

VETERIS

The magazine for the over 40 athlete July '77

Gothenburg

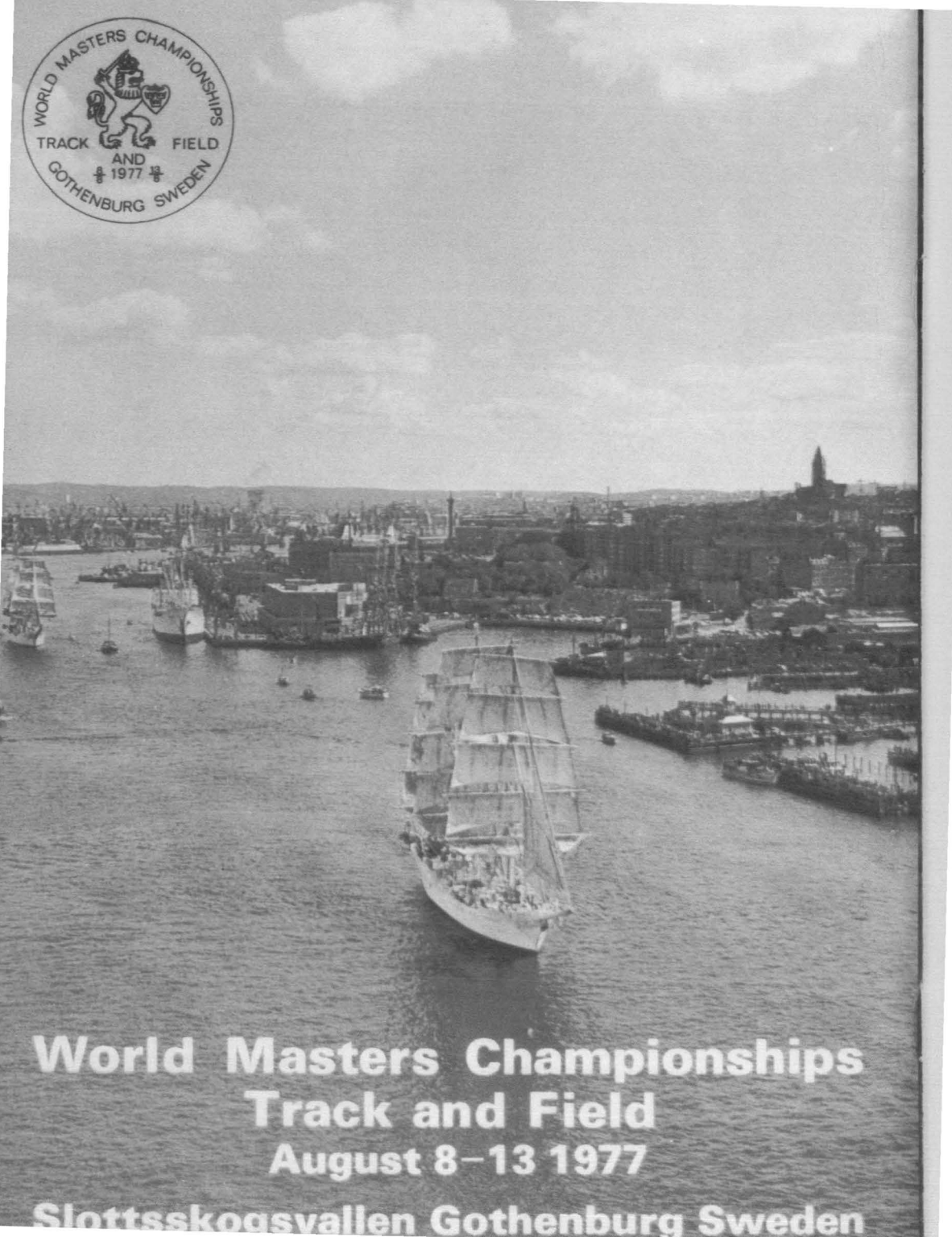
**WORLD
MASTERS
CHAMPIONSHIPS
TRACK AND FIELD
AUGUST 8-13 1977
GOTHENBURG
SWEDEN**

Brugge

**10th
WORLD
VETERANS
CHAMPIONSHIPS
BRUGGE-BELGIUM**



**PREVIEW
ISSUE**



**World Masters Championships
Track and Field
August 8-13 1977**

Slottsskogsvallen Gothenburg Sweden

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VETERIS

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EDITORIAL



Seal of the City of Gothenburg

As this edition reaches you, veteran athletes from all parts of the globe will be making their way to Gothenburg, Sweden, for the greatest gathering of age-group runners ever assembled.

The Second World Masters Championships is expected to attract no less than 3,000 competitors, and the organisers have a formidable programme to execute. In six days, they could well have more than 120 finals to stage – and that allows for some combination of classes in the less popular events.

The organisation of these games commenced at Toronto two years ago when the Swedes carefully observed the first formal gathering. The Canadian organisers did a good job in 1975, and the Swedes returned home much the wiser from what they had seen. But they clearly had to improve on Toronto, not just because that is the natural desire of any organiser, but because the problems at Toronto, however minor, would be compounded at Gothenburg, where the number of participants would be very much greater.

So Roland Jerneryd (President of the Championships) and his organising committee have been working hard these last two years to get it just right. They have lobbied for the opinions of all veteran organisations in their effort to establish a programme best suited to the needs of the competitors. And while there is no doubt that the 1978 games will have to amend it yet again through the experience of Gothenburg, there is also no doubt that the present organisers will have done all they could to produce the right mixture of events – both competitive and social.

We wish the Championships every success; and while those thousands of mature athletes con-

centrate on beating the clock, the tape-measure or a friendly rival, and then go on to enjoy the convivial company of their foreign counterparts at social gatherings, they can be sure that the many thousands of veterans who were unable to make this trip will be with them in spirit. They will be eagerly awaiting every snippet of news that finds its way out of Sweden. Longing, impatiently, to hear how their own favourite fared against opposition, which always has surprises to spring. For that is one of the added spices of competition at this level, there is always the “new boy” or “unknown” to appear on the scene; apart from the interest generated by the “graduation” from one age-class to another.

We also wish the competitors at Gothenburg every success and hope that they will continue to regard the interlocution and sociability of these tours as important as the competition. Either way, they will enjoy the experience of yet another landmark in the growth of the World Masters.

As mentioned in our last issue, the I.A.A.F. will have observers present at Gothenburg. They will be (or should be) very much aware of the reforms sought by the over-40 organisers with regard to the international rules on eligibility. They will also, no doubt, be interested to witness the scale of these “World Championships” and to decide for themselves just what the future is likely to produce. We urge them to look ahead and put positive recommendations to the next Congress meeting. We recognise that a large number of I.A.A.F. member countries do not compete internationally at veteran level – at present. When they choose to do so it is

PHOTO OPPOSITE: The Slottskogvallen Stadium, Gothenburg. To the left of the stadium can be seen the Festival Hall. (Stig Sjöstedt)

important that they follow standardised age-grouping, implements, championships etc. At present, for most countries of the world, the I.A.A.F. is their only source for guidance and it is through the Federation that standardisation and publicity is best promoted.

The World Masters Association has shown much goodwill and patience concerning the I.A.A.F.'s machinery for accommodating change. The recent refusal to reinstate former internationals in several countries has strengthened the hand of the "go it alone" lobby. Sympathy for the proposed "eligibility in over-40 competition only" concession is widespread and veterans would be dismayed, to say the least, if this was not invoked before 1979.



This issue also previews the 10th World Veterans road-running championships. There may have been much activity in Gothenburg leading up to August 1977 but our friends in Bruges, Belgium have also been very hard at work organising the 10 km and 25 km events which constitute this year's championships. Jacques Serruys and his organising committee have attracted 1600 entries for the races to be held on 30/31 July. Their previous experience in this field should ensure an efficiently organised occasion and we wish them too, every success in their mammoth task.

The Bruges gathering will be quite an appetiser for the Gothenburg main course eight days later, but veterans should not overlook the European Cup 'B' Final which will be held at the Slottskogsvallen stadium during the two days preceding the Masters Championships.

Three international meetings in the space of 15 days (with action on all but 5 of them) should prove to be a real feast for the athletics enthusiast.

The next edition of VETERIS will feature full results and reports of the Bruges and Gothenburg meetings. Although we will handle basic coverage ourselves, readers are invited to let us have any items, features or photos that they feel would suitably augment our special results issue.

The Record Breakers

The New Record Breakers – Record breaking got under way early this year when Canada's Arthur Taylor set new 2A Bests in the 3km and 5km events with 9:10.0 and 15:42.0 in January – to be followed by seventy-two year old Sid Hesketh (Aust), slicing 1:26 off the previous 10km figures for Class 4 with an eyebrow raising 43:05.0 in March. Then, in early May, Piet Majoor (46) worked at the 1B 1500m Best – three times improving it, with the latest news saying it's 4:06.1. Also around this period we had the staggering Discus results from the mighty Oerter and Danek of 62.52 and 64.76 – and finally a new 1A British performer, Ronnie Anderson, setting a useful 1:56.1 on June 4th. Unfortunately the last three named will probably be absent from Gothenburg – but the first three will be there.

Another Briton to set a National record is Nat Fisher who ran 3:56.6 for 1500 on June 17th.

A new world over-60 marathon record of 2:47:46 has been set by Clive Davies (USA), while Sweden's Erik Ostbye has run 2:26:35 at age 56.

Rebirth at age 41

It takes a lot of hard work to become a good distance runner, but there are other factors which separate the mediocre runners from the winning ones. Usually it takes quite a bit of natural talent to be one of the best, but for some people, winning is something that rarely if ever comes. They work as hard or harder than everyone of the winners, yet they still have the determination to continue and never let up even when being lapped by the rest of the field. This determination, I feel, is much greater than even the biggest of victories, because in actuality, it is a victory.

My father worked behind a desk for some twenty odd years. He never exercised, he was in lousy shape, and smoked two packs of cigarettes a day. Meanwhile his kids were participating in a sport he could not even conceive; the sport of running. Well I guess it finally caught up with him; he was now in his early forties and his health was very poor. So one day he borrowed a pair of my brother's shoes, went out and ran a quarter of a mile. When he returned, he was wheezing and coughing, and could barely breathe at all.

It is now fourteen months later and my father, now 42, can run a mile in 6:10, 3 miles in 20:30, and 6 miles in 44 minutes. The first mile he ever finished was in 12 minutes. He runs six to eight miles a day and plans to run the half-marathon very soon. He stopped smoking a week after the first time he ran, and has not touched one since. He kicked it cold turkey.

To me this is the greatest achievement possible. He is now in excellent physical condition, and sets personal bests every week. All I can say is I'm proud of a man with such courage and determination, and I would take a victory like that any day.

Kenton Powell

(With acknowledgements to the San Diego Track Club Newsletter)

ATHLETES USE POLLEN FOR PERFORMANCE

THE LATEST PILL in the locker room is a tablet made from bee pollen, which is reported to give athletes new pep. College athletes are using it in their training programmes in U.S.A. in increasing numbers.

Bee pollen has always existed since time began and now a patented process for the first time preserves the full potency and freshness of bee pollen. RESULT: it doesn't absorb unwanted moisture or impurities like other pollen products.

DEVELOPED by a member of the British Royal Society for the Promotion of HEALTH, its like eating pollen fresh from the hive. You can taste the difference. Each tablet is freshsealed. It is within the last 20 years that modern research — particularly in Sweden and France — have discovered that Pollen is a natural food. It consists of the male sperm of cells of plants. It has a strong positive effect on the cells of the human body.

Finlands Lasse Viren 1972 Olympic gold medal distance champion and other olympic athletes from Finland used pollen tablets as part of their training programme. This is credited with dramatically increasing the number of Finns among the worlds top runners — from one in 1967 to 39 in the 1972 Olympics.

The use of bee pollen athletes of *all ages* is a swing away from drug taking. For the tablets are pure food, high in protein, with amino acids, glucides, vitamins and anti-biotics. Their action in rebuilding cells is gradual. Athletes who have been taking them, speak of a "quick turn around, meaning fast recovery."

Pollen-B is available in health shops and chemists in 3 month and 1 month supply packs.

**PATENTED
FULL-POTENCY
PROCESS**

90 TABLETS

Pollen - B

Natural bee-collected Pollen Tablets

Nature's own balanced revitalizing concentrate
Net weight per tablet 380 mgms

Food Supplement

**The Second
World Masters
Track and Field Championships**

August 8th to August 13th incl. 1977



Gothenburg Expects 3000 Vets Huge European Entry Likely

As we go to press, seven weeks prior to the opening of the second world championships in Sweden, there is evidence from all directions that the build-up for Gothenburg is reaching its climax.

Tour parties are being finalised, accommodation has been allocated, training is reaching its peak, and excitement at the prospect of this gargantuan feast of athletics and fellowship is rising fast.

Roland Jerneryd and his organisers are already receiving letters at the rate of 50 per day, and prognostications based on hotel reservations and reports from tour leaders, indicate that 3,000 veterans from 40 nations will be congregating in Gothenburg during the August 8th-13th period.

There have been a few problems with accommodation because the demand for university dormitories exceeded the supply, resulting in some delays of confirmation. Family hotels are taking the overflow and, if necessary, the City Corporation will provide new furnished flats. All visitors should be assured of suitable accommodation.

On Sunday, August 7th, there will be an inauguration evening in the Liseberg Amusement Park. Liseberg have promised special arrangements for competitors and their families.

The opening ceremony will take place on Monday, August 8th in the Slottskogsvallen arena at 6 p.m. But the programme will already be under way with heats and trials commencing during the morning.

The Slottskogsvallen stadium is set in a multi-sports park adjacent to the motorway and railway. The arena itself is at low level and well sheltered by trees. The all-weather track took John Walker (N.Z.) to a world mile record of 3:49.4 in 1975, and on the two days preceding the championships eight European nations will be fighting it out for the European Cup. On this record there should be no problems with the facilities. But two events will not enjoy the use of this track – the 5,000 and 10,000 metres. Competitors for these races will toe the line at the nearby ULLEVI stadium. They are unlikely to suffer from lack of support through this move, as these two distance events probably command as much following as the rest put together. Nevertheless, it is a pity that the crowd will have to be diluted.

Prize-giving ceremonies for the previous day's finals will be held first thing each morning, except for the Saturday competitions where the ceremonies will take place immediately after the events.

Apart from the track relays, Saturday August 13th is the exclusive preserve of the marathoners and the 20 km walkers. The huge fields will be faced with a long day, for it is in the evening, that the Fellowship Festival is being held. The Festival was originally planned to take place on the Gothenburg/Denmark ferry but the ferry can only take 1,000 passengers! So now it will be held in the large Sports Hall adjacent to the stadium. This hall also houses the reception office, a restaurant, shops and an information office. Food and drink, music and dancing, and entertainment too will be provided for this final celebration.

With entries not closing until July 1st, after we go to press, it is not possible to announce all of the interesting personalities who will be attending the Championships.

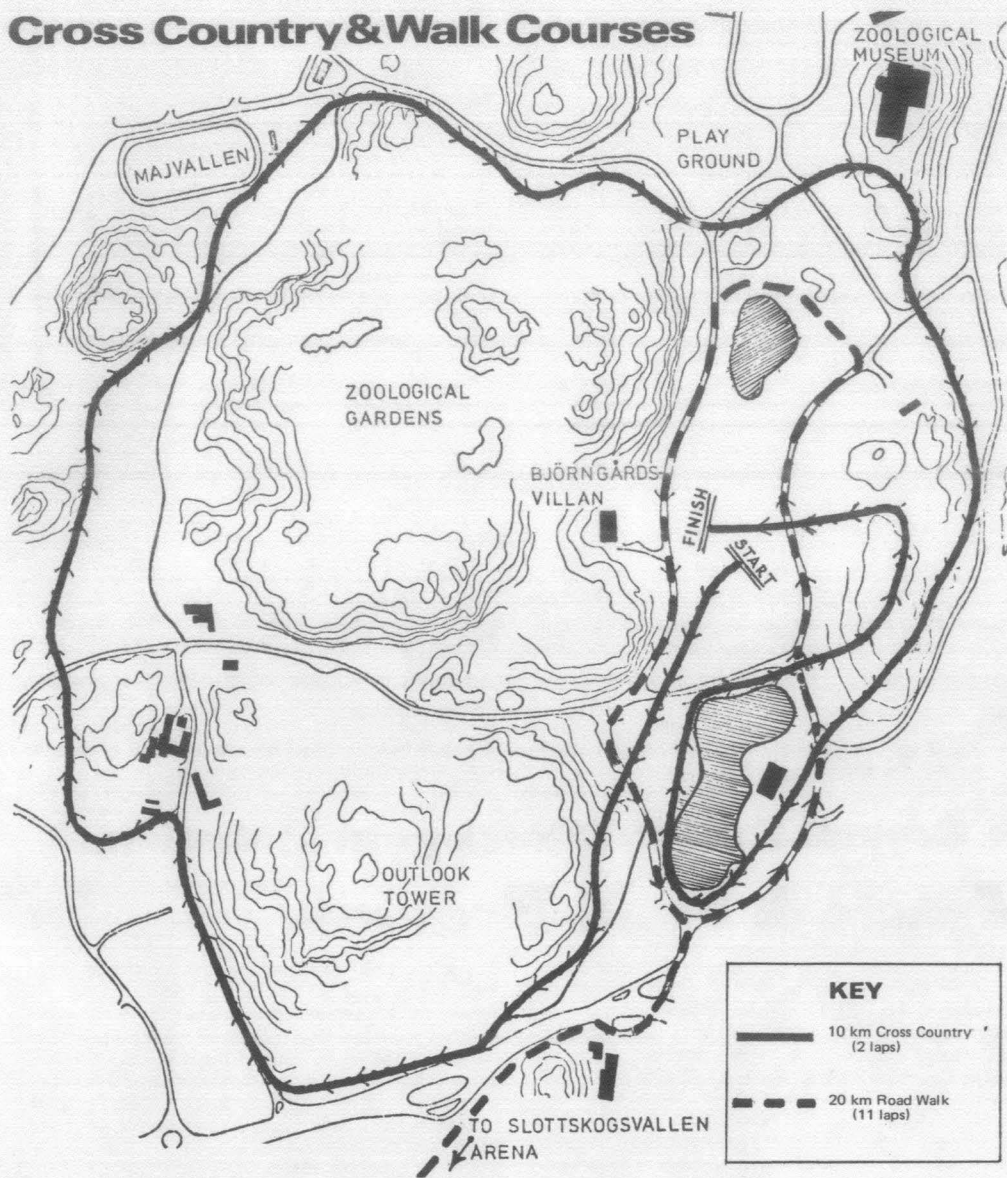
The principal figures in the organisation of national and international competition for masters will be there, of course, plus Adriaan Paulen of the IAAF and other officers of that federation. The irrepressible Dućcan Maclean (GB), now in his 93rd year, and triple gold medallist in Toronto, Roy Fowler (GB), have both entered, and so too have other holders of titles, Leo Marien (BEL), Hal Higdon (USA), Alby Thomas (AUS), John Gilmour (AUS), George McGrath (AUS) and Fritiof Sjöstrand (USA). Amongst others to have entered are Shaul Ladany (ISR), Ben Hirsch (USA), Ruben Velez (peurto Rica) and Jose Netto (BRA). Intending competitors include Graham Wise and Tom Roberts (AUS), John K. Macdonald (NZ), Manuel Alonso (SPA), Eric Austin and Derek Clarke (GB), and Domingo Amaizon (ARG). And the next few weeks will see many more interesting masters making their final preparations.

Due to popular demand two new classes have been added to the men's age groupings – Class 4B (75-79) and Class 5 (80+). And, principally due to pressure from the USA, the women now have a 10,000 metres event in addition to the programmed 3,000 metres.

The most popular events for men seem to be the marathon, cross-country and 10,000 metres, in that order. For these competitions, in all classes, it is expected that there will be 1,000, 1,000 and 750 starters respectively. Eighty women are likely to run the marathon.

The marathon course runs on the former Gothenburg-Särö railroad route. It is fast and has easy slopes; the maximum level difference being 27.2 metres (90 feet). The road surface is asphalted,

Cross Country & Walk Courses



except for a 1,500 metres stretch of gravel. The course is of the "out and back" type and the outward run includes 7 km of motorway, 2 km of suburbs and 4.5 km of seaside.

The cross-country course runs through Slottsskogen, a central park close to the Slottsskogsvallen arena. The course is 5,000 metres long and will be run twice. The course will be marked with red and yellow streamers. Start and finish at Björngårdsvillan. The course runs mainly through meadow-land (lawn) but some sections are on gravel and asphalt walks.

- | | |
|---------------|--------------------------------------|
| 0 – 300 m | level meadow-land |
| 300 – 600 m | hilly forest path |
| 600 – 900 m | level meadow-land |
| 900 – 1200 m | slightly rising asphalt path |
| 1200 – 1500 m | hilly forest and meadow-land |
| 1500 – 1800 m | level meadow-land |
| 1800 – 2100 m | hilly meadow-land and asphalt path |
| 2100 – 2400 m | descending gravel path |
| 2400 – 2700 m | steep uphill forest path |
| 2700 – 3000 m | steep downhill forest path |
| 3000 – 3300 m | hilly meadow-land and asphalt path → |

| | |
|---------------|-------------------------------------|
| 3300 - 3600 m | slightly hilly meadow-land |
| 3600 - 3900 m | hilly forest path |
| 3900 - 4200 m | downhill and then level meadow-land |
| 4200 - 4500 m | level meadow-land |
| 4500 - 5000 m | hilly forest path |

The Pentathlon is also expected to attract a large entry. It is almost certain that a new points table devised by Canada's Ian Hume will be used instead of the IAAF tables. The new Masters Tables were compiled to correct the previous disparity between events, to give fairer points scores in the older classes and to relate scores to Masters world marks in each age group. Its adoption is not certain, but is highly probable.

The following table summarises the proposed scoring system:-

NEW MASTERS POINT SCORE FOR PENTATHLON

| Event | Age | Base | Scoring Rate | Perf. for 1000 pts |
|------------------|-------|--------|---|--------------------|
| Long Jump | 40-49 | 3.67m | 3 pts per cm | 7.00m (999) |
| | 50-59 | 3.50m | 4 pts per cm | 6.00m |
| | 60-69 | 3.00m | 5 pts per cm | 5.00m |
| Javelin | 40-49 | 20m | 20 pts per metre | 70.00m |
| | 50-59 | 17m | 30 pts per metre | 50.34m |
| | 60-69 | 15m | (4 pts for each 10cm) (40 pts per metre) | |
| 200m | 40-49 | 32.40s | 1 pt per 0.01 sec | 22.4s |
| | 50-59 | 34.00s | 1 pt per 0.01 sec | 24.0s |
| | 60-69 | 36.00s | 1 pt per 0.01 sec | 26.0s |

| | | | | |
|---------------|-------|--------|-------------------|--------|
| Discus | 40-49 | 17.00m | 30 pts per metre | 50.34m |
| | 50-59 | 17.00m | 30 pts per metre | 50.34m |
| | 60-69 | 15.00m | 1 pt for each 3cm | 45.00m |
| 1500m | 40-49 | 6:46.6 | 6 pts per second | 4:00 |
| | 50-59 | 7:40.0 | 5 pts per second | 4:20 |
| | 60-69 | 8:20.0 | 5 pts per second | 5:00 |

Many of the veteran athletes attending the Championships are keen orienteers. The majority, though, have not been introduced to the sport. There are fine forests near Slottskogsvallen and one of the local orienteering clubs has offered to give information on, and competition in, orienteering. The opportunity will be there on Tuesday to Friday between 10 a.m. and 3 p.m. For many it will be an interesting and relaxing experience.

Finally, when the championships have finished and the festivities have drawn to a close, large numbers of visitors will have a few spare days to get out and about and find that there is more to the environs of Gothenburg than the Slottskogsvallen stadium. Many interesting attractive coach tours are available, varying in duration from 50 minutes to 10 hours. There are also one-day trips by ferry to Frederikshaven in Denmark and package holidays for 2 or 3 days if a longer stay is preferred.

All in all, the opportunities for activity in Gothenburg this August are enough to satisfy the most enthusiastic of veterans. It is probable that the visiting master athletes will return to their homelands feeling utterly exhausted and looking for a good rest - but they will also be very happy to have made the trip and will no doubt be planning their visit to the next championships two years hence.

A Crystal Gazing Effort by our Statistician Track & Field Preview

The most amazing news on the veteran master scene prior to Gothenburg, is that four times Olympic Champion, AL OERTER, who retired in 1969 - is active again - and how! In April he shattered 'Maestro' Consolini's nineteen year old Veterans Discus Record with a stunning 62.52 (205'1") - but believe it or not it stood as a record only briefly - for on May 15th his old rival Ludvic DANEK, just forty, got one off to 64.20 (210'7") followed two days later by 64.76 (212'6"). Both apparently aim to be around at Moscow in 1980 - but will they be in Gothenburg?

by John Hayward

That's the 'Million Dollar' question we can't answer as we go to press - any more than we can name many of the three thousand-odd competitors expected to compete.

We know that entries have come from nearly forty countries - and that about half of them will be contesting the Cross Country, Marathon and 10 km.

Thank the Lord for that, for it doesn't need much imagination to work out the effects of that number on the track and field programme. There would be long waits in the field qualifying rounds and on the track it would be 'survival of the strongest' with first and second round heats, semi-finals and finals in some age groups. Even if that spectre doesn't quite materialise, it's still going to be tougher to make finals than in Toronto.

The Swedish contingent in Canada was one of the largest at over 200, so on home ground their entry will obviously be massive. It was hoped that among them would be the legendary Hägg and Anderson - but alas the I.A.A.F. Laws have not yet been amended to accommodate ineligible Masters.

However, it is almost certain that Brange (3A), Elvland (2B), Jernhester (1B), Patterson (1A), Jensen (3B) and Bartle (1B) will all be defending their Toronto titles, and if they don't win, it's a good prediction to say that other Swedes will do so in their place.

Looking over known information, we can count up ➔



The Slottskogsvallen Stadium, Gothenburg. This is the view that runners will have of the back straight as they pound their way out of the first bend of the 8-lane all-weather track.

twenty-two other defending 1975 Champions in the 'lists'. The Australians THOMAS, JENKINSON, SHEPPARD, McGRATH, GILMOUR and BARTLETT – the Britons FOWLER, SHAFTO, McMINNIS, HUGHES, VANHEGAN, FRANKLIN and MAKZIMCZYK, the Canadians TAYLOR, PAVELICH, RUTH, HUME; MARIEN of Belgium, the Germans SCHNEIDER, GARBISCH and HOMBRECHER; JOUPPIILA of Finland and the Americans HIGDON, GREENWOOD and MORCOM. Some, of course, move into new age groups, and no doubt will challenge and be challenged.

Hal Higdon, who has proved one of the great competitors, isn't sure whether to contest his speciality the 3000mSC. In his new class of 1B, he has the feeling that the competition may not be there. Well the grape vine says it will – for ALONSO of Spain will be in the field and is showing form as good as ever. The 1A field will not necessarily miss Hal, for 1976 World No. 1 – Amaizon – is coming all the way from Argentina to clash with Gaston ROELANTS – an all time great of Track and Country.

With ROELANTS in the entries, Roy FOWLER could finally be put to the test – if not by the Belgian then by the German JESBERGER, who has already turned in some class times for 1977. If in addition RAULT of France is around, then it will

certainly be worth being in the Ullevi Stadium to see the sparks fly. It's good to report that the older classes will be just as thrilling, with names like TAYLOR (CAN), Jack BROWN (GB) and GILMOUR of Australia, (reported in the form of his life!). Also McGRATH, a fellow countryman, GILMOUR hasn't seen since Toronto, (it's a big country down there). There is a possible Kruzycki (Ger) versus Nichols (Aust) clash in 3B and Davies (USA) and Lammers (Ger) challenging McMinnis for his crown in 3A. – plus a few unknowns who will rise and prove their ability. Of course there are plenty of wide ability – like Britain's O'Hara, who is an obvious force to be considered what ever he decides to contest in Class 1B – but like many others "He ain't saying". It could be the 1500m, 5000m, 10,000m or Cross Country – but it cannot be all of them. The programme will not allow it.

With the distance events being staged at the Ullevi Stadium one will find allegiances torn if wishing to give support to the rest of the massive track and field programme. For that will be at the Slottskogsvallen Stadium, set in the beautiful parkland adjacent to the city centre.

The throws and jumps could be of impressive standards if Scandinavian tradition gets on display against some of the many outstanding Germans that

show on the 1976 lists.

In the throws, well known faces will be around in the 'shapes' of MAKZIMCZYK, CLARKE, FRAZER and VANHEGAN of Britain, JOUPPIILA & MIETTINEN of Finland, the Yugoslav TESIJA, the Canadian PAVELICH, Dutchman OLOFSON, Australians FRAWLEY & FOLEY, the fine all rounder POTSCH of Austria and the Americans CARNINE, DICK, MORALES, KER and HUMPHREYS. But again what about the Scandinavians and Germans? The 1976 Lists shine with the latter — our old friend HELF, LKICKS, ENGLS, SAEGER, ECKERT, MARKTANNER and man-mountain HOMBRECHER. They have only to hop over the Baltic to stir things up. With the Germans it's worth noting that their veteran track and field movement, being as yet non-existent, finds all age classes competing with senior implements. So do not let the 1976 Lists mislead, for like Hombrecher in Toronto — they will show quite an improvement when they get their hands on the lighter missiles.

Talking of great Germans, one wonders whether sixty-seven year old Schmidt will be there. Last year he vaulted 3.60 — quite amazing for one of his age. He could upstage a few of the other older class wizards, which we are pleased to say will include 93 year old Duncan McLean. Duncan has an ambition to run a lap of London's Crystal Palace in his 100th year — there should be a great roar of admiration when he does.

In the pole vault Roger Ruth (Can) will be trying in Class 1B to maintain his veteran record of having never been beaten. The Briton Brown, could push him plus one or two Scandinavians if they have awakened from their retirement in time to enjoy Gothenburg. 'Boo' Morcom should be the star in the older class and Houvion (if there) in 1A.

The jumps will see well established Masters from the New World in the persons of HUME (Can), Davison, McIntyre, Thompson, Morcom and Jackson (USA) all hard pressed by World Record Holders Strauss and Schneider of Germany, as well as Wouters of Belgium. It's a good guess to predict that there will be competition in depth in all the jumps — and more than an average number of records will tumble.

Ian Hume has been giving considerable thought to adjustments in the I.A.A.F. Scoring Tables which are used in the Pentathlon so that they will more honestly reflect performances by older athletes. They are open to adjustment and it's good to report that they will be used at the Games. In the 'Five Event' competition it could be quite a tussle if Mandle makes it from Austria — to clash with Conley (USA) and the Belgian, Marien.

Marien will also, no doubt, give a good account of himself in the high hurdles — perhaps against Mandle and John (Ger). In the longer races Lane and Shafto (GB) should be prominent in the 1A, Keith Whittaker in the 1B and Jack Greenwood (USA) the master in 2A. It could be a good race in the 2A 'Highs' if Greenwood clashes with the stylish Findelli — who was in a class of his own in Canada.

The middle distance races will see some close battles. Australia may not win quite so many as in

Toronto — but Graham Wise will be out to prove his performance there was best forgotten. He will be backed up by Roberts, Thomas, Gilmour, Jenkins and Wal Sheppard, out to re-write the records now he is in 2B. Their challengers will be numerous — but watch out for in-form Fisher, O'Hara, Hughes and Phipps of Britain, Whitlock and Bowman of Canada, the very impressive Majoor from Holland, Vagsmar (Nor), Wolf and Basse of Germany. Of the many good Americans — things can be expected from Fitzgerald, Puterbaugh, Andberg, Bright and Chapson.

One of the interesting questions in trying to review the sprints is, what will Thane Baker do now he is in 1B? He tried his legs over 400m last season to good effect — and could be a champion there. That is if Keith Whittaker and Charlie Williams (GB) let him get away with it — or perhaps they will all opt for the shorter races and line up with Australia's Snelling and the German Mirkes.

The 1A group will still be keen with Berg & Garbisch (Ger), Taylor, Smith and Morgan (GB), Austin (Aus) — all alongside several good Americans. The older groups could throw up above average interest with possible clashes between the USA 'Greats' Stolpe and Greenwood being hustled by their countryman, Valentine, Baas of Germany, and Peter Whittaker of Britain — if he makes the trip. Above them rivalries will be resumed, some in new age groups, with Stein, Fairey and Williams (GB) Brange (Swe), Duncan (Can) and McIntyre, Caruso, Carnine and Guidet (USA) — plus all those who get that extra bit of motivation from having been overlooked in this preview.

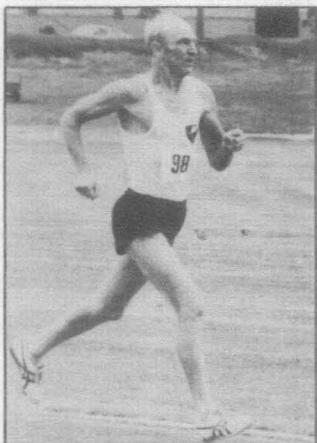
But what a thankless task! Probably fifteen-hundred or more Track and Field performers — with all too little news to go on because almost every one delayed their entry until the last moment. We knew many of you were going because hotel and flight reservations had been made. Now HAVE FUN PROVING US WRONG IN OUR FORECASTS!



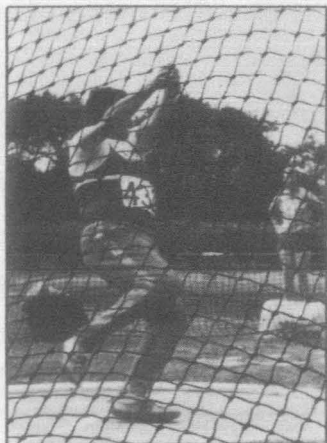
AL GUIDET (USA)



O'HARA (GB) & HIGDON (USA)



GEORGE McGRATH (AUS)



J. M. EL-WEIBEL (SPA)



HARLAND & FOWLER (GB)



L. MARIEN (BEL)



ALBY THOMAS (AUS)



KONSTANTY MAKZIMCZYK (GB)



ROGER RUTH (CAN)



JIM O'NEILL (USA)

John Hayward forecasts the performances which will be needed to reach the last eight at Gothenburg.

What Standard The Last Eight?

by JOHN HAYWARD

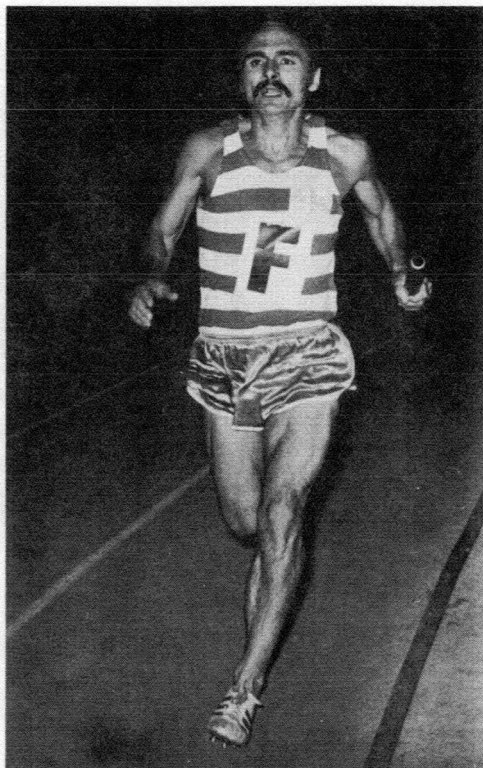
Gothenburg expects six or seven hundred competitors from outside Europe, over a thousand from Europe outside Scandinavia and also over a thousand from the Scandinavian four of Denmark, Norway, Sweden and Finland. About three thousand or more competitors in eight age groups.

Although beds had been reserved, most competitors delayed their 'event declaration' until after we closed for press. So what a nightmare 'hinting' at possible medal winners — let alone picking them.

Looking over our 76 Ranking Lists, and gathering scraps of news on the new veterans doesn't help much, for although we gather that many of the 'proven Greats' will be there — as in Toronto — we aren't sure about the many good performers around the European scene. If Gothenburg expects over two thousand from the old world — then it's reasonable to assume that there will be quite tough competitors around from that massive entry.

So WHAT STANDARDS WILL BE REQUIRED TO MAKE THE FINAL EIGHT?

When we put our head on the chopping block in the Toronto forecast — the eventual results proved it was easier to predict the younger classes, than the older. So casting an eye over what was predicted then, plus all the latest news — here goes.



Veteris Statistician John Hayward (48) is himself an 800m specialist with a best Veterans performance of 2m02.5 at age 40. He made both 400m and 800m finals in Toronto at age 46.

| EVENT | 1A | 1B | 2A | 2B | 3A | 3B | 4 |
|----------|---------|---------|---------|---------|---------|---------|---------|
| 100 | 11.4 | 12.0 | 12.2 | 12.8 | 13.6 | 15.0 | 15.8 |
| 200 | 23.2 | 24.5 | 25.8 | 26.8 | 28.5 | 32.5 | 35.0 |
| 400 | 52.5 | 55.0 | 58.0 | 60.0 | 65.0 | 70.0 | 78.0 |
| 800 | 2:01.0 | 2:06.0 | 2:15.0 | 2:21.0 | 2:32.0 | 2:40.0 | 3:00.0 |
| 1500 | 4:06.0 | 4:20.0 | 4:42.0 | 4:56.0 | 5:20.0 | 5:50.0 | 6:20.0 |
| 5000 | 14:55.0 | 15:55.0 | 16:55.0 | 18:00.0 | 20:00.0 | 22:00.0 | 25:00.0 |
| 10,000 | 32:30.0 | 34:30.0 | 36:40.0 | 38:40.0 | 42:00.0 | 46:00.0 | 54:00.0 |
| 110H | 17.5 | 18.5 | 19.0 | 20.0 | 21.0 | — | — |
| 400H | 60.0 | 62.5 | 67.0 | 70.0 | 72.0 | — | — |
| 3000SC | 9:40.0 | 10:10.0 | 11:10.0 | 12:20.0 | 13:30.0 | — | — |
| HJ | 1.70 | 1.60 | 1.50 | 1.40 | 1.30 | 1.20 | 1.10 |
| LJ | 5.95 | 5.70 | 5.50 | 5.15 | 4.55 | 3.85 | 3.30 |
| TJ | 13.00 | 12.20 | 11.00 | 10.00 | 9.30 | 8.30 | 7.30 |
| PV | 3.85 | 3.70 | 3.20 | 3.00 | 2.70 | — | — |
| S | 14.85 | 14.00 | 14.00 | 12.50 | 11.30 | 10.20 | 9.00 |
| D | 46.00 | 44.00 | 39.00 | 37.00 | 38.00 | 34.00 | 30.00 |
| J | 58.00 | 52.00 | 44.00 | 41.00 | 39.00 | 35.00 | 31.00 |
| H | 57.00 | 52.00 | 42.00 | 40.00 | 38.00 | 34.00 | 28.00 |
| Marathon | 2:25:00 | 2:35:00 | 2:55:00 | 3:05:00 | 3:20:00 | 3:48:00 | 4:35:00 |
| 5 km W | 25:00.0 | 26:30.0 | 27:30.0 | 28:00.0 | 29:00.0 | 31:00.0 | 33:00.0 |
| 20 km W | 1:41:00 | 1:50:00 | 2:05:00 | 2:25:00 | 2:45:00 | 3:05:00 | 3:30:00 |

Forecasting times in the running events from, maybe, tactical races, is quite difficult. So standards may not be much higher in Gothenburg, with the middle and long distance races, than in Toronto. However, one thing is certain, standards in the Field

Events will be much higher over all. The German Ranking Lists of 1976 indicated that there were many throwers and jumpers still very active in their forties. If only half of them make the short trip to Sweden — then look out — and welcome.

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Tenth World Veterans Championships — 25 Km

BRUGES - Belgium — At 10.00 a.m. Sunday, 31st July 1977

World Veteran 10.000m Road Championship

BRUGES - Belgium — At 2.00 p.m. Saturday 30st July 1977

Bruges Double for Roelants? Zatopek Entered for 10km

As we go to press, entries reveal that Gaston Roelants and Emil Zatopek plan to be at Bruges for this year's road championships over 25 km and 10 km. Roelants (40) must be a firm favourite to win both races in his home country. Steeplechase gold medallist in the 1964 Olympics, international cross-country champion and a current Belgian international, his credentials are formidable. Marathon champion Eric Austin (GB), holder of last year's Bruges '25', will have his work cut out to annex this particular title.

Although Zatopek (triple gold medallist at the 1952 Olympics) has entered for the 10 km event, it is not yet certain that he will be granted an exit visa from Czechoslovakia. It would be tragic indeed if this should cause his absence from the over-50 class in Bruges, for his presence in the race would delight the

The following preview, by Jack Fitzgerald, was written prior to the knowledge of Roelants and Zatopek coming to hand.

Preview:

by JACK FITZGERALD

Although this will be the 4th Annual International 25 kilometres to be held at Bruges it will be the first official World Veteran Championship to be held there at both distances. To accommodate all the runners (approximately 2000 in the 2 races) the organisers under the able direction of Jacques Serruys have moved the usual start away from the Town Square to St. Andries Church. The field runs a short distance to the Olympia Stadium. One large lap for the 10 km and 3 large laps for the 25 km, finishing at the Olympia Stadium.

Roy Fowler, who won at Rugby, is not expected to contest the 10 km, so his runner up there Makinen (Finland) will be hoping to seize the opportunity to win a championship that he missed by 10 seconds in 1976.

Alfons Ida (Germany) winner of both the 10 kilometre at Paris in 1974 and at Tenneriffe last November, will be a strong contender.

Many of the main contenders have entered both races, so it is difficult to anticipate who will opt for

rest of the competitors and give a valuable fillip to the movement as a whole.

This year's road championships are being organised and promoted jointly by the Bruges City Council and the Olympic Brugge Athletic Club under I.A.A.F. laws. The 10 km race starts at 14.00 hrs on the Saturday and the 25 km race at 10.00 hrs on the Sunday. In the latter race, times will be clearly displayed at the 10 km and 20 km marks.

The start and finish will be outside the Olympia Stadium with one small plus one large lap for the 10 km race, and one small plus three large laps for the 25 km race.

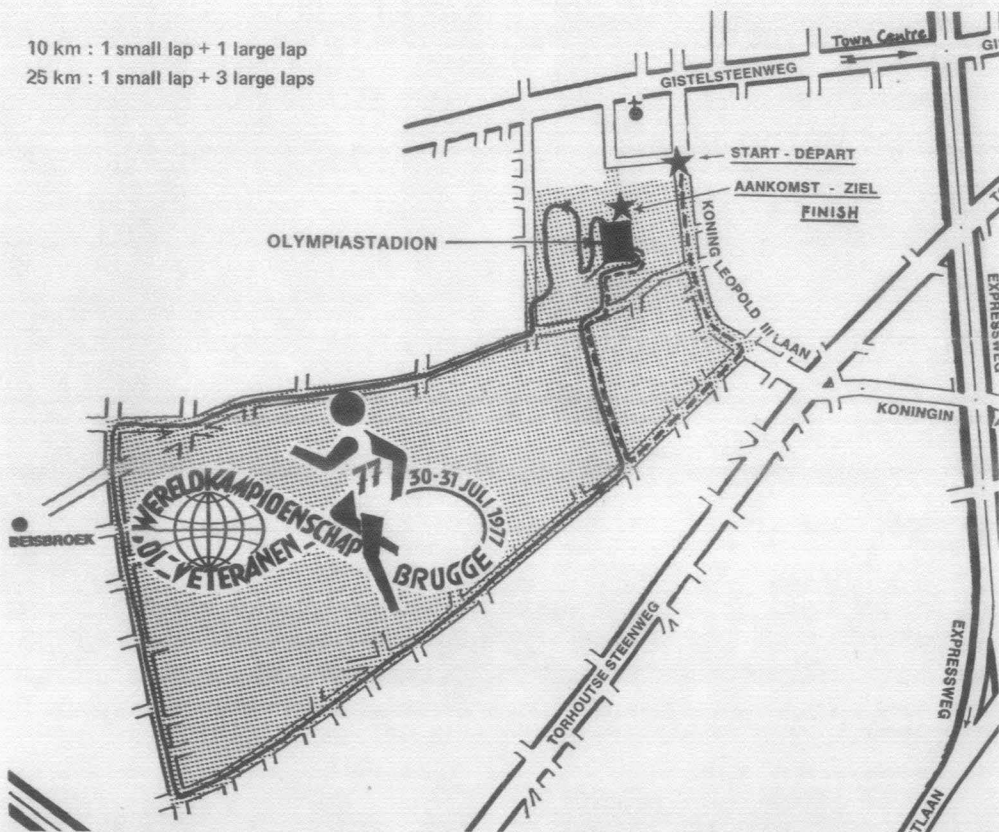
Sixteen hundred participants are expected (350 from Germany alone) and the races promise to be the most exciting so far.

which race. J. Goritz (Germany) was a convincing winner of the 1B race at Rugby, but may have strong opposition from an in-form Ron Franklin competing for the last year in this division. Jack Heywood (England) is also in good form at present. Konrad Hernelind pulled off a fantastic double at Rugby and Coventry and could be going flat out for both 2A titles at Bruges. John Gilmour (Australia) looks a good thing for the 2.B. 10 kilometres and I expect his main opposition to come from Hermann Brecht (Germany), a double winner at Tenneriffe with 35:25 and 2:55:48. Triple winner in Toronto, Bill McMinnis, and Norman Ashcroft (England) resume their longstanding friendly rivalry in the 3A class, while Erich Kruzyci (Germany) should have no trouble retaining his 3B Title, particularly now that his old rival Thedde Jensen (Sweden) has moved up to 4A, where he too looks a likely winner.

As to the 25 kilometres, what a profusion of talent! Past winners of the Bruges '25' are Eric Austin (England), Piet van Alphen (Holland) and Willie Rogenbach (Germany). Add to this trio, Willie Wetzel (3rd at Coventry), Willie Irmen and Herbert Muller of Germany, Willie Vergison, Roger Monseur and Marcel Gaddisseur of the host country, Viljo Nikola and Holmroos (Finland), Janssen (Holland), Willie Dunne of Eire and John Steed (England), 5th at Coventry, and it can be seen that an exciting race is in prospect for this division.

Continued on page 16

10 km : 1 small lap + 1 large lap
25 km : 1 small lap + 3 large laps



G. ROELANTS (Belgium)



E. OSTBYE (Sweden)



E. ZATOPEK (Czechoslovakia)



A panoramic view of Bruges town centre showing the famous Belfry and market square where the annual 25 km race started in previous years.

Continued from page 14

Challenging Van Alphen for the 1.B title will once again be Arthur Walsham (England), winner of the 1972 marathon at Cologne and of course Vergison, Franklin and Heywood.

Art Taylor (Canada) should be the outstanding 2A runner, but can expect good opposition from Hernelind, Ken Hall, George Phipps and Tom Wood (Britain). Other 2A top class performers are local runner Edward Goosens, three times winner at Bruges in Class 2, Francis Felaud (France) and that other fantastic Belgian Cross Country runner Marcel van de Wattyne. Group 4A should be contested by Swedes Jensen and Nordin, but 4B looks a good thing for Friedrich Tempel (Germany).

After his tremendous sub-2:30 Marathon at Gothenberg this year, one hesitates to oppose Erik Ostbye (Sweden) as 2.B favourite.

I have left the ladies till last. As always there are unknown quantities. Christine Konings-Rijper (Holland) was most impressive at Coventry, but a glance at the 1976 marathon rankings point to some very strong opposition. Betty Norrish (England) should acquit herself very well in the over 40 group as should Dale Greig (Scotland), winner at Paris in 1974.

England will be hard pressed to successfully defend their title (at Coventry) from a much stronger (numerically) Germany. Also, Belgium, always formidable, will be well in the reckoning on their home ground.



Eric Austin (GB), 1976 Marathon Champion and winner of the 1976 Bruges 25 km.

Ben Bickerton

Our Scottish-born Finnish correspondent, Charlie Greenlees, is a marathoner of some ability. He has raced in many European countries and returns to Scotland every year. He has plans for Bruges and

Gothenburg and some preparatory races too, but the best laid plans can sometimes come up against the most unexpected hurdle – a little piece of paper called a medical certificate.

'Well, if I promise not to die ?'

by CHARLES GREENLEES

Time was when only to complete a marathon run was an achievement to be proud of. Then came the era of speed and to finish was a waste of effort if the time was not respectable. Now we are in the era of the "Record or Die" marathon, but since dead bodies are untidy littered around the finishing area, organisers are demanding proof that you won't deposit your particular carcass in their particular stadium and, so that you don't fool them, a doctor must put his name to the proof.

If, back in those days when completing the marathon was all that mattered, you were dubious about your ability (and nobody ever seemed to be), you could ask your local medicine man if you were in condition. Since you could walk into his surgery unaided and not get your beer belly stuck in his doorway, he pronounced you fit and hurried on to his next ILL patient.

Not any more boys, not any more. First you book by phone:

"I want a medical examination."

"What does that consist of?"

"Usually just heartbeat and blood pressure."

"A nurse will do for that. 10 o'clock tomorrow morning – goodbye."

"But the doctor's signature . . ."

Too late. Leaving home at 8.45 to catch the train and then the bus to be in time, you wonder if it is a wasted journey. No, a nurse WON'T do, but a doctor with a spare ten minutes is soon found. So inside ten minutes you will have the precious brief note:

"As a Medical Practitioner, I find no medical reason why the above named should not compete in a marathon race."

But the long road to that brief sentence has only just begun.

The doctor was tall, young, alert, concerned and fresh from medical school. It is my experience that doctors with a lot of THEIR experience don't even look up from their volumes of paper work as you enter.

"And how long have you been pregnant?"

You cough deeply.

"Bronchitis is it?"

he queries as though his first question had never been asked. At least that type usually signs quickly to get your nasty healthy body out of his cosy menagerie of germs. Now this young lady was friendly and polite and when she smiled, she meant it, it wasn't switched on from a unit on the side of the desk. And she was

thorough; wow, was she thorough! And she was careful; just too, too careful.

"And how long is a marathon? . . . Mmm, so long." I sensed difficulties ahead.

"Well, I'll take your blood pressure. Perfect, just like a young person's.

Damned cheek, I AM a young person – well, young veteran.

"Now the heartbeat. It's very slow, maybe that's something to do with all that running."

She's learning. But that's all there is to it so now I'll get my certificate. Not yet.

"Now I think you should have a blood test and a radiocardiograph. How about 10 o'clock at the laboratory tomorrow?"

"But I have my final botany exam next Friday and I live out of town."

"Well, we can fix a later date."

It clearly was not to be avoided.

"No, tomorrow will do."

"Good. Now we will arrange a time for next week when you can come and we can discuss the results."

"But, but . . ."

She smiled that damned genuine smile again.

"Yes, yes, next Wednesday will do."

I was Napoleon at Waterloo. But why such devotion to duty? To soften my defeat, I consider the possibilities. Caution about the unknown (unhealthy sportsmen)? Keeness to do a thorough job? I am a guinea-pig yielding interesting data? She wants to spread the responsibility for a risky patient? It proved to be a reasonable degree of the first and second and an unreasonable degree of the last.

My blood is sampled in a corner of a clinic otherwise occupied by young ladies handing over urine samples. Before my imagination could explore the resulting panic should my sample be confused with theirs, it was all over; efficient and polite as usual.

Then, the cardiograph. I am an athletic Frankenstein bristling with electrodes and sticky tape while the robot at my side spews out a kilometer of graph paper for my benefit and piles it on the floor like a heap of flattened spaghetti. Another half day is gone before the botany books are to hand once again.

'Next Wednesday' arrives, and so do I, hand outstretched for the certificate; she shakes it.

1976 WORLD RANKINGS JL Hayward

Our 1976 Lists are probably the most extensive ever — yet still we are aware they are far from perfect.

We have waited until June 1st before closing them.

If our lists do not quite please all of you, put it down to their being the work of one person who cannot find any more time to cover all that may satisfy.

We publish "Class Records" in five-year divisions for the first time — thanks to the use of fine work by Pete Mundle of *Track & Field News*.

100 METRES

Records

Class 1A

10.7

T. Baker 40 USA 72

Class 1B

11.1

G. Rhoden 45 JAM 72

Class 2A

11.4

A. Juillard 50 USA 73

Class 2B

11.6

P. Jordan 56 USA 73-74

11.6

A. Guidet 56 USA 74

Class 3A

12.4

Y. Brange 61 SWE 74

Class 3B

13.3

V. McIntyre 65 USA 76

Class 4

14.5

S. Lum 71 USA 76

14.5

W. McFadden 71 USA 76

Class 1 (40-49)

1 10.8*

J. Weaver 40 USA 17-6

11.0

E. Burg 41 GER 21-8

11.0

R. Austin AUST 22-12

11.1

V. Parish 43 USA 26-6

11.1

G. Waterman 41 USA 24-4

11.2*

A. Budd USA 13-6

11.2

P. Knox 42 USA 12-9

11.2

N. Newton 42 USA 26-6

11.3

H. Wolf 40 GER 7-8

10 11.4

B. Bedford 44 USA 27-3

11.4

E. Schuler 48 USA 5-6

11.4

H. Garbsch 41 GER 25-6

11.4

C. Williams 45 GB 4-7

11.4

R. Taylor 42 GB 7-8

11.5

D. Richter 44 GER 9-5

11.5

P. Mirkes 48 GER 25-6

11.5

R. Grotzinger 40 GER 9-8

11.5

M. Garbisch 41 GER 9-8

11.5

J. Rabie SA 27-12

20 11.6

L. Snelling 46 AUST 17-1

11.6

T. Nasrella 42 USA 27-3

11.6

J. Parks 41 USA 27-3

11.6

C. Jaminez MEX 24-4

11.6

W. Stich 41 GER 1-5

11.6*

H. Bruhner 42 USA 15-5

11.6

A. Blackman 43 GB 12-6

11.6

W. Frederikson 45 USA 26-6

11.6

M. Schulze 40 GER 15-5

11.6

F. Baur 42 GER 3-7

30 11.6

H. Mandle 40 OST 4-9

Class 2 (50-59)

1 11.5*

R. Valentine 52 USA 3-4

11.5

R. Stolpe 51 USA 14-8

11.6

R. Watanabe 50 USA 26-6

11.6

P. Jordan 59 USA 20-3

11.7

H. Schlegel 50 GER 23-5

11.7

G. Baas 50 GER 11-9

11.8

A. Guidet 57 USA 3-4

11.8

J. Greenwood 50 USA 7-8

11.8

G. Baas 50 GER 22-8

10 11.9

B. Hogan 55 AUST 22-12

12.0

R. Bower 52 USA 19-6

12.0

P. Whittaker 50 GB 7-8

12.0

T. Patsalis 54 USA

12.2

K. Reischmann 50 GER 15-6

12.2

R. Roemer 51 USA 26-6

12.2

K. Hoppstadter 55 GER 17-7

12.2

W. Schreiber 55 GER 28-8

12.2*

R. Cooper 52 USA 2-10

12.4

W. Ambrose 51 USA 26-6

20 12.4

K. Marsch 55 GER 28-8

12.5

S. Egerton CAN 11-9

Class 3 (60+)

1 12.6

Y. Brange 63 SW 11-3

12.7

P. Duncan 62 CAN 20-7

12.8

C. Fairey 60 GB 10-6

13.0

C. Dillon 60 CAN 2-7

13.1

W. Armstrong AUST 17-4

13.2

A. Lasch 61 GER 1-5

13.2

B. Morales 60 USA 23-10

13.3

V. McIntyre 65 USA 26-6

13.3

F. White 63 USA 7-8

10 13.4

J. Satti 62 USA 16-4

13.4*

K. Carnine 68 USA 6-6

13.4

J. Caruso 66 USA 12-6

200 METRES

Records

Class 1A

22.0

R. Austin 40 AUS 76

Class 1B

22.3

G. Rhoden 45 JAM 72

Class 2A

23.6

A. Guidet 55 USA 73

23.6

P. Jurdan 54 USA 72

23.6

J. Greenwood 50 USA 76

Class 2B

23.6

A. Guidet 55 USA 73

Class 3A

26.1

Y. Brange 60 SW 73

Class 3B

27.9

V. McIntyre 65 USA 76

Class 4

30.2

W. McFadden 70 USA 75

Class 1 (40-49)

1 22.0

R. Austin 40 AUST 22-12

22.3*

J. Weaver 40 USA 22-8

22.7

R. Taylor 42 GB 16-5

22.9

J. Rabie SA 27-12

23.0

A. Budd 41 USA 13-6

23.1

M. Newton 43 USA 27-6

23.2

A. Blackman 43 GB 13-6

23.2

M. Garbisch 41 GER 24-7

23.3

H. Bruhner 43 USA 27-6

10 23.4

N. Fletcher 43 AUST 16-4

23.4

C. Williams 45 GB 17-6

23.4

V. Parish 44 USA 27-6

23.5

F. Smith 42 GB 8-8

23.6

W. Morgan 41 GB 8-8

23.7

L. Snelling 46 AUST 18-4

23.7

J. Lingel 44 USA -6

23.7

D. Burton GB 8-8

23.8

R. Cozens 40 USA 7-8

23.8

W. Frederikson 45 USA 27-6

20 23.9

T. Vick 46 USA 27-6

23.9

L. Marien BEL 26-9

24.0

G. Waterman 41 USA 13-7

24.0

P. Knox 42 USA 23-10

24.0

F. Palaez MEX 23-10



Scott (201) GB, Hacker (285) SA, Brukner (293) SWE and Thane Baker (325) USA were amongst the leading 200 men of 1975. Only Scott and Brukner feature in the 1976 lists.

| | | | | |
|----|-------|------------------|-----|------|
| | 24.1 | K. Scott 43 | GB | 17-7 |
| | 24.2* | N. Giaquinto 45 | USA | 16-5 |
| | 24.2 | B. Chapman | GB | 17-7 |
| | 24.2 | T. Deatherage 40 | USA | 7-8 |
| | 24.3* | T. Nasrella 43 | USA | 20-3 |
| 30 | 24.3 | J. Parks 42 | USA | 16-4 |
| | 24.4 | A. Bofil | SPA | 8-8 |
| | 24.4 | J. Stanfield 42 | CAN | 17-8 |

Class 2 (50-59)

| | | | | |
|----|-------|-------------------|------|-------|
| 1 | 23.6 | J. Greenwood 50 | USA | 7-8 |
| | 23.9* | R. Valentine 52 | USA | 13-6 |
| | 24.3 | R. Whittaker 50 | GB | 8-8 |
| | 24.4 | R. Watanabe 50 | USA | 27-6 |
| | 24.5 | G. Baas 50 | GER | 15-8 |
| | 24.5 | B. Hogan 55 | AUST | 22-12 |
| | 24.7 | R. Stolpe 51 | USA | 6-6 |
| | 25.1 | R. Roemer 51 | USA | 1-5 |
| | 25.1 | J. Rowe | CAN | 3-7 |
| 10 | 25.2 | R. Cooper 52 | USA | 1-5 |
| | 25.2 | R. Sieben 50 | USA | 2-10 |
| | 25.4 | J. Tennant | AUST | 17-4 |
| | 25.5 | F. Copeman | NZ | 11-4 |
| | 25.9 | A. Guidet 58 | USA | 4-7 |
| | 25.9 | N. Baum | CAN | 12-9 |
| | 25.9 | K. Hoppstadter 55 | GER | 19-9 |
| | 26.0 | A. Hill | NZ | 11-4 |
| | 26.0 | R. Morcom 55 | USA | 3-5 |
| | 26.0 | W. Ambrose 51 | USA | 20-6 |
| 20 | 26.0 | T. McNeill 50 | GB | 8-8 |
| | 26.1 | D. Watt | USA | 27-6 |
| | 26.2 | T. Clayton | USA | 20-3 |
| | 26.2 | C. Kernahan | NZ | 11-4 |
| | 26.2 | R. Clark | AUST | 17-4 |
| | 26.2 | K. Williams | GB | 17-7 |

Class 3 (60+)

| | | | | |
|----|-------|-----------------|------|------|
| 1 | 26.7 | W. Armstrong | AUST | 17-4 |
| | 26.8 | C. Dillon 60 | CAN | 3-7 |
| | 26.8 | C. Fairey 60 | GB | 4-7 |
| | 26.8 | Y. Brange 63 | SW | 17-8 |
| | 27.2 | P. Duncan 62 | CAN | 12-9 |
| | 27.4 | F. White 63 | USA | 7-8 |
| | 27.5 | V. Turk | YUG | 12-9 |
| | 27.9 | V. McIntyre 65 | USA | 27-6 |
| | 28.1 | J. Satti 62 | USA | 16-4 |
| 10 | 28.1 | K. Carnine 68 | USA | 27-6 |
| | 28.2* | F. Sjostrand 63 | USA | 15-5 |

400 METRES

Records

| | | | | |
|------------------------|-------------|------------------------|------------|-----------|
| <i>Class 1A</i> | 49.7 | J. Dixon 41 | GB | 73 |
| <i>Class 1B</i> | | R. Stolpe 47 | USA | 72 |
| <i>Class 2A</i> | 51.7 | J. Greenwood 50 | USA | 76 |
| <i>Class 2B</i> | 53.6 | C. Beaudry 55 | USA | 74 |
| <i>Class 3A</i> | 55.9 | R. Niblock 60 | USA | 74 |
| <i>Class 3B</i> | 59.1 | C. Kline 65 | USA | 75 |
| <i>Class 4</i> | 65.1 | H. Chapson 71 | USA | 74 |
| | 67.2 | | | |
| <i>Class 1 (40-49)</i> | | | | |
| 1 | 51.4. | J. Dixon 44 | GB | 5-6 |
| | 51.5 | A. Blue 40 | AUST | 17-4 |
| | 51.5 | F. Smith 42 | GB | 8-8 |
| | 51.9 | W. Morgan 41 | GB | 8-8 |

1976 WORLD RANKINGS

| | | | | |
|------------------------|-------|------------------|------|-------|
| | 52.1 | M. Garbisch 41 | GER | 31-7 |
| | 52.3 | B. Grundy 40 | GB | 8-8 |
| | 52.7 | W. Lane 42 | GB | 8-8 |
| | 52.8 | C. Williams 45 | GB | 22-5 |
| | 52.8 | K. Scott 43 | GB | 17-7 |
| 10 | 53.1 | F. Baur 42 | GER | 3-7 |
| | 53.2 | H. Bruhner 43 | USA | 27-6 |
| | 53.3 | N. Fletcher 43 | AUST | 26-3 |
| | 53.5 | K. Whittaker 45 | GB | 8-8 |
| | 53.6* | T. Baker 44 | USA | 27-3 |
| | 53.6 | W. Krebs 41 | USA | 16-5 |
| | 53.6 | J. Parks 42 | USA | 4-7 |
| | 53.7 | L. Snelling 46 | AUST | 17-1 |
| | 53.8 | M. Newton 42 | USA | 19-6 |
| 20 | 53.8 | E. Harmer 40 | GB | 22-6 |
| | 53.8 | H. Nitt | USA | 4-7 |
| | 53.9 | T. Nasrella 43 | USA | 4-7 |
| | 53.9 | C. Shaffo 41 | GB | 4-7 |
| | 54.0 | S. Cruz | MEX | 23-10 |
| | 54.3 | D. Cheek 46 | USA | 19-6 |
| | 54.4 | G. Gluppe 43 | CAN | 5-4 |
| | 54.4 | J. Hills | AUST | 17-4 |
| | 54.4 | W. Grady | AUST | 17-4 |
| | 54.4 | H. Wolf 40 | GER | 7-8 |
| | 54.7 | L. Bartoleme | SPA | 25-9 |
| 30 | 54.9 | H. Mandl 40 | OST | 4-9 |
| | 55.1 | P. Majoro 44 | HOL | 19-4 |
| | 55.1 | F. Palaez | MEX | 23-10 |
| | 55.2 | D. Marquez | MEX | 23-10 |
| <i>Class 2 (50-59)</i> | | | | |
| 1 | 53.6 | J. Greenwood 50 | USA | 4-7 |
| | 54.4* | R. Valentine 52 | USA | 3-4 |
| | 55.6 | G. Baas 50 | GER | 18-9 |
| | 56.0 | H. Schlegel 50 | GER | 4-6 |
| | 56.1 | R. Sieben 50 | USA | 23-10 |
| | 56.5 | G. Puterbaugh 51 | USA | 4-7 |
| | 56.5 | R. Roemer 56 | USA | 4-7 |
| | 57.5 | B. Fitzgerald 51 | USA | 2-10 |
| | 57.7 | B. Clark 51 | AUST | 7-2 |
| 10 | 57.8 | R. Aust | AUST | 17-4 |
| | 57.8 | R. Hunt 56 | USA | 27-6 |
| | 58.0 | C. Kernahan | NZ | 10-4 |
| | 58.0 | R. Gordon 58 | USA | 11-7 |
| | 58.2 | E. Gallagher | GB | 4-7 |
| | 58.3 | R. Archebold | GB | 8-8 |
| | 58.5 | T. Clayton 51 | USA | 27-6 |
| | 58.6 | R. Morcom 55 | USA | 10-7 |
| | 58.9 | N. Baum | CAN | 11-9 |
| | 59.2 | R. Poet 51 | USA | 27-6 |
| 20 | 59.3 | K. Virkaus | CAN | 21-2 |
| | 59.3 | C. Hall | CAN | 11-9 |
| | 59.4 | R. Payne | AUST | 17-4 |
| <i>Class 3 (60+)</i> | | | | |
| 1 | 63.4 | G. Buck | AUST | 17-4 |
| | 63.4 | R. Niblock 62 | USA | 4-7 |
| | 63.8 | J. Satti 62 | USA | 4-7 |
| | 64.3 | L. Batt 63 | GB | 17-7 |
| | 64.5 | A. Smith | AUST | 17-4 |
| | 64.5* | F. Sjostrand 63 | USA | 15-5 |
| | 64.6 | W. Muller 60 | GER | 1-10 |
| | 65.6 | K. Carnine 68 | USA | 4-7 |

800 METRES

Records

Class 1A

1:56.1

R. Anderson 40 GB 77

Class 1B

1:58.1

W. Fitzgerald 48 USA 73

Class 2A

2:01.0

W. Fitzgerald 50 USA 75

Class 2B

2:11.9

J. Gilmore 55 AUS 75

20

Class 3A

2:19.9

G. Buck 60 AUS 76

Class 3B

2:27.2

N. Bright 65 USA 75

Class 4

2:35.4

H. Chapson 72 USA 75

Class 1 (40-49)

1

1:56.5

A. Blue 40 AUST 17-4

1:58.8

H. Wolf 41 GER 26-9

1:59.2

E. Basse 44 GER 11-9

1:59.4

P. Majoro 44 HOL 16-5

1:59.6

K. Stein 40 GER 6-6

2:00.3

G. Wise 42 AUST 17-4

2:00.4

E. Hamer 40 GB 25-5

2:01.0

J. D. McDonald 41 NZ -3

2:01.0

R. Allen 42 GB 18-8

2:01.5

H. Watson 40 GB 30-5

2:01.8

B. Parkes 41 GB 17-7

2:01.8

W. Lipka 42 GER 22-5

2:01.8

P. Richardson 41 USA 3-7

2:02.3

R. Baillie 41 NZ 10-4

2:02.3

W. Lane 42 GB 17-7

2:02.9

B. Bullen 43 GB 8-8

2:03.5

E. Whitlock 45 CAN 3-7

2:03.8

M. Barratt 43 GB 21-7

2:04.1

W. Grady 40 AUST 17-4

2:04.2

M. Blagrove 42 GB 20-4

2:04.6

K. Hamacher 41 GER 13-7

2:04.7

R. Emmerling 40 USA 27-6

2:04.8

H. Beuth 40 GER 17-7

2:04.8

B. Bowman 45 CAN 8-8

2:04.9

T. Clowry 45 GB 8-8

2:05.0

N. Windred 47 AUST 17-4

2:05.2

B. Gay USA 3-7

2:05.3

H. Funke 41 GER 23-5

2:05.6

W. Haas 41 GER 8-7

T. Everitt 41 GB 17-7

Class 2 (50-59)

1

2:03.2

B. Fitzgerald 51 USA 27-6

2:10.3

G. Puterbaugh 51 USA 3-7

2:10.5

W. Sheppard 54 AUST 17-4

2:12.9

J. Gilmore 56 AUST 17-4

2:12.9

A. Bryant 52 USA 19-6

2:13.0

R. Clark 51 AUST 17-4

2:13.4

C. Hall CAN 11-9

2:13.9

C. Kernahan NZ 11-4

2:14.4

B. Bickerton 50 GB 8-8

2:15.0

N. Neilson 51 GB 8-8

2:15.7

E. Gallagher 50 GB 13-6

2:15.8

G. Phipps 50 GB 8-8

2:17.2

H. Fairbank 57 USA 3-7

2:17.5

R. Poet 51 USA 3-7

2:17.5

D. Schmidt 55 USA 3-7

2:17.7

R. Morcom 55 USA 3-7

2:17.8

J. Noble 50 USA 19-6

2:18.0

H. Tempnan GB 17-7

2:18.3

W. Opperman NZ 11-4

2:20.1

L. Brown 54 GB 17-7

2:20.1

L. Thiel 51 GER 18-8

Class 3 (60+)

1

2:19.9

G. Buck 61 AUST 17-4

2:27.9

B. Andberg 65 USA 3-7

2:28.2

C. Guasconi IT 6-6

2:33.7

F. Gamble AUST 17-4

2:35.2

J. Wall 62 USA 3-7

2:35.2

A. Smith AUST 17-4

2:35.5

H. Chapson 73 USA 27-6

2:37.6

C. Ell NZ 11-4

1500 METRES

Records

Class 1A

3:52.0 M. Bernard 40 FRA 72

Class 1B

4:06.1 P. Majoor 46 HOL 77

Class 2A

4:14.0 J. Ryan 53 AUS 76

Class 2B

4:22.0 J. Gilmour 56 AUS 75

Class 3A

4:53.2 W. Andberg 61 USA 72

Class 3B

4:59.2 W. Andberg 65 USA 76

Class 4

5:21.1 H. Chapson 73 USA 75

Class 1 (40-49)

1 3:57.2 J. D. McDonald 41 NZ 21-2

4:01.2 L. O'Hara 44 GB 7-7

4:05.2 H. Wulf 41 GER 29-8

4:05.8 R. Allen 42 GB 4-9

4:06.5 E. Williams 40 GB 7-8

4:06.7* M. Barratt 43 GB 7-7

4:07.3 P. Majoor 44 HOL 30-5

4:07.3 B. Bullen 43 GB 7-8

4:07.8 B. Parkes 41 GB 7-8

10 4:08.2 A. Ida 43 GER 29-8

4:08.9 W. Lipka 43 GER 2-6

4:09.3 G. Wise 42 AUST 18-4

4:09.8 D. Meyer 43 USA 4-7

4:10.4 K. Hamacher 40 GER 29-8

4:10.6 M. Alonso 45 SPA 11-4

4:11.1 J. Weldy 42 USA 4-7

4:11.6 W. Baillie 41 NZ 11-4

4:11.8 D. Worling 41 AUST 18-4

4:12.2 D. Todd AUST 18-4

20 4:12.2 H. Watson 40 GB 9-5

4:12.2 K. Stein 40 GER 18-7

4:12.5 P. Richardson 41 USA 4-7

4:13.3 J. Julian 40 NZ 11-4

4:13.7 H. Pauls 43 GER 31-7

4:13.8 B. Gay USA 4-7

4:13.8 E. Whitlock 45 CAN 4-7

4:13.9 D. Taylor 40 GB 17-7

4:14.0 L. Vink 41 HOL 19-5

4:14.0 H. Basse 44 GER 29-8

30 4:14.4 H. Funke 40 GER 25-6

4:15.0 U. Hahn 41 GER 8-5

4:15.5 P. Wilkes 42 GB 17-7

Class 2 (50-59)

1 4:14.0 J. Ryan 53 AUST 26-3

4:18.6 B. Fitzgerald 31 USA 4-7

4:25.0 T. Orr 52 AUST 18-4

4:31.6 C. Hall CAN 12-9

4:31.7 G. Phipps 50 GB 7-8

4:32.0 P. Wallace 51 GB 2-6

4:32.3 T. Wood 50 GB 7-8

4:32.9 R. Anspack 50 USA 4-7

4:33.0 A. Bryant 52 USA 4-7

10 4:33.4 B. Bickerton 50 GB 7-8

4:37.5 M. Fernandez SPA 25-9

4:38.0 H. Tempan 50 GB 24-7

4:38.4 E. Joynson 52 GB 7-8

4:38.5 J. Daly NZ 11-4

4:40.4 M. Hernandez 54 USA 16-4

4:41.9 R. Hale GB 17-7

4:42.0 E. O'Bree 50 GB 17-7

4:42.2 J. Gilmour 57 AUST 18-4

4:42.2 G. Zlotnik 51 USA 4-7

20 4:43.0 F. Boschen 51 GER 5-5

4:43.0 A. Sweeney CAN 10-8

4:43.4 H. Brutscheid 51 GER 29-8

4:44.1 J. Watts NZ 15-5

4:44.1 G. Puterbaugh 51 USA 26-6

4:45.0 N. Neilson 51 GB 4-7



N. Neilson (GB) leads Bill Fitzgerald (USA)

Class 3 (60+)

1 4:58.0 C. Davies 60 USA 4-7

4:59.2 B. Andberg 65 USA 4-7

5:01.0 C. Guasconi ITA 6-6

5:05.4 S. Nichols 64 AUST 4-10

5:09.4 M. Jenkinson 67 AUST 17-4

5:16.5 J. Wall 62 USA 14-3

5:19.1 R. Isman 61 TUR 14-3

5:19.5 N. Bright 66 USA 3-4

5:20.5 G. Porteous 61 GB 30-5

10 5:22.4 F. Gamble AUST 17-4

5:32.0 G. Collins CAN 20-6

5:32.4 C. Ell NZ 11-4

5:33.1 H. Chapson 73 USA 19-6

5:33.5 S. Madden 68 USA 19-6

3000 METRES (Open)

Records

Class 1

8:17.4 J. Foster 43 NZ 76

Class 2

9:10.0 A. Taylor CAN 77

Class 3

10:12.4 G. Thiel 61 GER 75

Class (Open)

1 8:17.4 J. Foster 43 NZ 31-1

8:25.8 L. O'Hara 44 GB 2-6

8:36.0 J. D. McDonald 41 NZ 21-1

8:39.6 H. Wulf 41 GER 19-9

8:48.0 M. Barratt 43 GB 15-8

8:52.0 M. Alonso 46 SPA 14-8

8:55.6 P. Majoor 44 HOL 6-7

8:55.8 G. Brown 43 GB 13-6

1976 WORLD RANKINGS

| | | | | |
|----|---------|-------------------|-----|-------|
| | 8:55.8 | L. Vink 41 | HOL | 17-9 |
| 10 | 8:57.0 | H. Clayton | USA | 25-8 |
| | 8:59.0 | R. Allen 42 | GB | 21-8 |
| | 9:00.2 | K. Hamacher 40 | GER | 3-7 |
| | 9:01.2 | W. Fuchshuber 41 | GER | 22-5 |
| | 9:05.0 | C. McAlinden 43 | GB | 30-5 |
| | 9:05.8 | A. Ida 43 | GER | 14-7 |
| | 9:06.0 | A. Taylor 49 | CAN | 17-1 |
| | 9:06.0 | W. Stoddart 45 | GB | 30-5 |
| | 9:07.0 | D. Rabe 41 | GER | 23-6 |
| | 9:07.5 | R. Macey 41 | GB | 1-8 |
| 20 | 9:08.0 | E. Austin 41 | GB | 13-6 |
| | 9:08.2 | G. Eales | CAN | 10-1 |
| | 9:08.2 | H. Pauls 42 | GER | 18-8 |
| | 9:08.2 | H. Funke 41 | GER | 17-9 |
| | 9:08.8 | J. Steed 41 | GB | 1-8 |
| | 9:09.0 | F. Kreuter 43 | GER | 4-5 |
| | 9:09.4 | E. Whitlock 45 | CAN | 13-3 |
| | 9:09.8 | J. Pulles 40 | HOL | 7-9 |
| | 9:10.0 | J. K. McDonald 42 | NZ | |
| | 9:10.2 | A. Conradi | SA | 27-12 |
| 30 | 9:10.8 | K. Jung 40 | GER | 14-7 |
| | 9:12.0* | B. Allen 45 | CAN | 14-3 |
| | 9:12.0 | J. Conway | CAN | 20-7 |
| | 9:14.0 | V. Hahn 41 | GER | 15-5 |
| | 9:14.4 | B. Parkes 41 | GB | 13-6 |

5000 METRES

Records

Class 1A

13:45.6 L. Rault 40 FRA 76

Class 1B

14:56.9 A. Mimoun 45 FRA 66

Class 2A

15:31.0 A. Mimoun 50 FRA 71

Class 2B

15:57.0 G. McGrath 56 AUS 76

Class 3A

17:23.0 E. Kruzycki 63 GER 73

Class 3B

18:26.0 S. Nicholls 65 AUS 76

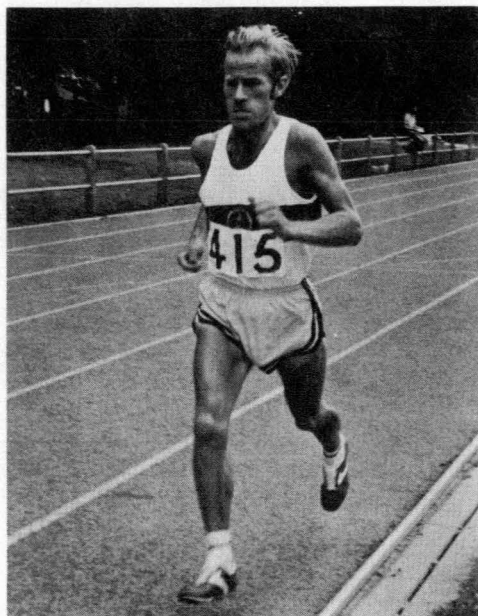
Class 4

20:14.0 S. Hesketh 70 AUS 76

Class 1 (40-49)

| | | | | |
|----|----------|-------------------|------|-------|
| 1 | 13:45.6 | L. Rault 40 | FRA | 23-5 |
| | 14:21.0 | J. Foster 43 | NZ | 21-2 |
| | 14:34.0 | J. D. McDonald 41 | NZ | |
| | 14:51.4 | H. Jesberger 41 | GER | 25-7 |
| | 14:54.2 | R. Fowler 41 | GB | 8-8 |
| | 14:58.0 | L. O'Hara 44 | GB | 19-8 |
| | 15:01.6 | H. Wulf 42 | GER | 2-10 |
| | 15:03.4 | D. Amaizon 40 | ARG | 31-10 |
| | 15:03.8 | M. Barratt 43 | GB | 1-9 |
| 10 | 15:09.6 | R. Hatton 44 | USA | 24-4 |
| | 15:20.4 | D. de Bruyn 40 | HOL | 12-9 |
| | 15:24.4 | A. Ida 43 | GER | 15-8 |
| | 15:25.0* | R. Allen 42 | GB | 30-8 |
| | 15:27.0 | A. Wood 43 | GB | 19-5 |
| | 15:28.8 | M. Alonso 45 | SPA | 1-5 |
| | 15:29.4 | D. Todd | AUST | 18-4 |
| | 15:29.6 | N. Cleverly 41 | AUST | 18-4 |
| | 15:30.0 | A. Carter 44 | NZ | 19-2 |
| | 15:33.6 | J. Pulles 40 | HOL | 2-5 |
| 20 | 15:33.6 | M. Morrell 43 | GB | 8-8 |
| | 15:34.2 | W. Fuchshuber 40 | GER | 5-6 |
| | 15:37.0 | W. Stoddart 45 | GB | 8-8 |
| | 15:38.0 | R. Bothe 40 | GER | 1-5 |
| | 15:38.8 | E. Warren 42 | AUST | 18-4 |
| | 15:38.9 | J. Steed 41 | GB | 8-5 |
| | 15:40.0 | H. Muller 43 | GER | 22-5 |
| | 15:40.6 | J. Julian 40 | NZ | 10-4 |

| | | | | |
|------------------------|----------|-----------------|------|------|
| | 15:41.0 | C. McAlinden 43 | GB | 19-5 |
| | 15:43.8 | K. Jung 40 | GER | 19-9 |
| 30 | 15:45.8 | W. Schiek 42 | GER | 19-9 |
| | 15:48.0 | L. Vink 41 | HOL | 17-6 |
| | 15:50.0 | H. Clayton 41 | GB | 11-8 |
| <i>Class 2 (50-59)</i> | | | | |
| 1 | 15:54.8 | A. Taylor 50 | CAN | 12-9 |
| | 15:57.0 | G. McGrath 56 | AUST | 26-3 |
| | 16:07.8* | J. O'Neil 51 | USA | 10-1 |
| | 16:09.7 | J. Gilmour 58 | AUST | 21-1 |
| | 16:18.2 | T. Wood | GB | 8-8 |
| | 16:29.3 | J. Daly | NZ | 10-4 |
| | 16:33.0 | G. Phipps 50 | GB | 8-8 |
| | 16:35.6 | W. Weber 51 | GER | 7-8 |
| | 16:38.3 | T. Orr 52 | AUST | 18-4 |
| 10 | 16:39.4 | E. Joynson 52 | GB | 8-8 |
| | 16:41.0 | P. Jost 40 | GER | 8-9 |
| | 16:51.2 | K. Hall 54 | GB | 8-8 |
| | 16:54.0* | M. Hernandez 54 | USA | 15-5 |
| | 17:03.0 | J. Forshree 50 | USA | 4-7 |
| | 17:07.2 | C. Hall | CAN | 20-6 |
| | 17:12.8 | R. Smith | NZ | 10-4 |
| | 17:25.0 | L. Thiel 51 | GER | 25-8 |
| | 17:27.6 | R. Hale | GB | 17-7 |
| | 17:33.0 | R. Anspack 50 | USA | 4-7 |
| 20 | 17:34.6 | F. Boschen 51 | GER | 21-8 |
| <i>Class 3 (60+)</i> | | | | |
| 1 | 18:04.0 | C. Davies 60 | USA | 4-7 |
| | 18:04.6 | E. Kruzycki 65 | GER | 1-5 |
| | 18:21.0 | J. Wall 62 | USA | 4-7 |
| | 18:26.0 | S. Nichols 65 | AUST | 7-10 |
| | 18:33.0 | B. Andberg 65 | USA | 4-7 |
| | 18:47.0 | J. Berg 66 | GER | 21-9 |
| | 19:20.6 | R. Rollason | CAN | 12-9 |
| | 19:46.4 | W. Nelmes | NZ | 10-4 |
| | 19:51.8 | M. Jenkinson 67 | AUST | 17-4 |



Ben Bickerton

BILL STODDART (GB), first over-45 in the 10,000 rankings and second in the 5,000.

10,000 METRES

Records

| | | | |
|-----------------|----------------|-----|----|
| <i>Class 1A</i> | | | |
| 28:33.4 | L. Rault 40 | FRA | 76 |
| <i>Class 1B</i> | | | |
| 30:16.8 | A. Mimoun 45 | FRA | 66 |
| <i>Class 2A</i> | | | |
| 32:14.0 | A. Mimoun 51 | FRA | 72 |
| <i>Class 2B</i> | | | |
| 33:40.6 | J. Gilmour 55 | AUS | 74 |
| <i>Class 3A</i> | | | |
| 35:57.4 | E. Krzyzcki 62 | GER | 72 |
| <i>Class 3B</i> | | | |
| 36:04.6 | T. Jensen 65 | SW | 72 |
| <i>Class 4</i> | | | |
| 43:05.0 | S. Hesketh 72 | AUS | 77 |

Class 1 (40-49)

| | | | |
|-----------|-------------------|------|-------|
| 1 | | | |
| 28:33.4 | L. Rault 40 | FRA | 9-6 |
| 30:00.6 | H. Jesberger 41 | GER | 1-5 |
| 30:05.6 | R. Fowler 41 | GB | 18-6 |
| 30:42.0 | L. O'Hara 44 | GB | 28-4 |
| 31:05.6 | E. Austin 41 | GB | 7-8 |
| 31:17.2 | G. North 40 | GB | 7-8 |
| 31:25.2 | G. Brown 43 | GB | 17-7 |
| 31:41.4 | J. D. McDonald 41 | NZ | 26-2 |
| 31:44.0 | A. Wood 43 | GB | 19-5 |
| 10 | | | |
| 31:45.4 | L. Vink 41 | HOL | 4-9 |
| 31:55.2 | J. Julian 40 | NZ | 11-4 |
| 31:55.8 | D. de Bruyn 40 | HOL | 11-4 |
| 32:00.0 | R. Hatton 44 | USA | 2-7 |
| 32:06.0 | W. Stoddart 45 | GB | 19-5 |
| 32:10.1 | R. Jansen 40 | HOL | 1-8 |
| 32:10.2 | J. Patterson | AUST | 17-4 |
| 32:11.4 | D. Amaizon 40 | ARG | 21-11 |
| 32:17.0 | H. Muller 43 | GER | 13-7 |
| 32:20.0 | K. Hodgkinson 44 | GB | |
| 20 | | | |
| 32:23.2 | A. Walsham 47 | GB | 7-8 |
| 32:26.1 | J. Pulles 40 | HOL | 4-8 |
| 32:31.6 | G. Defland 41 | GER | 28-8 |
| 32:37.6 | J. Steed 41 | GB | 17-7 |
| 32:38.0 | D. Mahaffey 42 | USA | 2-7 |
| 32:39.4 | W. Soch 42 | GER | 22-5 |
| 32:41.4 | H. Widman 41 | GER | |
| 32:42.8 | W. Fuchshuber 40 | GER | 20-8 |
| 32:48.4 | A. Zeller 41 | GER | 28-8 |
| 32:49.8 | G. Struck 40 | GER | 10-4 |
| 30 | | | |
| 32:52.2 | H. Wetzel 42 | GER | 13-11 |

Class 2 (50-59)

| | | | |
|-----------|------------------|------|-------|
| 1 | | | |
| 33:19.0 | T. Orr 52 | AUST | 27-3 |
| 33:30.0 | J. O'Neil 51 | USA | 2-7 |
| 33:44.2 | J. Gilmour 58 | AUST | 4-2 |
| 34:00.6 | E. Ostby 55 | SW | 9-9 |
| 34:21.8 | W. Weba 53 | GER | 28-8 |
| 34:25.6 | K. Hall 54 | GB | 7-8 |
| 35:14.0 | R. Anspach 50 | USA | 2-7 |
| 35:39.6 | H. Brecht 55 | GER | 2-10 |
| 35:40.2 | G. Phipps 50 | GB | 7-8 |
| 10 | | | |
| 35:43.0 | W. Sievers 50 | GER | 28-8 |
| 35:44.4 | P. Jost 50 | GER | 28-8 |
| 35:46.4 | K. Heinz 52 | GER | 2-10 |
| 35:48.0 | Sievers | GER | |
| 35:56.0 | J. Forshee 50 | USA | 2-7 |
| 36:10.2 | E. Shabel 50 | GER | 28-8 |
| 36:11.4 | L. Dreher | | |
| 36:21.0 | B. Bickerton 50 | GB | 19-5 |
| 36:40.2 | F. Boschen 51 | GER | 26-9 |
| 36:42.1 | J. Fitzgerald 53 | GB | 7-8 |
| 36:52.0 | L. Thiel 51 | GER | 13-11 |

Class 3 (60+)

| | | | |
|----------|----------------|-----|------|
| 1 | | | |
| 36:23.0 | C. Davies 60 | USA | 2-7 |
| 37:04.0 | E. Krzyzcki 65 | GER | 10-4 |
| 37:05.0 | H. Lammer | GER | |
| 38:38.0 | N. Bright 66 | USA | 3-8 |
| 38:43.0 | J. Wall 62 | USA | 2-7 |
| 38:48.0 | B. Andberg 65 | USA | 2-7 |
| 39:07.0 | G. Porteous 61 | GB | 19-5 |
| 39:52.8 | J. Berg 66 | GER | 28-8 |

| | | | | |
|-----------|---------|-------------|-----|------|
| | 40:14.0 | T. Bain | NZ | 26-2 |
| 10 | 40:23.2 | R. Rollason | CAN | 11-9 |
| | 40:28.0 | J. Farrell | GB | 19-5 |

3000 METRES STEEPLE CHASE (Open)

Records

| | | | | |
|---------------------|---------|--------------------|------|------|
| <i>Class 1A</i> | | | | |
| | 9:15.6 | J. MacDonald 40 | NZ | 75 |
| <i>Class 1B</i> | | | | |
| | 9:50.0 | H. Higdon 45 | USA | 76 |
| <i>Class (Open)</i> | | | | |
| 1 | | | | |
| | 9:18.4 | D. Amaizon 40 | ARG | 7-11 |
| | 9:21.0 | J. D. Macdonald 41 | NZ | 18-4 |
| | 9:34.0 | D. Chapman 40 | GB | 21-8 |
| | 9:45.8 | D. Worling 41 | AUST | 18-4 |
| | 9:49.6 | M. Morrell 44 | GB | 7-8 |
| | 9:53.8 | M. Alonso 46 | SPA | 23-7 |
| | 9:56.4 | M. Barratt 43 | GB | 17-7 |
| | 10:03.4 | A. Shrimpton 40 | GB | 7-8 |
| | 10:04.6 | G. Klose 41 | GER | 2-5 |
| 10 | | | | |
| | 10:04.6 | H. Gudelhofer 43 | GER | 17-6 |
| | 10:15.5 | D. Meyer | USA | 5-7 |
| | 10:20.0 | T. Everitt 41 | GB | 7-8 |
| | 10:21.6 | P. Knott | GB | 7-8 |
| | 10:29.0 | P. Majorr 44 | HOL | 30-6 |
| | 10:29.2 | D. de Bruyn 40 | HOL | 23-5 |
| | 10:34.0 | E. Williams | GB | 16-5 |
| | 10:34.3 | T. Kelly 44 | AUST | 18-4 |
| | 10:35.0 | P. Muller | NZ | 10-4 |
| | 10:35.2 | J. Conway | CAN | 6-7 |
| 20 | | | | |
| | 10:39.8 | H. van Wijngaarden | AUS | 18-4 |
| | 10:41.8 | A. Taylor 50 | CAN | 12-9 |
| | 10:43.0 | G. Parnell 46 | USA | 19-6 |
| | 10:43.2 | W. Ratcliffe | GB | 7-8 |
| | 10:47.6 | C. Hogesteger 40 | HOL | 23-5 |
| | 10:49.0 | G. Manthey 41 | | |
| | 10:52.4 | H. Pauls 43 | | 9-9 |

110 METRES HURDLES (Open)

Records

| | | | | |
|---------------------|------|-------------------|-----|-------|
| <i>Class 1A</i> | | | | |
| | 14.4 | D. Finlay 40 | GB | 49 |
| <i>Class 1B</i> | | | | |
| | 15.4 | J. Mizerek 45 | CZE | 70 |
| <i>Class (Open)</i> | | | | |
| 1 | | | | |
| | 14.5 | H. John 40 | GER | 23-5 |
| | 14.8 | H. Mandl 40 | OST | 6-6 |
| | 15.1 | V. Thorlaksson 42 | ICE | - |
| | 15.5 | J. Greenwood 50 | USA | 6-6 |
| | 15.6 | D. Jackson 44 | USA | 20-6 |
| | 15.9 | M. Andrews 42 | USA | 27-10 |
| | 16.2 | C. Shafto 41 | GB | 7-8 |
| | 16.2 | G. Roodan | MEX | 23-10 |
| | 16.2 | V. Parish 43 | USA | 23-10 |
| 10 | | | | |
| | 16.4 | J. Howell 41 | GB | 7-8 |
| | 16.9 | J. Phillips 42 | GB | 7-8 |
| | 17.0 | J. Bisquets | SPA | 7-8 |
| | 17.1 | T. Butterfie 40 | USA | 19-6 |
| | 17.4 | J. Tansley 41 | USA | 23-10 |
| | 17.5 | B. Adler 43 | USA | 23-10 |
| | 17.6 | I. Sandsund 42 | NOR | 15-6 |
| | 17.7 | D. Gale | GB | 17-7 |
| | 17.8 | L. Schaefer 45 | AUS | 16-4 |
| | 17.9 | R. Morcom 55 | USA | 3-7 |
| 20 | | | | |
| | 18.1 | L. Trout 41 | USA | 16-5 |
| | 18.3 | R. Fitzhugh 41 | USA | 20-6 |
| | 18.4 | J. Dixon 44 | GB | 8-5 |

Note: The above includes performances with hurdles of less than height of 3'-6" (Greenwood & Morcom and possibly others)

1976 WORLD RANKINGS



John Hayward

JIM DIXON (GB) heads the 400H lists yet again and retains his world record.

400 METRES HURDLES (Open)

Records

Class 1A

54.8 J. Dixon 41 GB 73

Class 1B

55.7 J. Greenwood 46 USA 72

Class (Open)

| | | | | |
|----|------|------------------|-----|------|
| 1 | 55.5 | J. Dixon 44 | GB | 18-6 |
| | 58.0 | C. Shafto 41 | GB | 1-8 |
| | 58.0 | B. Lane 42 | GB | 8-8 |
| | 58.1 | J. Greenwood 50 | USA | 4-7 |
| | 59.8 | J. Hesselberg 44 | GB | 8-8 |
| | 60.5 | H. Janz 41 | GER | 1-9 |
| | 60.5 | R. Bertram 40 | GER | 26-9 |
| | 60.9 | N. Fletcher 43 | AUS | 31-1 |
| | 61.6 | K. Whittaker 45 | GB | 4-7 |
| 10 | 62.1 | P. Field | GB | 4-9 |
| | 62.2 | V. Parish 42 | USA | 4-7 |
| | 62.3 | R. Stanfield 41 | CAN | 4-7 |
| | 62.4 | N. Andrews 42 | USA | 4-7 |
| | 62.4 | A. Sheahan 44 | USA | 4-7 |

Note: The above includes performances with hurdles of less than height of 3'-0" (Greenwood and possibly others).

HIGH JUMP

Records

Class 1A

2.05 E. Nilson 40 SW 66

Class 1B

1.78 E. Austin 45 USA 75

Class 2A

1.71 R. Morcom 51 USA 72

Class 2B

1.69 R. Morcom 55 USA 76

Class 3A

1.53 I. Hume 61 CAN 76

Class 3B

1.37 S. Thompson 65 USA 76

Class 4

1.29 A. Reiser GER 76

Class 1 (40-49)

| | | | | |
|----|---------------------------|-------------------|-----|-------|
| 1 | 2.02-6'-7 $\frac{3}{4}$ " | H. Mandl 40 | OST | 3-7 |
| | 1.88-6'-2" | B. Miler 40 | GER | 11-6 |
| | 1.80-5'-11" | B. Hescock 42 | USA | 22-2 |
| | 1.78-5'-10" | W. Hutchins 44 | USA | 29-2 |
| | 1.77-5'-9 $\frac{3}{4}$ " | T. Langfield | USA | 4-7 |
| | 1.75-5'-9" | D. Richter 45 | GER | 5-6 |
| | 1.75-5'-9" | H. Lindemann 41 | GER | 10-7 |
| | 1.74-5'-8 $\frac{3}{4}$ " | W. Bleier 40 | GER | 5-9 |
| | 1.74-5'-8 $\frac{3}{4}$ " | M. Newton 43 | USA | 27-12 |
| 10 | 1.73-5'-8" | E. Austin 46 | USA | 15-5 |
| | 1.73-5'-8" | B. Evans 43 | USA | 12-6 |
| | 1.71-5'-7 $\frac{3}{4}$ " | B. Billings 46 | USA | 22-5 |
| | 1.71-5'-7 $\frac{3}{4}$ " | H. Hann 40 | GER | 11-9 |
| | 1.70-5'-7" | D. Rose 41 | USA | 26-6 |
| | 1.70-5'-7" | H. Kuschker 41 | GER | 10-7 |
| | 1.70-5'-7" | A. Heindl 41 | GER | 17-7 |
| | 1.70-5'-7" | M. Lukman | YUG | 11-9 |
| | 1.68-5'-6 $\frac{1}{2}$ " | D. Williams 43 | AUS | 11-12 |
| | 1.67-5'-6" | S. Varney 46 | USA | 16-4 |
| 20 | 1.67-5'-6" | F. Klock 46 | GER | 8-5 |
| | 1.67-5'-6" | K. Hollingsworth | USA | 25-7 |
| | 1.66-5'-5 $\frac{1}{2}$ " | H. Weicherding 40 | GER | 27-6 |
| | 1.65-5'-5" | M. Milivojevic | YUG | 6-6 |
| | 1.65-5'-5" | D. Benzinger 42 | GER | 26-6 |
| | 1.65-5'-5" | L. Frankamp 43 | USA | 11-12 |
| | 1.64-5'-4 $\frac{3}{4}$ " | S. Schwankner 44 | GER | 17-7 |
| | 1.63-5'-4 $\frac{1}{4}$ " | J. Wendling | AUS | 18-4 |
| | 1.63-5'-4 $\frac{1}{4}$ " | R. Fitzhugh 41 | USA | 4-7 |
| | 1.63-5'-4 $\frac{1}{4}$ " | G. Sturm 45 | GER | 17-6 |
| 30 | 1.62-5'-4" | P. Conley 42 | USA | 1-5 |
| | 1.62-5'-4" | J. Tansley 40 | USA | 12-6 |
| | 1.62-5'-4" | H. Simpson 40 | USA | 19-6 |
| | 1.62-5'-4" | F. Norden 44 | GER | 19-9 |

Class 2 (50-59)

| | | | | |
|----|----------------------------|-----------------|------|------|
| 1 | 1.69-5'-6 $\frac{1}{2}$ " | R. Morcom 55 | USA | 27-7 |
| | 1.61-5'-3 $\frac{1}{2}$ " | S. Martinez | SPA | 6-6 |
| | 1.59-5'-2 $\frac{1}{2}$ " | B. Gist 56 | USA | 10-1 |
| | 1.59-5'-2 $\frac{1}{2}$ " | O. Gillett 56 | USA | 13-3 |
| | 1.57-5'-2" | J. Greenwood 50 | USA | 2-7 |
| | 1.55-5'-1" | H. Neumann 55 | GER | 2-7 |
| | 1.52-5'-0" | B. Ogle 57 | USA | 29-5 |
| | 1.51-4'-11 $\frac{1}{2}$ " | S. Egerton | CAN | 21-2 |
| | 1.51-4'-11 $\frac{1}{2}$ " | G. Bartlett 52 | AUST | 18-4 |
| 10 | 1.50-4'-11" | A. Schmidt 52 | GER | 3-7 |
| | 1.47-4'-10" | J. Vernon 59 | USA | 22-5 |
| | 1.47-4'-10" | M. Nunes 51 | USA | 26-6 |
| | 1.47-4'-10" | J. Rowe 51 | CAN | 3-7 |
| | 1.47-4'-10" | D. Brown 53 | USA | 9-10 |

Class 3 (60+)

| | | | | |
|----|---------------------------|-----------------|-----|-------|
| 1 | 1.53-5'-0 $\frac{1}{4}$ " | I. Hume 61 | CAN | 7-8 |
| | 1.47-4'-10" | R. Reckwardt 62 | GER | 3-7 |
| | 1.42-4'-8" | W. Eipel 63 | USA | 16-5 |
| | 1.42-4'-8" | T. Wilson 61 | USA | 26-6 |
| | 1.40-4'-7" | G. Braceland 62 | USA | 19-1 |
| | 1.37-4'-6" | M. Neuhof 60 | USA | 16-5 |
| | 1.37-4'-6" | J. Dick 64 | USA | 26-6 |
| | 1.37-4'-6" | S. Thompson 65 | USA | 3-7 |
| | 1.37-4'-6" | J. Damski 62 | USA | 2-10 |
| | 1.36-4'-5 $\frac{1}{2}$ " | V. McIntyre 65 | USA | 3-7 |
| 10 | 1.36-4'-5 $\frac{1}{2}$ " | B. Morales 60 | USA | 23-10 |

POLE VAULT (Open)

Records

Class 1A

4.70 M. Houvion 41 FRA 76

Class 1B

4.60 R. Ruth 45 CAN 73

| | | | | | | | | |
|------------------|--|--|--|--|---------------|------------------|-----|------|
| <i>Class 2A</i> | | | | | 6.15-20'-2¼" | S. Taylor 41 | USA | 3-7 |
| <i>Class 2B</i> | | | | | 6.15-20'-2¼" | K. Brunner 46 | GER | 17-7 |
| <i>Class 3A</i> | | | | | 6.13-20'-1½" | M. Newton 42 | USA | 27-3 |
| <i>Class 3B</i> | | | | | 6.13-20'-1½" | H. Probst 44 | GER | 28-8 |
| <i>Class 1</i> | | | | | 6.05-19'-10¼" | H. Daniel 40 | GER | |
| <i>Class 2</i> | | | | | 6.04-19'-10" | N. Bechtold 40 | GER | 9-5 |
| <i>Class 3</i> | | | | | 6.02-19'-9" | H. Cobb 43 | USA | 10-1 |
| <i>Class 4</i> | | | | | 6.02-19'-9" | H. Circurs 40 | GER | 26-9 |
| <i>Class 5</i> | | | | | 6.01-19'-8½" | A. Rutzel 40 | GER | 11-7 |
| <i>Class 6</i> | | | | | 6.00-19'-8½" | G. Tisch 40 | GER | 27-6 |
| <i>Class 7</i> | | | | | 5.95-19'-6½" | W. Kucklich 41 | GER | |
| <i>Class 8</i> | | | | | 5.93-19'-5½" | P. Conley 41 | USA | 1-5 |
| <i>Class 9</i> | | | | | 5.93-19'-5½" | K. Wilmshurst 45 | GB | 21-8 |
| <i>Class 10</i> | | | | | 5.92-19'-5" | D. Gale | GB | 8-8 |
| <i>Class 11</i> | | | | | 5.91-19'-4¾" | W. Krucken 47 | GER | 28-8 |
| <i>Class 12</i> | | | | | 5.90-19'-4¾" | H. Schlegel 49 | GER | 23-5 |
| <i>Class 13</i> | | | | | 5.90-19'-4¾" | J. Luykx 44 | HOL | 26-9 |
| <i>Class 14</i> | | | | | | | | |
| <i>Class 15</i> | | | | | | | | |
| <i>Class 16</i> | | | | | | | | |
| <i>Class 17</i> | | | | | | | | |
| <i>Class 18</i> | | | | | | | | |
| <i>Class 19</i> | | | | | | | | |
| <i>Class 20</i> | | | | | | | | |
| <i>Class 21</i> | | | | | | | | |
| <i>Class 22</i> | | | | | | | | |
| <i>Class 23</i> | | | | | | | | |
| <i>Class 24</i> | | | | | | | | |
| <i>Class 25</i> | | | | | | | | |
| <i>Class 26</i> | | | | | | | | |
| <i>Class 27</i> | | | | | | | | |
| <i>Class 28</i> | | | | | | | | |
| <i>Class 29</i> | | | | | | | | |
| <i>Class 30</i> | | | | | | | | |
| <i>Class 31</i> | | | | | | | | |
| <i>Class 32</i> | | | | | | | | |
| <i>Class 33</i> | | | | | | | | |
| <i>Class 34</i> | | | | | | | | |
| <i>Class 35</i> | | | | | | | | |
| <i>Class 36</i> | | | | | | | | |
| <i>Class 37</i> | | | | | | | | |
| <i>Class 38</i> | | | | | | | | |
| <i>Class 39</i> | | | | | | | | |
| <i>Class 40</i> | | | | | | | | |
| <i>Class 41</i> | | | | | | | | |
| <i>Class 42</i> | | | | | | | | |
| <i>Class 43</i> | | | | | | | | |
| <i>Class 44</i> | | | | | | | | |
| <i>Class 45</i> | | | | | | | | |
| <i>Class 46</i> | | | | | | | | |
| <i>Class 47</i> | | | | | | | | |
| <i>Class 48</i> | | | | | | | | |
| <i>Class 49</i> | | | | | | | | |
| <i>Class 50</i> | | | | | | | | |
| <i>Class 51</i> | | | | | | | | |
| <i>Class 52</i> | | | | | | | | |
| <i>Class 53</i> | | | | | | | | |
| <i>Class 54</i> | | | | | | | | |
| <i>Class 55</i> | | | | | | | | |
| <i>Class 56</i> | | | | | | | | |
| <i>Class 57</i> | | | | | | | | |
| <i>Class 58</i> | | | | | | | | |
| <i>Class 59</i> | | | | | | | | |
| <i>Class 60</i> | | | | | | | | |
| <i>Class 61</i> | | | | | | | | |
| <i>Class 62</i> | | | | | | | | |
| <i>Class 63</i> | | | | | | | | |
| <i>Class 64</i> | | | | | | | | |
| <i>Class 65</i> | | | | | | | | |
| <i>Class 66</i> | | | | | | | | |
| <i>Class 67</i> | | | | | | | | |
| <i>Class 68</i> | | | | | | | | |
| <i>Class 69</i> | | | | | | | | |
| <i>Class 70</i> | | | | | | | | |
| <i>Class 71</i> | | | | | | | | |
| <i>Class 72</i> | | | | | | | | |
| <i>Class 73</i> | | | | | | | | |
| <i>Class 74</i> | | | | | | | | |
| <i>Class 75</i> | | | | | | | | |
| <i>Class 76</i> | | | | | | | | |
| <i>Class 77</i> | | | | | | | | |
| <i>Class 78</i> | | | | | | | | |
| <i>Class 79</i> | | | | | | | | |
| <i>Class 80</i> | | | | | | | | |
| <i>Class 81</i> | | | | | | | | |
| <i>Class 82</i> | | | | | | | | |
| <i>Class 83</i> | | | | | | | | |
| <i>Class 84</i> | | | | | | | | |
| <i>Class 85</i> | | | | | | | | |
| <i>Class 86</i> | | | | | | | | |
| <i>Class 87</i> | | | | | | | | |
| <i>Class 88</i> | | | | | | | | |
| <i>Class 89</i> | | | | | | | | |
| <i>Class 90</i> | | | | | | | | |
| <i>Class 91</i> | | | | | | | | |
| <i>Class 92</i> | | | | | | | | |
| <i>Class 93</i> | | | | | | | | |
| <i>Class 94</i> | | | | | | | | |
| <i>Class 95</i> | | | | | | | | |
| <i>Class 96</i> | | | | | | | | |
| <i>Class 97</i> | | | | | | | | |
| <i>Class 98</i> | | | | | | | | |
| <i>Class 99</i> | | | | | | | | |
| <i>Class 100</i> | | | | | | | | |

LONG JUMP

Records

Class 1A

7.15 M. Wouters 40 BEL 76

Class 1B

6.68 S. Davisson 45 USA 75

Class 2A

6.23 R. Morcom 51 USA 72

Class 2B

6.04 R. Morcom 55 USA 76

Class 3A

5.30 H. Schneider 61 GER 76

Class 3B

4.68 R. Hargreaves 66 USA

Class 4

4.25 C. Sutherland 76 GB 76

Class 1 (40-49)

1 7.15-23'-5½" M. Wouters 40 BEL 28-8

6.73-22'-1" H. Ossenkopp 42 GER 26-6

6.62-21'-8¾" S. Davisson 46 USA 6-6

6.61-21'-8" H. Mandl 40 GER 17-7

6.56-21'-6¾" H. Strauss 45 USA 15-5

6.51-21'-4½" M. Andrews 43 USA 19-6

6.44-21'-1½" D. Jackson 44 USA 26-9

6.41-21'-0½" L. Marien BEL 17-7

6.35-20'-10" S. Swankner 44 GER 28-8

6.30-20'-8" R. Bertram 41 GER 9-5

6.29-20'-7¾" D. Richter 45 GER 28-8

6.28-20'-7¼" G. Knoke 40 GER 28-8

6.26-20'-6½" W. Reinhard 48 GER 11-9

6.25-20'-6" B. Miler 40 GER

TRIPLE JUMP

Records

Class 1A

14.62 H. Mandl 40 OST 76

Class 1B

13.49 D. Jackson 45 USA 77

Class 2A + 2B

12.62 G. Farrell 57 USA 75

Class 3A

10.45 I. Hume 60 CAN 75

Class 3B

9.37 W. McFadden 67 USA 72

Class 4

8.96 W. McFadden 70 USA 75

Class 1 (40-49)

1 14.62-47'-11¾" H. Mandl 40 OST 6-6

13.75-45'-1½" A. Andrews 42 USA 27-6

13.07-42'-10¾" D. Jackson 44 USA 12-6

12.76-41'-10½" H. Strauss 45 GER 4-9

12.94-40'-10" S. Davisson 46 USA 4-7

12.33-40'-5½" L. Schaefer 45 AUS 18-4

12.32-40'-5" K. Wilmshurst 45 GB 21-5

12.31-40'-4¾" M. Andrews 42 USA 12-6

12.21-40'-1" D. Terry GB 15-5

| | | | | |
|------------------------|-------------------|------------------|-----|-------|
| 10 | 12.17-39'-11 1/4" | J. Phillips 42 | GB | 7-8 |
| | 12.13-39'-9 3/4" | R. Ruth 48 | CAN | 16-8 |
| | 12.00-39'-7" | P. Conley 42 | USA | 1-5 |
| | 11.82-38'-9 1/2" | S. Soar | NZ | 11-4 |
| | 11.56-37'-11" | C. Keeble 41 | NZ | 18-4 |
| | 11.51-37'-9 1/4" | K. White | AUS | 18-4 |
| | 11.50-37'-9" | J. Sturzaker 42 | AUS | 18-4 |
| | 11.38-37'-4" | J. Kuschnke 41 | GER | 22-5 |
| | 11.33-37'-2" | C. Keffler 43 | USA | 10-1 |
| | 11.29-37'-0 1/2" | A. Schnappauf 40 | GER | 14-8 |
| 20 | 11.24-36'-10 1/4" | R. Frawley | AUS | 18-4 |
| | 11.21-36'-9 1/2" | K. Benner 42 | GER | 28-8 |
| | 11.20-36'-9" | G. Brown | AUS | 18-4 |
| | 11.20-36'-9" | T. Nasrella 43 | USA | 4-7 |
| | 11.16-36'-7 1/2" | C. Deacon | NZ | 11-4 |
| | 11.14-36'-6 1/2" | W. Hassler 40 | GER | 4-8 |
| | 11.11-36'-5 1/2" | C. Knowles | GB | 21-8 |
| <i>Class 2 (50-59)</i> | | | | |
| 1 | 11.79-38'-8 1/4" | T. Patsalis 54 | USA | 12-6 |
| | 11.46-37'-7 1/4" | N. Goff 54 | AUS | 10-1 |
| | 10.93-35'-10 1/2" | W. Armstrong | AUS | 18-4 |
| | 10.88-35'-8 1/2" | G. Farrell 58 | USA | 2-10 |
| | 10.84-35'-7" | R. Morcom 55 | USA | 27-6 |
| | 10.56-34'-8" | J. Alexander 56 | USA | 7-8 |
| | 10.52-34'-6 1/4" | R. Spencer 53 | USA | 23-10 |
| | 10.41-34'-2" | G. Bartlett | AUS | 18-4 |
| | 10.36-34'-0" | D. Brown 53 | USA | 23-10 |
| 10 | 10.26-33'-8" | H. Husny 56 | USA | 4-7 |
| | 10.25-33'-7 3/4" | D. Frawley 51 | AUS | 18-4 |
| | 10.23-33'-7" | B. Ogle 57 | USA | 27-6 |
| | 10.22-33'-6 1/2" | K. Pavasars | CAN | 21-2 |
| <i>Class 3 (60+)</i> | | | | |
| 1 | 10.22-33'-6 1/2" | H. Schneider 62 | GER | 27-6 |
| | 10.14-33'-3 3/4" | I. Hume 61 | CAN | 8-8 |
| | 9.56-31'-4 1/2" | J. Damski 61 | USA | 27-5 |
| | 9.55-31'-4" | F. White 63 | USA | 3-7 |
| | 9.23-30'-3 1/2" | S. Mural | USA | 16-4 |

SHOT

| | | | | |
|-----------------|-------|------------------|-----|----|
| <i>Records</i> | | | | |
| <i>Class 1A</i> | | | | |
| | 19.77 | P. Colnard 41 | FRA | 70 |
| <i>Class 1B</i> | | | | |
| | 18.22 | G. Hermansson 45 | ICE | 70 |
| <i>Class 2A</i> | | | | |
| | 17.56 | H. Hombrecher 51 | GER | 75 |
| <i>Class 2B</i> | | | | |
| | 14.88 | N. Heard 55 | USA | 73 |
| <i>Class 3A</i> | | | | |
| | 15.10 | J. Thatcher 60 | USA | 76 |
| <i>Class 3B</i> | | | | |
| | 13.50 | V. Cheedle 65 | USA | 75 |
| <i>Class 4</i> | | | | |
| | 12.38 | S. Herrmann 70 | USA | 74 |

Class 1 (40-49)

| | | | | |
|----|-------------------|------------------|-----|-------|
| 1 | 17.71-58'-1 1/4" | P. Colnard 47 | FRA | 14-8 |
| | 16.74-54'-11" | H. Potsch 43 | OST | 27-5 |
| | 16.16-53'-0 1/4" | J. Klick 40 | GER | 7-8 |
| | 16.06-52'-8 3/4" | S. Clark 43 | GB | 30-6 |
| | 16.01-52'-0 1/2" | H. Gulich 41 | GER | 12-6 |
| | 15.86-52'-0 1/2" | E. Comas 42 | USA | 11-7 |
| | 15.81-51'-10 1/2" | H. Hombrecher 51 | GER | 3-10 |
| | 15.80-51'-10" | P. Speckens 41 | GER | 23-10 |
| | 15.23-49'-11 1/4" | P. O'Brien 44 | USA | 1-8 |
| 10 | 15.04-49'-9 1/4" | C. Creth 42 | RUM | 16-10 |
| | 14.90-48'-10 1/2" | H. Helf 44 | GER | 21-7 |
| | 14.65-48'-1" | R. Sindek 40 | GER | 12-6 |
| | 14.53-47'-8" | G. Rahn 41 | GER | 15-5 |
| | 14.27-46'-10" | R. Dominski 40 | GER | 22-5 |
| | 14.25-46'-9" | W. Schupp 44 | GER | 25-9 |
| | 14.23-46'-8 1/2" | H. Smith 41 | USA | 22-5 |
| | 14.20-46'-7" | F. Geissler 40 | GER | 25-9 |
| | 14.16-46'-5 1/2" | H. Schenkel 41 | GER | 25-9 |
| | 14.05-46'-1" | L. Gundersrud 41 | NOR | 8-5 |
| 20 | 14.00-45'-11 1/4" | R. Peter 41 | GER | 16-7 |
| | 13.92-45'-8" | E. Bohmig 40 | GER | |

| | | | | |
|-------------------------------|-------------------|-------------------|------|-------|
| | 13.92-45'-8" | C. van Wees 40 | HOL | 26-6 |
| | 13.88-45'-6 1/2" | J. Galvao 44 | PORT | |
| | 13.87-45'-6" | B. Humphreys 40 | USA | 15-5 |
| | 13.84-45'-5" | E. Johansson 42 | ICE | |
| | 13.81-45'-3 3/4" | H. Bauer 46 | GER | 28-8 |
| | 13.74-45'-1" | S. Thomson 43 | USA | 26-6 |
| | 13.73-45'-0 1/2" | C. Fraundorfer 44 | USA | 26-6 |
| | 13.61-44'-8" | W. Moltke 40 | GER | 11-9 |
| 30 | 13.60-44'-7 1/2" | S. Lenz 46 | GER | 17-6 |
| | 13.53-44'-4 3/4" | J. Collado | SPA | 26-9 |
| | 13.51-44'-4" | S. Hagen 43 | NOR | 10-9 |
| | 13.46-44'-2" | M. Murseth 41 | NOR | 15-6 |
| | 13.45-44'-1 1/2" | R. Skantvedt 40 | NOR | 23-6 |
| | 13.43-44'-1" | K. Wegmann 40 | GER | 29-8 |
| | 13.43-44'-1" | G. Ker 53 | USA | 3-5 |
| <i>Class 2 (50-59) * 16lb</i> | | | | |
| 1 | 15.81-51'-10 1/2" | H. Hombrecher 51 | GER | 11-7 |
| | 15.17-49'-9 1/2" | G. Ker 52 | USA | 23-10 |
| | 14.26-46'-9 1/2" | J. Pavelich 50 | CAN | 4-7 |
| | 13.84-45'-5" | A. Pavulinis 51 | AUST | 17-4 |
| | 13.33-43'-9" | C. Beadry 57 | USA | 7-8 |
| | 13.07-42'-10 3/4" | N. Heard 58 | USA | 26-6 |
| | 12.71-41'-8 1/2" | J. Peridus | AUST | 17-4 |
| | 12.42-40'-9" | W. Eckert 53 | GER | 22-8 |
| | 12.16-39'-11" | A. Husband | NZ | 11-4 |
| 10 | 12.08-39'-7 1/2" | W. Seitz 52 | GER | 9-7 |
| | 11.92-39'-1 1/2" | R. Wigginton 53 | USA | 19-6 |
| | 11.85-38'-10 1/2" | G. Maikranz 52 | GER | 29-5 |
| | 11.70-38'-4 3/4" | K. Werner 57 | GER | 18-9 |
| | 11.67-38'-3 1/2" | H. Trafford | GB | 7-8 |
| | 11.50-37'-9" | F. Laudobellis | GB | 7-8 |
| | 11.49-37'-8 1/2" | G. Marktanner 56 | GER | 25-6 |
| | 11.46-37'-7 1/4" | A. Zakis | CAN | 11-8 |
| | 11.44-37'-6 1/2" | H. Goltz 52 | GER | 15-5 |
| | 11.41-37'-5 1/2" | J. Siefert 58 | USA | 19-6 |
| 20 | 11.27-36'-11 1/4" | M. Henderson 55 | USA | 19-6 |
| | 11.23-36'-10 1/4" | J. Minah 56 | USA | 19-6 |
| | 11.22-36'-10" | J. Viguier | SPA | 3-4 |
| <i>Class 3 (60+)</i> | | | | |
| 1 | 15.10-49'-6 1/2" | J. Thatcher 60 | USA | 23-10 |
| | 14.67-48'-1 1/4" | H. de Groot 60 | USA | 4-7 |
| | 14.67-48'-1 1/4" | T. Montgomery 61 | USA | 26-6 |
| | 14.41-47'-3 1/2" | H. Schneider 62 | GER | 4-7 |
| | 13.73-45'-0 1/4" | K. Makzimczyk 62 | GB | 17-7 |
| | 13.50-44'-3 1/2" | J. York 63 | USA | 14-8 |
| | 13.35-43'-9 1/2" | V. Cheadle 66 | USA | 26-6 |
| | 12.83-42'-1" | G. Hanson 61 | USA | 24-1 |
| | 12.42-40'-9" | J. Fraser 61 | GB | 11-4 |
| 10 | 12.42-40'-9" | B. Mcconaghy 68 | USA | 4-7 |
| | 12.38-40'-7 1/2" | R. Doms 69 | USA | 25-4 |
| | 12.24-40'-2" | G. Smith | GB | 8-8 |

DISCUS

| | | | | |
|------------------------|----------------|------------------|-----|-------|
| <i>Records</i> | | | | |
| <i>Class 1A</i> | | | | |
| | 64.76 | A. Oerter 40 | USA | 77 |
| <i>Class 1B</i> | | | | |
| | 50.24 | K. Jouppila 48 | FIN | 69 |
| <i>Class 2A</i> | | | | |
| | 54.26 | K. Jouppila 52 | FIN | 73 |
| <i>Class 2B</i> | | | | |
| | 49.20 | K. Makzimczyk 59 | GB | 74 |
| <i>Class 3A</i> | | | | |
| | 52.06 | K. Makzimczyk 60 | GB | 74 |
| <i>Class 3B</i> | | | | |
| | 43.24 | K. Carnine 65 | USA | 73 |
| <i>Class 4</i> | | | | |
| | 35.44 | S. Hermann 71 | USA | 75 |
| <i>Class 1 (40-49)</i> | | | | |
| 1 | 54.62-179'-2" | B. Humphreys 40 | USA | 11-7 |
| | 50.52-165'-9" | H. Helf 44 | GER | 12-6 |
| | 50.18-164'-7" | H. Potsch 43 | OST | 30-10 |
| | 49.40-163'-8" | P. Speckens 41 | GER | 30-10 |
| | 49.26-161'-7" | J. Klick 40 | GER | 13-6 |
| | 48.56-159'-4" | E. McComas 42 | USA | 12-6 |
| | 48.44-158'-11" | K. Jouppila 55 | FIN | 7-8 |

| | | | | |
|----|---------------------------|---------------------|------|-------|
| | 47.44-155 ⁸ " | P. O'Brien 44 | USA | 23-10 |
| | 47.20-154 ⁹ " | S. Haugen 43 | NOR | 10-9 |
| 10 | 47.08-154 ⁵ " | E. Bergmann 41 | NOR | 27-6 |
| | 47.08-154 ⁵ " | A. Abhtiz 40 | GRE | - |
| | 46.94-153 ¹¹ " | S. Thompson 43 | USA | 27-6 |
| | 46.42-152 ³ " | L. Gundersud 41 | NOR | 3-10 |
| | 46.33-152 ⁰ " | J. Termunt 41 | BEL | - |
| | 45.42-148 ¹¹ " | K. Wendle 46 | GER | 23-5 |
| | 45.38-148 ¹⁰ " | J. Cortez | SPA | 25-9 |
| | 44.77-146 ¹⁰ " | R. Hollingsworth 40 | TRI | - |
| | 44.48-145 ¹¹ " | H. Gulich 42 | GER | 11-9 |
| | 44.26-145 ² " | G. Rahn 41 | GER | 18-9 |
| 20 | 44.16-144 ¹⁰ " | O. Koppenhofer 48 | GER | 15-5 |
| | 43.96-144 ² " | R. Sinder 40 | GER | 14-8 |
| | 43.70-143 ⁴ " | H. Theissen 43 | GER | 19-6 |
| | 43.68-143 ³ " | E. Johansson 42 | ICE | - |
| | 43.54-142 ¹⁰ " | Seitzinger | USA | 19-6 |
| | 43.46-142 ⁷ " | R. Ball 40 | GB | - |
| | 43.18-141 ⁸ " | B. Schmidtbauer 43 | GER | 19-9 |
| | 43.12-141 ⁵ " | H. Hombrecher 51 | GER | 12-9 |
| | 42.92-140 ¹⁰ " | G. Marktanner 56 | GER | - |
| | 42.80-140 ⁵ " | J. Galvao 44 | PORT | - |
| 30 | 42.42-139 ² " | W. Thiele 45 | GER | 8-8 |
| | 42.42-139 ² " | E. Bohmig 40 | GER | 16-7 |
| | 42.20-138 ⁵ " | H. Hawke 48 | USA | 20-6 |
| | 41.80-137 ¹ " | R. Ellessor 40 | GER | 19-9 |
| | 41.72-136 ¹⁰ " | E. Schomburg 50 | GER | 25-9 |
| | 41.64-136 ⁷ " | E. Johnson | GB | 17-6 |

Class 2 (50-59) * 2k

| | | | | |
|----|----------------------------|------------------|-----|-------|
| 1 | 48.78-160 ⁰ " | F. Gordien 53 | USA | 27-6 |
| | 48.44-158 ¹¹ ** | K. Jouppila 55 | FIN | 7-8 |
| | 45.96-150 ⁹ " | G. Fortune 53 | USA | 20-6 |
| | 44.46-145 ¹⁰ " | J. Pavelich 50 | CAN | 2-7 |
| | 43.12-141 ⁵ ** | H. Hombrecher 51 | GER | 12-9 |
| | 42.92-140 ¹⁰ ** | G. Marktanner 56 | GER | - |
| | 42.82-140 ⁶ " | G. Ker 53 | USA | 27-6 |
| | 42.58-139 ⁸ " | D. Aldrich 57 | USA | 25-4 |
| | 41.72-131 ⁷ " | E. Schomburg 51 | GER | 25-9 |
| 10 | 38.68-126 ¹¹ " | A. Pavulins 51 | AUS | 18-4 |
| | 38.68-126 ¹¹ " | W. Eckert 54 | GER | 22-8 |
| | 38.66-126 ¹⁰ " | Kintish | USA | 16-5 |
| | 38.32-125 ⁸ " | J. Celaya 65 | SPA | 25-9 |
| | 38.24-125 ⁵ " | A. Karklins | CAN | 17-10 |
| | 37.62-123 ⁵ " | C. Baudry 57 | USA | 7-8 |
| | 36.78-120 ⁸ " | N. Heard 58 | USA | 2-6 |
| | 36.75-120 ⁶ " | J. Peridis | AUS | 18-4 |
| | 36.64-120 ² " | B. Metcalf | GB | 17-7 |

Class 3 (60+)

| | | | | |
|----|---------------------------|------------------|-----|------|
| 1 | 50.82-166 ⁹ " | K. Makzimczyk 62 | GB | 22-9 |
| | 44.68-146 ⁷ " | J. Thatcher 60 | USA | 3-7 |
| | 44.08-144 ⁷ " | J. Dick 64 | USA | -8 |
| | 43.16-141 ⁷ " | K. Carnine 68 | USA | 3-7 |
| | 41.18-135 ¹ " | H. de Groot 60 | USA | 3-7 |
| | 40.76-133 ⁹ " | J. Celaya 65 | SPA | 12-6 |
| | 39.88-130 ¹⁰ " | E. Archer 63 | USA | 3-7 |
| | 39.70-130 ³ " | C. McMahon 60 | USA | 20-6 |
| | 39.20-128 ⁷ " | G. Smith | GB | 8-8 |
| 10 | 39.00-127 ¹¹ " | V. Cheedle 66 | USA | 27-6 |
| | 38.24-125 ⁵ " | E. Poltruk 60 | CAN | 21-8 |

HAMMER

Records

Class 1A

| | | | |
|-------|------------|------|----|
| 70.90 | R. Klim 40 | USSR | 73 |
|-------|------------|------|----|

Class 1B

| | | | |
|-------|----------------|-----|----|
| 61.40 | J. Matchsek 45 | YUG | 74 |
|-------|----------------|-----|----|

Class 2A

| | | | |
|-------|------------|-----|----|
| 57.30 | M. Noor 50 | PAK | 75 |
|-------|------------|-----|----|

Class 2B

| | | | |
|-------|------------|-----|----|
| 53.02 | K. Hein 56 | GER | 64 |
|-------|------------|-----|----|

Class 3A

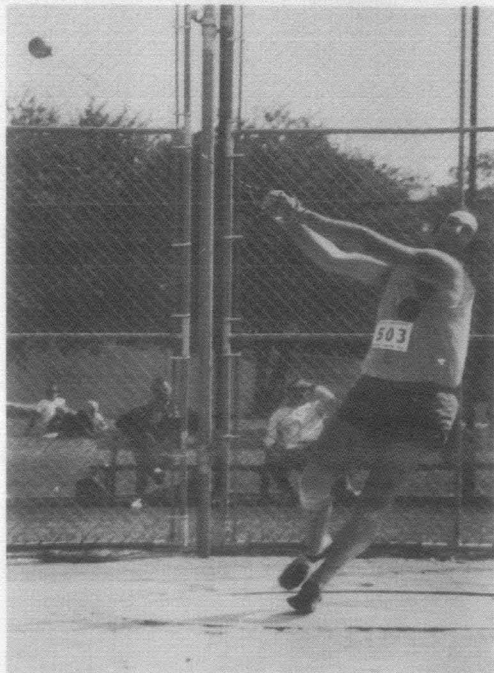
| | | | |
|-------|-----------------|-----|----|
| 48.12 | A. Miettinen 63 | FIN | 76 |
|-------|-----------------|-----|----|

Class 3B

| | | | |
|-------|-------------|----|----|
| 41.53 | N. Hawke 65 | NZ | 76 |
|-------|-------------|----|----|

Class 4

| | | | |
|-------|--------------|-----|----|
| 34.68 | A. Reiser 70 | GER | 76 |
|-------|--------------|-----|----|



T. MULLINS (AUS) ranked 10th in Hammer

Class 1 (40-49)

| | | | | |
|----|---------------------------|-----------------|-----|------|
| 1 | 64.62-212 ⁰ " | H. Potsch 43 | OST | 15-8 |
| | 62.44-204 ¹⁰ " | A. Hall 41 | USA | 11-6 |
| | 60.52-198 ⁶ " | P. Patterson 43 | SW | 15-9 |
| | 57.32-188 ⁰ " | J. Geishauer 40 | GER | 27-6 |
| | 56.22-184 ⁵ " | I. Dehis | GRE | - |
| | 56.20-184 ⁴ " | N. McDonald 41 | SA | - |
| | 55.98-183 ⁸ " | J. El-Weible 45 | SPA | 26-9 |
| | 55.56-183 ³ " | G. Husson | FRA | - |
| | 54.20-177 ¹⁰ " | B. Backus 50 | USA | 11-7 |
| 10 | 53.98-177 ¹ " | T. Mullins 45 | AUS | - |
| | 53.96-177 ⁰ " | E. Johnson | GB | 7-7 |
| | 53.34-175 ⁰ " | H. Blank 40 | GER | 17-7 |
| | 51.36-168 ⁶ " | S. Thomson 43 | USA | 27-6 |
| | 50.40-165 ⁴ " | D. Bayes 42 | GB | 19-6 |
| | 49.98-164 ⁰ " | H. Koop 45 | GER | 3-7 |
| | 49.40-162 ¹ " | G. Schipper 41 | GER | 9-5 |
| | 49.06-160 ¹¹ " | F. Axt 41 | GER | 26-8 |
| | 48.78-160 ⁰ " | G. Hezel 40 | GER | - |
| | 48.62-159 ⁶ " | D. Bell 48 | GB | 8-5 |
| 20 | 48.38-158 ⁸ " | A. Holme 40 | NOR | 8-8 |
| | 48.02-157 ⁶ " | A. Sprenger 44 | GER | 24-8 |
| | 47.62-156 ³ " | G. Bobell 40 | USA | 4-7 |
| | 47.38-155 ⁵ " | H. Boermans 41 | BEL | - |
| | 47.20-154 ¹⁰ " | R. Rzehak 46 | GER | 17-7 |
| | 47.16-154 ⁸ " | B. Petry 50 | GER | 28-8 |
| | 46.80-153 ⁶ " | H. Helf 44 | GER | 19-6 |
| | 46.78-153 ⁶ " | G. Metzle 40 | GER | 26-6 |
| | 46.68-153 ² " | K. Krick 40 | GER | 13-6 |
| | 46.30-151 ¹¹ " | H. Stampe 41 | GER | 1-6 |
| 30 | 45.86-150 ⁵ " | D. Leech | NZ | - |
| | 45.82-150 ⁴ " | A. Wiegand 43 | GER | 9-5 |

Class 2 (50-59)

| | | | | |
|---|---------------------------|---------------|-----|-------|
| 1 | 54.20-177 ¹⁰ " | B. Backus 50 | USA | 11-7 |
| | 47.16-154 ⁸ " | B. Petry 50 | GER | 28-8 |
| | 43.82-143 ⁹ " | D. Frawley 51 | AUS | 18-4 |
| | 42.10-138 ¹ " | R. Foley | AUS | 18-4 |
| | 41.38-135 ⁹ " | F. Fragozo | MEX | 23-10 |

1976 WORLD RANKINGS

| | | | | | | | | |
|----------------------------|----------------|------------------|-------|-------|------------------------|-------------------|-----|-------|
| | 41.32-135'-7" | A. Pavulins 51 | AUS | 18-4 | 50.26-164'-11" | R. Flaherty 44 | USA | 2-7 |
| | 41.02-134'-7" | S. Franz 51 | GER | 2-10 | 50.26-164'-11" | E. Bachmann 48 | GER | 9-10 |
| | 40.61-133'-2" | J. Pavelich 50 | CAN | 4-7 | 50.10-164'-4" | P. Franz | GER | 14-8 |
| | 40.30-132'-2" | A. Sonneck 56 | GER | 22-8 | 49.88-163'-8" | H. Durrwachter | GER | 7-6 |
| 10 | 40.28-132'-2" | A. Miettinen 63 | FIN | 26-9 | 49.78-163'-4" | F. Worsching 40 | GER | 15-8 |
| | 38.62-126'-8" | A. Karklins | CAN | 17-10 | 49.74-163'-2" | K. Buschendorf 40 | GER | 17-6 |
| | 38.12-125'-1" | D. Aldrich 58 | USA | 16-4 | 49.58-162'-8" | D. Rose 41 | USA | 2-7 |
| | 37.74-123'-10" | E. Poltrok 59 | CAN | 11-8 | 49.30-161'-9" | L. Washburn | CAN | 12-9 |
| | 37.70-123'-8" | E. Schomburg 51 | GER | 12-8 | 49.56-162'-7" | E. Zimmermann 41 | GER | 5-9 |
| | 37.02-121'-5" | W. Eckert 54 | GER | 15-8 | <i>Class 2 (50-59)</i> | | | |
| | 36.60-120'-1" | F. Colomar | SPA | 26-9 | 53.24-174'-8" | G. Saegeler 50 | GER | 8-5 |
| | 36.02-118'-2" | G. Einhoff 55 | GER | 5-5 | 49.20-161'-5" | B. Morales 59 | USA | 1-5 |
| | 35.62-116'-10" | A. Hunner 58 | GER | | 48.80-160'-1" | P. Fetter 55 | USA | 12-6 |
| | 35.24-115'-7" | Z. Ildens | CAN | 3-10 | 44.50-146'-0" | D. Frawley 51 | AUS | 17-4 |
| 20 | 34.80-114'-2" | N. Heard 58 | USA | 27-6 | 44.44-145'-9" | D. Aldrich 58 | USA | 29-5 |
| <i>Class 3 (60+)</i> | | | | | | | | |
| 1 | 48.10-157'-10" | A. Miettinen 63 | FIN | 12-9 | 44.24-145'-2" | R. Mikelson 51 | CAN | 12-9 |
| | 46.04-151'-1" | J. Fraser 61 | GB | 17-4 | 43.74-143'-6" | A. Pavulins 51 | AUS | 17-9 |
| | 41.53-136'-3" | N. Hawke 65 | NZ | | 43.40-143'-1" | N. Barth 57 | GER | 27-5 |
| | 39.38-129'-2" | A. Tesija 63 | AUS | 6-6 | 43.70-142'-5" | E. Serafin 50 | GER | 19-9 |
| | 37.37-123'-11" | N. Poltrok 60 | CAN | 21-8 | 43.28-142'-0" | H. Hunter 53 | USA | 15-5 |
| | 37.54-123'-2" | T. Montgomery 61 | USA | 27-6 | 42.84-140'-6" | D. Marcelja | YUG | 6-6 |
| | 36.65-120'-4" | N. Fowler 62 | USA | 4-7 | 42.28-138'-8" | S. Rughwinkler 54 | GER | 9-10 |
| | 36.52-119'-10" | J. Celaya 65 | SPA | 12-6 | 41.88-137'-5" | K. Gorger 51 | GER | 29-8 |
| | 34.68-113'-9" | A. Reisen 70 | GER | 27-6 | 40.88-134'-1" | J. Kilbuck 55 | USA | 4-7 |
| 10 | 34.08-111'-10" | P. Goic 81 | YUG | 6-6 | 40.84-134'-0" | H. Schneider 62 | GER | 15-5 |
| | | | | | 40.64-133'-4" | O. Eiseemann 63 | GER | |
| | | | | | 40.44-132'-8" | J. Siefert 58 | USA | 19-6 |
| | | | | | 38.72-127'-0" | R. Morcom 55 | USA | 19-6 |
| | | | | | 38.70-126'-11" | H. Wortmann 53 | GER | 3-10 |
| <i>Class 3 (60+) *800g</i> | | | | | | | | |
| 1 | 50.22-164'-9" | J. Kulcsar 40 | HUN | 74 | 50.22-164'-9" | B. Morales 60 | USA | 27-12 |
| | 41.48-136'-1" | O. Kauhanen 46 | FIN | 72 | 41.48-136'-1" | I. Hume 62 | CAN | 12-9 |
| | 40.84-134'-0" | J. Stenzeniks 50 | CHILE | 63 | 40.84-134'-0" | H. Schneider 62 | GER | 15-5 |
| | 40.64-133'-4" | B. Morales 56 | USA | 73 | 39.94-131'-0" | O. Eisenmann 53 | GER | |
| | 39.94-131'-0" | B. Morales 60 | USA | 76 | 39.90-130'-11" | H. de Groot 60 | USA | 12-6 |
| | 39.90-130'-11" | K. Carnine 68 | USA | 76 | 38.66-126'-10" | C. McMahon 60 | USA | 15-5 |
| | 38.66-126'-10" | K. Carnine 68 | USA | 76 | 37.46-122'-11" | C. Carnine 68 | USA | 19-6 |
| | 37.46-122'-11" | A. Reiser 70 | GER | 76 | 37.36-122'-7" | B. Macconaghy 68 | USA | 19-6 |
| | 37.36-122'-7" | | | | 35.76-117'-4" | K. Langer 60 | GER | |
| | 35.76-117'-4" | | | | 35.76-117'-4" | P. Partridge 60 | USA | 2-5 |
| | 34.54-113'-4" | | | | 34.54-113'-4" | J. Dick 64 | USA | 19-6 |
| | 33.60-110'-3" | | | | 33.60-110'-3" | N. Hawke 65 | NZ | |

JAVELIN

Records

Class 1A

76.12

Class 1B

64.68

Class 2A

55.91

Class 2B

55.10

Class 3A

50.22

Class 3B

38.66

Class 4

36.14

Class 1 (40-49)

1 75.74-248'-6"

66.12-216'-11"

62.44-204'-10"

61.80-202'-9"

61.32-201'-2"

60.60-198'-10"

59.28-194'-6"

58.76-192'-9"

58.66-192'-5"

10 56.70-186'-0"

56.56-185'-7"

56.32-184'-9"

55.98-183'-8"

55.02-180'-6"

54.88-180'-0"

53.48-175'-5"

53.44-175'-4"

53.24-174'-8"

53.16-174'-5"

20 52.92-173'-7"

52.68-172'-10"

51.38-168'-7"

50.70-166'-4"

50.54-165'-10"

50.46-165'-6"

50.50-165'-8"

50.40-165'-4"

J. Kulcsar 42 HUN 9-10

P. Conley 41 USA 1-5

H. Engels 41 GER 29-8

G. van Zeune 42 BEL

M. Schneider 41 GER 13-3

P. Olofson 41 HOL 15-5

S. Letcher 44 USA 19-6

R. Ball 41 GB

T. Hogevoid 41 NOR 18-7

G. Drewniok 45 GER 12-9

K. Hull 41 GER 20-6

M. Hofmann 43 GER 29-8

J. Elorriaga SPA 26-9

W. Gawrych 42 GER 26-9

H. Winkler 40 GER 19-9

S. Swankner 44 GER 28-8

R. Darling 40 USA 2-7

G. Saegler 50 GER 8-5

H. Mandl 40 OST 6-6

M. Hollander 41 GER 15-8

J. Achunch AUST 17-4

B. Zoz 45 GER 19-4

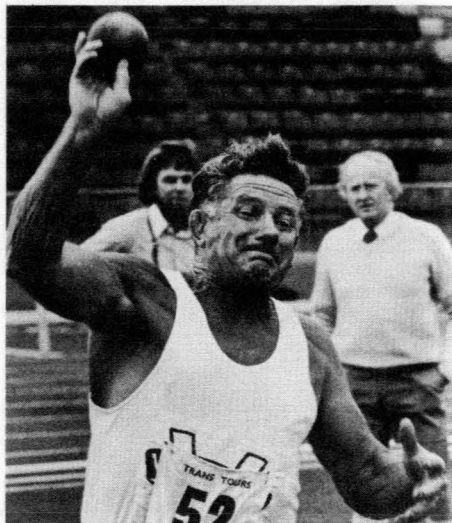
G. Knoke 40 GER 10-4

J. Phillips 42 GB 7-8

K. Lepiarz 40 GER 16-10

A. Grayburn 46 NZ 10-4

M. Kereser 40 GER 19-6



NORMAN HAWKE (NZ) 65, ranked 3rd in the Class 3 hammer and 12th in the javelin.

Marathon

by Jack Fitzgerald

Class 1 (40-49)

| | | | |
|-----|--------------------|--------------|---------|
| 1. | J. Foster (43) | New Zealand | 2:17:54 |
| 2. | E. Austin (41) | GB | 2:20:51 |
| 3. | Paolinelli | Italy | 2:22:51 |
| 4. | W. Wetzel (41) | West Germany | 2:25:11 |
| 5. | P. Hampton (40) | GB | 2:25:37 |
| 6. | A. Taylor (49) | Canada | 2:26:35 |
| 7. | K. Mueller (40) | USA | 2:27:55 |
| 8. | T. Clark (40) | USA | 2:28:00 |
| 9. | G. Wood (42) | USA | 2:28:28 |
| 10. | A. Wood (43) | GB | 2:28:33 |
| 11. | R. Thomas (40) | USA | 2:28:43 |
| 12. | E. Tanninen (40) | Finland | 2:28:48 |
| 13. | J. Steed (42) | GB | 2:29:33 |
| 14. | R. Thomas (40) | USA | 2:59:52 |
| 15. | P. Van Alphen (42) | Holland | 2:30:28 |
| 16. | S. Nikula (41) | Finland | 2:30:31 |
| 17. | A. Walsham (46) | GB | 2:31:46 |
| 18. | R. Jansen (40) | Holland | 2:32:08 |
| 19. | G. Kay (40) | GB | 2:32:19 |
| 20. | F. Mueller | USA | 2:32:24 |
| 21. | K. Hodgkinson (44) | GB | 2:32:25 |
| 22. | Rurini | Italy | 2:32:25 |
| 23. | J. Gallup (41) | USA | 2:32:32 |
| 24. | Fabri | Italy | 2:32:49 |

Class 2 (50-59)

| | | | |
|-----|-------------------|--------------|---------|
| 1. | E. Ostbye (55) | Sweden | 2:31:30 |
| 2. | G. McGrath (56) | Australia | 2:34:35 |
| 3. | A. Ratelle (52) | USA | 2:40:02 |
| 4. | C. Hall (50) | Canada | 2:40:10 |
| 5. | J. O'Neil (51) | USA | 2:40:56 |
| 6. | K. Hernelind (50) | Sweden | 2:41:02 |
| 7. | E. Almeida (53) | USA | 2:41:09 |
| 8. | J. Gilmour (57) | Australia | 2:46:10 |
| 9. | K. Hall (53) | GB | 2:46:28 |
| 10. | D. Lee (50) | GB | 2:46:37 |
| 11. | W. Sievers (51) | West Germany | 2:48:06 |
| 12. | T. Wood (51) | GB | 2:48:27 |
| 13. | S. Collins (50) | USA | 2:49:08 |
| 14. | K. Ekstron (50) | Sweden | 2:49:08 |
| 15. | J. Taylor (53) | USA | 2:49:36 |
| 16. | R. Davies (54) | USA | 2:49:40 |
| 17. | F. Feiaud (52) | France | 2:50:24 |
| 18. | F. Smith (50) | Canada | 2:50:38 |
| 19. | S. Baldry (50) | Canada | 2:50:44 |

Class 3 (60-69)

| | | | |
|-----|--------------------|----------------|---------|
| 1. | J. Flowers (60) | GB | 2:54:45 |
| 2. | G. Porteous (62) | GB | 3:01:45 |
| 3. | H. Michon (60) | France | 3:03:20 |
| 4. | G. Thiele (62) | West Germany | 3:05:16 |
| 5. | M. Montgomery (69) | USA | 3:09:45 |
| 6. | Gotti (60) | Italy | 3:10:07 |
| 7. | C. Davies (60) | USA | 3:11:19 |
| 8. | L. Dahlsten (65) | USA | 3:12:41 |
| 9. | N. Bright (66) | USA | 3:14:30 |
| 10. | S. Nicholls (65) | Australia | 3:14:36 |
| 11. | J. Montoya (64) | USA | 3:16:05 |
| 12. | A. Solemslokk (61) | Norway | 3:17:12 |
| 13. | I. Taylor (62) | USA | 3:17:29 |
| 14. | T. Jensen (69) | Sweden | 3:17:55 |
| 15. | J. Wall (63) | USA | 3:18:07 |
| 16. | W. Brobston (63) | USA | 3:19:57 |
| 17. | F. Mikolik (60) | Czechoslovakia | 3:21:25 |
| 18. | D. Logan (62) | USA | 3:22:10 |
| 19. | D. Rosenfeld (61) | GB | 3:22:44 |
| 20. | R. Rollason (60) | Canada | 3:23:34 |
| 21. | H. Sawizki (61) | USA | 3:25:35 |
| 22. | K. Steil (60) | West Germany | 3:29:25 |

Class 4 (70-79)

| | | | |
|----|--------------------|--------|---------|
| 1. | E. Nordin (70) | Sweden | 3:08:45 |
| 2. | M. Montgomery (70) | USA | 3:15:45 |

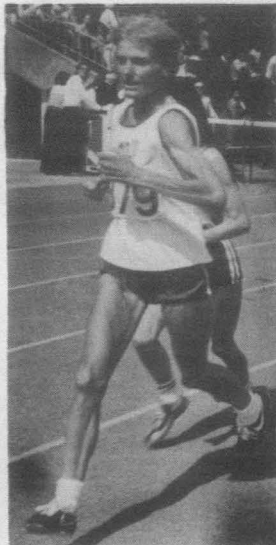
| | | | |
|-----|----------------------|--------------|---------|
| 3. | F. Tempel (75) | West Germany | 3:40:28 |
| 4. | W. Leach (70) | GB | 3:48:58 |
| 5. | L. Gregory (71) | USA | 3:59:55 |
| 6. | G. Bernhard (74) | Norway | 4:03:46 |
| 7. | G. Vang (74) | Norway | 4:07:53 |
| 8. | G. Zum Felde (70) | West Germany | 4:25:27 |
| 9. | A. Dyson (72) | Canada | 4:27:01 |
| 10. | F. Zon Ossowski (70) | West Germany | 4:35:13 |
| 11. | B. Hirsch (74) | USA | 4:47:42 |
| 12. | S. Nakayama (70) | Japan | 4:49:49 |
| 13. | A. Grebert (70) | West Germany | 4:50:20 |

Class 5 (80 plus)

| | | | |
|----|-----------------|--------------|---------|
| 1. | A. Nuechel (80) | West Germany | 5:21:05 |
| 2. | Dimitrion (98) | Greece | 7:33:00 |



JOAN ULLIYOT (USA)



RUTH ANDERSON (USA)

Ben Bickerton

Womens' World Marathon rankings list

Class OW (35-39)

| | | | |
|-----|-----------------|--------------|---------|
| 1. | J. Ulliyot (36) | USA | 2:51:15 |
| 2. | G. Reinke | West Germany | 2:56:55 |
| 3. | L. Witte | West Germany | 3:03:13 |
| 4. | C. K-Ripper | Holland | 3:04:40 |
| 5. | J. Von Haase | West Germany | 3:05:19 |
| 6. | P. Day | GB | 3:05:21 |
| 7. | M. Klopfer | USA | 3:09:25 |
| 8. | M. Cushing (38) | USA | 3:10:07 |
| 9. | W. Geller (39) | Canada | 3:10:25 |
| 10. | C. Shultis (37) | USA | 3:10:47 |

Class 1W (40-49)

| | | | |
|-----|-------------------|--------------|---------|
| 1. | M. Gorman (41) | USA | 2:39:11 |
| 2. | N. Hobson (45) | USA | 2:57:41 |
| 3. | U. Blaschke | West Germany | 3:03:54 |
| 4. | R. Anderson | USA | 3:05:49 |
| 5. | R. Schiek | West Germany | 3:05:50 |
| 6. | M. Czarapata (41) | USA | 3:06:53 |
| 7. | T. D'Elia (46) | USA | 3:08:17 |
| 8. | I. Schneider | West Germany | 3:11:21 |
| 9. | B. Cook | GB | 3:11:33 |
| 10. | J. Kayser (41) | USA | 3:12:12 |
| 11. | L. Kalweit | West Germany | 3:12:42 |
| 12. | B. Norrish | GB | 3:14:31 |
| 13. | S. Weiner | Canada | 3:15:55 |

Class 2W (50-59)

| | | | |
|----|----------------|-----|---------|
| 1. | M. Miller (50) | USA | 3:23:18 |
| 2. | M. Trent (58) | USA | 3:53:23 |
| 3. | L. Askew (50) | USA | 4:08:54 |
| 4. | I. Varela (51) | USA | 4:11:11 |

coroebus says...

When the veteran road runners of the world meet in Bruges on 30/31 July for the 10 km and 25 km championships, the IGAL representatives will once again be holding their policy meeting. I only hope that it turns out to be a more orderly affair than in Coventry.

Apart from deciding the venues for the next two championships, three controversial issues are on the agenda — all old chestnuts. The least controversial is the question of whether the very large fields for these races should be sent off at intervals — in this instance in three age groupings. It is not clear from the proposal whether a gap of a few minutes is intended between starts, or whether three entirely separate races are envisaged.

The second question to be resolved is whether age categories should be established by birthday or year of birth. There may be some advantages in the continental system of years only for the organisers and statisticians, but too many anomalies occur with this method. I should think that everyone outside of IGAL accepts the birth-date method so we must hope that they too will go along with the majority and call a man by his real age.

The last matter is the one that caused the upsets prior to Coventry. The Germans unilaterally lowered the veteran thresholds to 32 for men and 30 for women and when this was not accepted by the Coventry organisers they held a rival event in Tenneriffe. This “decision” has now been put up for reconsideration by the IGAL Secretary-General, Hideo Okada of Japan, and there is every indication that it will be disposed of in a few minutes — straight into the waste-paper basket. I have a feeling that the Bruges and Gothenburg gatherings will do a lot to provide the uniformity of view that the World Masters movement so badly needs.

Talking of uniformity of views, one cannot help but wonder how long it will take the administrators of athletics to think along consistent lines. On the question of veterans and amateurism, the American AAU gave the rest of the world a lead a few years ago when they permitted over-40 ex-pro sportsmen to compete against amateur over-40's. They readily acquiesced to the pressures of David Pain, Bob Fine and others for no discrimination of any kind against master sportsmen. However, such reinstated sports-

men cannot compete in a similar manner outside the USA because they then come under the jurisdiction of the IAAF.

US Master Hal Higdon, a former international, puts it this way. “A good friend of mine, Chuck Davey, once fought for the world welterweight boxing championship against Kid Gavilon back in the fifties. He was a pro. obviously. Long retired from boxing he took up road-work and enjoyed it so much that he took up long distance running, got re-instated by the AAU and competes in marathons. He is over 50 and runs well outside three hours. But in the eyes of the IAAF Chuck Davey is a professional who cannot be allowed to run against other over-50's, outside of the USA, whereas Lasse Viren who was paid \$3,100 last year by the Finnish government (and Lord knows how much under the table), is considered an amateur. I am not against Lasse getting his; what I don't support is hypocrisy”.

There is no doubt that Hal speaks for many masters throughout the veteran world. Official circles may move slowly, but they should always be aware that every moment they waste while they are being pushed into reform simply augments the waves of bad feeling that grow when such anomalies come to light.

As far as the English A.A.A. is concerned, I believe that they are even less enlightened than the IAAF and it will take a positive law change by the Federation to permit open Masters competition before the AAA is likely to change its attitude to non-amateurs. In fairness to the AAA, they have not been lobbied by the British Veterans to anything like the extent of the Americans.

But back to the uniformity of views I was talking about. One can expect inconsistencies between national bodies and international federations, but anomalies in the thinking of a single association is worthy of comment. I'll give you an example.

Ronnie Anderson of Morpeth and Bruce Tulloh of Portsmouth recently had two things in common. They were both over 40 years of age. They were both non-amateurs. They applied for re-instatement so that they could compete against other “old men”. Anderson was stamped with approval, Tulloh was rejected. In considering such application one can look back or forward. The A.A.A. clearly looked back and Anderson was “lucky” he had never been a European champion. If the A.A.A. had looked forward they

would have seen these two over-40's enjoying low-key competition against other veterans with no hope of achieving the heights of Tulloh's sixties form.

This is positive evidence to the IAAF that applications for reinstatement by over-40 athletes are not sympathetically considered. It is up to everyone at Gothenburg to see that the IAAF observers are made fully aware that veterans abhor discrimination against the Chuck Daveys and the Bruch Tullohs of our movement and that the category of "eligibility for masters only competitions" is quickly introduced.

My "Where are they now?" item in the last edition concerning Ted Brown has brought forth a letter from Arnold Shepherd, who writes: "As I remember it, E. Brown won the Southern Youths in 1949 and finished second to my club-mate Jack Price (E. Cheshire) in the National that year. In the National Junior of 1950 at Aylesbury, the race was won by Walter Hesketh (MAC) with J.C. Green (Reading) second and Jack Easthan (Bolton) third."

Well, memories can fail with age I suppose, and in this instance both Arnold Shepherd and I are wrong in some respects. Ted Brown did in fact finish second to Jack Price (not "Basher" Green) in the 1949 National Youths and, not noted by either of us, also finished second to the redoubtable Gordon Pirie in the Southern Junior of 1951. However, he never won, or was indeed placed, in the Southern Youths races of that era.

Arnold concludes by asking "But where is the 'daddy' of all the 1949 Juniors, Geoff Saunders?" Perhaps one of our readers could throw some light on that. For my own part the name which comes to mind most readily when dwelling on that period is Walter Hesketh, who gained individual medals in five consecutive years, 1948 (1st Youths), 1949 (3rd Junior), 1950 (1st Junior), 1951 (1st Junior) and 1952 (1st Senior) – a truly remarkable record which prompts one to wonder what Walter is doing just now.

Nat Fisher believes that but for lack of races he would have finished nearer to Roy Fowler than he did in this year's British Vets National C.C. at Perry Park. With only two races behind him since reaching 40 last October, and after many years in the wilderness, Nat certainly ran very well against the National Champion. His confidence is justified, that's for sure. After all, he was a class runner and international (1500 in 1961) and enjoyed four particularly good seasons in the period 1960/63 recording the following range of marks:-

| | | | |
|---------|--------|-----------|---------|
| 800: | 1:55.1 | 2 miles: | 8:52.4 |
| 1500: | 3:47.5 | 3 miles: | 13:42.8 |
| 1 mile: | 4:04.5 | 6 miles: | 29:11.0 |
| 3000: | 8:12.4 | 3000 S/C: | 9:05.8 |

Now he has his enthusiasm back and is aiming for the 1500m at Gothenburg. He got himself marathon

fit last October and after a season of cross-country work had a successful short road season (sub-52 for 10 miles) before turning to the track-work he knows so well. I understand that he is currently training 5 days a week, averaging 8 miles a day, and includes in his programme a mixture of intensive speed sessions (with recoveries down to 10 seconds), 5 x 2,000m (3 mins recovery), fartlek and easy running.

Everything points to him hitting 3:55 in Sweden, but then he will have to be sure of a medal this year.

Running shoes are big business these days. Advances in design have enabled manufacturers to produce efficient and, yes, fashionable products. But none of that washes with America's shuffling marathoner John Montoya (64). Blue shoes are O.K. he reckons, but his style is one with a difference – blue bedroom slippers, without heels, taped to his feet!

However, that baby blue footwear has carried him through marathons galore and taken him to a time only 4 minutes outside the 3 hours barrier. He disdains the conventional running shoe. "They gave me shin splints, and wrecked my feet". Now he runs 10 miles a day in his novel footwear.

But the interesting thing about Montoya is that eleven years ago he smoked, drank, had high blood pressure, diabetes and was 40 pounds overweight. His doctor told him to do something about it or suffer the consequences, so he resorted to something he did pretty well as a schoolboy – running. He did it firstly for fitness but now "I do it for fun, fitness and competition". He no longer smokes or drinks. His weight is down to what it was in 1931 (140 pounds). He eats only two meals a day and goes without eating for 24 hours before a marathon.

Some may smile when they see Montoya's blue slippers, but when it comes to health and fitness John has the last laugh.

I have heard of people taking cycling holidays of a month or so, but never anything approaching five years! Yes, five years. That is the time Ken and 'Jackie' Proctor of Philadelphia USA expect to be away from their homeland, and on two wheels for much of the time. Ken, now 61 years old, finished 8th in the Toronto 1500 (2B) and has therefore included Gothenburg in an itinerary which will take him and his wife around the world. Their trip will include athletic meets in France, Italy, Germany and Spain prior to Sweden. When the festivities at Gothenburg are over the couple will pedal their way through Greece, Iran, Afghanistan, India and Nepal where they plan to climb the first 18,500 feet of Mount Annapurna (on foot of course!). Then on to Taiwan and Hong Kong. The trip started on January 2nd and so far I have had no news of their progress. So if you see a cyclist tuck in behind the 1500 metres field in Gothenburg you will know who it is.

World news and results

compiled by Peter Scott

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WORLD SNIPS

AUSTRALIA:

An assessment of Aussie prospects for Sweden by JACK PENNINGTON rates them not as good as Toronto with the exception perhaps of John Gilmour who, at 57 is in better form than ever and is expected to improve his 2B records. Wal Sheppard could give John support in the 1500m and will be favoured himself in the 800m. Alby Thomas is scheduling his training to peak for the Gothenburg 1500 and 5000 metres.

The world's greatest sprinter for his age, Vic Pye, died at Melbourne, in April. Although he ran 100m in 13.7 at 70 yrs of age, and 200m in 29.5, he could not claim any records owing to a misunderstanding as to his correct age.

U.S.A.:

The periodical *Runner's World* has splashed out the results of some recent research which suggests that a moderate bout of alcoholic consumption is not harmful, and in some cases is beneficial to athletic performance. The magazine points out that Frank Shorter sank a couple of litres of German beer on the eve of his gold medal-winning marathon at Munich in 1972. In another instance, a competitor in the 1976 Boston Marathon found himself a bit whacked after 20 miles and was provided with a glass of vodka and water. Perking up, he passed 70 runners in the subsequent 6 miles and finished respectably!

Harry Cordellos, the blind marathoner who is also without feet (running on his stumps!), ran the Avenue of the Giants Marathon in California in 3:07:00. This 40 yr old marvel said he could hear squirrels in the trees saying, "Let's go down on the road, there are a lot of nuts down there!!"

CANADA:

Max Gould does it again. He has improved his World 50K walk record by 7 mins., to 4 hrs. 50 mins. 54 secs. His previous record was set in Montreal in October '74, and this new time was set in Palo Alto, California, on March 13th, in the Pacific Coast 50K Championship. Racing against top walkers, Max came 4th overall and his last 10K was as fast as his first.

Food for thought, that as late as 1965, no North American had walked under 5 hrs. for 50K in the Olympics. And Max turns 60 on July 18th.

New Zealand

Registrations to veteran athletic clubs up by 20% reflect boom in veteran running. In the Lake Rotoua marathon for example 150 vets competed this year compared with 80 in 1976, while 27 women competed as opposed to only 8 last year.

Syd Hesketh of Sydney (72 yrs) set a new world class figure in May of 43:05 for 10,000 meters in the N.S.W. Vets Championships. This wonderful athlete still runs about 8 miles per day and is a familiar figure splashing along the water's edge of Dee Why beach north of Sydney.

(Thanks to Frank McCaffrey for this snippet).



72 yrs old SYD HESKETH (224) slashes 1½ minutes from the world record for 10,000 m with 43:05.

Frank McCaffrey

Australia

APRIL 10th, 11th — 5th Annual Australian Veterans' Championships, Perry Lakes Stadium, Western Australia.

These championships provided the most remarkable competition ever seen at this stadium.

John Gilmour, the local idol and holder of several world veteran records, proved to be in better form

than Toronto. He cleared right away from a 1500m field to win easily and then went on to take the 5,000m, 800m, 10,000m and 10,000m cross-country titles.

Ex-Olympian and former world record holder Alby Thomas of New South Wales, had to give best to Maslen and Morgan-Morris in the 1500m and 5000m respectively. However, our correspondents at the championships JACK PENNINGTON and WAL SHEPPARD inform us that Alby has been ill with gout and was not 100% fit. He hopes to be fully fit for Gothenburg though.

100

1A (40-44)

| | |
|--------------------|------|
| 1. D. Scott (WA) | 11.8 |
| 2. J. Liascos (SA) | 12.4 |
| 3. D. Carr (WA) | 12.5 |

1B (45-49)

| | |
|---------------------|------|
| 1. L. Snelling (SA) | 11.7 |
| 2. E. Eden (Q) | 12.0 |
| 3. P. Leane (Vic) | 12.4 |

2A (50-54)

| | |
|------------------------|------|
| 1. P. Hochreiter (Vic) | 12.9 |
| 2. D. Jones (WA) | 12.9 |
| 3. R. Clarke (SA) | 13.2 |

2B (55-59)

| | |
|-------------------|------|
| 1. M. Goff (WA) | 13.2 |
| 2. R. Payne (NSW) | 13.8 |
| 3. G. Vickers (Q) | 18.6 |

3A (60-64)

| | |
|--------------------|------|
| 1. A. Lampard (SA) | 14.2 |
| 2. A. Smith (Vic) | 14.7 |
| 3. A. Digance (SA) | 15.0 |

Women

| | |
|------------------------|------|
| 1. K. Holland (WA) | 12.5 |
| 2. B. Teasdale (WA) | 13.5 |
| 3. A. Wijesundera (WA) | 14.4 |

400M

1A (40-44)

| | |
|----------------------|------|
| 1. D. Carr (WA) | 55.8 |
| 2. D. Batterham (WA) | 69.9 |

1B (45-49)

| | |
|---------------------|------|
| 1. L. Snelling (SA) | 54.3 |
| 2. P. Manning (NSW) | 58.7 |
| 3. A. Pryer (Vic) | 61.2 |

2A (50-54)

| | |
|-------------------|------|
| 1. R. Clarke (SA) | 57.9 |
| 2. D. Jones (WA) | 59.6 |
| 3. A. Thomas (SA) | 62.6 |

2B (55-59)

| | |
|-------------------|------|
| 1. R. Payne (NSW) | 62.0 |
|-------------------|------|

3A (60-64)

| | |
|---------------------|------|
| 1. J. Stevens (Vic) | 63.3 |
| 2. A. Smith (Vic) | 65.5 |
| 3. A. Lampard (SA) | 66.1 |

1500M

1A (40-44)

| | |
|--------------------|--------|
| 1. E. Maslen (WA) | 4:15 |
| 2. A. Thomas (NSW) | 4:19.7 |
| 3. W. Hughes (Vic) | 4:37 |

1B (45-49)

| | |
|-------------------|------|
| 1. R. Shand (WA) | 4:34 |
| 2. R. Sara (SA) | 4:51 |
| 3. R. Hayres (WA) | 4:54 |

2A (50-54)

| | |
|------------------------|------|
| 1. W. Sheppard (Vic) | 4:42 |
| 2. J. Pennington (NSW) | 4:44 |
| 3. M. Moyle (WA) | 5:11 |

2B (55-59)

| | |
|---------------------|--------|
| 1. J. Gilmour (WA) | 4:31.5 |
| 2. R. Payne (NSW) | 5:09 |
| 3. P. Colthup (Vic) | 5:14 |

3A (60-64)

| | |
|---------------------|--------|
| 1. J. Stevens (Vic) | 5:17.8 |
| 2. A. Smith (Vic) | 5:32.7 |
| 3. A. Digance (SA) | 6:22 |

3B (65-69)

| | |
|---------------------|------|
| 1. P. Barnes (SA) | 7:06 |
| 2. T. Millard (NSW) | 7:32 |

Women

| | |
|--------------------|------|
| 1. C. McKerr (Vic) | 6:33 |
|--------------------|------|

5000M

1A (40-44)

| | |
|------------------------|---------|
| 1. Morgan-Morris (Vic) | 15:55.4 |
| 2. B. Williamson (NSW) | 16:06.4 |
| 3. A. Thomas (NSW) | 16:36.0 |

1B (45-49)

| | |
|---------------------|-------|
| 1. A. Eriffa (WA) | 17:42 |
| 2. W. McCabe (WA) | 18:07 |
| 3. E. Robbins (Vic) | 18:55 |

2A (50-54)

| | |
|--------------------|-------|
| 1. C. Janner (WA) | 17:53 |
| 2. A. Merrett (WA) | 18:27 |
| 3. Del Frisby (SA) | 18:28 |

2B (55-59)

| | |
|--------------------------|---------|
| 1. J. Gilmour (WA) | 17:10.4 |
| 2. N. le Rossignol (Vic) | 21:13.0 |

3A (60-64)

| | |
|--------------------|-------|
| 1. C. Bould (WA) | 20:10 |
| 2. A. Digance (SA) | n.t. |

3B (65-69)

| | |
|-----------------------|-------|
| 1. H. Batterham (NSW) | 20:50 |
| 4 (70+) | |
| 1. R. Barlow (Vic) | 22:24 |

Women

| | |
|--------------------|-------|
| 1. C. McKerr (Vic) | 22:26 |
|--------------------|-------|

Shot Put

1A (40-44)

| | |
|---------------------|-------|
| 1. T. Hancock (Vic) | 11.07 |
| 2. F. Cron (Vic) | 9.49 |
| 3. A. Fergie (WA) | 8.91 |

1B (45-49)

| | |
|-----------------------|-------|
| 1. P. Leane (Vic) | 11.43 |
| 2. C. Murraylee (Vic) | 9.71 |
| 3. J. Soutar (NSW) | 9.08 |

2A (50-54)

| | |
|------------------------|-------|
| 1. A. Pavulins (Vic) | 13.78 |
| 2. R. Hochreiter (Vic) | 11.93 |
| 3. D. Frawley (Q) | 9.95 |

2B (55-59)

| | |
|-------------------|------|
| 1. N. Goff (WA) | 9.20 |
| 2. G. Vickers (Q) | 8.36 |
| 3. J. Payne (NSW) | 7.25 |

3A (60-64)

| | |
|--------------------|-------|
| 1. J. Fraser (Vic) | 12.87 |
| 2. R. Foley (Vic) | 12.06 |

3B (65-69)

| | |
|---------------------|------|
| 1. W. Tunaley (Vic) | 8.15 |
| 2. J. Collins (WA) | 7.12 |

Javelin

1A (40-44)

| | |
|---------------------|-------|
| 1. T. Hancock (Vic) | 52.02 |
| 2. F. Cron (Vic) | 34:36 |
| 3. A. Fergie (WA) | 29:21 |

1B (45-49)

| | |
|-----------------------|-------|
| 1. P. Leane (Vic) | 52.79 |
| (Aust record) | |
| 2. C. Murraylee (Vic) | 44.12 |
| 3. R. Shand (WA) | 36.26 |

(WA record)

2A (50-54)

| | |
|------------------------|-------|
| 1. P. Frawley (Q) | 48.24 |
| (Aust record) | |
| 2. A. Pavulins (Vic) | 40.48 |
| 3. R. Hochreiter (Vic) | 37.30 |

2B (55-59)

| | |
|-------------------|-------|
| 1. N. Goff (WA) | 26.96 |
| (WA record) | |
| 2. G. Vickers (Q) | 23.80 |

3A (60-64)

| | |
|--------------------|-------|
| 1. J. Fraser (Vic) | 28.24 |
| 2. R. Foley (Vic) | 25.32 |
| 3. A. Digance (SA) | 15.44 |

3B (65-69)

| | |
|--------------------|--------|
| 1. J. Collins (WA) | 16.14 |
| 4 (70+) | |
| 1. P. Barnes (SA) | 8.44.1 |

Long Jump

1A (40-44)

| | |
|------------------|------|
| 1. D. Scott (WA) | 5.94 |
| (WA record) | |

1B (45-49)

| | |
|--------------------|------|
| 1. P. Leane (Vic) | 5.74 |
| (Aust. record) | |
| 2. J. Soutar (NSW) | 4.99 |

Women

| | |
|------------------------|------|
| 1. K. Holland (WA) | 5.19 |
| 2. B. Teasdale (WA) | 4.76 |
| 3. W. Wijesundera (WA) | 4.52 |

Pole Vault

1A (40-44)

| | |
|------------------------------|------|
| 1. E. Maslen (WA) | 2.76 |
| 2. L. Deller (Vic) | 2.76 |
| (Both share new Aust record) | |

3A (60-64)

| | |
|--------------------|------|
| 1. A. Lampard (SA) | 1.86 |
|--------------------|------|

110MH

1A (40-44)

| | |
|--------------------|------|
| 1. L. Deller (Vic) | 18.7 |
|--------------------|------|

1B (45-49)

| | |
|---------------------|------|
| 1. A. Cummings (WA) | 22.4 |
| 2B (55-59) | |
| 1. N. Goff (WA) | 19.1 |
| 2. P. Colthup (Vic) | 24.1 |

3A (60-64)

| | |
|---------------------|------|
| 1. A. Lampard (SA) | 20.4 |
| 4 (70+) | |
| 1. G. Simpson (Vic) | 26.0 |

Canada

February 5

Masters 10 Km, Mundy Park, British Columbia

| | |
|-------------------------|-------|
| 1. J. Conway | 35:35 |
| 2. Les McDonald | 36:40 |
| 3. Stu Fall | 37:22 |
| 4. Hans Wurm | 39:11 |
| 5. Ivor Davies | 39:20 |
| 6. Sverre Hietanen (2B) | 39:32 |

March 6th

MTRRA 20 Kilometre Road Race, York University, Ontario

Class 1 (40+)

| | |
|---------------------|-------|
| 1. Bryan Martindill | 72:28 |
| 2. Graham Downer | 75:57 |
| 3. Johnny Johnston | 77:55 |
| 4. Norm Abbott | 79:58 |
| 5. Brian Oxley | 83:10 |
| 6. David Milne | 83:10 |
| 7. Stu Hetherton | 85:02 |
| 8. Bob Bolsover | 87:47 |
| 9. David Black | 88:20 |

Class 2 (50+)

| | |
|-------------------|-------|
| 1. Doug Laister | 78:41 |
| 2. Bill Cameron | 80:45 |
| 3. Fred Pritchard | 84:11 |
| 4. Jim Morrow | 85:10 |
| 5. Bud Crozier | 87:17 |

March 19th

Masters 3000 Metres Cross Country, Como Lake

| | |
|-------------------------|-------|
| 1. Wolf Mashohn | 9:22 |
| 2. Sverre Hietanen (2B) | 10:00 |
| 3. Ron McQuade | 10:28 |
| 4. Ken Richardson (2A) | 10:49 |
| 5. Hans Sigmund | 11:07 |
| 6. Bob Cleator (2A) | 11:12 |

March 20th

MTRRA 10 Kilometre Road Race, Sunnybrook Park, Ontario

Class 1 (40+)

| | |
|-----------------|-------|
| 1. Doug Beatty | 37:37 |
| 2. George Milne | 38:08 |
| 3. Norm Abbott | 39:57 |
| 4. John Johnson | 40:18 |
| 5. Brian Oxley | 40:51 |
| 6. Sid Pollock | 51:04 |

Class 2 (50+)

| | |
|--------------------|-------|
| 1. Bill Cameron | 38:54 |
| 2. Sam Groves | 42:32 |
| 3. Ted Maidman | 42:38 |
| 4. Jim Truill | 43:28 |
| 5. Don Farquharson | 44:38 |

A heavy snowstorm which quickly piled up snow started about an hour before the race and continued to make headway and footing difficult throughout. The result was a tough race with hard competition if slower times.

March 20th

Montreal Marathon

| | |
|-----------------------|---------|
| 1. Ed Whitlock (1B) | 2:48:49 |
| 2. George Litman (1A) | 2:49:17 |
| 3. Trevor Banks (1A) | 2:50:57 |
| 4. Michel Jobin (1A) | 2:53:28 |
| 5. Rene Latour (1B) | 2:59:34 |
| 6. Earl Shaw (1B) | 2:59:40 |

March 26th

Around the Bay, Hamilton, Ontario 19 Miles 168 Yards

This event, the oldest continuous annual race in Canada, always produces a strong field and this year's 125 finishers were no exception. The race was won in 1:36:54, by Dave Northey.

Masters' Results

| | |
|------------------------|---------|
| 1. Arthur Taylor (2A) | 1:51:12 |
| 2. Steve Skolik (1A) | 1:57:12 |
| 3. Alex Vance (1A) | 2:01:09 |
| 4. Miles Marshall (1B) | 2:02:07 |
| 5. Bill Cameron (2A) | 2:02:37 |
| 6. Doug Laister (2A) | 2:04:24 |

April 9th

North York Easter Road Race, Toronto

Masters 2 miles + 100 yards. Whilst Arthur Taylor has never been beaten in Class 2, today saw the end of an over 40's winning streak which had lasted since Bob Bowman took one from him last October 30th. Tony Giblin started his kick right from the gun and had set up a formidable lead by 800m. He continued to hold this strongly throughout the race, setting a course record. This is the oldest continuous Masters event in Canada (13 years).

| | |
|------------------|-------|
| 1. Tony Giblin | 10:29 |
| 2. Doug Beatty | 10:41 |
| 3. Arthur Taylor | 10:48 |
| 4. Bill Cameron | 10:58 |
| 5. Heinz Brack | 11:01 |
| 6. Lorne Buck | 11:07 |

April 17th

Metro Toronto Fitness Club Run, Sunnybrook Park, Toronto

| | |
|----------------------|-------|
| 1. Cliff Hall (2A) | 16:45 |
| 2. George Milne (1A) | 16:45 |
| 3. Jan Roos | 16:59 |
| 4. Lorne Buck (1A) | 17:10 |
| 5. Frank Galata (1B) | 17:33 |
| 6. Brian Oxley (1A) | 18:07 |

May 1st

Alberta Marathon

Mens' Master (40-49)

| | |
|--------------------|----------|
| 1. John Doyle | *2:42:36 |
| 2. John Bohnet | *2:47:25 |
| 3. Karl Fiddes | *2:47:41 |
| 4. Bill Wyllie | *2:50:26 |
| 5. Bob Dumlalenede | 2:54:31 |
| 6. Bob Bell | 2:56:56 |

Mens' Senior (50+)

| | |
|----------------------|---------|
| 1. Ron Read | 3:42:22 |
| 2. Sam Lange | 3:50:58 |
| 3. Arthur Dyson (73) | 4:32:02 |

(*Old Record 2:51:55)

May 15th

National Capital Marathon

Class 1 (40-49)

| | |
|---------------------|---------|
| 1. Michel Jobin | 2:42:29 |
| 2. Roly Waechter | 2:42:51 |
| 3. Jack Reid | 2:47:32 |
| 4. Trevor Banks | 2:49:07 |
| 5. James Howe | 2:51:18 |
| 6. Alex Vance | 2:51:35 |
| 7. Lorne Buck | 2:51:36 |
| 8. Joe Connor (USA) | 2:51:52 |
| 9. Ed Whitlock | 2:52:13 |
| 10. Art Rappich | 2:52:40 |

| | |
|---------------------|---------|
| 11. Dave Milne | 2:54:17 |
| 12. Rene Latour | 2:55:48 |
| 13. Norm Abbott | 2:56:46 |
| 14. Norm Roof (USA) | 2:57:05 |
| 15. Art Vondette | 2:57:19 |
| 16. Bill Cameron | 2:57:22 |
| 17. R. Rathbone | 2:57:35 |
| 18. Jim Simpson | 2:58:13 |
| 19. Chris Burgess | 2:58:47 |
| 20. Bill Fullerton | 2:59:16 |
| 21. Paul McSorley | 2:59:50 |
| 22. Earl Shaw | 2:59:53 |

Class 2 (50-59)

| | |
|--------------------------------|---------|
| 1. Arthur Taylor (9th overall) | 2:27:17 |
| 2. Cliff Hall | 2:44:08 |
| 3. Don Neill | 3:01:06 |
| 4. Pat Reeves | 3:01:35 |
| 5. Art Gutner | 3:03:45 |
| 6. Robert Robinson | 3:04:54 |
| 7. Doug Laister | 3:07:06 |

Class 1 W

| | |
|------------------|---------|
| 1. Sylvia Weiner | 3:25:04 |
|------------------|---------|

June 6th

Canadian International Marathon, Edmonton

| | |
|---------------------|---------|
| 1. Jack Foster (NZ) | 2:22:06 |
|---------------------|---------|

Belgium

April 23rd

Veteran's Pentathlon Championship

1A (40-44)

| | |
|-----------------------------|-----------|
| 1. L. Marien | 2,564 pts |
| 2. J. Luyckx, (Netherlands) | 1,869 pts |
| 3. L. Sterckx, | 1,861 pts |

1B (45-49)

| | |
|----------------------|-----------|
| 1. G. R. Wittwongel, | 1,474 pts |
| 2. G. Alloo | 1,315 pts |
| 3. J. D. Lauwers | 1,005 pts |

2A (50-54)

| | |
|------------------|-----------|
| 1. G. De Cremer, | 1,192 pts |
| 2. R. Boterberg | 993 pts |
| 3. M. Bral | 614 pts |

2B (55-59)

| | |
|------------------|---------|
| 1. E. Pauwels | 703 pts |
| 2. V. Carpentier | 543 pts |
| 3. P. Derriendt | 111 pts |

3 (60-69)

| | |
|----------------|---------|
| 1. A. Debeurme | 280 pts |
| 2. A. de Pauw | 202 pts |

Finland

May 28th

Seinajoki Marathon

The overall winner of this event was R. Lindstrom (35 years) in 2:26:12. Veteran placings were as follows:-

(40-44)

| | |
|------------------|---------|
| 1. T. Valasti | 2:29:13 |
| 2. T. Lappalahti | 2:43:01 |
| 3. A. Hyvarinen | 2:45:31 |

(45-49)

| | |
|----------------|---------|
| 1. M. Hokkanen | 2:37:21 |
| 2. E. Enqvist | 2:43:57 |
| 3. U. Manninen | 2:44:22 |

(50-54)

| | |
|------------------|---------|
| 1. M. Kankaanpaa | 3:01:09 |
| 2. T. Arola | 3:07:27 |
| 3. T. Haapanen | 3:08:18 |

(55-59)

| | |
|-----------------|---------|
| 1. O. Hokkanen | 2:58:24 |
| 2. T. Koronen | 3:15:41 |
| 3. M. Hautamaki | 3:29:27 |

(60+)

| | |
|-----------------|---------|
| 1. V. Jokiranta | 3:42:55 |
| 2. V. Peippola | 3:44:17 |
| 3. T. Koskela | 3:53:58 |

Holmroos and Utrinen did not compete in this, the first marathon of the Finnish Season, and Nikula was not prepared having concentrated on track work thus far.

(Thanks to Charlie Greenlees for these details)

Germany

March 5th/6th

National Cross-Country Championships,
Neumünster

Class III (40-45) - 9,600 Metres

| | |
|-----------------|---------|
| 1. J. Kessler | 30:36.8 |
| 2. R. Zimmerman | 30:45.4 |
| 3. A. Ida | 30:53.4 |
| 4. H. Kirschte | 31:04.4 |
| 5. P. Rauch | 31:21.0 |
| 6. H. Kuhlen | 31:34.0 |

Class IV (46-50) - 9,600 Metres

| | |
|----------------|---------|
| 1. A. Göritz | 31:42.2 |
| 2. G. Burghard | 32:19.0 |
| 3. E. Basse | 32:32.0 |
| 4. P. Köhn | 32:56.0 |
| 5. W. Breitner | 33:57.0 |
| 6. H. Saleina | 34:09.0 |

Class V (51-55) - 9,600 Metres

| | |
|--------------------|---------|
| 1. H. J. Saengers | 33:50.0 |
| 2. H. Winterheimer | 33:56.6 |
| 3. W. Buck-Emden | 34:05.6 |
| 4. E. Schulz | 34:06.2 |
| 5. K. Scheyer | 34:17.6 |
| 6. H. Baudisch | 34:47.8 |

Class VI (56-60) - 9,600 Metres

| | |
|------------------|---------|
| 1. F. Karl | 35:45.9 |
| 2. F. Perkampus | 36:53.8 |
| 3. L. Hermann | 37:00.2 |
| 4. G. Linschmann | 37:22.6 |

Class VII (60+) - 9,600 Metres

| | |
|----------------|---------|
| 1. K. Weichert | 39:30.4 |
| 2. F. Beermann | 40:11.8 |
| 3. F. Hübner | 40:24.4 |
| 4. A. Kopp | 40:46.4 |

Italy

June 10/11/12th

Ist Italian Masters International Meet -
Milan

100M

Class 1A

| | |
|-------------------|------|
| 1. Ceccaroni | 11.3 |
| 2. R. Quilici | 11.5 |
| 3. W. Morgan (GB) | 11.6 |

Class 2A

| | |
|-------------|------|
| 1. Radaelli | 12.9 |
| 2. Di Maria | 13.0 |

Class W2B

| | |
|-----------------|------|
| 1. Levart (Yug) | 19.2 |
|-----------------|------|

Class 3A

| | |
|---------------|------|
| 1. Cervellini | 14.8 |
| 2. Millesimi | 15.1 |
| 3. Arnone | 15.1 |

Class 4

| | |
|-------------------|------|
| 1. Wedgburn (Eng) | 17.1 |
|-------------------|------|

Class 1B

| | |
|-----------------|------|
| 1. Xavier Anton | 12.2 |
| 2. Pidatella | 12.6 |
| 3. Rossini | 12.8 |

Class 2B

| | |
|-------------------|------|
| 1. S. Stein (GB) | 12.3 |
| 2. Vilaseca (Spa) | 14.4 |

Class 0W

| | |
|-------------|------|
| 1. Spezzati | 13.3 |
|-------------|------|

Class 3B

| | |
|----------------|------|
| 1. Colo* | 14.8 |
| 2. Rieth (Fra) | 15.8 |

200M

Class 1A

| | |
|----------------|------|
| 1. Ceccaroni | 23.2 |
| 2. Morgan (GB) | 23.5 |
| 3. R. Quilici | 23.5 |
| 4. Musco | 24.5 |
| 5. Martinez | 25.8 |

Class 1B

| | |
|------------------|------|
| 1. Bofill (Esp) | 25.5 |
| 2. Wosylus (Fra) | 25.8 |
| 3. Pidatella | 26.5 |
| 4. Rossini | 27.0 |
| 5. La Neve | 27.6 |

Class 2A

| | |
|------------------|------|
| 1. Findeli (Fra) | 25.5 |
| 2. Massari | 26.9 |
| 3. Radaelli | 27.7 |

Class 2B

| | |
|-------------------|------|
| 1. Stein (GB) | 26.3 |
| 2. Vilaseda (Spa) | 30.7 |

Class 3A

| | |
|---------------|------|
| 1. Cervellini | 33.1 |
| 2. Millesimi | 33.6 |

Class 3B

| | |
|----------------|------|
| 1. Reith (Fra) | 33.6 |
|----------------|------|

Class 4

| | |
|------------------|------|
| 1. Wedgbury (GB) | 37.7 |
|------------------|------|

400M

Class 1A

| | |
|-----------------|------|
| 1. Morgan (GB) | 52.1 |
| 2. Colombo G.P. | 54.0 |
| 3. Musco | 56.2 |
| 4. Redondi | 56.4 |
| 5. Rossi | 57.1 |
| 6. Martinez | 58.1 |

Class 1B

| | |
|------------------|------|
| 1. Rasoni | 57.8 |
| 2. Bofill Xavier | 59.1 |

Class 2A

| | |
|------------------------|------|
| 1. Ferrer Ferret (Spa) | 65.9 |
|------------------------|------|

Class 2B

| | |
|-----------------------|------|
| 1. Garcia Lopez (Spa) | 65.9 |
|-----------------------|------|

Class 3A

| | |
|-----------|------|
| 1. Arnone | 73.5 |
|-----------|------|

Class 3B

| | |
|----------------|------|
| 1. Rieth (Fra) | 87.5 |
|----------------|------|

800M

Class 1A

| | |
|--------------------|--------|
| 1. Degli Innocenti | 2:04.2 |
| 2. Cibri (Yug) | 2:14.3 |

Class 1B

| | |
|----------------|--------|
| 1. Busca (Spa) | 2:12.7 |
| 2. Rasoni | 2:14.8 |
| 3. Bravo | 2:19.4 |

Class 2A

| | |
|---------------|--------|
| 1. Antoniazzi | 2:27.9 |
| 2. Remar | 2:53.0 |

Class 2B

| | |
|----------------|--------|
| 1. Lopez (Spa) | 2:37.2 |
| 2. Canale | 2:42.6 |

Class 3B

| | |
|------------|--------|
| 1. Scimone | 3:17.2 |
|------------|--------|

1500M

Class 1A

| | |
|--------------------|--------|
| 1. Rizzo | 4:17.2 |
| 2. Degli Innocenti | 4:20.6 |
| 3. Paolinelli | 4:28.0 |
| 4. Sanic | 4:30.2 |

Class 1B

| | |
|----------------|--------|
| 1. Busca (Esp) | 4:33.1 |
| 2. Ceconi | 4:35.3 |
| 3. Bravo | 4:48.1 |

Class 2A

| | |
|---------------|--------|
| 1. Antoniazzi | 4:56.2 |
| 2. Ivanovic | 4:57.9 |
| 3. Lugano | 4:58.8 |

Class 2B

| | |
|-----------|--------|
| 1. Canale | 5:32.3 |
|-----------|--------|

Class 3A

| | |
|----------|--------|
| 1. Crova | 6:05.7 |
|----------|--------|

Class 3B

| | |
|------------|--------|
| 1. Scimone | 6:15.6 |
|------------|--------|

Class W1B

| | |
|--------------|--------|
| 1. D'Orlando | 5:04.2 |
|--------------|--------|

5000M

Class 1A

| | |
|-------------|---------|
| 1. Rizzo | 16:13.0 |
| 2. Gottardo | 17:28.2 |
| 3. Boccoldi | 17:37.5 |

Class 1B

| | |
|-------------|---------|
| 1. Ceconi | 16:51.7 |
| 2. Pisoni | 18:02.4 |
| 3. Ammavuta | 18:27.8 |

Class 2A

| | |
|-------------------|---------|
| 1. Lugano | 18:40.9 |
| 2. Ivanovic (Yug) | 19:01.4 |
| 3. Bettella | 20:00.3 |

Class 2B

| | |
|-----------------|---------|
| 1. Nestic (Yug) | 24:51.5 |
|-----------------|---------|

Class 3A

| | |
|------------|---------|
| 1. Fuselli | 21:39.0 |
| 2. Crova | 22:34.3 |
| 3. Arnone | 22:48.6 |

Class 3B

| | |
|------------|---------|
| 1. Scimone | 23:39.3 |
| 2. Virzi | 25:19.1 |

10,000M

Class 1A

| | |
|---------------|---------|
| 1. Paolinelli | 34:01.2 |
| 2. Gottardo | 35:34.6 |
| 3. Graziani | 36:04.4 |

Class 1B

| | |
|---------------|---------|
| 1. Bonvecchio | 35:14.9 |
| 2. Baldoni | 35:45.8 |
| 3. Pisoni | 36:17.7 |

Class 2A

| | |
|-------------|---------|
| 1. Bettella | 39:00.8 |
| 2. Frigerio | 39:10.7 |

Class 3A

| | |
|--------------|---------|
| 1. Bernocchi | 50:41.0 |
|--------------|---------|

High Jump

| | |
|------------------------|------|
| <i>Class 0W</i> | |
| 1. Clo' | 1.38 |
| <i>Class 1B</i> | |
| 1. Lukma (Yug) | 1.60 |
| 2. Billard (Fra) | 1.48 |
| <i>Class 2A</i> | |
| 1. Ferrer Ferret (Spa) | 1.45 |

Long Jump

| | |
|-------------------|------|
| <i>Class 1A</i> | |
| 1. Bortolozzi | 6.41 |
| 2. Leekovat (Yug) | 5.38 |
| 3. Redondi | 5.24 |
| <i>Class 1B</i> | |
| 1. Wosylus (Fra) | 5.44 |
| 2. Bilard (Fra) | 5.37 |
| <i>Class 2A</i> | |
| 1. Findeli (Fra) | 5.58 |
| <i>Class 0W</i> | |
| 1. Clo' | 4.67 |
| 2. Spezzati | 4.64 |

Triple Jump

| | |
|-------------------|-------|
| <i>Class 1A</i> | |
| 1. Bortolozzi | 13.92 |
| 2. Leskovac (Yug) | 12.28 |
| 3. Giumanini | 12.13 |
| <i>Class 1B</i> | |
| 1. Wosylus (Fra) | 10.91 |
| 2. Lukman (Yug) | 10.36 |
| <i>Class 2A</i> | |
| 1. Compri | 10.35 |

Shot

| | |
|--------------------|-------|
| <i>Class 1A</i> | |
| 1. Lukacevik (Yug) | 12.48 |
| 2. Straza (Yug) | 10.17 |

Class 1B

| | |
|--------------------|-------|
| 1. Vujaklija (Yug) | 10.67 |
| 2. Turc (Yug) | 8.83 |

Class 3A

| | |
|-------------|-------|
| 1. Porceddu | 11.92 |
|-------------|-------|

Class 0W

| | |
|-----------------|------|
| 1. Tiska (Yug) | 6.59 |
| 2. Knozic (Yug) | 6.19 |

Class W1A

| | |
|----------|------|
| 1. Katic | 8.84 |
|----------|------|

Class W1B

| | |
|--------------------|------|
| 1. Jelenecki (Yug) | 8.43 |
|--------------------|------|

Class W2A

| | |
|----------------|------|
| 1. Kozar (Yug) | 9.92 |
|----------------|------|

Class W2B

| | |
|-----------------|------|
| 1. Levart (Yug) | 5.52 |
|-----------------|------|

Class 4W

| | |
|--------------------|------|
| 1. Tucar Stefaninc | 6.24 |
|--------------------|------|

Discus**Class 1A**

| | |
|--------------------|-------|
| 1. Lucacevik (Yug) | 32.54 |
| 2. Straza (Yug) | 26.48 |

Class 1B

| | |
|--------------------|-------|
| 1. Elorriaga (Spa) | 36.02 |
| 2. Vujaklija (Yug) | 34.10 |
| 3. Turk (Yug) | 26.64 |

Class 2A

| | |
|------------------------|-------|
| 1. Ferrer Ferret (Spa) | 27.30 |
| 2. Vujacic (Yug) | 30.64 |

Class 3A

| | |
|-------------|-------|
| 1. Porceddu | 32.90 |
| 2. Tesija | 20.84 |

Class 0W

| | |
|-------------------|-------|
| 1. D. Tiska (Yug) | 25.06 |
| 2. Clo' | 22.54 |
| 3. Knezic (Yug) | 21.40 |

Class W1A

| | |
|----------------|-------|
| 1. Katic (Yug) | 26.36 |
|----------------|-------|

Class W1B

| | |
|-----------------------|-------|
| 1. Z. Jelenecki (Yug) | 29.96 |
|-----------------------|-------|

Class W2A

| | |
|----------------|-------|
| 1. Kozar (Yug) | 33.20 |
|----------------|-------|

Class W4

| | |
|-------------------|-------|
| 1. S. Tucan (Yug) | 16.12 |
|-------------------|-------|

Javelin

| | |
|-----------------|-------|
| <i>Class 1A</i> | |
| 1. Gottardo | 35.30 |

Class 1B

| | |
|------------------|-------|
| 1. Kopitar (Yug) | 57.96 |
| 2. Vujacic (Yug) | 43.82 |

Class 1W

| | |
|-------------------|-------|
| 1. D. Tiska (Yug) | 22.60 |
|-------------------|-------|

Class 4W

| | |
|-------------------------|-------|
| 1. Tucan Stefanivi (Yu) | 17.88 |
|-------------------------|-------|

Pole Vault**Class 1B**

| | |
|-----------------|------|
| 1. Lukman (Yug) | 3.90 |
|-----------------|------|

Hammer**Class 1A**

| | |
|--------------------|-------|
| 1. Sterchele | 52.12 |
| 2. Lukacevic (Yug) | 33.94 |

Class 1B

| | |
|---------------------|-------|
| 1. Giovanetti | 47.84 |
| 2. Eloriaga (Spa) | 47.30 |
| 3. Vujaklijaj (Yug) | 33.50 |

Class 2B

| | |
|----------------|-------|
| 1. Botka (Yug) | 15.12 |
|----------------|-------|

Class 3A

| | |
|-----------------|-------|
| 1. Tesija (Yug) | 34.54 |
|-----------------|-------|

Class 4+

| | |
|---------------|-------|
| 1. Goic (Yug) | 23.36 |
|---------------|-------|

110H**Class 1B**

| | |
|------------------|------|
| 1. Wosylus (Fra) | 20.6 |
|------------------|------|

Class 2A

| | |
|------------------|------|
| 1. Findeli (Fra) | 16.9 |
| 2. Bettella | 22.0 |

4 x 100M Relay**Class 1A**

| | |
|---|------|
| 1. Morgan, Quilicir Ceccaroni, Musco | 45.3 |
|---|------|

Class 1B

| | |
|--|------|
| 1. Stein, Raisoni, Wosylus, Pidatella | 50.8 |
|--|------|

New Zealand

Gothenburg preview (from John Drew)

John MacDonald, NZ Vets Cross-Country Champion, and his team mate Ronnie Stevens will be among the best NZ performers attending. Also the huge tree felling shot putter Norm Hawke (65) and former police chief turned hammer thrower Gideon Tait will be going along for more than just the ride.

Others expected to make the trip are:-

Bill Hobbs (50), marathon, 5000m and 10,000m.

Bob Heseltine (40), 800m.

Bruce Savage (45), sprints.

Terry Leonard (40), 400m.

Eddy Snelson (40), cross-country.

Derek Turnbull (45), cross-country, marathon.

Ben Thomas (50), steeplechase.

Frank Plant (65), middle distance, marathon.

Dale Fincham (65), 10,000m.

Alan Hill (50), sprints.

Ron Patterson (38), field events.

Clem Green (60), middle distance and steeplechase.

Bert O'Brien (45), middle distance, cross-country.

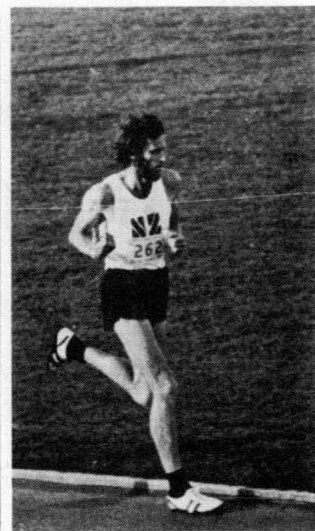
Gordon Muller (50), 10,000m.

Jim Jamieson (68), 10,000m, marathon.

Reg Clarke (40), 1500m.

Veteran women homing in on Gothenburg include Gwyn Heseltine (42), a housewife with four children who started running only two years ago.

She has completed a couple of marathons and a 20-miler, losing nearly 3-stone in the process of training for these races.



JOHN K. MACDONALD

USA

3rd Annual AAU Western Regional Masters Track & Field Championships.

Stanford University Track and Field Coach Payton Jordan 60, set two world age-group records of 12.2 in the 100 metres and 24.9 in the 200 metres to highlight the 3rd Annual AAU Western Masters Regional Track and Field Championships at Santa Ana College (June 18-19).

Jordan's twin triumphs were the fastest ever by a person over 60 years of age. He held the old marks of 12.3 and 25.2, set last month.

Los Angeles' Tom Patsalis set two world marks with a leap of 20'-8 3/4" in the age 55-59 long jump, and a time of 17.0 in the 110 metre hurdles.

U.S. Senator Alan Cranston received an award at the meet banquet for his "outstanding contribution to the development of Masters Track and Field." Cranston told the runners and guests that, if Congress allocates the money, it may be possible "to reverse the aging process in the foreseeable future."

San Diego attorney David Pain was honored as the founder of the Masters running movement, and "for profoundly touching and bettering the lives of

thousands." He was named "Master-of-the-Year."

Los Angeles Valley College Track and Field Coach George Ker received a kudo as "Southern California Master-of-the-Year."

Ted Cain 40, of Novato, California, established three American records in the 40-44 age group with a 51.0 400, 56.4 400-hurdles and 15.1 110-hurdles. Actor Bruce Dern 40, star of "Black Sunday", ran the 1500 in a good 4:43.1. Burl Gist tied his world record with a 5'-2" high jump in the 55-59 competition.

Albuquerque's Dick Stolpe 52, was a triple-winner in the 100-11.8, 200-24.4 and 400-55.5, setting meet records in all 3 events. Ken Dennis 40, the 1955 100-yard California high-school champion (10.0), won the 100-metres in 11.1 and 200 in 22.6, showing no signs of wear after 22 years.

Josiah Packard set world records for 70-74 year-olds in the 200-29.6 and 400-65.7. Ray Mahannah of Northern California won the 60-64 800 in 2:26.3 and 1500 in 4:59.3.

Paul Spangler, 78-year-old retired San Luis Obispo physician, set age marks in the 800-3:41.3, 15-6:37.2 and 10,000-48:48.2.

By a unanimous vote, the competitors affirmed that "Masters competition shall be open to all individuals 40 and over. No competitor shall be barred from competition due to race, religion, ethnic background, profession or national origin."

(With acknowledgements to Al Sheahen)

Other results

January 15th

Mission Bay Marathon, San Diego

| | |
|-------------------------|---------|
| 22. John Brennand (40+) | 2:33:07 |
| 46. Almeida (50+) | 2:40:56 |
| 60. Wiermaa (40+) | 2:42:10 |

January 16th

5th Annual Champagne Marathon, California

A total of 60 Masters competed of which 17 turned in personal best times for the distance. A highlight of the event was the appearance again of 69-year-old Walter Stack of San Francisco, who always runs toplest. As a concession to the cold, foggy morning, however, Stack this time wore red mittens!

Masters placings:—

| | |
|------------------------|---------|
| 1. M. D. Healy (18th) | 2:47:53 |
| 2. T. Pierce (36th) | 2:56:18 |
| 3. R. N. Bryan (62nd) | 3:01:05 |
| 4. D. MacIntosh (69th) | 3:03:26 |
| 5. E. Dally (70th) | 3:04:18 |
| 6. R. Mueller (74th) | 3:06:28 |

The only veteran woman to complete the course was Virginia Collins in 193rd place with a time of 3:35:53.

March 27th

National Masters 15 Km Cross-Country, Tapia Park, Los Angeles.

| | |
|--------------|-------|
| 1. Crum | 55:51 |
| 2. E. Gookin | 56:16 |
| 3. B. Gookin | 56:24 |
| 4. Davis | 57:16 |
| 5. Van Manen | 57:30 |
| 6. Smartt | 57:58 |

Women

| | |
|---------------|-------|
| 1. Stock | 66:21 |
| 2. Anderson | 67:08 |
| 3. Gookin | 69:42 |
| 4. Miller | 69:43 |
| 5. Cartwright | 73:26 |
| 6. Wood | 74:12 |

March 27th

Lake Merced Masters Cross-Country (4.95 Miles), San Francisco

Current NCRR Masters "Point" leader, Kent Guthrie, missed the course record by some 30 secs but still won handily despite a strong wind that lashed the final two miles of the looped course and adversely affected all times. Ageless Ed Preston, who recently turned 60, clipped off a fine performance to easily outclass competition in that division.

| | |
|------------------|-------|
| 1. Kent Guthrie | 26:49 |
| 2. Jerry Lewis | 27:00 |
| 3. Ralph Bowles | 27:15 |
| 4. Jim O'Neil | 27:18 |
| 5. Ulrich Kaempf | 28:09 |
| 6. Ken Napier | 28:17 |
| 7. Don MacDonald | 28:26 |

Women

| | |
|---------------------|-------|
| 44 Jeanie K-Jones | 32:32 |
| 86 Ruth Waters | 35:12 |
| 91 Virginia Collins | 35:28 |

May 14th/15th

7th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, California

Forty-one year old housewife Miki Gorman won the women's mile and

six-mile events to highlight competition in this popular meeting.

1975 and 1976 triple title winner John Damski (62) won the triple jump for over 60's but had to settle for 2nd in the high jump and 3rd in the long jump. All three marks in each of these events bettered Damski's performances of last year, an indication of the growing toughness of Masters competition.

Meet director and Valley College track coach George Ker took the shot title for 50-59 year olds as well as second in the discus while Marty Montgomery (70) won his class 880 in an excellent 2:42.6.

In Division I, for 40-49 years, 1960 Olympian Dave Jackson (45) triple jumped 44'-3", a new world record for his age class.

NOTE: Veteris is no longer publishing results of Imperial-measure track races.

May 28th

Don Palmer Memorial Track Relays, California

The San Fernando Valley Track Club quartet, coached by former crack miler Laszlo Tabori, set a world 1A 4 x 1 Mile relay record to highlight this interesting meet. Hank Norton (5:05.8), Pete Mundle (4:53.4), Ernie Portillo (5:02.0) and Gaylord Katchsmid (4:53.2) headed the Southern California Master Striders by 3.9 seconds to take the record with 19:54.4. Portillo and Katchsmid were later joined by Ed Bell and Al Sheahen for the medley (440 x 880 x 1320 x 1 mile) relay which they took in 11:47.4.

SPOTLIGHT ON HOWARD PAYNE

BY WILF MORGAN

Born: 17th April 1931
Place: Benoni, South Africa
Occupation: Lecturer in Physical Education,
 Birmingham University
Height: 6'-0½"/1.84
Weight: 210 pounds/95.5 kg
Club: Birchfield Harriers (also Life-Member
 of Billingham Synthonia)

Personal Bests:

| | <i>Under 40</i> | <i>Over 40</i> |
|-------------|-----------------|----------------|
| Hammer | 227'-2" | 232'-6" |
| Shot | 46'-11¼" | 47'-6" |
| Discus | 147'-2" | 143'-5" |
| Pole Vault | 10'-6" | 9'-9" |
| High Jump | 5'-6" | 5'-3" |
| Long Jump | 20'-4" | — |
| Triple Jump | — | 38'-4¼" |
| 1 Mile | 5 min 1 sec | 5 min 55 sec |

(Also holds World Record for Wellington Boot throwing — 155'-10")

In track and field several athletes have represented Great Britain in major games and internationals when past their 40th birthday. Perhaps most notable is Jack Holden who won both European and Commonwealth Games marathons at the age of 42. Hurdler Donald Findlay was selected for the match with France in 1949 and also the following year's Commonwealth Games at 40. A number of walkers have done so, Tom Lloyd-Johnson was 48 and Harold Whitlock 44 when they made the 1948 Olympic team.

On April 17th 1971 Andrew Howard Payne became 40 and from then until he announced his retirement from open athletics in September '74 he represented Great Britain in the hammer event at one Olympic Games, two European Championships and 16 other international matches, plus of course England in the Commonwealth Games. At the age of 43 he recorded his longest ever throw in his final season of serious competition.

Anyone who knows Howard Payne would testify to his quiet unassuming manner. Words like tactful, studious and modest go some way to describing a personality that seems more likely to be found in the Diplomatic Corps. In an interview session lasting over 2 hours he was continually anxious to give credit to a host of people who had helped him in various ways during an international career that spanned 16 years. He wore the British vest in international competition every season from 1960 to 1974.

Howard's start in athletics goes back to his schooldays in South Africa. Born in Benoni near Johannesburg he attended Jeppe High School and became interested in high jumping and pole vaulting, he also tried the hurdles but says that he struggled to make any sort of progress at athletics. Whether it proved a struggle or not he improved to the extent of becoming Victor Ludorum in his final year at school, winning Pole Vault, High and Long Jumps, and taking 2nd place in 110 and 220yds Hurdles, and Shot.

After studying at Witwatersrand University from where he gained a Degree in Physics and Chemistry, Howard moved north to the copper mines of Zambia (then N. Rhodesia) and there made the acquaintance of a certain 'Berks' Lundi who introduced him to Hammer Throwing. Mr. Lundi had trained with the

South African throwers and imparted his knowledge to such good effect that his pupil was soon out-throwing him. This was in 1955, and Howard then started to take an interest in top class athletics, his first athletics hero being Egil Danielsen (Norway) who set a World Record in winning the Javelin at the 1956 Olympics in Melbourne.

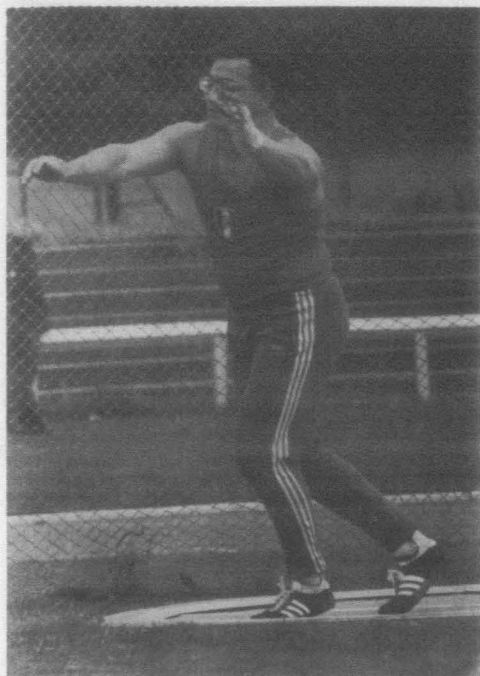
At this time Howard was also competing with the Shot and Discus and indeed in 1958 became Rhodesian Champion in all three events. This year proved to be an important one for he became South African Hammer Champion and was also selected for the Rhodesian Team to take part in the Commonwealth Games in Cardiff.

So Howard came to Britain for the first time, and a week before the Games competed in the A.A.A. Championships at the White City where he threw 189' to place 5th behind Ellis, Iqbal, Lawlor and Allday. On to Cardiff for the big one, and the disappointment of 4th place with only 185'.

Howard returned to Britain later that year with one eye on furthering his academic career and the other on improving his throwing. Of course his meeting with a Scottish lass — who took 10th place in the ladies Discus at Cardiff, may have provided further incentive to return. Rosemary Charters became Mrs. Payne in 1960, and although both had been disappointed by their performances at the Cardiff Games it was to be a different story when next the Commonwealth Games came to Britain.

Dennis Cullum became Howard's coach and was to remain so for several years. Always ready to give credit to those who have given him assistance over the years, Howard is lavish in his praise of the British Throwing Coaches and gives Carl Johnson and Ron Bowden full credit for their part in the formation of the 'Squad System' that has been chiefly responsible for the present upsurge in Hammer Throwing standards in this country.

Always ready to make a stand on behalf of the hammer thrower Howard claims the present proposed legislation to shorten the wire and so prevent long throws is a retrograde step and points out that most accidents have occurred around the cage, and did so when another piece of legislation reduced the cage



mouth from 6 to 5 metres. Point taken, but the wayward throw of Bondarchuk at Montreal could not have helped matters.

Howard first threw over 200 feet in 1960 and gives this performance a high place in his list of favourite memories. He also gained his first British vest that year teaming up with Mike Ellis (T.V.H.) for the match with France. Ellis won with 202' and Howard was 3rd with 192'-10". From that time until 1968 he ruled supreme over British Hammer Throwing, usually heading the ranking list by as much as 20ft. 7 years were to elapse before a British thrower beat him again. Because of this he developed a rather complacent attitude, certainly in those years his throwing showed no marked improvement and going into 1968 (Olympic year) he had a personal best mark of 208' set 6 years previously. However having stated that, one must not play down the fact that this period yielded two Commonwealth Golds, the first in the Perth Games of 1962 with 202' and the second at Kingston with 203'-4". Thus he accomplished his usual victory over British and Commonwealth throwers. Howard also made his first appearance at an Olympic Games, Tokyo 1964; he threw 203' but failed to qualify for the final.

Since the retirement of Mike Ellis he had had no serious challenger to deal with from the ranks of British throwers, but in 1966 Peter Seddon edged over 200ft and the following year in the G.B. v Hungary match actually succeeded in beating Howard. This defeat appears to have been a contributing factor to making him work much harder at

his throwing, but characteristically he applauds Seddon for giving him a great deal of help in group coaching sessions. "he was completely unselfish about his knowledge". Around this time Howard points to another influence that was to be a major factor in a remarkable improvement during the 1968 season. He asked for help from Miss Jane Winearls, Dance Lecturer at Birmingham University and an expert in body posture. He had known for some time that tense shoulder muscles had hampered his throwing. Tension in the wrong muscles prevents the forces from the legs and body being transmitted to the implement. Miss Winearls is a disciple of Mathias Alexander who teaches correct posture on the basis that head, neck and spine must be aligned properly. A process of re-education was begun but the progress was painstakingly slow and required a great deal of patience and persistence on the part of both pupil and teacher. Howard also makes the point that coach Dennis Cullum had been on the right lines all along, but somehow he had resisted Cullum's attempts to change his technique, doing what was asked of him in sessions with the coach but when training alone reverting to his "old inefficient style" and heaving out throw after throw looking only for distance. This self criticism seems harsh after all the success he had in the early sixties, but the combination of lessons in relaxation, the realisation that his technique was faulty, and the stimulation of the challenge from Seddon was to bring a remarkable improvement.

Howard started the 1968 season aged 37 and threw personal bests in the matches with Switzerland and Poland 210'-1" and 210'-11", but was soundly defeated in the A.A.A. Championships finishing 5th behind a Hungarian and 3 Japanese. Nevertheless he made the Olympic qualifying distance and went to Mexico with a personal best standing at 214ft. At a meeting in Mexico prior to the Games he improved again with 216'-5". In the games the qualifying standard for the final was set at 66 metres (216'-6") and the first two throws were tantalisingly close but not over the taped arc that indicated 66 metres. A reporter watching the hammer event says Howard "stalked about like an angry grizzly" while waiting for his 3rd and final throw, but what a throw it turned out to be, 223'-3" well over the tape for new British and Commonwealth record! This was 15ft further than his best at the start of 1968 and 7ft further than he had ever thrown before. A 221' throw followed in the final and he made 10th Place, only Eastern Europeans were placed higher, and 7ft behind the bronze medalist.

Howard Payne Mark II had arrived, and a timely arrival because a new generation of British throwers were about to press their claims to his title. In 1969 Howard made the European Championships, incidentally for the first time, and was placed 8th. The following season brought the Commonwealth Games in Edinburgh and Howard set about defending the title and making it a hat-trick of wins. Shortly before the Games he threw 225' in a match with East Germany and made no mistake at Meadow Bank winning easily with 222' from Williams and Frazer.

That same Saturday afternoon wife Rosemary made it a double win for the Paynes by winning the Ladies Discus, her 3rd Commonwealth but her first medal. A final flourish with a 225' throw for a win in Poland brought a highly successful season to a conclusion, and also a highly promising career as a pre-vet, for Howard became 40 in April 1971.

Howard made his debut in the veteran ranks in July of '71 when he flew out to San Diego for the U.S. Masters Championships. This particular meeting brought together some of the Big names of the throwing world and included former world-record holders Fortune Gordien in the Discus and Bud Held in the Javelin. Howard himself set a new Masters World-Record when winning with 222'-1", and also took 2nd place in the Shot and 3rd in the Discus. Upon his return he wrote a piece in 'Athletics Weekly' - (1971 was pre-Veteris days) and described his experience thus: 'I have competed in many competitions all over the world, but never have I experienced the warm friendship and sheer enjoyment of athletics that prevailed in the Balboa Stadium that week-end. In the relaxed atmosphere and pleasant sunshine mature men forgot about the cares of the outside world and indulged themselves in meeting old friends and making new ones while enjoying the physical pleasure of athletics.'

A month later he was far less happy with a visit to Helsinki for the European Championships and complained about an unsatisfactory cage and an extremely long wait between throws. He threw 215' but failed to qualify for the final pool.

By this time Howard had competed with all the big names of world hammer-throwing and it is worth recording his views on some of them:-

Rudenko (U.S.S.R.) the 1960 Olympic Champion, "very strong, strong enough to have been a champion weight-lifter, but not a particularly good technician with the hammer".

Klim (U.S.S.R.) 1964 Champion, "at one time I modelled myself on him, a perfect technician."

Zivotsky (Hungary) 1968 Champion, "not all that strong, but the perfect gymnast and very fast in the circle. Always very friendly and helpful to other throwers."

Bondarchuk (U.S.S.R.) 1972 Champion, "incredibly tough, used the bee-sting remedy on a back injury and had over 2,000 stings on his back in a few months, even sat on ant-hills and let the ants bite him as well."

When in 1968 Howard had shown that remarkable improvement he had promptly been accused of taking the now infamous anabolic steroids. Howard declared at the time that this was not so, and explained the reasons for his improved throwing, and these reasons have been previously stated. Although very much against drug-taking of any kind, he does not put all the blame on the athletes who do take pills. He makes the point that top class athletics is something other than the sporting contest television viewers seem to see it as, and athletes are pressurised to such an extent that they would do almost anything to achieve success. There is a constant conflict between an overwhelming will to win and their sense of sportsmanship and fairplay.

Asked to recall some of the most thrilling performances he had witnessed during his career, he first picked out Bob Beamon's Long Jump in Mexico and added that he had been lucky enough to capture the 'Longest Leap' on film. Another exciting moment was watching Tamara Press break the world record with the Discus at the White City. Obviously some of Rosemary's successes provided satisfaction too. No doubt about it, Howard Payne is a real field-event fan.

In August '72 a piece of athletics history was made when A.H. Payne was selected for the G.B. Team to meet France in Paris. This was his 50th full International appearance and easily a record for a British athlete. At the end of that year Barry Williams had taken over No. 1 Spot in the ranking list, and the following year saw both Williams and Chipchase ranked ahead of him. Early in '74, in New Zealand, Howard lost his Commonwealth title to Ian Chipchase, but not without putting up a hard fight and taking the silver medal. As if determined to finish that season on a high note he managed two praiseworthy efforts, firstly he defeated Chipchase to win the A.A.A. title, and then even more remarkably he improved upon his own personal best with 232'-6" in Poland.

After the Finland match in September 1974 at the Crystal Palace Howard finally decided to call it a day, and left British athletics with a formidable record, 61 full International appearances in a British vest, 17 for England, 2 Great Britain 'B' Internationals and 4 Commonwealth representations against U.S.A. or U.S.S.R.

The World Masters in Toronto brought the sort of competition Howard seems to enjoy most, and indeed he said it was a great thrill to compete with former world-record holder and Olympic champion Harold Connolly. He became the first Hammer Champion at the newly constituted games with 207'-5", Hans Potsch (Austria) was 2nd and Connolly 3rd. Prior to this Howard had taken in the British Championships of '72-'73-'74-'75, not only Hammer-throwing but Triple Jumping, High Jumping, not to mention Shot and Discus.

At the time of writing it is not certain whether Howard will compete in Gothenburg or not, he did not take part in any hammer competitions last season and it seems the only throwing he does now is when he helps to coach the 'Hammer Circle' youth squad, once each week. He still practices Pole-vaulting and dropped the hint that he hopes to come into veteran competition in that event; he recently managed a respectable 10ft. Howard is now considerably slimmer, around 210lbs compared with the 230lbs or so he used to carry. He has always conducted himself with quiet dignity and modesty, but I think there are two Howard Paynes and the other one has a little 'animal' in him. All his better performances came when he was under pressure from other throwers, "I always had difficulty throwing over those qualifying tapes, they are so impersonal". I am sure he was capable of getting into a 'supercharged state' when his pride was threatened, and was not always the cool, dignified character we know.

A lecturer in physical education at Birmingham

University, he is involved in work concerned with biomechanics. Apparently an apparatus known as a 'force platform' is used to measure forces involved in athletic movement. An obvious example is in sprinting where it is useful to study the forces a sprinter can exert on his starting blocks. Later this year he intends to put together all the research he has done in this direction. Howard was a founder member of the International Society of Biomechanics and is Secretary of the Force-Platform Group within it. He is still deeply involved in athletics administration as President of the 'British Hammer Circle', committee member of the International Athletes Club, and sits on a working group looking at public relations in British athletics for the B.A.A.B.

The Paynes have 16-year old twin boys and both take part in sports, one lad has represented his county at rugby and the other has run a reasonable 400 metres – no doubt he has inherited some leg speed from his mother, remember that 100 metres in

Toronto? Neither of the boys have shown any inclination to wield the hammer seriously. I understand Howard is still working on that!

Obviously the preceding brief history of Howard's athletic career comes nowhere near to doing justice to 20 years of competitive hammer-throwing in which he travelled the world and met successive generations of the world's top throwers. However, his name is well established in the history of British athletics and his achievements speak for themselves.

Finally, at one point in the interview Howard declared, "But of course I was always such a late developer." I know a few more athletes who hope that they are too.

The above article is based on a tape-recorded interview with Howard Payne by John Bromhead and Wilf Morgan. The tapes have been added to the tape library at the National Centre for Athletics Literature, Birmingham University.

Continued from page 17

"I have the results and I've been looking them over." I sit down; this is going to take a while.

"Strange cardiograph but alright I suppose for a runner. Blood tests quite satisfactory except for the low haemoglobin count. How many years have you been running?"

"About twenty."

"Have you run a marathon before?"

"This will be my 21st."

"Mmm, you seem to be healthy enough."

This is it, now she'll take up the pen.

"However, I cannot take the risk... if something should happen..."

"Well, if I promise not to die during the race..."

She doesn't hear me mumble, being deep in contemplation of the catalogue of ways to physical failure whilst running.

"Never mind,"

she said amiably,

"I have made arrangements for you to meet another doctor. Here's his address, he knows more about this sort of thing than I do."

She politely showed me the door.

Wandering dazed to the address in my hand I tried to focus on the turn of events. I had spent three half days, 27 marks travelling and lost a drop of blood and a great deal of nervous energy. A number of medical experts had spent valuable time, patience and thought on acknowledging my state of health. Yet it was in vain; instead of the certificate I had an introduction to renewed consultations.

"The doctor who knows more about these things" wondered why the job had been passed on to him. He mused over the test results, sounded my heart, took my blood pressure and scratched his head.

"How many marathons have you run? How much training do you do? How long have you been running? How old are you? Did you tell all this to the last doctor? And she still thought there might be some danger?"

Now the ethics of the medical profession are probably higher than any other, so no practitioner

would ever drop the slightest hint of criticism of another. Yet, the way he pulled a spare surgical apron over his head as he jumped into an empty medicine cupboard, and the way this action was followed by muffled rumblings from the said cupboard – as of laughter deep within it – did cause the brief thought to flash across my mind that perhaps he was not quite in complete accord with his colleague.

He emerged as though that was where he usually washed his hands.

"Of course you do have a very low haemoglobin count, but that will be the extra training before the marathon".

He signed the certificates (three for safety), the secretary relieved me of £7 for the ten minutes I was there and I left wondering why those three half days of intensive care had cost me only 90 pence. But I had them, I had those hard-won certificates and I still had a whole day to re-read my 1200 page botany book! Besides, now I KNEW I was fit for that marathon, low haemoglobin count meant nothing. That was my first blood test – it had probably always been low. The training had been going well, might even make a personal best.

On the day I feel very confident. Don't know how the 'H' count is, but it must be alright. Off to a fairly fast start but I'll let these speedsters burn themselves out before I start to pull them back. 10km and going fairly well but those fast starters are getting further away. Half-way and I'm certainly NOT going well, must be those lacking haemoglobin things. I think more about it. How is it? Shortage of haemoglobin means a shortage of oxygen and too much lactic acid and muscle starvation and respiratory difficulty and... Hei, I'd better be careful, it could be dangerous. I'd better ease off and just jog this one through. Next time, after plenty of raw liver and iron pills I can really push it.

Now I rattle when I run and I'm growing teeth like Dracula but I daren't take another blood test. And the Botany exam result? I don't know, but it's no use to ask. How can you think straight with a low haemoglobin count?

Walking

NEWS first from Canada and the exploits of the evergreen Max Gould who on March 13th set an all-time world age record – he is 59 – for 50 kms, of 4:50:54. Indeed Max is nearly 60, which milestone he reaches on 18th July, and in open competition at Palo Alto, California, placed 4th overall.

Max hoped to qualify for the Maccabiah Games in Israel but their standard is 4:47:09. He still hopes to go but hasn't heard yet whether his time is acceptable. This column wishes him luck.

On May 1st the Ontario 50 kms championship was won by Alex Oakley, 5 times Olympian and 2A Vet, in 4:32:44. Pat Farrelly, 1A, was 2nd in 4:44:41 and Max Gould 4th in 4:56:17 – he had an ankle injury which slowed him down in the last 10 kms!

Logan Irwin, our man in Australia, has sent us results and writes that he will arrive in UK about July 27th looking for races. Logan's times and mine seem similar so a challenge is down. With any luck I shall catch him on a sticky English track.

In setting up what might in optimistic moments be called a worldwide network of correspondents I wrote to Bob Fine in USA. He replied, "I was initially very happy to receive your note. However, in seeing your picture and noting that you are associated with the police plus the fact that you have walked more than 200 km in competition (whoever heard of a moustached policeman who walks instead of rides). I have second thoughts about dealing with you".

But he put me in touch with Alan Wood of New Jersey who is co-operating with Pete Mundle in compiling age-group records for walkers. I shall be sending UK results over.

If I may return some of Bob's humour, I noted on the result sheet he sent that well known phrase scribbled in the margin, "The timing and lap scoring got screwed up". Typical, alas, on both sides of the water. Never mind, it doesn't happen more than once a week!

Now what about home affairs? Let's start with police races where in the long distance, 33 miles, Barking to Southend event I had the good fortune to win the veterans championships. It really was good luck because Charlie Fogg was pulled at 8 miles.

Met Police Vet Wally Parsons was in his last contest this year as he leaves the force soon. Jim McAtee, who has made something of a comeback this year remarked after finishing 3rd Vet that he had clocked a better time than he managed in his younger days.

Incidentally, this was the 50th race and the referee was Walter Batson who contested the inaugural event in 1921.

The oldies did fairly well in the Police 10 in April, Charlie Fogg getting home 7th. I had a cold!

by JOHN HEDGETHORNE

Veteran walking results, news and views for the U.K. and all parts of the world are required to augment our walking column. All news is welcome, whether from official bodies or individuals. If you feel that your area or part of the world is not getting the coverage you think it deserves, then why not take the initiative and send your news to John Hedgethorne, Essex Police Cadet School, Essex Police Headquarters, Springfield, Chelmsford, Essex.

Fred Nickolls writes that veteran walkers will be sad to hear of the death, on 13th May, of Belgrave Harrier, Albert Henry East who was 74.

He won the Vets AC 5 miles championship from 1948-50 and the 2 miles in 1948 and 50. Only last year he was the first over 60 in the Vets 3200 track championship.

The summer series of Vets AC 5 miles handicaps in Battersea Park have got under way with Ken Easlea just getting home from Peter Worth. Ten finished.

Peter (1A) was fresh – if that is the word – from his great 2nd place in the punishing Plymouth to Dawlish 42 miler in which his time was quicker than last year's winner did. And he went through 50 kms in a p.b. of 4h. 45m. 48s.

On Easter Sunday Essex had several ferocious snow showers to mark their 50 kms championship. But Peter Markham (42) of Leicester had a pb, as indeed did all of the first 5 home. The same day, in Kent, Dennis Vale, now over 50, won his club 20 miles championship in 2:56:43.

In National championships at 10 miles and 20 kms the same 4 veterans got home first though not in the same order. At the shorter distance it was Roy Thorpe, 10th, who got in first from D Stevens, G Chaplin and J Eddershaw.

At 20 kms, Dave Stevens finished one place and 8 secs ahead of George Chaplin with Sheffield pair Thorpe and Eddershaw following.

The Sheffield family Greasley were out in strength for the '10'. Mal Greasley, Senior, clocking 88.05 (127th) behind sons Mick, 75.01 (9th) and Mel, 84.25 (84).

Veteran lady walkers are something of a rarity in UK and it is this, rather than any male chauvinism on my part, which has excluded any mention of the fair sex in this column.

An exception is Judy Farr whose age chivalry prevents me from revealing but who will soon qualify to join us. I watched her bash out a lonely track 10 kms in 51.22 at West London Stadium in March and indeed last winter she passed me in a couple of sevens. She was an isolated 2nd on the track behind an in-form Marion Fawkes (50.03).

Doubtless Vets from overseas will begin arriving in UK en route for Gothenburg as the summer passes. Any who feel the need of a sharpening up race against some local opposition of all ages should ask one of the natives to explain the vagaries of our telephone system and phone me at Chelmsford (0245) 67267 extension 216. I'll fix up anything from 1 mile to 38, given a little notice.

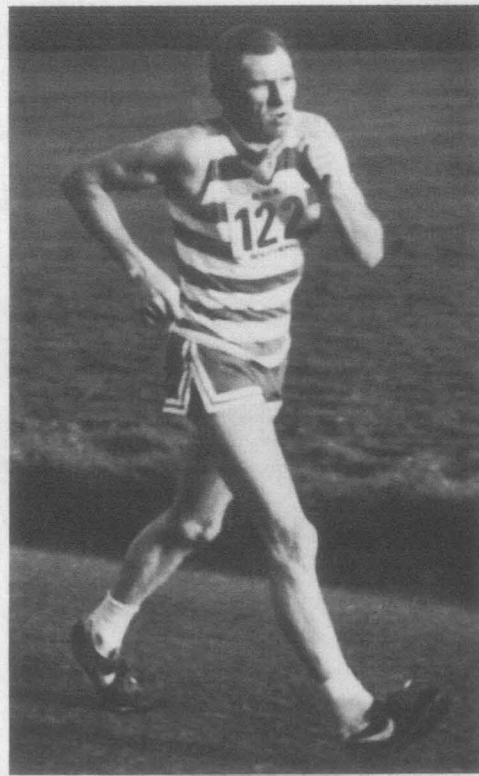
Just as food for thought I have included the American Masters Age Records received recently from Alan Wood. Many of the times are fairly recent which shows a thriving masters walking scene over there.

American 5000 Metres Age Records
Compiled by Alan Wood

| Age | Mark | Name | Affil. | Site | Date |
|-----|-------|--------------|--------|--------------|-----------|
| 40 | 24:27 | J. Mortland | Ohio | Wh.Plis.NY | 8-13-75T |
| 41 | 24:25 | John Kelly | Cal. | L.A. | 6-19-71T |
| 42 | 23:11 | John Kelly | Cal. | L.A. | 6-17-72T |
| 43 | 24:04 | John Kelly | Cal. | Westwood | 6-23-73T |
| 44 | 23:03 | Rudy Haluza | Tobias | Westwood | 6-11-76T |
| ?? | 24:08 | Marty Rudow | Cal. | Seattle | 6-05-76 |
| 45 | 24:10 | John Kelly | Cal. | (Twice) | (1975) T |
| 46 | 27:14 | Len Busen | Mo. | (Postal) | (Jul76) A |
| 47 | 26:41 | B. MacDonald | N.Y. | Wh.Plis.NY | 8-08-75T |
| 48 | 26:33 | Bob Mimm | Penna. | Raleigh, NC | 4-07-73T |
| 49 | 28:22 | Phil Mooers | Cal. | (No.Cal.) | 10-09-66 |
| 50 | 25:37 | Bob Mimm | Penna. | Wh.Plis.NY | 8-08-75T |
| 51 | 25:18 | Bob Mimm | Shore | Lg.Br.NJ | 8-02-76 |
| 52 | 27:48 | John Ross | Capit. | Raleigh, NC | (Apr75)A |
| 53 | 28:08 | Bob Long | Cal. | L.A. | 6-17-72T |
| 54 | 28:24 | J. Wehrly | Cal. | L.A. | 6-19-70T |
| 55 | 25:58 | D. Johnson | Shore | Gotheb.SWE | 9-07-72 |
| 56 | 29:12 | J. Wehrly | Cal. | San Diego | 7-02-72 |
| 57 | 26:33 | D. Johnson | Shore | Gresham,Ore. | 7-05-74T |
| 58 | 26:59 | G. Braceland | Penna. | Gotheb.SWE | 9-07-72 |
| 59 | 32:59 | Harold Comm | NW Ms. | Wh.Plis.NY | 8-08-75T |
| 60 | 28:16 | T. Medeiros | Mass. | Gresham,Ore. | 7-05-74T |
| 61 | 31:07 | Al Guth | Cal. | Cal. | 6-19-70T |
| 62 | 27:11 | T. Medeiros | Mass. | Wh.Plis.NY | 8-08-75T |
| 63 | 32:15 | L. O'Neil | Mont. | L.A., Cal. | 6-19-71T |
| 64 | 28:57 | L. O'Neil | Mont. | Gotheb.SWE | 9-07-72 |
| 65 | 31:47 | L. O'Neil | Mont. | Westw.,Cal. | 6-23-73T |
| 66 | 30:18 | L. O'Neil | Mont. | Gresham,Ore. | 7-05-74T |
| 67 | 31:20 | L. O'Neil | Mont. | Wh.Plis.NY | 8-08-75T |
| 68 | 30:09 | L. O'Neil | Mont. | Gresham,Ore. | 7-03-76T |
| 69 | 30:54 | C. Duckham | Ohio | Wh.Plis.NY | 8-08-75T |
| 70 | 34:42 | E. Lahdens'a | Cal. | Gresham,Ore. | 7-03-76A |
| 73 | 38:02 | D. Fowler | Cal. | San Diego | 7-02-72T |
| 79 | 35:26 | Ed Doran | N.Y. | Toronto,CAN | 8-13-75T |

PORTRAIT GALLERY

Under full steam, George Eastwood of Woodford Green A.C. who took up walking only a short time ago - he admits to being 61. The more remarkable, then, was his feat of completing the 1976 track 24 hours race, promoted by his own club at Woodford Bridge, covering almost 116 miles to take 4th place. He is one of Tom Richardson's coaching squad at Woodford and as most of the others are juniors their ages probably add up to George's.



OVERSEAS RESULTS

AUSTRALIA

March 26th/27th

NSW Championships, Sydney

3000 Metres

| | | |
|-----|-------------------|-------|
| 2.. | L. Irwin (1A) | 14:50 |
| 3. | L. Waddell (1B) | 14:54 |
| 5. | R. Chapman (1B) | 16:15 |
| 6. | D. Murrell (2A) | 16:29 |
| 7. | E. Edwards (1B) | 17:59 |
| 8. | U. Simmul (1A) | 18:22 |
| 9. | G. McGrath (2B) | 19:11 |
| 10. | F. Wrightson (3B) | 19:21 |
| 11. | G. McCabe (3B) | 19:22 |

5000 Metres

| | | |
|----|-----------------|---------|
| 3. | L. Irwin (1A) | 26:22.7 |
| 4. | L. Waddell (1B) | 27:06 |
| 5. | R. Byrnes (1A) | 27:33 |

| | | |
|-----|-------------------|-------|
| 6. | K. Boiden (1B) | 27:45 |
| 8. | D. Murrell (2A) | 30:00 |
| 9. | E. Edwards (1B) | 31:08 |
| 10. | F. Wrightson (3B) | 31:17 |

10,000 Metres

| | | |
|----|---------------|-------|
| 2. | L. Irwin (1A) | 53:56 |
| 4. | R. Tarte (2B) | 64:17 |

March 12th/13th 1977

Victorian Championships, Melbourne

3000 Metres

| | | |
|-----|------------------|---------|
| 1. | K. Hall (1A) | 14:09 |
| 2. | C. Martin (1A) | 14:30.2 |
| 4. | N. Anderson (2A) | 15:00 |
| 6. | M. Macainsh (1B) | 15.06 |
| 7. | T. Daintry (3B) | 15:27 |
| 8. | H. Jones (3A) | 15:30 |
| 9. | B. Ford (2A) | 16:28 |
| 10. | K. Custer (1B) | 16:37 |

5000 Metres

| | | |
|-----|----------------------|---------|
| 1. | K. Hall (1A) | 25:14.2 |
| 2. | C. Martin (1A) | 25:32.5 |
| 4. | N. Anderson (2A) | 26:13.6 |
| 6. | J. Daintry (3B) | 26:28 |
| 7. | M. Macainsh (1B) | 26:36.2 |
| 8. | H. Jones (3A) | 26:52.2 |
| 9. | B. Ford (2A) | 27:49.9 |
| 10. | N. le Rossignol (2B) | 29:02 |
| 11. | R. Field (3A) | 29:11.1 |
| 12. | A. Theobald (4) | 31:53.5 |

April 9th/10th 1977

3000 Metres

| | | |
|----|--------------------------|---------|
| 1. | K. Hall (1A) (Vict) | 14:46.2 |
| 2. | L. Irwin (1A) (NSW) | 15:13 |
| 3. | W. Smith (1A) (WA) | 15:45 |
| 4. | T. Daintry (3B) (Vict) | 15:48 |
| 6. | D. Waters (1B) (WA) | 16:41 |
| 7. | A. Cummings (1B) (WA) | 18:15 |
| 8. | J. McConchie (3A) (Vict) | 18:48 |

5000 Metres

| | |
|---------------------------|---------|
| 1. K. Hall (1A) (Vict) | 25:39.4 |
| 2. L. Irwin (1A) (NSW) | 26:31 |
| 4. T. Daintry (3B) (Vict) | 28:24 |
| 5. D. Waters (1B) (WA) | 28:29 |
| 6. W. Smith (1A) (WA) | 29:21 |

UNITED STATES

February 27th

**Masters AAU Indoor Championships
2 Miles**

(1A)

| | |
|--------------|-------|
| 1. B. Ottmer | 16:09 |
| 2. A. Wood | 18:55 |

(1B)

| | |
|-----------------|---------|
| 1. S. Corrallo | 15:31.4 |
| (American Rec.) | |

(2A)

| | |
|---------------|--|
| 1. M. Lentzer | |
|---------------|--|

(2B)

| | |
|------------|--|
| 1. T. Dyas | |
|------------|--|

(3A)

| | |
|---------------|---------|
| 1. D. Johnson | 17:29.6 |
|---------------|---------|

(3B)

| | |
|-------------------------------------|--|
| 1. D. Lakritz | |
| (Lap scores and times "screwed up") | |

US 75 kms Championship

| | |
|---------------------------|----------|
| 1. S. Ladan (41) (Israel) | 7:04:48 |
| 7. C. Amoroso (43) USA | 8:27:50 |
| 10. C. Hunter (40) USA | 9:04:57 |
| 16. R. Floriani (52) USA | 10:16:51 |
| 17. A. Wood (44) USA | 10:27:16 |

March 13th

National Masters Indoor 2 Miles

| | |
|--------------------|-------|
| 1. J. Boitano (44) | 15:41 |
| 2. R. Mimm (52) | 15:57 |
| 3. R. Fine (1B) | 17:26 |
| 4. W. James (1A) | 17:32 |
| 5. A. Briggs (1B) | 17:35 |
| 6. D. Johnson (3A) | 17:59 |
| 7. R. Leaver (1A) | 18:15 |
| 8. A. Wood (1A) | 18:53 |

May 22nd

Rouen, France, 24 Hours

A great show from Colin Young, Essex Beagles' lone walker who won the race, covering 211 Kms or 131 miles, the best British 24 hour distance for several years, indeed only Colin and fellow Vet Dave Boxall have gone further in recent times.

February 23rd

**Post Office 9000Metres Yacht Handicaps
Blackheath**

| | |
|------------------------------------|-------|
| 10. J. Hedgethorpe (Essex P) | 46:00 |
| 11. D. McMullen (Belgrave) | 47:46 |
| 13. D. Vale (Surrey) | 46:26 |
| 16. W. Symes (Queens Park) | 55:46 |
| 22. J. Bromley (Belgrave) | 47:19 |
| 23. F. Moule (Surrey) | 63:06 |
| 34. A. Welling (Vets AC) | 77:28 |
| (34 finished - actual times shown) | |

February 26th

Surrey 10 Miles

| | |
|----------------------------|--------|
| 5. R. Middleton (Belgrave) | 82:22 |
| 7. D. Vale (Surrey) | 83:22 |
| 13. R. McMullen (Belgrave) | 86:34 |
| 14. S. Till (Crawley) | 88:21 |
| 22. J. Keown (Belgrave) | 96:00 |
| 27. W. Parsons (Vidarians) | 102:31 |

February 26th

Leicester 10 Miles,

| | |
|---------------------------|-------|
| 5. P. Markham (Leicester) | 80:43 |
|---------------------------|-------|

February 26th

Herts 10 Miles

| | |
|-----------------------|-------|
| 4. P. Worth (Enfield) | 84:40 |
| 6. R. Blount (Unatt) | 86:34 |

February 26th

Sussex 20 Kms

| | |
|-----------------------------|--------|
| 2. D. Stevens (Steyning) | 96:45 |
| 11. D. Boxall (Brighton) | 106:22 |
| 22. M. Turner (Brighton) | 119:16 |
| 23. K. Till (Crawley) | 122:40 |
| 25. J. Magog (Brighton)(62) | 125:45 |

February 26th

Kent 20 Kms

| | |
|---------------------------|--------|
| 6. D. Maynard (Cambridge) | 108:24 |
|---------------------------|--------|

February 26th

Yorkshire 10 Miles

| | |
|-----------------------------|-------|
| 2. R. Thorpe (Sheffield) | 76:42 |
| 8. J. Eddershaw (Sheffield) | 82:06 |

February 26th

Hampshire 10 Miles

| | |
|--------------------------|-------|
| 2. C. Ball (Southampton) | 85:13 |
|--------------------------|-------|

March 5th

**Southern Counties 10 Miles
Championship, Battersea Park**

| | |
|------------------------------|-------|
| 6. D. Stevens (Steyning) | 76:01 |
| 18. D. Boxall (Brighton) | 80:48 |
| 19. R. Middleton (Belgrave) | 80:59 |
| 26. D. Vale (Surrey) | 83:24 |
| 32. D. Maynard (Cambridge) | 84:32 |
| 33. J. Hedgethorpe (Essex P) | 84:40 |
| 35. D. Fotheringham (Bel) | 85:44 |
| 39. P. Worth (Enfield) | 86:43 |
| 41. D. McMullen (Belgrave) | 87:44 |
| 47. K. Easlea (Enfield) | 90:06 |

(64 finished)

March 19th

RWA National 10 Miles Walk, Coventry

| | |
|---------------------------------|-------|
| 10. R. Thorpe (Sheffield) | 75:10 |
| 18. D. Stevens (Steyning) | 76:30 |
| 23. G. Chaplin (Coventry) | 77:49 |
| 28. J. Eddershaw (Sheffield) | 78:07 |
| 53. P. Markham (Leicester) | 80:27 |
| 61. C. Fogg (Enfield) | 81:18 |
| 62. D. Boxall (Brighton) | 81:24 |
| 67. R. Middleton (Belgrave) | 82:26 |
| 71. D. Vale (Surrey) | 82:56 |
| 81. D. Maynard (Cambridge) | 84:06 |
| 90. D. Trigg (Leicester) | 84:42 |
| 97. P. Worth (Enfield) | 85:36 |
| 99. J. Hedgethorpe (Essex P) | 85:39 |
| 101. D. Fotheringham (Belgrave) | 85:48 |
| 105. J. Bromley (Belgrave) | 86:03 |
| 125. F. Baker (Highgate) | 87:51 |
| 126. C. Ball (Southampton) | 87:54 |
| 127. M. Creasley (Sheffield) | 88:05 |
| 137. R. Blount (Essex Police) | 88:36 |
| 141. J. Englert (Sheffield) | 89:13 |
| 148. R. Green (Surrey) | 90:24 |
| 152. K. Easlea (Enfield) | 90:47 |
| 159. J. McAtee (Highgate) | 91:52 |
| 169. J. Dowling (Sheffield) | 93:11 |
| 181. W. Maxwell (Lancashire) | 94:42 |
| 187. J. Keown (Belgrave) | 95:36 |
| 191. F. Pearce (Lancashire) | 95:56 |
| 194. K. Roost (Enfield) | 96:22 |
| 201. J. Scamell (Belgrave) | 99:07 |
| 203. F. Nicholls (Surrey) | 99:39 |
| (220 finished) | |

March 12th

**Post Office Inter-club 10,000 Metres
Mill Hill, London**

| | |
|--------------------------------|-------|
| 3. R. Middleton (Belgrave)(40) | 49:35 |
| 4. J. Hedgethorpe (Essex P) | 51:34 |
| 5. P. Worth (Enfield) (46) | 52:31 |

April 6th

**Police 10 Miles National Championship
Leek Wootton, Warwick**

| | |
|-------------------------------|-------|
| 7. C. Fogg (Metro Police) | 81:37 |
| 11. R. Blount (Herts Police) | 86:29 |
| 12. D. Fotheringham (Metro) | 86:59 |
| 15. J. Englert (S Yorks) | 89:23 |
| 18. J. McAtee (Metro Police) | 93:06 |
| 23. S. Bennett (Metro Police) | 98:16 |
| 25. W. Parsons (Metro P) | 98:22 |
| (25 finished) | |

May 3rd

**Veterans AC 5 Miles Road Walk
Battersea Park**

| | |
|---------------------|-------|
| 1. K. Easlea (51) | 41:16 |
| 2. P. Worth (46) | 41:17 |
| 3. D. McMullen | 42:17 |
| 4. G. Eastwood (61) | 46:00 |
| 5. A. Goodwin | 49:33 |
| 6. W. Symes | 50:00 |
| 7. F. Nickolls (60) | 51:00 |

May 14th

**RWA National 20 Kms, Stretford,
Manchester**

| | |
|--------------------------------|--------|
| 17. D. Stevens (Steyning)(41) | 95:41 |
| 18. G. Chaplin (Coventry) (45) | 95:49 |
| 22. R. Thorpe (Sheffield)(42) | 96:59 |
| 25. J. Eddershaw (Sheffield) | 97:26 |
| 30. R. Middleton (Belgrave) | 98:33 |
| 32. P. Markham (Leicester)(41) | 98:51 |
| 60. D. Trigg (Leicester) (42) | 106:08 |
| 76. R. Green (Surrey) (53) | 111:10 |
| 86. F. Baker (Highgate) | 116:37 |
| 94. J. Keown (Belgrave) | 118:16 |
| 108. W. Maxwell (Lancashire) | 124:45 |
| 112. J. Powell (Highgate) (40) | 134:59 |
| (112 finished) | |

Not nearly such a good field as the 'National 10' because it clashed with the Police Long Distance next day preventing many police clubmen from going for both.

May 15th

**Police Long Distance Championship
Barking to Southend 33½ Miles**

| | |
|-------------------------------|---------|
| 9. J. Hedgethorpe (Essex P) | 5:21:08 |
| 14. R. Blount (Herts Police) | 5:41:00 |
| 15. J. McAtee (Metro Police) | 5:41:09 |
| 20. J. Englert (S Yorks P) | 5:50:58 |
| 26. D. Fotheringham (Met P) | 5:58:02 |
| 27. J. Morris (PLA Police) | 5:58:44 |
| 40. K. Turner (C of L Pol) | 6:19:58 |
| 48. S. Bennett (Metro Police) | 6:26:18 |
| 49. W. Parsons (Metro Police) | 6:26:31 |
| 50. F. Gerrish (Metro Police) | 6:27:48 |
| (117 finished) | |

May 25th

**Inter-club 3000 Metres Track,
Woodford Bridge, London**

| | |
|-------------------------------|---------|
| 5. D. Fotheringham (Belgrave) | 14:35.4 |
| 7. J. Hedgethorpe (Essex P) | 14:47.4 |
| 10. K. Easlea (Enfield) | 15:36 |
| 11. J. Clifton (Woodford G) | 16:28 |
| 12. G. Eastwood (Woodford G) | 16:29 |

Continued on page 48

The Bob Shrinkle Column

An open message to all vets going to Gothenburg, Be careful what you say and what you do as Bob Shrinkle and his missionaries will be listening to every word and watching every move to garner material for this column. You have been warned.

Talking of missionaries to Bob Shrinkle land leads me to Maurice Morrell and last year's National Vets Cross Country Championships. A stripling of 40 doubting the eligibility of a runner was belligerently asking Maurice how long this member of the winning team had been in his club. Maurice replied 'Is 23 years long enough?' Game, set and match to Northern athlete!

We have two contenders for injury of the month this time. The first is a son of a jogger who tore a cartilage in his knee in his divinity class (someone up there hates him); and the second is JA of Kent who discovered half way through the Isle of Wight Marathon that his shoe had cracked right across the sole. Every stride he took the two edges bit gently into his sole rather in the manner of crocodile teeth. JA, the certificate is on its way and congratulations.

We have recently heard about a group of ten runners that meet on Mondays, Wednesdays and Fridays at 5.45 in the morning to run round a track at their own pace for 20 minutes. They then offer a shower and a breakfast for a 7.30 start to work. The group is led by Richard Bates and meets at the Seventh Day Adventist Church in Point Loma, USA – thank goodness!

Did you know that if you finish outside the first 100 in the National Senior Cross Country race that you are given a ticket with a number on rather than one of the discs? Jack Fitzgerald was very quiet after his run in this year's National at Parliament Hill Fields. "What's the matter Jack" we asked, "Matter" he said grumpily, "They gave me a blinking tea ticket instead of a disc this year".

The BVAf committee meeting were discussing the application for a grant from the Sports Council and they were told that Orienteering had received the staggering sum of £57,000 over the last 10 years. "What" said a grey haired veteran '£57,000 just for running around the countryside with a map and compass' And for getting lost presumably.

Poor old D.D., he has to take a medal or certificate home to his wife on a Saturday night as he needs to prove that he has been to an athletic meeting all afternoon.



The ancient road runner was being accused of treading on a dog by an irate owner, 'Not possible lady' he said 'I don't lift me feet high enough to tread on it, but I may well have kicked it'.

Ron is not mean really. When told of Jack Fitzgerald's trip to Bruges for the 25 k road race, he said 'I'm not paying that, I shall simply hitch hike there, or failing that I'll run and walk all the way'. You need faith to be a runner, but this seems too much.

We have just heard about the track runner who was persuaded to run in his club's open 10 mile road race which was on a very hilly and twisty course. He was pleased to get home in 3rd vets spot and receive a prize of bathroom scales. Poor old boy, his feet were so badly blistered that he could not stand on them for four days to weigh himself.

Jim had forgotten his underwear and badly wanted to get out for his lunchtime run. "Excuse me girls", he whispered to those around him in the office, "does anybody have a spare pair of paper panties that I could use?" Much giggling later Jim left his office madly trying to calculate how quickly paper shreds when subjected to water in the form of sweat and torsional stress. He was 'A' OK after 5 miles. Over to you dear readers!

I was running to work last week and feeling in fine form. I had just settled down into my smoothest stride and was busy smiling and beaming at people in general. The old crossing keeper – you know, the one who the kids won't let out into the road until they are sure that he is safe – saw me coming, pulled himself up to his full height and croaked 'Getting ready for them Olympics at Wembley then mate? My stride stuttered, my concentration gone as I limped carefully the rest of the way to my office. Olympics well no, but Wembley – that was 1948!

UK Results

March 12th

Tonbridge 10 Miles Road Race (40-49)

| | |
|---------------------------|-------|
| 1. L. Parrott (Havering) | 54:53 |
| 2. T. Tunks (Redhill & R) | 56:22 |
| 3. M. P. Laker (SLH) | 56:53 |
| 4. P. Wilks (Indiv.) | 57:25 |
| 5. D. Funnell (Epsom E) | 58:07 |
| 6. J. Hills (Blackheath) | 59:05 |

(50-59)

| | |
|----------------------------|-------|
| 1. D. Ball (Biggleswade) | 59:45 |
| 2. R. Johnstone (TVH) | 60:50 |
| 3. R. Hale (Kent AC) | 60:54 |
| 4. J. Fitzgerald (Mitcham) | 61:43 |

(Ladies)

| | |
|---------------------------------|-------|
| 1. J. Smith (39) (Barnet) (Rec) | 57:28 |
| 2. P. Day (35+) (Verlea) | 66:05 |

April 2nd

Victoria Park H 5 Mile Road Race

| | |
|---------------|-------|
| 10. N. Fisher | 24:15 |
|---------------|-------|

April 3rd

Duchy of Cornwall Marathon

| | |
|-----------------------------|---------|
| 14. C. Brookes (Exeter Uni) | 2:52:26 |
| 16. M. Laker (SLH) | 2:54:38 |
| 24. J. Willis (W Cornwall) | 3:04:04 |
| 32. M. Prynne (Cheltenham) | 3:21:02 |
| 37. G. Chambers (RNAS C) | 3:32:26 |
| 38. G. Betts (QPH) | 3:33:20 |

April 16th

45th Open Finchley '20'

| | |
|-------------------------------|---------|
| 25. J. Steed (Verlea AC) | 1:50:28 |
| 45. R. Coxon (Woodford) | 1:53:45 |
| 46. J. Geoghegan (Cam H) | 1:53:52 |
| 57. G. Archer (Hillingdon) | 1:56:26 |
| 78. P. Newell (Belgrave H) | 2:00:37 |
| 82. K. Vine (Cambridge H) | 2:00:55 |
| 86. H. Downer (Soton & E) | 2:01:45 |
| 88. M. Casse (Hillingdon AC) | 2:01:54 |
| 89. P. Taylor (Barnet & Dist) | 2:01:56 |
| 91. K. Fiddler (Vale of A) | 2:02:07 |
| 94. B. Hicks (Met Police) | 2:02:29 |
| 95. B. Switzer (Soton & E) | 2:02:41 |
| 97. R. Brandon (TVH) | 2:03:04 |
| 101. R. Franklin (TVH) | 2:03:27 |
| 103. D. Nash (Dartford H) | 2:03:34 |
| 107. S. Izzard (Watford H) | 2:03:50 |
| 110. R. Reynolds (TVH) | 2:04:18 |
| 116. R. Morland (Leighton B) | 2:04:51 |
| 117. K. Jones (Orion H) | 2:04:54 |
| 118. C. Brown (E & South) | 2:05:03 |
| 119. M. Caudwell (Croydon) | 2:05:04 |
| 123. F. Cowley (Bracknell AC) | 2:05:17 |
| 128. G. Pether (Met Police) | 2:05:40 |
| 132. N. Fisher (Harlow AC) | 2:06:28 |
| 135. M. Prynne (Cheltenham) | 2:06:40 |
| 140. A. Blatchford (E & E) | 2:07:21 |
| 141. J. Davies (Belgrave H) | 2:07:22 |
| 142. B. Mills (Ryde H) | 2:07:23 |
| 148. A. Rislej (Cambridge H) | 2:08:21 |
| 150. W. Hanscomb (Ranelagh) | 2:08:35 |
| 161. J. Flowers (VPH) | 2:10:10 |
| 164. J. Hutchinson (B'heath) | 2:10:30 |
| 165. J. Mattinson (SLH) | 2:10:42 |
| 168. J. Fitzgerald (Mitcham) | 2:11:02 |
| 170. A. Kimber (Dartford H) | 2:11:30 |
| 175. A. Fern (Soton & East) | 2:12:59 |
| 177. B. Tobitt (SLH) | 2:13:23 |
| 181. R. Brown (SLH) | 2:14:26 |

(61 vets finished)

April 2nd

Leamington AC 10 Miles Road Race

| | |
|--------------|-------|
| 6. G. Phipps | 55:32 |
|--------------|-------|

April 16th

Conoco-Lanes Road Race

| | |
|----------------------------|------|
| 1. R. Kernoghan (NBelfast) | 7:54 |
| 2. W. Dunne (Donore) | 8:00 |
| 3. J. Kennedy (Oly) | |

Team

| | |
|------------------|--|
| 1. North Belfast | |
|------------------|--|

April 16th

Chris Vose 10 Miles Road Race

| | |
|----------------------------|-------|
| 45. A. Ramsbottom (C-Le-M) | 53:29 |
|----------------------------|-------|

April 17th

Red Rose 20

| | |
|-------------------------|---------|
| 5. A. Walsham (Salford) | 1:52:51 |
|-------------------------|---------|

April 17th

Cams & Col 10

| | |
|-----------------------|-------|
| 7. N. Fisher | 51:20 |
| 14. J. Burney (Notts) | 52:08 |
| 17. L. Parrott | 52:20 |
| 27. J. Wright | 53:45 |

April 8th

Salford 7

| | |
|------------------------------|-------|
| 40. B. Whittaker (Rotherham) | 35:33 |
| 45. R. Pannel (Bristol) | 35:49 |

April 9th

Newport-Ryde 7

| | |
|----------------|-------|
| 11. B. Switzer | 39:57 |
| 1st over 50 | |
| R. Pape (RNAC) | 42:53 |

April 10th

Huddersfield Marathon

| | |
|-----------------------|---------|
| 8. D. Lawson | 2:35:56 |
| 10. S. Kay (Barnsley) | 2:37:39 |
| 13. B. Cordes | 2:39:39 |
| 19. G. Spink | 2:41:45 |
| 23. W. Russell | 2:45:45 |

Over 50

| | |
|-----------------------------|---------|
| 1. J. Robertson (S Shields) | 3:03:48 |
|-----------------------------|---------|

April 11th

Biggleswade Road Race

| | |
|----------------------|-------|
| 6. R. Macey (Verlea) | 34:33 |
|----------------------|-------|

April 11th

Feltham 5

| | |
|---------------|-------|
| 17. L. O'Hara | 25:02 |
|---------------|-------|

April 11th

Billingham-Hartlepoons 10 Mile Road Race

| | |
|----------------------------|-------|
| 18. T. Rooke (Middlesboro) | 53:36 |
|----------------------------|-------|

April 17th

Wallasey Road Race

| | |
|----------------------------|-------|
| 1. M. Morell (Wirral) 1A | 32:14 |
| 2. R. Billington (Wrex) 1A | 32:21 |
| 3. V. Bayliss (Wirral) 1A | 33:17 |
| 4. K. Hall (Wirral) 2A | 33:22 |
| 5. M. Weston (Bolton) 1A | 33:42 |
| 6. R. Goodyear (Man YMCA) | 34:08 |
| 7. R. Kernighan (Pemb) 1B | 34:19 |
| 8. J. Haslam (Bolton) 1B | 34:23 |
| 9. B. Lister (Bolton) 1A | 34:38 |
| 10. J. Foster (Bolton) 1A | 34:43 |

April 11th

Bampton-Tiverton 8 Mile Road Race

| | |
|-----------------------|-------|
| 10. D. Crook (Torbay) | 40:07 |
|-----------------------|-------|

April 23rd

14th Herne Hill Open 10 Miles Road Race

| | |
|--------------------------------|-------|
| 18. R. Macey (Verlea AC) | 55:18 |
| 28. J. Heywood (HHH) | 57:25 |
| 33. S. Allen (HHH) | 57:48 |
| 48. M. Ethernon (Camb & Col) | 59:42 |
| 54. M. Cauldwell (Croydon H) | 60:29 |
| 60. J. Hanscombe (Ranalagh) | 61:01 |
| 63. J. Hill (Blackheath H) | 61:39 |
| 64. R. Reynolds (TVH) | 61:46 |
| 68. J. Dooley (Belgrave H) | 62:04 |
| 77. D. Funnell (Epsom & E) | 62:53 |
| 78. J. Matterson (SLH) | 62:58 |
| 88. H. Deross (West VTC) | 64:15 |
| 92. J. Fitzgerald (Mitcham AC) | 65:00 |
| 93. K. Crooke (Croydon H) | 65:01 |
| 94. T. McCathay (Croydon H) | 65:05 |
| 99. R. Brown (SLH) | 65:36 |
| 107. I. Champion (Met Police) | 67:12 |

April 23rd

Shot Put at Woodford

| | |
|---------------------------|-------|
| S. Clark (Woodford Green) | 15.16 |
|---------------------------|-------|

April 23rd

Walthamstow AC over-35 Road Race

| | |
|------------------------------|-------|
| 2. M. Barratt | 22:45 |
| 4. L. Parrott | 23:07 |
| 5. J. Geogegan (Camb H) | 23:10 |
| 7. B. Hercock (B of Enfield) | 23:50 |
| 8. T. Everit (Eton Manor) | 24:03 |
| 9. W. Gilham (Ilford) | 24:12 |

Over 50

| | |
|--------------------------|-------|
| 1. D. Ball (Biggleswade) | 25:27 |
|--------------------------|-------|

Over 60

| | |
|---------------------|-------|
| 1. J. Flowers (VPH) | 26:21 |
|---------------------|-------|

April 23rd

North Wales 10 at Wrexham

| | |
|-----------------------------|-------|
| 13. R. Billington (Wrexham) | 54:22 |
| 17. L. William (Cardiff) | 54:44 |

Over 50

| | |
|----------------------|-------|
| 1. T. Wood (Newport) | 59:46 |
|----------------------|-------|

Over 60

| | |
|-------------------------|-------|
| 1. R. Crombie (Newport) | 83:47 |
|-------------------------|-------|

April 24th

Coombe Gibbet-Overton 16 Miles CC

| | |
|-----------------------------|-------|
| 9. J. Bell (Feltham) | 92:17 |
| 12. M. Keough (Basingstoke) | 93:27 |
| 15. H. Downer (Southampton) | 96:04 |

April 30th

50 km Track Race at Epsom

| | |
|---------------------------|---------|
| 9. D. Funnell (Epsom) | 3:29:35 |
| 11. A. Blatchford (Epsom) | 3:36:30 |

April 30th

Hampstead 10

| | |
|----------------|-------|
| 23. R. Macey | 52:47 |
| 26. L. Parrott | 53:05 |
| 27. J. Steed | 53:10 |
| 33. M. Barratt | 53:52 |

May 1st

Gloucester 18 Mile Road Race

| | |
|--------------|-------|
| 3. E. Austin | 92:54 |
|--------------|-------|

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May 5th S. Yorkshire League 5 Mile Road Race 40+

1. J. Pickering (Rotherham) 29:14

Over 50

1. M. Jackson (Rotherham)

Team

1. Rotherham
Womens 2½ Miles

6. A. Noble 14:37

May 7th AAA Marathon at Rugby

17. E. Austin 2:25:57

33. R. Macey 2:31:44

52. J. Burney (Notts AC) 2:39:50

64. B. Forey (Rugby) 2:51:13

72. W. J. Hanscombe (Ranel.) 3:05:40

May 8th Michelin 10 Miles Road Race

51. J. Mills (Sparkhill) 52:46

58. T. Rooke (Middlesboro) 53:17

60. R. Billington (Wrexham) 53:23

Over 50

1. R. Fernyhough (Michelin) 59:43

May 22nd V.A.C. Handicap, Victoria Park 100

1. R. Halford 12.0

2. J. Searle 12.0

3. W. Hartfree 12.1

May 21st V.A.C. Handicap, Norbiton 200

1. J. Hay 25.1

May 7th Chichester-Portsmouth 25 km Road Race

9. M. Hyman 87:54

11. J. Clare (Blackheath) 88:06

28. B. Switzer (S & East) 92:27

May 14th Croxdale 10 Miles Road Race Vets (40-49)

1. G. Black (Durham City) 52:25

2. R. Balding (Heaton) 52:41

3. W. Dance (Longwood) 52:54

Over 50

1. E. Joynson (Gateshead) 56:43

2. M. Robertson (South S) 59:46

3. J. Hannington (M & Cleve) 63:00

May 7th Vets AC 10 Miles Road Championship

1. J. Bell 53:05

2. G. Gorman 53:42

3. R. Franklin 53:47

4. P. Newell 53:55

5. J. Green 54:09

6. G. Archer 54:43

7. K. Fiddler 55:31

8. E. Andrews 56:02

9. E. Nolan 56:11

10. A. Bruce 56:15

11. S. Charlton 57:10

12. D. Martin 57:25

13. E. Flowers 57:31

14. J. Flowers 57:57

15. J. Moroney 58:15

16. J. Dooley 58:29

(75 finished)

Group Results (40-49)

1. J. Bell

2. G. Gorman

3. R. Franklin

(50-59)

1. S. Charlton

2. D. Martin

3. E. Flowers

June 4th

Ashton-in-Makerfield 7½ Road Race

2. C. Leigh (Salford H) 39:51

13. D. Hopkinson (Bolton) 41:37

14. J. Weston (Wrexham) 41:45

26. M. Morrell (Wirral) 43:06

27. R. Billington (Wrexham) 43:15

30. V. Baylis (Wirral) 43:37

31. M. Child (Wakefield) 43:45

36. A. Walsham (Salford H) 43:58

40. J. Bell (Feltham) 44:26

41. M. Heathcote (Bolton) 44:30

45. G. Doggett (Salford H) 45:08

51. H. Jacques (Salford H) 46:31

53. W. Feury (Liverpool P) 46:44

57. E. Newport (Liverpool P) 47:01

58. J. McAloon (Liverpool P) 47:05

63. B. Crook (Rochdale) 50+

69. V. Bateman (Liverpool P) 48:06

71. T. Prescott (Chester) 48:32

72. J. Haslam (Bolton) 48:58

73. G. McIver (Liverpool P) 49:18

74. S. Coffey (Manchester H) 49:20

77. A. Knowles (Sefton) 49:42

81. R. Hilton (Wigan) 50:25

85. C. Blow (Altrincham) 51:08

89. N. Ashcroft (Sutton) 60+

(115 finished)

(60-69)

1. J. Flowers

2. G. Betts

3. L. Rolls

(Over 70)

1. C. Marlow

Northern Veterans Champs

May 28th
Northern Veterans AC, Sixth Annual
Track and Field Championships

400M Hurdles

(Class 1)

- | | |
|--------------------------|------|
| 1. C. Shafto (Rountrees) | 60.5 |
| 2. K. Whitaker (ASVAC) | 62.2 |

100M

(Class 1A)

- | | |
|--------------------------|------|
| 1. R. Anderson (Morpeth) | 11.7 |
| 2. D. Herman (Man AC) | 11.8 |

(Class 1B)

- | | |
|------------------------|------|
| 1. D. Howarth (Leigh) | 12.1 |
| 2. K. Whitaker (ASVAC) | 12.3 |

(Class 2A)

- | | |
|-------------------------|------|
| 1. H. Smith (W Yorks) | 13.5 |
| 2. P. Pinnington (Warr) | 13.8 |

(Class 2B)

- | | |
|-------------------------|------|
| 1. T. Kershaw (Black/F) | 14.0 |
| 2. K. Hallam (N Vets) | 14.7 |

200M

(Class 1A)

- | | |
|----------------------------|------|
| 1. R. Anderson (Morpeth) | 24.1 |
| 2. D. Burton (Hallamshire) | 24.3 |

(Class 1B)

- | | |
|------------------------|------|
| 1. K. Whitaker (ASVAC) | 25.0 |
| 2. A. Tipping (Sutton) | 25.5 |

(Class 2A)

- | | |
|-------------------------|------|
| 1. E. Allen (Burn Road) | 26.3 |
| 2. H. Smith (W/Yorks) | 27.4 |

(Class 2B)

- | | |
|------------------------|------|
| 1. T. Kershaw (B/Pool) | 29.4 |
| 2. K. Hallam (N Vets) | 30.0 |

(Women)

- | | |
|------------------------|------|
| 1. M. Hamer (B/Pool) | 31.7 |
| 2. M. Whitaker (ASVAC) | 32.8 |

400M

(Class 1A)

- | | |
|--------------------------|------|
| 1. R. Anderson (Morpeth) | 51.9 |
| 2. B. Grundy (Mid/Clev) | 53.8 |

(Class 1B)

- | | |
|------------------------|------|
| 1. K. Whitaker (ASVAC) | 55.4 |
| 2. D. Howarth (Leigh) | 58.5 |

(Class 2A and 2B)

- | | |
|-------------------------|------|
| 1. E. Gallagher (Liv H) | 57.3 |
| 2. E. Allan (Burn Road) | 61.1 |

800M

(Class 1A)

- | | |
|--------------------------|--------|
| 1. R. Anderson (Morpeth) | 2:09.1 |
| 2. R. Checkley (Heaton) | 2:09.8 |
| 3. E. Hamer (B/Pool) | 2:10.1 |
| 4. R. Allen (Harrogate) | 2:10.1 |

(Class 1B)

- | | |
|-------------------------|--------|
| 1. A. Hughes (R/Dale) | 2:13.7 |
| 2. J. McGregor (B/Pool) | 2:21.1 |

(Class 2A)

- | | |
|-------------------------------|--------|
| 1. K. Burns (Liv P) | 2:23.0 |
| 2. B. Bickerton (Shettleston) | 2:24.5 |

1500M

(Class 1A)

- | | |
|----------------------|--------|
| 1. D. Welch (H/Gate) | 4:10.0 |
| 2. B. Bullen (Stret) | 4:10.0 |

(Class 1B)

- | | |
|--------------------------|--------|
| 1. A. Hughes (Rochdale) | 4:23.9 |
| 2. W. Marshall (Clyde V) | 4:33.6 |

(Class 2 & 3)

- | | |
|---------------------------|--------|
| 1. T. Joynson (G/Head) | 4:44.6 |
| 2. J. Williamson (E Ches) | 4:55.0 |
| 3. W. Brown (E Ches) | 5:00.3 |
| 4. K. Bruns (Pembroke) | 5:11.8 |
| 5. N. Ashcroft (Sutton) | 5:15.9 |

(Women)

- | | |
|--------------------------|--------|
| 1. I. Bruns (Liv P) | 6:37.0 |
| 2. M. Hamer (B/pool & F) | 7:00.3 |

5000M

(Class 1A)

- | | |
|-------------------------|-------|
| 1. D. Welch (Harrogate) | 15:59 |
| 2. R. Balding (Heaton) | 16:10 |
| 3. G. Dance (Longwood) | 16:15 |

(Class 1B)

- | | |
|---------------------------|-------|
| 1. W. Marshall (C Valley) | 17:03 |
| 2. M. Watson (Bolton) | 17:24 |
| 3. H. Smith (C le M) | 17:56 |

(Class 2)

- | | |
|------------------------|-------|
| 1. T. Joynson (G/Head) | 17:37 |
| 2. K. Hall (Wirral) | 17:58 |
| 3. W. Brown (E Ches) | 18:15 |

(Class 3)

- | | |
|-------------------------|-------|
| 1. N. Ashcroft (Sutton) | 19:07 |
| 2. S. Lee (Horwich) | 21:00 |
| 3. E. Wallace (Wirral) | 21:09 |

Hammer

(Class 1)

- | | |
|-----------------------|-------|
| 1. K. Madden (Sale H) | 41.66 |
| 2. J. Watson (N Vets) | 36.56 |

(Class 1B)

- | | |
|-----------------------|-------|
| 1. W. Mann (Sefton) | 32.56 |
| 2. D. Jepson (N Vets) | 17.20 |

Discus

(Class 1A)

- | | |
|--------------------------|-------|
| 1. F. Hobson (Sheffield) | 32.56 |
| 2. W. Nicholls (Stret) | 29.88 |

(Class 1B)

- | | |
|-----------------------|-------|
| 1. J. Watson (N Vets) | 37.30 |
|-----------------------|-------|

(Class 2)

- | | |
|----------------------------|-------|
| 1. H. Trafford (Newcastle) | 26.88 |
| 2. D. Pinnington (Warr) | 23.90 |

Shot Putt

(Class 1A)

- | | |
|--------------------------|-------|
| 1. F. Hobson (Sheffield) | 10.04 |
| 2. K. Madden (Sale) | 9.97 |

(Class 1B)

- | | |
|-----------------------|-------|
| 1. J. Watson (N Vets) | 10.98 |
| 2. W. Man (Sefton) | 9.60 |

(Class 2A)

- | | |
|----------------------------|-------|
| 1. H. Trafford (Newcastle) | 11.49 |
| 2. W. Ward (N Vets) | 9.41 |

(Class 2B)

- | | |
|--------------------------|------|
| 1. R. Davenport (N Vets) | 5.71 |
|--------------------------|------|

Long Jump

(Class 1A)

- | | |
|----------------------------|------|
| 1. D. Burton (Hallamshire) | 5.93 |
| 2. K. Rhea (B/Ham) | 5.50 |

(Class 1B)

- | | |
|----------------------------|------|
| 1. Herr Poppe (W. Germany) | 5.42 |
|----------------------------|------|

(Class 2)

- | | |
|-----------------------|------|
| 1. H. Smith (W/Yorks) | 4.58 |
| 2. W. Ward (N Vets) | 4.17 |

(Class 2B)

- | | |
|--------------------------|------|
| 1. R. Davenport (N Vets) | 3.78 |
|--------------------------|------|

Javelin

(Class 1A)

- | | |
|--------------------------|-------|
| 1. J. Coggins (Leics AC) | 31.68 |
| 2. W. Nicholls (Stret) | 28.04 |

WALKING (continued from page 42)

Australian 5th National Vets
Championships
April 10th/11th

5000M Walk

1B (45-49)

- | | |
|-------------------|-------|
| 1. D. Waters (WA) | 28:29 |
|-------------------|-------|

3A (60-64)

- | | |
|-----------------------|-------|
| 1. S. McConchie (Vic) | 32:49 |
|-----------------------|-------|

3B (65-69)

- | | |
|---------------------|-------|
| 1. T. Daintry (Vic) | 28:24 |
|---------------------|-------|

Women

- | | |
|--------------------|-------|
| 1. B. Newman (Vic) | 32:33 |
|--------------------|-------|

Sundry Championships

April 23rd

Essex 20 Miles

- | | |
|-----------------------------|---------|
| 6. J. Hedgethorpe (Essex P) | 3:01:06 |
|-----------------------------|---------|

April 23rd

Hertfordshire 20 Miles

- | | |
|-----------------------|--|
| 3. P. Worth (Enfield) | |
|-----------------------|--|

May 4th

Essex 3000 Metres

- | | |
|-----------------------------|---------|
| 5. J. Hedgethorpe (Essex P) | 15:28.4 |
| 8. J. Coker (Thurrock) | 16:51 |

May 31st

Police (SE England) 3000 Metres

- | | |
|------------------------|-------|
| 3. Hedgethorpe (Essex) | 14:36 |
|------------------------|-------|

June 4th

Jubilee 10 Kms, Victoria Park

- A number of Vets took on the Mexicans – and lost – but then so did everyone else as the visitors filled the first 5 places.
- | | |
|------------------------------|--------|
| 15. D. Stevens (Steypning) | 100:39 |
| 22. J. Bromley (Belgrave) | 107:50 |
| 23. J. Hedgethorpe (Essex P) | 108:33 |
| 26. D. Vale (Surrey) | 112:05 |
| 29. D. McMullen (Belgrave) | 113:27 |
| 37. D. Fotheringham (Bel) | 116:04 |
| 38. R. Eade (Basingstoke) | 117:38 |
| 39. W. Muntzer London Vids) | 118:07 |
| 43. J Keown (Belgrave) | 119:09 |
| 45. P. Browning (Surrey) | 119:55 |
| 46. J. Morris (Belgrave) | 120:11 |

PRE-WAR

ATHLETICS MEETINGS

Old photographs and reminiscences requested for research for film on Veteran Amateur Athletes. All material will be returned, gratefully.

Contact:

James Forshall
at
Tentworth, Midhurst,
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Postbag

Dear Editor,

In his Newsletter of April 1977, Dave Pain writes as follows: "The likes of Bob Fine, Jack Fitzgerald, Wally Sheppard, and Don Farquarson **TOTALLY DEFAULTED** on the resolution carried at Toronto 60 to 11, that Masters Athletics shall in future be **OPEN**."

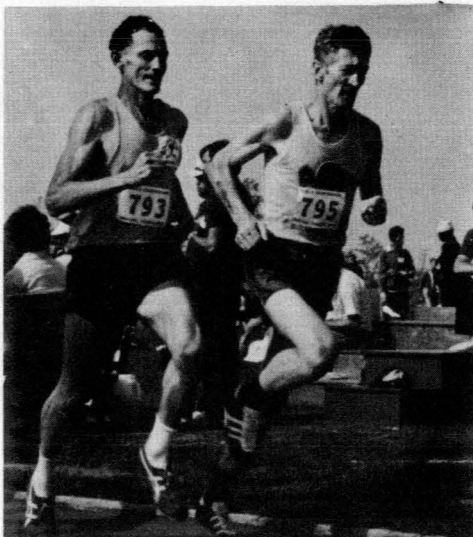
I think that I am in a good position to reply to Dave because I was vocal at Toronto, and one of the 60 who voted for Dave's proposition. I did so after pointing out that what needs to be changed is the IAAF rules, and that if Göteborg was to be an open meeting, then under the existing amateur rules, we in Australia were unlikely to risk losing our right to compete and to officiate in amateur athletics. Dave Pain gave the meeting an assurance that his proposition was a declaration of principle, which might help in changing the rules. Unfortunately in 1977 the rules have not been changed and our Swedish members have recognised the need to conduct our International under the auspices of the Swedish AAU.

In any event the conference at Toronto in 1975 was called so that everybody who competed could attend and air their views, it was not a delegate conference and had a preponderance of US masters, and for instance there were only two members from Japan, without their interpreter. We were there as individuals not as national representatives.

Dave Pain's newsletter goes on to "*The Betrayal at Coventry*", by those members named above. Dave

says his resolutions on this subject put by his wife were voted out 6 to 1.

The resolutions were couched in such legalistic jargon, that the amateurs smelt a rat, at least that is my reading of it. However, his resolution did



JACK PENNINGTON (795)

AREA & NATIONAL ORGANISERS

GREAT BRITAIN

- Southern Vets: Jack Heywood, 14 Darling Road, Brockley, London SE4 1YQ.
- Midlands Vets: Ken Westley, 18 Pinewoods Ave., West Hagley, Stourbridge, W. Midlands.
- Northern Vets: Norman Ashcroft, 16 Davids Ave., Lane Ends, Warrington, Lancs.
- Scottish Vets: Walter Ross, 10 Thornley Ave., Glasgow, W3.
- N. Ireland Vets: E. Johnston, 4 Lyndhurst Drive, Belfast 13-3NE.
- Welsh Vets: T.R. Billington, 29 The Broadway, Nantwich, Cheshire. (N.Wales)
T.Woods, 3 Linden Road, Newport, Gwent. (S.Wales)
- Women Vets: Hazel Rider, 1 Malthouse Lane, Shorne, Nr. Gravesend, Kent.

AUSTRALIA: Wal Sheppard, 2 Montgomery Place, Bulleen, Victoria 3105.

- NEW ZEALAND: Clem Green,
46 Hargreaves St., Wellington 2.
- BELGIUM: (Flanders) Jacques Serruys,
Engelendalelaan 25, 8310 Bruges.
- ITALY: Cesare Beccalli (IMITT), Via
Bartolomeo d'Alviano 24,
20146 MILAN.
- CANADA: Don Farquharson,
269, Ridgewood Road, West Hill,
Ontario M1C 2X3
- UNITED STATES: Robert G. Fine (AAU Masters)
77, Prospect Place, Brooklyn
New York 11217
David H. R. Pain (U.S.M.I.T.T.)
1160 Via Espana, La Jolla,
California 92037.
- SOUTH AFRICA: Dr. Danie Burger,
P.O. Box 17735, Hillbrow,
Johannesburg 2038.

contain a para which is easily understood by amateurs, viz: "To strive to ensure that no race, religious, political or other kinds of discrimination be allowed in athletics, and to take all necessary measures to stop such discrimination".

Well Dave, that is exactly what the IAAF have done – the representatives of all nations eligible to compete at the Olympics have declared that South African Athletics does discriminate against black athletes, and therefore the necessary measure is to ban competition with South Africa. It further declares that any athlete who competes in South Africa shall not be eligible to compete in any competition under the jurisdiction of the IAAF. Yet knowing this, *Dave Pain* of Sports Travel International, took a party of 34 U.S. masters and 5 Australian professionals to compete in South Africa at Xmas 1976.

When you take a sledge hammer to crack a

peanut, you are certain to hit your thumb – therefore as a lawyer he is in a good position to assess whether he can save his thumb.

I can understand our professionals climbing on Dave Pain's bandwagon, they have nothing to lose; their professional association is run largely for the benefit of the bookmakers.

Nevertheless, I do agree that the international problems have fallen on us like a wet blanket – but that is no reason to try and change constitution by revolution.

Dave is an athlete, lawyer and tourist agent – perhaps he has his priorities mixed up. In any event he is not an elected spokesman for the U.S. Masters and I think he protests too much.

Yours sincerely,
Jack Pennington
3 Cotton St, Downer-Canberra
A.C.T. 2602, Australia

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1976 Olympic Games – A Close-Up Look at the Track and Field Events. Results, features and about a hundred Mark Shearman photos capture the drama and excitement of Montreal 1976. 254 pages. Price: £2.75

FIXTURES

- July 30 Woodford-Southend 36. (Cup for first over 40, medal for first over 50)
- 30 Worlds Best 10,000 Metres, Road Championships at Bruges.
- 31 10th Worlds Best 25 km Road Championships at Bruges.
- Aug 1 2nd Veterans Open Meeting Organised by Vets A.C. 7 pm at Parliament Hill Fields.
- 8/13 2nd Worlds Masters Track & Field Championships at Gothenberg.
- 14 Vets 200 & 1500 Metres Races at Poly Stadium, Chiswick, 11 am.
- 28 Vets 100 & 800 Metres Races at Poly Stadium, Chiswick, 11 am.
- Sept 3/4 Masters Pan Am Games at Los Angeles. *Organiser: Bill Adler, 5521 Dubois Avenue, Woodland Hills, California 92107.*
- 4 Vets 200 & 1500 Metres Races at Poly Stadium, Chiswick, 11 am.
- 10 Masters 50 Mile Track Race at Santa Monica. California. *Organiser: Steve Broten, 13512E Ramona Drive, Whittier, California 90602.*
- 17 Crawley Vets 10 Mile Road Race inc. Southern County Vets Champs. *Entries 40p plus 40p for Southern Counties VC to John Cook, 15 Johnson Walk, Tilgate, Crawley, Sussex by 14.9.77.*
- 18 Vets 100 & 800 Metres Races at Poly Stadium, Chiswick, 11 am.
- 24 Southern Vets Cross Country Relay at Parliament Hill Fields. 3 x 2½ Miles. *Entries to G. Harrison, 75 Gallows Hill Lane, Abbots Langley.*
- Oct 1 3 Southern Vets Road Relay at Bexley 3 x 3½ Miles. *Entries to L. Blackeby, 8 Horn Park Lane, Lee, London, S.E.12.*
- 9 A.A.U. Masters, 15 km Road Run, Columbus, Ohio. *Organiser: Tony Piamond, 4200 Cathedral Avenue, N.W. Washington D.C.*
- 16 Masters & Maidens Marathon at Guildford. *Entry Forms from A. Blatchford, 11 Thorn Bank, Onslow Village, Guildford, Surrey.*
- 22 Unigate Marathon at Harlow inc. Vets AC & Southern Vets Marathon Champs. *Entries 30p Harlow, 40p Southern Vets to Tom Dradey, 78 The Maples, Harlow, Essex by 10.10.77.*
- 23 A.A.U. National Masters, New York City. *Entries to Box 881, New York, 10022.*
- Nov 12 A.A.U. National Masters 10 km X-Country, Washington D.C. *Entries to Tony Diamond.*
- 19 Epsom 10 Vets Team and over 40 and over 50 prizes. *Entries 30p to J. Cock, 153 Westway, London, SW20.*
- Dec 3 A.A.U. National 50 km. Track Race at New York City. *Entries to Vince Chiappetta, 2 Washington Square Village, NY 10012.*
- 4 Barnsley Marathon, over 40 and over 50 and over 60 prizes. *Entries 40p to D. Bennett, 40 Newhill Road, Mark Bretton, Barnsley.*

Joan Uilyot on WOMEN MARATHONERS

When asked by SPIRIDON magazine why American women runners are first class on the road and second class on the track, Dr. Joan Uilyot (U.S. Marathoner), replied "There is little opportunity in the U.S.A. for women to acquire track techniques. There are very few women members of clubs apart from School and University clubs. Road running developed from jogging, which we enjoyed, but we marathon pioneers are older women and independent individual runners.

At 36 I don't feel old but talented youngsters of 18 - 20 will, in three years time, be doing under 2h 30m for the marathon. I agree with Dr. van Aaken that in ten years time women will do under 2h 20m. This will surprise Dr. Kenneth Cooper, who sets a weekly "Aerobics" target of 30 points for men and only 24 for women. I hope to prove him wrong in his estimate of women's potential.

Women's marathon running has nothing to do with the women's liberation movement - running is sufficient reward in itself. Men road runners accept us without question - they aren't politically or sexually biased.

There are probably far more women marathon

runners in America than in W. Germany, but America is a big country and the woman long distance runner is still as much an oddity as her European counterpart.

Distance running for women is, as for men, the answer to "civilised" vices: over-eating, too little activity, tobacco, alcohol.

With regard to pregnancy, women should not follow the example of Miki Gorman who did the Boston marathon in 2:46:30 in her first month of pregnancy. From 3 to 6 months, take medical advice - after that, don't run.

Women recover more quickly after a marathon than men because they are more realistic in their running. They know their limitations and, if they can't maintain their rhythm, they refrain from a romantic, masculine "do or die" effort.

Women prefer to run with men - it's not so lonely. The rule that women should start 15 minutes before the men will never be accepted."

(With acknowledgements to SPIRIDON - and to Len Rolls for translation.)

The Newmark Meeting British Cycling Federation 1977 National Track Championships



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