enquired "And that I suppose is the lunch-pack of Notre Dame?" Merv Jenkinson, Australia's 66 year old champion runner appeared on Australian television earlier this year. He was seen striding in a park and giving a running(!) commentary. His leg action was that of a young man. After watching Merv's legs gliding round that Park, Australian viewers saw him win a 1500 race. There was much favourable comment on the programme and one young lady was reported to have told Jack Pennington that she thought she had seen him on television – and Jack is twelve years younger than Merv! There was no doubt that Jenkinson looked a good twenty years younger than his real age. Back in 1929, Merv placed 7th in the Oueensland

cross-country championships, and showed good promise, but the depression of those years curtailed his activities and he found himself as a young surveyor working outside the athletics scene. In 1939 he joined the Royal Australian Air Force and ran only for fitness.

In 1962 at the age of 52, he found by accident Fred Wilt's book "How They Train" which detailed the training sessions of the World's best runners. Merv wondered whether he was still able to run and, if so, what would this new-fangled interval training do for him. He tried it for a couple of months, but could only get his mile time down to a "mere" 5 mins 35 sees, and was disheartened by this. He accepted that he was now over the hill.

Eleven years' later, at the age of 63, he read that one of his old schoolmates, Jack Cook, was president of the Queensland Veteran Club, so the old running

TOM BUCKINGHAM

At a committee meeting of the B.V.A.F. held at Learnington on October 24th, it was unanimously agreed that a Tom Buckingham Memorial Trophy be purchased for presentation at a suitable race. A decision on the actual race cannot be divulged until the organisers' committee actually meets, but it is hoped to be at an annual long standing championship. Tom's outstanding Class 2 record as World Marathon Champion in 1968 & 1970, and 25 Kilometres World Champion in 1969, will be engraved on the Trophy. If you would like to be associated with the obtaining of a suitable trophy please send donations to Geoff Pearson, 64 North Acre, Garratt Lane, Banstead, Surrey. bug returned. In 1973, he started training for the National titles to be held in Sydney the following year. From the Nationals he went to Toronto where he won the over-65 3,000 meters in 10:54, beating the "unbeatable" Norm Bright (USA).

So, within a couple of years of taking running seriously again, Merv was a world champion and a TV star. He is now semi-retired from his profession, and he is able to globe trot. He will train three or four times a week and include a couple of games of golf. That's the life – and it started at 63.

Are potential officials diverted from the ranks of athletics administration by the activities of the Veteran movement? This is a question which is frequently asked and, indeed, many overworked officials genuinely believe that the veteran movement is taking men who would otherwise be officiating.

Frank Thomas (55) of Haringey and Southgate AC, felt obliged to write to *Athletics Weekly* on the subject. "In the past one could expect a feed-back into the clubs of men who had given up active running and who were then prepared to give their services as officials, coaches and judges. On whom now are clubs to call, if the very men whose experience and standing qualify them for these jobs themselves continue to compete ...?"

In my own experience the vast majority of those athletes "whose experience and standing qualify them for these jobs" are never interested in officiating anyway. When they retire they are lost forever. What the veteran movement has done is to give this significant section of the sporting world the opportunity to continue active participation until the ends of their lives. It seems to me that you are either the helpful sort or you are not. If you are, then as a young active athlete you are taking on small jobs here and there; and when past your peak perhaps more onerous official positions come your way. On reaching 40 as an established official it is quite out of character for this type of person to renounce his responsibilities and turn to the "selfishness" of his own training and competition. Indeed, as Jack Fitzgerald wrote in reply, "If there were some magical formula that turned a non-administrative athletes into a hard working official on retirement from active athletics, then I for one would not be so fanatical about veteran athletics. The plain truth is that the same old mugs get lumbered with all the jobs throughout their lives".

Mike Porter, the honorary treasurer of the Northern Vets also had something to say. "Why on earth should one not do what one can do?" wrote Mike. "One might think the whole purpose of athletics is to reach a peak at around 25 and thereafter a steady (or sometimes rapid) decline, into middle and old age".

Frank Thomas was not attacking the vets, but was simply concerned at the present dearth of officials. It is a problem which is difficult to solve. But what I do know is, that many of the Veteran officials, organisers and administrators in the U.K. also play significant roles in the running of their own athletic clubs.



My picture shows our erstwhile photographer BEN BICKERTON receiving a first place award and a cheque for £500 at London's Hilton Hotel. I know Ben is turning in some good performances in Class 2A these days and has picked up quite a few awards too; but the London Hilton?... And £500?... perhaps the professional circuit is not dead after all?

Truth is, that Ben has won the Zenith Photographic Award for 1976 with a spectacular action colour photo entitled "industrial fireworks".

Ben has always been a generous contributor to VETERIS and those of us who have enjoyed his many fine photographs will be delighted to hear of this latest win.

U.S. Master Virgil McIntyre (65), former holder of the World Veterans Class 3, 200 meters mark, has been back in competition this summer after two years of inaction due to a hip ailment. He was a significant absentee at Toronto. He celebrated his return with a fine 13.76/28.3 100/200 double in Class 3B of the US Masters at Gresham, Oregon in July.

McIntyre had been a sprinter during his high school and college days, and was a track coach for nine years after that, but during middle age he took no active part in athletics. In 1962 at the age of 51 he suffered a pulmonary problem which required surgery.

"It was the pulmonary problems that get me started at competing in Masters track events" he says. "I had to have a lung resection in 1962 and when you come back from something like that you need an activity to build up your oxygen intake. I didn't take to it immediately, but my son and daughter-in-law, both marathon runners, talked me into jogging in the late 1960's.

McIntyre lost 35 pounds before he felt ready to give it a go with the Masters, and when he did he became a scourge in his age class, setting a World Class 3 record of 26.6 for 200 meters in 1971.

He trains every day, doing 2½ miles of running for condition, and 1½ miles on technique work. And he has no plans to slow down. "I'll keep at this as long as I can and I'll compete in the Masters track and field as long as they'll let me" he says.

(Continued on page 31) 29

JOHN HAYWARD, our statistician, recently received a mass of revisions and additions to the 1975 Track & Field lists he so carefully compiled for VETERIS. Some of this information came from sources which had failed to respond to deadline dates for such information; but the lists were seriously affected when a comprehensive German publication came into the possession of our statistician. It is not practicable to publish revised 1975 lists when we are on the brink of entering 1977, but we can assure our readers that

past lists and records are up-dated for future reference and notification of additions or revisions are recorded even if they are not noted in VETERIS. In the following article JOHN HAYWARD attempts to review the mass of additional material, and pleads for a better response to his appeals for ranking material. If all race results, from whatever source, are channelled through VETERIS then our annual lists stand a change of being truly representative of the World Veteran scene.

THOSE 1975 RANKINGS!

by JOHN HAYWARD

After the last of our 1975 Lists went to press a publication came our way, from JORG **RECKEMEIER** in Germany, which covered in great depth and detail performances of their "ALTERS-KLASSE" athletes.

Their Class 1 starts at 32 years and dosn't concern us until "Class 3" which starts at 40 and then progresses in five year groups upto "Class 7" for 60 vears and over.

Compilation of such lists in Germany is made easy for the statisticians-for ALL Track & Field Meetings in Germany have to return results to their area associations which then, through the governing body. are made available for statisticians-a dream come true and one every athlete should encourage in his own country. STATISTICS ARE ONE OF THE CORNER STONES OF OUR SPORT and it should concern us all that they are thorough and complete. Our lists are exposed as false, for the method of

compilation is a shambles and relies upon gathering information from results that may, or may not, be published in magazines or come from personal contacts who may or may not answer our requests.

Its a disgrace to our sport that we have been in being for so long yet do not have a system which will improve the reliability of all that work countless well meaning statisticians put in. We all should urge governing bodies in our respective countries to bring the German system into being. So get a pen out now and send a copy of what we mention here in an effort to get things moving.

If we take the German Lists and all the other late information and corrections sent us, our 1975 Lists should be reprinted but time and space will not permit.

So to do the German veteran scene justice we print below a schedule of 3 Classes indicating their top mark and next to it a number which informs us of how many performers would have made our list if we had continued to use our qualifying marks.

(NOTE their Class 2 & 3 throwers use only senior implements!)

	CLASS 1		CLASS 2		CLASS 3	
100 M	11.0	26	12.3	2	12.9	2
200 M	22.7	5	25.7	4	28.2	1
400 M	50.6	3	59.4	1		-
800 M	2:01.7	5	(a)			
1500 M	4:03.1	1			<u></u>	-
3000 M	8:36.4	28		100	TT -	
5000 M	15:01.2	29	16:40.6	6	19:03.4	1
10.000 M	29:20.8	20	33:53.6	5	40:34.0	1
110 M Hurdles	16.4	3			<u></u>	5.
400 M Hurdles	56.9	1		100	<u> </u>	÷.
3000 M SC	9:38.6	5	-			-
High Jump	1.85 m	30	1.50 m	9	1.45	10
Long Jump	6.78 m	32	5.78 m	32	5.28 m	15
Triple Jump	12.16 m	1	10.14 m	3	9.72 m	1
Pole Vault	3.40 m	1	644 C	1000	-	6
Shot	16.62 m	30	16.62 m	2	11.28 m	1
Discus	51.64 m	30	43.76 m	8	32.64 m	I
Javelin	62.00 m	29	45.08 m	4	42.10 m	2
Hammer	61.40 m	28	41.74 m	5		-

POINTS OF INTEREST. They throw up 3 WORLD BESTS-all in Class 3.

3000 M 10:12.4 Gunter Thiele (61) Berlin 16-9 42.10/138'-1" Otto Eisenmann(62) Itzehee 25-9 JAVELIN L/JUMP 5.28/17'-4" Hans Schneider (61) Erkelenz 26-7

In the LONG JUMP their top five were all better than the VETERIS listed WORLD BEST-the amazing gentlemen being (in addition to above):

5.2

5.24	W. Feldges (61)	267
5.18	W. Rumig (61)	248
5.12	R. Reckwardt (61)	127
5.10	K. Petzold (62)	127

Six German athletes would have topped our lists. The three world bests mentioned above plus-

1. The fifty year old HERMANN HOMBRECHER, who won the Class 2 SHOT at Toronto in a World Best, pushed the 16lb ball out to 16.62/54'-6''.

2. PETER SPECKENS (40) had a final throw in the DISCUS of 51.64/169'-5".

3. WALTER WEBA (52) who topped our Class 2 marathon lists (2:35:46) clocked a fine 33:53.6 over 10.000 m.

The Class 1 throwing lists are staggering and so obviously would have been the Class 2 and 3, for their veterans use only senior implements; which makes that 138'-1" Javelin Record of sixty-two year old OTTO EISENMANN modest to what he must be able to perform with the 600 g spear.

Coroebus (Continued from page 29)

Virgil is an example of what organised physical activity can do for one's health. "This country (USA) spends millions for health care", he says. "It depresses me that it doesn't spend some of that to change the life-styles of its citizens. If it did that, there wouldn't be such a need for health care".

Virgil McIntyre has shown by example that it's never too late to start running, and that much satisfaction can be derived from the activity. But most important, he does not reckon on needing any US federal money for health care in his advancing vears

Wilf Morgan tells me that the National Library for Athletics Literature is keen to receive as gifts, or just on loan, anything connected with athletics (my colleague Bob Shrunkle should have some interesting suggestions!). The library already holds a collection of magazines, books and programmes, but is now widening its interest to include taped interviews, pennants, plaques, medals and anything in the realm of athletics nostalgia. Readers are invited to lend or donate items of interest which will be preserved for posterity. Send to John Bromhead, National Library for Athletics Literature, Birmingham University, Edgbaston.

Whilst on the subject of sending items of interest, you will recall that Hal Higdon recently appealed for anecdotes and stories concerning veteran running for a book he is writing on the subject of veteran track athletics, and fitness running. Well, the subject is gaining in popularity, for James Fixx of Connecticut,

GUNTER THIELE'S 3000 m run of 10:12.4 (two 5:06.2 1500 metre races together!) hacked 34 sec of the Class 3 record we list, probably underlining that it has been a soft record and that marathoners such as DAVIES (USA), PORTEOUS (GBR) and MONT-GOMERY (USA) should be able to return a good time if they tried. (These four-plus McMINNIS (GBR), BRIGHT (USA) and ANDBERG (USA) should make a race worth seeing in Gothenburg.)

The amazing HERBERT SCHMIDT (now 65) is still flexing the pole in the "STABHOCHSPRUNG" and cleared 3.40/11'-2" at MULHEIM on 7th June.

In the running events their veterans' form is cuite erratic, for the Class 1 lists indicate impressive depth in the 100, 3000, 5000 and 10,000, yet modest to poor in all other events. With two exceptions this applies to all other classes.

Over all its obvious that if our German friends trouble to cross the SKAGERACK next summer there should be some considerable increase in exciting competition.

P.S. TO MAKE OUR 1976 LISTS A BETTER REFLECTION OF THE WORLD SCENE, AND TO ENSURE THAT YOUR NAME IS NOT MISSING WHEN THEY ARE PUBLISHED JUST BEFORE GOTHENBURG.-PLEASE SEND YOUR BEST T&F **RESULTS TO: JOHN HAYWARD 128 PRINCES** ROAD, BUCKHURST HILL, ESSEX.

USA, is writing a book on physical fitness with special emphasis on running and jogging. He wants to get at "the psychological changes that occur in runners and how those changes affect behaviour". Bob Shrunkle is surely the best example of how dramatic those effects can be!

ED LACEY

Ed Lacey (55), the photographer, was killed in a road accident near his home at Bookham, Surrey, on Sunday 14th November 1976. His death is a tragic loss to the world of sports photography, and in particular to the athletics community at large.

Ed joined Belgrave Harriers in 1948, at the age of 27, and competed at a modest level for about eleven years. In his thirties photography took up more and more of his spare time and soon occupied every Saturday, to the exclusion of his running. His photographs were regularly featured in the athletics and provincial presses and by the time he was 40 the National Press too was using his work. He not only covered athletics, but football and swimming too and by the time he had become a full-time freelance photographer, at the age of 44, the dramatic moments of most sports had been recorded by Ed's camera.

For the last eleven years the photographs of Ed Lacey have appeared throughout the world, and only recently an exhibition of his work was staged at the Kodak Photographic Gallery in London.

This magazine, as young as it is, has featured scores of Ed's pictures-all contributed with typical generosity by a man who showed a genuine interest in his photographic subjects. He will be sadly missed by all who knew him, and VETERIS will be the poorer for his passing. Our condolences are extended to his widow, Kathleen, and her three children.

World news and results compiled by Peter Scott Australia

August 13th

- City-to-Surf - A Great Foot Race.

This year a tremendous field of more than 11,000 runners were attracted to this N.S.W. event with a record 9,400 competitors checking in at Bondi after completing the tough 14 km course. The growing popularity of this event is clear when one compares these figures with those of last year -5,444 out of a field of 6,340 finished the course then.

Jack Pennington tells us that few veterans in fact take part due to the crush, particularly at the start. Jack was so hemmed in that it took him 6 minutes to cover the first 800 metres! Veterans who did manage

WAL SHEPPARD'S new address is:-2. Montgomery Place, Bulleen, Victoria 3105.

to fight their way through were:-

1A	Albert Thomas	46:40 (29th)
1A	Norm Cleverly	47:46 (47th)
1B	Peter Piper	48:34 (65th)
1A	Ian Hassall	49:00 (80th)
1A	Keith Ferguson	49:46 (97th)
1A	Keith Ferguson	49:46 (97th)
2B	George McGrath	51:48 (141st
1 B	Robin Clyne	52:18 (160th

The first woman, aged 35, was Elizabeth Richards in 52:44 and the overall winner was Victorian Tim O'Shaughnessy (22) in 42:04.

	- Adda and and and a			19	
Results of New South Wales	4	2. R. Payne	65:44	Class 2	
Distance Championships		3. D. Chisnell	66:21	1. T. Orr (52) 3:02	
······································		Class 3		2. N. LeRossignol (54) 3:33	
Cross Country 10 Km		1, H. Batterham	65:34	3. A. Terry (53) 3:34	
Class 1A	- 4	2. L. Williams	80:04	4. N. Anderson (51) 3:46	5:13
1. K. Mitchell	37:07	Class 4		Class 3	
2. D. Dickson	38:05	1. S. Hesketh	68:22	1. S. Nicholls (65) 3:14	
3. A. Mutt	38:05			2. A. J. (Brook) Tovey (64) 3:42	2:34
Class 1B	1	Road 25 Km		3. A. Smith (61) 4:17	1:30
1. P. Piper	35:26	Class 1A		4. G. Wilson (64) 4:56	5:50
2. R. Piper	38:59	1. G. Kent	88:42		
3. R. Whutlam	41:18	2. E. Warner	97:34	10.11 0 1 0	
Class 2A	11.10	3. N. Markham	98:18	10 Km Road Race	
I. F. Devlin	39:38.5	5. IV. Markham	20.10	1	6:36
	43:33				8:40
2. R. Payne		September 25th			9:25
3. D. Murrell	44:46			1. 5.50000000	9:49
Class 2B		Victorian Veterans AC First M	aratnon		0:09
1. J. Baker	46:29	and 10 Km Road Race		6, R. Thomas 4	0:21
2. R. Bell	50:18			7. W. Sheppard (54) 4	1:05
Class 3		Marathon		8. K. Routley (52) 4	1:15
 H. Batterham 	44:01	Class 1		9. M. Carter (50) 4	1:42
L. Williams	51:44	 H. Van Wijngaarden (42) 	2:38:47		1:55
		J. Crawford (41)	2:55:10		2:03
Cross Country 15 Km		3. G. Riley (45)	3:00:52		2:14
Class 1B		4. I. McQuade (46)	3:12:16		4:35
1. P. Piper	54:14	5. N. Barrett (49)	3:13:24		4:49
2. R. Piper	60:02	6. R. Sara (Whyalla) (49)	3:21:23	1 / / Di Contrough	5:40
3. R. Whittam	63:21	7. H. Birch (42)	3:21:53	15. 11. Outughtain (55)	6:08
Class 2A	00.21	8. J. Smith (41)	3:35:00	101 07	8:47
	60:25	9. V. O'Brien (48)	3:43:40	in magnes (mil)	
	60:41	10, A. Fairbanks (43)	3:51:00	18. P. Smith (40) 4	9:08
	69:32	10. A. Fallbanks (43)	3:59:50		
3. L. O'Connor	09:32			50 Mile Track Race in Sydney.	
Class 2B		12. N. McLeish (45)	4:20:25		3:10
1. G. McGrath	56:55	13. T. Pryer (48)	5:26:16	George McGrath (50)	5.10
and the second	NAME OF TAXABLE PARTY.				
Belaium		Class 1B		Class 3	3 P
		 A. Danckaerts 	2075 Pts	1. M. Deput	
M M B M B B B B B B B B B B B B B B B B	5	J. Kuppens	1821 Pts	2. P. Poelman 27	0 Pt
		3. G. Alloo	1707 Pts		
		Class 2A	1.0.10		
		1. G. De Cremer	1229 Pts		
September 26th			668 Pts	October 2nd	
Veterans' Pentathlon, Bruges				Etienne Gailly Memorial Marathon	
Class 1A		3. G. Hermans	651 Pts		36:1
 L. Marien 	2703 Pts	Class 2B			51:4
2. H. Michiels	2175 Pts	 E. Pauwels 	987 Pts		
3. J. Luycks	2129 Pts	V. Carpentier	912 Pts	38. Patricia Day 35+ (GBR) 3:1	16:2
	2	-			

Canada

2.

THIRD CANADIAN MASTERS CHAMPIONSHIPS

September 11th and 12th at Oshawa Civic Stadium. Oshawa, Ont.

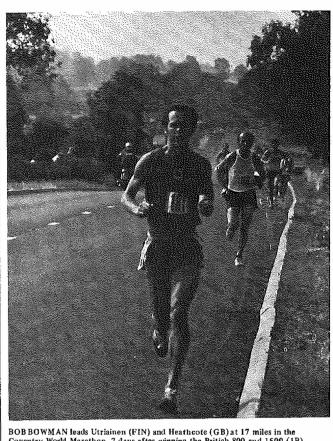
Weather for the Third Canadian Masters Championships proved a mixed bag, Cold and windy the first day, fine and sunny with little wind the second. The Meet was a most successful one with representation from Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba and British Colombia as well as the USA.

Features of the meet, at which one Canadian Open and fifteen Native records for Masters were broken. were a Class 3A World Record for javelin by Ian Hume and a valiant attempt by Arthur Taylor of Kitchener, Ontario, on the World Record for 5000 Metres for over 50's currently held by J. Rvan of Australia at 15:54.0. The Class 2A race was held together with the Submasters event so that for the first two miles Arthur ran with Bob Daniell of Mississauga, Ont. In the last mile, however, in an attempt to gain the record, he broke away, but needed a 70 second last lap. This he came within 0.8 seconds of achieving. Well tried, Arthur. Had you been successful, this would have been Canada's first Masters World Record on the track (aside from Max Gould's Walking Records),

100 M					
(Class IA)				800 M	
1. G. Hunt (New Brunswick)	12.0			Class 1A	
2. A. Sundin (Ontario)	12.0			1. E. Crangle (Toronto)	2:11.8
3. M. Rosenbloom (Ontario)	12.2			2. T. Giblin (Ontario) 3. B. Oxley (Toronto)	2:12.6 2:15.8
(Class 1B)				Class 1B	2:15.6
 F. Irving (Teronto) 	11.9			1. E. Whitlock (Quebec)	2:09.5
M. Smee (Willowdale)	12.9	(9)		2. B. Bowman (Ontario	2:15.0
D. Dineen (Waterloo Count	y) 13.1			3. I. Jamieson (Ontario)	2:16.0
(Class 2A)				Class 2A	
1. S. Egerton (Ontario)	12.5			1. C. Hall (Toronto)(CNR)	2:13.4
 N. Baum (Toronto) P. Pientka (Ontario) 	12.7			2. F. Booth (Toronto)	2:37,1
 P. Pientka (Ontario) (Class 2B) 	13.0			3. F. McPherson	2:40.2
1. J. Grant (Toronto)	12.7			Class 2B	
2. A. Dunn (Manitoba)	13.2		1	1. W. Woodhouse	2:28.4
3. G, Jamieson (Ontario)	13.3			2. D. Geer (USA) 3. D. Stiles	2:32.3
(Class 3A)				3. D. Stiles Class 3A	2:32.8
1. P. Duncan (Ont) (≈CNR)	12.9			1, J. Wall (USA)	2:41.8
2. G. Ward (Ontario)	13.8			2. G. Collins (Toronto)(CN	
B. Mackereth (Ontario)	14.6			3. J. Young	2:53.0
(Class 3B)				5. 5. 404.15	2.55.0
1. B. Ivers (Nova Scotia)	14.3			1500 M	
2. A. Brosz (Toronto)	18.2	\wedge		Class 1A	
(Class 4) 1. K. Boas (USA)	15.9			1. T. Giblin (Ontario)	4:29.6
 K. Boas (USA) G. Moss (Ontario) 	19.9		1	2. A. Kern	4:49.2
(Class 1W)	19.9	Class 3A medallists, Rev. Gerry W		3. K. Kerr	5:18.6
1. E. Saull (Quebec)	13.9	(13.8) and Percy Duncan (12.7/27	.8)	Class 1B	
(Class 2W)	10.7			1. E. Whitlock (Quebec) 2. I. Jamieson	4:14.8
1. I. Saumier, (Quebec)	17.8			2. I. Jamieson 3. V. Kubkola	4:36.0
				Class 2A	4:36.8
200 M		Cluss 4			R)4:31.6
Class 1 A		 K. Boas (New York) 	33.1	2. J, Houlden (Manitoba)	5:08.4
1. G. Gluppe (Toronto)	25.3	Class 1 W		3. F. McPherson (Quebec)	5:23.8
 A. Sundin (Ontario) M. Rosenbloom (Ontario) 	25.3	1. E. Saull (Quebec)	29,1	Class 2B	
3. M. Rosenbloom (Ontario) Class 1B	25.6	Class 2W		1. A. Taylor	5:08.6
1. F. Irving, (Toronto)	25.6	 E. Yeomans (USA) 	41.5	2. D. Geer (USA)	5:14.8
2. D. Dincen (Ontario)	26.8	400 M		3. D. Stiles	5:20.6
3. E. Moore (Ontario)	28.0	Class 1A		Class 3A 1. G. Collins	5 00 0
Class 2A		1. G, Gluppe (Toronto)	57.2	2. J. Young	5:33.8 6:01.0
 N. Baum (Toronto) (CNR) 	25.9	2. G. Hunt (New Brunswick)	61.9	Class 1 W	0:01.0
S. Egerton (Ontario)	26.4	Class 1B	01.2	1. T. Kemac	6:49.4
K. Virkars (Toronto)	27.1	 E. Whitlock (Quebec) 	57.3	2. S. Kukkola	7:02.4
Class 2B		2. I. Jamieson (Ontario)	60.6		
 A. Woodhouse (Ontario) A. Dunn (Manitoba) 	27.6	A. Lynn (Toronto)	61.4	5000 M	
in Dunit, (inunitobu)	27.7	Class 2A		Class 1A	
3. J. Grant (Toronto) Class 3A	27.7	 N. Baum (Toronto) C. Hall (Toronto) 	58.9	1. T. Giblin	16:91.8
1. P. Duncan (Ontario) (CNR)	27.2		59,3	2. G. Dickson	16:25.6
2. B. MacKereth (Toronto)	30.7	3. K. Virkavs (Toronto) Class 2B	60.0	3. W. Allen	16:39.4
3. J. Young (Ontario)	32.0	1. A. Woodhouse (Ontario)	61.6	Class 1B 1. B. Bowman	16 00 0
Class 3B		2. A. Dunn (Manitoba)	64.9	1. B. Bowman 2. G. Downer	16:29.0 16:58,2
 B. Ivers (Nova Scotia) 	31.5	3. G. Jamieson (On tario)	67,1	3. D. Wolfe	18:09.2
2. A Brosz (Toronto)	36.7	Class 3B		5. 5. 0010	10.07.2
B Plain (Toronto)	37.3	1. A. Brosz (Toronto)	1:40.2		>

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class	2A	15.54.9	
2.	A. Taylor (CNR) J. Houlden (Manitoba)	15:54.8	
3.	T. Maidman	18:36.4	
Jass			
ι.	A. Taylor	19:93.6	
2. 3.	S. Hietanen (Brit Colum.)		
). Class	D. Stiles	19:29.8	
	J. Wall (USA)	19:08.0	
•	R Rollason (CNR)	19:20.6	
3. Class	W. Sheridan	21:07.0	
,1055	T. Komac	24:17.0	
Class.	2₩		
ι.	E, Yeomans (USA)	27:55.8	
	00 M		
Class	IA W Allon (Ostrica)	34:44.6	
1. 2.	W. Allen (Ontario) P. Adams	34:44.0	
2. 3.	L. Buck	35:53.8	
Class	18		
1.	R. Bowman	34:46.6	
2. 3.	G. Downer J. Reeves (Toronte)	35:03.4 36:43.6	
s. Class	2A		
1.			
2.	T. Maidman	38:40.8 40:40.0	
3. Class	J. Morrow	40:40.0	
1.	S. Hietanen (B. Columbia) 37: 57.4	
2.	B. Crozier	40:50.2	
3. Class	A. Obokata	43:47.0	
2.	R. Rollason (CNR) W. Sheridan	42:39.0	
	ı Walk		
2B	M. Gould	25:41.0	
31	H. Yeomans (USA)	33:28.8 35:22.4	BOBE
3B 2W	A. Keay E. Yeomans (USA)	34:32.0	Coven
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	M Hurdles		Canad
Class 1.	1A T. Ojala	23,3	
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2. <b>300(</b> Class 1.	I. Hume (Quebec) (CN J. Young M Steepiechase 1A B. Armstrong	22.0 11:38.6	1. 2. 3. <i>Class</i>
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2. <b>3000</b> <i>Class</i> 1. 2. <i>Class</i> 1. 2. <b>Lon</b> <i>Class</i> 1. 2. <b>Lon</b> <i>Class</i> 1. 2. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Class</i> 1. <i>Clas</i>	I. Hume (Quebec) (CN: J. Young M Steeplechase 1/A B. Armstrong S. Skolik 1/B G. Gilmour (Quebec) A. Ivan (Ontario) L. Trzetziak 2/A A. Taylor (CNR) D. Farguharson (Ontario) g Jump 1/A L. Washburn (N Brunswic M. Rosenbloom (Ontario) 3 Bund M. Rosenbloom (Ontario) 1/B	22,0 11:38.6 12:03.8 12:28.0 12:45.8 14:52.8 10:41.8 10:41.8 13:20.6 ck) 5.36m 5.25m 5.20m	1. 2. 3. Class 1. Class 1. Class 1. High Class 1. 2. Class 1. 2. Class 2.



BOB BOWMAN leads Utriainen (FIN) and Heathcote (GB) at 17 miles in the Coventry World Marathon, 7 days after winning the British 800 and 1500 (1B) titles. He returned home to score a 5000/10,000 double and a 800 silver in the Canadian Masters.

lass 2 A		Class 2B	
<ol> <li>K. Pavasars</li> </ol>	4.83m	<ol> <li>M. Pickl (Toronto)</li> </ol>	1.3 <b>●</b> m
. S. Egerton	4.75m	Class 3A	
V. Teteris	4.55m	1. I. Hume (Quebec)	1.40m
Clas's 2B		<ol><li>H. Yeomans (USA)</li></ol>	1.25m
M. Pickl (Toronto)	4.40m	Class 3B	
H. Warwas (Toronto)	4.17m	<ol> <li>A. Brosz (Toronto)</li> </ol>	1.05 <b>n</b>
A. Obokata	4.16m		
Tass 3A			
I. Hume (Quebec)	4.62m	Triple Jump	
Class 3B		Cluss IA	
A. Brosz (Toronto)	2.87m	<ol> <li>L. Washburn (N Brunswie</li> </ol>	
lass 4		2. T. Ojala	8.85n
K. Boas (USA)	3.01m	<ol><li>W. Armstrong</li></ol>	8,80п
		Class 1B	
		<ol> <li>G. Gilmour (Quebec)</li> </ol>	9.15п
		<ol><li>M. Woerle (Toronto)</li></ol>	8,96п
ligh Jump		Class 2 A	
llass I A		<ol> <li>K. Pavasars</li> </ol>	9.37n
M. Rosenbloom (Ontario)	1.55m	2. S. Egerton (Ontario)	9.29n
2. T. Ojala	1.50m	Class 2B	
Class 1B		1. M. Pickl (Toronto)	8.78n
F. Klassen (Toronto)	1.50m	2. D. Geer (USA)	7.30п
2. M. Woerle (Toronto)	1.50m	Class 3A	
3. G. Gilmour (Quebec)	1.45m	1. I. Hume (Quebec)	9,55п
Class 2A		Class 3B	
1. S. Egerton (Ontario)	1.45m	1. A. Brosz (Toronto)	4.88m

Photo: C. Shippen

Shot Put		Class 2A		Class 2B	
Class 1A 1. R. Guest (Ontario)	12.58m	1. K. Pavasars 2. V. Teteris	33.88m	1. A. Zakis	29.86
			28.02m	2. E. Purgalis	29.20
<ol> <li>A. Sundiπ</li> <li>T. Ojala</li> </ol>	11.76m	3. K. Hering (Toronto) Class 2B	27.00m	Class 3B	00.54
Ciass 1B	8,66m	1. A. Zakis	25 0 1 m	1. A. Brosz (Toronto)	20.54
1. J. Tovell (Ontario)	0.24m	2. H. Parsons (Teronto)	35.04m 30.32m	2. A. Keay (Toronto)	12.80
2. M. Woerle (Toronto)	9,34m 9.26m	3. E. Purgalis	25.24m	Class 4 1. A. Ticmanis (CNR)	20.42
3. L. Trzetziak	6.28m	Class 3A	23.2411		
Class 2A	0.2011	1. E, Poltrok (CNR	) 37.4 <b>6</b> m	2. K. Boas (USA)	14.02
1. Z. lldens	10.76m	2. I. Hume (Quebec)	32,46m	Javelin	
2. K. Hering (Toronto)	9,65m	3. H. Yeomans (USA)	25.42m	Class 1A	
3. N. Baum (Toronto)	9.28m	Class 3B	23.4211		40.20
Class 2B	9.2011	1, A. Brosz (Toronto)	20.70m	1. L. Washburn (N Bruns) 2. A. Sundin	49.39
. A. Zakis	10.96m	2. A. Keay (Toronto)	15.78m	3. G. Gluppe (Toronto)	43.60
2. H. Parsons (Toronto)	10.24m	Class 4	15.703.	Class 1B	20.741
B. E. Purgalis	9.04m	1. A. Ticmanis (CNR	) 26.76m	1. G. Glimour (Montreal)	38.941
Class 3A	210 111	2. K. Boas (USA)	22.14m	2. J. Tovell (Toronto)	36.381
E. Poltrok	11.81m		22.111	3. M. Woerle (Toronto)	35.74
2. I. Hume (Quebec)	10.88m	Pole Vault		Class 2A	35.741
B. H. Yeomans (USA)	10.15m	Class 1 A		1. R. Mikelsons	44.44
Class 3B	10.151	1. L. Washburn (N Bruns)	2.60m		44,44
. B. Ivers (Nova Scotia)	9.18m	Class 2A	2.0011		30,20
A. Brosz (Toronto)	8.53m	1. S. Egerton (CNR	) 3.02m	3. K. Hering (Toronto) Class 2B	28.781
A. Keay (Toronto)	7,92m	2. K. Hering (Toronto)	2.30m		26 20
Class 4	7.7211	Class 3A	2.5011		36.20r
. A. Ticmanis	9.61 m	1. I. Hume (Quebec)	2.60m		30.14
. K. Boas (USA)	9.01m 8,29m	1. 1. truine (Quebec)	2.0010	3. G. Jamieson	19.421
	0,2711	Hammer Throw		Cluss 3A	1 41 40
		Class 1A			) <b>41.4</b> 8r
		1. R. Guest (Ontario)	26.94	Class 3B	00 44
liscus			36.84m	1. A. Brosz (Toronto)	20.641
lass 1 A			29.22m	2. A. Keay (Toronto)	19.52r
L. Washburn (N Bruns)	38.86m	3, T. Ojala Class 1B	15.50m	Class 4	
A. Sundin	31.56m		25 20	1. A. Tiemanis (CNR)	
M. Rosenbloom (Ottow		1. J. Michael (Ontario)	35.20m	2. K. Boas (USA)	16.04n
lass IB	a) 51.52m	2. M. Woerle (Toronto)	31.36m		
. J. Michael (Ontario)	34.46m	3. L. Trzetziak (Toronto) Class 2A	12.14m		
J. Tovell (Toronto)	33.38m	1. Z. Itdens	21.26-		
M. Woerle (Toronto)	27.12m	2, V. Teteris	31.76m 22.92m	CNR = Canadian National Reco WR = World Record	rd
		Discus	33.50m	2. M. O'Neill (49) (Aus) 3. G. Corrigan (47)	90:52 93:53
uly 20th Dympic Friendship Meet, To	ronto	IA A. Sundin			
Olympic Friendship Meet, To	ronto	2A K. Pavasars	32.20m	4. D. Daniels (47)	94:13
Olympic Friendship Meet, To 00 M				4. D. Daniels (47) 5. L. Fortin (45)	94:13 95:39
Dlympic Friendship Meet, To 00 M A M. Rosenbloom	ionto 12.4	2A K. Pavasars	32.20m 33.16m	4. D. Daniels (47)	
Dlympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee		2A K. Pavasars 1B J. Toyell	32.20m 33.16m 24.64m	<ol> <li>D. Daniels (47)</li> <li>L. Fortin (45)</li> </ol>	95:39 96:25
Dlympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton	12.4 12.9 12.5	2A K. Pavasars 1B J. Tovell 2B M. Pickl	32.20m 33.16m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(Class 2A)</li> </ul>	95:39 96:25
Dympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant	12.4 12.9 12.5 13.4	<ul> <li>2A K. Pavasars</li> <li>1B J. Toveli</li> <li>2B M. Picki</li> <li>3B A. Brosz</li> </ul>	32.20m 33.16m 24.64m 19.32m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> </ul>	95:39 96:25 96:55
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smec A S. Egerton B J. Grant A P. Duncan	12.4 12.9 12.5	<ul> <li>2A K. Pavasars</li> <li>1B J. Toveli</li> <li>2B M. Picki</li> <li>3B A. Brosz</li> </ul>	32.20m 33.16m 24.64m 19.32m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(Class 2A)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> </ul>	95:39 96:25 96:55 86:53
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smec A S. Egerton B J. Grant 4 P. Duncan	12.4 12.9 12.5 13.4	<ul> <li>2A K. Pavasars</li> <li>JB J. Tovell</li> <li>2B M. Pickl</li> <li>3B A. Brosz</li> <li>4 A. Ticmanis</li> </ul>	32.20m 33.16m 24.64m 19.32m 26.18m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> </ul>	95:39 96:25 96:55 86:53
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant A P. Duncan B B. Till	12.4 12.9 12.5 13.4 12.7	2A K. Pavasars 1B J. Toveli 2B M. Picki 3B A. Brosz 4 A. Ticmanis Javelin	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> </ul>	95:39 96:25 96:55 86:53 94:32
llympic Friendship Meet, To 00 M 4 M. Rosenbloom B M. Smee 4 S. Egerton B J. Grant 4 P. Duncan 3 B. Till 00 M	12.4 12.9 12.5 13.4 12.7 15.3	2A K. Pavasars IB J. Toveli 2B M. Pickl 3B A. Brosz 4 A. Ticmanis Javelin IA A. Sundin	32.20m 33.16m 24.64m 19.32m 26.18m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> </ul>	95:39 96:22 96:52 86:53 94:32 93:31
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant A P. Duncan B B. Till 00 M 4 B. Oxley	12.4 12.9 12.5 13.4 12.7 15.3 26.8	2A K. Pavasars 1B J. Tovell 2B M. Pickl 3B A. Brosz 4 A. Ticmanis Javelin 1A A. Sundin 1B M. Woerle	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(Class 2A)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(Class 2B)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> </ul>	95:39 96:25 96:55 86:53 94:32 93:31 94:44
<ul> <li>Hympic Friendship Meet, To</li> <li>00 M</li> <li>M. Snee</li> <li>M. Snee</li> <li>A. S. Egerton</li> <li>B. J. Grant</li> <li>P. Duncan</li> <li>B. Till</li> <li>DO M</li> <li>4. B. Oxley</li> <li>3. D. Dineen</li> </ul>	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5	2A K. Pavasars 1B J. Tovel, 2B M. Pickl 3B A. Brosz 4 A. Tiemanis Javelin 1A A. Sundin 1B M. Woerle 2A N. Baume	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(<i>Class 3 (60+) j</i></li> </ul>	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07
<ul> <li>lympic Friendship Meet, To</li> <li>00 M</li> <li>4 M. Rosenbloom</li> <li>B M. Smee</li> <li>4 S. Egerton</li> <li>8 J. Grant</li> <li>4 P. Duncan</li> <li>3 B. Till</li> <li>00 M</li> <li>4 B. Oxley</li> <li>3 D. Dineen</li> <li>4 N. Baum</li> </ul>	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5	2A K. Pavasars 1B J. Tovel, 2B M. Pickl 3B A. Brosz 4 A. Tiemanis Javelin 1A A. Sundin 1B M. Woerle 2A N. Baume	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(Class 2A)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(Class 2B)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> </ul>	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07
<ul> <li>Nympic Friendship Meet, To</li> <li>00 M</li> <li>A M. Rosenbloom</li> <li>B M. Smee</li> <li>A S. Egerton</li> <li>B J. Grant</li> <li>A P. Duncan</li> <li>B B. Till</li> <li>00 M</li> <li>4 B. Oxley</li> <li>3 D. Dineen</li> <li>4 N. Baum</li> <li>9 J. Grant</li> </ul>	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6	<ul> <li>2A K. Pavasars</li> <li>1B J. Toveli</li> <li>2B M. Picki</li> <li>3B A. Brosz</li> <li>4 A. Ticmanis</li> <li>Javelin</li> <li>1A A. Sundin</li> <li>1B M. Woerle</li> <li>2A N. Baume</li> <li>3B A. Brosz</li> </ul>	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(<i>Class 3 (60+) j</i></li> </ul>	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant 4 P. Duncan B B. Till 00 M 4 B. Oxley 3 D. Dineen 4 N. Baum 9 J. Grant 4 P. Duncan	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6 27.8	2A K. Pavasars 1B J. Tovel, 2B M. Pickl 3B A. Brosz 4 A. Ticmanis Javelin 1A A. Sundin 1B M. Woerle 2A N. Baume 3B A. Brosz August 1st	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(<i>Class 3 (60+) j</i></li> </ul>	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant A P. Duncan B B. Till 00 M 4 B. Oxley 3 D. Dineen 4 N. Baum 9 J. Grant 4 P. Duncan	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6	2A K. Pavasars 1B J. Toveli 2B M. Pickl 3B A. Brosz 4 A. Ticmanis Javelin 1A A. Sundin 1B M. Woerle 2A N. Baume 3B A. Brosz August 1st Ottawa Half Marathon	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m 18.74m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(<i>Class 3 (60+)</i>)</li> <li>1. D. Kaufman (65)</li> </ul>	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant 4 P. Duncan B B. Till 00 M 4 B. Oxley 3 D. Dineen 4 N. Baum 9 J. Grant 4 P. Duncan	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6 27.8	<ul> <li>2A K. Pavasars</li> <li>1B J. Toveli</li> <li>2B M. Picki</li> <li>3B A. Brosz</li> <li>4 A. Ticmanis</li> <li>Javelin</li> <li>1A A. Sundin</li> <li>1B M. Woerle</li> <li>2A N. Baume</li> <li>3B A. Brosz</li> <li>August 1st</li> <li>Ottawa Half Marathon</li> <li>Starting at 10 a.m. this race was</li> </ul>	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m 18.74m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(Class 2A)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(Class 2B)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(Class 3 (60+))</li> <li>1. D. Kaufman (65)</li> </ul>	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07 99:04
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant A P. Duncan B B. Till 00 M 4 B. Oxley B D. Dineen 4 N. Baum B J. Grant 4 P. Duncan	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6 27.8	<ul> <li>2A K. Pavasars</li> <li>1B J. Tovell</li> <li>2B M. Pickl</li> <li>3B A. Brosz</li> <li>4 A. Ticmanis</li> <li>Javelin</li> <li>1A A. Sundin</li> <li>1B M. Woerle</li> <li>2A N. Baume</li> <li>3B A. Brosz</li> <li>August 1st</li> <li>Ottawa Half Marathon</li> <li>Starting at 10 a.m. this race w. along the Ottawa River Parkw.</li> </ul>	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m 18.74m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(<i>Class 3 (50+)</i>)</li> <li>1. D. Kaufman (65)</li> </ul> August 29th Ontarie Masters Pentathlon Chaiting the statement of the statement	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07 99:04 mpion-
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant A P. Duncan B B. Till 00 M 4 B. Oxley B D. Dineen 4 N. Baum B J. Grant 4 P. Duncan	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6 27.8	<ul> <li>2A K. Pavasars</li> <li>1B J. Toveli</li> <li>2B M. Picki</li> <li>3B A. Brosz</li> <li>4 A. Tiemanis</li> <li>Javelin</li> <li>1A A. Sundin</li> <li>1B M. Woerle</li> <li>2A N. Baume</li> <li>3B A. Brosz</li> <li>August 1st</li> <li>Ottawa Half Marathon</li> <li>Starting at 10 a.m. this race w. along the Ottawa River Parkw. beautifully sunny weather with</li> </ul>	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m 18.74m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(<i>Class 3 (60+)</i>)</li> <li>1. D. Kaufman (65)</li> </ul> August 29th Ontarie Masters Pentathlon Chaiships held at L'Amoreaux traces	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07 99:04 mpion- .k.
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant A P. Duncan B B. Till 00 M B D. Oxley J. Grant 4 P. Duncan B J. Grant	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6 27.8 33.1	<ul> <li>2A K. Pavasars</li> <li>1B J. Toveli</li> <li>2B M. Picki</li> <li>3B A. Brosz</li> <li>4 A. Ticmanis</li> <li>Javelin</li> <li>1A A. Sundin</li> <li>1B M. Woerle</li> <li>2A N. Baume</li> <li>3B A. Brosz</li> </ul> August 1st Ottawa Half Marathon Starting at 10 a.m. this race we along the Ottawa River Parkw. beautifully sunny weather with slight wind.	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m 18.74m 18.74m	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(Class 2A)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(Class 2B)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(Class 3 (60+))</li> <li>1. D. Kaufman (65)</li> </ul> August 29th Ontarie Masters Pentathlon Chaiships held at L'Amoreaux trace Despite windy weather 15 hardy	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07 99:04 mpion- k.
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant 4 P. Duncan B B. Till 00 M 4 B. Oxley 3 D. Dineen 4 N. Baum 9 J. Grant 4 P. Duncan 8 B. Till 00 M 4 P. Duncan 9 J. Grant 4 P. Duncan 9 J. Giblin	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.5 26.5 27.5 33.1 2:10.2	<ul> <li>2A K. Pavasars</li> <li>1B J. Tovell</li> <li>2B M. Pickl</li> <li>3B A. Brosz</li> <li>4 A. Ticmanis</li> <li>Javelin</li> <li>1A A. Sundin</li> <li>1B M. Woerle</li> <li>2A N. Baume</li> <li>3B A. Brosz</li> <li>A. Brosz</li> <li>August 1st</li> <li>Ottawa Half Marathon</li> <li>Starting at 10 a.m. this race w. along the Ottawa River Parkw.</li> <li>beautifully sunny weather witt slight wind.</li> <li>Following the race the 51 p</li> </ul>	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m 18.74m 18.74m ss run ay in 1 just a articipants	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>(<i>Class 2A</i>)</li> <li>1. T. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(<i>Class 2B</i>)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(<i>Class 3 (50+)</i>)</li> <li>1. D. Kaufman (65)</li> </ul> August 29th Ontarie Masters Pentathlon Chaiships held at L'Amoreaux trace Despite windy weather 15 hardy masters turned out along with su	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07 99:04 mpion- k.
Nympic Friendship Meet, To 00 M A M. Rosenbloom B M. Smee A S. Egerton B J. Grant A P. Duncan B B. Till 00 M 4 B. Oxley 3 D. Dineen 4 N. Baum 9 J. Grant 4 P. Duncan 3 J. Grant 4 P. Duncan 3 B. Till 00 M 4 T. Giblin 1 Jamieson	12.4 12.9 12.5 13.4 12.7 15.3 26.8 27.5 26.5 27.6 27.8 33.1 2:10.2 2:10.2 2:12.0	<ul> <li>2A K. Pavasars</li> <li>1B J. Toveli</li> <li>2B M. Picki</li> <li>3B A. Brosz</li> <li>4 A. Ticmanis</li> <li>Javelin</li> <li>1A A. Sundin</li> <li>1B M. Woerle</li> <li>2A N. Baume</li> <li>3B A. Brosz</li> <li>A. Brosz</li> <li>August 1st</li> <li>Ottawa Half Marathon</li> <li>Starting at 10 a.m. this race w.</li> <li>along the Ottawa River Parkw.</li> <li>beautifully sunny weather witi</li> <li>slight wind.</li> <li>Following the race the 51 p</li> <li>and numerous others were enthild</li> </ul>	32.20m 33.16m 24.64m 19.32m 26.18m 43.53m 34.22m 25.42m 18.74m 18.74m as run ay in 1 just a articipants ortained	<ul> <li>4. D. Daniels (47)</li> <li>5. L. Fortin (45)</li> <li>6. J. D. Murray (45)</li> <li>7. K. Ennis (45)</li> <li>7. K. Ennis (45)</li> <li>7. K. Ennis (45)</li> <li>7. K. Ennis (45)</li> <li>7. Maidman (50)</li> <li>2. A. Sinclair (51)</li> <li>(Class 2B)</li> <li>1. B. Crozier (55)</li> <li>2. F. McCabe (58)</li> <li>3. D. Stiles (57)</li> <li>(Class 3 (60+))</li> <li>1. D. Kaufman (65)</li> </ul> August 29th Ontarie Masters Pentathlon Chaiships – held at L'Amoreaux trace Despite windy weather 15 hardy masters turned out along with su officials to run the meet efficien	95:39 96:25 96:55 86:53 94:32 93:31 94:44 95:07 99:04 mpion- .k. fficicient tly, The
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2.	G. Gluppe 1921 Pts (LJ4,55/J29,72/200M24.8/ D26.56/1500M5:07)	3.	L. Trzetziak 515 Pts (LJ3.88/J20.02/200M31.1/ D14.64/1500M6:14)	(Cla. 1.	ss 2B) 1238 Pts M. Pickl 1238 Pts (LJ4.38/J26.16/200M27.4/
3.	M. Rosenbloom 1800 Pts	(Clu 1.	V. Teteris 1536 Pts	2.	D26.40/1500M D.N.F.) H. Warwas 894 Pts
	(LJ5.19/J34.70/200M25.0/ D21.98/1500M5:59)	1.	(LJ4.59/J29.24/200M27.9/		(LJ3.99/J23.42/200M28.8/ D21.24/1500M6:28)
4.	B. Oxley 1394 Pts		D29.34/1500M5:55.6)	3.	B. Jamieson 729 Pts
	(LJ4.24/J23.44/200M27.8/	2.	K. Pavasars 1527 Pts	3.	(LJ3.97/J21.84/200M27.4/
	D23.22/1500M5:12)		(LJ4.63/J31.16/200M27.6/	1	D N.D./1500M6:17)
(Cla	ss 1B)	2	D32.96/1500M7:03)	1	D N.D./1500M0:17/
1.	K. Buchanan 1417 Pts	3.	N. Baum 1485 Pts	1	
	(LJ4.51/D31.02/200M27.4/ D18.18/1500M5:26)		(LJ 4.46/J30.82/200M25.9/ D19.42/1500M5:40)	(Cla	(ss 3B)
2.	M. Woerle 1362 Pts	4.	D. Farquharson 793 Pts	1.	A. Brosz 456 Pts
2.	(LJ4.44/J36.92/200M29.8/		(LJ3.49/J22.26/200M29.4/	1	(LJ2.76/J19.74/200M32.9/
	D29.80/1500M6:50)		D15.54/1500M5:26.1)	1	D22.56/1500M8:17)

# Finland

September 26th							
PORI,							
28 Km							
(40-49)	1:40:10						
<ol> <li>Teuvo Jokinen</li> </ol>							
<ol><li>Vaino Paunuvuori</li></ol>	1:42:55						
<ol><li>Voitto Parkkonen</li></ol>	1:44:04						
(50+)							
<ol> <li>Viljo Vuorinen</li> </ol>	1:51:05						
2. Tuure Atola	1:53:38						
<ol><li>Eero Pajula</li></ol>	1:54:36						
September 26th JOENSUU, 20 Km							
(40+)							
1. Matti Utriainen	1:24:34						
2. Charlie Greenless (GB)	1:25:15						
3. Jorma Kinnunen	1:25:48						
This cross-country event was w	on by						
BILL SCHOLL of the United	States in						
BILL SCHOLL OF the Officer	Dece 00 111						

	ober 3rd MPERE, 34 Km AVI	
1.	Martti Lanne	2:08:10
2.	Ensio Tanninen	2:09:20
3.	Antero Rantanen	2:10:50
(50-	+)	
Ì.	Onni Saha	2:31:16
2.	Osmo Kinnunen	2:32:06
3.	Veijo Mikkolainen	2:35:48

1:12:55,

October 3rd LIDINGO, SWEDEN 30 Km Charlie Greenlees, our reporter domiciled in Finland, tells us that the field for this 'Scandinavian Epic' comprised some 7,200 competitors controlled by a force of 900 officials! A 16 Km for 50+ runners was incorporated and won by the peerless Erik Ostby. The overall winner was Finland's Max Holmaias in 1:42:54.

And a support of the second second second second

456 Pts 4/200M32.9/ M8:17)

Utrisinen (166) and Holmroos (117) relax after the Coventry World Marathon

October 10th MYRSKYLA 21 Km The venue for this event was the village of Olympic clouble chan Indeed the run is called "Lasse although this year he had to gi compatriot Ari Paunonen (1:9 Viren's time was 1:05:17.	npion. 's Jog'' ve best to	2.     Anti Hyvarinen     2:4       3.     Aarpo Lehtonen     2:4       4.     Henrick Anthoni     2:4       Overall winner     2:4	28:48 1:10 7:25 7:34 19:12
(35-45) 1. Pekka Saarilaakso (45+) 1. Erkki Lemettinen	1:09:55 1:11:42	2. Pentti Peltonen 1:2	20:17 21:15 22:04
October 17th IMPIVAARA (Nr. Helsinki) 30 Km (40+) 1. Pekka Urponen 2. Pekka Taren 3. Antero Rantanen	1:55:59 1:57:37 1:59:21	45+1.Erki Lemettinen2.Eino Enquist1:3	

# Italy

### September 11th & 12th -

### Italian Masters International Meeting, Milan.

This very enjoyable meeting, held in an attractive tree lined stadium, was efficiently organised and run by Cesaré Beccalli and the IMITT. The competent Italian officials were distinctive in their white uniforms, but

even more impressive were the Italian Masters in their neat and matching tracksuits, vests and shorts. Each also had large equipment bags with personalised competition numbers marked on them.

Great Britain athletes dominated the sprints and made much of the running in the middle distance events only to be overtaken by fast finishing Italians. Yugoslav athletes also competed, but not surprisingly, their performances on the first day suffered as a result of a 10 hr coach journey.

Reported by Jack Heywood (British team manager)

37

			-		
FIRST DAY RESULTS		Pole Vault		Class 2A	
1000.14		Class 1A		1. Slajmer (YU)	62:58.8
1500 M Class 1A		1. Lukman (YU)	3.80m	Class 3B	
1. D. Innocenti (ITA)	4:19.2	2. Day(GBR)	3.00m	1. Zemljak (YU)	81:32.0
2. Green (GBR)	4:23.4	Shot Put		21 Km Road Race	
3. Tomasella (ITA)	4:30.8	Class 1A		Class 1W	
4. Maffia (GBR)	4:37.1	1. Lukacevic (YU)	12.21m	1. D'Orlando (ITA)	85:46.8
5. Zibric (YU)	4:50.2	2. Nikolic(YU)	8.79m	Class 1A	05.1010
6. Boero (ITA)	5:42.4	3. Grahovac (YU)	7,46m	1. Panetto (ITA)	1:11:05.8
Class 1B 1. Raisoni (ITA)	4:55.0	Class 1B		2. Tomasella (ITA)	1:14:30.6
2. Ivanovic (YU)	5:02.9	1. Vujaklija (YU)	11.17m	3. Monga (ITA)	1:15:26.2
3. Bravo (ITA)	5:04,8	2, Turk (YU) Class I W	8.93m	4. Byers (GBR) 5. Piutti (ITA)	1:16:35.2
4. Jelenecki (YU)	5:32.6	1. Kozar (YU)	9.74m	5. Piutti (ITA) 6. Derivo (ITA)	1:16:50.0 1:19:36.4
		2. Jelenecki (YU)	9.74m 8.46m	7. Sala (ITA)	1:31:53.6
High Jump		3. Pierucci S. (ITA)	8,31 m	Class 1B	1.51.55.0
Class 1A		4. Luncer (YU)	6.60m	1. Cecconi (ITA)	1:16:22.2
1. Lukman (YU)	1.70m			2. Tonesi (ITA)	1:19:25,2
<ol> <li>Prescetto (ITA)</li> <li>Day (GBR)</li> </ol>	1.38m			3. Convery (GBR)	1:20:52.8
<ol> <li>Day (GBR)</li> <li>Lukacevic (YU)</li> </ol>	1.38m 1.35m	400 M Class 1 A		4. Bonvecchio (ITA)	1:21:11.8
Class 2A	1.551	1. Morgan (GBR)	52.1	5. Ammavuta (ITA) 6. Ivanovic (YU)	1:22:34.2
1, Slajmer (YU)	1.35m	2. Hamer (GBR)	54.0	6. Ivanovic (YU) 7. Kozar (YU)	1:25:45.8 1:37:04.2
		3. Shafto (GBR)	54.5	Class 2A	1:57:04.2
100 M		4. Matijevic (YU)	55.3	1. Pape (GBR)	1:21:17.4
Class IA		5. Nikolic (YU)	65.4	2. Scandelli (ITA)	1:26:04.4
1. Morgan (GBR)	12.0	Class 1B		Class 2B	
<ol> <li>Matievic (YU)</li> <li>Musco (ITA)</li> </ol>	12.3 12.3	1. Whitaker (GBR) 2. Field (GBR)	55.1	1. Scutts (GBR)	1:21:20.2
4. Prescetto (ITA)	12.3	2. Field (GBR) 3. Turk (YU)	57.5 64.1	200 M	
Class 1B	12.5	Class 2A	04.1	Class 1A	
1. Whitaker (GBR)	12.4	1. Di Maria (ITA)	65.5	1. Morgan (GBR)	24.2
<ol><li>Rossini (ITA)</li></ol>	13.0	2. Remar(YU)	68.6	2. Shafto (GBR)	24.9
Class 2A				3. Matijevic (YU)	25.0
1. Radaelli (ITA)	13.6	4 x 100 M Masters/Sub-Master	8	4. Musco (ITA)	25.2
<ol><li>Slajmer (YU)</li></ol>	14.8	(Mixed)		Class 1B	
110 M Hurdles		1. Italy Squad A	45.8	1. Whitaker (GBR) 2. Rossini (ITA)	24.6
Class IA		(Davoglio/OB, Montone Sardi/OB, Beghini/OA)	п/ОВ,	2. Rossini (ITA) Class 2A	27.9
<ol> <li>Shafto (GBR)</li> </ol>	16.4	2. Italy Squad B	47,6	1. Radaelli (ITA)	27.6
2. Day (GBR)	20,3	(Zappettini/OA, Beccall		2. Di Maria (ITA)	28.0
Class 1B		Maitilasso/OA, Musco/1		3. Massari (ITA)	28.2
1. Field (GBR)	19.8	3. England	47.9	Class 2 B	
5000 M		(Morgan /1 A, Shafto/1 A		1. Turk (YU)	27.5
Class IA		<ul> <li>Hamer/IA, Whitaker/IB</li> <li>Yugoslavia</li> </ul>			
1. Rizzo (ITA)	16:10.0	<ol> <li>Yugoslavia (Tiska/OA, Gajsek/OB,</li> </ol>	51.7	800.14	
2. Heywood (GBR)	16:21,8	Vedris/OA, Mikulec/OA	<b>)</b>	800 M Class 1 A	
3. Hanak (YU)	17:41.6	Vedita, OA, Mikulee, OA	' i	1. Hamer (GBR)	2:04.8
4. Boccoli (ITA)	18:21.2	SECOND DAY RESULTS		2. D, Innocenti (ITA)	2:09.9
5. Cibric (YU)	19:48.2		3	3. Green (GBR)	2:11.2
Class 1B 1. Cecconi (ITA)	16.49.0	10 Km Walk		4. Zibric (YU)	2:20.3
<ol> <li>Cecconi (ITA)</li> <li>Bonvecchio (ITA)</li> </ol>	16:48.8 17:32.6	Class IA 1. De Gaetano (ITA)	50.000	5. Nikolic (YU)	2:29,7
3. Ivanovic (YU)	18:28.8	<ol> <li>De Gaetano (ITA)</li> <li>Zacchetti (ITA)</li> </ol>	52:37.2	6. Boero (ITA)	2:45.3
Class 2A	10.20.0	3. Locatelli (ITA)	54:36.4 63:17.0	Class I B 1. Field (GBR)	2.16.2
<ol> <li>Pape (GBR)</li> </ol>	17:50.0	Class 1B	05.17.0	1. Field (GBR) 2. Raisoni (ITA)	2:15.3
2. Massari (ITA)	20:45.0	<ol> <li>Ruina (ITA)</li> </ol>	52:21.2	Class 2A	2:16.9
3. Orione (ITA)	21:17.4	2. Rossetti (ITA)	54:20.4	1. Reinar (YU)	2:52.3
Class 3A	22,12.0	<ol> <li>Meneguzzi (ITA)</li> </ol>	64:39.2		
1. Arnone (ITA)	23:13.0	<ol><li>Jeleneki (YIJ)</li></ol>	71:28.2		۵

Long Jump Class 1A 1. Shafto (GBR) 2. Day (GBR)	5.51 m 4.78m	Class IW 1. Kozar (YU) 2. Jelenecki (YU)	33.82m 29.70m	Class 3A 1. Arnone (ITA) 13:37.0
2. Day (GBK)	4,701	<b>3000 M</b> Class 1A 1. Rizzo (ITA)	10:04,4	Medley Relay
Discus Class 1 A		2. Hanak (YU) 3. Maffia (GBR) Class IB	10:09.8 10:16.4	(400-300-200-100 M) 1. England 2:08.6 (Morgan/1A, Whitaker/1B
<ol> <li>Lukacevic (YU)</li> <li>Turk (YU)</li> </ol>	32.72m 26,50m	1. Ivanovic (YU) Class 2A	11:53.0 11:58.8	Shafto/1A, Hamer/IA) 2. Italy 2:17.9 (D. Innocenti/1A, Beccally/1A
Class IB 1. Vujaklija (YU)	30.22m	I. Canale (ITA) 2. Orione (ITA)	12:05.8	Musco/1A, Rossini/1B)

# New Zealand

August 14th

Veteran National Cross Country Championships Invercargill, Southland

Invercargill is at the southern tip of the South Island and the four days there of fine, warm weather preceding race day turned sour at the vital hour with the big day dawning mistily with light rain developing to a steady downpour by race time.

The four-lap undulating course with some sharp hills ran partly through the paddocks of a meat slaughter works, presenting some messy waste in contrast to the usually typical winter mud! Even the top senior athletes who raced over the same course on the same day found the surface so slippery as to make the hurdling of obstacles almost impossible.

The eventual winner was John Macdonald, of the long raking strides, but not before some fierce "hurry up" from club-mate Ronnie Stevens, of the short clipped stride, who finally took a meritorious second. Ronnie, who has been knocking out 10 mile training runs in about 52 mins. during the winter, led over the first half of the race and was making good times up the hills. However, Macdonald's swinging action. sheer guts and fitness enabled him to make the break which decided the issue.

These championships were decided in conjunction with the senior and junior titles. Clem Green, our reporter on this event, points out that this integration is one of the great social benefits of veteran athletics accompanied as it was by the warmth of traditional Southland Province hospitality.

Clem goes on to say that one of the most heartening aspects of the New Zealand veteran athletics movement is the number of women now taking part, with eight pretty stalwarts entering their first ever National event.

RESULTS		Class 2A		í.
9000 M Class 1A 1. J. Macdonald (Olympic) 2. R. Stevens (Olympic) 3. W. Kenny (Leith) 4. R. Jones (Whakatane) Class 1B	) 30.53 31.00 32.08 32.12	<ol> <li>D. Ashton (Leith)</li> <li>C. Kernahan (Univ Cant)</li> <li>R. Dowland (Alexandra)</li> <li>Class 2B</li> <li>C. Jelley (Olym)</li> <li>C. Green (Scot)</li> <li>L. Frances (Masterton)</li> <li>Class 3A</li> </ol>	34.55 35.10 35.52 38.56 43.06 45.19	4000 M           Women           1.         D. May (Univ. Chch)           18.33           2.         J. Stead (Tech. Chch)           19.03           3.         J. Miles (Olymp. Chch)           4.         N. Bates (Olymp. Chch)           2.         G. Heseltine (Olymp. Chch)
<ol> <li>B. O'Brien (Tateri)</li> <li>A. McKernan (Civ Ser)</li> <li>B. Keown (New Brtn)</li> </ol>	32.30 33.03 33.59	1.F. Plant (Masterton)2.R. Geddes (Civ. Ser)3.G. Currie (United)	42,38 43.10 44.21	6.         C. Tennant (N.Brtn Chch) 21.43           7.         B. Ashton (Caver. Otago) 22.21           8.         F. Clarke (N. Brtn Chch) 23.20

Ian Mallowes, reporting from Auckland, tells us of Jeff Julian's debut in the veteran cross-country scene. This event at Massey, although only 4200 metres, was over a very heavy and hilly course, the mud and gradients soon taking toll on those who started too quickly. Early leaders Parker, Carter, and Chase were by half-way, forced to give way to Magee and Julian. By the three quarter mark Jeff was moving steadily ahead and finished in 15.32 to Barry Magee's 15.52 and Dick Chase's 16,12, with Alan Carter 16,16.

By the time about half of the veteran field had finished, Jeff Julian had lined up with the senior field for another 8200m of the course. Jeff finished seventh, only 55 sec behind Howard Healey's winning time of 27.49!!

JOHN MACDONALD (51) and RONNIE STEVENS (52) 38



	A6		151 60	1 1 9 1	AT listend	I 400	M Hurdles	
	Spain		LTI	FILT	I fort I	IA	F. Lorente	1:05.9
2			THT.	TIT	THE	18	L. Beltrán	1:15.9
40.000			TLAT	J-TIJ	TIL			
			HIT	ITT.	LAT []	1		
25t	h/26th September		414	TIT	a tt	Higl	1 Jump	
	h Spanish Veterans Track	& Field	Latit		The	IA	A. Joaniquet	1.45m
	mpionships, Vigo.					18	A. Badia	1.35m
100					4	2A	S. Martinez	1.55m
IA	A. Larrazábal	11.9				2B	S. Franquet	1.25m
1B	J. Antón	12.2	200000					
21	J. Tapias	13.3	1994 P.1994	$\sim \sim \sim$		Lon	g Jump	
2 B	J. Gurruchaga	13.3				IЛ	A. Joaniquet	5.84m
20	5. Guildenage	15.5		A AA		IB	A. Badia	5.14m
200	м			一一一一个	4	2A	J. Utiel	4.82m
11	A. Larrazábal	25,2			8	2B	J. Sánchez	3.96m
IB	J. Antón	25.5		- X 2				
2A	P. Virgili	29.2				Pole	Vault	
~	1, B	2712				IA	S. Vila	3.00m
400	м	i i i i i i i i i i i i i i i i i i i						
IA	L. Bartolomé	54.7		580 / 2596.		Sho		
18	M. Olazábal	59.1				11	I. Anza	12,77m
21	V. Huici	61.8				1B	J. Collado	13.53m
271						2A	M. Szigrist	9.13m
800	м	2:14.2 2:19.5				2B	F. Erausquin	10,00m
IA	J. Amondarain	2:14.2						
18	M. Olazábal	2:19.5				Disc		
21	V. Huici	2:35.6				IA	J. Cortés	45 <b>.3</b> 8m
2B	J. Gurruchaga	2:36.5				18	J. Elerriaga	40.86m
20	a. Own wonder	1.50.5 0	777	11		2A	A. forcano	29.68m
150	0 M	2:36.5	111			2B	J. L. Celaya	38.32m
14	E. Morene	4:31.9		_11				
IB	M. A. Alonso	4:19.8	T. Maint	1	- Contraction	Jave	lin	
2A	M. Fernández	4:37.5	J. Elorriaga.	Spain's IB rec	ord holder	14	L. Curiel	50.34m
				seen here thr		1B	F. López	45.14m
500	9 M		British Vets C			2A	J. Utiel	40,34m
IA	E. Moreno	17:08.0				2 B	R. Rodriguez	(x) 33.48m
18	M. A. Alonso	15:52.6					-	•••
24	I. Rueda	17:48.2				Ham	mer	
2B	S. Marti	20:05.0				IA	J. Louzao	45.96m
			5000 M Walk			IB	J. Elorriaga	(x) 55.98m
110	M Hurdles		IA J. Alva	rez.	29:16.8	2A	F, Colomar	36.60m
IA	J. Lobo	18,4	IB M. Lóp	ez	32:09.2	2 B	J. L. Celaya	31.68m
1B	L. Noriega	19.9	2A J. Volt	á	32:24.8		·	
21	J. Cladellas	20.5	2B A. Llac	ló	31:57.8	(x) =	Spanish Vets Record	
5-500	ma 2002-2004					2		

USA

MIKI GORMAN (41) CLOCKS 2:39:11 IN NEW YORK MARATHON

Over 2,000 runners left the starting line on the Staten Island side of the Verraza-no-Narrows Bridge on Sunday October 24th. Of these no less than 88 were women.

Miki Gorman (5'-0"/87 lbs), a petite 41 years old Californian who did not take up running until she was 33, was the first woman to finish in an excellent 2:39:11. This time placed her 70th in the massive Open field.

100 M 1. D. Glasgow 2. R. Wagner	800 M           12.0         1. B. Holmes           13.2         2. L. McGuire	2:14.8 2:14.9 2:14.9 3. K. Barnard
220 Yds 1. D.Glasgow 2. R.Wagner	25.5 <b>1500 M</b> 27.9 1. D. Fraitag	4:48.0

GERRY SMARTT'S new address is:-6142 Navajo Road, Westminster, California 92683.

### July 31st -

San Diego Track Club All Comers Meet

Southwestern's track coach Rich Behring, along with a group of students, did a masterful job in preparing the track and supplying continued help throughout the meet. Despite it being the final day of Olympic competition, a number of veteran/masters turned out with the following results:-

5000 M 1. R. Archibald 2. D. Fraitag 3. K. Barnard	18:30,1 20:04.0 22:05.0
	>
	<ol> <li>R. Archibald</li> <li>D. Fraitag</li> </ol>

U.S.A.		9. (23) D. McCracken (46) Class 2A	56:13	1. W. 2. T.
			R) 41:38	3. G.
Discus	119'-4"	2. (24) M. Lentzer (50)	62:22	4. A.
<ol> <li>C. McMahon</li> <li>D. Straub</li> </ol>	110'-6"	Class 2B		5. L.
<ol> <li>D. Straub</li> <li>J. Siefert</li> </ol>	96'-0"	1. (18) M. Quackenbos (59)	48:54	6. A. 7. F.
J. J. Sleten		2. (22) F. Burke (58)	53:29	7. F. 8. B.
Javelin		Women (40-49)	20.25	9. R,
<ol> <li>D. Straub</li> </ol>	146'-8"	1, (25) A, Jacobson (48)	70:25	10. C.
<ol><li>J. Siefert</li></ol>	122'-1"	MR = Meet Record		11. R.
3. C. McMahon	121'-6"	MIX - Meet Record		12. A.
Bate Marile				13. E.
Pole Vault 1. C. Cota	12'-6"	September 12th		14. G.
2. T. Quriencio	12'-6"	Berkshire 10,000 M Road Race		15, H.
2. 1. Quitelleto		Otto Essig's promotion this yes	T WOR	16. C.
		produced over the 10,000 meta		17. H.
		M. Cavanaugh livened proceedi		18. W.
July 3rd		celetrating his victory with a ha		19. R.
Scotty Hanton Marathon, Port	Huron,	at the end of his race. Shades of		20, J.
Michigan	2.44.54	late lamented Abebe Bikla? Or		Class 2B
F. Wright (40+)	2:44:54	he was more than delighted in		1. L. 2, H.
July 4th	37	last years placings when Carl W		3. E.
Quiet Company 10,000 M,		took the honours.		4. G.
Milwaukee, Wis.		Class 1A	2	5. G.
Masters		1. L. Damon (43)	33:33	6. J.
1. A, Claremont	32:19.5	2. D. Burnell (42)	34:41	7. J.
2. D. Holz	34:41.0	3. C. Fortier (43)	34:43	8, W.
3. C. Michalak	34:46.0	4. E. Connor (41)	35:05	9, R.
		5. W. Butler (44)	35:19	10. P.
July 4th		6. C. Genovese (44)	35:28	11. P.
AAU 15 Km, Santa Barbara, C		7. D. Bamford (41)	35:45	12. E.
50. R. Bartek (SBAA) (43)	52:41	8. A. Wick (44)	35:54	13. E.
51. J. Brennand (SBAA) (40		9. C. Collins (42) 10. J. Sullivan (44)	36:10 36:28	Class 3A
114. R. Gill (STC) (51)	58:59		36:28	1. R.
246, B. Robinson (STC) (64)	93:43	11. D. Chartier (43) 12. G. Erich (43)	36:41	2. D.
	A	13. J. Hanson (42)	36:44	3. 11. 4. J.
August 21st		14. R. French (41)	37:02	4. J. 5. E.
Balboa Park Distance Run-		15. G. Good (44)	37:08	6. W
8 miles / 3 miles		16. B. Migell (43)	37:15	7. S.
Veteran placings:-		17, E. Davis (40)	37:23	8. S.
8 Miles	40.00	18. R. MacDonald (41)	37:34	9. J.
55. W. Phillips (48)	48:33	19. S. Thurston (40)	37:35	10. F.
59. E. Almeida (54)	48:47	20. J. Cutler (44)	37:38	11. W
98, J. Berkouf (40)	52:05 52:07	21. K. Wilson (41)	37:46	12. J.
99. R. Fleming (44)	52:07	22, R, Vermette (40)	37:48	Class 3B
3 miles		23. P. Normand (43)	37:49	1. J.
12. G. Parnell (46)	16:10	24, W. Wilson (42)	37:50	2. E.
32. D. Foster (41)	17:00	25. R. Midtskogen (43) Class 1B	38:16	3. J.
48. R, Archibald (43)	17:37	1. M. Candschur (46)	33:52	4. G.
73. R. Friberg (48)	19:10	2. W. McConnell (45)	34:19	5. A. 6. D
		3, A. Sapienza (47)	34:49	7. F.
		4. T. Bick (46)	36:15	и. г. 8. Е.
October 3rd		5. R. Fine (45)	36:28	9. W
MSA 10 Km Cross-Country Cl	ampion-	6. C. Ratti (46)	36:49	Class 4A
ship, Van Courtland Park		7. J. Nec (47)	36:54	1. P.
Veteran positions (with overa	ll placings	8. D. Swanson (46)	37:29	2. L.
in parenthesis):		9. R. Bell (49)	37:36	3. 0.
		10. R. Saltmarsh (45)	37:45	4. F.
Class 1A		11. R. Edgerly (46)	37:55	5. P.
1. (3) C, Genovese (44) (1		12. P. Watson (45)	38:12	6. B.
1. (3) C, Genovese (44) (1 2. (6) J. Albanese (44)	42:06	13. R. Balbone (49)	38:18	Class 4 b
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44)	43:40	14. P. McSorley (47)		1. M
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40)	43:40 45:00		38:32	1 2 ~
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41)	43:40 45:00 50:23	15, E. Lord (48)	39:10	2. C.
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41) 6. (20) V. Coiro (42)	43:40 45:00 50:23 50:43	15, E. Lord (48) 16, W. Cooney (47)	39:10 39:54	Class W
1. (3) C. Genovese (44) (1 2. (6) J. Atbanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41) 6. (20) Y. Coiro (42) 7. (21) E. Johnson (42)	43:40 45:00 50:23	15. E. Lord (48) 16. W. Cooney (47) 17. C. Ellis (48)	39:10 39:54 39:58	Class W
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41) 6. (20) V. Coiro (42) 7. (21) E. Johnson (42) <i>Class 1B</i>	43:40 45:00 50:23 50:43 52:40	<ol> <li>E. Lord (48)</li> <li>W. Cooney (47)</li> <li>C. Ellis (48)</li> <li>R. Benett (48)</li> </ol>	39:10 39:54 39:58 40:01	Class W 1, M Class W
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41) 6. (20) V. Coiro (42) 7. (21) E. Johnson (42) <i>Class IB</i> 1. (2) W. McConnell (45)(N	43:40 45:00 50:23 50:43 52:40 MR) 37:10	<ol> <li>E. Lord (48)</li> <li>W. Cooney (47)</li> <li>C. Ellis (48)</li> <li>R. Benett (48)</li> <li>G. Maynard (45)</li> </ol>	39:10 39:54 39:58 40:01 40:18	Class W 1. M Class W 1. L
1. (3) C. Genovese (44) (1 2. (6) J. Atbanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41) 6. (20) Y. Coiro (42) 7. (21) E. Johnson (42) <i>Class IB</i> 1. (2) W. McConnell (45)(h 2. (4) R. Fine (45)	43:40 45:00 50:23 50:43 52:40 (R) 37:10 41:02	<ol> <li>E. Lord (48)</li> <li>W. Cooney (47)</li> <li>C. Ellis (48)</li> <li>R. Benett (48)</li> <li>G. Maynard (45)</li> <li>E. Morley (45)</li> </ol>	39:10 39:54 39:58 40:01 40:18 40:46	Class W 1. M Class W 1. L 2. H
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41) 6. (20) V. Coiro (42) 7. (21) E. Johnson (42) <i>Class 1B</i> 1. (2) W. McConnell (45)(N 2. (4) R. Fine (45) 3. (8) H. Cleaves (45)	43:40 45:00 50:23 50:43 52:40 (R) 37:10 41:02 42:54	<ol> <li>E. Lord (48)</li> <li>W. Cooney (47)</li> <li>C. Ellis (48)</li> <li>R. Benett (48)</li> <li>G. Maynard (45)</li> <li>F. Morley (45)</li> <li>R. Johnson (47)</li> </ol>	39:10 39:54 39:58 40:01 40:18 40:46 40:54	Class W 1. M Class W 1. L 2. H 3. L
<ol> <li>(3) C. Genovese (44) (1</li> <li>(6) J. Aibanese (44)</li> <li>(10) R. Glatz (44)</li> <li>(12) T. Jones (40)</li> <li>(19) C. Yeter (41)</li> <li>(20) V. Coiro (42)</li> <li>(21) E. Johnson (42)</li> <li>Class IB</li> <li>(2) W. McConnell (45) (N</li> <li>(4) R. Fine (45)</li> <li>(8) H. Cleaves (45)</li> <li>(1) K. Brown (49)</li> </ol>	43:40 45:00 50:23 50:43 52:40 4R) 37:10 41:02 42:54 44:13	<ol> <li>E. Lord (48)</li> <li>W. Cooney (47)</li> <li>C. Ellis (48)</li> <li>R. Benett (48)</li> <li>G. Maynard (45)</li> <li>F. Morley (45)</li> <li>R. Johnson (47)</li> <li>H. Henriques (49)</li> </ol>	39:10 39:54 39:58 40:01 40:18 40:46 40:54 40:56	Class W 1. M Class W 1. L. 2. H 3. L. 4. D
1. (3) C. Genovese (44) (1 2. (6) J. Albanese (44) 3. (10) R. Glatz (44) 4. (12) T. Jones (40) 5. (19) C. Yeter (41) 6. (20) V. Coiro (42) 7. (21) E. Johnson (42) <i>Class 1B</i> 1. (2) W. McConnell (45)(N 2. (4) R. Fine (45) 3. (8) H. Cleaves (45)	43:40 45:00 50:23 50:43 52:40 (R) 37:10 41:02 42:54	<ol> <li>E. Lord (48)</li> <li>W. Cooney (47)</li> <li>C. Ellis (48)</li> <li>R. Benett (48)</li> <li>G. Maynard (45)</li> <li>F. Morley (45)</li> <li>R. Johnson (47)</li> </ol>	39:10 39:54 39:58 40:01 40:18 40:46 40:54	Class W 1. M Class W 1. L 2. H 3. L

40

lass	2A	
1.	2A W. McCaffery (50) T. Wainut (52) G. Faucher (53) A. Prince (52) L. Williams (52) A. Hossack (54) F. Kelley (54) B. Brace (50) R. Sawyer (51) C. Hammen (53) R. Labell (52) A. Richard (50) E. O'Connell (50) G. Brown (51) H. Nickless (52) C. Harrington (54) H. Bills (54) W. Loeschhorn (54) R. Furbish (53) J. Robertson (51) 2B	36:27
2.	T. Walnut (52)	37:29
3.	G. Faucher (53)	38:24
4.	A. Prince (52)	38:40
5.	L. Williams (52)	38:57
6.	A. Hossack (54)	39:06
7.	F. Kelley (54)	39:13
8	B Brace (50)	39:19
0	P. Sourcer (51)	39:30
0	C Hammen (53)	39:42
1	$D = L_{\rm shall}(52)$	40:14
11.	R. Labell (52)	41:07
12.	A. Richard (50)	
13.	E. O'Conneil (50)	41:58
14.	G. Brown (51)	42:13
15.	H. Nickless (52)	42:46
16.	C. Harrington (54)	42:53
17.	H. Bills (54)	43:26
18.	W. Loeschhorn (54)	43:48
19.	R. Furbish (53)	44:07
20.	J. Robertson (51)	44:38
Class.	2B	
1.	2B L. Dreher (55) H. Jaffe (57) E. Osborne (59) G. Rowe (56) G. Reuter (56) J. Woods (58) J. Campbell (55) W. Tribou (56) R. Reed (58) P. Harmon (55) P. Chamberlain (55) E. Whitney (55)	36:33
2.	H. Jaffe (57)	40:08
3	E. Oshorne (59)	40:49
4	G Rowe (56)	41:01
5	G Reuter (56)	41:17
J.	J. Wooda (59)	41:53
6.	J. WOULS (38)	42.02
7.	J. Campbell (55)	42:02
8,	W. Tribou (56)	42:21
9,	R. Reed (58)	42:51
10.	P. Harmon (55)	42:54
11.	P. Chamberlain (55)	43:32
12.	E. Whitney (55)	43:35
13.	E. Whitney (55) E. Cunnion (59)	45:37
		43:35 45:37 42:39 42:58 44:59 47:34 47:34
-iass	<ul> <li>3.4</li> <li>R. Phinney (61)</li> <li>D. Inglis (64)</li> <li>†l. Sawizky (61)</li> <li>J. Fahey (62)</li> <li>E. Sienkiewicz (63)</li> <li>W. Westerholm (62)</li> <li>S. Podlozny (60)</li> <li>S. Fagin (60)</li> <li>J. Rubinow (64)</li> <li>F. Goodenow (63)</li> <li>W. Shrader (61)</li> <li>J. Hollander (64)</li> <li>3.B</li> </ul>	42:39
1.	$\mathbf{R}$ . Further (61)	42:58
2.	D. Inglis (64)	42.30
3:	TI, Sawizky (61)	44:59
4.	J. Fahey (62)	47:34
5.	E, Sienkiewicz (63)	47:37
6.	W. Westerholm (62)	47:43
7.	S. Podlozny (60)	48:55
8.	S. Fagin (60)	50:18
9.	J. Rubinow (64)	50:52
10	F. Goodenow (63)	51:07
11	W Shrader (61)	51:09
12	L Hollopder (64)	51:41
12.	J. HUBARUEL (04)	47:37 47:43 48:55 50:18 50:52 51:07 51:09 51:41 41:24 46:33
Class		41.24
1.	J. Kelley (69)	41:24
2.	E. Estle (66)	
3.	J. Carroll (67)	47:12
4.	G. Jacobs (69)	48:49
5.	A. Nadreau (67)	52:26
6.	D. Davey (68)	54:51
7.	F. DeCelles (65)	47:12 48:49 52:26 54:51 55:35
8	E. Root (69)	58:59
9	J. Kelley (69) E. Estle (66) J. Carroll (67) G. Jacobs (69) D. Davey (68) F. DeCelles (65) E. Root (69) W. Polen (68)	58:59 60:59 46:42 47:10
Class	44	
1	D Eamhund (70)	46:42
1.	P. Fairbank (70) L. Gregory (74) O. Essig (70) F. Brown (70) P. Perry (73) B. Lolues (70)	47:10
2.	L. Gregory (74)	10.50
3.	U. Essig (70)	48:52
4.	F. Brown (70)	48:52 57:42 68:07
5.	P. Perry (73)	00.07
0.	B, JOHES (70)	85:05
Class	s 4B	
۱.	M. Cavanaugh (79)	59:16
2.	C. Willberg (79)	59:38
Class	WO (Women 35-39)	
1.	M, Cushing (38)	42:32
	s WI (Women 40 plus)	
1.	L. Eiben (50)	45:03
2.	H. Sanderson (47)	47:36
3.	L. Hall (43)	54:36
3. 4.		57:09
	D. Fitzgibbon (47)	59:28
5.	R. Bale	
6.	I. McConnell (44)	59:53
7.	C, Bills (49)	60:11

#### (World News continued on page 51)

### VETERANS OF THE FELLS

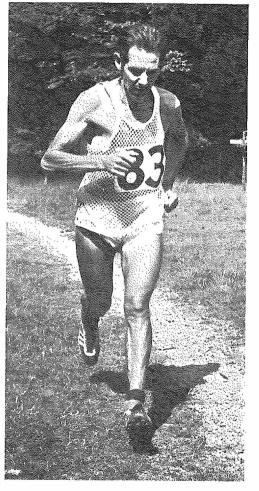
Eric Roberts is a comparatively recent convert to fell racing, having competed in his first event, the Ennerdale Horseshoe, in June, 1971, at the age of 39. However, he quickly established himself as one of the top Lakeland athletes, and since his first season as a veteran (1972) up to the time of writing (July, 1976), he has won twenty-three first veteran prizes, been runner-up on fourteen occasions and third on three. out of a total of forty events. He has also picked up several team prizes - both firsts and seconds - as a member of Kendal Athletic Club, and in addition was winner of the Lake District Four 3,000 Foot Peaks Marathon in 1973 and runner-up the following year: and in commany with Derek Hartley (then of East Kilbride Harriers) won the Standard Class event in the 1971 Karrimor Two Man Two Day Mountain Marathon and finished 2nd in the Elite Class in 1974. Eric is a modest, friendly man, quict but firm of manner, and a very determined competitor. His wife, Gladys, and three young daughters are all keen outdoor enthusiasts and take a deep interest not only in Eric's running but in fell racing in general.

Born in Liverpool, of Welsh descent, on December 13th 1931, he is a dark-haired man, 5' 7½" in height, whose weight varies from 140 lbs during the fell racing season to 147 lbs in the cross-country season, when he cuts down both his training and competing. He is a chartered structural engineer employed in the Bridges and Structures Section of Cumbria County Council.

At the age of 14, Eric began running on his own, inspired by reading about Paavo Nurmi in a book called "Athletes in Action", and by the amazing feats of Wilson, the wonder athlete of the "Wizard". He started to compete in boys' club athletics, having minor successes over 880 yards and 1 mile. He also played football at boys' club level, incidentally, and even today retains an interest in soccer, being a lifelong Liverpool F.C. supporter and a great admirer of Bill Shankly.

In October, 1948, aged 16, Eric joined Eiverpool Boundary Harriers, an outstanding cross-country club which has in recent years promoted the classic Parbold Hill Race, near Wigan; one of the few authentic cross-country events still in existence. He was the club's junior cross-country champion in 1949 and runner-up to the senior cross-country champions in 1950 (Bob Davidson), '51 (George Martin) and '55 (Mike Doyle). Also in 1950, he was a member of the second-placed Boundary junior team in both the Liverpool & District and West Lanes cross-country championships, gaining individual positions of 5th and 7th respectively, and he also won a 1 mile handicap race with a start of 190 yards in 4 mins. 13 secs.

During his National Service with the Royal Engineers in 1952-54, Eric competed in both cross-



No 2 Eric Roberts

#### ERIC ROBERTS finishes the 1975 Skiddaw Race

country and track events. In his last year, he was placed 4th in the 2 mile steeplechase in the BAOR Championships, held at the Berlin Olympic Stadium, and also won the 2 mile steeplechase championship of the 7th Armoured Division, BAOR. He trained for these events over horse jumps about 3 feet high in the nearby Verden forests. "These forests were fantastic for running in", he recalls, "and I often used to lose myself in them and return to camp much later than I had intended". Trevor Holt of Liverpool Pembroke, the AAA 2 mile steeplechase champion of 1949, was the man who introduced Eric to that particular event,

### FELLVETERANS

incidentally, and Eric remembers him as being "a very strong runner with a beautiful running action".

He left Boundary in 1956 to emigrate to Canada, where he lived for three years and did cross-country ski-ing most winter weekends. He did not, however, compete in any athletic events for fourteen years, though he did continue to run about 12 miles a week in three sessions to maintain general fitness.

In August, 1970, now aged 38 and living in Carlisle, he was introduced to the sport of orienteering by Ian Andrew of the Borderliners O.C. and took part in an event at Coniston in the Lake District where, by his own admission, he "made a hopeless mess of things". He persevered, however, and soon became a competent navigator, competing in about twenty events. Of these, his best performance was in gaining 4th place in the 1972 Scottish Veteran Championships, which are open to competitors of all nationalities. He won a Silver Standard Badge (senior) and a Gold Standard (veteran). 1972 was also the year in which he ceased to compete as an orienteer. for he had by then become "hooked" on fell running and was finding it difficult to concentrate on both sports.

Having regained a reasonable standard of fitness through his training as an orienteer, Eric had decided to have a go at the 1971 Ennerdale Horseshoe Fell Race, a tough 23-milcr with a total ascent of 7,500 feet in western Lakeland. He had heard about the event from Bill Bryson of Wigton, Cumbria, and did his first training run on the fells a fortnight before the race. Joss Naylor's course record then stood at 3.53.00 (he has since lowered it to 3.30.40: in 1972) and Eric decided he would be happy if he could get around in 6 hours or so.

On the day before the race, a young work colleague good-naturedly called him a "silly old bugger" for entering, and this made Eric all the more determined to do well. He recalls that one of the first things that impressed him about the race was the friendly, informal atmosphere. Another was the slow start most of the competitors seemed to make. He says he "ran easily" and was guided over the course by Jim Smith (Bury & Radcliffe) and Cliff Firstbrook (then of Manchester YMCA): "I still value greatly the encouragement I received from these two lads, and I try as much as possible to do likewise in such long races by helping all obvious newcomers". He finished 11th out of 46 starters with a time of 4.34.55, and realised then that this was to be his sport.

In September of that year, Eric was placed 8th out of 114 starters in the Vaux Mountain Trial, a rugged Lakeland fell race run on orienteering lines (course not disclosed till the start), and with Derek Hartley won the first Standard Class event in the Two Day Mountain Marathon, another orienteering-type race held in Snowdonia on that occasion.

The following season, his first as a veteran, Eric competed in eight fell races, winning five 1st veteran prizes and finishing runner-up to Alan Heaton in this

category in the inaugural Wasdale Fell Race. Since then he has generally competed in ten or twelve fell races a year, rarely venturing outside the Lake District, save for the Two Day Mountain Marathon, which is held in a different area of Britain each year, the Three Peaks Race in Yorkshire, and the Parbold Hill Race (cross-country) in west Lancashire. He has won two 1st veteran prizes in the Three Peaks and one in the Parbold. He also competed in the Chevy Chase Fell Race from Wooler, Northumberland, in 1972 and '73, being the fastest veteran on each occasion.

However, Eric considers his outstanding achievement to be his second placing, in company with Derek' Hartley, in the Elite Class of the 1974 Two Day Marathon, held in the Cheviot Hills and won by Stig Berge and Harry Walker. The Ennerdale Horseshoe is his favourite set course, though he is enthusiastic about all long races, particularly the Two Day and the Vaux Mountain Trial. He expresses the opinion -- which I share, incidentally = that the Vaux is "perhaps the best fell race of all in that it demands speed, strength, endurance, skill, courage... and luck!", adding that "it certainly sorts out the men from the boys".

All of Eric's training is directed towards longdistance fell running. He has averaged 10 miles a day for the last 5¹/₂ years, and says he tries to train every day, though he does occasionally miss one. During winter he does around 50 to 70 miles a week, consisting of hour-long road runs on weekdays and longer runs of up to 2 hours on road, country or fell at the weekend. Throughout the fell racing season from early spring to late autumn - he does 60 to 90 miles a week, including at least an hour's roadwork each weekday and long fell runs of between 4 and 6 hours' duration at weekends. He regards the latter of utmost importance as they "build up strength providing they involve continuous movement, and effort on all climbs ... Most of my running on the fells is done at a steady pace, though I do include some fast sections at racing speed".

In his fell training, Eric sticks firmly to general mountain safety rules by carrying emergency rations (usually a Mars Bar) and sufficient clothing to safeguard against the risk of bad weather. He will come down if the weather turns really bad, and he always leaves behind details of his intended route so rescue teams would know where to search if he were ever overcome by injury or illness. He once did a 5 mile training run with Jim Alder and says he learned more about running on that one occasion than he had done from all his previous athletic experience.

Eric also enjoys cross-country races and says he would compete more often in them if he lived in an area such as Lancashire where it is possible to attend meetings most weekends throughout the winter. He was selected for the Cumberland and Westmorland cross-country team in 1974 and ran in the Inter-Counties. "It was too fast for me", he recalls, "but I did enjoy overtaking about 50 younger lads walking up the first hill. The average runner does not tackle hills with sufficient determination". In March, 1976, he was selected to represent the Welsh veteran cross-country team in a 10.000 metres international event at Blackburn: "I finished about 28th, far too slow, though I enjoyed the race tremendously".

He does a little road-racing, too, including the Derwentwater "10" and the New Year's Day Morpeth-to-Newcastle half-marathon, of which he says: "The support from the crowd is fantastic. I really enjoy this event". However, he prefers fell racing most of all because it suits his running style and temperament: "I regard it as being similar to fartlek in that you run at varying speeds according to the terrain. The golden rule is to concentrate and run as fast as possible wherever the terrain permits".

In reply to a query as to which runners he particularly admired, Eric mentioned Ron Hill, Joss Navlor and the late Arthur Newton (of whose writings on athletics he also approved), but said that he admired "all triers". He was one of Navlor's pacers when Joss did his record 63 and 72 Peaks runs in 1972 and '75 respectively: "His performances were beyond description and a source of great inspiration. I particularly remember trying to find Sergeant Man (one of the Langdale summits) on the 63 Peaks run. The pacers for this section were Allan Walker, Pete Walkington and myself. It was about 2 o'clock in the morning: pitch black, thick mist, raining hard and a gale force wind blowing. We weren't quite sure of our location but decided we had reached the correct summit. Joss refused to accept the location and just ran off by himself and found Scrgeant Man. Did we feel foolish! I marvelled at his strength of character". (Joss afterwards referred to this incident in his notes: "Apparently too many summit cairns on Sergeant Man!").

Eric himself was the thirteenth man - "13 is my lucky number" - to complete "Bob Graham's Round of the Fells" (42 Peaks), which is the basis of the modern Lakeland 24 Hour Fell Record. He did it in July, 1973, taking 21 hrs. 56 mins. At the time of writing, 48 runners have completed the course inside 24 hours, and Eric's expert guidance has played a major role in the success of many of these attempts, including my own.

He would like to see handicap races introduced into all the main fell running events as he feels it would incite runners of all standards to increase their training and racing performances. Eric has in fact already worked out handicap systems for the 1975 Copeland Chase and the 1976 Ennerdale and Kinniside Fell Races, all Lakeland events, incidentally.

Among his ambitions for the future are to break 4 hours for the Ennerdale Horseshoe (his best time so far is 4.08.12, achieved in the 1974 event), and to finish in the first five in the Vaux Mountain Trial (his highest placings to date are 7th and 8th). "My training has been aimed at producing consistent running", he says, "and I wish to go on doing this for as long as possible". A noble sentiment which is surely shared by all runners.



Roberts leads the climb up Jenkin Hill in the 1975 Skiddaw Race

### Postbag

#### Dear Editor,

I would find it invaluable if you featured more material on the training and injury aspects of veteran athletics. I feel sure that your readership would welcome such articles.

This leads me to mention a related problem which is very difficult to solve and affects sprinters primarily. I have seen dozens -- literally dozens -- of over-40 sprinters coming back into competition for the first time, getting very excited about their future, and then injuring themselves irretrievably on the very first outing. They don't realise how much at risk they are without hard work-outs, and a tremendous warmup and stretching session before a race; they have been running around somewhere locally and doing all right, but what they forget is that when they come under competitive pressure, they have to assert themselves just that much more and the muscles are not able to deal with it. Bingo! Or rather, ping!

I once saw three 200 m heats in a row in which one such runner after another limped off at the bend clutching torn hamstrings. And they were probably lost to us forever.

Unfortunately, you can't get to these chaps until it's too late. They come timidly into their first meeting, nobody spots them to warn them, and the damage is done.

There are perhaps some wise vets, or coaches, who have worked out ideas on these problems, with particular reference to vets. May we hear from them?

Yours sincerely, Sylvester Stein, 62 Regents Park Road, London NW1.

Ed's Note: We welcome letters or articles on all aspects of veterans athletics, but in particular those related to the veteran himself - his training, his injuries, his diet, his physiology, his philosophy, etc.

### Dear Sir,

I would refer you to the almost complete absence of Walking News in recent issues of VETERIS — a fact regretted by many of your readers.

The space previously allotted to our sport seems to have gone to FeII Running, interest in which I have yet to find amongst VETERIS subscribers.

I am sure that your overseas readers, which include walkers, are not interested in this Northern England sport in which very few veterans compete.

### Yours sincerely,

A.G. "Bob" Roberts, 57 Sherwood Park Avenue, Sidcup, Kent.

Eds Note: Bob Roberts will no doubt be pleased to see that he has been beaten to the gun by our new Walking Column, compiled by John Hedgethorne.

#### Dear Sir,

The last three issues of Veteris have contained articles accusing upper age group Veterans of: A. Bringing the movement into disrepute by poor performances in Toronto.

B. Picking up easy medals by simply entering our own regional and national championships. I would have thought that the rules governing these championships, (i.e. medals according to entries) would compensate for this, but in any case we are not aware of the number of potential competitors when we enter.

So that we may enter the Worlds Masters at Gothenberg without fear of offending any Athletic purists, could the B.V.A.F. give some indication whether prospective entrants are welcome, by letter or some other means.

Yours Sincerely, T. W. E. Hines, 53, Talbot House, Harvist Estate, N7 7LT.

Eds Note.

I am sure the officers of the B.V.A.F. have too many other problems on their plate to act as a selection committee, even if they were mandated to so do. The Gothenberg steering committee have laid down standards which prospective competitors are advised to attain and which seem well within the capabilities of the average Club Athlete. Even so, these are not compulsory standards, so that anyone who feels it worth his or her while to make the trip should do so, whether a prospective Gold medallist or an also ran.

#### Dear Editor,

I am writing a book for a major American publishing house on physical fitness, with special emphasis on running and jogging. (I am a marathon runner myself, if not an especially good one, so I have more than a casual interest in the subject.)

I would be grateful for anything your readers could send me that would illuminate the running experience. Specifically, I am interested in how people's lives have changed as a result of running, either for better or for worse. If you can provide me with specific anecdotes or incidents that illustrate this, they would be particularly valuable. What I'm trying to get at is the psychological changes that occur in runners, and how those changes affect behaviour.

Communications can be sent to me at the address below, and would be especially helpful if they include the writer's age and occupation. I will give credit in the book for whatever I am able to use.

Yours sincerely, James F. Fixx, 37 Crescent Road, Riverside, Connecticut, USA

# **UK Results**

### **Northern Veterans Champs**

			E		
July 4th		Class 3B		High Jump	
Northern Veterans T&F Cha	impionships	1. J. W. Burns	2:53.6	Class 1A	
Cleckheaton				<ol> <li>R. Walker</li> </ol>	1.47m
100 M		1500 M		2, M. E. Morrell	1.43m
Class IA 1. D. Herman	10.0	Class 1.A		3. P. J. Allen	1.35m
1. D. Herman 2. H. Crane	12.2 12.3	1. R. I. Allen	4:08.2	1	
3. D. Burton	12.5	2. B. Bullen	4:09.0	Long Jump	
Class 1B	12.0	3. V. Baylis	4:26.2	Class 1A	
1. K. M. Whitaker	12.6	Cluss 1B 1. W. Marshall	4:31.1	1. D. Burton	5.80m
2. D. R. Hewarth	12.6	1. W. Marshall 2. E. Kirkup	4:51.1	2. R. Walker	5.66m
3. A. J. Tipping	12.0	3. W, Buckle		Class 1B	
Class 2 A	12.9	Class 2A	5:01.0	1. 1. Steedman	4.07m
1. D. Pinnington	13.3	1. M. Jackson	4:38.2	2. J. Dean	3.62m
2. H. Smith	13.4	2. E. Joynson	4:38.2	Class 2A	
3. H. S. Trafford	13,7	3. N. S. Neilson	4:45.0	1. H. S. Trafford	4.57m
Class 2B	13.1	Class 2B	4.45.0	2. H. Smith	4.52m
I. T. Kershaw	14.4	1. N. Ashcroft	5:13.5	Class 2B	
2. G. Norman	14.7	Class 3E	5.15.5	1. G. Norman	4.14m
3. A. Evans	14.8	1. J. W. Burns	5:50.0	Discussion	
	2.1.0	I, J. W. Dullis	5.50.0	Discus	
200 M				Class 1 A	
Class 1A				1. F.W. Hobson	36.59m
1. D. Burton	24.3	5000 M		2. R. Walker	36.15m
2. H. Crane	24.4	Cluss 1 A		3. J. Maloney	33.09m
3. D. Herman	24.7	1. P. J. Freeman	15:50.2	Class 1B	
Class 1B		2. M. E. Morrell	16:13.8	1. M. Dowthwaite	25.81m
1. K. M. Whitaker	25,1	3. F. Lucop	17:00.0	2. D. Jepson	17.58m
2. A. J. Tipping	26.0	Class 1B		Class 2A	22.02
3. E. Allan	27.3	I. A. Walsham	15:51.6	1. H. S. Trafford	27.82m
Class 2A		2. R.G. Franklin	16:36.0	2. D. Pinnington	25.32m
1. D. Pinnington	27.1	3. E. Kirkup	16:53.0	3. D, Wood	19.07m
2. H. Smith	27.2	Class 2A		Class 3 1. A. Dirkin	0.5.00
3. H, S, Trafford	27.8	1. K. Hall	17:15.4	1. A. Dirkin	25.38m
Class 2B		2. E. Joynson	17:23.6		
<ol> <li>G. Norman</li> </ol>	31.3	3. D. Wood	19:15.2	Shot	
		Class 2B		Class 1A	12.00
400 M		I. N. Ashcroft	19:15.2	1. R. Walker	12.00m
Class 1A				2. W. F. Mann	10.18m
1. B. Grundy	53.1	3000 M S/Chase		3. F. W. Hobson	9.62m
2. C. Shafto	53,9	Class 1A		Class 1B 1. M. Dowthwaite	7 ()
3, E. Hamer	54.2	I. M. E. Morrell	10:23.0		7.63m
Class 1B		Class 1B		2. D. Jepson Class 2A	6.57m
<ol> <li>K.M. Whitaker</li> </ol>	54.6	1. T.R.Colson	11:01.8		11.10-
2. A. J. Tipping	57.9			1. H. S. Trafford 2. D. Wood	11.18m
3. T. Brown	58.2	110 M Hurdles		2. D. wood	7.11m
Class 2A		Class 1A			
<ol> <li>E.A. Gallagher</li> </ol>	58.2	1. C. Shafto	17.0	Javelin	
2. R. Davenport	78.0	2. R. Walker	17.5	Class 1 A	
-		Class 1B		1. J. Coggin	37,32m
800 M		1. I. Steedman	19.6	2. W. F. Mann	36.46m
Class 1 A	1	Class 2A		Class 1B	30.40IN
1. R. I. Allen	2:03.8	1. R. Davenport	28.2	1. M. Dowthwaite	20 55.00
2. V. Baylis	2:07,3			Class 2A	30.55m
<ol><li>K. Maughan</li></ol>	2:12.0	400 M Hurdles		1. D. Wood	25.72m
Class 1B		Class I A		1. D. WOOd	23.72111
1. J. M. Dean	2:26,4	1. C. Shafto	58.8	Hammer	
2. T. E. Robson	2:28.5	2. V. Baylis	67.6	Ciass 1 A	
Class 2A		3. M. Capewell	69.9	1. J. Maloney	140'-0''
1. B. Bickerton	2:20.4	Class 1B		2. F. W. Hobson	140-0
2. N. S. Neilson	2:30.6	1. K.M.Whitaker	61.6	3. J. Dean	
dente eta de la companya de la comp	<del>de sources area</del>	Demonstrativ Million and an apply in a stability of the			
June 2nd		June 9th		June 16th	
1500 M at Bristol		Birkenhead Park '5'		Swinton '6'	
P. Wallace (Newport H)		3. R. Fowler (Stoke)	25:23	12, K, Hodkinson (Salford)	30:59
(UK over 50 record)	4:32.0	20. A. Walsham (Salford)	26:56	16. A. Walsham (Salford)	31:26
	•		,	(() = () = ()	
					45

44

T.N.			
FERRY ROOKE leads Franklin, Aller of the Coventry World Marathon.			miles
June 13th Midland 10,000 M at Aldersley Stadin 7. R. Fowler 30:0. June 20th	un Wir	/ 4th 1sford '7' R. Fowler P. Goodfellow (Stoke)	34:08 37:50
Bolton '6' 20. A. Walsham 33:		y 10th eltenham 7½ R. Fowler	37:18
		K. Hodkinson	31:46 32:20 34:10
9. H. Mitchell (Sheltlestone) 2:43 12. A. Wood (Ach) 2:46	:26 Yo 40	y 11th rkshire League (Div 1) 0 H Shafto (Rown)	58.5
June 27th Northern Vets 20 Km Championship: 40-44	s	y 17th	
I.         K. Heathcote (Bolton)         73:           2.         J. Dawson (YMCA)         74           3.         J. Sawyer (L'wood)         76           45-49         1         A. Walsham (Salford)         68           2.         R. Franklin (TVH)         71		grave '20' Road Race A. Horne (Ranelagh) E. Nolan (Shaftes) T. Ford (Vic. Pk) I. McKenzie (MPAC) P. Newell (Belgrave) W. Anderson (MPAC)	1:59:27 1:59:33 2:00:17 2:00:28 2:04:06 2:04:41 2:08:18
<ol> <li>K. Hall (Wirral) 76</li> <li>L. Nicholson (Pembroke) 85</li> </ol>	:59 41. :00 44.	D. Funnell (E&E) W. Hanscomb (Ranelagh) finished)	2:09:32
1.N. Ashcroft (Sutton)802.B. Mathieson (L'wood)82	:42 Mi 9 11 :13 14		60:00 60:36 61:40
1.S. Lee (Horwich2.S. Smith (Stockport)973.D. Rosenfield (YMCA)98			

Hor	17th sham 10 M. Hyman (Portsmouth) G. North	52:51 53:19
John	r 17th 1 Oultram 10 R. Fowler E. Austin	51:07 53:24
July Salf	/ 17th ord 5 A. Walsham	25:38
37.	IC. Hodkinson	25:59
Ree	25th bok 8 A. Walsham	38:19
at L 100	25th uton Metres	
800	Lane (Verlea) Metres Lane (Verlea)	12.0 2:02.7
Woo 14.		4:26:19 4:34:03 4:41:35 4:51:54
July Wefs	y 31st sh Məratlıon J. Sawyer (Longwood)	2:40:29 2:54:44
Nor 400	gust 1st ther League (Div 2) H Shafto (Rown)	58.0
	gust 1st nderland Carnival 5½ Miles T. Rooke (Middlesbroug)	h) 27: <b>4</b> 3
		33:41 35:16
	gust 7th ston to Morecambe Maratho J. Berry (Bingley) A. Llewellyn (L & M)	2:50:10
Pre 19. 24. Au	ston to Morecambe Maratho J. Berry (Bingley)	2:50:10
Pre 19. 24. Au Cra 2.	ston to Morecambe Maratho J. Berry (Bingley) A. Llewellyn (L & M) gust 8th mham Boundary Chase M. Hyman (Ports AC) gust 15th bekport '6' Road Race Hodkinson (Salford) Salt (Salford) O'Flynn (YMCA) Gregory (Blackpool)	2:50:10 2:53:10

August 15th Shaftesbury 10				Northern Vets 10,000 Metres Track Champs	
Vet Result:		<b>b.</b> 8		40-49	
1. L. Parrott	54:35			1. K. Hodkinson (Salford)	32:20
2. D. Powell	55:24			2. A, Walsham (Salford)	32:31
<ol><li>R. Budd (Havering)</li></ol>	55:51			3. M. Weston (Bolton)	35:04
	00101	and the second		4. J. Haslam (Bolton)	35:10
			44234	5. H. Thornton (Airedale)	
August 29th					35:16
Northern Vets 5miles X-Cty				6. R. Kerninighan (Pembroke)	
1. K. Hedkinson (Salford)	27:00			7. K. Heathcote (Bolton)	35:31
2. A. Walsham (Salford)	27:16			8. J. Metcalfe (Blackburn)	35:35
3. J. Wright (N Vets)	28:15			9. S. Smith (Pembroke)	36:00
4. J. Salt (Rochdale)				<ol><li>E. Newport (Pembroke)</li></ol>	36:25
	28:19			<ol> <li>J. Foster (Bolton)</li> </ol>	36:34
5. V. W. Baylis (Wirral)	28:47			<ol> <li>A. Paisley (Salford)</li> </ol>	36:57
6. K. Hall (Wirral)	28:57			<ol><li>J. McAloon (Pembroke)</li></ol>	36:59
7. R. Norman (East Ches)	29:00	the second states of the second s		(24 ran)	
<ol><li>J. Smith (Pembroke)</li></ol>	29:05				
<ol><li>J. Haslam (Bolton)</li></ol>	29:05	and the second se		50-59 & Over 60 Race	
<ol><li>N. Murphy (Sutton)</li></ol>	29:13			1. K. Hall (Wirral)	36:29
11. K. Heathcote (Bolton)	29:19			2. B. Crook (Rochdale)	
12. M. Weston	29:30				37:41
13. J. Betney (Clayton)	29:43			3. W. Brown (ECH)	38:25
14. D. Allen (East Ches)				4. L. Nicholson (Pembroke)	39:04
	30:15			5. L. Williamson (Stretford)	39:41
15. K. Bingley (Wakefield)	30:29			<ol><li>N. Ashcroft (Sutton)</li></ol>	39:49
16. J. McAloon (Pembroke)	30:33			<ol><li>E. Harrisen (Lincoln)</li></ol>	41:07
(74 finished)	5			8. R. Salisbury (Wirral)	41:44
Please Note Times: It is thought the				9. L. Heald (East Ches)	42:00
there could have been a Three Min	nute 🤅			10. S. Wingate (Wirral)	42:18
discrepancy in everyones times.	42			11. S. Lee (Horwich)	43:11
	0				45.11
September 1st				(26 ran)	
Lunatura (5) Altrinobour	23:45				
Lynotype '5' Altrincham					
9. R. Fowler (Moorlands)	23:45 2			September 12th	
	25:24		1940	Scottish Veterans 7% miles road ra	ace.
	26:44			Mount Blow	,
	26:50	ARTHUR WALSHAM at 17 mile	es in 🛛		43:53
122. J. Foster (Bolton)	27:49	the Coventry World Marathon			
<ol><li>H. Thornton (Airedale)</li></ol>	27:55	/ / / / / / / / / / / / / / / /			44:29
	28:08		0.000		44:34
	28:10	September 12th			44:36
		Rossendale Fell Race			44:51
	28:25	39. J. Salt (Rochdale)	68:06		45:41
	28:32				45:54
	28:45				46:19
	28:52	September 4th			46:49
	29:02	North Staffs RRA 10 mile track			49:01
61. B. Rawlinson (Sale)	29:30	<ol><li>P. Goodfellow</li></ol>	56:53		
66. R. Mathews (Pembroke)	29:43				49:51
68. R. Fernyhough (Michelin)		September 4th			49:54
, , , , , , , , , , , , , , , , , , , ,		SLH 30			50:31
			2.07.21		52:20
			3:07:31		52:47
August 21st		11. R. Reynolds (TVH)	3:21:05		55:47
Two Bridges '36'			3:23:02		56:11
	:03:28		3:24:22		67:16
		<ol><li>E. Flowers</li></ol>	3:24:22	* Over 50	57.10
<ol> <li>W. Russell (Clyde Valley). 4:</li> <li>D. Multister (Tinter)</li> </ol>		<ol><li>F. Byrne (Cambridge)</li></ol>	3:30:28	** Over 60	
<ol> <li>D. McWhirter (Tipton) 4:</li> </ol>	:16:33		3:33:40	UVEL OU	
			3:34:42		
August 25th			3:37:05	September 11th	
t Whitchurch, Shot Put				September 11th	
	3.25m		3:48:01	Greenwich 11	
(			3:48:23	12. L. Parrott	59:26
August 29th			3:57:07		
		<ol><li>L. Opper (Verlea)</li></ol>	3:57:29	September 11th	
Bracknell '5'	ac a=			at Swansea I Kilo Discus	
	25:07	September 5th		Matt Cullen	
	25:22	Frodsham Hill Race	1	(Over 70 British record,	
4. M. Barratt (Ealing & S) 2	25:36	7. R. Fowler	23:45	· · · · · · · · · · · · · · · · · · ·	1 20-
			23,45	probable over / 5 wK) 32	4.30m
		Contambor 5th			
August 30th		September 5th			
		Rugby Marathon		September 18th	
endring 6½	24.10	<ol><li>R. Bentley</li></ol>	2:45:25		
endring 6½	34:19			Nuneaton 10	51.CT
endring 6½	34:19		2:52:53 1		
endring 632	34:19		2:52:53		51:01
Yendring 6½ . L. Parrott (Havering) 3	34:19	33. D. McWhirter	2:52:53	15. R. Cooper (Worcester)	51:01 54:04
Yendring 6½ . L. Parrott (Havering) 3 September 4th	34:19	<ol> <li>D. McWhirter</li> <li>Septomber 5th</li> </ol>	2:52:53	15. R. Cooper (Worcester)	
Yendring 6½ . L. Parrott (Havering) 3 Neptember 4th Vitney 12 Miles Road Race		33. D. McWhirter Septomber 5th Mistley 5		<ol> <li>R. Cooper (Worcester)</li> <li>C. Simpson (Small Heath)</li> </ol>	54:04
Yendring 6½ . L. Parrott (Havering) 3 Meptember 4th Witney 12 Miles Road Race 7. E. Austin 6	64:06	<ol> <li>D. McWhirter</li> <li>Septomber 5th</li> <li>Mistley 5</li> <li>L. Parrott</li> </ol>	26:49	<ol> <li>R. Cooper (Worcester)</li> <li>C. Simpson (Small Heath)</li> </ol>	54:04 54:51
<ul> <li>endring 6½</li> <li>L. Parrott (Havering) 3</li> <li>eptember 4th</li> <li>Vitney 12 Miles Road Race</li> <li>7. E. Austin 6</li> <li>3. G. North 6</li> </ul>		33. D. McWhirter Septomber 5th Mistley 5		<ol> <li>R. Cooper (Worcester)</li> <li>C. Simpson (Small Heath)</li> </ol>	54:04 54:51

ley, Kent		
G. North	31:18	
J. Univer (Kent AC)	55:41	
ens 4000 Metres		
H. Rider (Cambridge)	15:23	
mber 19th		
A. G. Walsham (1B)	2:33:29	
K. Hodkinson (1A)	2:37:29	
		MA Commence
	2:49:05	- 37
G. Spink (1B)	2:50:16	
H. Thompson (1B)		
	3:00:43	Contraction of the second
E. Howarth (1A)	3:00:56	
J. Mason (1A)		
A. Oxley (1A)	3:07:30	
R. Walker (2)	3:11:54	
R. Matheson (2)		
A. Ball (IB) W. Midgely (IA)		CARLES AND THE STATE
J. Lawton (1B)	3:17:41	
M. Brooke (1A)	3:19:39	
E. Crowley (1B)		
A. Campbell (1B)	3:30:46	
J. Barber (2)	3:34:00	
J. Fox (2)	3:39:56	
W. Bowler (1A)	3:50:20 着	
W. Leach (3)	4:27:08	
		HAZEL RIDER
		12
tember 19th		Destaurt 254
	ces at	September 25th Norfolk 15
s l		10. L, Parrott 1:25:48
R. McKay (Clyde Valley		12. J. Daniels (Lowestoft) 1:27:10
		15. D. Davey (Leamington) 1:28:21
	29:22	
E. Joynson (Gateshead)	40:28	September 19th
s 2B		Newark 6.
J. Cascarina (VPH)	50:57	18. R. Bentley (Tipton) 29:09
tumber 10th		
		September 25th
A, Walsham	2:33:29	Cardiff Lake 15. 18. T, Wood (Newport) 1:32:25
K, Hodkinson	2:33:29	
		September 25th
		Grove 7.5 Mile Road Race 18. K. Fiddler (V of Avles') 43:01
K. Heathcote (Bolton)	2:48:46	18. K. Fiddler (V of Ayles') 43:01
D. Browne (Salford)	2:49:05	
G. Spink *Bingley)	2:50:16	Outuber 2.4
	3 11 54	October 3rd Vauxhall 5 x 3 Miles Road Relay at
		Luton
	od)3:12:36	8. Verlea Vets 83:05
Class		9. Woodford Green Vets 83:19 10. Vauxhall Motor Vets 83:23
	J. Oliver (Kent AC) ens 4000 Metres H. Rider (Cambridge) sember 19th hern Veteran Marathon ppionship, Huddersfield A. G. Walsham (1B) K. Hodkinson (1A) J. Sawyer (1A) K. Hall (2) K. Heathcote (1A) D. Brown (1A) G. Spink (1B) H. Thompson (1B) K. Bingley (1A) J. Bates (1A) E. Murtagh (1A) E. Murtagh (1A) E. Murtagh (1A) F. Gregory (1A) N. Neilson (2) A. Oxley (1A) R. Walker (2) R. Matheson (2) A. Date (1B) W. Midgely (1A) J. Lawton (1B) M. Brooke (1A) E. Crowley (1B) M. Brooke (1A) E. Jonson (1B) J. Barber (2) J. Fox (2) K. Jordan (2) C. Black (2) W. Bowler (1A) W. Leach (3) tember 19th dersfield Marathon A. Walsham K. Hodkinson G. Kay (Barnsley) J. Sawyer (Longwood) K. Hall (Wirral) K. Heathcote (Bolton) D. Browne (Salford) G. Spink *Bingley) <i>Class</i> R. Mathieson (Longwood) Kass	J. Oliver (Kent AC) 33:41 ens 4000 Metres H. Rider (Cambridge) 15:23 ember 19th hern Veteran Marathon apionship, Huddersfield A. G. Walsham (1B) 2:33:29 K. Hodkinson (1A) 2:37:29 J. Sawyer (1A) 2:40:59 K. Hail (2) 2:46:28 K. Heathcote (1A) 2:48:46 D. Brown (1A) 2:49:05 G. Spink (1B) 2:50:16 H. Thompson (1B) 2:52:41 K. Bingley (1A) 2:56:53 J. Bates (1A) 2:59:44 E. Murtagh (1A) 3:00:43 E. Howarth (1A) 3:00:56 I. Mason (1A) 3:01:05 F. Gregory (1A) 3:05:16 N. Neilson (2) 3:07:30 R. Walker (2) 3:11:54 R. Matheson (2) 3:12:36 A. Ball (1B) 3:16:12 W. Midgely (1A) 3:16:41 J. Lawton (1B) 3:17:41 M. Brooke (1A) 3:19:39 E. Crowley (1B) 3:21:54 M. Robertson (1B) 3:23:54 D. Rosenfield (3) 3:24:11 S. Howarth (1A) 3:00:56 K. Jordan (2) 3:12:36 A. Campbell (1B) 3:16:42 W. Midgely (1A) 3:16:41 J. Lawton (1B) 3:21:54 W. Barber (2) 3:34:00 S. Fox (2) 3:39:56 K. Jordan (2) 3:41:20 C. Black (2) 3:46:20 W. Leach (3) 4:27:08 tember 19th ning of the Walls Road Races at vick on Tweed. 64 Miles, s J. R. McKay (Clyde Valley) 36:05 W. Ramage (Springbury) 37:51 P. Pattison (Gasforth) 38:59 s 2A E. Joynson (Gateshead) 40:28 s 2B J. Cascarina (VPH) 50:57 tember 19th diersfield Marathon A. Walsham 2:33:29 K. Hodkinson 2:33:29 K. Hodkinson 2:33:29 K. Hall (Wirral) 2:46:28 s 2B J. Cascarina (VPH) 50:57 tember 19th diersfield Marathon A. Walsham 2:33:29 K. Hall (Wirral) 2:46:28 s 2B J. Cascarina (VPH) 50:57 tember 19th diersfield Marathon A. Walsham 2:33:29 K. Hall (Wirral) 2:46:28 K. Heathcote (Bolton) 2:48:46 D. Browne (Salford) 2:49:05 K. Hall (Wirral) 2:46:28 R. Mathieson (Longwood)3:12:36

	October 2nd Haywards Heath C/Country. Vets 5000 M 1. G. North 2. J. Luxford (Horsham BS) 3. H. Downer (S&Eastleigh) 4. B. Jackson (Portsmouth) 5. A. French (Folkestone) 6. M. Baker (Horsham BS) 7. R. Curtis (Tonbridge) 8. C. Weight (Haringay) 9. K. Humphries (E & E) 10. G. Tilley (Bracknell AC)	14:11 15:06 16:08 16:19 16:20 16:25 16:28 16:31 16:37 16:39
	October 3rd	
	Royal Bank of Scotland 4000 Mer Vets C-Country race at Balloch 1. C. McAlinden (Paisley) 2. T. O'Reilly (Springburn) 3. T. Malcolm (Springburn) 4. W. Ramage (Springburn) 5. M. Coyne (Falkirk) 6. H. Walson (Abcrdeen) 7. A. White (Springburn) 8. J. Milne (Edinburgh AC) 9. W. Drysdale (Law AC) 10. R. Kane (VPH) Team Springburn	tres 12:58 13:09 13:18 13:28 13:32 13:34 13:45 13:52 14:07 14:08
RIDER	October 9th Icknield C-Country League at Peterborough, Vets Race. J. D. Powell (Stevenage) 2. K. Jones (Luton) 3. N. Etherton (Camb & Col) 4. D. Smith (Kettering) 5. G. Airton *Bedford) 6. J. Moroncy (Camb & Col) 7. A. Wakefield (Luton) 8. D. Ball (Biggleswade) 9. G. Smith (Kettering) 10. N. Marshall (Kettering) 12eams: 1. Bedford 2. Luton 3. Cambridge & Coleridge	32:08 32:19 32:30 32:40 32:52 33:05 33:07 33:11 33:18 34:14 839 786 764
1:25:48 westoff) 1:27:10	October 9th Metropolitan C.C. League at Ruis Vets Race.	
westoft) 1:27:10 amington) 1:28:21	<ol> <li>M. Barratt (Ealing)</li> <li>J. Steed (Verlea)</li> <li>G. Harrison</li> </ol>	28:11 28:39 30:18
ipton) 29:09	October 10th Rowntree-Mackintosh 10 at Yord 27. K. Hodkinson	^k 51:35
wport) 1:32:25	October 10th Basildon Tanswell 10 27. R. Coxon (Woodford G)	55:44
d Race of Ayles') 43:01	October 16th Wrekin 10 14. E. Williams (Shrewsbury)	53:58
es Road Relay at	O-tabas 16th	
83:05 een Vets 83:19 tor Vets 83:23	October 16th Southampton & Eastleigh "Jurd" Road Race. 12. M. Ilyman	23:35
tor Vets 83:23	MA	

39. 40.	J. Godbeer (Cambridge) A. Hefford (Orion H)	7:17:32			70.         W. Anderson (Met Police) 2:43           85.         R. Day (Verlea AC)         2:48
42.	D. Cooper	7:38:22			92. P. Taylor (Barnet & Dist) 2:52
44.	A. Blatchford (Epsom)	7:41:15	S LIPTON		97. S. A. Izzard (Vets AC) 2:53
46. 47.	B. Merriman (CAN)	7:48:59 7:54:22	1 788 24		98. K. F. Fiddler (V of Ayles')2:53
47. 51.	D. Coffcy (Cambridge) L. Opper	8:06:19			101. D. Plater (Ilford AC) 2:53 109. J. Meroney (C&C AC) 2:56
54.	D. Logan (USA)	8:11:10			110. R, Reynolds (TVII) 2:56
55.	J. Fenn (Orion H)	8:15:32			116. II. Williams (llford AC) 2:57
56.	J. Teesdale (Durham CH)	8:15:38			119. H. Richards (Vets AC) 2:59
				1	120. J. E. Davies (Belgrave H) 2: 59:
					125. E. C. Butcher (Colchester)3:03
	bber 14th				128. J. Hutchinson (B'heath) 3:03
	ford 10,000 Metres Road R				132. R. H. Blois (Basildon) 3:04
1. 2. '	R. Allen (H'Gate) P. Raidy (Clayton)	33:26 34:11			135. J. Fitzgerald (50+) 3:05 136. B, H. Switzer (Soton & E)3:05
2. 3.	Ramsbottom (Clayton)				136. B, H, Switzer (Soton & E)3:05 137. W, J. Hanscomb (R'lagh) 3:06
4.	J. Wright (Wirral)				142. M. Campbell (Notts AC) 3:07
5.	R. Billington (Wrexham)	34:36 34:48			145. A. E. Hefford (Orion H) 3:08
6.	V. Bayliss (Wirral)	35:04			149. L. J. Opper (Verlea AC) 3:11
7.	B. Bullen (Stretford)	35:11,			157. A, K. Wakefield (Luton) 3:16
8.	M. Murphy (Sutton)	33:25 .	State of the second		164. W. B. Jenkins (50+) 3:17
9.	M. Weston (Unatt)	35:35			180. R. Knight (Chelmsford) 3:28
10.	K. Heathcote (Bolton)	35:38			181. R. Smith (Woodford G) 3:29
11. 12.	K. Hall (Wirral) J. McKenna (Leeds)	36:09 5 36:13			182. A. Smithies (50+) (VAC) 3:31 183. R. Purkis (Veterans AC) 3:33
12.	J. Beiney (Clayton)	36:13	Ultra-distance man RON BI		185. D. Jones (Ill'ord AC) 3:34
14.	E. Newport (Pembroke)	36:24	(Tipton) tags Hallberg (SWI	E) in the	189. A. Poynter (50+) 3:37
15.	J. Alcock (ECH)	36:34	Coventry World Marathon		191. P. E. Clark (Dartford H) 3:38
16.	J. Haslam (Bolton)	36:41	et an an		192. J. Fenn (50+) (Orion H) 3:38
17.	<ol> <li>Foster (Bolton)</li> </ol>	36:47	Handicup Result:		
18.	D. Allen (ECII)	36:58	1. D. Rosenfield	30:58	Southern Vets Team Result
19.	J. McAloon (Pembroke)	37:30	2. J. McKeon	31:51	1. Verlea AC (1, 3, 9) 13
20. 21.	K. Metcalfe (Blackburn)	37:38	3. R. Allen Team Result:	32:16	October 17th
22.	B. Crook (Rochdale) G. Stucliffe (Rochdale)	37:43 37:56	1. Clayton		Masters & Maidens Marathon, Guildfo
23.	S. Coffey (M & D)	38:03	2. Wirral		10. H. Richards (40)(London)3:01
24.	K. Blankley (ECH)	38:12	3. Bolton		15. R. Stewart (40) 3:03:
25.	B. Lister (Bolton)	38:14			19. A, Blatchford (40)(BAC) 3:04
2б.	Ilowarth (Leigh)	38:22	October 17th		21. S. Allen (41) (HHH) 3:05:
27.	C. Hill (Rotherham)	38:29	Walton 10		22. T. Tunks (40) (R&R AC) 3:05:
28.	J. Lawton (Leeds)	38:33	Vet Result:		26. J. FitzGerald (53) (Mitch)3:07:
29. 30.	R. O'Flynn (YMCA) B. Sabine (Bolton)	38:34	L. O'Hara (Belgrave)	51:46	31. M. Campbell (41) (Notts) 3:09: 38. J. Lee (40) (Mid Vets) 3:14:
30. 31.	F. Valentine (Bolton)	38:38 38:44	M. Barratt	52:07	38. J. Lee (40) (Mid Vets) 3:14: 43. E. Young (51) (Belgrave) 3:18:
32.	T. Seanor (Sutton)	38:50	R. Franklin	55:06	55. D. Yeabsley (49) (BAC) 3:25
33.	V. Bateman (Pernbroke)	38:54	P. Newell (Belgrave)	55:46	56. D. Bilky (48) (Bracknell) 3:25:
34.	A. Knowles (Sefton)	39:09	Patricia Day (Verlea)	66:35	60, J. Gurney (42)(Bracknell) 3:29:
35.	L. Nicholson (Pembroke)	39:18	>		62. J. Crighton (57) (MidVets)8:31:
36.	G. Hird (Leeds)	39:24	November 6th		66. R. Ralcliffe (47) (B'nell) 3:32:
37.	N. Ashcroft (Sutton)	39:30	100 Kilometres Track Race at	Crystal	67. R. Jolly (43) (Shalford) 3:33:
38.	P. Jones (Derby)	39:36	Palace.	7:03:10	76. M. O'Connor (41) 3:35:
	inished)		<ol><li>R. Bentley</li></ol>	7:05:10	(51 veterans finished)

3 x 3 Pron	hern Counties Veterans 34 Road Relay 10fed by Cambridge Hau ey, Kent		7. 8, 9. 10, (17;	Kent 'A' Cambridge 'B' Cambridge 'D' Cambridge 50 can)	53:02 53:26 54:16 55:10	4. 5. 6.	I. Steed (Verlea) D. Taylor (Herne Hill H) J. Ileywood (Herne Hill H)	16:21 16:33 16:39
1.	Cambridge 'A'	49:46	(17)	any				
2.	Herne Hill 'A'	50:16	ו .			~	50	
3.	Verlea 'A'	50:48	Fast	est Individual laps		Over	20	
4.	Havering 'A'	51:08	1.	K. Harland (Cambridge H)	15:58	1,	J. Brown (Cambridge H)	17:05
5.	Eton Manor 'A'	52:03	2.	L. Parrott (Havering AC)	16:07	2.	R. Hale (Kent AC)	17:55
6.	Blackhcath 'A'	52:34	3.	J. Oliver (Kent AC)	16:16	3.	.I. Fitzgerald (Mitcham AC)	18:44

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# The Bob Shrunkle Column

Two letters of heartbreak have arrived at the editorial offices with each one claiming the 'injury of the Month' award. The first comes from Johnny 'O' who slightly pulled a top thigh muscle during a track session in October. Oh no, he is not claiming for that injury, but another you see when he retired for the night he rubbed some embrocation into the top of his thigh and in his groin which was also slightly injured. He awoke at 2 o'clock in the morning to find that he had been sleeping on his side and that a portion of his body was red hot where it had fallen on his thigh.

The other claim, from 'KN', concerned his run home from work. As he wended his way through the throng going to the station he slipped past a cigarette smoker just as the smoker flicked his ash away with downward sweep of his hand. The cigarette struck KN on the left thigh to cause a burn while the smoker was left trying to work out why his cigarette was now bent in three places. We have solved the problem of this dual claim by having two certificates drawn up this time. If you feel you have qualified for one of these valuable awards just write to me c/o the editor.

We have heard about a Veteran athlete who makes, MAKES his wife read this column - not first I trust.

A club clothing steward was amazed when a young thin lad asked for a size 40 chest in his track top. The next time the two met all was revealed, the huge top was covered with badges. So if you want to know where to stick your club badges ask the man who sells the gear.

Not an entry for the Injury of the Month Competition, but it could have been and it certainly was, perhaps, The Sight of the Month. It was Ron Macey of Verles in the Southern Counties Road Relay Champs... With a mile to go he treated his thigh with a pain killing spray. I hope that his aim was accurate!

I've noticed that those who double up over 5 000m and 3 000m steeple usually finished doubled up with fatigue.

A definition of cruelty .. firing the recall gun after 300m in a 400m race!

The British competitors in the recent Italian Masters meeting in Milan wore national veteran vests of varied vintages (white with horizontal stripes, white with angled stripes etc) except for one new vet, Eric Hamer, who ran in an orange vest and was not recognised by the rest of his team who thought that he was Yugoslav. Rumour has it that Eric is trying to reach Ray O'Donoghue but we thought that he had a real CB vest from his 'B' International days, The Milan results sheet after the recent Vets meeting confined itself to surnames only. Can you imagine the Welsh Vets Cross Country Championships results? 1 Jones 2 Jones 3 Jones 4 Davies 5 Davies 6 Davies 7 Jones . . . .

I have been told a lovely little story by Ken Hallam of Colne in Lancashire. It seems that during the Northern Track and Field Championships a 2A gentleman was leading a group some distance behind the eventual winner. Some 7 yards from the lap marker he called "How many?" "Nine" was the answer. "How many?" "I said Nine!" and again he asked "How many?" "Are you deaf? I said NINE!" shouted the irate lapmarker. This caused great merriment for runners, judges and spectators alike and was only bettered when the aforesaid gentleman came round on his next lap to an orchestrated bellow of "EIGHT" from everybody within 100 yards of the Finish.

I met "Yo Yo" last week, or at least that it what his wife calls him because he leaps in and out of bed with leg cramp after marathons.

The same wife scolded her athletically minded son for wearing his sandals to run in the mud in the local park "You should have changed, that is your only pair of shoes" "How could I" said Junior "if they are my only pair?"

John Drew, the New Zealand marathon runner and cyclist reckons that the Post Office telegraph branch always corrects his spelling on overseas cables before they send them on to Austrlaia, Suoth Afreia or Londen Englund.

I read an interesting letter recently which agreed with that eminent urologist Hans-Dieter Bastian that athletes undertaking endurance training should drink more beer. Beer it seems assures diuresis. Fair enough say I. I recently took a party of seven 80/1500m runners to the Masters and Maidens Marathon run clown at Guildford. We built up distance Sunday by Sunday and young John swore that if he lasted the full 26 miles 385 yards he would celebrate with at least 4 pints of beer. Jack Fitzgerald heard of this plan during the marathon and suggested that John would be able to drink a lot more than that as Jack had put away 7 pints after a hot dry marathon in Canada. John was delighted with this news and flashed through the field to finish 14th. The evening how ever, turned out to be dry. He got home, fell asleep in the chair and was too stiff to get down to the pub!

"I'm not a middle distance man' said the hammer thrower when asked to make up a Vets 4 by 100m relay team at the end of a meet. Ron Clark (the UK Olympic marathon competitor at Melbourne, not the other one) was crossing the forecourt of a main London railway station when he heard shouts of 'stop that man!' Ron looked round and took off as a teenager shot past. The chase went out of the station, round the taxi rank and into the nearby public gardens with Ron slowly gaining and thinking that perhaps his quarry had been caught in a multiple rape on the Southern Railway or was a cut-throat and purse snatcher. After 800m the young man collapsed and Ron 'arrested' him and waited for the Railway official to arrive some minutes later, 'Thanks mate', said the official, 'he did not pay his fare'! Mixed feelings from Ron.

If you have ever run in freezing conditions then an ancient tip is to wrap a newspaper or magazine around your middle. Looking at some of the more avant garde magazines perhaps we should try the idea, they are surely hot enough.

Two of my club's octagenarians were invited to our Cross Country Champs to present the prizes for the various age groups. They thought that their racing days were over until the Park Keeper started to bolt the only gate out.

"Many shall run to and fro and knowledge shall be increased ...," Daniel XII.4. So that is why we do it! The field gathered in the shadow of Windsor Castle for the start of the famous Polytechnic Marathon. They walked round the sacred lawn (nobody is allowed to walk on the grass) when Micky said to his friend "Is the Queen starting the race?" "No" said his friend "he's over there taking his sweat suit off, so must be competing"!

Warren Boskin, a member of the San Diego Track Club, was recently cited for a moving violation while jogging through the city at about 5 mph. This professor of recreation, health and safety could well be excused for starting a campaign to make driving in cars or walking in city limits illegal.

Talking about the local athletic club the President was heard to remark that it seemed to him that the drunkards got more publicity than the runners and field events men. Perhaps he had more good drunkards than good athletes.

A close friend of mine wanted to run in a Furniture Five Mile Road Race as he had heard that one of the prizes was a tall boy . . . silly silly man.

Percy Thrower is either that well known gardener or a vet with nausea problems during training.

t! 'I did not enter as I expected to be injured in May'

### WORLD NEWS & RESULTS (Continued from page 40)

European	Misc	September 25th 7th International Marathon, Dulmen, Germany			
				6. G. Manthey (42) 7. W. Schiek (43)	2:34:11
August 14th		1 17 (2.11) (577)		14. J. Wedeking (41)	2:35:40 2:40:19
Blumenstein Hill Race, Ge	rmany	17. G. Weiler (57) 22. F. Lutz (55)	3:31:41	18. J. Kayser (43)	2:40:19
8 Km distance, 1600 m ele		22. F. Lutz (55) (44 ran)	3:37:47	19. W. Soch (43)	2:43:20
Veteran Result:		(44  ran) (Over 60)		23, F. Schuler (41)	2:43:44
I P. Graf	43:27	1. F. V. Ossewski (72)	4 10 25	28. K. Nagel (47)	2:44:29
2. F. Brun	44:44	(5  ran)	4:18:35	65. H. Aust (46)	2:55:47
3. P. Klopfenstein	48:05	Women		68. V. Altemura (46)	2:56:34
4. R. Blatter	54:21	1. Ch. Quentin (38)	3:30:12	83. P. Jost (51)	2:59:58
(26 ran)		2. H. Ftanke (39)	3:30:12	85. E. Weingerber (50)	3:00:22
. ,		3. F. Rosch (46)	3:43:04	101. G. Thiele (62)	3:05:16
August 14/15		4. D. Trokan (53)	4:03:00	143. G. Menzel (50)	3:17:57
Sporttage Bozberg 9 Km, Switzerland		(7 ran)	4.03.00	156. G. Stahmer (50)	3:20:17
Veteran Result		(7 ( ))		183. R. Brockmeier (52)	3:25:46
1. F. Kappeli	32:57			185. H. Wigge (54)	3:26:13
2. A. Peter	37:08	September 11th		(317 ran)	0.20.10
3. J. Sacchetto	38:25	25 Km Road Run, Munster,	Germany	. ,	
		8. I. Goritz (47)	1:28:47	October 17th	
September 5th		9. G. Klosem (41)	1:28:50	Route de Vin Half Marathon	
Bodensee Marathon, Kressbronn,		15. H. Miche (40)	1:30:39	Luxembourg.	,
Germany		16. G. Saleina (45)	1:30:51	The conditions were good for	r this race
(40-59)		21. R. Luck (42)	1:32:05	run along the banks of the M	
<ol> <li>P. Florberg (42)</li> </ol>	2:53:22	33. B. Baumhoff (45)	1:35:06	Best finishers amongst the ve	
2. II. Fick (43)	2:56:25	37. D. Henstein (46)	1:35:28	wcre:-	
<ol> <li>H. Immel (47)</li> </ol>	2:56:27	61. H. Lemke (59)	1:44:05	15. R. Monseur (IA)(BEL)	) I:10:45
6. J. Stuzle (58)	3:08:14	98. B. Werle (64)	1:55:18	39, R. Coxen (1B) (GBR)	1:15:07
<ol><li>W. Beck (49)</li></ol>	3:12:33	104. H. Roll (67)	1:56:46	103. H. Humphreys (2B)(GI	



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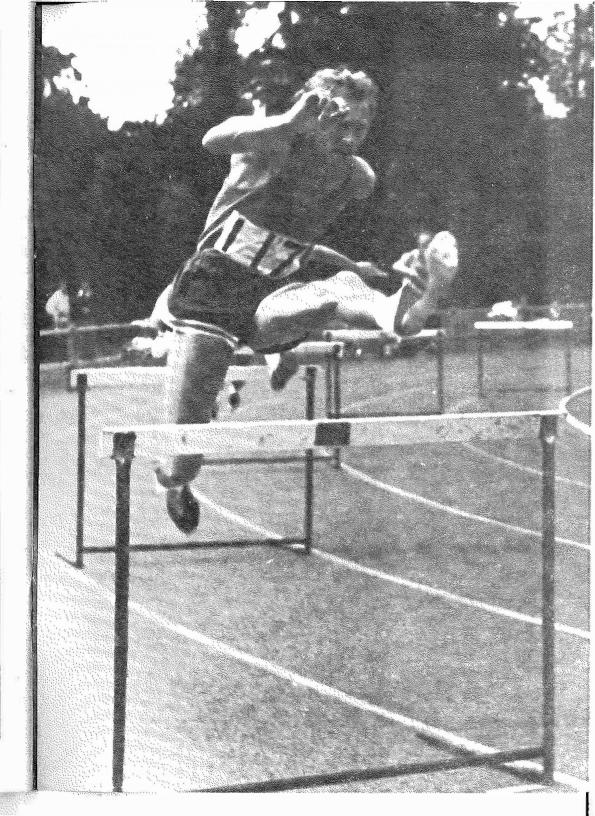


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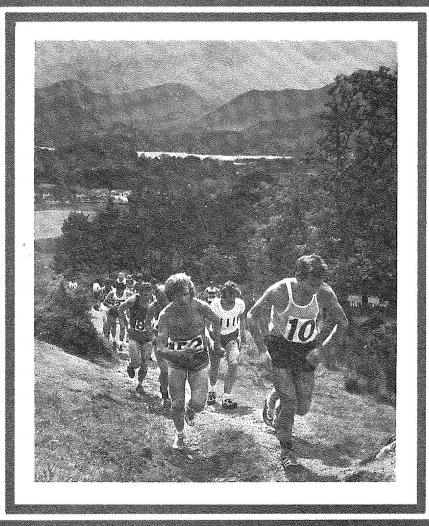
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BACKPIECE PHOTO (J. I., Hayward): Jim Dixon on his way to victory in the British 400 hurdles



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