



VETERIS

the magazine of the

Association of

Veteran

Athletes

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Quarterly May 1973 Volume 1 Number 1

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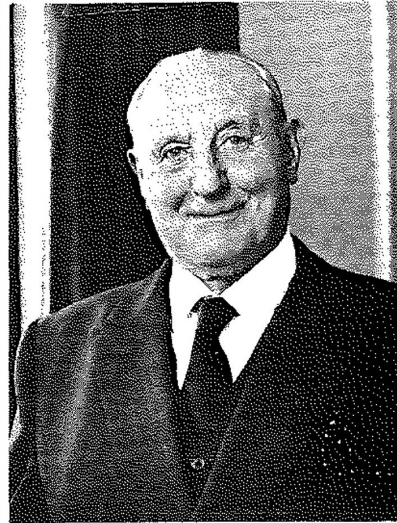
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PATRON



COLONEL SIR STUART MALLINSON
C.B.E., D.S.O., M.C., D.L., J.P.

As it was my pleasure to be the Patron of the very successful 1972 "Veterans Athletic Festival" in London it gives me even greater pleasure to be associated with A. V. A. and its objects of providing a forum for cementing the healthy and happy relationships made then between sportsmen of the English speaking nations.

Your realization that active sport may play a worthwhile role in the lives of the older man is most admirable and one that deserves a success that I am sure I shall smile upon, for is not our common denominator the desire to keep fit?

My sincere best wishes to you all,

STUART S. MALLINSON



COVER PHOTO (by F. Reynolds):
WAL SHEPPARD (Australia), the World's top over-50 runner at 800 metres and 1500 metres set new world marks in 1972 of 2:05.1 and 4:20.0 respectively. See our next issue for a "Spotlight" on Wal Sheppard.

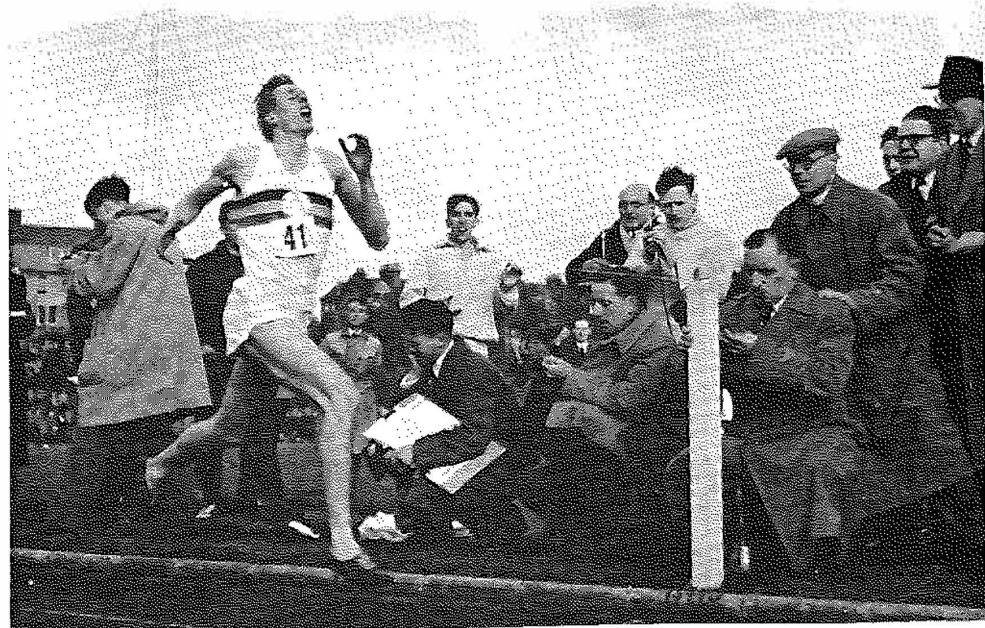


Photo: K. Bray

It's the 6th May 1954, and an historic and dramatic moment is captured as Roger Bannister becomes the first man to break the 4 minute mile barrier with 3:59.4.



Photo: K. Bray

18 YEARS LATER. A more leisurely scene as Dr. Bannister plants a tree on the estate of our Patron during the visit of the U.S., Canadian and Australian teams. L. to R: Jack Fitzgerald, John Hayward, Wal Sheppard, David Pain, Don Farquharson. Second from right is Sir Stuart.

Foreword

by

Dr. ROGER BANNISTER C.B.E.

Chairman of the British Sports Council

Last year I had the honour to plant a tree in the arboretum of your Patron, Sir Stuart Mallinson and was delighted when asked to help in the launching of this new and enterprising publication. Whether it is my qualifications as a veteran or an orienteer that prompted the invitation it is not for me to say.

'Veteran' is both an honourable and a slightly forbidding classification. What we should remember is that age — whether very little or rather much — is only a barrier if the mind makes it so. Men in their fifties and sixties have told me that nowadays when they win a race it is just as exhilarating for them as it was twenty or thirty years ago; nor do they have the sensation of running any slower. This thrill of participation should be enjoyed to the full: the cold truth of the stop-watch can wait.

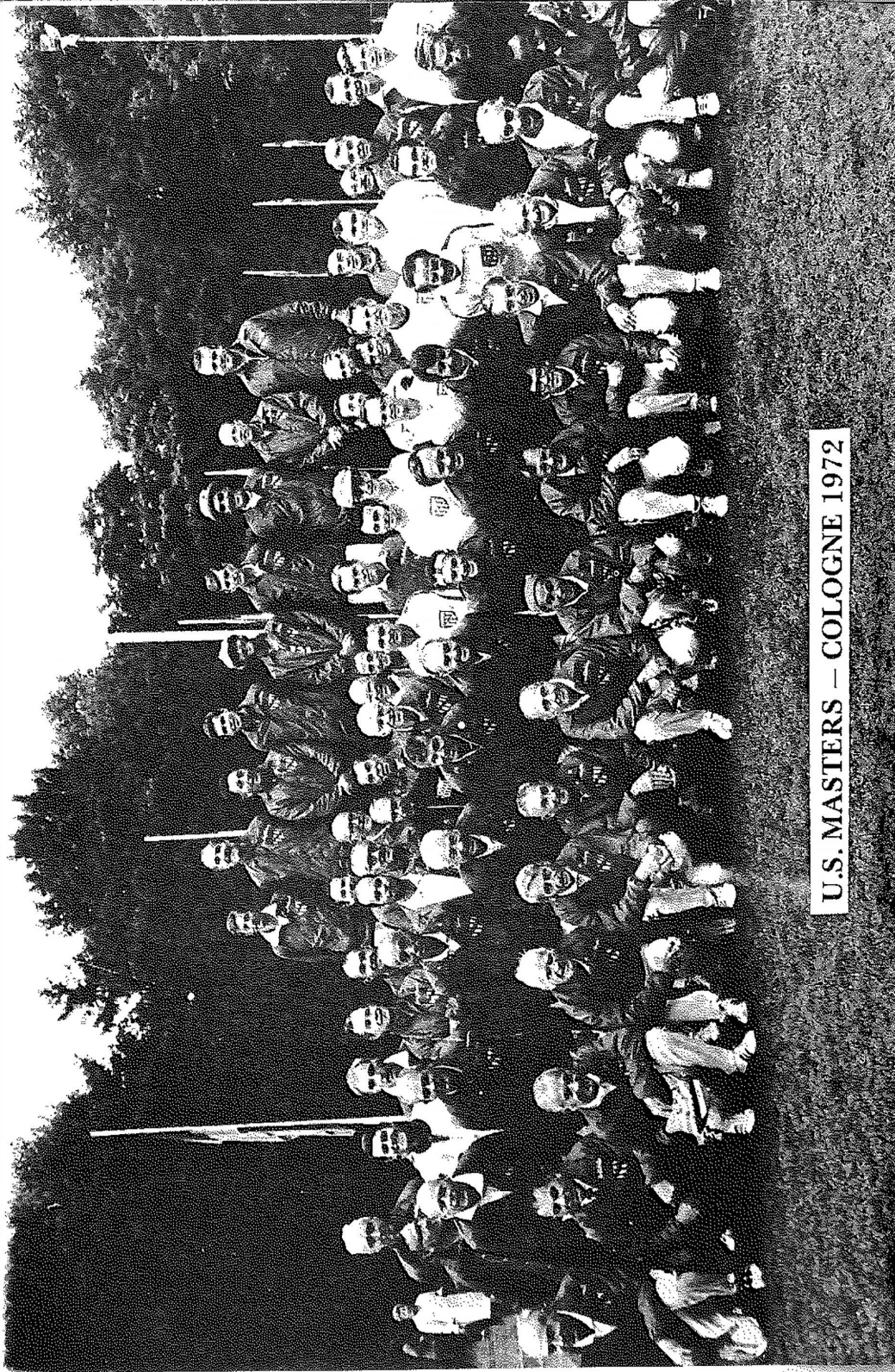
Regular and sensibly moderated exercise is of inestimable value in keeping the mind and senses alert, the body lean and supple; provided, of course, that a medical check-up has revealed no physical malfunction that would be worsened by such activity.

Five hundred competitors took part in the 1972 Veterans International Track and Field Meeting and Road Walk at Crystal Palace National Sports Centre, and frankly I was amazed at the number who came from overseas. I realised then how strong and well-established your movement is.

The Association of Veteran Athletes will certainly cement the bonds between yourselves and your friends and rivals in USA, Canada, Australia and New Zealand and as a result of this publication no doubt you will be seeing and competing with one another more often.

This magazine, this move to bring together mature people of similar enthusiasms and endeavour, deserves every success. One of the strongest aims of the Sports Council's 'Sport for All' campaign, now in full swing, is to persuade older men and women to take up a sport or recreation rather than to resign themselves to a watching brief.

The AVA is showing them the way.



U.S. MASTERS - COLOGNE 1972

Editorial

Veterans of the World - Welcome!

This magazine makes its first appearance as a direct result of the upsurge in enthusiasm shown by the over-40 athletes in 1972. The European tours of the Canadian and U.S. Masters, together with the Australian veterans, were the primer which ignited the European veteran scene into an activity that no one thought possible. As a result, fewer running shoes and throwing implements are being hung up in the old tradition, and the new breed of young "mature athletes" are seeking friendly competition and the opportunity to meet their opposite numbers across the seas.

We say "friendly" because one of the significant features of the 1972 meetings in Europe was the social contact between the athletes; the mutual respect, whatever the calibre as a performer.

The Association of Veteran Athletes was formed as a body in February of this year with the express object of promoting the furtherance of the spirit shown in 1972. In addition, it aims to:- 1. Encourage physical activity for all members of the over-40 community, 2. Encourage former athletes to consider the advantages of renewing their former, or similar, activities. 3. Maintain contact with masters/veterans throughout the world. 4. Publicise all major tours, championships etc. 5. Co-ordinate moves to rationalise the competitive structure of veteran athletics. 6. Act as a forum for news and views from across the world.

The vehicle for these aims will be this magazine - VETERIS. Its success will depend to a large extent on you, our reader. Let us know what you think, either direct to our 'Postbag' column, or through your local organisers.

This issue will be released just prior to the World-Best Veteran 25 Kms Championship in the Isle of Man. Its content is essentially a review of that action-packed period around the Munich Olympics. The results have an historical note, maybe, but how could one embark on a venture such as this without placing on record the period which started it all? And if the sight of those performances encourages just one ex-athlete to make a re-appearance, then for that alone it will have been worthwhile.

Excellent publications already exist for the running fraternity, particularly "Runners World" (U.S.A.) and "Condition" (West Germany). We hope that "Veteris" will be regarded as complementary to these magazines rather than as an alternative. In addition, we are particularly keen to see that the walkers and field events men get a fair share of space. Correspondents for these facets of our sport are also welcome.

Our principal correspondents from overseas are,
CANADA: Don Farquharson, President of the Canadian Masters International Track Team (CMITT).

AUSTRALIA: Wal Sheppard, Manager of the Australian Veterans team 1972.

UNITED STATES: David Pain, Director of the U.S. Masters International Track Team.

NEW ZEALAND: Clem Green, President of the New Zealand Veteran Athletes.

We require correspondents from other countries too, and although we are an English-speaking publication we welcome contributions in any language from any country.

And so our inaugural issue comes to you in modest form. In doing so it could be treading the path of many well established journals. Its destiny depends on your response.

David Pain is as responsible as anyone for the current healthy state of veterans track and field in the United States. He founded and nurtured the U.S. Masters meeting and is now director of the U.S. Masters International Track Team. Here are his observations on the present and future of veterans track and field.

VETERAN TRACK AND FIELD —

The Birth of a New Sport

Although veteran athletes have been competing for years in long distance events, no comprehensive program of athletics for men over 40 emerged until the birth of U.S. Masters Track and Field in Southern California in 1966. Quickly adopted by the U.S. A.A.U. as part of its official program, Master, or Veteran, track has now conducted seven national championships, in San Diego, California, which will move to other parts of the U.S. commencing 1974.

In 1972, 150 U.S., Canadian and Aussie Vets competed in England's Second National Championships with several hundred entries and quality efforts being posted in all events. The European tour really gave the sport the impetus necessary to bring about the beginning of what will be a continuous series of international exchanges. The fruits of the '72 expedition are already being realized with 50 Britishers jetting to California in June of '73 to engage in three Vet meets culminating with the A.A.U. National Championships July 6-8 in San Diego, California.

Later in the year approximately 150 U.S. and Canadian Masters, many accompanied by their families, will travel some 26,000 miles to Fiji, Sydney, Melbourne, Auckland, and Honolulu for international competition highlighted by the First Australian National Veterans Track and Field Championships, December 22 and 23, 1973, in Melbourne.

1973 will see the first Canadian Vets National Championship meet. National meets, and even big local ones, can produce fine performances. But it takes an international competition to bring out the ultimate efforts.

Veteran athletics is not just road racing, or cross-country, or the marathon, for that matter. It is the full panoply of events from 100 metres to the marathon plus all field disciplines. For it is here that all athletic skills can be exercised.

It is all well and good to put on a well-conducted long distance event, but we must recognize that only those disposed to distance running will participate. What about the chaps who are sprinters, middle distance runners? And how about those weight men and jumpers who cringe at 1,500 metres let alone 15 kilometres? The Olympic Games premier event is track and field. Masters athletics will not come of age until it too has its international championships.

Moving with much greater alacrity than did the Olympics in the early 1900's and assisted by improved communications, jet travel, a higher world-wide standard of living plus a greater awareness of the value of being fit; the world veteran athletic programme will have such an event in 1975 in Toronto, Canada, at the Canadian National Exhibition.

Aided by a budget which will assure the appearance of the world's best over-40 athletes, this event will bring together, for the first time, the world's most outstanding veteran athletes.

As we are all aware that the secret of the success of the Masters program is age group competition. Once a man reaches 40, perhaps as young as 30, he begins to lose interest in his sport as it becomes more difficult to remain competitive. By dividing the entrants into age groups each athlete is encouraged to continue as his abilities diminish with age. Our observations have shown that a few veterans appear to get better as they grow older, but this is an illusion. The really fit and trained veteran athlete must recognize that his performances will slowly deteriorate with age. By competing against men his own age, however, he can still enjoy the opportunity competition affords — winning.

A study of performances in the U.S. National Masters Championships, as well as the competition in Europe in 1972 has demonstrated that a spread of 10 years 40-49, 50-59, 60 and over — in the divisions is too great. Very few athletes in the upper five years in their division ever win, or, even place. Therefore, at the World Vets Championships in Toronto competition will be in five year divisions. Thus the 46-49 year old athlete can come to the meet with the reasonable expectation of doing well and not being overwhelmed by some recently-turned-40 "youngster".

Although all details have not yet been worked out, it is anticipated that at least the top twenty athletes in their 40's, and the top ten respectively in their 50's and 60's will receive courtesy travel and housing to the competition.

This should result in increased interest leading up to the meet with each country conducting national championships for those seeking an invitation. And, also assure top quality competition so that those not lucky enough to qualify as invitational competitors will want to compete any way. *Continued on page 36*

1972 REVIEW 1972

by John Hayward

That 1972 will prove an eventful year in the history of Veteran Track & Field athletics there can be no doubt, for although specialized competition for the over forties was born way back in 1931, when the Veterans A.C. was founded in London, it wasn't until 1972 that a certain tour came into being that at the year's close left a more than strong impression that things just would not be the same again.

That tour was by the American Masters who, led by David Pain from their H.Q. city of San Diego, California, invaded Europe with over 100 active members reinforced by a similarly combined number of Canadians and Australians led by Don Farquharson and Wal Sheppard.

They wanted to see the Munich Olympics and have some competition themselves. That was the intention when David Pain came to Europe in 1971 to sell the need for International Veterans Track & Field with an enthusiasm that left a few breathless.

In the end only a minority visited Munich while most did a whistle stop tour of one month's duration that opened in London on August 20th and closed in Cologne on September 17th. with competitions of various types in between in Gothenburg, Stockholm, Helsinki and Copenhagen. There is a song called 'Mad Dogs and English Men' — but what can one say of a party of athletes who in one month did a round trip of 13,000 miles or more, visited six major cities in five European countries, competed on 10 competitive days and whose ages ranged from forty to over seventy? Probably only Noel Coward could have done their feat justice in song — but unfortunately he is not with us any more.

The tour opened in London with a Garden Party given for over 300 by the British Organizing Committee's Patron, Sir Stuart Mallinson — a gentleman who at 83 years of age radiates with an active mind and body all that a veteran athlete should be. We are pleased to say he is now the patron of A.V.A.

This was followed by a cross country match in Epping Forest organized by Orion Harriers and a two day track and field festival at the National Sports Centre, Crystal Palace staffed by over 100 officials catering for the complexities of three age groups — all this laid on by Woodford Green A.C., one of Britain's most progressive clubs.

Blessed with perfect competition weather, the complicated programme that incorporated a 15Km Road Walk and a 5Km Road Race went to time and was obviously enjoyed by officials as well as competitors. In the words of one senior official 'It was a happy meeting, the like of which I haven't seen before'.

Over 400 individuals competed at this meeting — 200 plus in the Class 1 (over 40), 120 plus in the Class 2 (over 50) and over 80 in the Class 3 (over 60).

The 5000m attracted the largest entry and had to be split into a track race for the best twenty competitors — leaving the remainder to contest a Road Race in which a further 121 finished.

51 completed the 15Km Road Walk, 76 the 100m., 52 the 800m. and 1500m.; with the best supported field events being the L.J. (22) and Discus (21).

There were obvious difficulties for the large team of officials with competitors' ages ranging from forty to eighty-seven — but most were accommodated with flexibility and good humour (a roll of sticky tape produced by American Master Rudi Friberg over came the problem of a permanent L.J. and T.J. stop board that threatened to put an insurmountable gap between the older competitors and the sand pits). The pre-competition fears that even the air bed may prove too high for some in the H.J., that some would rupture themselves or twist their gut in the throws and jumps, or that the sprints with their explosive nature would take toll of some of the young sixty year olds — let alone the 86 and 87 year old deadly rivals — Messrs Speechley and McLean (two Britons who started racing before the turn of the century) all came to nought, for after much hard competition all the St. John's Ambulance Officers could report were a few blisters! Thus those who before the tour questioned the validity of encouraging track and field competition for men in middle age onwards, must at least reflect on David Pain's insistence that — 'if the participant is fit, obtains pleasure and competitive satisfaction from his endeavours then, if the support is there, competition is justified'.

To comment in full on the five Track & Field meetings the tour encompassed would take more space than is available here with three age groups each spanning 10 years, it was not just winning performances that were of interest, but age performances further down the field too took on a different meaning than that of 'just an also ran'.

The great American sprinter Thane Baker(40) — winner of five Olympic individual and team medals way back in 52 and 56 — was of course impressive. He opened in London with a World Age Record of 11.1 and closed in Cologne by improving this to 10.7. But the achievement was even more remarkable when one heard that he only made a come back for this



Photo: F. Reynolds

Thane Baker

tour, after a twelve year lay off, all to prove to his children that Dad really was once a great sprinter like the Mexico Olympians they watched on T.V. in 1968!

Thirty sprinters competed against Baker in the London 100m., with the slowest qualifier of the 8 finalists returning 11.8 and their average age exceeding 44 years! Buried in obscurity was one Alphonse Juilland (USA) who clocked 11.7 for 5th spot and found 24.4 too slow for a place in the 200m. final. Only on hearing that he was less than two weeks from his 50th birthday did one marvel at his ability. By the time the Cologne meeting came around he was in Class 2 — winning the 100 metres in a Class 2 record — equalling 11.7 and shattering the 200 metres record with an amazing 24.1. The undisputed record holder, Alf Guidet, was runner up with a fine 24.5 — only 0.2 off his record set in July 1967, which in equity is probably every bit as good as his conqueror's, for Alf was only just short of his 54th year.

In London Guidet lost the 100m. by inches to Bert McLean(GB) but reversed the order in the 200m.

10

Third in that race was Britain's Len Batt (26.3) who later won the 400m. in 58.5. Len, physically, must be one of the youngest looking 'old uns' around — for at 59 his body condition would put to shame many half his age. Soon he could be pressing for records in Class 3 and offering some stiff competition to fellow Briton Jack Williams, the 63 year old from Brighton who seemed in a class of his own in London and Cologne, for only one challenger got within a second of him when all motors were burning. Perhaps with the growing interest in Veterans' Track & Field others may soon dispute his superiority.

Dick Stolpe, Bill Fitzgerald and Jack Greenwood are a trio of American Masters who underline how undeveloped Vets standards are, for all are around their 47th. year. Dick Stolpe won a thrilling London 400m. final, in a Class record of 51.7, from the two Britons Gordon Daborn and Keith Whittaker but unfortunately wasn't seen under pressure any more for he didn't stay with the tour to its end. Bill Fitzgerald won the London 800m. by outkicking five Britons who were still in contention off the final bend, but then lost to an impressive Dutchman, Piet Mayoor, in Cologne. Jack Greenwood looked immaculate over the 400m. hurdles in London — winning with a Class Record of 55.7 and remaining unbeaten throughout the tour. It's a pity that Britain's John Dixon didn't make the serious challenge to the American that early season form suggested, due to an unfortunate injury, for in June he had clocked a creditable 57.0 and an impressive 52.9 over the flat when in poor weather during the British Championships at Derby in July he ran second to former Olympian Peter Higgins. It's a pity also that Higgins didn't make the 'Palace' for on that rain sodden Derby track he returned 52.7 in windy conditions.

A remarkable Aussie by the name of Wal Sheppard (50) dominated the Class 2 800m. and 1500m. throughout the tour and most certainly lay claim to be considered one of the most impressive Vets. on the World scene, if only for the fact that his two London races that produced Class Records were little more than solo runs, so far in front of his rivals did his times of 2:05.1 and 4:20.0 take him. Only fellow countryman Jack Pennington (50) offered any companionship, when in Cologne he managed to stay within twenty yards of him by the end of the 1500m.

The best effort from any Briton in these races was Len Burnett's 3rd in the London 1500m. — 4:45.7 — not bad for one almost fifty-three, but worthy of greater admiration when one finds out that he didn't take up any form of active sport until he was forty-six and now weighs 40lbs. less than when he was forty.

The youthful looking Terry Kilmartin(41) dominated the Class 1 1500m. wherever he raced and in London became the first veteran to duck under 4 minutes. The Cologne race was more keenly contested with several others keeping in contact upto the bell, and national records falling like autumn leaves at the finish — 'others' being Mayoor(4:05.0), Jarnhester of

Sweden(4:09.3) and Geoff Warren (Aust) inching out Bill Allen of Canada, (both 4:10.5). Just in front of them were the Americans Pete Mundle and Bill Fitzgerald registering 4:10.4. Thus, with eight within thirty yards it certainly was a thrilling race.

The Class 3 middle distance events saw Len Rolls (GB) getting close to Bud Deacon's (USA) Class Record when returning 2:30.9, but as the sixty-one year old Bud was busy winning his age group L.J., T.J., P.V. and H.J., he could be forgiven not giving the Briton a run for his entry fee. The amazing Mr. Deacon only occasionally met his master but when that happened perhaps it was understandable, for he never took on less than two and sometimes five events at every meeting of the tour. His two conquerors were both Germans, Lipka in the Cologne L.J. (14'9" to 14'2") and Herbert Schmidt a sixty-three year old wonder who achieved an incredible 12'1¾" in the P.V. to equal his Class Record first set in 1970! — and if that performance doesn't stir a few out of retirement nothing will. Even though he lost twice at Cologne Bud still won three events, for in addition to the H.J. (4'3") and T.J. (30'8½") he did take time off to win the 800m. as well.

Another brilliant performer in the Class 3 events on the tour was Doctor Bill Andberg (USA) a sixty-one year old who over track and country showed a clear pair of heels to almost all he met. Known as "The Grey Ghost" because of his habit of running at night through a local cemetery ("It's the quietest place I can find") he set a Class Record when winning the 1500m. in London and ran out an easy winner of his age group in the 5Km Road Race the next day. After victories in Helsinki, Stockholm and Gothenburg he improved his 1500m. record in Cologne to 4:53.2 and only found his better over the longer 5000m. and 10,000m. track slog. In Cologne he came second (17:58.8) to a very good German Eric Kruzycki (17:43.6), a former winner of the Sao Paulo race, and third to him and Jensen of Sweden in the longer race where the winner set a record of 35:57.4.

The large entry for the 5000m. in the London Meeting forced the organizers to separate the fastest runners for the track race and hold a 5Km road event for the remaining 130 odd. In the latter, fourth place was occupied by John Gilmore(53) of Australia who finished over one minute ahead of any other in his age group. John, who at the end of the war came out of a Pacific P.O.W. camp suffering from malnutrition and blindness, went from strength to strength on the rest of the tour and ended up in Cologne setting an outstanding Class Record in the 5000m. of 16:05.8. In the longer 10,000m. he returned 33:05.0 in Helsinki and found a strong opponent in Britain's Ken Hall(50) in Cologne, (33:32.0).

The Class One 5000m. races in London and Cologne were both won in aggressive fashion by Laurie O'Hara (GB 40). The faster time coming in London with 14:38.4 and a season's best at Luton in July when he knocked out 14:28.0. That was close to the Russian Niki Popov's Class Record set way back in 1953 —



Photo: F. Reynolds

Wal Sheppard

but was eclipsed a few days after Laurie's race when in Paris Michel Bernard, the second French 'Peter Pan' (Mimoun was the first) ran out a prodigious 14:10.0! Second in the London race were two Britons Denis Crook(41) 14:48.4 and 3rd Arthur Walsham(43) 14:57.2. The latter being one of the World's best road racers over the past three years.

Two Australians — both ex Olympians — produced respectable times in the Cologne 5000m. races when Geoff Warren(41) and Dave Power(40) returned 15:09.8 and 15:22.2 — but the man of those races must surely be their fellow countryman Norman Huff(41) (15:27.2) who in 1968 was hit by a truck while training, suffered a fractured skull, jaw, cheekbone, ribs and hip and was reported 'dead' on



Photo: K. Bray
Peter Stevens leads narrowly in the final of the Crystal Palace 800m. Winner was Bill Fitzgerald (USA, masked) from Colin Simpson (105), Roger Colson (4), Stevens and John Hayward (43), all GB

arrival at hospital. A 14 pint blood transfusion, a hell of a lot of spirit and will and two years later he ran a personal best marathon of 2:26:08!

Bill Stoddart(41) from Scotland was not seen at his freshest on the track in London --- for after winning the cross country race in Epping Forest on the Wednesday, he qualified in the 1500m. heats on Thursday then started in the final on Friday shortly after finishing 6th in the 5000m. (15:12.4). However, in Cologne he was more singleminded and ran out a fine winner of the 10,000m. recording 30:32.4, ahead of Dave Power whose 31:40.0 indicated fast improving form as the tour closed.

The Helsinki 10,000m. event was a real thriller with three in contention at the bell and Hal Higdon winning in 31:18.4 ahead of Pystynen of Finland and Canadian star Bill Allen(40) (31:23.6) who a few days before won the Gothenburg 5000m.

Hal Higdon(41), opened the tour with a dominating performance in the London 3000m. steeplechase that produced a Class Record of 9:36.2 ahead of

Australia's Ron Young and Clive Shippen (GB). Unfortunately Hal didn't contest this event in Cologne where Tom Kelly(41), another good performer from down under, ran out an equally dominant winner in 9:43.4 and suggested that they may have pushed that record even lower had they clashed.

The Walking events on the tour ranged from 5Km and 10Km track to 15Km and 20Km Road races spanning five of the six venues. No one won twice, for the best didn't get around, seeming unable to travel beyond their own local grounds. The Scandinavians swept most behind them on the European continent but in analysis the London 15Kms was probably the strongest race. It produced a keen battle that at the half way stage had a trio of Britons together, with Ken Harding emerging the winner in a good 72:44.0 --- only just ahead of an even more remarkable performer John Barraclough (73:03) who at forty-nine years of age is six years older than the winner, and Len Duquemin who was 3rd (74:45). Tucked away in 10th place was fifty year old Olympian George Coleman who way back in the

'fifties' was a stylist par excellence. Since then he has been lifting more often and is now proving quite a class performer over the country (2nd. Brit. Vets. C.C.C.). Sixth in the London race was a one time runner turned walker, John Bromley, who finished almost 8min. down on the winner as against 2min. down in Cologne when he occupied 4th place in the 10Km event behind the Swede Lennart Simu (48:19.4).



Photo: Sportsview
George Coleman, Olympian walker.

It's probable that the jumps and vaults relative to world class may be judged the weakest of the tour events --- possibly because spring seems to decline faster in the older man than the other faculties used in athletics. The biggest exception to this was Canadian Roger Ruth who some jokingly suggested should show his birth certificate to prove he was forty-three. This brilliant Canadian outclassed every vaulter on tour and produced in Gothenburg a superb 15'1 1/4" for a Class Record. In side line events he topped 5'6" in the H.J., 40'6 3/4" T.J. and 20'4 1/2" L.J. The latter performance being in Cologne where three Germans produced sparkling efforts --- 21'6" from Wolf Reinhardt 20'10" from former world class decathlete Heinz Oberbeck and 20'6" from Herman Strauss.

In London Ken Wilmshurst, one-time British Team Captain, came out of retirement to win both the L.J. 19'4 1/4" and T.J. 42'1 3/4". Unfortunately Ken didn't compete further or he might have had an interesting battle with Bartl of Sweden who in Gothenburg went out to 42'5 1/4".

If Ruth and Deacon were all-rounders in Classes 1 and 3, then Bo Morcom(51) of the USA Masters was just as much so in Class 2. He won all of his jump competitions during the tour and returned bests of 5'2", 18'2 1/4" and 38'9 3/4" with the latter triple jump performance being a Class Record. However, in his speciality the P.V. he breezed over 13'7 3/4" in London for a performance that was not only another record but was well above the height he cleared 24 years earlier when he took 6th place in the Wembley Olympics.

A deaf and dumb thrower from Israel, David Elias, made his trip worth while by winning the London Discus event (132'9") --- but even better throws were recorded in Helsinki, where Helminen threw 145'2 1/2", and Cologne, where three magnificent performers were seen in Helf of Germany (156'9"), fellow countryman Thiele (152'6") and Gevert of Chile (149'6").

If the Finn Jouppila was using a Junior implement in Helsinki, then his Class 2 Discus throw of 172'3" was not only a record but a prodigious effort. In the same mould were his fellow countrymen Helinen and Kaufhanen, who kept Finland's immortal Javelin tradition intact with great throws of 219'8" and 212'2 1/2". The London event was won by another ex-British International Dick Miller (174'7 1/4") from America's Hal Wallace (154'0 3/4"). Hal won in Gothenburg but gave best to John Bowles of Australia (155'5") and a more than useful German Herman Rieder (193'7") in Cologne.

The 1948 Olympic Medal winner, Steve Seymour (USA) won the London Javelin in Class 2 and improved to 163'7" in Gothenburg, but didn't compete in Helsinki where Ojaranta (162'4") proved he would have given him a battle royal.

The tour Shot events were dominated by the American Masters. Leo Olson Class 1, Nat Heard Class 2 remained unchallenged and produced bests of 44'9 3/4" and 46'9 3/4" in London, and Phil Partridge with a best of 38'2 3/4" in Gothenburg won twice but had off days when beaten in Helsinki by team mate Al Puglizevich (38'9") and both of them by Sternhoff of Sweden (40'2 3/4") in Stockholm.

Only London and Cologne staged Hammer competitions and although neither of the winners clashed the results were so similar that it is obvious the outcome of such a meeting would have been interesting. Phil Partridge won both of the Class 3 competitions with the other London Classes being won with fractionally better performances than at Cologne. Britons Terry O'Neill (144'2 3/4") and Dave Brands (144'3 1/2") being inches better than the German pair Helf (144'1 1/2") and Kraus (144'0"). Without detracting from the good throwing by the above, one can only regret that Hal Connolly (USA) and Howard Payne (GB) didn't meet up, for both were dropping the 16lb. ball around the 220ft. mark during the year, and that's not bad for Veterans. In fact both had season's bests that exceeded the achievement of any Olympic Champion before Tokyo

Continued on page 52

LONDON

INTERNATIONAL VETERANS ATHLETIC MEETING 1972

5 MILES CROSS-COUNTRY RACE - 23rd AUGUST

from the Orion Harriers' Headquarters

Royal Forest Hotel

Abbreviations used:-
Australia - A. Belgium - B. Canada - C.
France - F. Great Britain - GB. Ireland - I.
Isle of Man - IOM. Netherlands - NL.
United States of America - US.
The class of each runner is shown by the figure after his nationality.

RESULT

including International "Mob" Matches.

001	W. Stoddart	GB1	25.27
002	W. Gookin *	US1	26.28
003	R. Franklin	GB1	27.17
004	R. Budd	GB1	27.26
005	P. Mundle	US1	27.37
006	J. Gilmour	A2	27.38
007	R. Coxon	GB1	27.43
008	D. Dellar	GB1	27.44
009	A. Layton	GB1	27.48
010	V. Yehner	US1	27.52
011	A. Walsham	GB1	27.57
012	J. O'Neill	US1	27.58
013	W. Anderson	GB1	28.01
014	D. Funnell	GB1	28.08
015	E. Andrews	GB1	28.10
016	A. Weeks-Pearson	GB1	28.11
017	W. Allen	C1	28.12
018	H. Soper	GB1	28.15
019	D. Hardy	GB1	28.22
020	C. Hall	C1	28.26
021	J. Haddow	C1	28.34
022	B. Boyce	GB1	28.38
023	R. Packard	US1	28.41
024	R. Bowman	C1	28.49
025	R. Anspach	US1	29.01
026	W. McConnell	US1	29.03
027	W. Coyne	A1	29.06
028	D. Goveney	C1	29.12
029	P. Wood	US1	29.15
030	J. Fitzgerald	GB1	29.24
031	R. Pape	GB1	29.45
032	W. Steven	GB1	29.45
033	D. Wood	GB1	29.46
034	W. Stock	US1	29.50
035	J. Cook	GB1	29.56
036	S. Izzard	GB1	30.00
037	F. McCaffrey	A2	30.10
038	E. Hefford	GB1	30.14
039	J. Lafferty	US2	30.15
040	J. Lawton	GB1	30.17
041	D. Sudbury	GB1	30.21
042	P. Vivian	GB1	30.23
043	W. Mottram	GB1	30.25
044	C. Bould	A2	30.26
045	S. Hamilton	US1	30.28
046	R. Blois	GB1	30.34
047	N. Ashcroft	GB2	30.39
048	G. Gavras	US1	30.47
049	H. Dalheim	A2	30.52
050	A. Coxell	GB1	30.58
051	W. Boyden	GB2	31.01
052	R. Morley	GB1	31.02
053	B. Jenkins	GB2	31.09
054	A. Lawton	GB1	31.10
055	J. Hartshorne	US1	31.11
056	D. Granger	GB1	31.12
057	V. Koerner	US1	31.22
058	D. Hopgood	GB1	31.24

059	W. Andberg	US3	31.35
060	L. Durrant	GB1	31.35
061	A. Rappich	C1	31.38
062	J. Loftus	GB1	31.39
063	F. Dyter	GB2	31.42
064	W. Caudle	A2	31.44
065	L. Hill	A1	31.44
066	C. Stockings	GB1	31.49
067	J. Haden	GB1	31.51
068	R. Hewitt	GB1	31.53
069	J. Downes	I2	31.56
070	D. Coffey	GB1	31.58
071	J. Telford	GB1	32.12
072	M. Payne	GB1	32.13
073	F. Wright	GB2	32.18
074	M. Bacon	C1	32.19
075	R. Lang	C1	32.21
076	H. Down	GB1	32.26
077	W. Zook	US2	32.28
078	B. Hart	GB1	32.31
079	J. Hutchinson	US1	32.33
080	B. Cameron	C1	32.44
081	J. Gray	C1	32.45
082	N. Bright	US3	32.45
083	R. Boal	US3	33.06
084	J. Shelton	GB1	33.08
085	R. Long	US2	33.13
086	R. Fine	US1	33.14
087	P. Jones	GB1	33.18
088	T. White	US1	33.22
089	W. Hargus	US2	33.28
090	D. Farquharson	C1	33.32
091	A. Goodwin	GB1	33.35
092	A. Mail	GB2	33.36
093	A. Escamilla	US1	33.45
094	B. Foster	GB2	33.51
095	J. Selby	GB2	34.01
096	D. Stewart	GB1	34.04
097	W. Hazle	GB1	34.06
098	R. Bott	GB2	34.12
099	S. Mah	C1	34.13
100	H. Catton	GB2	34.14
101	P. Shillito	GB1	34.15
102	T. Beattie	GB2	34.17
103	D. Pain	US2	34.22
104	B. Wade	GB2	34.22
105	J. Walker	GB2	34.24
106	A. Elze	GB2	34.26
107	J. Parks	C1	34.35
108	U. Miller	US3	34.39
109	J. Arnell	GB2	34.39
110	A. Douthwaite	GB1	34.41
111	D. Stiles	C2	34.42
112	L. Paton	US2	34.46
113	E. Brown	GB3	35.05
114	B. Ford	A1	35.10
115	N. Cain	IOM1	35.22
116	P. Minchin	GB2	35.27
117	H. Wallace	US1	35.28
118	A. Tucker	GB2	35.29
119	J. Nolan	C1	35.31
120	G. Hermans	B2	35.33
121	J. Baker	GB1	35.40
122	A. Brent	GB1	35.45
123	M. Tamahana	US3	35.45
124	K. Hignell	C2	35.54
125	W. Hedges	GB1	36.01
126	J. Bennett	GB2	36.06

127	S. Hesketh	A3	36.08
128	D. Tooley	A2	36.11
129	E. Smith	US2	36.13
130	E. Johnson	GB3	36.20
131	F. Woolford	GB3	36.22
132	E. Jenvey	GB2	36.25
133	J. Hutchinson	US2	36.25
134	A. Sinclair	C1	36.29
135	H. Greenwood	NL2	36.39
136	J. Fenn	GB2	36.46
137	T. Morrison	US2	36.56
138	A. Poynter	GB1	37.00
139	S. Bastow	GB21	37.11
140	O. Critchley	GB1	37.21
141	G. Hoggett	GB1	37.24
142	J. Raymer	C1	37.26
143	J. Garcia	US2	37.35
144	F. Devonald	GB3	37.44
145	N. Dudley	GB2	38.56
146	W. Bigelow	US3	39.09
147	T. Mitchell	GB2	40.04
148	M. French	C1	40.23
149	R. Barrand	C3	40.42
150	W. Cameron	US1	41.21
151	F. Caviglioli	F2	41.57
152	J. Martin	GB3	42.02
153	G. Wilson	A3	43.12
154	E. Peacock	GB3	45.20
155	G. Simpson	A3	46.50
156	E. Green	US2	47.01
157	K. Steiner	GB2	49.05
158	M. Wallace	C3	50.31
159	J.v.d.Horst	NL1	51.32
160	E. Sullivan	GB3	55.04

* W. Gookin was a few weeks short of his 40th birthday on the day of the race. We note this so as to avoid extensive alteration to the official result.

Overall Match Result:
(Scoring 19 a side)

1	Great Britain	324 Points
2	United States	790 "
3	Canada	1555 "

Class 1 Result:
(Scoring 14 a side)

1	Great Britain	149 Points
2	United States	404 "
3	Canada	725 "

Class 2 Result:
(Scoring 7 a side)

1	Great Britain	74 Points
2	United States	130 "

Class 3 Result:
(Scoring 3 a side)

1	United States	6 Points
2	Great Britain	22 "
3	Australia	37 "

CRYSTAL PALACE

200 METRES 40-49yrs
Heats and Finals 24.8.72

100 METRES 40-49yrs
Heats and Finals 25.8.72

HEAT 1

1	Baker, W.T.	USA	11.5
2	Stolpe, R.	USA	11.6
3	Gray, M.E.	GBR	12.1
4	Rademaker, E.	USA	12.3
5	Robinson, A.	GBR	12.3
6	Liascos, J.	AUS	12.4
7	Frith, G.	GBR	13.2
8	Donnelly, D.	USA	13.2

HEAT 2

1	Greenwood, J.	USA	11.7
2	Daborn, G.R.	GBR	11.8
3	Whittaker, P.H.	GBR	11.8
4	Howarth, D.R.	GBR	11.8
5	Buzzard, R.	CBR	12.1
6	Bowman, B.	CAN	12.8
7	Hare, J.A.	GBR	13.0
8	Davies, E.	CAN	13.9

HEAT 3

1	Williams, C.S.	GBR	11.9
2	Juillard, A.	USA	12.0
3	Hochreiter, R.	AUS	12.3
4	Persighetti, F.	GBR	12.7
5	Daniels, J.C.	GBR	12.7
6	Klassen, F.	CAN	13.5
7	Morris, S.	CAN	14.5

FINALS (WR)

1	Baker, W.T.	USA	11.1
2	Williams, C.S.	GBR	11.4
3	Stolpe, R.	USA	11.6
4	Greenwood, J.	USA	11.6
5	Juillard, A.	USA	11.7
6	Whittaker, P.H.	GBR	11.9
7	Daborn, G.R.	GBR	12.0
	Howarth, D.R.	GBR	dnr.

100 METRES 50-59yrs
Heats and Finals 25.8.72

HEAT 1

1	McLean, A.F.	GBR	12.7
2	Guidet, A.	USA	13.1
3	Stein, S.	SA	13.3
4	Norman, G.	GBR	13.9
5	Lampard, A.	AUS	14.0
6	Cranston, A.	USA	14.1
7	Hartfree, W.	GBR	14.9

HEAT 2

1	Fairey, C.T.	GBR	12.9
2	Batt, L.A.	GBR	13.2
3	Hutchinson, J.	USA	13.3
4	Dunn, A.G.	GBR	13.6
5	Pickl, M.	CAN	14.1
6	McNeice, M.H.	USA	14.4
7	Horst, V.D.	HOL	17.0

FINAL

1	McLean, A.F.	GBR	12.4
2	Guidet, A.	USA	12.4
3	Fairey, C.T.	GBR	12.9
4	Batt, L.A.	GBR	13.1
5	Hutchinson, J.	USA	13.2
6	Dunn, A.G.	GBR	13.7
7	Stein, S.	SA	13.8
8	Norman, G.	GBR	14.6

100 METRES 60 yrs plus
Heats and Finals 25.8.72

HEAT 1

1	Beckett, A.G.	GBR	14.1
2	Carnine, K.	USA	14.2
3	Hills, C.	USA	14.6
4	Martin, N.	GBR	15.0
5	Searle, J.E.	GBR	15.6
6	Simpson, G.	AUS	16.4
7	Sutherland, A.C.	GBR	16.9
8	Barrs, J.W.	GBR	17.7



Photo: F. Reynolds

Jack Williams - Sprint double, Class 3

FINAL (WR)			
1	Baker, W.T.	USA	22.5
2	Whittaker, K.M.	GBR	23.7
3	Whittaker, P.H.	GBR	24.0
4	Ilowarth, D.R.	GBR	24.0
5	Brooks, S.G.	GBR	24.1
6	Manning, P.	AUS	24.4
7	Rademaker, E.	USA	24.5
8	Buzzard, R.	GBR	24.6

200 METRES 50-59yrs

HEAT 1			
1	Guidet, A.	USA	25.2
2	Batt, L.A.	GBR	26.8
3	Brooks, G.V.	GBR	27.5
4	Wallacy, J.	GBR	28.7
5	Pickl, M.	CAN	29.6
6	Stein, S.	SA	33.0

HEAT 2			
1	McLean, A.F.	GBR	27.3
2	Norman, G.	GBR	27.7
3	Hutchinson, J.	USA	27.7
4	Warwas, H.	CAN	28.0
5	Sykes, G.H.	GBR	28.2
6	Lampard, A.	AUS	29.4
7	Cranston, A.	USA	29.5

FINAL			
1	Guidet, A.	USA	25.0
2	McLean, A.F.	GBR	26.1
3	Batt, L.A.	GBR	26.3
4	Brooks, G.V.	GBR	26.6
5	Hutchinson, J.	USA	27.1
6	Warwas, H.	CAN	27.9
7	Norman, G.	GBR	28.4
8	Wallacy, J.	GBR	35.1

200 METRES 60yrs plus

HEAT 1			
1	Carnine, K.	USA	29.3
2	Martin, N.	GBR	31.7
3	Lum, S.	USA	31.8
4	Searle, J.E.	GBR	32.8
5	Lee, S.	GBR	33.1
6	Barrs, J.W.	GBR	33.5
7	McLean, D.(87)	GBR	41.1

HEAT 2			
1	Puglizevich, A.	USA	29.5
2	Williams, J.S.	GBR	29.5
3	Hills, C.	USA	31.7
4	Wiseman, R.	USA	32.0
5	Bredenbeck, R.	USA	34.6
6	Speechley, C.H.	GBR	43.1

FINAL			
1	Williams, J.S.	GBR	27.4
2	Carnine, K.	USA	29.1
3	Puglizevich, A.	USA	30.4
4	Hills, C.	USA	30.6
5	Lum, S.	USA	31.7
6	Martin, N.	GBR	31.8
7	Wiseman, R.	GBR	32.1
8	Searle, J.E.	GBR	34.3

400 METRES 40-49yrs Heats 24th Aug. '72

HEAT 1			
1	Stolpe, R.	USA	55.0
2	Roddan, R.	GBR	56.4
3	Hay, J.C.	GBR	58.9
4	Hutchinson, J.C.	USA	59.4
5	Brett, J.E.	GBR	60.1
6	Farquharson, D.	CAN	62.7

HEAT 2			
1	Brooks, S.G.	GBR	53.0
2	Daborn, G.R.	GBR	53.1
3	McVeigh, R.C.	USA	55.4
4	McNeill, T.H.	IRE	57.1
5	Munn, P.N.	GBR	57.4
6	Wallis, H.	USA	58.7
7	Klassen, F.	CAN	61.1

HEAT 3			
1	Whittaker, K.M.	GBR	52.3
2	Dawkins, O.	USA	53.4
3	Feast, G.M.	GBR	54.8
4	Bowman, R.	CAN	55.6
5	Dean, J.M.	GBR	58.8
6	Nuttall, R.	GBR	60.5
7	Rappich, R.	CAN	61.7

HEAT 4			
1	Manning, P.	AUS	53.7
2	Windread, N.	AUS	56.1
3	Daniels, J.C.	GBR	56.5
4	Tivey, L.J.	GBR	58.2
5	Manning, C.	GBR	62.5
6	Cameron, W.R.	USA	64.3
7	Nolan, J.	CAN	62.2

FINAL (WR)			
1	Stolpe, R.	USA	51.7
2	Daborn, G.R.	GBR	51.9
3	Whittaker, K.M.	GBR	52.4
4	Dawkins, O.	USA	52.4
5	Manning, P.	AUS	53.0
6	Brooks, S.G.	GBR	53.4
7	Feast, G.M.	GBR	54.3
8	McVeigh, R.C.	USA	55.1

400 METRES 50-59yrs Final Only 25th Aug '72

FINAL			
1	Batt, L.A.	GBR	58.5
2	Huggins, A.C.	GBR	59.5
3	Knuppel, W.	USA	59.5
4	Hutchinson, J.	USA	61.8
5	Brown, F.D.	GBR	61.9
6	Brooks, G.V.	GBR	63.8
7	Lampard, A.	AUS	66.5

400 METRES 60yrs plus Final Only 25th Aug. '72

FINAL			
1	Deacon, B.W.	USA	66.6
2	Wiseman, R.	GBR	74.5
3	Bierlein, F.	USA	75.8

800 METRES Age 40-49yrs Heats 24th Aug. Final 25th Aug.

HEAT 1			
1	Stevens, P.A.	GBR	2:03.5
2	Simpson, C.	GBR	2:03.8
3	Fitzgerald, W.	USA	2:04.6
4	Humphrey, K.	GBR	2:05.5
5	Phillips, A.I.	GBR	2:08.6
6	O'Neill, M.	AUS	2:09.2
7	Freeman, J.A.	GBR	2:09.4
8	Hutchinson, J.C.	USA	2:12.2
9	Lynn, J.A.	GBR	2:14.6
10	Manning, C.	GBR	2:24.2

HEAT 2			
1	Hayward, J.L.	GBR	2:04.9
2	Colson, T.R.	GBR	2:04.9
3	Wood, P.	USA	2:05.2
4	Field, P.E.	GBR	2:05.8
5	Clowry, T.	GBR	2:06.6
6	Cade, T.A.	GBR	2:08.1
7	Smith, G.E.	GBR	2:09.2
8	Dean, J.M.	GBR	2:11.8
9	Anspach, R.	USA	2:14.4
10	Fine, R.G.	USA	2:15.3
11	Jones, P.W.	GBR	2:19.6
12	Farquharson, D.	CAN	2:29.0

FINAL			
1	Fitzgerald, W.	USA	2:00.5
2	Simpson, C.	GBR	2:02.0
3	Colson, T.R.	GBR	2:02.5
4	Stevens, P.A.	GBR	2:02.6
5	Hayward, J.L.	GBR	2:03.0
6	Humphrey, K.	GBR	2:03.7
7	Wood, P.	USA	2:04.6
8	Clowry, T.	GBR	2:06.5
9	Field, P.E.	GBR	2:10.0
10	Cade, T.A.	GBR	2:11.8

800 METRES Age 50-59yrs Final Only 25th Aug

FINAL (WR)			
1	Sheppard, W.	AUS	2:05.1
2	Gordon, R.	USA	2:15.0
3	Halpin, E.	USA	2:20.3
4	Payne, D.H.	USA	2:22.8
5	Smith, E.	USA	2:25.0
6	Süles, E.	CAN	2:27.5
7	Else, A.S.	GBR	2:29.0
8	Paton, L.	USA	2:32.3
9	Hignell, K.	CAN	2:36.6

800 METRES Age 60yrs plus Final Only 25th Aug.

FINAL			
1	Rolls, L.F.	GBR	2:30.9
2	Boal, R.S.	USA	2:36.3
3	Clarke, J.M.	USA	2:36.5
4	Wallace, W.	CAN	2:39.2
5	Hibbert, L.	GBR	2:39.9
6	Bierlein, F.	USA	2:41.8
7	Barrand, R.	CAN	2:48.3
8	White, R.F.	GBR	3:16.1

1500 METRES Age 40-49yrs Heats 24th Aug. Final 25th Aug.

HEAT 1			
1	Wood, K.	GBR	4:14.9
2	Allen, B.	CAN	4:18.2
3	Douglas, J.W.	GBR	4:20.5
4	Young, R.	AUS	4:20.8
5	Simpson, C.	GBR	4:21.5
6	Hall, C.	CAN	4:23.0
7	Pennington, J.	AUS	4:25.3
8	Smith, S.	GBR	4:28.1
9	Anspach, R.	USA	4:33.0
10	Jones, W.K.	GBR	4:37.0
11	O'Neill, M.	AUS	4:38.4
12	Bowring, E.P.	GBR	4:41.0
13	Wood, P.	USA	4:41.3
14	Yates, P.R.	GBR	4:59.6
15	Davies, E.	CAN	5:15.0

HEAT 2			
1	Kilmartin, T.	GBR	4:08.9
2	Stoddart, W.	GBR	4:14.5
3	Hughes, H.	GBR	4:16.0
4	Orr, T.	AUS	4:20.8
5	Ellis, J.R.	GBR	4:25.8
6	Hunt, R.A.	GBR	4:27.9
7	Coyn, B.	AUS	4:34.0
8	Kaerner, V.	USA	4:34.3
9	Gray, J.	CAN	4:37.4
10	Cameron, B.	CAN	4:43.4
11	Harris, D.	GBR	4:49.5
12	Lang, R.	CAN	5:07.5
13	Dooris, T.	GBR	5:10.1
14	McQuillan, S.	CAN	5:20.4
15	Bonecker, F.	AUS	5:48.8

FINAL			
1	Kilmartin, T.	GBR	3:59.3
2	Hughes, H.	GBR	4:13.0
3	Young, R.	AUS	4:16.9
4	Simpson, C.	GBR	4:21.1
5	Orr, T.	AUS	4:25.2
6	Ellis, R.J.	GBR	4:29.1
7	Hall, C.	CAN	4:29.1

1500 METRES Age 50-59yrs Finals Only 24th Aug.

FINAL			
1	Sheppard, W.	AUS	4:20.0
2	Elrick, H.	USA	4:39.6
3	Burnett, L.H.	GBR	4:45.7
4	Pain, D.H.	USA	4:52.0
5	Downes, J.J.	IRE	5:02.9
6	Boyden, W.R.	GBR	5:04.6
7	Smith, E.	USA	5:05.0
8	Garcia, J.	USA	5:05.9
9	Wright, F.	GBR	5:09.2
10	Storey, G.W.	GBR	5:09.6
11	Mail, A.	GBR	5:10.3
12	Beattie, T.E.	GBR	5:13.7
13	Sciby, J.	GBR	5:31.3

1500 METRES Age 60yrs plus Final Only 24th Aug.

FINAL			
1	Andberg, W.	USA	5:00.4
2	Rolls, L.F.	GBR	5:06.5
3	Bright, N.	USA	5:21.1
4	Boal, R.S.	AUS	5:21.2
5	Wallace, M.	CAN	5:28.7
6	Bigelow, W.	USA	5:50.1
7	Wrightson, F.	AUS	6:16.4
8	Wilson, G.	AUS	6:29.0
9	White, R.F.	GBR	6:34.6

5000 METRES Age 40-49yrs Final 25th Aug.

FINAL			
1	O'Hara, L.	GBR	14:58.4
2	Crook, E.S.	GBR	14:48.4
3	Walsham, A.J.	GBR	14:57.2
4	Higdon, H.	USA	14:59.6
5	Allen, B.	CAN	15:06.2
6	Stoddart, W.	GBR	15:12.4
7	Mundle, P.	USA	15:12.6
8	Douglas, J.W.	GBR	15:29.0
9	Gookin, B. (39)	USA	15:30.4
10	Franklin, R.G.	GBR	15:31.4
11	Foord, H.V.	GBR	15:35.0
12	Power, D.	AUS	15:37.0
13	Budd, R.F.	GBR	15:41.0
14	Orr, T.	AUS	15:51.0
15	Parnell, G.	GBR	15:52.8
16	Phillips, A.C.	GBR	15:58.4
17	Yehmert, V.	USA	16:05.0
18	Worrell, T.	AUS	16:20.0
19	Coventry, D.	CAN	16:22.0
20	Cook, J.P.	GBR	17:16.2

400 METRES HURDLES Age 40-49yrs Final Only 24th Aug.

CLASS 1			
1	Greenwood, J.	USA	55.7
2	Daborn, G.R.	GBR	59.6
3	Shirley, E.	GBR	60.8
4	Rademaker, E.	USA	61.6
5	Brodie, D.	AUS	61.7

CLASS 2 Age 50-59yrs			
1	Sharp, J.E.	USA	67.4
2	Reiner, E.	USA	88.5

3000 METRES STEEPLE CHASE Open Final Only 24th Aug.

1	Higdon, H.	USA	9:56.2
2	Young, R.	AUS	10:04.2
3	Shippin, C.	GBR	10:04.8
4	Wilson, C.	GBR	10:15.0
5	Wrigley, F.	GBR	10:27.4
6	Stock, W.	USA	10:34.6
7	Hill, W.S.	GBR	10:55.6
8	Bray, I.C.R.	GBR	11:10.0
9	McConnell, W.	USA	11:12.6
10	Jones, W.K.	GBR	11:33.2
11	Caudle (Over 50)	AUS	12:12.0
12	Dorris, T.	GBR	12:37.2
13	Simpson, G.(Over60)	AUS	17:30.2

LONG JUMP Age 40-49yrs Final 25th Aug. 1972

1	Wilmshurst, K.	GBR	19' 8 1/2"
2	Schlegel, P.	USA	19' 5"
3	Ruth, R.	CAN	19' 3 1/2"
4	Fleming, A.	GBR	17' 7 1/2"
5	Cotton, L.	AUS	17' 1"
6	Grant, B.	USA	16' 1 1/2"
7	Christie, G.	GBR	16' 0 1/2"
8	Donnelly, D.	USA	

HIGH JUMP Age 40-49yrs
Final 24th Aug 1972

1	Ruth, R.	CAN	5' 6"
2	Donnelly, D.	USA	5' 0"
3	Petitjean, R.	GBR	4' 10"
4	Friberg, R.	USA	4' 8"
5	Peters, R.	USA	4' 8"
6	Colen, H.	USA	4' 5"

Age 50-59yrs

1	Morcom, R.	USA	5' 2"
2	Lowell, E.	USA	4' 7"
3	Siefert, J.	USA	4' 2"

Age 60 plus

1	Deacon, B.	USA	4' 2"
2	Bierlein, F.	USA	4' 2"
3	Bigelow, W.	USA	4' 1"
4	Hills, C.	USA	4' 0"
5	McFadden, W.	USA	3' 11"

POLE VAULT Age 40-49yrs
Final 25th Aug. 1972

1	Ruth, R.	CAN	14' 6"
2	Friberg, R.	USA	10' 6"
3	Brown, D.	USA	10' 6"
4	Wallace, H.	USA	10' 0"
5	Peters, R.	USA	7' 6"

Age 50-59yrs

1	Morcom, R. (51)	USA	13' 7 3/4" WR
2	Braceland, G.	USA	9' 0"
3	Dear, N.	GBR	9' 0"

Age 60 plus

1	Deacon, B.	USA	9' 6"
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SHOT Age 40-49yrs
Final 25th Aug. 1972

16lb	Olson, L.T.	USA	44' 9 3/4"
2	Elias, D.	ISR	41' 6 3/4"
3	Vanhegan, D.	GBR	39' 10 3/4"
4	Feldmanis, O.	GBR	39' 2"
5	O'Neill, T.	GBR	38' 10 3/4"

Age 50-59yrs (Junior Shot)

12lb	1	Heard, N.	USA	46' 9 3/4"
	2	Aldrich, D.	USA	41' 10 3/4"
	3	Siefert, J.	USA	39' 2 3/4"
	4	Pain, D.H.	USA	30' 6 3/4"
	5	Braceland, J.	USA	27' 10 1/2"

Age 60 plus (Youths Shot)

8lb	1	Partridge, P.	USA	34' 4"
	2	Puglizevich, A.J.	USA	33' 0 1/2"
	3	Nichols, R.	USA	32' 4 1/2"

DISCUS Age 40-49yrs
Final 24th Aug 1972

1	Elias, D.	ISR	132' 0"
2	Feldmanis, O.	GBR	129' 3 3/4"
3	O'Neill, A.	GBR	127' 7 1/2"
4	Olson, L.	USA	125' 7 3/4"
5	Briggs, I.	GBR	119' 5 1/2"
6	Vanhegan, D.	GBR	110' 10 3/4"
7	Wallace, H.	USA	108' 5 1/2"
8	Burrage, D.	GBR	95' 5 3/4"

Age 50-59yrs (Jun. Discus)

1	Aldrich, D.	USA	128' 1 1/2"
2	Heard, D.	USA	115' 1 1/2"
3	Tancred, A.	GBR	114' 10 3/4"
4	Beull, N.	USA	102' 9 3/4"
5	Siefert, J.	USA	100' 0 3/4"
6	Esmonde, B.	IRE	94' 9 3/4"
7	Kilbrack, J.	USA	93' 10 3/4"
8	Braceland, G.	USA	72' 0 3/4"

Age 60 plus (Youth Discus)

1	Partridge, P.	USA	115' 2"
2	Carmine, K.	USA	108' 5 1/2"
3	Nichols, R.	USA	93' 6"
4	Cullen, M.	GBR	81' 2"

JAVELIN Age 40-49yrs Final 25th Aug.

1	Miller, R.	GBR	174' 7 1/4"
2	Wallace, H.	USA	154' 0 3/4"
3	Olson, L.	USA	152' 6 3/4"
4	Vanhegan, D.	GBR	147' 9 3/4"
5	Chado, J.	USA	133' 1 1/2"

Age 50-49yrs

1	Seymour, S.	USA	159' 9 3/4"
2	Aldrich, D.	USA	142' 7"
3	Kilbuck, J.	USA	134' 2 1/4"
4	Siefert, J.	USA	128' 10 3/4"
5	Green, A.	ISR	128' 10 3/4"
6	Tancred, A.	GBR	112' 8"

Age 60 plus (Youths Implem.)

1	Partridge, D.	USA	120' 11 1/4"
2	Carmine, K.	USA	103' 3 3/4"
3	Nichols, R.	USA	89' 6"
4	Sutherland, A.	GBR	65' 11 1/4"

HAMMER Age 40-49yrs
Final 24th Aug 1972

1	O'Neill, T.	GBR	144' 2 3/4"
2	Vanhegan, D.	GBR	136' 2 3/4"
3	Olson, L.	USA	127' 8 3/4"
4	Burrage, D.	GBR	120' 11 1/4"

Age 50-59yrs (12 lb)

1	Brands, D.	GBR	144' 3 3/4"
2	Heard, N.	USA	123' 3 3/4"
3	Tancred, A.	GBR	120' 2 1/4"
4	Tesija, A.	AUS	102' 5 3/4"
5	Aldrich, D.	USA	101' 1 1/4"

Age 60 plus (12 lb)

1	Partridge, P.	USA	80' 4 1/2"
2	Nichols, R.L.	USA	56' 3 1/2"

5 KM ROAD RACE
Due to a large entry this race was held for runners that were not considered fast enough for the track event.
50-59 = 2 60 plus = 3

1	Kelly, T.	AUS	15.56
2	Dellar, M.	GBR	16.02
3	Richards, A.	USA	16.17
4	Gilmorc, J.	AUS	16.21
5	Ellis, R.J.	GBR	16.26
6	O'Neil, J.	USA	16.26
7	Funnell, D.E.	GBR	16.27
8	W-Pearson, A.	GBR	16.29
9	Andrews, E.A.	GBR	16.32
10	Smith, S.	GBR	16.38
11	Hall, D.K.	GBR	16.43
12	Baker, M.A.	GBR	16.56
13	Hunt, R.A.	GBR	16.58
14	Pennington, J.	AUS	16.58
15	McConnell, W.	USA	16.59
16	Haddow, J.	CAN	17.00
17	Bowman, B.	CAN	17.04
18	Fitzgerald, J.	GBR	17.07
19	Stock, W.	USA	17.08
20	Packard, R.	USA	17.09
21	Anspack, R.	USA	17.11
22	Hankton, S.	USA	17.17
23	Coyne, B.	AUS	17.20

24	Reeves, J.	CAN	17.23
25	Gourlay, A.	AUS	17.28
26	Junner, C.	AUS	17.29
27	Gowland, A.	GBR	17.32
28	Hughes, A.	GBR	17.33
29	Ashcroft, N.	GBR	17.33
30	Wood, D.	GBR	17.33
31	Lafferty, J.	USA	17.34
32	Smith, G.E.	GBR	17.35
33	Sudbury, D.W.	GBR	17.37
34	Charlton, S.	GBR	17.47
35	Smith, H.	GBR	17.48
36	Harshorne, J.	USA	17.51
37	Bould, C.	AUS	17.55
38	Wood, P.	USA	17.57
39	Rlois, R.H.	GBR	17.59
40	Mah, S.	CAN	18.05
41	Delheim, H.	AUS	18.06

43	Cameron, B.	CAN	18.10
44	Jenkins, W.B.	GBR	18.10
45	Collett, G.H.	GBR	18.11
46	Andberg, W.	USA	18.15
47	Burnett, L.	GBR	18.18
48			18.19

49	Rappich, A.	CAN	18.20
50	Purkis, R.I.	GBR	18.21
51	Bacon, M.	CAN	18.21
52	Caudle, B.	AUS	18.22
53	Lofius, J.	GBR	18.26
54	Boyden, W.R.	GBR	18.28
55	Gray, J.	CAN	18.29
56	McCabe, W.	AUS	18.31
57	Down, H.	GBR	18.32
58	Hewitt, R.J.	GBR	18.34
59	Hay, J.C.	GBR	18.35
60	White, T.R.	USA	18.37
61	Bott, R.	GBR	18.39
62			18.40

63	Stockings, C.	GBR	18.42
64	Jordan, N.H.	GBR	18.51
65	Whitaker, K.	GBR	18.53
66	Downes, J.J.	GBR	18.53
67	Lawton, A.	GBR	18.55
68	Yates, P.R.	GBR	18.57
69	Bright, N.	USA	19.00
70	Hopcroft, R.F.	GBR	19.04
71	Zook, W.	USA	19.12
72	Wright, F.	GBR	19.16
73	Long, R.	USA	19.23
74	Matravers, E.H.	GBR	19.28
75	McQuillan, S.	CAN	19.31
76	Cain, N.L.	Is Dan	19.33
77	Shillito, P.	GBR	19.34
78	Clark, J.M.	USA	19.34
79	Hazle, W.	GBR	19.38
80	Morrison, T.	USA	19.40
81	Miller, U.	USA	19.43
82	Mail, A.	GBR	19.46
83	Lang, R.	CAN	19.48
84	Smart, J.C.	GBR	19.50
85	Parks, J.	CAN	20.02
86	Selby, T.	GBR	20.07
87	Williams, N.	USA	20.08
88	Beattie, T.E.	GBR	20.15
89	Ball, D.	GBR	20.18
90	Down, L.	GBR	20.22
91	Synes, W.D.	GBR	20.24
92	Hesketh, S.	AUS	20.26
93	Brain, G.	AUS	20.30
94	Harrison, E.W.	GBR	20.34
95	Groenewoud, H.	HOL	20.36
96	Sinclair, A.	CAN	20.37
97	Minchin, P.M.	GBR	20.42
98	Hewitt, R.J.	GBR	20.43
99	Brown, E.B.	GBR	20.56
100	Bridenbeck	USA	21.01
101	Hoggett, G.K.	GBR	21.08
102	Davies, E.	CAN	21.09
103	Bonecker	AUS	21.40
104	Critchley	GBR	21.41
105	Rayner, J.	CAN	21.47
106	White, C.	GBR	21.54
107	Bigelow, B.	USA	22.02
108	McDowell, C.W.	GBR	22.39
109	Southwood, A.	AUS	22.40
110	Caviglioli, F.J.	GBR	23.00
111	Stead, N.	GBR	23.08
112	Hibbert, R.J.	GBR	23.38
113	Timmins, L.1	GBR	23.42
114	Young, J.	CAN	23.58
115	Wilson, G.	AUS	24.01
116	Peacock, E.J.	GBR	24.06
117	Oliver, A.	GBR	24.21
118	Phipps, L.	GBR	24.59
119	Horst, V.D.	HOL	25.22
120	Simpson, G.	AUS	26.28
121	Steiner, K.	USA	28.17

15 KILOMETRE ROAD WALK
(9 miles 566 yards)
50-59 = 2 60 plus = 3

1	Harding, K.	GBR	72.44
2	Barraclough, J.A.	GBR	73.03
3	Duquemin, L.	GBR	74.45
4	Vale, D.A.	GBR	78.08

RON HOLMAN is a staff coach of the English Southern Counties A.A.A. He is also concerned, professionally, with medical research into anaemia and diet. His experience in both fields has given him a healthy respect for the veteran athlete. He still runs regularly but ceased competing for his club, Cambridge Harriers two years ago.

Preaching to the Converted by Ron Holman

... in man the optimal maximum oxygen uptake is reached at 25 years of age and declines slowly thereafter.

... in men recording vigorous exercise the relative risk of developing coronary disease was about a third of that in comparable men who did not...

lower oxygen uptake. How this accounts for the Fosters, Walshams, and Ostbys of this world we just do not know. We all have "x" amount of energy - physical and mental - to be dissipated in varying directions. At 40, a man's career and family life may well be more settled than ever before, and a higher proportion of "x" could be available to spend on athletics. This is of much more importance in my opinion than any scientific fact.

A government survey in 1969 showed that only 27% of the male population took part in any physical recreation - this referred not to the over 40s but those aged from 19-22. From 23-30 years the figure for married men with children dropped to 10%. The peak T.V. viewing age ranges were from 15-18 and 46-60. I hope the tremendous surge of interest in veteran's events will help to remedy this sad indictment of civilisation. Peter Karpovich, Professor of Physiology at Springfield College, has noted that "a low degree of fitness seems inadvisable for it leaves no margin of safety for the experiences of adversity which frequently descend upon mankind." And Professor Kenneth Donald of Edinburgh University has observed that even after athletes retire from competition "most continue to lead a reasonable life with habits of exercise and moderation well ingrained."

Coronary heart disease is the biggest single killer in Western civilisation today, and a day spent in my own laboratory scanning blood test results would confirm that the average age of sufferers has been drastically lowering itself over the years. A Medical Research Council report just published states that "in men recording vigorous exercise the relative risk of developing coronary disease was about a third that in comparable men who did not, and in men reporting much of it still less." This report resulted from a two-year study of nearly 17,000 male Civil servants aged 40-60. Competition or not, that's enough to keep this coach from donating his track-suits to a jumble-sale!

Continued on page 52



Köln

International veterans meet

&

5th WORLD CHAMPIONSHIP

5000 m · 10 000 m · Marathon



BENSBERG

Those with long memories and a degree of sentiment would have found much to enthral them at Cologne and Bensberg during September 13/17, 1972. This world gathering of veterans from 35 countries had no less than 20 athletes on show who were former internationals of world-wide repute. World record holders and Olympians of years gone by included Stan Seymour, Bud Deacon, Thane Baker (USA), Dave Power, Ray Smith, Geoff Warren (AUS), Ossie Dawkins (JAM), Wolfgang Fischer, Hermann Strauss, Erich Kruzycki, Horst Drumm, Helmut Thumm (GER).

The first two days were promoted by Cologne's A.S.V. club. All run-ups, jumping areas, and a separate 100 metres straight were laid in 'Tartan', the track itself was cinder.

On the first day it poured with rain, but there was no trace of wind as Thane Baker streaked through the puddles to clock a sensational 10.7 for the short sprint. Chuckling with delight he said, 'I sure am delighted with that. I wouldn't trade that run for any of my Olympic medals'. And that summed up the main feature of this veteran competition — the sheer enjoyment and enthusiasm that prevailed. Mind you, those feelings were preceded by the usual nervousness and apprehension which all athletes experience, but why should veterans be any different?

Jack Greenwood (USA) glided over the high hurdles for a smooth 15.0 clocking, and that real character of the U.S. team, Professor Alphonse Juilland, produced an extrovert 11.5 / 24.1 double in Class 2. But the American speedsters didn't have it all their own way, for Jack Williams (GBR) skated to an equally impressive double to record 13.0 / 27.6 in the over 60's sprints.

Wal Sheppard (AUS) took his usual 800/1500 double in the over 50's but few times on the heavy wet cinders bettered those at Crystal Palace three weeks earlier. Bud Deacon (USA), former world record holder for the vault and now 61 years old, was beaten in his speciality by Hermann Schmidt (GER), 11'-10", in the class 3 vault but replied by winning the high jump, 400 and 800. The Germans were particularly strong in the jumps, taking eleven of the first twelve places in the long jump, with winner Wolf Reinhardt leaping 6.55 metres. However, Richard Morcom (USA) turned the tables in class 2 with a fine

5.55 metres win followed by a 3.70 winning vault. Once again Roger Ruth was dominant in the class 1 vault, clearing 4.40 metres and narrowly failing to equal his veteran's world best of 15'-0".

Back on the track, Piet Mayoer (HOL) became the fourth veteran to beat two minutes for the 800 and Tom Kelly (AUS) the first to follow America's Hal Higdon through the 10 minutes barrier in the steeplechase. The walks were also hot with Simu (SWE) leading his two team-mates across the line in 48:19.4.

In the throws the outstanding performance was undoubtedly by Iceland's Hermansson who heaved the 16 pounds shot a tremendous 56'-8"

Medals were presented at the victory ceremonies by Germany's Olympic sprinter Manfred Germar, and with gold, silver and four bronze per event he was kept pretty busy.

The second promotion was at Bensberg, 15 miles away, where the Refrath club staged the 5000 and 10,000 metres championships prior to the marathon — the showpiece of the week. Heats for the two track events were held on the Friday with the finals on the Saturday. The track was worse than at ASV, softer, only three lanes wide on the bends and 333 1/2 metres in perimeter.

To precede Walsham's marathon win Britain produced two convincing winners of the track titles — England's Laurie O'Hara in the 5,000 and Scotland's Bill Stoddart in the 10,000.

In the shorter event O'Hara and Kilmartin exchanged the lead for the first few laps and when they had shaken off Australia's Geoff Warren they parted company with Laurie twinkling home in 14:43.8 — 15.8 seconds outside his season's best.

Bill Stoddart was in the lead after only one lap of the 10,000 metres. When six had been reeled off only Dave Power was dogging his heels. With half of the race gone Bill began putting in surges up the back straight to test his rival, and when the Australian's breathing began to labour, the Scotsman crashed in a fast circuit to get clear and win in a very brisk 30:32.4.

Leitner (AUT) was a close winner of the class two

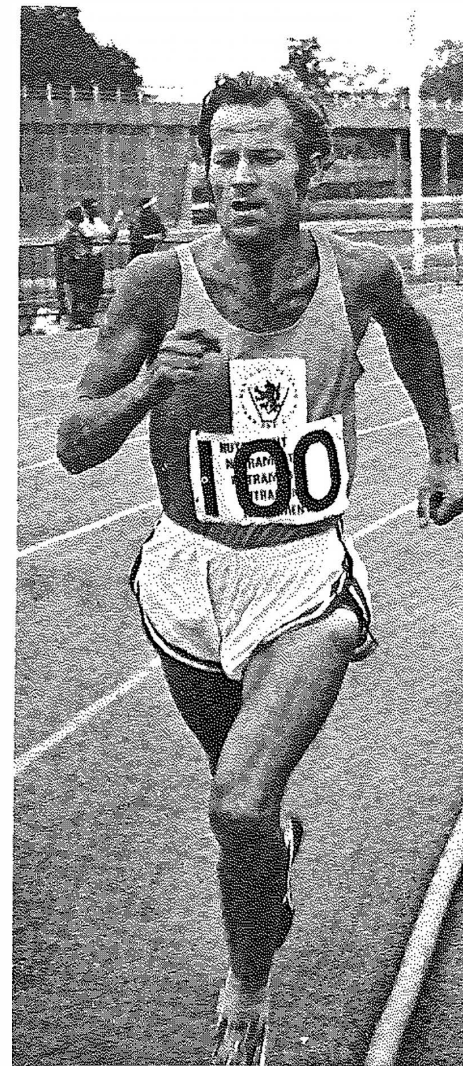


Photo: F. Reynolds
Bill Stoddart

5,000 from John Pennington of Australia in the fast times of 16:36.2, while Bill Andberg (USA) had no difficulty in taking the class 3 title with 18:05.2.

The class two 10,000 metres went to John Gilmour (AUS) from Britain's Ken Hall and the class three event to Erich Kruzycki (GER), former winner of the famous Sao Paulo New Year's midnight race, from Denmark's Jensen — and the ubiquitous Bill Andberg, no less.

Then came the marathon, and the rain. It poured throughout the race. Over 450 competitors from 23 countries lined up, and they had to suffer the trauma

of a false start! Eventually the colourful mass were on their way, negotiating the hairpin bends of the track like Grand Prix racing drivers and disappearing out on to the course in a silvery spray of water.

The field re-appeared on the winding course after 5 kms and already a dozen runners were clear including Walsham, Parnell (USA, a member of Walsham's club 17 years back), Franklin (GBR), Muller and Irmen (GER) and the evergreen 51 years old Erik Ostbye (SWE).

At 25 kms the leading group had dwindled to seven and it was Parnell pushing the pace along; but at 30 kms he was obliged to retire. With 7 kms to go Walsham was showing just ahead of Muller, Ostbye and Irmen, with the rest out of it. The leader gradually pushed himself clear by about 15 metres, but his rivals remained in touch and it was not until they came off the gravel stretch a little over 3 kms from home that Walsham made his final bid for the tape. He really had to stride out as Muller continually attacked his lead. It was not until the Salford Harrier reached the Stadium that he failed to hear the pattering of his rival's wet feet.

Only 20 seconds covered the first three. Walsham has rarely run a harder race and Muller's desperate efforts in the closing stages were just as much to shake off that phenomenal runner Ostbye as they were to catch the leader. Germany won the team race from Britain and Sweden. Ostbye was an easy winner of the class 2 title, but the class 3 result was much closer, Yamada (JAP) gaining the edge over Fred Wrightson (AUS) and Norm Bright (USA).

The fifth and last day of the gathering was devoted to a 15 kms Jogginglauf in the nearby forest. The hundreds of men, women and children who covered the course were awarded commemorative medals and certificates.

The world gathering of veterans in Germany in 1972 was an outstanding success by any standards.

***** C.S.

INTERNATIONAL VETERANS TRACK AND FIELD MEET

ASV-STADION, KÖLN-MUNGERSDORF,

13+14th September 1972

RESULTS:-

100 METRES

CLASS A

01	Baker, T.	USA	10.7
02	De Vallance,	USA	11.3
03	Plassmann, L.	GER	11.4
04	Howarth, D.	GBR	11.4
05	Schlegel, H.	GER	11.7
06	Plesselhoff, E.	GER	11.8

CLASS B

01	Juilland, A.	USA	11.7
02	Guidet, A.	USA	11.9
03	Marsch, K.	GER	12.0
04	Weiß, K.	GER	12.5
05	Hoppstadter, K.	GER	12.6
06	Humbach, J.	GER	12.8

CLASS C			
01	Williams, J.	GBR	13.0
02	Puglizevich, A.	USA	14.2
03	Carmine, K.	USA	14.2
04	Lum, S.	USA	15.5
05	Simpson, G.	AUS	15.9
06	Barrs, J.	GBR	18.0

CLASS D			
01	Neubert, K.	GER	16.0
02	Fowler, D.	USA	19.2

200 METRES

CLASS A			
01	Baker, T.	USA	22.5
02	Greenwood, USA	23.1	
03	De Vallance, USA	23.6	
04	Dr. Dawkins, O.	USA	23.7
05	Howarth, D.	GBR	23.9
06	Schlegel, H.	GER	24.7

CLASS B			
01	Juillard, A.	USA	24.1
02	Guidet, A.	USA	24.5
03	Marsch, K.	GER	25.0
04	Knuppel, W.	USA	26.7
05	Wieczorek, H.	GER	26.8

CLASS C			
01	Williams, J.	GBR	27.6
02	Puglizevich, A.	USA	29.3
03	Carmine, K.	USA	29.5
04	Kojtka, A.	GER	29.8
05	Lum, S.	USA	33.0
06	Barrs, J.	GBR	39.7

CLASS D			
01	Neubert, K.	GER	37.2
02	Fowler, D.	USA	47.5

400 METRES

CLASS A			
01	Whitaker, K.	GBR	52.8
02	Manning, P.	AUS	53.2
03	Dawkins, O.	USA	53.8
04	Urvois, H.	FRA	54.0
05	Pesselhoy, E.	GER	55.3
06	Dr. Contag, B.	GER	55.4
07	Windred, N.	AUS	55.5
08	Daniels, J.	GBR	55.8
09	Wood, P.	USA	56.3
10	Wallace, H.	USA	58.3
11	Wortmann, H.	GER	58.5
12	Koerner, V.	USA	60.4
13	Patt, M.	GER	61.0
14	Spanjers, L.	USA	61.1
15	Heckmann, A.	GER	63.2
16	Cameron, W.	USA	65.0
17	McVeigh, R.	USA	67.1

CLASS B			
01	Halpin, E.	USA	59.1
02	Kerebel, J.	GER	59.5
03	Bott, F.	GER	62.0
04	Smith, E.	USA	63.4
05	Gross, H.	GER	63.5
06	Lampard, A.	AUS	67.9

CLASS C			
01	Deacon, B.	USA	66.8
02	Carpine, K.	USA	69.8
03	Bierlein, F.	USA	72.8
04	Bredenbeck, R.	USA	73.0

CLASS D			
01	Fowler, D.	USA	94.2

800 METRES

CLASS A			
01	Mayoor, P.	HOL	1:59.7
02	Fitzgerald, W.	USA	2:00.8
03	Thumm, H.	GER	2:03.6
04	Colson, T.	GBR	2:04.1
05	Hersberger, J.	USA	2:04.9
06	Wintgens, K.	GER	2:05.4
07	Bowman, R.	CAN	2:06.3

08	Field, P.	GBR	2:06.4
09	Russell, W.	GBR	2:06.7
10	O'Neill, M.	AUS	2:07.2
11	Captain, R.	GER	2:08.0
12	Wood, P.	USA	2:09.1
13	Anspach, R.	USA	2:10.5
14	Puterbaugh, G.	USA	2:11.8
15	Hutchinson, J.	USA	2:12.0
16	Fine, USA	2:16.8	
17	McKinlay, A.	USA	2:22.1

CLASS B			
01	Sheppard, W.	AUS	2:07.3
02	Gordon, R.	USA	2:17.8
03	Pain, D.	USA	2:19.9
04	Watermann, A.	USA	2:20.2
05	Halpin, E.	USA	2:20.4
06	Weichert, O.	GER	2:29.7

CLASS C			
01	Deacon, B.	USA	2:29.3
02	Boal, R.	USA	2:34.8
03	Clarke, J.	USA	2:37.4
04	Stolzenberg, GER	2:37.7	
05	Bredenbeck, R.	USA	2:48.7
06	Bierlein, F.	USA	2:51.8

CLASS A (Final 1)			
01	Kilmartin, T.	GBR	4:03.3
02	Mayoor, P.	HOL	4:05.0
03	Cookin, W.	USA	4:07.0
04	Jarnhester, SWE	4:09.3	
05	Fitzgerald, W.	USA	4:10.4
06	Mundle, P.	USA	4:10.4
07	Warren, G.	AUS	4:10.5
08	Allen, W.	CAN	4:10.5
09	Hugen, L.	GER	4:16.6
10	Russell, B.	AUS	4:18.5
11	Bowman, R.	CAN	4:19.0
12	William, R.	GBR	4:19.8
13	Thum, H.	GER	4:22.2
14	Young, R.	AUS	4:32.5
15	Hutchinson, J.	USA	4:38.3

CLASS A (Final 2)			
01	Wood, P.	USA	4:25.0
02	Captain, R.	GER	4:26.5
03	Wyllie, W.	CAN	4:27.0
04	Stiemering, C.	GER	4:27.1
05	Anspach, R.	USA	4:28.6
06	Gormann, O.	USA	4:34.4
07	Crangle, E.	CAN	4:41.5
08	Koerner, V.	USA	4:43.8
09	Yehmert, B.	USA	4:47.7
10	Fine, R.	USA	4:50.0
11	Gewecke, USA	5:36.8	
12	John, P.	GER	5:38.8

CLASS B			
01	Sheppard, W.	AUS	4:26.3
02	Pennington, J.	AUS	4:29.1
03	Pauis, G.	GER	4:38.6
04	Bialowitz, T.	GER	4:51.7
05	Pain, D.	USA	4:55.3
06	Smith, E.	USA	5:02.1
07	Watermann, A.	USA	5:08.8
08	Wall, J.	USA	5:17.6
09	Muller, P.	GER	5:30.1

CLASS C			
01	Andberg, W.	USA	4:56.3
02	Hochgeschurz, H.	GER	5:05.6
03	Bright, N.	USA	5:15.8
04	Boal, R.	USA	5:28.0
05	Bredenbeck, R.	USA	5:37.3
06	Wallace, M.	CAN	5:39.7
07	Bigelow, W.	USA	5:59.0
08	Boigk, H.	GER	6:11.6

110m HURDLES			
CLASS A			
01	Greenwood, USA	15.0	
02	Rademaker, USA	16.0	
03	Brodie, AUS	17.0	
04	Field, P.	GBR	18.2
05	Heckmann, GER	21.8	

CLASS B			
01	Mc Neice, USA	20.9	
02	Lampard, AUS	23.6	

400m HURDLES

CLASS A			
01	Greenwood, USA	56.2	
02	Thumm, H.	GER	59.3
03	Fischer, W.	GER	60.1
04	Field, P.	GBR	60.3
05	Bradie, D.	AUS	62.5
06	Rademaker, T.	USA	63.6
07	Stock, USA	66.0	

CLASS B

01	Guidet, USA	70.2	
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3000m STEEPLE CHASE

CLASS A			
01	Kelly, T.	AUS	9:43.4
02	Shippen, C.	GBR	10:01.6
03	Young, R.	AUS	10:19.6
04	Colson, T.	GBR	10:28.8
05	Stock, USA	10:37.0	
06	Packard, R.	USA	10:45.0
07	McConnel, W.	USA	10:59.8
08	Orr, T.	AUS	11:05.2
09	Richards, A.	USA	11:09.0
10	Coyne, W.	AUS	11:14.2
11	O'Neil, M.	AUS	11:14.4
12	Freeman, G.	AUS	11:48.6

CLASS B

01	Watermann, USA	11:42.2	
02	Dalheim, H.	AUS	11:50.4

CLASS C

01	Bright, N.	USA	14:12.0
02	Simpson, G.	AUS	17:10.0



Photo: G. Beinhorn
Norm Bright (USA)

5000 METRES

CLASS A			
01	O'Hara, L.	GBR	15:02.4
02	Warren, G.	AUS	15:09.8
03	Allen, W.	CAN	15:17.2
04	Power, D.	AUS	15:22.2
05	Duff, N.	AUS	15:27.2
06	Franklin, R.	GBR	15:54.8
07	O'Neil, J.	USA	16:02.6
08	Orr, T.	AUS	16:17.2
09	Coveney, D.	CAN	16:20.0
10	Yehmert, V.	USA	16:21.8
11	Startnummer 52		16:34.6
12	McCabe, W.	AUS	17:00.2
13	Startnummer 543		17:00.2
14	Hamilton, S.	USA	17:06.0
15	Grunsfelder, W.	GER	17:24.0
16	Clarke, S.	USA	17:30.0
17	Hill, L.	AUS	17:31.0
18	Hartshorne, J.	USA	17:50.0
19	Freeman, C.	AUS	17:51.0
20	Crangle, E.	USA	17:55.0
21	Schlabitz, G.	GER	17:57.0
22	McConnell, W.	USA	18:05.0
23	Feld, W.	GER	18:06.0
24	Koerner, V.	USA	18:26.0
25	Myrand, P.	CAN	19:00.5
26	Grant, B.	USA	19:20.0
27	Startnummer 592		19:21.0
28	Sinclair, A.	CAN	19:57.0
29	Gewecke, USA	20:11.0	
30	Bonecker, F.	AUS	20:51.0

CLASS B

01	Gilmour, J.	AUS	16:05.8
02	Stober, T.	GER	16:48.2
03	Gourlay, A.	AUS	17:26.4
04	Lafferty, J.	USA	17:35.8
05	Caudie, W.	AUS	17:41.2
06	Ashcroft, N.	USA	17:49.6
07	Bould, C.	AUS	17:51.6
08	Dalheim, H.	AUS	18:02.2
09	Anspach, R.	USA	18:08.4
10	Wall, J.	USA	18:41.4
11	Gersmann, H.	GER	18:47.8
12	Long, R.	USA	19:00.6
13	Muller, P.	GER	19:45.8
14	Woller, K.	GER	19:46.0
15	Brain, G.	AUS	19:52.0
16	Garcia, J.	USA	20:10.0
17	Hubner, F.	GER	20:17.0
18	Tooley, D.	AUS	20:25.0
19	Sheridan, W.	CAN	20:43.0
20	Troger, H.	GER	21:38.0
21	Paton, L.	USA	21:49.0
22	Young, J.	CAN	23:35.0

CLASS C

01	Kruzycki, E.	GER	17:43.6
02	Andberg, W.	USA	17:58.8
03	Bright, N.	USA	18:06.4
04	Weber, E.	GER	19:04.3
05	Lee, S.	GBR	19:06.0
06	Miller, U.	USA	19:10.6
07	Hesketh, S.	AUS	20:00.8
08	Berg, J.	GER	20:26.6
09	Tamanaha, N.	USA	20:42.0
10	Wrightson, F.	AUS	20:43.0
11	Wallace, M.	CAN	20:46.4
12	Wilson, G.	AUS	22:50.6
13	Southwood, A.	AUS	22:56.4
14	Simpson, G.	AUS	24:26.0

10km WALK

CLASS A			
01	Simu, L.	SWE	48:19.4
02	Svenson, K.	SWE	48:31.6
03	Scott, A.	SWE	50:10.6
04	Bromley, J.	GBR	50:25.4
05	Peter, G.	GER	51:47.0
06	Schmidt, W.	GER	53:35.0
07	Waddell, P.	AUS	54:57.0
08	Ford, W.	AUS	55:08.0
09	Gershun, J.	USA	56:40.0
10	Smith, R.	AUS	56:45.0
11	Wood, A.	USA	62:12.0
12	Poppelreuter, GER	65:05.0	



DR. WILLIAM ANDBERG

CLASS B

01	Seifert, H.	GER	50:09.2
02	Gould, CAN	51:35.2	
03	Lieberknecht, A.	GER	54:04.0
04	Muller, J.	GER	54:45.0
05	Svensson, A.	SWE	54:47.6
06	Braceland, G.	USA	55:08.0
07	Blidberg, J.	SWE	55:15.0
08	Stutzle, J.	GER	56:32.0
09	Gaujers, A.	GER	57:25.0
10	Johnson, D.	USA	57:25.0
11	Long, R.	USA	57:35.0
12	Weinreich, O.	GER	62:52.0
13	Steiner, K.	USA	65:22.0

CLASS C

01	O'Neill, USA	66:06.5	
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CLASS D

01	Theobald, G.	AUS	75:45.0
02	Schreiber, F.	SWE	76:20.0
03	Fowler, USA	79:53.0	

4 x 100m RELAY

CLASS A			
01	Hilden 1864 Deutschland	47.4	

04	Heckmann, A.	GER	1.50
05	Wallace, H.	USA	1.45
06	Daniels, J.	GBR	1.45
07	Olson,	USA	1.35
CLASS B			
01	Morcom, R.	USA	1.50
02	Brown, D.	USA	1.40
03	Georg, W.	GER	1.35
04	Lampard, A.	AUS	1.30
05	Braceland, G.	USA	1.20
06	McNeice, H.	USA	1.10
CLASS C			
01	Deacon, B.	USA	1.30
02	Bigelow, W.	USA	1.30
03	Boal, R.	USA	1.25
04	Bierlein, F.	USA	1.20
05	Mc Fadden, W.	USA	1.15
POLE VAULT			
CLASS A			
01	Ruth, R.	CAN	4.40
02	Friberg, R.	USA	3.20
03	Wallace, H.	USA	3.10
04	Cook, E.	AUS	2.70
CLASS B			
01	Morcom, R.	USA	3.70
02	Brown, D.	USA	2.90
CLASS C			
01	Schmidt, H.	GER	3.60
02	Deacon, B.	USA	2.90
03	Hills, C.	USA	1.70
JAVELIN			
CLASS A			
01	Rieder, H.	GER	59.08
02	Bowles, J.	AUS	47.38
03	Wallace, H.	USA	44.90
04	Olson, L.	USA	43.46
CLASS B			
01	Seymour, S.	USA	49.84
02	Siefert, J.	USA	45.66
03	Schneider, H.	GER	40.34
04	Kilbuck, J.	USA	39.00
CLASS C			
01	Partridge, P.	USA	38.04
02	Carnine, K.	USA	35.82
03	Hills, C.	USA	29.74
04	Nichols, R.	USA	27.88
05	Boal, R.	USA	20.52
DISCUS			
CLASS A			
01	Helf, E.	GER	47.78
02	Thiele, W.	GER	46.50
03	Gevrt, D.	CHI	45.60
04	Hermannsson, G.	ISL	42.60
05	Jansen, L.	GER	42.10
06	Olson, L.	USA	39.60
07	Wallace, H.	USA	34.80
CLASS B			
01	Heard, N.	USA	37.40
02	Siefert, J.	USA	30.44
03	Kilbuck, J.	USA	30.14
04	Georg, W.	GER	29.20
05	Hoppstadter, K.	GER	28.94
06	Braceland, G.	USA	24.54
CLASS C			
01	Weitz, E.	GER	39.98
02	Lipka, A.	GER	39.72
03	Carnine, K.	USA	38.48
04	Partridge, P.	USA	37.02
05	Heidrich, B.	GER	33.58
06	Hills, C.	USA	32.62
07	Nichols, R.	USA	30.76
08	Puglizevich, A.	USA	28.72
09	Mc Fadden, W.	USA	25.70
CLASS D			
01	Neubert, K.	GER	21.12

SHOT PUT			
CLASS A			
01	Hermannsson, G.	ISL	17.27
02	Helf, E.	GER	14.87
03	Hombrecher	GER	14.53
04	Thiele, W.	GER	14.10
05	Olson, L.	USA	12.92
06	Jansen, L.	GER	12.15
07	Jeppe, G.	GER	11.46
08	Menn, G.	GER	10.26
09	Matthies, W.	GER	9.58
10	Lenhof, B.	GER	9.16
CLASS B			
01	Heard, N.	USA	13.18
02	Ludwig, E.	GER	12.53
03	Georg, W.	GER	11.08
04	Schneider, H.	GER	10.78
05	Siefert, J.	USA	10.02
06	Seymour, S.	USA	9.58
07	Haman, W.	GER	9.31
08	Warwas, H.	CAN	8.53
09	Kilbuck, J.	USA	8.24
10	Pain, D.	USA	7.94
11	Braceland, G.	USA	7.87
CLASS C			
01	Weitz, E.	GER	11.40
02	Heidrich, B.	GER	10.22
03	Puglizevich, A.	USA	10.04
04	Carnine, K.	USA	9.68
05	Nichols, R.	USA	9.30
06	Partridge, P.	USA	9.29
CLASS D			
01	Neubert, K.	GER	9.53
HAMMER THROW			
CLASS A			
01	Helf, E.	GER	43.92
02	Olson, L.	USA	38.60
03	Perrier, B.	FRA	36.78
CLASS B			
01	Kraus, A.	GER	43.86
02	Tesija, A.	AUS	40.82
03	Heard, N.	USA	37.16
04	Kilbuck, J.	USA	24.56
CLASS C			
01	Partridge, P.	USA	28.80
02	Nichols, R.	USA	18.54
03	O'Neil, L.	USA	16.20

BENSBERG -			
5th World Championships			
5,000, 10,000 and Marathon.			
5,000 METRES (CLASS 1)			
HEAT 1			
01	O'Hara, L.	GBR	15:42.3
02	Warren, E.	AUS	15:51.9
03	Johansson, K.	SWE	16:09.6
04	Meiselbach, K.	GER	16:43.0
05	Peters, H.	GER	16:47.0
06	Niesser, B.	GER	16:50.0
07	Stock, W.	USA	17:05.0
08	Grunsfelder, W.	GER	17:23.0
09	Koster, S.	GER	17:46.0
10	Fraund, A.	GER	18:04.0
11	Malmstrom, B.	SWE	19:12.4
HEAT 2			
01	Shuppen, C.	GBR	16:22.8
02	Basse, E.	GER	16:24.2
03	Hugen, L.	GER	16:25.0
04	DeHoef, H.	BEL	16:26.2
05	Holzermann, W.	GER	16:29.4
06	Schulz, E.	GER	16:52.0
07	Bowman, R.	CAN	16:52.4
08	Clark, S.	USA	17:14.8
09	Swensson, K.	SWE	17:16.2
10	Scott, A.	SWE	17:38.4

HEAT 3			
01	Kilmartin, T.	GBR	15:54.2
02	Schneider, H.	GER	16:31.0
03	Silber, H.	GER	16:31.4
04	Simons, H.	BEL	16:36.2
05	Pfanner, K.	SVI	16:43.0
06	Zagler, J.	AUS	16:44.0
07	Jager, H.	GER	17:11.2
08	Belkacem, A.	FRA	17:24.0
09	Jost, P.	GER	17:35.2
10	Kovel, W.	GER	17:41.0
11	Rutten, P.	GER	18:02.4
12	Olsson, S.	SWE	18:45.6
FINAL CLASS 1			
01	O'Hara, L.	GBR	14:43.8
02	Kilmartin, T.	GBR	15:13.6
03	Warren, E.	AUS	15:46.4
04	Basse, E.	GER	15:58.2
05	Shuppen, C.	GBR	15:59.4
06	Schneider, H.	GER	16:01.2
07	Johnson, K.	SWE	16:06.0
08	Simons, H.	BEL	16:17.4
09	Huben, L.	GER	16:17.8
10	DeHoff, E.	BEL	16:31.
11	Silber, H.	GER	16:35.2
12	Meiselbach, K.	GER	16:39.2
CLASS 2			
01	Leitner, F.	AUT	16:32.4
02	Pennington, J.	AUS	16:36.2
03	Josefsson, H.	SWE	16:49.4
04	Stober, T.	GER	17:02.2
05	Heshketh, R.	GER	17:03.4
06	Eivland, O.	SWE	17:23.2
07	Courlay, A.	AUS	17:34.2
08	Boers, P.	GER	17:37.0
09	Fretsche, K.	GER	17:40.2
10	Wanderby, S.	SWE	18:04.2
11	Dr. Neumann	GER	18:06.2
12	Pain, D.	USA	18:09.0
13	Watermann	USA	18:10.4
14	Barbeck, E.	GER	18:16.2
15	Halpin, E.	USA	18:22.4
16	Halsig, G.	GER	18:28.2
17	Colliot, D.L.	GRA	18:37.4
18	Greff, A.	GRA	19:30.4
19	Hubner, F.	GER	20:05.4
CLASS 3			
01	Andberg, W.	USA	18:05.2
02	Wever, E.	GER	18:47.8
03	Stolzenberg, G.	GER	19:19.2
04	Deacon, B.	USA	19:33.9
05	Hesheth, R.	AUS	19:46.2
06	Bernhard, W.	GER	20:25.4
07	Krepplein, A.	GER	20:27.2
08	Tamanaha, N.	USA	20:27.4
09	Fritsche, K.	GER	20:29.2
10	Wallace, M.	CAN	20:33.9
11	Bredenbeck, R.	USA	20:40.4
12	Boigk, H.	GER	23:07.8
CLASS 4			
01	Bachmann, F.	GER	22:55.6
02	Hausner, E.	GER	23:13.4
03	Schreiber, F.	SWE	23:33.8
04	Melius, G.	GER	23:33.8
10,000 METRES			
FINAL			
CLASS 1			
01	Stoddart, W.	GBR	30:52.4
02	Power, D.	AUS	31:40.0
03	Allen, W.	CAN	31:53.2
04	Mundie, P.	USA	32:08.4
05	Kelly, T.	AUS	32:34.2
06	Niederjorn, A.	LUX	32:47.4
07	Bode, H.	GER	33:10.2
08	Stevenson, T.	GBR	33:26.4
09	Wood, P.	USA	34:40.2
10	Schnepp, W.	GER	34:54.6
11	Seidel, G.	GER	35:37.0
12	Field, P.	GBR	37:34.2
13	Bogemyr, H.	SWE	39:21.6

CLASS 2			
01	Gilmour, J.	AUS	33:20.6
02	Hall, L.	GBR	33:32.0
03	Johansson, G.	SWE	36:02.0
04	Bould, C.	AUS	36:05.2
05	Scherhag, J.	GER	36:26.4
06	Anderson, D.	GBR	36:27.2
CLASS 3			
01	Kruzicky, E.	GER	35:57.4
02	Jensen, T.	SWE	36:04.6
03	Farrrell, A.	GBR	36:05.4
04	Andberg, W.	USA	38:44.2
05	Fitzgerald, J.	GBR	38:55.0
06	Boal, R.	USA	39:53.4
07	Mac Cabe, W.	SUI	41:58.2
08	Werie, H.	GER	42:06.4
09	Tepel, H.	GER	43:43.0
10	Doughty, B.	GBR	44:31.2
CLASS 4			
01	Shoere, J.	SWE	43:51.2
02	Grunwald, K.	GER	44:21.4
MARATHON -			
CLASS 1			
01	Walsham, A.	GBR	2:24:59
02	Muller, H.	GER	2:25:07
03	Irmens, H.	GER	2:28:10
04	DeMeyer, E.	BEL	2:28:24
05	Duff, N.	AUS	2:29:58
06	Koschorck, W.	GER	2:32:09
07	Monseur, R.	BEL	2:32:50
08	Hynes, M.	IRL	2:34:54
09	Russel, W.	GBR	2:34:56
10	Jansson, C.	SWE	2:35:22
11	Hinderks, H.	GER	2:35:35
12	Hardicker, S.	GBR	2:35:38
13	Brundt, K.	GER	2:35:48
14	Franklin, R.	GBR	2:36:27
15	Yehnrut, V.	USA	2:36:31
16	Jernhester, B.	SWE	2:37:04
17	Pfanner, K.	SUI	2:37:40
18	Nyberg, E.	SWE	2:37:47
19	Wodak, K.	AUT	2:38:09
20	Gorman, H.	IRL	2:38:34
21	Coveney, D.	CAN	2:38:50
22	Ilughes, A.	GBR	2:39:11
23	Sato, Y.	JPN	2:39:12
24	Heimerl, S.	GER	2:39:19
25	Anspath, R.	USA	2:39:38
26	Hallberg, G.	SWE	2:40:03
27	O'Neill, J.	USA	2:40:20
28	Karlsson, L.	SWE	2:40:52
29	Berntsson, A.	SWE	2:40:54
30	Nicholson, L.	GBR	2:41:01
31	Dellar, D.	GBR	2:41:38
32	Jail, F.	LUX	2:42:46



THE START

Photo: C. Slippen

33	Hernelind, K.	SWE	2:42:54
34	Michaud, S.	FRA	2:43:07
35	Funnell, D.	GBR	2:43:37
36	McConnell, W.	USA	2:44:19
37	Sirks, B.	SWE	2:44:24
38	Clark, F.	USA	2:44:44
39	Noel, H.	IRL	2:44:44
40	Dittrich, O.	GER	2:45:38
41	Smits, A.	HOL	2:47:14
42	Multerer, K.	GER	2:47:24
43	Phipps, R.	GBR	2:47:36
44	Bruckschen, F.	GER	2:47:53
45	Fitzgerald, J.	GBR	2:48:08
46	Hamilton, S.	USA	2:48:15
47	Mac Cabe, W.	AUS	2:48:32
48	Liot, A.	FRA	2:48:35
49	Berggran, V.	SWE	2:48:47
50	Henzel, H.	GER	2:48:57
51	Arendt, H.	GER	2:49:09
52	Curry, J.	FRA	2:49:46
53	Soderberg, H.	SWE	2:50:17
54	Rissanen, A.	FIN	2:50:28
55	Tillmann, H.	GER	2:51:30
56	Dirk, S.	HOL	2:51:34
57	Einars, R.	SWE	2:52:17
58	Anthone, H.	FIN	2:52:32
59	Piontek, F.	GER	2:52:46
60	Stewart, K.	GBR	2:53:22
61	Gravras, G.	USA	2:53:30
62	Schramm, E.	GER	2:53:42
63	Kystad, J.	NOR	2:53:51
64	Schmidt, H.	GER	2:54:10
65	Podlich, F.	GER	2:54:21
66	Clark jr. S.	USA	2:54:29
67	Hourdeaux, P.	FRA	2:54:46
68	Hill, L.	AUS	2:54:55
69	Johansson, S.	SWE	2:55:34
70	Packard, R.	USA	2:55:45
71	Whiteside, C.	GBR	2:55:58
72	Schivon, W.	GER	2:56:04
73	Sundebrant, A.	SWE	2:57:05
74	Wehrwein, A.	GER	2:57:20
75	Reiter, A.	LUX	2:57:40
76	White, T.	USA	2:58:08
77	Burghardt, K.	GER	2:58:14
78	Wyllie, B.	USA	2:58:16
79	Iawnton, V.	GBR	2:58:23
80	Young, R.	AUS	2:58:50
81	Donnet, J.	FRA	2:58:55
82	Tiemann, A.	GER	2:58:57

ISLE OF MAN

race details

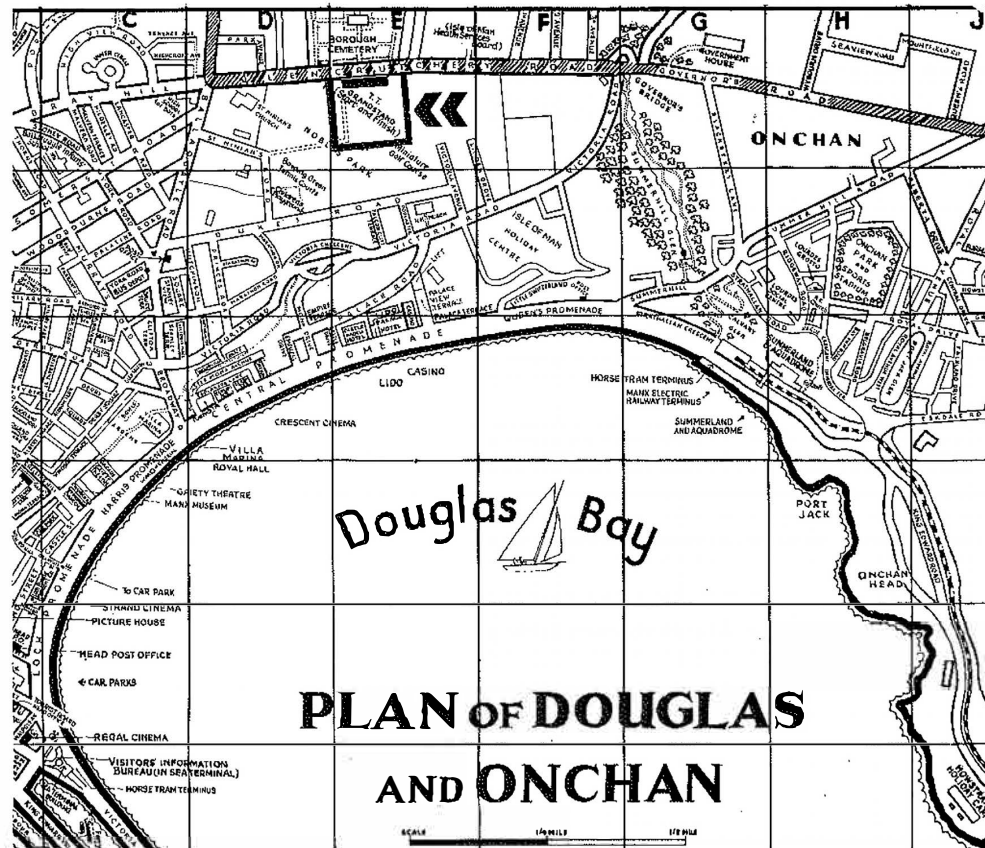
by Brian Doughty

The race office at the sea terminal, Douglas will open as early as Thursday, 17th May for early arrivals, and competitors can phone Douglas 4323 for information from this date onwards. All competitors must report here for registration and issue of numbers, programmes etc, and it would assist if they did this as early as possible after arrival. Enquiries regarding accommodation will also be dealt with at this office. The office will then transfer to the start of the race on Sunday, opening at 8 a.m.

Changing rooms are at the "Aquadrome" Swimming Pool, situated on the promenade, and will open at 8.30 a.m. Sauna Baths and Zotafoam Baths are available for a small charge. A fleet of buses will

convey competitors and friends to the start. Should the weather be bad, Douglas High School will be used to house competitors up to 9.45 a.m. This is close to the start. Competitors staying near the "Aquadrome", are requested to come ready changed in track suits to try and obviate congestion, as although the baths hold up to 1,000 the passageways are narrow.

The race starts in front of the main T.T. Stands in Glencrutchery Road, adjacent to the Isle of Man Holiday Centre. Signals (verbal) will be given every



Isle of Man

INTERNATIONAL ASSOCIATION
OF VETERAN (OVER 40) LONG
DISTANCE RUNNERS

under IAAF and AAA rules.

**SIXTH
WORLD BEST
VETERAN
CHAMPIONSHIP
OVER 25 KM.**

INTERNATIONALER VERBAND
VON VETERAN ÜBER 40
JÄHRINGEN LANG STRECKEN
LAUFER

**DIE SEXTE
WELTMEISTERSCHAFT
DER BESTEN
VETERANEN
ÜBER 25 KM.**

The Local Secretary is:
BRYAN DOUGHTY,
SEAVIEW COTTAGE,
PORT ST. MARY,
ISLE OF MAN.

Telephone: Port St. Mary 3392
(STD 0624-72 3392)

A Secretariat has been formed to
arrange accommodation and answer
any enquiries.

Ein Sekretariat wird gegründet um
Unterkunft zu arrangieren und
beihilflich in allen Fragen -
Transport u.s.w. - zu sein.

Douglas - Isle of Man



Sunday 10am 20th May 1973

ORGANISATION

THE NORTHERN VETERANS ATHLETIC CLUB in
co-operation with THE MANX ATHLETIC CLUB under
the supervision of THE INTERNATIONAL ASSOCIATION
OF VETERAN LONG DISTANCE RUNNERS.

ORGANISATION

Der "Northern Veterans Athletic Club" in Zusammen-
arbeit mit dem "Manx Athletic Club" unter Beauf-
sichtigung von der "International Association of Veteran
Long Distance Runners.

five minutes from 9.45 onwards. Competitors will be marshalled in age groups. Each age group will have colour coded numbers. The front row will consist of graded runners. The start will be at 10 a.m. and the course consists of 3 laps of 6.24 Kilometres and a final lap of 6.28 Kilometres. It will be a right hand circuit in deference to the overseas competitors, who will be in the majority. Surface will be mainly concrete with tarmacadam uphill gradients. The Roads will be completely closed to traffic and Police controlled. The A.C.U. (Motor Cycle T.T.) Marshalls Association will marshal the course, and Pilot cyclists will be used on the first lap only.

The large field will assemble on a road width of 46 feet, which narrows after 3/4 mile to the usual width of 24 feet. The first mile will be slightly downhill, then a gradually increasing uphill gradient for 1 1/4 miles, level for 1/2 mile, then a steep descent for 3/4 mile. The rest of the lap is slightly undulating. The finish will be after the fourth lap in front of the main T.T. stands. Two discs will be issued to the first 300 finishers. One will be for the Club team, and the other for the National team competition. After passing the finishing line, competitors will be directed to the age class pens situated at the rear of the stand. Team Managers should position themselves in this area for the collection of discs which should, on completion of the team, be handed into the administration office which is situated nearby. Sponging and Refreshment Stations will be located about 300 yards before the end of each lap, and will be well separated. These will be manned by members of the Manx A.C. and

Boundary Harriers supplemented by local Boy Scouts. Times will be given at the end of each lap and visually displayed.

Prize distribution by the Lt. Governor, Sir M.G. Stallard, will be at the Entertainment Centre, "Summerland" (next door to the "Aquadrome") at 4 p.m. There will be a buffet reception prior to the prize distribution. Entry will be by ticket so please check when collecting your numbers from the race office. Tickets will also be available for your friends at a reduced priced, these give access all day. Evening entertainment of an international character has been specially arranged. The Bars will open at 8 p.m. and the entertainment commences at 8.15 p.m.

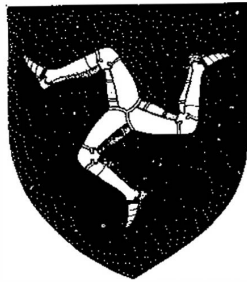
For those staying on after the race, the following has been arranged.

Monday, 21st May. (1) Round the Island Coach trip divided into 2 parts so that you may lunch at your Hotel and resume the trip in the afternoon. OR (2) A trip by the Victorian Steam Train to Port Erin, with stops at Castletown to inspect the Castle and Port St Mary to see the Harbour etc.

Tuesday, 22nd May. The above trips repeated so that you may ring the changes.

Wednesday, 23rd May. Fishing Trip from Port St Mary or if weather not suitable, a run along the cliffs and sea coast (organised by Port St Mary) visiting the chasms, Spanish Head, Sound and with view of the Mountains of Mourne, Hills of Kintyre and Galloway.

Other items have been arranged subject to weather and interest. Visits to Lighthouses, Manx Museum.



Race Preview

by Jack Fitzgerald

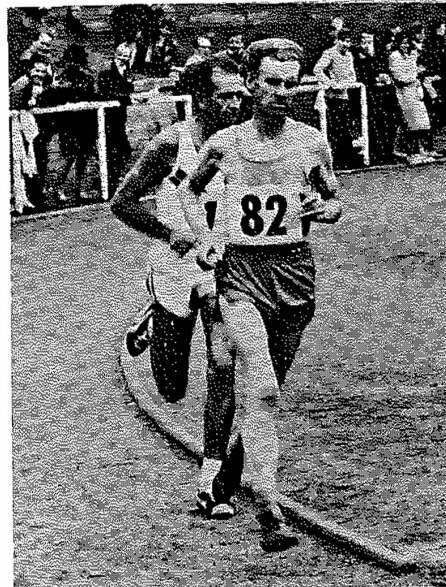
The Sixth World's Best Veteran Championships, to be held this year over 25 Kilometres at Douglas, Isle of Man on 20th May, has attracted an entry of approx. 500 comprising about 300 Class 1 (40-49) 120 Class 2 (50-59) 70 Class 3 (60-69) and 10 Class 4 (Over 70). Teams have been entered from Austria, Belgium, Canada, Denmark, England, Finland, France, Germany, Holland, Japan, Ireland, Luxembourg, Norway, Scotland, Sweden, Switzerland and U.S.A. as well as individuals from Australia and Lebanon.

So much for the statistics. Now let us examine the build up to this race. Those of us who attended the first of these races at Baarn in 1968, thought we had seen the ultimate in Veteran Entries when 185 participated. Since then at Bensberg-Refrath in 1969 and 1972, Skovde in 1970, and Czechoslovakia in 1971 this figure has been made to look very meagre. Over 400 finished the Marathon at Bensberg-Refrath in September last year, and that figure looks like being equalled on this occasion.

Class 1 will be more open than ever with Sadanaka (Japan), winner of the Marathon in Skovde, Arthur Walsham, winner of both the 25 Kilometres in Czechoslovakia in 1971 and the Marathon in Bensberg-Refrath; his two runners-up on those occasions, Ron Franklin and Hermann Muller (Germany); Dave Power (Australia) winner of the 25 Kilometres in Bensberg-Refrath last September. The biggest racing certainty is Erik Ostbye for the Class 2 section. With probably the best record overall in these events, including runner up at Baarn, 6th at Skovde, first over-50 in both the 1971 and 1972 races. In the past Erik's main opposition has come from that other great Swede Thor Nordin, but a possible challenge could come from England's Ken Hall, who was in excellent form to win the British National Vets Class 2 Cross-Country Championship in February. One can never under-estimate England's Peter Pan of the road, Tom Buckingham, Marathon Class 2 winner at both Baarn and Skovde. Class 3 brings into competition such doughty opponents as Tom Jensen (Sweden) Urban Miller (U.S.A.) Strobell (Austria) and Emmett Farrell (Scotland).

The Team race (International) is also unpredictable. Great Britain has won both previous events at this distance. This year Scotland have elected to exert

their National prerogative and enter independently, which makes the race very open with strong teams from Sweden and Germany as usual, and dark horses Japan.



Erik Ostbye leads Dave Power

Whatever the result, whether you run above yourself or have a bad one, old associations and rivalries will be renewed and new friendships made. These occasions, in my opinion, get closer to Baron De Courbetin's definition of the Olympic spirit than the Modern Games, with the growing Nationalism and bitterness. Long may it remain that way.

The Main Sponsors of this event are the Man Travel Agency and the above programme has been arranged almost entirely by Bryan Doughty owing to his insularity! Whatever the outcome of the organisation no praise can be too high for Bryan's efforts, and one must also acknowledge the very great help from Arthur Bourne and Norman Ashcroft.

RANKING LISTS PART 1

ASSOCIATION OF VETERAN ATHLETES — 1972 World Ranking Lists

Part One — TRACK EVENTS

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

These lists are the first of their kind and no doubt will contain errors and omissions — only you can help to make them accurate by collecting and forwarding confirmed information. In this connection ages must also be given if possible.

Where the ages are known they are shown in brackets.

An athlete qualifies for his age group on his birthday.

Venue abbreviations:—

London — Lon., Köln — K., Stockholm — St., Helsinki — Hel., Gothenburg — Got., San-Diego — S.D., Derby(GB) — D., Leigh(GB) — Le., Los Angeles — L.A., Truro(GB) — Tr., Luton(GB) — Lut., Birmingham(USA) — Bir., Santa Monica — St.M. Irvine — Irv., Honolulu — Hon., Virgo(Spain) — Vir., Chalons(Fr) — Cha., Houston — Hu..

100 METRES Class One

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

10.7	T. Baker(USA) 40	K	13-9
11.1	G. Rhoden (Jam.) 45	L.A.	17-6
11.2	D. Smith (USA) 40	S.D.	1-7
11.3	R. Stolpe (USA) 47	L.A.	17-6
11.3	H. DeVaince (USA)	K	13-9
11.4	D. Howarth (GB) 41	Le	21-6
11.4	C. Williams (GB) 41	Lon	25-8
11.4	L. Plassmann (Ger)	K	13-9
11.5	A. Juillard (USA) 49	L.A.	17-6
11.6	R. Watanabe (USA) 46	L.A.	17-6 10
11.6	J. Greenwood (USA) 46	Lon	25-8
11.6	O. Dawkins (USA)	Hel	27-8
11.6	K. Scheller (Ger)	K	13-9
11.7	P. Mulkey (USA)	Bir	12-8
11.7	H. Schlegel (Ger)	K	13-9
11.8	D. Marlin (USA)	L.A.	17-6
11.8	B. Norton (USA) 41	Hon	11-3
11.8	T. Rademaker (USA)	L.A.	17-6
11.8	G. Daborn (GB) 40	Lon	25-8
11.8	P. Whittaker (GB) 46	Lon	25-8 20
11.8	E. Plessehoj (Ger)	K	13-9

100 METRES Class Two

Class Record:—
Stan Stafford (USA) 51 L.A. 11.7 19-6-70
Al. Juillard (USA) 50 K 11.7 13-9-72

11.7	A. Juillard (USA) 50	K	13-9
11.9	A. Guidet (USA) 53	K	13-9
12.0	P. Fetter (USA)	L.A.	17-6
12.0	K. Marsch (Ger)	K	13-9
12.1	P. Jordan (USA)	S.D.	1-7
12.3	H. Schmidt (Ger)	K	13-9
12.3	J. Humbach (Ger)	K	13-9
12.4	R. Crouch (USA)	L.A.	17-6
12.4	A. McLean (GB) 50	Lon	25-8
12.4	K. Weiss (Ger)	K	13-9 10
12.4	K. Hoppstadter (Ger)	K	13-9

100 METRES Class Three

Class Record:—
Virgil McIntyre (USA) L.A. 12.9 20-6-71

13.0	J. Williams (GB) 63	K	13-9
13.2	V. McIntyre (USA) 61	L.A.	17-6
13.5	S. Thompson (USA) 62	Hon	29-11
13.6	K. Carnine (USA) 67	L.A.	17-6
13.7	D. Sharp (USA)	S.D.	1-7
13.8	B. Deacon (USA) 50	Haw	11-3
14.1	A. Beckett (GB) 52	Lon	25-8
14.1	T. Puglizevich (USA) 64	Haw	10-3

200 METRES Class One

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

22.3	D. Smith (USA) 40	S.D.	2-7
22.3	G. Rhoden (Jam) 45	S.D.	2-7
22.5	T. Baker (USA) 40	Lon	24-8
23.0	D. Jackson (USA)	L.A.	4-6
23.1	J. Greenwood (USA) 46	K	14-9
23.4	R. Stolpe (USA) 47	L.A.	18-6
23.6	A. Juillard (USA) 49	L.A.	4-9
23.6	D. Love (USA) 45	S.D.	21-8
23.6	H. DeVaince (USA)	K	14-9
23.7	D. Cheek (USA) 40	Haw	11-3 10
23.7	K. Whittaker (GB) 42	Lon	24-8
23.7	O. Dawkins (USA) 44	K	14-9
23.8	T. Rademaker (USA)	S.D.	2-7
23.8	H. Washington (USA)	S.D.	2-7
23.8	P. Whittaker (GB) 46	Lon	14-9
23.9	P. Higgins (GB)	D	8-7
23.9	D. Haworth (GB) 41	K	14-9
24.0	T. Rice (USA)	S.D.	2-7
24.0	S. Brooks (GB) 45	Lon	24-8
24.1	J. Cull (USA)	S.D.	2-7 20
24.2	P. Manning (Aus)	K	14-9
24.2	H. Schlegel (USA)	K	14-9
24.2	E. Lowell (USA)	L.A.	18-6
24.2	M. Parker (USA)	N.Y.	13-4

200 METRES Class Two

Class Record:—
Al. Juillard (USA) 50 Köln 24.1 14-9-72

24.1	A. Juillard (USA) 50	K	14-9
24.3	A. Guidet (USA) 53	S.D.	2-7
24.8	P. Jordan (USA)	L.A.	18-6
24.9	P. Fetter (USA)	S.D.	2-7
25.0	K. Marsch (Ger)	K	14-9
25.5	B. Powers (USA)	L.A.	18-6
25.5	J. Upham (USA)	S.D.	2-7
25.7	R. Crouch (USA)	S.D.	2-7
25.7	J. Boyle (USA)	S.D.	2-7
26.1	A. McLean (GB) 50	Lon	24-8 10
26.3	L. Batt (GB) 59	Lon	24-8

200 METRES Class Three

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

26.7	V. McIntyre (USA) 61	S.D.	2-7
27.4	J. Williams (GB) 63	Lon	25-8
28.1	D. Sharp (USA)	S.D.	2-7
28.4	K. Carnine (USA) 67	S.D.	2-7
28.9	S. Thompson (USA) 62	Haw	2-11
29.2	A. Puglizevich (USA) 64	Haw	11-3

400 METRES Class One

Class Record :-			
Richard Stolpe (USA) 47	London	51.7	25-8-72
51.7 R. Stolpe (USA) 47	Lon	25-8	
51.9 R. Daborn (GB) 40	Lon	25-8	
52.1 J. Greenwood (USA) 46	Got	-9	
52.3 D. Cheek (USA) 40	Haw	11-3	
52.3 K. Whittaker (GB) 42	Lon	24-8	
52.4 O. Dawkins (USA) 44	Lon	25-8	
52.7 P. Higgins (GB)	D	8-7	
52.9 J. Dixon (GB) 40	D	8-7	
52.9 W. Fitzgerald (USA) 47	S.D.	2-7	
53.0 S. Brooks (GB) 45	Lon	24-8	
53.0 P. Manning (Aust)	Lon	25-8	
53.1 J. Cull (USA)	S.D.	2-7	
53.3 E. Kamrass (USA) 42	S.D.	2-7	
53.3 R. Sieben (USA)	S.D.	2-7	
54.0 H. Urveis (Fr)	K	13-9	
54.3 G. Faust (GB)	Lon	25-8	
54.6 J. Freeman (GB)	Tru	13-6	
54.6 R. Bowman (Can) 42	Hel	27-8	
55.1 R. McVeigh (USA)	Lon	25-8	
55.2 J. Daniels (GB)	Lon	-7	

400 METRES Class Two

Class Record :-			
B. Morcom (USA) 51	Phild.	56.1	18-9-71
57.2 R. McDonald (USA)	S.D.	2-7	
57.2 J. Upham (USA)	S.D.	2-7	
57.6 W. Bowers (USA)	S.D.	2-7	
58.3 E. Halpin (USA) 54	S.D.	2-7	
58.5 L. Batt (GB) 59	Lon	25-8	
58.8 F. Sjostrand (USA) 59	St. M.	12-7	
59.2 W. Knuppel (USA)	Hel.	27-8	
59.3 R. Niblock (USA) 58	Haw	11-3	
59.5 A. Huggins (GB) 51	Lon	25-8	
59.5 K. Ericsson (Sw)	Got	-9	
59.6 J. Boyle (USA)	S.D.	2-7	

400 METRES Class Three

Class Record :-			
V. McIntyre (USA) 60	Irvine	61.9	29-5-71
62.3 V. McIntyre (USA) 61	S.D.	2-7	
64.6 B. Deacon (USA) 60	Haw	11-3	
67.4 K. Carnine (USA) 67	Hel	27-8	
68.4 H. Shine (USA)	L.A.	18-6	
69.3 J. Clark (USA)	S.D.	2-7	

800 METRES Class One

Class Record :-			
F. McBride (USA)	Kalamazoo	1:55.8	29-5-71
1:58.4 W. Fitzgerald (USA) 47	S.D.	2-7	
1:58.7 J. Vantattenhove (USA) 42	L.A.	18-6	
1:58.8 D. Pratt (USA)	S.D.	2-7	
1:59.7 P. Mayoer (Hol)	K	15-9	
2:02.0 C. Simpson (GB) 43	Lon	25-8	
2:02.5 R. Colson (GB) 41	Lon	25-8	
2:02.6 P. Stevens (GB) 40	Lon	25-8	
2:03.0 J. Hayward (GB) 43	Lon	25-8	
2:03.2 V. Stephens (Can) 44	S.D.	2-7	
2:03.6 P. Field (GB) 41	Lon	23-7	
2:03.6 H. Thum (Ger)	K	13-9	
2:03.7 D. Teeguarden (USA)	S.D.	2-7	
2:03.7 K. Humphrey (GB) 41	Lon	25-8	
2:04.4 J. Smart (USA)	L.A.	4-6	
2:04.6 P. Wood (USA) 43	Lon	25-8	
2:04.9 J. Hershberger (USA) 40	K	13-9	
2:05.1 W. Sheppard (Aust) 50	Lon	25-8	
2:05.3 W. Brown (USA)	S.D.	2-7	
2:05.3 R. Bowman (Can) 42	Got	2-9	
2:05.4 W. Wintgens (Ger)	K	13-9	

800 METRES Class Two

Class Record :-			
Wal Sheppard (Aust) 50	London	2:05.1	25-8-72
2:05.1 W. Sheppard (Aust) 50	Lon	25-8	

2:13.8 M. Shurtleff (USA)	S.D.	2-7
2:15.0 R. Gordon (USA) 54	Lon	25-8
2:15.2 R. Dellwo (USA)	S.D.	2-7
2:15.7 A. Waterman (USA)	S.D.	2-7
2:16.0 J. Gorrell (USA)	L.A.	18-6
2:19.0 D. Pain (USA) 50	K	13-9
2:19.8 W. Long (USA)	S.D.	2-7
2:20.3 F. Halpin (USA) 54	Lon	25-8

800 METRES Class Three

Class Record :-			
B. Deacon (USA) 60	L.A.	2:26.2	18-6-72
2:26.2 B. Deacon (USA) 60	L.A.	18-6	
2:30.9 L. Rolls (GB)	Lon	25-8	
2:34.4 N. Bright (USA)	Haw	10-3	
2:34.8 K. Boal (USA) 64	K	13-9	
2:36.5 J. Clark (USA)	Lon	25-8	

1500 METRES Class One

Class Record :-			
Terry Kilmartin (GB) 40	London	3:59.3	25-8-72
3:59.3 T. Kilmartin (GB) 40	Lon	25-8	
4:04.0 P. Mayoer (Hol)	K	14-9	
4:05.6 W. Stoddart (GB) 41	Renf.	-8	
4:08.0 M. Alonson (Sp) 42	Vir	26-6	
4:09.3 O. Jarnhester (Sw)	K	14-9	
4:10.0 C. Simpson (GB) 43	Le	8-8	
4:10.4 W. Fitzgerald (USA) 47	K	14-9	
4:10.5 G. Warren (Aust) 41	K	14-9	
4:10.5 W. Allen (Can) 41	K	14-9	
4:10.5 J. Vantattenhove (USA) 42	L. A.	17-6 10	
4:11.5 R. Hatton (USA)	S.D.	2-7	
4:12.3 H. Higdon (USA) 41	St.	31-8	
4:13.0 H. Hughes (GB)	Lon	25-8	
4:14.9 K. Wood (GB) 40	Lon	24-8	
4:15.1 V. Stephens (Can) 44	S.D.	2-7	
4:15.4 K. Napier (USA)	S.D.	2-7	
4:15.6 J. Cameron (GB)	Cls	6-6	
4:16.6 L. Hugen (Ger)	K	14-9	
4:17.0 P. Mundle (USA) 44	Irv	23-4	
4:17.1 E. Nurminen (Fin)	Hel	27-8	
4:17.5 D. Teeguarden (USA)	L.A.	17-6	
4:18.1 R. Gibson (USA)	L.A.	17-6	
4:18.5 B. Russell (Aust)	K	14-9	
4:19.0 R. Bowman (Can) 42	K	14-9	

1500 METRES Class Two

Class Record :-			
Wal Sheppard (Aust) 50	London	4:20.0	25-8-72
4:20.0 W. Sheppard (Aust) 50	Lon	25-8	
4:25.3 J. Pennington (Aust) 50	Lon	24-8	
4:36.5 J. Gorrell (USA)	S.D.	2-7	
4:36.7 M. Shurtleff (USA)	S.D.	2-7	
4:37.3 R. Dellwo (USA)	S.D.	2-7	
4:38.6 G. Paults (Ger)	K	14-9	
4:39.0 A. Waterman (USA)	K	2-7	
4:39.6 H. Elrick (USA)	S.D.	2-7	
4:45.4 R. Gordon (USA)	Lon	25-8	
4:45.7 L. Burnett (GB) 52	Lon	25-8	
4:50.4 A. Gourlay (Aust)	Aus	26-3	

1500 METRES Class Three

Class Record :-			
W. Andberg (USA) 61	Stockholm	4:53.2	31-8-72
4:53.2 W. Andberg (USA) 61	St.	31-8	
5:04.4 B. Deacon (USA) 60	Haw	25-3	
5:05.6 H. Hochgeschirz (Ger)	K	14-9	
5:06.5 L. Rolls (GB)	Lon	25-8	
5:12.4 N. Bright (USA) 62	Haw	25-3	
5:21.2 R. Boal (Aust)	Lon	25-8	

110m HURDLES Open Class

Class Record :-			
Donald Finlay (GB) 40	London	14.4	1-8-49
15.0 J. Greenwood (USA) 46	K	13-9	
16.0 T. Rademaker (USA)	K	13-9	
17.0 D. Brodie (Aust)	K	13-9	
17.1 P. Mulkey (USA)	L.A.	17-6	
18.0 L. Schaefer (Aust)	Aust	26-3	
18.2 P. Field (GB) 41	K	13-9	

400m HURDLES Open Class

Class Record :-			
Jack Greenwood (USA) 46	London	55.7	24-8-72
55.7 J. Greenwood (USA) 46	Lon	24-8	
57.0 J. Dixon (GB) 40	Yeo	-6	
59.3 H. Thumm (Ger)	K	13-9	
59.6 G. Daborn (GB) 40	Lon	24-8	
60.1 W. Fischer (Ger)	K	13-9	
60.3 P. Field (GB) 41	K	13-9	
60.6 E. Dowell (USA)	S.D.	1-7	
60.6 T. Rademaker (USA)	S.D.	1-7	
60.8 E. Shirley (GB)	Lon	24-8	
61.7 D. Brodie (Aust)	Lon	24-8	

3000m STEEPLE CHASE

Class Record :-			
Hal Higdon (USA) 41	London	9:36.2	24-8-72
9:36.2 H. Higdon (USA) 41	Lon	24-8	
9:43.4 T. Kelly (Aust) 40	K	14-9	
10:01.6 C. Shippen (GB) 40	K	14-9	
10:04.0 R. Coison (GB) 41	Lon	-9	
10:04.2 R. Young (Aust) 40	Lon	24-8	
10:05.4 G. Parnell (GB)	S.D.	2-7	
10:15.0 C. Wilson (GB) 40	Lon	24-8	
10:27.4 F. Wrigley (GB)	Lon	24-8	
10:34.6 W. Stock (USA) 42	Lon	24-8	
10:41.8 A. Richards (USA)	Got	2-9 10	
10:42.0 W. Hill (GB) 43	Der	8-7	
10:45.0 R. Packard (USA)	K	14-9	
10:48.0 J. Stewers (USA)	Hou	19-3	
10:56.0 D. Stevenson (USA)	S.D.	2-7	
10:57.4 W. McConnell (USA)	Got	2-9	
10:58.0 K. Bray (GB) 42	S.E.	28-6	

12:12.0 J. Caudle (Aust) over 50	Lon	24-8
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5000 METRES Class One

Class Record :-			
Michel Bernard (Fr) 40	Paris	14:10.0	29-7-72
14:10.0 M. Bernard (Fr) 40	Par	29-7	
14:28.0 L. O'Hara (GB) 40	Lut	-7	
14:48.4 D. Crook (GB) 41	Lon	25-8	
14:57.2 A. Walsham (GB) 42	Lon	25-8	
14:58.4 W. Stoddart (GB) 41	Ren	-7	
14:59.6 H. Higdon (USA) 41	Lon	25-8	
15:06.2 W. Allen (Can) 41	Lon	25-8	
15:09.8 E. Warren (Aust) 41	Hel	27-8	
15:12.6 P. Mundle (USA) 44	Lon	25-8	
15:13.6 T. Kilmartin (GB) 40	K	16-9 10	
15:22.2 D. Power (Aust) 44	Hel	27-8	
15:27.2 N. Duff (Aust) 40	Hel	27-8	
15:29.0 J. Douglas (GB)	Lon	25-8	
15:31.0 R. Hatton (USA)	S. D.	2-7	
15:31.4 R. Franklin (GB) 44	Lon	25-8	
15:35.0 H. Foord (GB) 41	Lon	25-8	
15:41.0 R. Buell (GB) 40	Lon	25-8	
15:44.4 J. Smart (USA)	Wal	30-4	
15:51.0 T. Orr (Aust) 48	Lon	25-8	
15:52.0 A. Taylor (Can) 45	Tor	15-6 20	
15:52.8 G. Parnell (GB)	Lon	25-8	
15:58.2 E. Basse (Ger) 40	K	16-9	
15:59.4 C. Shippen (GB) 40	K	16-9	

5000 METRES Class Two

Class Record :-			
John Gilmore (Aust) 53	Köln	16:05.8	13-9-72
16:05.8 J. Gilmore (Aust) 53	K	13-9	
16:32.4 F. Leitner (Ost) 52	K	15-9	
16:35.2 J. Pennington (Aust) 50	K	15-9	
16:48.2 T. Stober (Ger) 53	K	13-9	
16:49.4 H. Josefsson (Sw) 54	K	15-9	
17:03.4 R. Heshketh (Ger) 55	K	15-9	
17:23.2 O. Elvland (Sw) 54	K	15-9	
17:26.4 A. Gourlay (USA)	K	13-9	
17:35.8 J. Lafferty (USA)	K	13-9	
17:41.2 W. Caudle (Aust)	K	13-9 10	

5000 METRES Class Three

Class Record :-			
William Andberg (USA)	S.D.	17:42.6	3-7-71
17:43.6 E. Kruzicki (Ger) 61	K	13-9	
17:58.8 W. Andberg (USA) 61	K	13-9	
18:06.4 N. Bright (USA) 62	K	13-9	
18:40.6 N. Tamanaha (USA) 65	Got	2-9	
18:47.8 E. Weber (Ger) 62	K	15-9	

10,000 METRES Class One

Class Record :-			
Alain Mimoun (Fr) 43	Cambrai	29:57.4	1-8-64
30:32.4 W. Stoddart (GB) 41	K	16-9	
31:18.4 H. Higdon (USA) 41	Hel	27-8	
31:21.2 P. Pystnen (Fin)	Hel	27-8	
31:23.6 W. Allen (Can) 41	Hel	27-8	
31:40.0 D. Power (Aust) 44	K	16-9	
31:42.8 R. Hatton (USA)	S.D.	1-7	
32:08.4 P. Mundle (USA) 44	K	16-9	
32:15.0 A. Mimoun (Fr) 52	Gha	18-6	
32:34.0 A. Phipps (GB) 43	Lec	-9	
32:34.2 T. Kelly (Aust) 40	K	16-9 10	
32:47.4 A. Niederhorn (Lux) 43	K	16-9	
33:01.5 J. Smart (USA)	S.D.	1-7	
33:05.0 J. Gilmore (Aust) 53	Hel	27-8	
33:07.0 V. Yehner (USA) 43	Hel	27-8	
33:10.2 H. Bode (Ger) 44	K	16-9	
33:26.4 T. Stevenson (GB) 42	K	16-9	
33:32.0 K. Hall (GB) 50	K	16-9	
33:34.0 L. Nicholson (GB) 47	Lec	-9	
33:37.0 D. Coveney (Can)	Hel	27-8	

CORCORAN says . . .

There is no doubt in my mind that the veteran-athlete movement must make a big effort to attract that dangerously large section of the public which abandoned all physical activity at a relatively young age. The casual sportsman hears so much from the news media about his world class contemporaries being 'over the top' at thirty that it's no wonder he considers himself to be in the same boat at the first sign of lassitude. It is a form of propaganda which should be counteracted by publicising the activities of those many late starters who figure in our ranks. Newspaper reporters could find a wealth of material for the popular press if only their noses could be pointed in the right direction. Two of many examples which come to mind are Bill Andberg (USA) and Bob Bowman (Canada).

Dr. Andberg ("The Grey Ghost of Anoka") was an outstanding college athlete who, like most others, did nothing energetic after his studies were completed. At 55 he started jogging to improve his health, at 59 he commenced competition and ran a 2:51:44 marathon and at 60 he clocked 5:18.0 for a mile! You don't have to ask him if he feels better for it, his whole life has changed.

Bob Bowman is a young looking 42 years old Canadian who excelled at baseball until he was 36. When he was no longer able to command a team place he retired. At 40 he joined the C.M.I.T.T. as a sprinter and finished off his first season with a try at 800m. When he arrived in Europe last year he tackled his first 1500m. and was overjoyed with his time of 4:28.1. A feeling of invincibility must have overcome him, for in Cologne at the end of the tour he tackled 5000m. and yes, the marathon! Even that ordeal, and the news that he was just 2 seconds outside 3 hours, couldn't dampen down the spirits of this extrovert athlete. Having swapped the whole of his uniform with Aussie Geoff Warren, I can still picture him standing on a chair auctioning his jock-strap! He ended up with the following marks between June and September 12.1/24.7/54.6/2:05.3/4:19.0/16:52.4/3:00:02. I shudder to think what he is planning for this year.

Physiological and Biochemical research has been making considerable progress in recent years, yet when it comes down to stating facts which are of interest to active athletes nothing seems to materialise. Perhaps we are all seeking the elixir of instant success and expect more than we should. Every time a snippet from a research article reaches the ears of the athletic community you can bet that many will latch on to it as the final answer. Remember the wheat germ craze? The vitamin C era? Heavy doses of the latter were reputed to stave off



Bob Bowman

the common cold but medical opinion was never unanimous on this. Some thought that heavy doses might have a long term deleterious effect. Well, latest research suggests that hidden vitamin C deficiency may lead to excessive cholesterol levels in human blood and may play some part in the narrowing and hardening of the arteries. Does this mean that the Vitamin C lobby is back in business? I can already hear someone asking "How many extra tablets shall I take?"

Although not solely concerned with Veteran athletics I would thoroughly recommend the recently published "The Centenary History of the Blackheath Harriers". The mature athlete will find a wealth of fascinating material between its covers, and few will have read such a graphic account of 19th Century athletics and its evolution to present day levels. One of Britain's premier clubs, Blackheath has a rich heritage; it is only fitting that it should be revealed through a work of art which is equally rich in its production. Profusely illustrated, including photographs dating back to the turn of the century, reproductions from "Punch" of 1881 and 1882 and action pictures of the great Sydney Wooderson, it is a book which will appeal to all book lovers, athletes or not. How it can be produced at such a low price I do not know (See Advertisement).

ONE SECOND IN 15 YEARS!

The British Veterans' National Cross Country Championship held at Birmingham in February threw up a result sheet which had statisticians and historians poring over their record books for weeks afterwards. Many, of course, were able to rely on memories which recalled stirring battles to make the England International team of 1958. Fighting it out for the team that year, in a field of 600 runners, were George Rhodes and Eddie Kirkup who finished 12th and 14th just 9 seconds apart after a titanic struggle in which Tony Weeks-Pearson had joined (after moving through from the thirties) to snatch 11th spot from both of them. In 18th place, 44 seconds back, was Northern Champion Johnny Wild, just squeezing ahead of triple champion Gordon Pirie and Ted Matley (21st). Fifteen years later those five runners met again in the Veterans National, and once again Rhodes (7th) beat off Kirkup (8th) improving his margin this time to 10 seconds. Think of it — a one second improvement in 15 years! And as if that wasn't enough, there was Johnny Wild chasing both runners just like last time to cross the line in 13th spot. The margin? two seconds greater than last time! Johnny was pinned. One second is bad enough but slipping two in only 15 years is a bit much.

A glance back down the field at half-way was enough to frighten the superstitious, for there was Weeks-Pearson and Matley again in the thirties. Would Tony surge through as before? To ease our minds he settled for 34th with Ted trailing in 48th spot. We could relax.

Ten of the first 20, and 20 of the first 50 had featured in that 1958 National. Back marker of them all fifteen years ago was Arthur Walsham (422nd) who finished 4th this year. This does not reflect the

general pattern of change between the events, but the two sets of results do indicate that veteran running is no respecter of earlier reputations and is certainly a great leveller. However, some advantage would seem to accrue to the late starter with ability, for the first three in the Veterans' National did not appear in their first English National until they were 33, 27 and 34 years old respectively, and O'Hara and Meadows never quite made the first 100 in the big one. It almost seems that it's not how old one is, but how long one has been competing that decides when the downward path commences. It's certainly a subject worth further study.

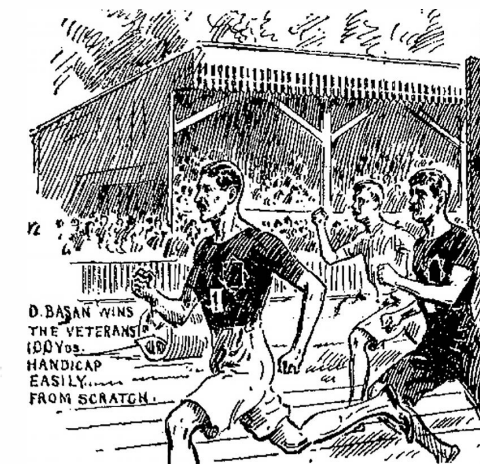
Remember Alby Thomas? Few, I suspect, will forget that short but stylish frame which powered its way to Commonwealth Games medals in 1958 at Cardiff, Wales. Second in the 3 miles (13:24.4) and 3rd in the one mile 4:02.7 was followed four years later at Perth (W.Australia) with a fifth placing in the 3 miles (13:40.6), a fine record. Well, I hear that Alby is on the come-back trail. This Australian season he has chalked up metric marks of 4:07/8.27/14:55, so watch out you tourists next Christmas!

Every year sees another crop of "youngsters" joining the ranks. As Derck Funnell the Epsom marathoner remarked "They seem to grow up around you like mushrooms!" In Britain, these last few months has seen the accession of Ken Harland (14:17.8 at 39yrs) and Alistair Wood (2hrs 19mins at 39).

Scotsman Wood has been on the British scene since 1954. He was R.A.F. and Inter-Services 1 and 3 miles champion but in 1962 he turned his back on the

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Bob Meadows leads 'Mac' Capewell, McAlinden and O'Reilly (147) after half a mile of the Class 1 race.

Photo: H. Richards

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69 G. Morralec	Portsmouth	37:25	120 J. Telford	Vauxhall	40:02
70 K. Bingley	Wakefield	37:26	121 J. Young	Tipton	40:04
71 S. Smith	Liverpool Pem.	37:27	122 G. Geere	Blackheath	40:12
72 R. Potts	Gateshead	37:28	123 P. Shillito	Liverpool Pem.	40:15
73 J. Lawton	Leeds	37:30	124 E. Coffey	Cambridge H.	40:19
74 J. Roberts	Crawley	37:32	125 C. Burton	Havering	40:28
75 R. Fernyhough	Michelin	37:35	126 A. Blagg	Sparkhill	40:34
76 J. McNeil	Scottish Vets.	37:37	127 R. Appleby	Highgate	40:36
77 A. Bruce	Belgrave	37:38	128 M. Payne	Cambridge H.	40:36
78 A. Hazel	Hallamshire	37:41	129 L. Pullman	T.V.H.	40:39
79 D. Smith	Kettering	37:47	130 A. Ball	Blackheath	40:42
80 J. Cook	Crawley	37:48	131 J. Day	Dudley & S.	40:49
81 A. Layton	Vauxhall	37:49	132 J. Loftus	Manchester Y. M.	40:50
82 W. Hammond	Wolverhampton	37:50	133 D. Hapgood	Blackheath	40:51
83 W. Mottram	West Brom.	37:51	134 J. Hayden	Dudley & S.	40:53
84 A. Forbes	Victoria Pk.	37:54	135 R. Paine	Portsmouth	40:55
85 F. McGrath	Airedale	38:00	136 L. Whitehead	Liverpool Pem.	40:58
86 J. Murphy	T.V.H.	38:01	137 W. Hazle	Woodford Gn.	41:00
87 B. Waters	Wrexham	38:07	138 R. Pickard	Perth R.	41:02
88 F. Maffia	Watford	38:12	139 H. Charles	Sheffield	41:05
89 B. Holliday	Wakefield	38:19	140 K. Whitaker	Airedale	41:08
90 T. Robson	Gateshead	38:22	141 B. Saunders	T.V.H.	41:11
91 P. Stephens	Leicester	38:28	142 S. Horton	Derby	41:19
92 W. Aston	Wolverhampton	38:33	143 M. Dwyer	Warley	41:20
93 E. Blacker	Highgate	38:38	144 J. Jaquest	Watford	41:21
94 J. Smith	Airedale	38:46	145 D. Wadsworth	Newcastle	41:22
95 J. Richardson	Portsmouth	38:47	146 G. Collett	T.V.H.	41:24
96 R. Kenna	Wirral	38:53	147 E. Crowley	Liverpool Pem.	41:37
97 L. Hollingsworth	Liverpool Pem.	38:57	148 J. Hayward	Woodford Gn.	41:38
98 A. Lawton	Leeds	39:05	149 W. Hage	Nottingham	41:39
99 T. Joynson	Gateshead	39:09	150 R. Pocklington	East Cheshire	41:49
100 P. Thompson	Clayton	39:16	151 M. Bromley	Hallamshire	41:59
101 P. Vetterlein	Blackheath	39:21	152 T. Palmer	Kettering	42:03
102 G. Smith	Leeds	39:23	153 R. McDonald	Scottish Vets.	42:06
103 K. Bruns	Liverpool Pem.	39:25	154 M. Carr	Woodford Gn.	42:08
104 T. Buckingham	Leamington	39:26	155 J. Geddes	Monkland	42:09
105 S. Jackson	Bristol	39:27	156 J. Daniels	Woodford Gn.	42:11
106 D. O'Rourke	Clayton	39:30	157 J. Reeves	Crawley	42:11
107 C. Beeston	Derby	39:30	158 H. Down	T.V.H.	42:22
108 E. Bowring	Cambridge H.	39:30	159 R. Evans	Wolverhampton	42:33
109 A. Hardman	Altrincham	39:33	160 J. Best	Small Heath	42:35
110 R. Gannon	E. Kilbride	39:34	161 T. Payne	Sheffield	42:39
111 A. Coxcll	Huntingdon	39:36	162 H. Sharp	Portsmouth	42:44
112 R. Morley	Blackheath	39:37	163 G. Mooney	Crawley	42:49
113 R. Blois	Basilton	39:39	164 H. Calderband	Stafford	42:57
114 P. Field	Dartford	39:43	165 T. Cole	Huntingdon	42:58
115 H. Smith	Clayton	39:52	166 T. Hall	Newcastle	43:06
116 D. Talbot	Stafford	39:55	167 D. Clackett	Dartford	43:25
117 D. Wood	Leeds	39:56	168 C. Tallantire	Clayton	43:27
118 G. Baldwin	Wrexham	39:56	169 J. Baker	Belgrave	43:32
119 J. Bloor	Leeds	40:00	170 H. Stone	Derby	43:35

171 G. Sherwood	Tipton	43:42	177 N. Eckerley	Manchester V.M.	44:03
172 J. Stevenson	Nottingham	43:45	178 A. Heald	Dartford	44:15
173 N. Reynolds	Kettering	43:47	179 F. Webb	Leamington	45:03
174 K. Coupland	Northern Vets.	43:50	180 L. Joyce	Huntingdon	45:59
175 D. Tingey	Blackheath	43:53	181 K. Tiff	Crawley	46:31
176 E. Fosbrook	Highgate	44:01			

Team Result		points	08	Derby & County	145	17	Woodford Green	192
Group 1			09	Cambridge H.	145	18	Gateshead H.	219
01 Belgrave H.	29	10	Victoria Park H.	154	19	Clayton Ic Moors H.	223	
02 Springburn H.	87	11	Liverpool Pem.	163	20	Leeds City A.C.	273	
03 Thames Valley H.	94	12	Highgate H.	163	21	Blackheath H.	275	
04 Plymouth	103	13	Vauxhall Motors	166	22	Kettering Town	286	
05 Cambridge & Coll.	117	14	Wakefield H.	174	23	Watford H.	298	
06 Airedale & Spen.	124	15	Leamington A.C.	185	24	Nottingham A.C.	384	
07 Wolverhampton	133	16	Crawley A.C.	188	25	Huntingdon A.C.	456	
					26	Dartford A.C.	459	



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Belgrave Harriers' winning team. I. to R:— Shippen, O'Hara and Newall.

Photo: H. Richards

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01 K. Hall	Wirral	36:15	27 L. Heald	East Cheshire H.	43:46
02 G. Coleman	Vauxhall M.	39:12	28 J. Hanton	Scottish Vets.	44:07
03 N. Ashcroft	Sutton H.	39:25	29 W. Lake	Blackheath H.	45:04
04 A. Etches	Sheffield	39:44	30 A. Lecke	Manchester Y.M.	45:06
05 W. Ross	Gasculde H.	39:56	31 J. Bennett	Blackheath H.	45:24
06 J. Fitzgerald	Mitcham A.C.	40:08	32 J. Broom	East Cheshire H.	45:39
07 J. Downes	Victoria Pk.	40:18	33 D. Owen	Birchfield H.	45:45
08 T. Harrison	Maryhill H.	40:24	34 W. Kay	Birchfield H.	46:09
09 R. Salisbury	Wirral A.C.	40:27	35 N. Ross	Scottish Vets.	46:23
10 G. Porteous	Maryhill H.	40:34	36 G. Millar	Liverpool Pem.	46:49
11 J. Keily	Derby & County	40:49	37 A. Jolly	East Cheshire H.	47:01
12 R. Bott	Mitcham A.C.	40:55	38 T. Beatty	Kettering Town	47:38
13 J. Dyter	Blackheath H.	41:06	39 C. Forcman	Kettering Town	47:44
14 R. Bardney	Huntingdon A.C.	41:21	40 H. Lewis	Coventry Godiva	48:57
15 J. Brennan	Coventry God.	41:32	41 N. Dudley	Coventry Godiva	49:26
16 W. Jenkins	Blackheath H.	41:44	42 K. Staves	Sheffield	49:38
17 G. Monshall	Woodford Gn.	41:46	43 D. White	Sheffield	54:36
18 L. Burnett	Woodford Gn.	41:49	44 W. Stimson	Unattached	59:55
19 R. Hopcroft	Thames Valley	42:12			
20 H. Tralford	Newcastle A.C.	42:18			
21 266		42:22			
22 B. Wade	Woodford Gn.	43:01			
23 A. Mail	Derby & County	43:02			
24 L. Humphreys	Woodford Gn.	43:12	Group 3		
25 J. Selby	Coventry Godiva	43:33	01 J. Farrell	Maryhill H.	39:42
26 T. Mitchell	Mitcham A.C.	43:38	02 R. Smith	Scottish Vets.	43:01
			03 S. Lec	Horwich R.M.L.	43:35

04	A. Keepax	Blackheath H.	43:52	13	J. Powell	Birchfield H.	49:37
05	D. Shore	Woodford Gn.	44:15	14	J. Harris	Watford A.C.	49:49
06	S. Bradshaw	Clayton	44:20	15	J. Heath	Vale of Aylesbury	51:33
07	G. Taylor	Shettleton H.	45:29	16	M. Scagroat	Birchfield H.	51:40
08	W. Symes	Queens Park II.	45:34	17	L. Hibbert	Shrewsbury A.C.	51:51
09	C. Baldwin	Barton A.C.	45:43	18	W. Fellows	East Cheshire H.	52:28
10	R. Smith	Blackheath II.	46:18	19	L. Piper	Blackheath H.	55:16
11	E. Johnson	Sutton II.	47:24	20	L. King	Blackheath H.	64:54
12	D. Kerlogue	Derby & County	49:34				

Team Result

Groups 2 & 3 Combined		Points
01	Maryhill H.	24
02	Mitcham A.C.	49
03	Woodford Green A.C.	69
04	Blackheath H.	80
05	Derby & County A.C.	90
06	Coventry Godiva H.	94

Inter Area Team Contest (12 to Count)

Group 1.		Points
01	Northern Veterans	221
02	Southern Veterans	243
03	Midland Veterans	336
04	Scottish Veterans	878

Group 2 (5 to Count)

01	Northern Veterans	28
02	Southern Veterans	54
03	Scottish Veterans	86
04	Midland Veterans	89

Group 3 (3 to Count)

01	Scottish Veterans	10
02	Southern Veterans	17
03	Northern Veterans	18
04	Midland Veterans	46



SCOTTISH CHAMPIONSHIPS

Hon. Secretary: (Tel.041-954 6154)
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**2nd NATIONAL SCOTTISH VETERANS 8,000m
CROSS-COUNTRY CHAMPIONSHIPS
BRANCHUMHALL, EAST KILBRIDE
SATURDAY 3rd MARCH 1973**

DETAILS:-

01	W. J. Stoddart	Greenock Wellpark	28:41
02	C. McAlinden	Babcock & Wilcox	29:20
03	T. O'Reilly	Springburn H.	30:32
04	W. Ramage	Springburn H.	30:50*
05	W. Russell	Monkland	31:03
06	A. White	Springburn H.	31:09
07	C. Fraser	Edinburgh Southern	31:13
08	R.C. Calderwood	Victoria Park	31:14
09	R. Kane	Victoria Park	31:20
10	J. McNeill	Shettleton H.	32:08
11	C. O'Boyle	Clydesdale	32:18
12	J. Clifton	Edinburgh Southern	32:28
13	G. King	Greenock Wellpark	32:30
14	J. McLean	Bellahouston H.	32:34
15	J. Moore	East Kilbride AAC	32:46
16	W. Lyall	Edinburgh Southern	33:15
17	E. Dolan	East Kilbride AAC	33:16
18	R. Gannon	East Kilbride AAC	33:16
19	T. Mercer	Bellahouston H.	33:28
20	T. Stevenson	Greenock Wellpark	33:44
*21	W. J. Ross	Garscube H.	34:03
*22	J. Lowrey	Coupar & Dist. AAC	34:08
*23	G. Porteous	Maryhill H.	34:10
24	E. Campbell	Lochaber AAC	34:22
25	C.R. Jones	Edinburgh AAC	34:35
*26	T. Harrison	Maryhill	34:43
27	B. Bickerton	Shettleton H.	34:55
28	R. Pickard	Perth Railway	35:21
29	W. Scott	Stirling AAC	35:37
30	D. McKirdy	Monkland	35:38
*31	D. Anderson	Greenock Wellpark	35:41
32	J. Geddes	Monkland H.	35:49
33	J.S. Petty	Edinburgh Southern	36:03
34	W. Hislop	Clydesdale	36:10
35	A. Cook	Falkirk	36:14
36	R. McDonald	Maryhill H.	36:28
37	C. Third	Edinburgh Southern	36:42
38	H.S. Millar	Edinburgh Southern	36:48
39	T. Docherty	Shettleton H.	36:54
*40	H. Smith	Scottish Veterans	36:57
*41	P. Minchin	Scottish Veterans	37:05
42	P. Livingston	Bellahouston H.	37:14
**43	J.E. Farrell	Maryhill H.	37:21
44	T. Fletcher	Shettleton H.	37:34
45	J. Brownlie	Cambuslang H.	37:40
*46	J. Kelly	Grangemouth Olym.	37:40
*47	D. Bowman	Clydesdale	37:51
48	R. Donald	Garscube H.	38:09
49	J.D. Steedman	Lewisvale Sp.	38:23
50	M. Philip	Bellahouston H.	38:35
51	J. Sweeney	Clydesdale H.	38:42

TEAMS:-

01	Springburn H.	13 Pts	04	East Kilbride	52 "	08	Maryhill H.	89 "
02	Greenock Wellpark	34 "	05	Monkland H.	67 "	09	Clydesdale H.	92 "
03	Edinburgh Southern	35 "	06	Bellahouston H.	75 "	10	Garscube H.	123 "
			07	Shettleton H.	76 "	11	Lewisvale Spartans	145 "

Photos Opposite (H. Richards): Top Left, Ken Hall wins the class 2 event by 3 minutes: Top Right, Sam Lee finishes 3rd in class 2: Bottom Right, George Coleman leads Norman Ashcroft in the chase after Hall. Bottom Left, Joe Keily 11th in class 2: Bottom Centre, Class 1 winner Laurie O'Hara.

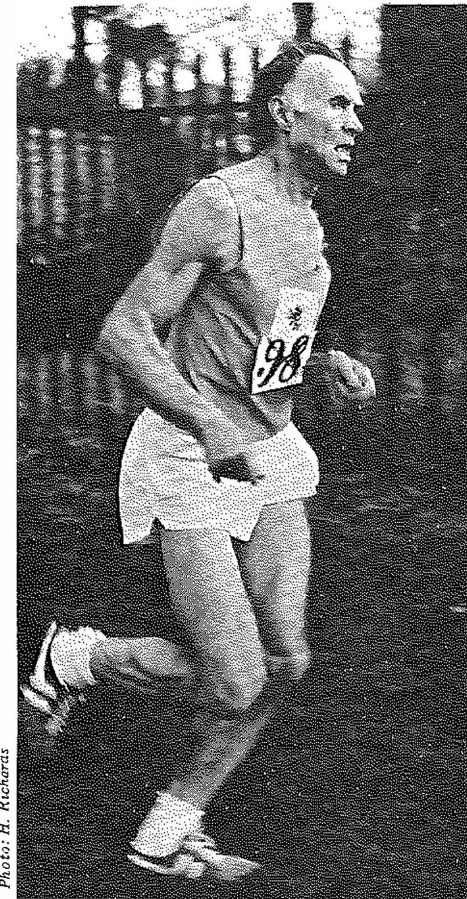


Photo: H. Richards

60 years old John Farrell won the British Vets Class 3 title by over 3 minutes at Birmingham, but two weeks later at East Kilbride was only second in his home event.

*52	G. Bell	Bellahouston H.	38:52
*53	G. Taylor	Shettleton H.	39:02
*54	N. Ross	Garscube H.	39:09
55	T. Monaghan	Scottish Veterans	40:01
*56	T. Daily	Garscube H.	40:24
57	J. Edgar	Lewisvale Sp.	41:31
*58	D.G. Causon	Garscube H.	41:34
59	T. Crouch	Lewisvale Sp.	42:37
60	T. Brownlie	Cambuslang H.	45:04
*61	T. Weatherhead	Scottish Veterans	45:29
**62	R. Devon	Motherwell YMCA	47:17

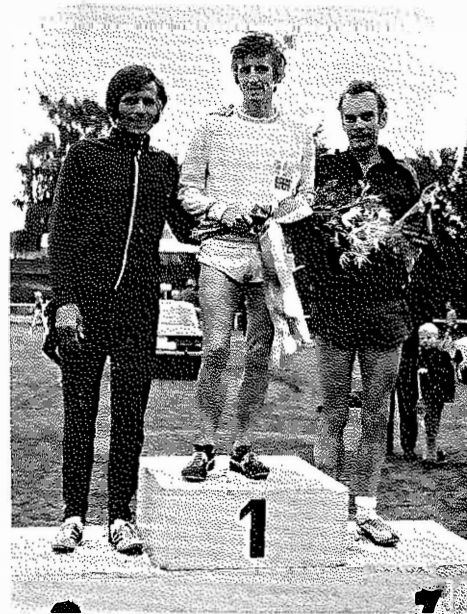
* denotes Class 2 ** denotes Class 3

SPOTLIGHT

ON Laurie O'Hara

Those who were privileged to witness the Crystal Palace and Cologne-Bensberg meetings of last year cannot fail to remember that diminutive athlete who, with an air of invincibility, scorched his way to four consecutive 5,000 metres victories, including the World Best title. Whether he ran from the front, as he did in London from start to finish (14:38.4), or just played the waiting game, as he did in Cologne (15:02.4, 61 secs last lap) it made no difference to the outcome — for Laurie O'Hara was undoubtedly the top 5,000 metres veteran of 1972.

O'Hara was born in England in 1932 and despite the Irish name can find no trace of Irish in his family tree. His early sporting interest was devoted to soccer, at which he showed considerable talent playing for Harrow Town, Leatherhead, Bexleyheath and



Laurie O'Hara, flanked by Terry Kilmartin (left) and Geoff Warren (right), on the victory rostrum after the World Best 5,000m Champs in Bensberg/Refrath, Sept. 1972.

Photo: H. Bitter

LAURIE O'HARA

Born: 18 June 1932
 Place: London, England
 Height: 5'4" (1.63m)
 Weight: 112 pounds (51 Kg)
 Pulse at rest: 44
 Occupation: Electrician
 Club: Belgrave Harriers

Personal Bests

1500m, 3:57.9 (39)
 3000m, 8:20.0 (39)
 2 miles, 8:55.0 (34)
 3 miles, 14:04.0 (36)
 5000m, 14:28.2 (40)
 10,000m, 30:11.2 (39)

Welling, and gaining a county cap for London. He eventually signed on amateur forms with the English football league club, Reading F.C. After two years it was clear that he wouldn't make league grade, and soccer's loss became athletics' gain.

In order to hang on to his basic fitness Laurie trained two days a week at London's Hurlingham Park track. It was here that he met Pat Newell and Fred Paget of Belgrave Harriers doing interval work and it soon became apparent that O'Hara was something more than just a good footballer. The year was 1961 and Laurie was 29 years old, certainly a late starter.

Right from the beginning he adopted a methodical approach, and it was four or five years before he reached the stage of daily training and an average of 60 miles a week. He enjoyed speed training, and still does, so the accent was generally on the 1 mile and 2 miles events to begin with, and in 1966 he recorded 4:12.0 and 8:55.0. He moved up to 3 miles, in which he clocked 14 minutes 4 secs., and for three or four years he registered times very near his best in these three events. At the age of 35 he ducked under 30 minutes for 6 miles for the first time and at 39 he set a personal best of 29:11.2 — the same season as his personal best 1500 metres (3:57.9 and 3,000 metres (8:20.0). He celebrated his accession to the veteran

ranks last year with yet another personal best when he finished third in a Southern League meeting 5,000 with 14:28.2. It is true that only a couple of weeks later Michel Barnard recorded 14:10 in the French Championships; but times aren't everything and Barnard would have found it extremely difficult to shake off this limpet of a runner who is renowned for his finishing kick.

Laurie is an electrician by trade and works frequent night shifts which occasionally interferes with his racing but does not seem to affect his training. He trains 6 or 7 days a week, averaging 60 miles a week in the winter and 40 in the summer. The track season sees him doing almost 100% quality work, with timed repetitions on grass up to 2 miles. He is a great believer in pace work, with occasional sprints to keep sharp, and is a regular racer.

Laurie O'Hara really enjoys his running and does not subject himself to the severe training regimens of others. He has no strong views on diet but likes to get 8 hours sleep daily.

When asked "which faculty seemed to diminish first as you got older?", O'Hara replied "I haven't noticed any deterioration yet!" With personal bests recorded at the ages of 39 and 40 who would disagree? As an onlooker remarked on seeing Laurie scamper to his National win at Birmingham "That lad's got a promising future!"

Clive Shippen



Photo: Ed Lacey

O'Hara leaps a ditch ahead of a team colleague while representing Middlesex versus the R.A.F. and the Civil Service in the Sir Sefton Brancker Trophy Race at Stanmore 31.01.73.

WORLD NEWS & results

Australia

Wal Sheppard writes:—
The success of the Australian Veterans' European tour during August/September 1972 has given great impetus to this relatively new branch of athletics. The favourable publicity, following the good performances overseas, has highlighted the opportunities for veteran athletes to continue enjoying athletic competition with their contemporaries.

The Victorian Veterans A.A.C. will hold their first track & field championships in April 1973 and on December 22nd & 23rd the inaugural Australian

Veterans Track & field championships will be held. This will co-incide with a visit from David Pain and a group of some 150 U.S. veteran athletes. Other overseas visitors will also be welcome and details of the proposed programme will be circulated to all countries in the near future.

Our neighbouring nation, New Zealand, has also commenced veterans competition and I believe that almost 200 athletes have registered. New Zealand will hold a track & field meet just prior to the Commonwealth Games in Christchurch, in January, 1974, so anyone who is considering a visit to these Games should keep the Veterans' Championships in mind.

RESULTS

Masters Mile — Melbourne — 20.12.72

1	Geoff Warren (1931)	4:31
2	Norm Duff (1931)	4:41
3	Keith Lodge (1931)	4:43
4	Ron Young (1931)	4:46
5	Wal Sheppard (1922)	4:47
6	Lindsay Hooper (1927)	4:49
7	Laurie Hill (1923)	5:09
8	Keith Routley (1924)	5:11
9	Frank Bonecker (1925)	5:32
10	George Simpson (1907)	7:31

Note — Temperature around 100°F.
Humidity in the 90's.

1500m Essendon (Victoria) — 21.1.1973

1	Geoff Warren(1931)	4:16.9
2	Theo Orr(1924)	4:22.7
3	Ron Young(1931)	4:25.7
4	Keith Lodge(1931)	4:29.1
5	Wal Sheppard(1922)	4:30.6
6	Keith Routley(1924)	4:47.6
7	Tom Davidson(1932)	5:08.5
8	Ivan Carter(1927)	5:29.8

25 Km Road Race — Sydney — N.S.W.

(40 - 49)		
1	G. Kent (1932)	1:29:56
2	T. Visalli (1932)	1:32:33
3	P. Piper (1932)	1:34:08

(50 - 59)		
1	J. Paton (1922)	1:39:08
2	V. Townsland (1919)	1:48:45
(60 - 69)		
1	F. Wrightson (1905)	2:05:18
2	A. Southwood (1911)	2:16:11
3	T. Millard (1903)	2:31:17

Adelaide. S.A. (Best Performances)

100m		
	L. Snelling	12.0
	J. Liascos	12.0
200m		
	L. Snelling	25.0
	R. Leddham	25.8
400m		
	L. Snelling	55.2
800m		
	R. Clarke	2:14.8
1500m		
	R. Clarke	4:43.
	W. Kirkwood	4:43.
5000m		
	W. Beames	17:16.
	W. Kirkwood	17:26.
10,000m		
	W. Beames	35:04.
	W. Kirkwood	37:28.
3000m Steeple Chase		
	W. Kirkwood	11:24.
	R. Clarke	11:24.

3000m Walk		
	A. Digance	17:42.
400m Hurdles		
	L. Snelling	66.1
Discus		
	P. Barnes	71' 8"
Hammer		
	A. Gordon	161' 9"

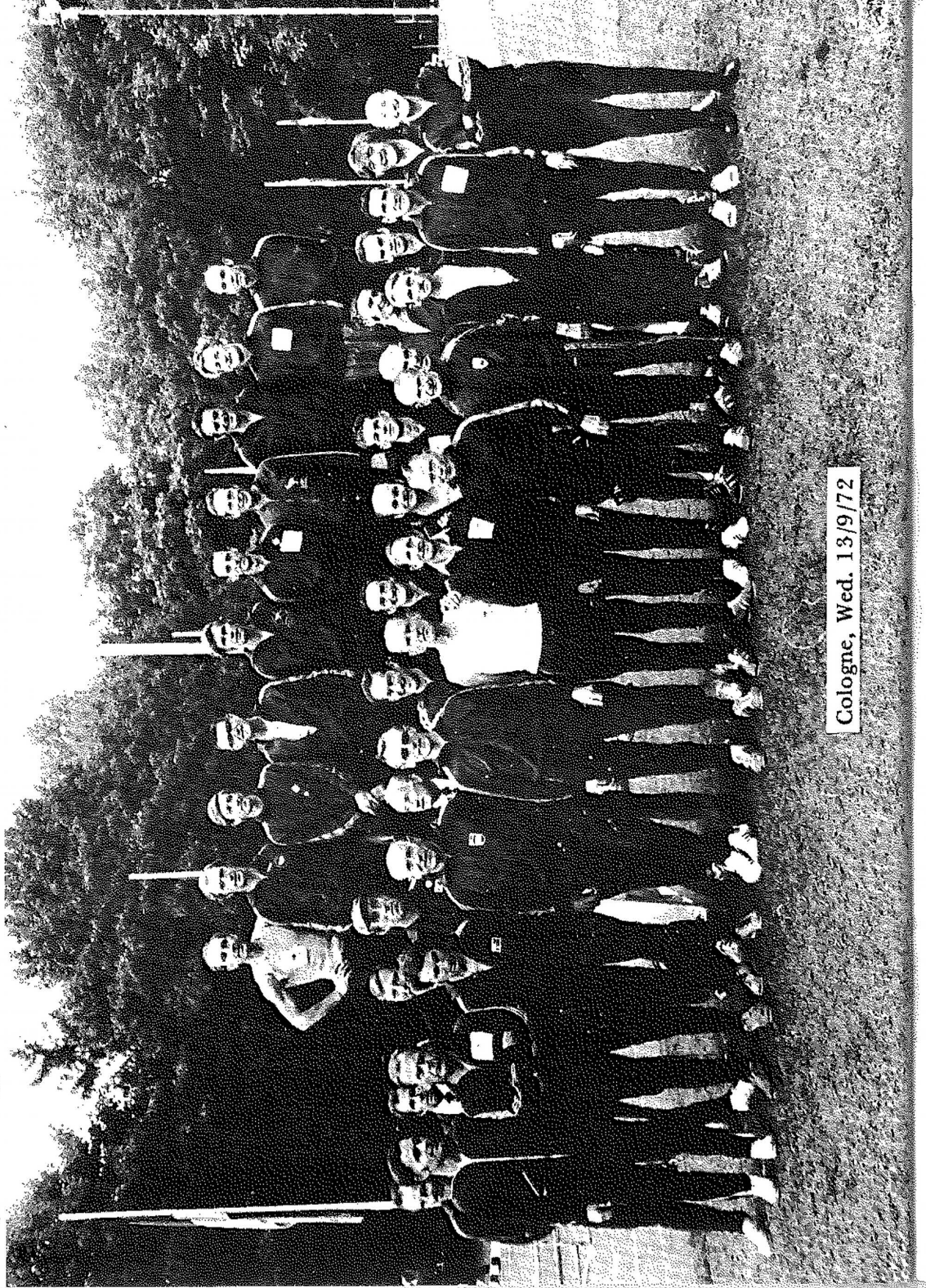
Best performances notified to your correspondent this year are:—

400m Hurdles		
	W. Sheppard (1922)	63.6
400m		
	W. Sheppard (1922)	57.0
800m		
	W. Sheppard (1922)	2:05.6
	J. Pennington (1922)	2:18.8
1500m		
	W. Sheppard (1922)	4:20.3
	J. Pennington	4:40.0

Any reader who requires information about either the proposed (a) Australian Championships or (b) Christchurch meet should write to:—

(a) Wal Sheppard
148 Manningham Road,
Bulleah. Vic 3105.

(b) Clem Green
46 Hargreaves St.,
Wellington. 2.
New Zealand.



Cologne, Wed. 13/9/72

Back Row:
(1) Canadian (2) Pat Manning (3) Earl Cook (4) Laurie Hill (5) Bill Ford (6) Ron Young (7) George Brain (8) Bill Caudle (9) Jack Pennington (10) Hal Dalheim.

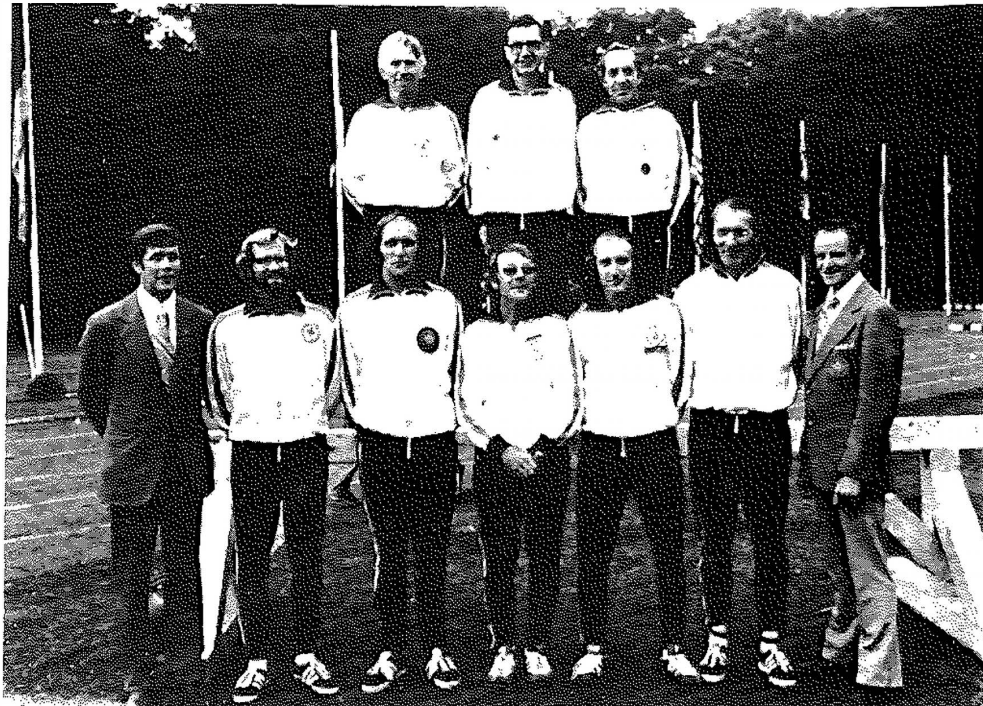
Front Row:
(1) Bruce Russell (2) Jim Liascos (3) Dave Power (4) George Wilson (5) Eric Wencowski (interpreter) (6) Tom Kelly (7) Mike O'Neill (8) Anton Tesija (9) Arthur Gourlay (10) Bill Coyne (11) Less Cotton (12) Syd Hesketh (13) Alex Lampard (14) Frank Bonecker (15) Rudy Hockreiter (16) Arch Southwood (17) Norm Windred (18) Fred Wrightson (19) Gus Theobald (20) George Freeman (21) George Simpson (22) Geoff Warren (23) Don Brodie (24) John Bowles (25) Wally Sheppard.

Absent:
Cliff Bould Norm Duff, John Gilmour, Col Junner, Rad Leovic, Wal McCabe, Frank McCaffrey, Harry Merkel, Theo Orr, Mike Porter, Ray Smith, Jack Stevens, Dave Tooley, Peter Waddell, Tom Watson.

Canada Don Farquharson writes:—

On February 26th we held our 2nd annual meeting and the activities and progress of the first year's existence of C.M.I.T.T. were briefly reviewed. The European tour was, of course, the highlight but the increased recognition of our group in the competitive field generally was mentioned. We now have 136 members.

The Canadian Masters team for the World Best 25Km Championships in the Isle of Man this month, was funded through the efforts of C.M.I.T.T. members and selected by a committee composed of Vic Stephens, Bill Wyllie, Don Farquharson, Elwyn Davies and Bill Crothers.



CANADIAN MASTERS — COLOGNE 1972

VETERANS' ORGANISERS

GREAT BRITAIN

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

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

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

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

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

CANADA:

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

ISRAEL:

Abraham Green, 34 Derech Negba Street, Ramat-Gan.

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

UNITED STATES: David Pain,

1160 Via Espana, La Jolla, California 92037.

1975 World Masters Track and Field Championships -- Toronto -- August 11-17th, 1975. Big news here!! Canadian National Exhibition will be sponsoring us as part of the exhibition to the tune of \$25,000.00. All events, 5 year age groups (40-44,45-49 up to 65 and over). We expect competitors from all over the world. The following is an extract from our brochure:—

Because of the rapid expansion of Masters Track, the CANADIAN NATIONAL EXHIBITION (CNE) has agreed to sponsor the first World Masters Track and Field Championships with competition commencing at age 40. The Masters program, dedicated to encouraging physical fitness, invites every fit man over 40 to enter the competition and help prove that those in middle age, and older, can still display the stamina, strength, and skill generally expected of those far younger.

WHO MAY COMPETE?

Any man 40 years of age and older may compete -- provided he is fit -- and can present certified proof of having equalled or exceeded the performance standards set by the sponsors, or is willing to come to Toronto, and qualify in time trials to be conducted just prior to the World Masters competition.

WORLD'S BEST TO COMPETE:

Naturally, most veteran athletes from all nations will want to enter. To ensure the best possible competition, the meet sponsors will select -- as guests of the CNE -- those Masters who have demonstrated their world-class superiority in each event. Thus each discipline will be assured of potential world-record performances every competing master will want to challenge.

AGE GROUP COMPETITION:

Competition will be conducted in 5 year age groups from 40 on up; thus all athletes, regardless of age will be assured of competing against his peers.

AWARDS:

Each entrant will receive a participation award as well as a participation certificate certifying his performance in the World Masters. Awards will be given first through third place in each event. A special prize for the Outstanding Athlete in each class will be presented at the conclusion of the Games.

EVENTS:

All internationally accepted standard track disciplines --

SOME RESULTS

October 7th
Lions Gate Road Runners 20 mile race,
Stanley Park, Vancouver

Al Sweeney	2:04:57
Dennis Coveney	2:13:20
Norm Hansen	2:15:32

(over 50) (Same runner won U.S. Masters over 50 section)
October 28th
British Columbia Cross Country Championships 12,000m Stanley Park.

Al Sweeney	43:37
Vic Stephens	44:17
Field Ryan	46:01

November 4th
Stanley Park Seawall Race -- 6 miles.

Al Sweeney	33:47
Vic Stephens	34:18
Ivan Davies	34:40
Dennis Coveney	35:55

December 3rd

Metro Toronto Road Runners Ass.
10 miles Lakeshore.

Masters results:—

Bill Allen	55:05
Dave Milne	67:14
Max Bacon	68:22
Bob Rhodes	69:58

will be contested -- at the metric distances -- from the 100 metres to the marathon, plus at least two walking events, and a 10 kilometer cross-country. All field events will be presented.

IMPLEMENTS:

International standards for hurdles, shot, discus, hammer, and javelin will be published prior to December 31, 1974.

PROOF OF AGE:

Each entrant must have reached his 40th birthday by August 11, 1975, in order to be eligible to compete and must be prepared to present proof of his age.

ENTRY FEE:

An entry fee, yet to be established, shall accompany each entry application. All entries may be made on the official entry blank only. Entry blanks will be available on request after July 1, 1974.

TRANSPORTATION:

Special charter jet transportation to and from Toronto, at reduced rates, will be arranged by the sponsors. Also available will be courtesy airport pick-up, as well as transportation to and from the housing area to the CNE.

HOUSING:

Those desiring hotel accommodations may do so by contacting the Toronto Hotel and Convention Bureau, 85 Richmond St. West, Toronto, Ontario, M5H 1H9... A limited amount of private courtesy housing will be available upon request, and will be awarded on the basis of need. Also available, for athletes and their guests will be university dormitory housing and meals available at reasonable rates. Athletes desiring accommodations shall so indicate on the entry blank and pay the requisite deposit.

SOCIAL FUNCTIONS:

A full calendar of social events are planned, including sightseeing trips, receptions, teas, and awards banquet to which all athletes and their guests will be invited.

TRACK FACILITY:

Competition will be conducted on the certified all-weather 9 lane 400 metre stadium track located on the CNE grounds. All running events will be electronically photo-timed.

February 10th -- Edmonton, Bill Wyllie
1500m -- 4:25.7 Personal Best. Ranks
Bill 6th best Canadian Master

Masters Mile -- Heptagonal Indoor
Championships -- February 24th 1973

1	Harold C Snyder (40)	4:36.2
2	Bill Allen (41)	4:36.4
3	John W. Allen (43)	4:43.3
4	Bob Bowman (42)	4:47.6
5	Roberts S. Fite (45)	4:57.2
6	Roger C. Hahn (41)	4:57.3
7	P. C. Toib De Boer (42)	5:04.0

12th January

C.N.E. Allcomer Meet

3,000 Metres

Art Taylor ran open for a 9.02 — pretty close to Bill Allen's Canadian Record (9.00)

In the Master event

1	Bob Bowman	MTFC	9:32.6
2	John Reeves	U of T	9:33.0
3	Cliff Hall	MTFC	9:45.2
4	Bill Cameron	ETOB	10:44.0
5	Bob Rhodes	UNATT	10:55.0
6	Don Farquharson	MTFC	10:59.0
7	Fred Pritchard	MTFC	11:02.0
8	Ralph Lang	ETOB	11:05.0
9	Don Stiles	(GRPII) Osh	11:07.0
10	Ken Hignell	(GRPII) MTFC	N.Taken
11	Al Sinclair	UNATT	N.Taken
12	Mike McGrath	UNATT	N.Taken
13	John Young	(GRPII)	N.Taken

19th January

C.N.E. Allcomers Meet

1500 Metres

1	Bill Allen	4:17.6
2	Art Taylor	4:20.4
3	Cliff Hall	4:25.0
4	Bob Bowman	4:25.0
5	Alastair Lynn	4:37.6
6	John Lauder	4:41.0
7	Fred Pritchard	5:05.0
8	Don Farquharson	5:07.0
9	Don Stiles	5:13.0
10	Dave Wilkinson	MTFC 5:25.0
11	Ken Hignell	MTFC 5:30.0
12	John Nolan	MTFC 5:32.0
13	Paul Belliveau	OSH 5:37.0
14	John Young	MTFC Not taken

4th February

Metro Toronto Road Runners Club

15 Kilometres

Excellent conditions helped make this a fine race. Art is in tremendous condition and training very hard. Gord Dickson gave warning with a recent 53.17 — ten miles in Westster Memorial.

Masters Results

1	Art Taylor	50:43(7)
2	Gord Dickson	52:13(10)
3	Bill Allen	53:02(11)
4	Jack Reid	60:20(22)
5	Mike Harrington	60:33(23)
6	Bob Rhodes	61:33(25)
7	Frank Smith	62:04(27)
8	Dave Milne	62:38(28)
9	Charlie Ward(50+)	62:52(29)
10	Fred Pritchard	63:46(31)
11	Doug Laister (50+)	64:03(33)
12	Max Bacon	64:10(34)
13	Don Farquharson	64:37(37)
14	Ted MacDonald	66:10(38)
15	Dave Wilkinson	66:11(39)

March 4th — Metro Toronto R.R.A. — 20

20Km.

1	Bill Allen	33:11	68:04.5
2	Gord Dickson	35:13	72:41
3	Bob Lazenby	35:35	72:44
4	Bob Bowman	37:14	76:12
5	Peter Morgan	38:49	78:05
6	Mike Harrington	39:31	79:49
7	Charlie Ward	40:13	82:19
8	Dave Milne	40:16	83:13
9	Jack Reid	39:45	84:32
10	Ralph Lang	42:31	84:38
11	Doug Laister	40:33	84:40
12	Max Bacon	41:50	85:05
13	Fred Pritchard	42:31	87:06
14	Ron Belton	44:14	89:59
15	Don Farquharson	44:08	90:07
16	Bob Madeley	44:54	90:51
17	Jerry Romanyshyn	47:56	99:15

3rd ANNUAL ONTARIO MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

C.N.E. TORONTO — February 10, 1973

50 Metres — (40 - 49)

1	Roy Cowell	(HAM.YMCA)	6.6
2	Bob Bowman	(MTFC)	6.7
3	Karl Pavasars	(LT&FC)	6.8
4	John Parr	(UNATT)	7.2

50 Metres — (50+)

1	Hans Warwas	(SK64)	7.2
2	Max Pickl	(SK64)	7.5
3	Doug Bennett	(HTFC)	8.0

50 Metres — (60+)

1	Albert Brosz	(60YRS)	7.9
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50 Metres Hurdles — (40 - 49)

1	Jim Forrester	(UNATT)	9.1
2	Don Wilson	(CFBBORDEN)	9.5
3	John Parr	(UNATT)	9.7
4	Don Farquharson	(MTFC)	9.9

50 Metres — (50+)

1	Max Pickl	(SK64)	9.6
2	John Young	(MTFC)	11.2
3	Albert Brosz	(SK64)	11.8

400 Metres — (40 - 49)

1	New Canadian Record		
2	George Gluppe	(MTFC)	54.2
3	Roy Cowell	(HAM.YMCA)	55.4
4	John Lauder	(UNATT)	58.7
5	Karl Virkavs	(LTC)	60.0
6	Alastair Lynn	(MTFC)	60.5
7	Fred Klassen	(T&C)	60.8
8	Art Rappich	(MTFC)	60.9
9	Mike McGrath	(UNATT)	65.1
10	Earl Cox	(HAM.YMCA)	70.9

400 Metres (50 - 59)

1	Alex Woodhouse	(UNATT)	63.8
2	Hans Warwas	(SK64)	67.5
3	Max Pickl		67.9
4	Dave Wilkinson	(MTFC)	74.8

400 Metres — (60+)

1	Richard Bredenbeck	(SDTC)	73.7
2	Albert Brosz	(SK64)	78.6

800 Metres — (40 - 49)

1	Bob Bowman	(MTFC)	2:07.1
2	George Gluppe	(MTFC)	2:07.7
3	Roy Cowell	(HAM.YMCA)	2:17.5
4	John Lauder	(UNATT)	2:19.2
5	Jim Comyns	(LAKE ERIE)	2:37.0

800 Metres — (50 - 59)

1	Ernie Hutton	(UNATT)	2:53.0
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800 Metres — (60+)

1	Boy Barrand	(MTFC)	3:01.0
2	Blain Till	(UNATT)	3:44.0
3	Albert Brosz	(SK64)	3:55.0

1500 Metres — (40 - 49)

1	Bill Allen	(MTFC)	4:33.4
2	Ed Whitlock	(WITC)	4:37.2
3	Alastair Lynn	(MTFC)	4:38.0
4	John Masil	(SCAR.OP)	4:39.0
5	Doug Beatty	(UNATT)	4:46.0
6	John Nolan	(MTFC)	5:16.0
7	Gord Mills	(CFBBORDEN)	5:25.0

1500 Metres — (50 - 59)

1	Hans Warwas	(SK64)	6:12.8
2	Max Pickl	(SK64)	6:16.6

1500 Metres — (60+)

1	Richard Bredenbeck	(SDTC)	5:45.6
2	Roy Barrand	(MTFC)	5:57.0
3	Albert Brosz	(SK64)	7:13.7

3000 Metres — (40 - 49)

1	Ed Whitlock	(WITC)	10:16.0
2	Art Rappich	(MTFC)	10:21.6
3	Stan Edwards	(CFBB)	11:06.4

4	Alf McKinley	(S.YMCA)	11:24.4
5	Earl Cox		11:27.0
6	Jim Parks	(MTFC)	11:40.0
7	Al Sinclair	(MTFC)	11:47.0

3000 Metres — (50 - 59)

1	New Canadian Record		
2	Don Stiles	(OSH.L.)	11:14.0
3	Ken Hignell	(MTFC)	12:05.0
4	K. Pehlia	(KALEV)	12:55.0

3000 Metres — (60 +)

1	Richard Bredenbeck	(SDTC)	12:05.0
2	Milt Wallace	(MTFC & GL)	12:55.0

5000 Metres — (35 - 59)

1	Bob Lazenby	(KWTC)	16:30.8
2	Pat Webb	(CHINGTC)	18:12.4
3	Stan Worsfold	(UNATT)	18:59.0
4	Stan Milne	(MTFC)	22:24.0

10,000 Metres (40 - 49)

1	World Record Age 46		
2	Art Taylor	(MTFC)	32:29.0
3	Cliff Hall	(MTFC)	34:12.0
4	John Reeves	(U of TTC)	35:12.0
5	Doug Wolfe		37:07.0
6	Mike Harrington	(SKYL.)	37:17.0
7	Jim Comyns	(LAKE E.)	37:44.0
8	Peter Morgan	(MTFC)	37:54.0
9	Bill Cameron	(ETOB.J.)	38:53.0
10	Sid Shuttleworth	(UOFTTC)	39:20.0?
11	Dave Milne	(MTFC)	39:57.0
12	Ralph Lang	(ETOB.J.)	40:34.0
13	Max Bacon	(MTFC)	40:45.0
14	Fred Pritchard	(MTFC)	41:11.0
15	Pat Reeves	(UOFTTC)	41:39.0
16	Ron Belton	(OSHAWA)	42:46.0
17	Bob Madeley	(TOC)	43:58.0
18	John Campbell	(ETOB.J.)	44:11.0
19	Paul Belliveau	(OSHL)	44:33.0

10,000 Metres — (50 - 59)

1	New Canadian Record		
2	Charlie Ward	(MTFC)	38:59.0
3	Doug Laister	(TOC)	40:14.0
4	Whitney Sheridan	(HAC)	41:22.0
5	Len Smolders	(LANDP)	41:43.0
6	Ken Hignell	(MTFC)	42:13.0
7	Gil Hyde	(CFBBORDEN)	47:23.0

Long Jump — (40 - 49)

1	Karl Pavasars	17-2¼ (5.24)
2	Bob Bowman	17-2 (5.23)
3	Fred Klassen	16-5¼ (5.01)
4	Don Wilson	14-9¼ (4.51)

Long Jump — (50 - 59)

1	Hans Warwas	14-8¼ (4.48)
2	Alex Woodhouse	14-3¼ (4.35)
3	Max Pickl	13-3¼ (4.05)

Long Jump — (60+)

1	Albert Brosz	11-1 (3.38)
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February 24th 800 Metres — Toronto —

1	George Gluppe	2:06.8
2	Roy Cowell	2:10.4
3	Cliff Hall	2:11.7
4	John Lauder	2:14.5
5	Alistair Lynn	2:16.0
6	Art Rappich	2:17.8
7	John Parr	2:24.2
8	Don Farquharson	2:25.2

March 10th — Toronto Interborough Meet

1	Bill Allen	4:13.4
2	Bob Bowman	4:24.3
3	Cliff Hall	4:32.2
4	John Reeves	4:37.6
5	Art Rappich	4:41.1
6	Alistair Lynn	4:41.8
7	John Masil	4:46.5
8	Fred Pritchard	4:59.0
9	Don Farquharson	5:03.0
10	Paul Belliveau	5:32.4

New Zealand

Clem Green writes:—

The New Zealand Veteran Athletes have applied to the N.Z.A.A.A. for recognition as an affiliated body.

After only 3 years we are now nearly 400 strong and growing steadily in numbers. The majority are long distance runners but such is the programme on the international scene that we expect track and field men will soon be forthcoming in greater numbers.

The N.Z. Veterans are planning to put on evening meetings in Christchurch on the 21st and 22nd January 1974, just prior to the Commonwealth Games, and probably some long distance events on Sunday 27th January 1974.

All veterans are sincerely welcome to our meetings and we shall hope to meet yet again at Ontario in 1976 in a pre-Olympic Games meeting.

Entries for our pre-Commonwealth meeting will be unrestricted. Standards are the least of our concern.

Jack Foster, nearly 41 years old, will probably be competing in the Games themselves — possibly his last appearance in the 'sub-veteran' ranks.

We are at present forging strong ties with Japan and propose to undertake, with Japanese veterans, a series of interstate fixtures during May 10th to 25th, 1975. We anticipate a N.Z. party of about 100.

United States

U.S. MASTERS INTERNATIONAL TRACK TEAM

... Has over 350 members

... Sends bi-monthly newsletter in which forthcoming events are announced, past meets are reviewed, and current Masters news is reported.

... Has completed its first 4 week international Tour to Europe (England, Finland, Sweden, Norway, Denmark, and Germany) where nine different competitions were held expressly for participation by the U.S. Masters and the host countries.

... Is currently planning a 20-day tour "Down Under" to the South Pacific during Christmas vacation of 1973 where track and field competition will be held in Fiji, New Zealand, Australia, and Hawaii.

The U.S. Masters International Track Team is a direct outgrowth of the Masters program instituted by the San Diego Track Club in 1967 when the first Masters (40 and over) Mile events were contested in major track meets followed by the U.S. Masters Track and Field Championships held each year since 1967 in San Diego, California. In 1969, the National AAU officially adopted the Masters program and authorized rules and a National Masters

Late news of veteran competition for Commonwealth Games visitors: International competitions will be held just prior to the Games on 21st, 22nd and 23rd January 1974. The meetings will commence at about 4 p.m. after the temperature has dropped a little. The daylight hours are good till after 8 p.m. The Australian contingent under the overall control of Wal Sheppard are supporting our efforts with great enthusiasm and we know that Don Farquharson is spreading the word amongst Canadians. David Pain and his U.S. Masters will be in New Zealand at this time and it is hoped that they too will be taking part.

Visitors in the 35-40 age group will not be totally excluded, but we are catering mainly for the three established classes. Class 1 will be split into two i.e. over 40 — under 45, and over 45 — under 50.

Events planned are 100, 200, 400, 800, 1500, 5,000, 10,000, 3,000s/ch, Mar, HJ, LJ, TJ, Jav, Shot, Disc, HT, Medley Relay. Walks will be held too and would-be competitors are requested to give their preferences regarding distance. Hurdlers are similarly requested to indicate what demand there is for their events as they could be difficult to fit into our programme.

The evening meetings will allow visitors to enjoy their sight-seeing trips during the day and will not interfere with the main Games programme.

All enquiries to : Clem L. Green, 46 Hargreaves Street, WELLINGTON 2, New Zealand.

Championship. During the past 5 years Masters track meets have been presented regularly in Southern California and the Bay area, Oregon, North Carolina, New York, Toronto and Honolulu with other meets springing up almost daily.

Commencing in 1971 the first National AAU Masters Cross-Country Championships were presented in the middle west with the San Diego Track Club Vets taking team honors. Concurrent with the U.S. Masters International Track Team of Europe in the summer of '72 came the birth of International Veteran Track and Field competition with the attendant improvement in standards of performance, such as Thane Baker's (40) U.S., 100m. 10.7 in Cologne, and T. Kilmartin's (40) (Britain) 1500m. 3:59 in London.

Soon to come will be the adoption by the veterans of uniform rules on events, hurdle heights, and implement weights. Scheduled commencing 1975 are the first World Veterans Track and Field Championships to be presented in North America and every two years thereafter at different venues. There is also the prospect of U.S. Masters International Track Team competitions in the U.S.S.R. and Peoples Republic of China.

Our big news is that the Canadian National Exhibition in Toronto has agreed to sponsor the FIRST WORLD VETS TRACK & FIELD

CHAMPIONSHIPS at the CNE in August, 1975. The U.S. Masters and the Canadian Masters (DON FARQUHARSON) will act as co-sponsors. The CNE has allotted us a \$25,000. budget to work with, and we think other income should amount to \$5,000 - \$10,000. Besides being able to put things on well without pinching pennies, we expect to encourage veteran athletes all over the world to compete in their native countries and set marks which will enable us to invite at the meet's expense those vets with the top marks. This will assure top quality competition and should encourage vets everywhere to get in shape and enter the meet.

Nov.18th U.S. MASTERS CROSS COUNTRY CHAMPS., Bloomfield Hills (Michigan) 10,000m.

The field for the second Masters cross-country championship nearly doubled in size this year. One-hundred eleven runners started this time on the grounds of Cranbrook School, in the wealthy Detroit suburb of Bloomfield Hills. All the defending champions were back, and many well-known runners joined them: Bill Gookin (who recently ran a 2:25 marathon) in the 40s division, and Ted Corbitt in the 50s.

The race itself was an excellent and exciting one over a lovely (if very muddy) course. Last year's winner Hal Higdon and newcomer Frank Pflaging (a road racer of repute) broke away early and it was only in the last mile that Pflaging got the upper hand to take the title. Higdon commented with a wry smile, "My winning time last year would have made me only 6th place this year in far worse conditions. That's the problem with Masters' track. Just when you think you have something going, they let these young kids into the races!"

1. Frank Pflaging (40, Baltimore Olympic Club) 33:04
2. Hal Higdon (41, Indiana Striders) 33:14
3. Dave Waco (40, Culver City Athletic Club) 33:56
4. Bill Gookin (40, San Diego Track Club) 34:11
5. Art Taylor (46, Metro Toronto Fitness Club) 34:20
6. Bill Allen (40, Metro Toronto Fitness Club) 34:28
7. Steve Goldberg (40, Illinois Track Club) 34:47
8. Harold Snyder (unattached, New York) 35:11
9. Bob Bowman (Metro Toronto Fitness Club) 35:36
10. Al Brodzik (University of Chicago Track Club) 35:38

50-59

1. Al Hossack (unattached, Massachusetts) 37:54
2. Paul Hansen (51, unattached, Michigan) 37:56
3. Ted Corbitt (52, New York Pioneer Club) 38:25

60-69

1. William Andberg (61, Twin Cities Track Club) 40:30

Southern Cal. Vets 5,000m. - San Diego, Calif. November 25th:

U.S. Master Augie Escamilla sponsored his 6th Annual 5,000m. Cross-Country event on the Balboa Park Course. The track was dry and the weather clear. Temperature 65°. Seventy-two entries competed in 4 classes. Winners in each division were:

- Division I [35-39]....Ed Gookin (38) 16:56.4
 Division II [40-49]....Pete Mundle (44) 16:59.0
 Division III [50-59]....Ole Oleson (54) 18:37
 Division IV [60-]....Jim Bole (65) 21:56

Other U.S. Masters who competed were Division II....Bill Stock (43) 5th 17:53 and in Division III....Wayne Zook (55) 2nd 19:23; Ed Halpin (54) 3rd 19:31; Bob Long (54) 4th 19:34; and D. Pain (50) 5th 20:00

MASTERS MILE, CORNELL INVITATIONAL - January 20th.

JIM HARTSHORNE is progressing gracefully into Div. II (He will be 50 in October '73 in time for Australia) and will undoubtedly make his mark as indicated by his fine 5:02.6 mile at Cornell....just 22 seconds off the winner, some 8 years his junior. (see below), BILL ANDBERG (61) 5:21.0 indicates that the Anoka Grey Ghost is still as good as ever.

1. Harold C. Snyder (40) 4:40.1 (Meet Record)
2. Hal Higdon (41) 4:44.7
9. James Hartshorne (49) 5:02.6
16. William Andberg (61) 5:21.0



James Hartshorne, Cornell University professor who toured with the Masters.

Dr. Kenneth Cooper, author of "Aerobics" and "New Aerobics", recently established THE AEROBICS CENTRE on a large estate in north Dallas. The Centre is endeavouring to find out how cardiovascular fitness, achieved through aerobic exercise, can prevent or delay the onset of heart disease. The author of this article speaks of his visit to the Centre and his meeting with Gerry Purdy who is responsible for computerizing Dr. Cooper's research.

Aerobic Fitness

REPORT ON A VISIT TO THE "AEROBICS INSTITUTE" IN DALLAS, TEXAS

John C. Hutchinson, M.D.

In 1971 I got to know Gerry Purdy when we both participated in the twenty-four hour relay on a team called the "Angel Field Harriers". You will remember him as the author of "Computerized Running Training Programs" (Tafnews Press, P.O. Box 296, Los Altos, California 94022). We talked about his applications of computer science in health testing, and about my work in heart surgery. Later, he came to the University of California Hospital and saw an operation done for coronary artery disease. When I went to Dallas for the American Heart Association meetings in November I visited Gerry at his new job with Dr. Ken Cooper at the Aerobics Institute and found it very interesting.

The Institute consists of three parts: First, is Dr. Cooper's clinic where he tests the exercise capabilities with men with heart disease and prescribes an aerobic program calculated to lie within the limits of their disease and to gradually expand those limits. He also does elaborate routine physicals on presumably normal people, including a maximum exercise treadmill test to test for coronary heart disease.

The second part of the Institute is their "Activities Center", which is basically a fitness club costing \$350. per year, for which you can come any day from 6:00 a.m. to 9:00 p.m. and use the absolutely beautiful facilities, which include an indoor twenty-two lap tartan track with a built-in pacer light, an outdoor heated pool with six or eight lanes, an outdoor one-half mile jogging lap on the property, weight room, sauna, deep whirlpool and locker rooms. All this is immediately adjacent to the medical facilities and testing equipment, so even people with known heart disease can be watched carefully and assisted if necessary. Competition is downplayed, but mileage incentives are prominently used. These facilities are

heavily used, year around. Finally, there is being developed a research function, which Gerry will be involved in with his computer skills, to try to study the protective effect of exercise on the heart. As you may know, there are strong beliefs that exercise protects you against getting coronary disease; but so far, an absolute proof of this is somewhat weak.

Here is an Institute where both healthy normals and those with coronary heart disease will be getting and maintaining aerobic fitness under the watchful eye of medical supervision. It struck me that they have a marvelous opportunity to shed light on the protective effects of exercise, provided they design their "experiments" correctly. And hopefully, they will show that in addition to the sense of well-being that we all clearly derive from our sport, we running freaks are doing something really useful for our future health.

As a cardiologist, I would like to say that it would certainly be advisable for novice runners over forty years old to be checked out to be sure they don't have coronary disease before getting too vigorous with their training. Unfortunately, most physicians are not equipped to make this assessment, which requires doing a cardiogram while one is exercising maximally. More and more centers are making this kind of assessment available. For instance, there is a big effort at Davis, California (Dr. Robert Zelis), at Alta Bates in Berkeley (Dr. Pate Thomson), at Presbyterian Hospital in San Francisco, (Dr. William Armstrong) and, beginning in March at the University of California, San Francisco (Dr. Kent Gershengorn), just to name a few. The prudent recommendation would be that everyone be so tested and many health insurance policies will pay the \$75-100 involved. Certainly anyone who has cause to be concerned about his heart should go through it.

(Acknowledgements to Northern California Seniors Track Club Newsletter)



Mamo Wolde (44) won the All-Africa Games marathon in Lagos, Nigeria with 2:27:32.

Howard Payne (42), British International hammer thrower, threw 64.70/212'-3" in April at the South African Games.

52 years old BILL EMMERTON of Australia, who made a name for himself by running the 125 miles across Death Valley in California (besides New York - Washington and Melbourne - Adelaide journeys) is now making plans for a 1200 miles run along the Great Wall of China!

That remarkable New Zealander JACK FOSTER (40) set a new World's veteran record of 2:14:54 when winning the Kyoto marathon in Japan on February 4th. He finished well ahead of Uctani (2:18:21) and Ueoka (2:19:40).

ENGLISH SOUTHERN VETERANS	38	A. Hughes	(W.G.A.C.)	35:12	09	Watford H.	93
CROSS COUNTRY	39	G. Greer	(B'Hth)	35:22	10	Woodford Green	98
WOODFORD GREEN 4.3.73	40	P. Soar	(Ilford)	35:36	11	Crawley A.C.	104
(CLASS 1)	41	W. Stevens	(Shaft.)	35:41	12	Dartford H.	138
01 L. O'Hara (Belgrave)	29:18	42 D. Clackett	(Dartford)	35:42	13	Verlea A.C.	153
02 K. Harland (Camb)	30:48	43 J. Baker	(Belgrave)	35:50			
03 E. Kirkup (C&C)	31:23	44 E. Dodds	(Verlea)	35:57			
04 D. Harby (WGAC)	31:30	45 R. Abbleby	(Highgate)	36:00	(CLASSES 2 AND 3)		
05 R. Budd (Havering)	31:37	46 R. Morley	(B'Hth)	36:03	01 G. Colman	(Highgate)	31:17
06 C. Wilson (S.L.H.)	31:41	47 D. Hoppood	(B'Hth)	36:07	02 R. Bott	(Mitcham)	32:55
07 W. Anderson (M.P.A.A.)	31:45	48 D. Fosbrook	(Highgate)	36:08	03 J. Flowers	(V.P.H.)	33:00
08 G. Harrison (Highgate)	31:49	49 F. Byrne	(Camb)	36:13	04 J. Fitzgerald	(Mitcham)	33:18
09 R. Franklin (TVH)	32:13	50 C. Burton	(Havering)	36:20	05 G. Betts	(Vets)	33:20
10 W. Hill (B'Hth)	32:21	51 B. Nielson	(Lil'ln)	36:30	06 F. Dyter	(B'Hth)	34:18
11 A. Rockall (Highgate)	32:29	52 E. Keen	(Verlea)	36:34	07 E. Flowers	(V.P.H.)	34:26
12 D. Dellar (Camb)	32:30	53 W. Forsythe	(Watford)	36:40	08 G. Monshall	(B'Hth)	34:36
13 D. Lec (Shaft.)	32:35	54 M. Payne	(Camb)	36:41	09 L. Burnett	(W.G.A.C.)	34:50
14 P. Chaplin (C&C)	32:42	55 W. Tingry	(B'Hth)	36:42	10 W. Spratt	(C&C)	35:02
15 J. Murphy (TVH)	32:46	56 C. Stockings	(W.G.A.C.)	36:49	11 B. Wade	(W.G.A.C.)	35:30
16 S. Charlton (TVH)	32:50	57 G. Meech	(Verlea)	36:54	12 A. Keevax (3)	(B'Hth)	35:32
17 S. Izzard (Watford)	33:08	58 L. Pullman	(TVH)	37:02	13 H. Calton	(Ilford)	35:47
18 R. Johnson (TVH)	33:32	59 G. Grainge	(S'ng.)	37:08	14 R. Hopcroft	(TVH)	35:59
19 D. Jones (Ilford)	33:37	60 G. Moonry	(Crawley)	37:13	15 E. Brown (3)	(Epsom)	36:08
20 J. Cook (Crawley)	33:40	61 K. Tilt	(Crawley)	37:44	16 D. Shor (3)	(W.G.A.C.)	36:46
21 E. Andrews (Havering)	33:45	62 A. Poynter	(Walth.)	37:55	17 J. Walker	(Belgrave)	36:53
22 E. Blackler (Highgate)	33:47	63 J. Farle	(Havering)	38:08	18 W. Symes (3)	(Q.P.H.)	37:05
23 P. Maffia (Watford)	34:05	64 G. Norrish	(Hastings)	38:15	19 J. Fenn	(Orion)	38:04
24 J. Roberts (Crawley)	34:14	65 P. Clarke	(Dartford)	38:34	20 G. James	(Poly H.)	38:17
25 H. Down (TVH)	34:22	66 D. Booker	(Dartford)	39:15	21 R. Smith (3)	(B'Hth)	38:43
26 B. Motley (Ilford)	34:28	67 G. Bastnood	(W.G.A.C.)	39:41	22 F. Coppi	(Vets)	39:05
27 A. Tiffin (Ilford)	34:30	68 J. Daniels	(W.G.A.C.)	40:09	23 T. Mitchell	(Mitcham)	41:45
28 A. Hefford (Orion)	34:38				24 F. McHugh (3)	(Verlea)	41:47
29 C. Walker (Belgrave)	34:43	TEAMS			25 F. Abberton (3)	(Q.P.H.)	43:12
30 D. Owers (Ilford)	34:47	01 Thames Valley H.		40	26 K. Yates	(Poly H.)	43:46
31 P. Field (Dartford)	34:50	02 Highgate H.		41	27 I. Knifton	(Orion)	51:35
32 G. Collett (TVH)	35:00	03 Cambridge H.		63	28 L. King (3)	(B'Hth)	56:40
33 P. Vetterlein (Orion)	35:00	04 Ilford C.A.		72			
34 W. Wise (Shaft.)	35:05	05 Belgrave H.		73	TEAMS		
35 J. Godfrey (Harlow)	35:38	06 Havering A.C.		76	01 Blackheath H.		26
36 B. Saunders (TVH)	35:09	07 Blackheath H.		86	02 Mitcham A.C.		29
37 A. Ball (B'Hth)	35:10	08 Shaftesbury H.		88	03 Woodford Green		36

Cont'd. from p.19

Subscribers to "Readers' Digest" will know of America's current obsession with blood cholesterol levels, since there seems to be a definite relationship between high levels and the incidence of coronary disease. This led to a spate of low animal-fat diets (cholesterol is high in dairy products etc.). Yet Harvard University carried out a 10 year study (1960-1970) of 575 pairs of brothers aged 30-65 which unveiled some startling facts. Each pair of brothers was born in Ireland and raised there for at least 20 years, and one of each pair had emigrated to the U.S.A. and lived there at least 10 years. The Irishmen's hearts were from two to six times healthier and their blood cholesterol lower than their 'American' brothers, despite the fact that their dietary cholesterol intake was higher and they averaged some 500 calories more in food per day. The study concludes that "constant physical activity is the main reason for the better heart health of the Irish." Dr. G. Pincherle (Institute of Directors) has also demonstrated similar findings in the U.K.

Perhaps now the reason behind the title of this piece becomes apparent — although I am sure that you need none to continue your exercise, other than enjoyment and satisfaction.

Cont'd. from p.13

(1964) which, bracketed with world class Shot performances of the French Veteran Colnard, makes one realize that in the throws one's span of peak years in these technical events could be longer than that of the jumpers and track runners.

This review has proved almost too difficult to write for with three classes to embrace it, it is obviously impossible to mention but a few of the thousand odd Veterans who competed in the six-city tour. Only a close study of ages and backgrounds would enable greater justice to be done — then perhaps it would be even harder going to read than this may prove to be. There will be time to ponder on what to do about this in the near future, for one thing is certain — Veteran Athletics will go from strength to strength and performances will be achieved that will make many of this tour's best seem mundane.

Finally, to those who fear that athletics generally will suffer from the fact that more older men may stay active, or make a come back, and thus denude the structure of it's officials — then remember that Jack Fitzgerald and John Hayward who carried the lion's share of the London Festival's preparation, and David Pain, Wal Sheppard and Don Farquharson — the American, Australian and Canadian Tour Leaders, all worked hard behind the scenes before and on the day — yet competed and acquitted themselves well.

POSTBAG

Dear Editor,

I am sure the news of the birth of AVA has made many more mature hearts flutter with excitement. It is obvious from the encouragement given to the proposal to launch such a publication that it will satisfy a long felt need. I think the enthusiasm was enhanced by the knowledge that the production of AVA will be in such competent hands.

I must surely be expressing the feelings of a great number of veterans in thanking you for starting AVA and wishing you every success in its development.

Len Rolls
Ashford, Kent.

Dear Editor,

I look forward with interest to receiving my first copy of the new magazine. As a matter of policy I wonder if you intend to give any space to "Lady Veterans" as I believe such an association has been formed. I would certainly welcome their "official" participation in long distance running.

Yours sincerely
Dave Granger
Southgate H.

We desire to encourage all spheres of athletic activity.

Dear Editor,
Of course I shall give my support to your A.V.A. magazine. Although I am no longer competing I did, in fact, compete at Club and County level until my mid-forties and so I suppose I should, technically, be a member of the Veterans movement. Yours sincerely,
Arthur Gold. B.A.A.B.

Ed
Former British international high-jumper Arthur Gold is Honorary Secretary of the British Amateur Athletic Board.

Dear Editor,
In my view, veterans are among the most enthusiastic of athletes and cyclists.

Many runners have said, "I'll run as long as I can put one foot in front of another," and on the occasions like the Vets International at Crystal Palace, and the recent Vets' "National" I found that numbers had carried this out.

What I should like to know is whether Dr. Roger Bannister and Chris. Chataway still run. Roger Bannister, in his "The First Four Minutes" wrote that he thought he would always run, and Guy Butler said that a mile at "shack" pace every day was worth the trouble because of the resultant feeling of fitness. I wonder how many former champions still do run?

Yours sincerely
Leonard Hibbert
Shrewsbury A.C.

Ed
We believe that Chris Chataway, since becoming a Government minister, no longer runs. However, the other two members of that famous trio are still active as orienteers.

BARNET SPORTS GALA COPTHALL STADIUM — HENDON

Friday evening 15th June 1973
Saturday afternoon 16th June 1973

The following events are being held exclusively for veterans. The trophies and prizes for these events will be donated by:—
WILLIAMS SPORTS & LEATHER LTD.

THE BARNET '100' TROPHY

Class 1 (over 40)
Winner: Small trophy
2nd and 3rd Plaques

Class 2 (over 50)
Winner: Small trophy
2nd and 3rd Plaques

WILLIAMS CUP

10,000m Road Race (over 40)
Winner: Prize valued at £20
Next 5: Prizes valued at £3 to £10

1st Over 50: Prize valued at £5
1st Over 60: " " " £5
Teams: Plaques for first 3.
(three to score)

HIGHGATE H. TROPHY

3,000m Open Class (over 40)
Team and Individual
First three: Plaques
First team: Medals (3 to score)

LONDON '1500' TROPHY

1500m Open Class (over 40)
First three: Plaques

1600m MEDLEY RELAY

800/400/200/200
First three teams: Plaques.

THE BARNET TROPHY

200m Open Class (over 40)
Winner: Small Trophy
2nd and 3rd: Plaques.

Entry Fees: Individuals (per event) 20p. Teams (in addition) 20p
Entries to: A.F. Rockall, Barnet Sports Advisory Council,
27 Upland Drive, Brookmans Park, Hatfield, HERTS AL9 6PT
(Cheques and P.O.'s to "The Barnet Sports Advisory Council")

Three hundred miles in 41 hours 40 minutes by a relay of eight runners. That doesn't sound too bad, yet not as good as you would expect, perhaps. Until you hear that the eight runners who performed the feat were all over the age of 60 with the oldest, Noel Johnson, a ripe old 73. The 300 miles was the distance between Los Angeles and Las Vegas.

Sweden's Winter Marathon was held at Gothenburg on 19th November. The over 40 class was won by B. Nordqvist in 2:35:58, but that blond phenomenon ERIK OSTBYE took the over 50 class in 2:29:14! The over 60's went to John Systed in 3:25:05. Four thousand odd miles away Monty Montgomery (66) was bettering Systed's time in the Weston Hemisphere marathon with a mark of 2:56:48.



COLOGNE 1972

Rear L. to R:-
 Willie Russell, Bill Coyne, Bob Phipps, John Bromley, Clive Shippen, Keith Whitaker, Peter Field.
 Front L. to R:-
 James Barrs, John Daniel, Jack Williams, Roger Colson, Sam Lee, Dave Dellar, Jack Fitzgerald,
 Derek Howarth, Derek Funnell.

LONDON — 31 March 1973	5	Highgate H.	58:20	12	Bracknell AC	66:50
Thames Valley Harriers 3 x 3 1/2 miles relay		(G. Harrison 17:59, G. Coleman 19:42, M. Marlow 20:39)		13	Veterans AC 'B'	69:37
1 Belgrave H.	55:43	6 Crawley AC	58:27	14	Veterans AC 'C'	81:13
(P. Newall 18:00, C. Shippen 18:17, C. Walker 19:26)		7 Belgrave H. 'B'	59:01			
2 Portsmouth AC	56:07	(A. Bruce 19:19, J. Davies 18:54, D. Jones 20:48)				
(R. Meadows 17:16, G. Morallee 19:19, S. Bollen 19:32)		8 Hillingdon AC	59:28			
3 Thames Valley H.	56:08	(E. Shirley 19:56, H. Wild 19:30, D. Raven 20:02)				
(S. Charlton 18:28, J. Murphy 19:16, R. Franklin 18:24)		9 Veterans AC	62:49			
4 Havering AC	56:39	10 Belgrave H. 'C'	62:56			
(E. Andrews 18:35, C. Burton 20:06, R. Budd 17:58)		11 Crawley AC 'B'	66:08			

RESULT
 21st April

1	C. Shippen(41)	Belgrave	4:41.7
2	T. Clowry(40)	Cardiff	4:46.0
3	M. Capewell(40)	Lozells	4:46.8
4	P. Field(41)	Dartford	4:47.7
5	K. Humphrey(41)	Epsom	4:55.0

Cont'd. from p.18

5	Easlea	GBR	79.23	21	Megrin, C.	2	GBR	87.21				
6	Bromley, J.	GBR	80.33	22	Todd, J.	2	IRF	87.40				
7	Dowling, J.A.	GBR	81.03	23	Roberts, A.G.	3	GBR	87.54				
8	McMullen, R.D.	2	GBR	81.30	24	Butler, F.W.	GBR	88.53				
9	Purkis, R.A.	GBR	82.10	25	Smith, R.	AUS	89.18					
10	Coleman, G.W.	2	GBR	82.18	26	Keown, J.F.	GBR	89.25				
11	Challis, T.	GBR	82.45	27	Symes, W.D.	3	GBR	89.30				
12	Eade, R.E.	GBR	82.54	28	Nickolls, F.G.	2	GBR	91.25				
13	Poole, A.H.	2	GBR	83.04	29	Williams, J.H.	2	GBR	91.29			
14	Worth, P.	GBR	83.45	30	Rudd, R.H.	2	GBR	91.50				
15	Wrey, F.J.	GBR	84.40	31	Cook, T.V.	GBR	92.23					
16	Clifton, J.	GBR	85.12	32	Levit, E.R.	2	GBR	92.43				
17	Travers, T.	GBR	85.37	33	McSweeney	3	GBR	92.48				
18	Porter, M.	AUS	85.48	34	Theobald, G.	3	AUS	92.52				
19	Johnson, D.	2	USA	86.31	35	Long, R.	2	USA	93.46			
20	Braceland, C.	2	USA	86.41	36	O'Neil, L.	3	USA	93.49			
								37	Winn, E.L.	2	GBR	95.39
								38	Halifax, G.A.	3	GBR	95.39
								39	Gershuny, J.	USA	96.24	
								40	Layton, J.H.	3	GBR	96.40
								41	East, A.H.	3	GBR	97.05
								42	Garratt, W.	GBR	101.52	
								43	Dudley, N.	2	GBR	102.15
								44	Wood, A.B.	USA	103.00	
								45				103.08
								46	Sheppard, J.T.	3	USA	106.31
								47	Evans, W.M.	3	GBR	108.41
								48	McDowell, C.W.	GBR	112.24	
								49	Horst, V.D.	HOL	113.59	
								50	Steiner, K.	2	USA	117.06
								51	Fowler, D.	3	USA	119.37

FIXTURES

- | | | | | | |
|------|--------|--|------------|--|--|
| May | 20 | 6th World Best Veteran Championships 25Kms, Douglas, Isle of Man. | Sept(Prov) | ASV International Veterans Meeting, Cologne. | |
| June | 3 | Northern Veterans AC Marathon (with Maxol) Manchester. | " | 29 | World Best Veteran Championships for 20Kms and 50Kms Walks, Hamburg, W.G. (Entries: Mario Hess, D2000 Hamburg-26 Marienthaler Strasse 142) |
| " | 4 | Scottish Veterans HC, 5,000m Championship. | Oct | 14 | 6th International Schwarzwald Marathon (all Classes) Braunlingen, W.G. |
| " | 17 | Veterans Inter-County 10Kms Road Race, Leamington. (Entries, G. Phipps, 164 Millbank, Warwick) | " | 27 | Veterans AC Marathon Champs. Harlow. |
| " | 23 | A.A.U. Masters 20Kms, Terre Haute Indiana. | Dec | 22/23 | All-Australian Veteran Track and Field Championships, Melbourne. |
| " | 30 | National A.A.U. Masters 20Kms, Aurora, Colorado. | " | 30 | Hawaiian Masters Meeting, Honolulu. |
| July | 1 | Veterans AC Track and Field Championships, Battersea. | " | 20 | International Veterans Distance Run, Sydney, Australia. |
| " | 6/8 | U.S. Masters Track and Field Championships (+Mar), San Diego. | " | 29 | International Veterans Distance Run, Auckland New Zealand. |
| " | 7 | Northern Veterans AC '10'. | " | 31 | New Year's Eve Veterans Road Race, Honolulu, Hawaii. |
| " | 11 | Veterans 800m and 2,000m, Crystal Palace (see advert) | 1974 | | |
| " | 20 | 3,000m Road Race (all Classes), Bensberg/Refrath, W.G. | Jan | 21/23 | International Veterans meetings, Christchurch, New Zealand. |
| " | 27 | 5,000m ditto | | | |
| " | (late) | British National Veterans Track and Field Championships, Derby. | | | |
| Aug | 3 | 10,000m Road Race (all Classes), Bensberg/Refrath, W.G. | | | |
| " | 4 | Woodford Gn. AC International Veterans Meeting (see advert). | | | |
| " | ?? | Scottish Veterans HC, 5000m Champs. | | | |

LONG TERM FIXTURES.
 1974 Worlds Vets Marathon Championships. France.
 1975 Worlds Vets 25 Kilometres Championships. Switzerland.
 August 11th — 16th, 1975. First Worlds Masters Track and Field Championships. Toronto, Canada.
 August 1976. Worlds Vets Marathon Championships. Coventry. (Provisional)



CRYSTAL PALACE, LONDON
 S.C.A.A.A. 'OPEN'EVENTS FOR VETERANS
 Wednesday, July 11th (7pm)
 Events: 800 metres and 2,000 metres
 Entries: 20p per event to A. Norman, SCAAA, 26 Park Crescent, London W.1.
 Note: Please quote recent times for seeding of heats.

WOODFORD GREEN A.C.
 Terence MacMillan Stadium, Newham
 Tuesday, July 24th: Open Graded Meeting
 Saturday, Aug. 4th (2.30pm),
 100m, 200m, 400m, 800m, 3000m,
 Hammer, Shot, Long Jump.
 Entries: to J. L. Hayward
 35 Danbury Way
 Woodford Green
 Essex.



At the A.A.A. Indoor Championships at Gosford England on 2nd February 1973, 41yrs old JOHN DIXON stormed twice round the 200 metres banked track to record 52.3; followed later by a 52.2 just to prove his point.

Late News from Canada:
 Arthur Taylor and Bill Allen went down to the Boston Marathon in April hoping for a time of 2:26:00, but they didn't reckon on the heat wave which hit the race, slowing times and putting out competitors en-route. Taylor (45) finished up with 2:35:40 and Allen (41) with 2:39:11. The 78°F temperatures took it's toll though, and both had to be administered oxygen afterwards. The gallant duo will be joined by five other Canadian Masters for the Isle of Man race this month.

The next issue of VETERIS will feature an article by Jack Fitzgerald on Veterans Athletic Club of London. Founded in 1931 to promote track and field athletics, cross country and road racing for it's veteran-only membership, it has now reached Veteran status itself. Read about the club and the men behind it in VETERIS next August.



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