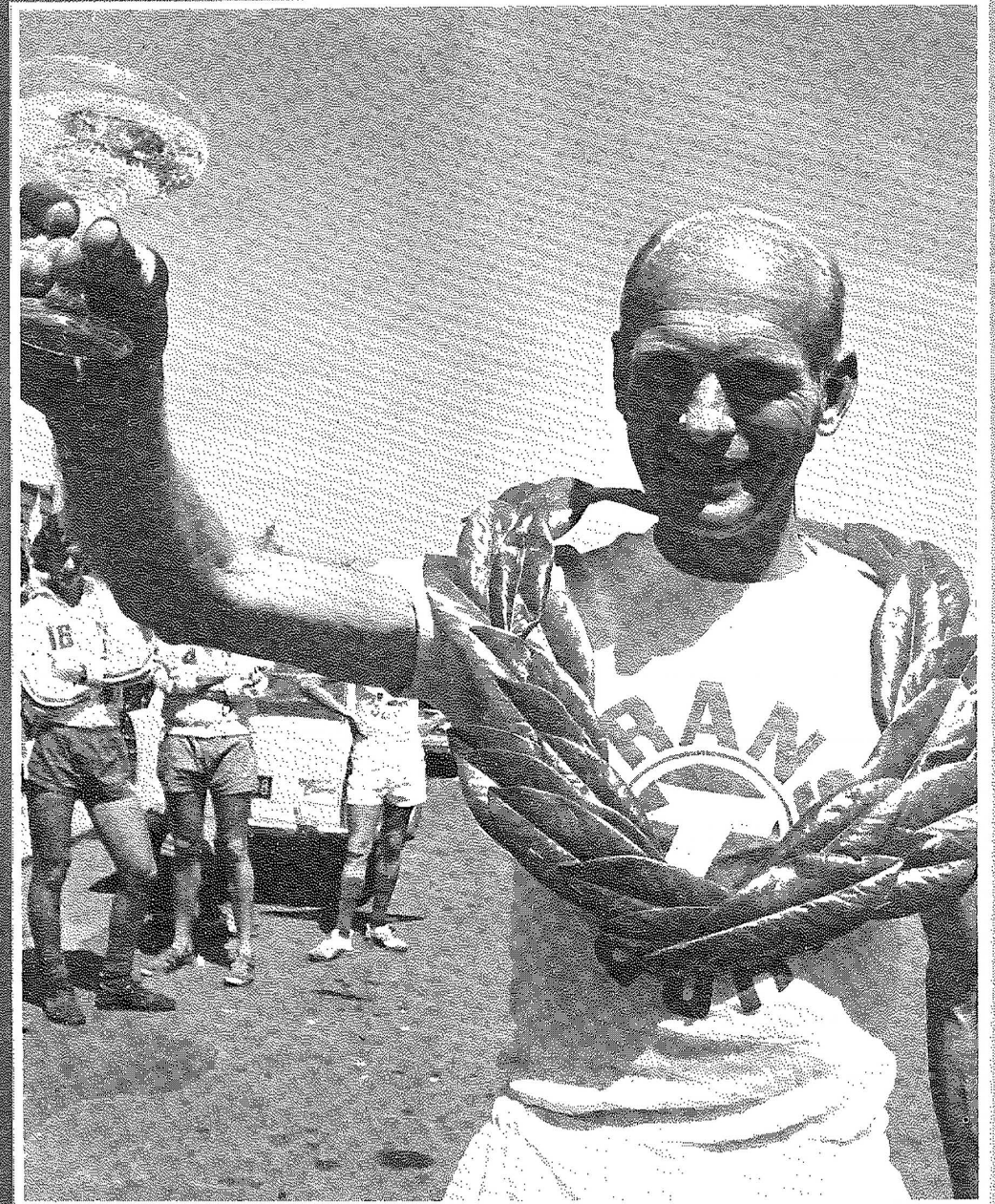
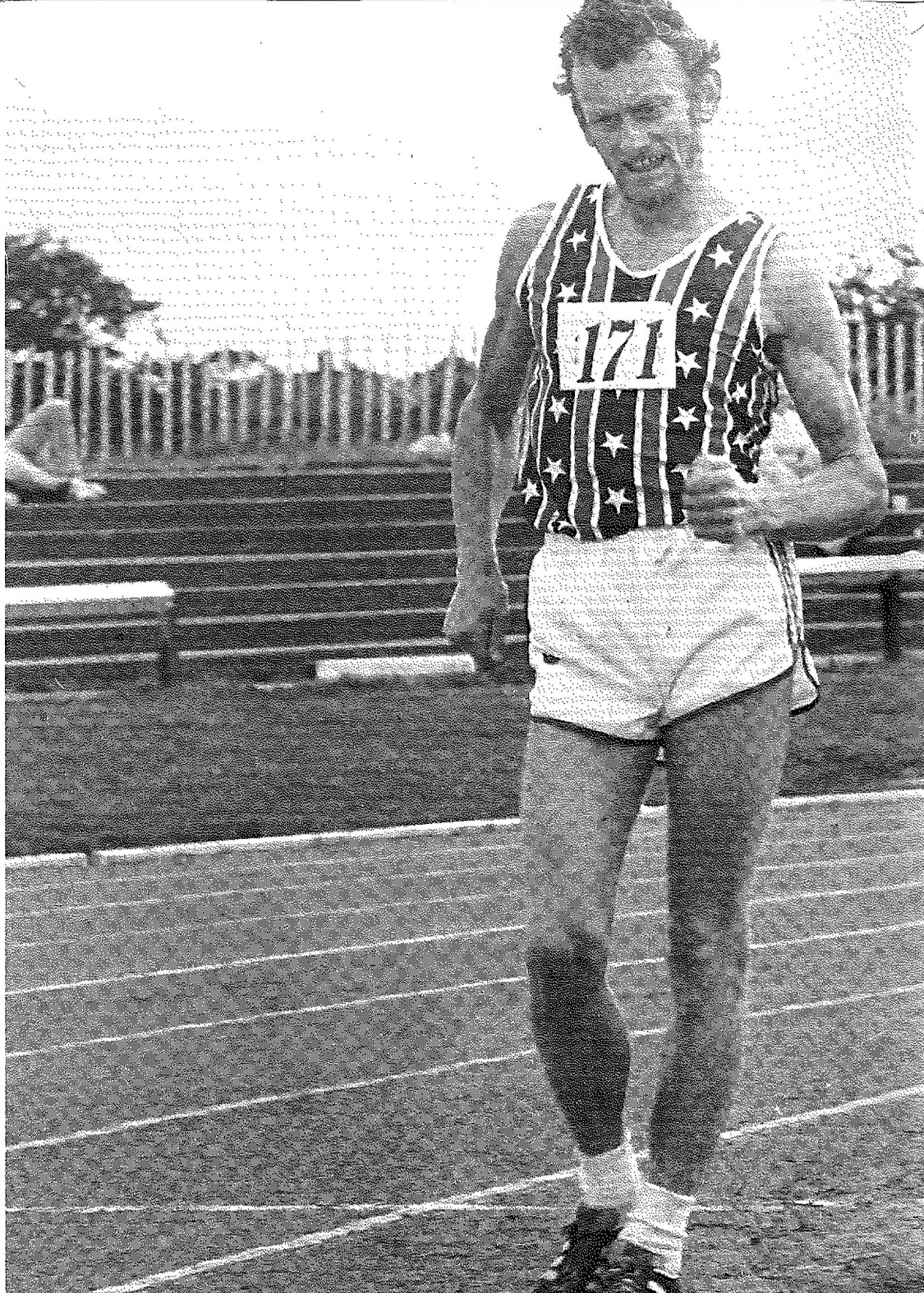


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VETERIS

The magazine of
The Association of Veteran Athletes

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FRONTISPIECE: (Photo: M. F. Jones) Roy Thorpe (40), selected for Britain's 'A' squad.
FRONT COVER: (Photo: Christchurch Press) Don Cameron, N.Z., 1380 mile record breaker.

FIXTURES

| | | | |
|----------------------|---|------------|---|
| Feb 23 | National Veterans Cross Country Champs at Graves Park, Sheffield. Entries to J. Lawton, 21, Nursery Lane, Leeds 17. Tel. Leeds 68194. 25p. ind. 50p. teams by 1.2.75. Team awards—3 to score—40-49 & 50+. | June 15 | International 25Km for veterans—Bruges, Belgium. Write Jacque Serruys, Engeldaleaan 25, 8310 Bruges. |
| Mar 23 | Midland Veterans Cross Country Champs. | June 22 | Inter Counties Veterans 10,000 Metres Road Race at Leamington Spa. |
| Mar 29/30 | New Zealand Veterans Track & Field Championships, Q.E. II Park, Christchurch | July 6 | Waldniel Marathon—W. Germany. |
| Apr 16 | Opening of new Tartan Track at Parliament Hill Fields. 7 p.m. 1 or 2 Vets invitation races. To be announced. | July 6 | Veterans AC Track Champs—Battersea Park. |
| Apr 19 | Bensberg-Frankenforst Marathon—W. Germany | July 13 | Southern Veterans Track and Field Championships. Parliament Hill Fields. |
| Apr 20 | Boston Marathon—U.S.A. | July 20 | British Veterans National Track & Field Champs—Leicester |
| May 3 | Midland Veterans Marathon—Rugby. | Aug 8/9/10 | U.S. Masters Track & Field Champs—White Plains, New York. |
| May 23 } June 1 } | Masters Sports Association (USA) tour to London and Midlands. Track meetings provisionally planned for Leamington and Parliament Hill Fields. Cross country at Parliament Hill. | Aug 11-16 | First World Masters Track & Field Champs—Toronto, Canada (See advert). |
| May | Vets A.C. 10 Mile Road Championship. Richmond Park. 2.45 p.m. | Aug 17 | Marathon and 25Km walk, Toronto Island, Canada. Details of touring parties to cover both events from Jack Fitzgerald & Norman Ashcroft. |
| May | Ryde Harriers Road Races | Sept 15 | Eighth World Best Long Distance Runners Race over 25 Km at Lake Yamanaka, Yamanashi Prefecture, Japan. Entries 3000 Yen (approx £4) to Nippon Turtle Association Tokyo C.P.O. Box No. 1137, Japan by 20th July. Details of touring party from Bryan Doughty. "Sea View Cottage", Shore Road, Port St. Mary, Isle of Man. (S.A.E. please.) |
| June 14/15 | Barnet Festival of Sport. Copthall Stadium, Hendon | | |

AREA & NATIONAL ORGANISERS

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 Midlands Vets: Jack Selby, 15 Tamworth Road, Coventry, Warwicks.
 Northern Vets: Norman Ashcroft, 16 Davids Ave., Lane Ends, Warrington, Lancs.
 Scottish Vets: Walter Ross, 10 Thornley Ave., Glasgow, W3.
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EDITORIAL

The veteran movement can look back on 1974 with much satisfaction. The principal countries in this movement all report a large increase in participants, with the trend still directed skywards. There is no doubt that the attractions of international competition for ordinary athletes, irrespective of standard, has played no small part in our rate of progression. And as we cross the dateline into 1975 we find that the greatest gathering of all is only 7 to 8 months away—yes, Toronto.

With a probable final bill in the \$200,000 range the Canadians have set a standard which will be hard to emulate. Or so it seems. But is it not likely that the 1st World Masters Track & Field Championships will provide such a boost to the veteran movement that its finances will seem quite ordinary by the time the second one comes round? Much, of course, depends on publicity and the proper attention of the media. We say "proper" because veteran athletics, by its very nature, is likely to suffer at the hands of the press rather more than athletics at 'open' level.

This further boost to over-40 sport could well stimulate interest in those countries who have not yet shown the same enthusiasm as those going to Canada. The ubiquitous David Pain has already made sounds in the direction of Moscow (and even China) so what are the odds of Moscow 1980 following the example of Montreal 1976 by staging the World Masters in the preceding year? Seems far-fetched now perhaps, but so did Toronto four years ago.

At Toronto it is highly probable that an International body will be formed to provide uniformity in the administration of National organisations and to rationalise the whole structure of veteran athletics. Such a body, we hope, would keep in close touch with the I.A.A.F.

With regard to the Games themselves, considerable further information is contained in the following pages. It is apparent that the organisers are determined to make it an occasion to remember for the

anticipated 2,000 competitors and their families. Visitors can rest assured that they will be in good hands.

Veteran athletics is not yet established in the women's ranks to the same extent as the men's. Perhaps the acknowledgement of advancing age is harder for a woman to accept than a man; or perhaps family commitments make it too difficult. Whatever reasons may be postulated, two ladies in 1974 gave the women's movement a shot in the arm by achieving performances which should persuade many young athletes not to retire completely from the sport, and to induce those already retired to return to the fold.

The heroines were Joyce Smith (36) and Maeve Kyle (46), both mothers. Joyce became the fourth woman to break 9 minutes for 3,000 metres when she recorded 8:55.6 at Crystal Palace, from the front, and unpressed—a time which only four male veterans had bettered. Maeve had a similar run-away victory when she recorded 61.7 for 400 metres at Hendon. These performances, together with the approach of the 1st World Masters Championships, should give a boost to Hazel Rider's growing band of pilgrims here in the United Kingdom.

In our last issue we appealed to organisers to adhere to the generally accepted system of age divisions, 1A, 1B, 2A, 2B etc. We now appeal to race promoters to include each competitor's age on the race programme and, even more important, to include that age on the result sheet. It is extremely difficult to keep track of ages when only the minority of results submitted to us include them. It should not be difficult, as all veteran entries should state ages anyway.

BACK ISSUES

The first issue of VETERIS was published in May 1973, and we are running low in stocks of that edition. Subsequent issues are more readily available but we cannot predict for how long that will be.

A great deal has happened in the Veteran world this last 2 years. Make sure that you haven't missed out by ensuring now that you possess all our back issues.

Back issues may be obtained from Tony Betteridge (address page 3) priced 35p, incl. postage.

STOP PRESS

JOHN TARRANT (42), that brave, tough distance runner from Salford Harriers, died in hospital at Birmingham on 19th January 1975 after a year's long fight against stomach cancer. After his first major operation he appeared at the 1974 British Vets National C.C. with walking stick, rather than miss the atmosphere of the occasion. He even tried to run again. His passionate interest in running led him to write hundreds of letters and incessantly discuss the sport he loved, right to the very end. He will be sadly missed by us all.

Veteran newcomer Ron Gomez (40) was a convincing winner of the Southern Vets C.C. Champs on January 26th. He beat last year's runner-up Laurie O'Hara (42), the holder George Brown (41) and Mike Barratt in a field of 190 runners. Ealing and Southall took Beigrave's title scoring 3, 7, 9 against 2, 12, 23.

Bob Pape (50) was an easy winner of the division 2 race from Len Blackbeby (51) and Jack Fitzgerald (52).

| | |
|-------------------|--------------------|
| (40-49) | (50+) |
| 1. Gomez 32:17 | 1. R. Pape 37:45 |
| 2. O'Hara :36 | 2. Blackbeby 39:01 |
| 3. G. Brown :47 | 3. Fitzgerald :07 |
| 4. Barratt :56 | 4. Coleman (59) |
| 5. McEntyne 34:16 | 5. Downs |
| 6. Harrison :20 | 6. Martin |
| 7. Lusty :22 | Teams: 1. Camb. |
| 8. J. Brown (49) | 2. Mitcham |

TORONTO'S \$100,000 BUDGET

by David H. R. Pain.

With the first WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS at Toronto now only seven months away, organisation is well advanced. USMITT Director DAVID PAIN and his wife Helen have just completed their fourth visit to Toronto to liaise with the Canadians. He writes here of his visit and gives the latest information on the plans which will make August's championships the greatest gathering of Masters/Veterans ever seen.

We have just returned from our fourth visit to Toronto, Canada, to confer with the Canadian Masters who are sponsoring the World Masters. This trip was primarily to work on the budget for the '75 event which now exceeds \$100,000. A budget this size was guaranteed when in addition to the CNE \$25,000 pledged two years ago, the Province of Ontario pledged \$50,000. This major commitment, in addition to other smaller pledges puts the Committee well over the \$100,000 mark. This, of course, is a remarkable development for Masters Athletics and assures that the Meet will be well financed, and far better than originally thought possible. It also means that a standard of quality in presentation of the World Masters will have been established by the Canadians which will be hard to exceed, let alone equal, in subsequent World Masters. Our visit confirmed of what we already were aware, namely that the Canadians are well organized and have excellent leadership in Don Farquharson, Welshman Elwyn Davies and Ken Hignell.

Friday saw us depart a warm and sunny San Diego for an evening arrival at Wintery Toronto, some 30° plus colder than our Southern California abode. We immediately conferred until the small hours of the morning with Don regarding details and policy which will assure the presence of the World's best Veteran Athletes.

Entry blanks will be out shortly. Entries close July 20, 1975 and no exceptions for late entry will be made.

The next morning Don and I had an exhilarating local five-mile run with Bill Allen and then drove to Toronto to confer with the Committee including Ken Twigg who recently agreed to assume the duties of Meet Director. Ken, you may recall, is Sports Promotion Manager of the Maple Leaf Gardens and Meet Director for the highly successful Toronto Mapleleaf Indoor Games. His presence as Meet Director of the World Masters assures the presentation of a highly professional event as few Meet Directors have the expertise of Ken. We were also advised that the Canadian Federal Government will bring to Toronto 90 Olympic Games Officials for the Meet as they will use our event as a warm-up and training session for these officials who will be flown in from all parts of Canada for this purpose. Those concerned about the quality of officials may rest



Charles Palmer

easy. The presence of these officials will guarantee that all record performances will be properly documented and submitted for record approval. To assure proper place selection all events will be electronically timed and photographed.

Awards were discussed and it was agreed that in such an event as this, where placing will require world-class Veteran performances if not WR efforts, that only 1st, 2nd and 3rd place would be awarded in each 5-yr. class except in the Marathon and Cross-country where six awards will be made in each class.

Team scoring will be conducted in the Marathon and Cross-country only, with special permanent trophies to be awarded to the winning teams. A budget for those two awards alone was set at \$500 with a total of \$10,000 being allocated for Awards. A corporate sponsor for all awards has been obtained.

In addition to those awards each participant will receive a quality Commemorative "T" shirt, and patch, as well as a vellum participation inscribed certificate, plus a participants envelope which will include, besides Meet Data, a Map of Toronto, passes to the CNE and other goodies. Courtesy Airport pickup plus transport from the housing at the University of Toronto to the Etobicoke Track has also been arranged. Since the University Housing will be 15 miles from the Competition Venues, this is a major item in our budget and will probably exceed \$20,000 in cost. Non-participant guests will be asked to pay a nominal charge for transport.

The Committee has grandiose plans for the awards banquet, which have, as yet, not been finalized. You can imagine the magnitude of housing and feeding up

to 3,000 at such an affair. Details, regarding this aspect, will be released later.

The University of Toronto located in the Center of Metropolitan Toronto is equipped to house and feed all athletes and guests during our stay from the 10th through the 17th of August. As it will be on Summer Session all University facilities, which are extensive, will be available including use of the Track for training purposes. Rates are quoted at \$9.00 and \$10.00/day, single or \$49.00-\$55.00 for the week, and \$7.00-\$8.00 double or \$38.00-\$44.00 per week, plus 7% sales tax. Meals are expected to run around \$1.50 for breakfast; \$1.75 lunch and \$2.40 for dinner.

Hotels are available nearby but we suggest the University as by far the most reasonable as well as the center of activity for the week.

Good restaurants are within walking distance of the University offering every type of cuisine and at all price ranges.

Those not desiring to commute from the University may acquire housing in Etobicoke if they desire. Those doing so, however, must arrange their own transport.

The Venue of the Cross-country will be Sunnybrook Park, a hilly tree-covered area bisected by a stream just a little too wide to jump over. The 10,000m course will consist of two 5km loops with several spots for good spectator viewing of the action. Shower facilities are available. Following this event will be a picnic with lots of cold drinks and beer for all. U.S. beer swillers are forewarned that Canadian beer, like the British, is stronger than our 3.2 and their Ales are both darker and have a stronger flavor. Most of us will, with a little practise, become quickly adept at drinking it. Our Canadian hosts will, I assure you, be happy to give us lessons of which Elwyn Davies is the best qualified, although most of the CMITT are a close second.

A decision to eliminate preliminaries for those who have not made the qualifying time for their event was made. The Committee felt that since the qualifying standards are rather low any serious Veteran coming to Toronto would meet those standards in any event.

No doctor's medical certificate will be required. However, every entrant will be required to attest to his fitness to compete in the events entered and that he has trained adequately for those events. The Meet sponsors will reserve the right to require any athlete to submit to an on-the-spot medical examination and in a proper case to disqualify any athlete deemed unfit or suffering from a serious disability. Any athlete who has the slightest doubt about his physical ability to compete should immediately withdraw and seek a medical opinion. The sponsors cannot over-stress the importance of avoiding any unfortunate incident which could prove disastrous, not only to the individual, but also cause adverse publicity to our program.

Relays will prove a highlight of the Meeting with the U.S. Sprinters being hotly contested for the first time. There will be a National team in the 4x100 and 4x400 in 3 ten-year divisions. Each country may field but one team which obviously will be composed of its 4 best athletes in their Divisions,

fit and ready at post time. These teams may be composed and declared on the day of the race, as fatigue and injury can cause runners to drop out.

In addition to the National Relay Teams, each country may field as many additional 4x400 teams in the 3 divisions as it may desire. None of the members of these unseeded teams may compete in the seeded races, however. These teams shall consist of two members in their 40's, and one each in their 50's and 60's, thus enabling smaller teams to participate. These hotly contested races should be a highlight at the end of each evening's program.

The Committee has selected the following implement and hurdle standards.

MASTERS IMPLEMENT STANDARDS

| | 40-49 | 50-59 | 60-69 | 70-79 | 80+ |
|---------|-------|-------|-------|-------|-------|
| SHOT | 16# | 12# | 12# | 8# | 8# |
| DISCUS | 2K | 1.6K | 1.6K | 1K | 1K |
| JAVELIN | 800gm | 800gm | 800gm | 600gm | 600gm |
| HAMMER | 16# | 16# | 12# | 12# | 8# |

MASTERS HURDLES STANDARDS

| | 40-49 | 50-59 | 60+ |
|---------------------------|-------|-------|-----|
| 110 Meter High Hurdles | 39" | 36" | 33" |
| 400m Intermediate Hurdles | 36" | 33" | 30" |

All of these implements and hurdles have Metric equivalents and are used in all foreign competition either at the open, junior, or women's levels. It is hoped that these standards will be uniformly adopted in all Masters competition World-wide. These standards will be submitted to the National delegates attending at Toronto for adoption as the official standards for future World Masters Competitions.

Every effort is being made by Don, Elwyn and their dedicated group of CMITT Volunteers to make this the 1st truly World Class Masters T & F Championships. After conferring with them for the best part of three days, we are sure of it.

All business and no pleasure has never been our thing, nor the CMITT for that matter. As a consequence we attended a Welsh Rugby Club Dance on Saturday and on Sunday at 8:30 A.M. (5:30 A.M. on our San Diego watch) we met with members of the CMITT and Toronto Fitness Club, some 50 strong, for a one hour jog through the downtown area and returned to the home of CMITT member Max Bacon located just a block out of the business district and located on a Cul-de-Sac. Here we all gathered following the run (not a race), for eggnog, beer and traditional Christmas cake and other viands. Best of all we resumed our acquaintanceship with so many of our Canadian running friends and their wives who had been with us in Europe and the South Pacific. It was a jolly time as we planned for August and shared ideas on how we can make your trip to, and competition in, Toronto a memorable affair in your life.

Vets in the news

Pride of place this month must surely go to one of Australia's outstanding division 2 runners—JACK RYAN (51). At Sydney on 2nd November he ducked under the magical 16 minutes to set a new 5,000m record of 15:54.0 and then, three weeks later, took the 1500m world mark with a brilliant 4:14.6.

JOHN GILMOUR (55), Australia, (see SPOTLIGHT, this issue) can rarely be kept out of the news. As a supporting act to Chuck Poller's article, John recorded a swift 9:35.4 for 3,000m to give Australia yet another world record. He also finished 4th in the Western Australia 15 miles road race with 84:15—nearly 4 minutes faster than when he won the title in 1948!!

HOWARD PAYNE, excuse that man again—has at last left the stage of major international competition. For after his best ever season he and his wife Rosemary have put it into print that 'it's the end'—except that they will probably enjoy themselves with some friendly veteran competition. This pair of great veterans have between them 111 G.B. Vests to show for their eleven to fourteen years in the National Team and in addition Howard competed in all the Commonwealth Games since 1958 and Rosemary in all but one. (It is hoped that at a later date some kind of report will appear on these two).

REG BARLOW (70), Australia, has been running for 54 years and that's how long it took him to make the World record list.

On a cold wet night at the Box Hill rubber bitumen track, Reg ran a wonderful 5,000m, to slash 5 minutes from the over 70 years World best of Noel Johnson U.S.A. Reg's new time is 21min36sec, and his 3 mile time of 20min41s is also a World best. Reg has his sights set on a number of other records, recently getting to within 2 seconds of Harold Chapson's U.S. mile mark of 5:54.0.

That multi-lingual world citizen FRANÇOIS CAVIGLIOLI (60+) who could be anywhere in Europe at this moment, racing, was elected "The Sports Personality of 1974" by the Sports Council of Basildon, Essex. Reversing the normal trend, he thus followed in the footsteps of his son, Olly, who gained that honour in 1970.

MAX GOULD (58) must surely be the oldest full international on record. On 6th October at St. Leonards, Quebec, he represented Canada versus the U.S.A. in the 50 Kilos walk and finished 4th of the six competitors in 4:57:51.8, thus smashing Lloyd Johnson's class 2 world mark by no less than 14 minutes!

Max already holds the 20 Kilos mark (1:46:51.1) and to prove that this was no fluke he recently clocked 1:47:55 over a hilly course.



MAEVE—Still signing autographs

MAEVE KYLE (46), Northern Ireland, hit the headlines during 1974 for her scintillating running at the British Veteran Champs, and in New Zealand. And 1974 was rounded off very nicely for her when her 19 years old daughter, Shauna, was chosen as "Miss Sportsworld 1974" by *Sportsworld* magazine. Shauna has won titles and set records in the hurdles, 200m, 400m and pentathlon. Her prize is a cruise on the QE2 and five days in U.S.A.



DAUGHTER SHAUNA

Photo: Greg Mandie

Athletics Weekly

AARON and JUDITH KAZDAN (Canada) must be the first husband and wife team to finish a marathon—if not at open level, then certainly at veteran level, and indubitably at class 2 level. For Aaron and Judith are both in the over-50 class and their feat in completing the tough Oktoberfest marathon is certainly worthy of recognition.

REG MCRAE (50), Australia, has frequently trailed the great deeds of Theo Orr and John Gilmour, but now he has emerged as a figure in his own right—by lowering the class 2 world best for 400m to 55.9.

CHRISTOS IORDANIDIS (Greece) completed the Marathon to Athens course on October 19th in 6 hours 42 minutes, finishing 587th. What's so special? Well, Christos is reputed to be 95 years old and to have 34 grandchildren!!

GARRY WISE (40), Australia, is the latest veteran to pare down the class 1 800m mark. At Sydney on 30th November he lowered the record to 1:56.9.

ARTHUR TAYLOR (48) of Canada could well become the second Erik Ostbye. In winning the Canadian Masters Cross-Country title he took his third major title of 1974. The others were the class 1B division of the World Marathon in Paris and the Canadian Masters Marathon at Waterloo, Ontario (2:29:18).

Canada's BOB BOWMAN (43) won the John F. Kennedy Masters Cross Country Race at Schenley Park, Philadelphia, in 18:36 from Dave Colton (US), 18:45.



BOB BOWMAN



RAY HATTON Holder of the U.S. Masters 5,000m, 10,000m and cross country titles

Charles Palmer

RAY HATTON (42), United States, looks to have regained his best form. He led home an impressive field in the U.S. Masters C.C. Champs to win by a clear 31 seconds from Hal Higdon.

CLIFF BOULD (59), Australia, is within a year of the division 3 ranks, and he is after two records there—the 1500 (4:53.2) and the 3,000 (10:50.0). The latter is clearly within his grasp as he clocked 10:52 in Western Australia on 2nd November.

UP-COMING VETS SOON TO BE IN THE NEWS

It is difficult to keep track of the multitude of pre-vets in their late-thirties. Many former athletes are simply training-up for their 40th birthday and are unheard of until they descend upon their unsuspecting rivals. But a few names do filter through in advance and the following are worth noting.

FRED HOWE (Australia) was a former British marathoner with a time of 2:26:15 back in 1963. He is now making a come-back with Toronto in mind.

GERRY LE ROY (GB) was a sub 47 secs 400 man in his day and represented Mauritius in the Commonwealth Games many years ago. A natural athlete who gets by on a minimum of training he has competed on and off for years. In March he will be 40 and the old spark is returning witness his 50.3 timing in the 1974 Kent Champs.

GORDON EADIE (GB) is now a veteran, but just prior to his coming of age he recorded an outstanding 2:25:22 in the Scottish Marathon.

ERIC AUSTIN has been the unsung hero of countless road races in the last decade. Always in the footsteps of Wilkinson, Heatley, Adcocks, Kirkham, Hill and now Thompson, Eric has had few international trips. In July he will be 40, and with a 1974 best of 2:19:25 he won't be following in the footsteps of many, if any, veterans.

UK Results

September 15th

Basildon '10' Road Race

| | |
|--------------------------------------|-------|
| 24. A. Hughes (Rochdale AC) | 54:10 |
| 26. R. Coxon (W.G.A.C.) | 54:17 |
| 28. D. Case (Ealing & S'hill) | 54:43 |
| 32. J. Daniels (N. Gazelles) | 54:47 |
| 33. J. Oliver (Kent A.C.) | 55:01 |
| 35. S. Charlton (Thames V.H.) | 55:12 |
| 39. D. Plater (Ilford A.C.) | 55:32 |
| 44. J. Salt (Rochdale A.C.) | 55:47 |
| 49. R. Pape 50+ (R.N.A.C.) | 56:14 |
| 50. M. Jones (Vauxhall M.A.C.) | 56:15 |
| 51. S. Izzard (Highgate H.) | 56:25 |
| 57. H. Soper (Vauxhall M.A.C.) | 57:08 |
| 61. E. Andrews (Havering A.C.) | 57:18 |
| 66. A. Leyton (V.M.A.C.) | 57:36 |
| 69. G. Smith (Eton M.A.C.) | 58:08 |
| 72. R. Hale (Kent A.C.) | 58:36 |
| 73. J. Moroney (C'bridge & C) | 58:44 |
| 74. D. Hunt (Haringey) | 58:53 |
| 75. E. Flowers 50+ (V.P.H.) | 59:00 |
| 76. J. Flowers 50+ (V.P.H.) | 59:13 |
| 79. B. Cole (Eton Manor) | 59:29 |
| 85. R. Johnson (T. V.H.) | 60:33 |
| 88. D. Jones (Ilford A.C.) | 60:50 |
| 89. D. Rowe (Thames V.H.) | 60:51 |
| 96. P. Kearsy (Eton Manor) | 61:46 |
| 98. D. Hardy (W'ford G.A.C.) | 61:58 |
| 100. G. Collett (T.V.H.) | 62:02 |
| 103. T. Samuels (Havering A.C.) | 62:19 |
| 104. R. Blois (Basildon A.C.) | 62:32 |
| 117. H. Humphreys 50+ (W.G.A.C.) | 65:09 |
| 118. E. Leal 50+ (Ryde A.C.) | 65:38 |
| 119. K. Knight (C'ford A.C.) | 65:40 |
| 121. P. Yates (Kent A.C.) | 66:12 |
| 122. D. Graner (V.A.C.) | 66:18 |
| 123. B. Foster 50+ (Ilford A.C.) | 66:20 |
| 125. B. Wade 50+ (Woodford G.) | 66:27 |
| 129. F. Devenald 60+ (I.A.C.) | 66:50 |
| 131. D. Stewart (Essex Beagles) | 67:25 |
| 133. A. Milton (I. Harriers) | 67:53 |
| 134. S. Lee 60+ (Horwich) | 68:00 |
| 135. N. Catton 50+ (Ilford A.C.) | 68:09 |
| 136. E. Harrison 60+ (L'coln W.) | 68:15 |
| 138. A. Fox (Croydon Harriers) | 68:53 |
| 141. P. May (Canada) | 69:33 |
| 144. R. Hoperoft 50+ (T.V.H.) | 70:32 |
| 146. A. Poynter (W'hamstow) | 71:26 |
| 147. D. Paye (Basildon A.C.) | 72:25 |
| 151. L. Davis (Individual) | 79:52 |
| 152. H. Grounevoud 50+ (Netherlands) | 80:01 |

September 21st

Nuneaton '10' Road Race

| | |
|-------------------------------|-------|
| 13. C. Simpson 46 (S. Heath) | 53:56 |
| 29. G. Phipps 46 (Leam) | 55:30 |
| 35. I. McKenzie 41 (Mel. Pol) | 56:18 |
| 39. P. Wilkinson 40 (Derby) | 56:43 |
| 44. R. Blastland (Derby) | 57:19 |
| 54. R. Huins (Bromsbrove) | 57:58 |
| 70. B. Boyce (Tipton) | 59:47 |
| 78. T. Buckingham 56 (Leam) | 61:25 |
| 81. G. Ashby (W. Brom) | 62:02 |
| 83. P. Burns (Coventry) | 62:29 |
| 88. G. Stott - | 63:30 |
| 89. M. Dwyer | 63:36 |
| 93. D. Cartwright (W & B) | 64:24 |
| 94. H. Boswell - | 64:44 |
| 99. K. Westley (W. Brom) | 68:35 |
| 102. J. Bennett (Bromsgrove) | 69:58 |

October 5th

Cambridge H. and Sthm. Vets Road Relay

| | |
|------------------------|-------|
| 1. Cambridge Harriers | 50:30 |
| 2. Highgate Harriers | 51:21 |
| 3. Blackheath Harriers | 51:23 |
| 4. Havering A.C. | 52:07 |
| 5. Eton Manor A.C. | 52:59 |
| 6. Crawley AC | 53:55 |

Fastest Times:-

(40-49)

| | |
|--------------------------|-------|
| K. Harland 41 (Camb) | 16:11 |
| G. Harrison 41 (High) | 16:19 |
| M. Weller 40 (B'Hth) | 16:22 |
| J. Brown 49 (Camb) | 16:51 |
| D. Cole (Eton M) | 16:58 |
| R. Budd 42 (Havering) | 16:58 |
| D. Maynard 41 (Cambs) | 16:59 |
| E. Andrews 42 (Havering) | 16:59 |

(Over 50)

| | |
|------------------------|-------|
| J. Fitzgerald 51 (Mit) | 17:55 |
| L. Blackby (Camb) | 18:14 |
| E. O'Bree (Camb) | 18:26 |
| J. Whitbourne (Camb) | 18:31 |
| R. Bott (Mit) | 18:59 |



George Harrison
Ron Lixsted

September 21st

Yeovil (Dennett) Trophy Meeting

| | |
|-----------------------------|------|
| 400H: 1. J. Dixon 42 (Bris) | 57.1 |
|-----------------------------|------|

September 22nd

Rotherham Marathon

| | |
|----------------------------|---------|
| 12. G. Spink (Bingley) | 2:48:08 |
| 15. B. Gomersall (Leeds) | 2:54:10 |
| 17. J. Lawton (Leeds) | 2:58:52 |
| 25. A. Lawton (Leeds) | 3:13:41 |
| 26. R. Craven (Bingley) | 3:17:55 |
| 29. J. Barber (Sunderland) | 3:25:50 |

Leeds City won the Open Team Race with a team of Veterans.

September 25th

Sighthill '6' Road Race, Edinburgh

| | |
|-----------------------|-------|
| 11. W. Ramage 42 (CS) | 34:29 |
|-----------------------|-------|

September 29th

Norfolk '15' Road Race

| | |
|--------------------------|-------|
| 10. R. Blastland (Derby) | 87:01 |
| 11. J. Daniels (Norfolk) | - |
| 14. G. Phipps (Leam) | 90:43 |

September 29th

Utteter Cross Country

| | |
|-----------------------------|-------|
| 5. P. Goodfellow 40 (Stoke) | 24:01 |
|-----------------------------|-------|

October 2nd

T.V.H. Open Track Meeting

| | |
|------------------------|---------|
| 5,000: | - |
| 2. L. O'Hara 42 (Bels) | 14:48:0 |

October 5th

Cambridge & Colvide X-Cty Relay

| | |
|---|-------|
| 1. Kettering (N. Reynolds 18:55, D. Smith 19:37, T. Palmer 21:33) | 60:05 |
| 2. Cambridge & Colridge (J. Moroney 19:48, W. Spratt 22:32, P. Chaplin 19:33) | 61:43 |
| 3. Peterborough (F. Wright 22:52, R. Wallace 21:26, A. Bowden 23:48) | 68:06 |

October 6th

Newbury '9' Road Race

| | |
|----------------------|-------|
| 21. H. Downer (And) | 48:23 |
| L. Masters (Reading) | 52:36 |
| S. Jackson (Bristol) | 53:06 |

October 6th

Bank of Scotland Quich X-Cty.

| | |
|---------------------------|-------|
| 1. C. McAlinden | 12:12 |
| 2. W. Ramage (S'burn) | 12:48 |
| 3. R. Calderwood (Vic PK) | 12:55 |
| 4. J. Murray (Stirling) | 13:10 |
| 5. A. White (S'burn) | 13:20 |
| 6. -Black (Liv) | 13:49 |

October 5th

Haywards Heath X-Cty Races
Over 1,000 entries were received this year for this "athletic family" meeting, with races for colts, boys, youths, juniors, seniors, pre-vets and veterans—plus four races for girls, juniors, intermediates and senior women.

VETERANS 5,000m

| | |
|------------------------|-------|
| 1. J. Luxford 40 (HBS) | 15:45 |
| 2. P. Wilkes 41 (Poty) | 16:33 |
| 3. H. Downer (And) | 16:35 |
| 4. M. Baker (HBS) | 16:39 |
| 5. F. Eccleston (Wink) | 16:56 |
| 6. A. French (Folk) | 17:26 |
| 7. K. Humphrey (E & E) | 17:35 |
| 8. B. Jackson (Ponts) | 17:40 |
| 9. B. Motley (Hf) | 17:47 |
| 10. D. Sudbury (SLH) | 17:56 |

October 6th

Strathelyde L.A.C./Royal Bank of Scotland C.C. Balloch, Dunbarton.

| | |
|-----------------------------------|-------|
| 1. C. McAlinden (Paisley H.) | 12:12 |
| 2. W. Ramage (Springburn H.) | 12:48 |
| 3. R. Calderwood (V. Pk) | 12:55 |
| 4. J. Murray (Stirling A.A.C.) | 13:10 |
| 5. A. White (Springburn H.) | 13:20 |
| 6. J. Black (Livingstone) | 13:49 |
| 7. T. Meldrum (Stirling A.A.C.) | 13:50 |
| 8. R. Kane (Victoria Park) | 13:51 |
| 9. A. McManus (Paisley H.) | 13:52 |
| 10. K. Phillips (Beith IL) | 13:55 |
| 11. R. Thomson (Gosforth) | 13:58 |
| 12. A. Galbraith (Stirling AAC) | 14:00 |
| 13. M. Rafferty (Paisley H.) | 14:13 |
| 14. J. McNeil (Shettleston H.) | 14:25 |
| 15. T. O'Reilly (Springburn H.) | 14:36 |
| 16. J. Cameron (Lakeland) | 14:44 |
| 17. J. Erskin (Central Region) | 14:56 |
| 18. W. Scott (Stirling A.A.C.) | 14:57 |
| 19. J. Kelly 50+ (Central Region) | 5:02 |
| 20. H. Bennett (Dundee H'hill) | 15:04 |
| 21. F. Bias (East Kilbride) | 15:06 |
| 22. J. Hanton 50+ (Paisley H.) | 15:07 |
| 23. J. Crook (Central Region) | 15:27 |
| 24. A. Struthers (Law and Dist.) | 15:41 |
| 25. W. Williamson (S. burn H.) | 16:01 |
| 26. R. Erskine (Central Region) | 17:13 |
| 27. J. Cascarina 50+(Victoria Pk) | 17:51 |
| 28. T. Bennett (Springburn H.) | 18:00 |

October 12th

Walton '10' Road Race

| | |
|------------------------|-------|
| 17. M. Barratt 41 (ES) | 50:46 |
| 27. D. Case 40 (ES) | 51:52 |
| 60. D. Funnell 46 (EE) | 55:40 |

Teams:-

| |
|------------------------------|
| 1. Paisley H. 45pts |
| 2. Springburn H. 47pts |
| 3. Central Region A.C. 85pts |

October 6th

Northern Veterans '6½' Road Race

Bradford

| | |
|----------------------------|-------|
| 1. K. Hodgkinson (Salford) | 32:40 |
| 2. A. Salsham (Salford) | 33:10 |
| 3. R. Allen (Harrogate) | 33:31 |
| 4. T. Rooke (Middlesboro) | 34:12 |
| 5. A. Hughes (Rochdale) | 34:33 |
| 6. J. Salt (Rochdale) | 34:42 |
| 7. R. Norman (East Chcs) | 34:55 |
| 8. R. Kernighan (Pembroke) | 35:19 |
| 9. G. Hird (Leeds) | 36:10 |
| 10. J. Haslam (Bolton) | 36:15 |
| 11. K. Hall (Wirral) | 36:17 |
| 12. K. Bingley (Wakefield) | 36:25 |
| 13. A. Byers (Border) | 36:34 |
| 14. M. Weston (Bury) (NC) | 36:45 |

| | |
|-----------------------------|-------|
| 15. French (Bingley NC) | 36:50 |
| 16. T. Smythe (Rochdale) | 36:57 |
| 17. J. Lawton (Leeds) | 36:59 |
| 18. J. Cadley (M'Boro) | 37:02 |
| 19. I. McAlion (Pembroke) | 37:05 |
| 20. R. Eden (Rotherham) | 37:08 |
| 21. R. Elsy (Bolton) | 37:24 |
| 22. D. Garnett (ASVAC) | 37:27 |
| 23. J. Lynch (Wallasey) | 37:31 |
| 24. B. Lister (Bolton) | 37:33 |
| 25. D. Howarth (Leigh) | 37:41 |
| 26. F. Valentine (Bolton) | 37:43 |
| 27. M. Grace (Hallamshire) | 37:48 |
| 28. J. Atcock (East Ches) | 37:55 |
| 29. J. Hooper (Harrogate) | 38:09 |
| 30. G. Gowland (Rowntrees) | 38:11 |
| 31. J. Foster (Bury) | 38:12 |
| 32. F. McGrath (ASVAC) | 38:15 |
| 33. T. Ratchite (Bury) | 38:24 |
| 34. L. Whitehead (Pembroke) | 38:28 |
| 35. K. Blankery (East Ches) | 38:31 |
| 36. A. Garrity (YMCA) | 38:37 |
| 37. H. Thornton (Spenboro) | 38:37 |
| 38. W. McMinnis (Sutton) | 38:44 |
| 39. J. Thompson (M'boro) | 38:54 |
| 40. V. Bateman (Pembroke) | 38:59 |

Team Result

| |
|--------------------------------|
| 1. Rochdale (5, 6, 16), 27 pts |
| 2. Bolton (10, 21, 24), 55 pts |

Over 50

| | |
|----------------|-------|
| 1. K. Hall | 36:17 |
| 2. J. Caddy | 37:02 |
| 3. W. McMinnis | 38:44 |

Over 60

| | |
|---------------|-------|
| 1. E. Wallace | 41:34 |
| 2. A. Locke | 43:27 |
| 3. W. Leach | 50:17 |

October 12th

Walton '10' Road Race

| | |
|------------------------|-------|
| 17. M. Barratt 41 (ES) | 50:46 |
| 27. D. Case 40 (ES) | 51:52 |
| 60. D. Funnell 46 (EE) | 55:40 |

Veterans AC 5 miles cross-country

| | |
|------------------------------|-------|
| 1. D. Devey (3.10 all'ce) | 25:03 |
| 2. S. Charlton (3.05 all'ce) | 25:07 |
| 3. N. Hodson (4.00 all'ce) | 25:18 |

Fastest: Charlton 28:12

October 13th

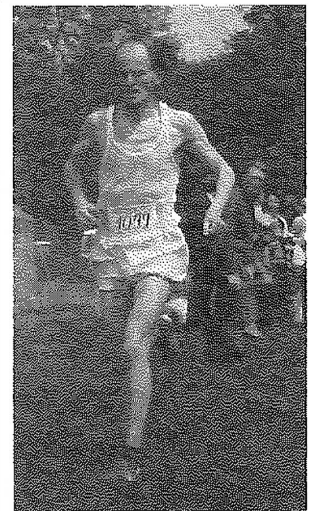
Rowntree Mackintosh '10' Road Race

| | |
|-------------------------------|-------|
| 28. C. Simpson (Small Heath) | 52:21 |
| 38. A. Hughes (Rochdale) | 53:32 |
| 45. G. Spink (Bingley) | 54:14 |
| 74. N. Smith (Darlington) | 56:34 |
| 77. D. Hoare (Wakefield) | 57:30 |
| 84. J. Lawton (Leeds) | 58:14 |
| 85. G. Eden (Rotherham) | 58:16 |
| 92. G. Gowland (Rowntrees) | 59:39 |
| 98. F. McGrath (A.S.V.A.C.) | 60:54 |
| 103. H. Thornton (Spenboro) | 61:39 |
| 109. J. Hooper (Harrogate) | 62:06 |
| 110. G. Buckley (E. Hull) | 62:10 |
| 111. A. Lawton (Leeds) | 62:11 |
| 117. J. Smith (A.S.V.A.C.) | 63:33 |
| 124. W. Midgeley (A.S.V.A.C.) | 64:33 |
| 126. M. Dearlove (Harrogate) | 64:48 |
| 129. R. Cable (Hull) | 65:01 |
| 131. E. Lawson (E. Hull) | 65:15 |

October 12th

Scottish E.D.C.C. League, Hawick

| | |
|----------------------|-------|
| 8. A. Wood 41 (Aber) | 22:59 |
|----------------------|-------|



Alastair Wood

October 13th

Scottish Vets Inchinnan Half Mara.

| | |
|-----------------------|---------|
| 1. A. Wood (41) | 1:07:29 |
| 2. C. McAlinden (41) | 1:09:32 |
| 3. W. Stoddart (42) | 1:10:07 |
| 4. R. Calderwood (41) | 1:11:56 |
| 5. J. Milne | 1:12:10 |
| 6. H. Scott | 1:12:17 |
| 7. W. Ramage (42) | 1:14:37 |
| 8. E. Dolan | 1:16:21 |
| 9. D. Dixon | 1:17:12 |
| 10. J. Moore | 1:17:32 |

(O/50)

| | |
|---------------------|---------|
| 1. N. Ashcroft (56) | 1:23:16 |
|---------------------|---------|

(O/60)

| | |
|----------------|---------|
| 1. G. Porteous | 1:22:01 |
|----------------|---------|

October 20th

Midland Vets 10Km Road Race

| | |
|--------------------------------|-------|
| 1. P. Morris 41 (Lozells) | 33:11 |
| 2. C. Simpson 46 (Small Heath) | 33:11 |
| 3. G. Phipps 46 (Leam) | 34:48 |
| 4. R. Huins (Brom. & Red) | 35:45 |
| 5. P. Burns (Cov. Godiva) | 59 |
| 6. B. Boyce (Tipton) | 36:01 |
| 7. D. McWhirter (Tipton) | 37 |
| 8. J. Young (Tipton) | 37:37 |
| 9. D. Cartwright (Wol. & Bil) | 48 |
| 10. G. Ashby (West. Brom) | 56 |
| 11. W. Mottram (West. Brom) | 58 |
| 12. T. Buckingham 56 (Leam) | 38:50 |
| 13. C. Beoston (Derby) | 39:29 |
| 14. H. Haden (Tipton) | 40:07 |
| 15. K. Westley (West. Brom) | 42 |
| 16. F. Brettell (Halesowen) | 41:31 |
| 17. J. Bennett (Brom. & Red) | 38 |
| 18. R. Evans (Wol. & Bil.) | 42:12 |
| 19. V. McLeod (Cov. Godiva) | 50 |
| 20. T. Hughes (Leamington) | 43:35 |

| | | |
|--------------------------|-------|--|
| October 19th | | |
| Wimbledon '10' Road Race | | |
| 37. W. Anderson 43 (MP) | 54:55 | |
| 40. J. Phelan 40 (HW) | 55:29 | |

| | | |
|----------------------------|---------|--|
| October 20th | | |
| Three Towers Race (2,500') | | |
| Horwich | | |
| 9. G. Rhodes 46 (Staffs) | 2:13:04 | |

| | | |
|---------------------------|-------|--|
| October 26th | | |
| Biggleswade Cross Country | | |
| 8. G. Brown 40 (Verlea) | 30:12 | |

| | | |
|----------------------------|-------|--|
| October 26th | | |
| Surrey C.C. League (Div 2) | | |
| 27. G. McEntyre 43 (E&E) | 32:59 | |
| 30. D. Funnell 47 (E&E) | 33:20 | |

| | | |
|-----------------------------------|-------|--|
| October 26th | | |
| North Staffs C.C. League, Alsager | | |
| 7. P. Goodfellow 41 (Stoke) | 29:56 | |
| 14. G. Rhodes 46 (Staffs) | 30:41 | |

| | | |
|-----------------------------------|-------|--|
| 16th November 1974 | | |
| North Staffs District C.C. League | | |
| 9. P. Goodfellow 41 | 21:36 | |
| 17. G. Rhodes 48 | 22:10 | |

| | | |
|---|-------|--|
| October 26th | | |
| Richmond Park C.C., Ranelagh v S.L.H. v Orion v Blackheath. | | |
| 1. A. Horne 40 (Ran) | 43:05 | |
| 2. C. Wilson 42 (SLH) | 43:49 | |
| 3. W. Hill 43 (B'Heath) | 44:45 | |

| | | |
|--------------------------|---------|--|
| October 26th | | |
| Unigate Marathon, Harlow | | |
| 63. E. Nolan (40) | 2:40:22 | |
| 67. R. Pape (50) | 2:41:30 | |
| 69. R. Blastland (40) | 2:42:11 | |
| 88. J. Moroney | 2:51:13 | |
| 112. W. Mottram | 2:58:46 | |
| 115. C. Beeston | 2:59:33 | |
| 116. T. Buckingham | 3:00:30 | |

| | | |
|---------------------------------|------|--|
| October 27th | | |
| Scottish Vets 1500m Track Races | | |
| (Conditions: Wet and windy) | | |
| Race A | | |
| 1. A. Galbraith | 4:36 | |
| 2. A. McManus | 4:37 | |
| 3. M. Rafferty | 4:43 | |
| 4. B. Bickerton | 4:48 | |
| 5. J. Hanton | 5:13 | |
| 6. R. Thomas | 5:39 | |
| 7. A. Coonan | 6:18 | |
| Race B | | |
| 1. C. McAlinden | 4:18 | |
| 2. W. Russell | 4:32 | |
| 3. J. McLean | 5:00 | |
| 4. J. Barrowman | 5:05 | |
| 5. B. McKirdy | 5:06 | |
| 6. P. Livingston | 5:08 | |
| 7. G. Porteous | 5:13 | |
| 8. J. Farrell | 5:17 | |
| 9. T. Fletcher | 5:26 | |
| 10. T. Monahan | 5:31 | |



ARTHUR WALSHAM C. Shippin

| | | |
|--------------------------------|---------|--|
| November 2nd | | |
| Holmfirth K & M '15' Road Race | | |
| 23. A. Walsham (Salford) | 1:22:06 | |
| 36. M. Morrell (Wirral) | 1:26:08 | |
| 40. R. Goodyear (Manchester) | 1:26:55 | |
| 43. R. Kernighan (Pembroke) | 1:26:40 | |
| 44. K. Hall 50+ (Wirral) | 1:26:55 | |
| 58. B. Gomersall (Leeds) | 1:30:32 | |
| 60. J. Lawton (Leeds) | 1:30:32 | |
| 63. A. Hazel (Hallamshire) | 1:31:47 | |
| 64. J. McAloon (Pembroke) | 1:32:10 | |
| 66. K. Bingley (Wakefield) | 1:32:23 | |
| 69. D. Qarnett (A.S.V.A.C.) | 1:33:00 | |
| 70. E. Joynson 50+(G'head) | 1:33:04 | |
| 73. S. Johnson (Haltemprice) | 1:34:00 | |
| 80. R. Mathieson (Longwood) | 1:36:04 | |
| 82. C. Carter (Gateshead) | 1:36:12 | |
| 85. M. Grace (Hallamshire) | 1:37:46 | |
| 86. A. Lawton 50+ (Leeds) | 1:37:48 | |
| 87. A. Gerritty (Man YMCA) | 1:38:30 | |
| 92. K. Jordan (Barnsley) | 1:41:05 | |
| 93. R. Cable (Hull) | 1:41:51 | |
| 97. M. Bromley (Hall'shire) | 1:47:14 | |
| 99. N. Eckerley (E. C'shire) | 1:48:26 | |
| 101. L. Heald (E. Cheshire) | 1:51:22 | |
| 103. C. Black (Pembroke) | 1:52:33 | |
| 104. A. Locke (E. C'shire) | 1:53:02 | |
| 105. J. McKeon (E. C'shire) | 1:53:02 | |
| 106. J. Broom (E. C'shire) | 1:59:02 | |

| | | |
|--|-------|--|
| November 2nd | | |
| Cambridge Univ. C.C. match v S.L.H. v Royal Navy v Portsmouth AC | | |
| 7. M. Hyman (40) Ports. | 36:20 | |

| | | |
|-------------------------------|-------|--|
| November 2nd | | |
| Veterans AC '5' Cross Country | | |
| 1. J. Lawrence (9:00) | 23:38 | |
| 2. G. Hoggatt (12:00) | 23:38 | |
| 3. A. Goodwin (8:45) | 24:43 | |
| Fastest: D. Devey 27:22 | | |

| | | |
|-------------------------------|-------|--|
| November 2nd | | |
| Lydiard C.C. Trophy, Eastcote | | |
| 7. M. Barratt 41 (E & S) | 27:29 | |

| | | |
|------------------------------|-------|--|
| November 2nd | | |
| Scottish S.W. District Relay | | |
| C. McAlinden 41 (Paisley) | 11:10 | |
| W. Stoddart 42 (Greenock W.) | 11:24 | |

| | | |
|---------------------------------|-------|--|
| November 2nd | | |
| Birmingham C.C. League (Div. 1) | | |
| Wolverhampton | | |
| 3. R. Fowler 40 (Stoke) | 25:19 | |

| | | |
|-----------------------------|-------|--|
| November 3rd | | |
| Derwentwater '10' Road Race | | |
| 30. G. Spink (40) Bing. | 55:36 | |
| 0/50. R. Thompson (Gos) | - | |

| | | |
|-----------------------------|-------|--|
| November 9th | | |
| Glasgow University Open '5' | | |
| 17. C. McAlinden 41 (Pais) | 26:53 | |

| | | |
|-----------------------|-------|--|
| November 9th | | |
| Red Rose C.C. League | | |
| 19. J. Salt 40 (Roch) | 28:18 | |

| | | |
|---------------------------|-------|--|
| November 9th | | |
| Heaton Memorial Road Race | | |
| 13. R. Balding 40 (Heat) | 30:37 | |

| | | |
|---------------------------|-------|--|
| November 9th | | |
| Bracknell '10' Road Race | | |
| 10. L. O'Hara 42 (Bels) | 52:10 | |
| 18. D. Case 41 (E & S) | 53:26 | |
| 37. S. Charlton 45 (TVII) | 56:24 | |
| 40. J. Phelan 40 (H/W) | 56:48 | |

| | | |
|--------------------------------|-------|--|
| November 10th | | |
| Stewarton Sports C.C. Scotland | | |
| 7. C. McAlinden 41 (Pais) | 34:43 | |

| | | |
|----------------------------|-------|--|
| November 11th | | |
| Veterans AC '5' X-Cty. | | |
| 1. J. Charman (6:20) | 24:20 | |
| 2. J. Shave (9:20) | 24:27 | |
| 3. E. Goodwin (8:30) | 24:47 | |
| Fastest: S. Charlton 27:40 | | |

| | | |
|------------------------|-------|--|
| November 17th | | |
| Scottish Vets 8Km C.C. | | |
| 1. C. McAlinden | 27:19 | |
| 2. W. Ramage | 27:48 | |
| 3. W. Milne | 27:59 | |
| 4. J. Murray | 29:11 | |
| 5. B. Bickerton | 29:30 | |
| 6. A. Galbraith | 29:43 | |
| 7. W. Kelly | 30:28 | |
| 8. A. McManus | 30:33 | |
| 9. M. Rafferty | 30:40 | |
| 10. G. Porteous | 31:12 | |
| 11. T. Harrison | 31:21 | |
| 12. B. Fickling | 32:05 | |
| 13. P. Livingston | 32:28 | |
| 14. J. Farrell | 32:37 | |
| 15. W. Ross | 32:56 | |
| 16. C. Third | 33:24 | |
| 17. H. Ewing | 33:26 | |
| 18. J. Brownlie | 33:26 | |
| 19. W. Scott | 33:29 | |
| 20. G. Bell | 34:03 | |
| (35 ran) | | |

| | | |
|------------------------------|-------|--|
| November 17th | | |
| 51st Rochester '5' Road Race | | |
| 60. K. Harland 41 (Camb H.) | 27:41 | |
| 63. J.W. Brown 49 (Camb.H.) | 27:55 | |
| 83. R. Coxon 42 (Wood.G.) | 28:48 | |
| 89. T. Delaney (Vets AC) | 29:08 | |

| | | |
|-------------------------------|---------|--|
| November 10th | | |
| Northern Vets 10Km Road Race | | |
| 1. A. Walsham (Salford) | 31:21 | |
| 2. A. Hughes (Rochdale) | 32:29 | |
| 3. J. Salt (Rochdale) | 33:02 | |
| 4. R. Kernighan (Pembroke) | 33:06 | |
| 5. R. Goodyear (Y.M.C.A.) | 33:20 | |
| 6. T. Smythe (Rochdale) | 33:22 | |
| 7. R. Colson (Stretford) | 33:29 | |
| 8. A. Roberts (Altrincham) | 33:37 | |
| 9. J. Haslam (Bolton) | 34:05 | |
| 10. S. Robson (Gateshead) | 34:19 | |
| 11. K. Hall (Wirral) | 34:25 | |
| 12. B. Lister (Bolton) | 34:36 | |
| 13. J. Wild (East Ches.) | 34:37 | |
| 14. B. Crook (Rochdale) | 34:40 | |
| 15. K. Metcalfe | 34:45 | |
| 16. M. Weston (Bury) | 34:54 | |
| 17. D. Garnett (ASVAC) | 35:01 | |
| 18. S. Coffey (M.&D.) | 35:16 | |
| 19. A. Byers (Bolton) | 35:30 | |
| 20. J. Betney (Clayton) | 35:34 | |
| 21. J. Alcock (East Ches) | 35:36 | |
| 22. J. Lawton (Leeds) | 35:41 | |
| 23. J. McAloon (Pembroke) | 35:43 | |
| 24. F. Valentine (Bolton) | 35:48 | |
| 25. D. Howarth (Leigh) | 36:04 | |
| 26. R. W. McMinis (Sutton) | 36:21 | |
| 27. T. Ratcliffe (Bury) | 36:25 | |
| 28. H. Thornton (Spenboro) | 36:26 | |
| 29. B. Robinson | 36:36 | |
| 30. L. Whitehead (Pembroke) | 36:38 | |
| 31. K. Brun (Pembroke) | 36:40 | |
| 32. D. Talbot (Pembroke) | 36:42 | |
| 33. A. Knowles (Sutton) | 36:46 | |
| 34. J. Foster (Bury) | 36:48 | |
| 35. J. Loftus (Y.M.C.A.) | 36:53 | |
| 36. R. Elsbey (Bolton) | 37:10 | |
| 37. J. Williamson (Stretford) | 37:23 | |
| 38. B. Rawlinson (Sale) | 37:25 | |
| 39. A. Lawton (Leeds) | 37:35 | |
| 40. J. Rae (Stretford) | 37:39 | |
| (81 ran) | | |
| Team Result | | |
| 1. Rochdale (2, 3, 6.) | 11 pts | |
| 2. Bolton (9, 12, 24.) | 45 pts | |
| 3. Pembroke (4, 23, 30.) | 57 pts. | |
| Over 50 | | |
| K. Hall | 34:25 | |
| W. McMinis | 36:21 | |
| A. Lawton | 37:35 | |
| Over 60 | | |
| A. Locke | 44:25 | |
| E. Johnson | 44:07 | |
| W. Leech | 48:19 | |
| November 16th | | |
| Epsom '10' Road Race | | |
| 10. M. Barratt 41 (E & S) | 52:11 | |
| November 19th | | |
| Veterans AC '5' C.C. | | |
| 1. L. Phipps (22:00) | 21:35 | |
| 2. R. Hopcroft (11:45) | 22:55 | |
| 3. F. Daley (29:00) | 23:18 | |
| Fastest: L. O'Hara 25:25 | | |
| November 23rd | | |
| Veterans AC '5' C.C. | | |
| 1. A. Rockall 44 (4:20) | 33:03 | |
| 2. D. Devey (2:30) | 33:15 | |
| 3. P. Maffia (4:00) | 33:28 | |
| Fastest: D. Devey 35:45 | | |



R. KERNIGHAN C. Shippin

| | | |
|-----------------------------|-------|--|
| November 23rd | | |
| Essex Veterans C.C. Champs. | | |
| 1. R. Coxon 43 (W. Gn) | 28:50 | |
| 2. E. Andrews 42 (Haver.) | 28:56 | |
| 3. K. Jones 41 (Walth) | 29:11 | |
| 4. T. Everitt (E. Manor) | 29:19 | |
| 5. D. Plater 40 (Ilford) | 29:41 | |
| 6. G. Smith (E. Manor) | 29:53 | |
| 7. B. Cole (E. Manor) | 29:57 | |
| 8. R. Budd 42 (Havering) | 30:06 | |
| 9. D. Hardy 42 (W. Gn) | 30:29 | |
| 10. G. Pells (Ilford) | 30:45 | |
| 11. B. Motley (Ilford) | 30:46 | |
| 12. J. Rooke (Ex. B.) | 30:51 | |
| 13. T. Samuels (Haver) | 30:54 | |
| 14. P. Kearsey (E. Manor) | 30:58 | |
| 15. D. Jones 41 (Ilford) | 31:05 | |

| | | |
|--------------------------|-------|--|
| November 23rd | | |
| HOGS BACK '10' Road Race | | |
| Veteran Result: | | |
| 1. M. Barratt (Rec.) | 52:55 | |
| 2. D. Funnell | 55:13 | |
| 3. G. McIntire | 55:41 | |
| 4. W. Anderson | 56:38 | |
| 5. D. Devey | 57:38 | |
| 6. R. Franklin | 58:10 | |
| 7. W. Gilham | 58:17 | |
| 8. D. Sudbury | 59:00 | |
| 9. A. Tunks | 59:06 | |
| 10. J. Daniels | 59:07 | |
| 11. R. Hunt | 61:07 | |
| 12. L. Worrall | 61:23 | |
| 13. J. Roberts | 62:04 | |
| 14. J. Cook | 62:25 | |
| 15. J. Pye | 62:50 | |
| 16. G. Wooton | 63:49 | |
| 17. D. Lilley | 64:15 | |
| 18. J. Gurney | 64:37 | |
| 19. D. Rikley | 65:50 | |
| 20. F. Cowley | 66:27 | |
| 21. D. Devers | 67:30 | |
| 22. K. Till | 68:41 | |
| 23. I. Sharples | 68:53 | |
| 24. A. Fox | 69:46 | |
| 25. D. Yeabsley | 70:14 | |
| 26. W. Reeves | 73:45 | |
| 27. R. Gordon | 75:35 | |
| 28. J. Roberts | 77:46 | |
| 29. F. Nickolls | 77:55 | |
| 30. R. Claxton | 83:59 | |
| 31. P. Smith | 85:06 | |

| | | |
|----------------------------|-------|--|
| November 23rd | | |
| Bath & Percy AC '4' | | |
| 19. P. Morris 41 (Lozells) | 20:27 | |

| | | |
|----------------------------|-------|--|
| November 23rd | | |
| Bath & Percy AC '4' | | |
| 19. P. Morris 41 (Lozells) | 20:27 | |

| | | |
|----------------------|--------------------|-------|
| 30th November 1974 | | |
| Red Rose C.C. League | | |
| 19. | J. Salt 40 (Roch) | 28:06 |
| 25. | T. Smyth 41 (Roch) | 28:42 |

| | | |
|----------------------------------|-------------------------|-------|
| 14th December 1974 | | |
| Inter-Area C.C. Match, Lichfield | | |
| 24 | R. Fowler 40 (Midlands) | 28:40 |

| | | |
|--------------------------|---------------------|-------|
| 14th December 1974 | | |
| Chingford & Dist. League | | |
| 5. | R. Gomez 40 (H & S) | 26:37 |

| | | |
|-----------------------------|-------------------|-------|
| December 15th | | |
| Scottish Vets Xmas Handicap | | |
| 1 | W. Lowrie (50+) | 23:24 |
| 2 | A. Jack (40+) | 24:40 |
| 3 | T. Monaghan (40+) | 24:50 |

| | | |
|----------------|---------------|-------|
| Fastest Times: | | |
| 1 | C. McAlinden | 26:27 |
| 2 | W. Ramage | 27:14 |
| 3 | A. McManus | 28:22 |
| 4 | R. Calderwood | 28:24 |
| 5 | J. Murray | 28:40 |
| 6 | B. Bickerton | 29:01 |
| 7 | G. Dickson | 29:35 |
| 8 | A. White | 29:44 |
| 9 | J. Moore | 29:45 |
| 10 | A. Galbraith | 30:09 |

| | | |
|---------------------------------|--------------------------|-------|
| 15th December | | |
| Midland Vets Xmas C.C. Handicap | | |
| 1 | C. Simpson (Smallbeath) | 35:22 |
| 2 | G. Phipps (Leamington) | 38:08 |
| 3 | K. Rickhuss (Tipton) | 38:15 |
| 4 | R. Blastland (Derby) | 38:16 |
| 5 | B. Boyce (Tipton) | 38:37 |
| 6 | P. Thompson (Birchfield) | 38:54 |
| 7 | K. Dare (Smallbeath) | 40:01 |
| 8 | D. Harris (D & S) | 40:44 |
| 9 | W. Hammond (Wol & Bil) | 40:44 |
| 10 | W. Mottram (West Brom) | 40:48 |
| 11 | H. Haden (Tipton) | 42:01 |
| 12 | M. Dwyer (Warley) | 42:36 |
| (26 ran) | | |

| | | |
|---------------------------|------------------------|---------|
| 21st December 1974 | | |
| Newport-Tredegar 22 miles | | |
| 10. | R. Bentley 44 (Tipton) | 2:11:22 |
| 17. | I. McKenzie 40 (M.P.) | 2:15:54 |
| 20. | D. McWhirter (Tipton) | 2:19:04 |

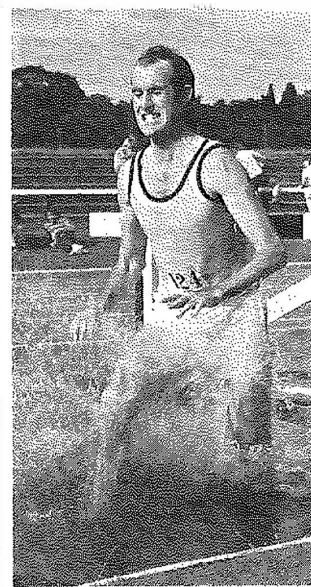
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| 4th January 1975 | | |
| Buckinghamshire C.C. Champs | | |
| 1. | R. Gomez 40 (Wol) | 34:02 |

| | | |
|-----------------------|---------------------|-------|
| 4th January 1975 | | |
| Hampshire C.C. Champs | | |
| 13. | M. Hyman 41 (Paris) | 48:49 |

| | | |
|-----------------------|-----------------------|-------|
| 4th January 1975 | | |
| Middlesex C.C. Champs | | |
| 16. | L. O'Hara 42 (Bels) | 44:02 |
| 17. | M. Barratt 41 (E & S) | 44:09 |

| | | |
|--------------------|----------------------------|-------|
| 4th January 1975 | | |
| Sussex C.C. Champs | | |
| 15. | J. Luxford 40 (HBS) | 43:48 |
| 16. | A. Weeks-Pearson 43 (Craw) | 44:04 |
| 19. | M. Baker (HBS) | 44:12 |

| | | |
|---------------------------|----------------------|-------|
| Staffordshire C.C. Champs | | |
| 4 | R. Fowler 40 (Stoke) | 31:45 |



MAURICE MORRELL

| | | |
|-----------------------------------|----------------------------|-------|
| 15th December | | |
| Northern Vets 10 Km Cross-Country | | |
| =1 | J. Wright (Wallasey) | 35:30 |
| =1 | M. Morrell (Wirral) | 35:30 |
| 3 | J. Salt (Rochdale) | 35:37 |
| 4 | J. Wild (East Ches.) | 35:56 |
| 5 | K. Hall (Wirral) | 35:57 |
| 6 | A. Hughes (Rochdale) | 36:00 |
| 7 | T. Smythe (Rochdale) | 36:04 |
| 8 | R. Kernighan (Pembroke) | 36:16 |
| 9 | B. Lister (Bolton) | 36:40 |
| 10 | R. Allan (Harrogate) | 36:47 |
| 11 | R. Norman (East Ches.) | 36:51 |
| 12 | P. Madden (Blackburn) | 36:51 |
| 13 | J. Haslam (Bolton) | 37:11 |
| 14 | H. Roberts (Altrincham) | 37:35 |
| 15 | S. Coffey (M&D) | 37:51 |
| 16 | F. Valentine (Bolton) | 37:57 |
| 17 | C. Ratcliffe (Ross. NC) | 38:03 |
| 18 | J. Allcock (East Ches.) | 38:07 |
| 19 | T. Ratcliffe (Bury) | 38:28 |
| 20 | J. Foster (Bury) | 38:47 |
| 21 | J. Betney (Clayton le M.) | 39:00 |
| 22 | D. Barton (Clayton le NC) | 39:11 |
| 23 | F. Wrigley (Michelin) | 39:12 |
| 24 | D. Howerth (Leigh) | 39:16 |
| 25 | K. Blackley (East Ches.) | 39:17 |
| 26 | A. Lawton (Leeds) | 39:18 |
| 27 | R. Fernhough (Michelin) | 39:20 |
| 28 | H. Thornton (ASVAC) | 39:27 |
| 29 | V. Bateman (Pembroke) | 39:29 |
| 30 | F. Thompson (Clayton le M) | 39:32 |
| 31 | P. Blunden (Michelin) | 39:39 |
| 32 | J. Lynch (Wallasey) | 39:43 |
| 33 | D. Walsh () | 39:46 |
| 34 | J. McAllon (Pembroke) | 39:47 |
| 35 | J. Lawton (Leeds) | 39:54 |
| 36 | D. French (Bingley) | 39:57 |
| 37 | L. Whitehead (Pembroke) | 40:12 |
| 38 | N. Ashcroft (Sutton) | 40:20 |
| 39 | A. Byers (Border) | 40:34 |
| 40 | R. Elsbay (Bolton) | 40:36 |
| (83 finished) | | |

| | | |
|---------|--------------|-------|
| Over 50 | | |
| 1 | K. Hall | 55:08 |
| 2 | A. Lawton | 55:08 |
| 3 | R. Fernhough | 55:08 |

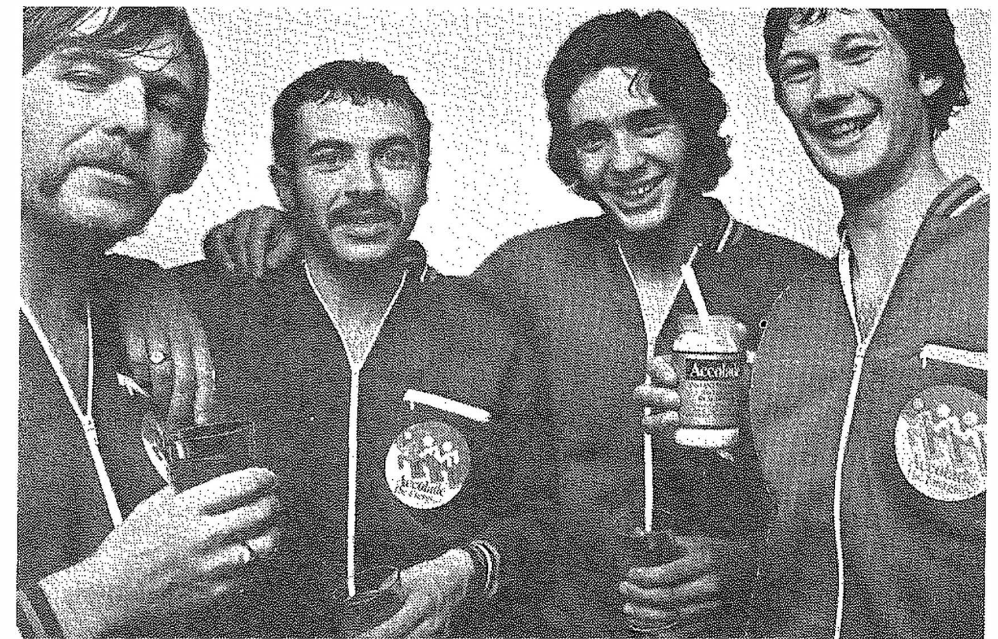
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| Over 60 | | |
| 1 | E. Wallace | 43:00 |
| 2 | A. Locke | 46:20 |
| 3 | F. Johnson | 50:29 |

| | | |
|-------------|--------------------|--------|
| Team Result | | |
| 1 | Rochdale 3,6,7, | 16 pts |
| 2 | East Ches. 4,11,18 | 33 pts |
| 3 | Bolton 9,13,16 | 38 pts |

| | | |
|-------------------------|----------------------------|-------|
| 1st January 1975 | | |
| City of London 10 miles | | |
| 4 | L. O'Hara (Belgrave) | 51:54 |
| 14 | R. Coxon (Woodford G) | 55:05 |
| 15 | S. Allen (H.H.H) | 55:08 |
| 20 | I. McKenzie (Met. Police) | 56:03 |
| 26 | R. Budd (Havering) | 56:32 |
| 27 | W. Gilham (Met. Police) | 56:35 |
| 28 | F. Andrews (Havering) | 56:38 |
| 37 | B. Cole (Eton Manor) | 57:42 |
| 38 | G. Smith (Eton Manor) | 57:49 |
| 47 | J. Hutchinson (Blackheath) | 58:32 |
| 49 | R. Franklin (TVH) | 58:46 |
| 52 | T. Fveritt (Eton Manor) | 58:53 |
| 56 | P. Kearly (Eton Manor) | 59:25 |
| 57 | A. Hefford (Orion) | 59:29 |
| 59 | D. Hunt (Haringey & S.) | 59:50 |
| 60 | T. Samuels (Havering) | 60:09 |
| 65 | J. Dooley (Belgrave) | 60:55 |
| 75 | J. Hegarty (H.H.H) | 62:47 |
| 76 | J. Hayward (Woodford G) | 63:11 |
| 77 | D. Coffey (Cambridge H) | 63:30 |
| 80 | J. Hilton (Belgrave) | 64:01 |
| 85 | H. Humphreys 50+ (W.G.) | 65:35 |
| 86 | F. Webb (Woodford G) | 65:37 |
| 90 | B. Wade 50+ (Woodford G) | 67:28 |
| 95 | J. Daniels (Woodford G) | 71:51 |
| 98 | R. Gordon 50+ (Cam. H) | 75:13 |

| | | |
|------------------------------|-------------------------|-------|
| 4th January 1975 | | |
| Buckinghamshire C.C. Champs. | | |
| 1 | R. Gomez 40 (Southgate) | 34:02 |

| | | |
|-------------------------|---------------------------|--------|
| 11th January 1975 | | |
| Mitcham 25 Km Road Race | | |
| 11 | L. O'Hara (Belgrave) | 83:57 |
| 30 | S. Allen (HHH) | 87:48 |
| 33 | G. McEntire (Epsom) | 88:54 |
| 36 | W. Anderson (Mct. Police) | 89:15 |
| 46 | R. Pape 50+ (RNAC) | 91:05 |
| 53 | D. Sudbury (SLH) | 92:45 |
| 55 | I. Moroney (C & C) | 92:56 |
| 58 | S. Izzard (Highgate H) | 93:12 |
| 65 | R. Johnson (TVH) | 95:20 |
| 70 | R. Franklin (TVH) | 96:44 |
| 72 | P. Pringle (Belgrave) | 97:14 |
| 75 | R. Reynolds (TVH) | 97:51 |
| 80 | M. Campbell (Notts AC) | 100:27 |
| 81 | J. Fitzgerald 50+ (Mitch) | 101:12 |
| 82 | D. Bonsor (Belgrave) | 101:33 |
| 83 | J. Gurney (Bracknell) | 101:59 |
| 85 | D. Coffey (Cambridge) | 102:49 |
| 86 | S. O'Gorman 50+ (Rane.) | 103:21 |
| 93 | J. Hayward (Woodford G) | 107:13 |
| 95 | R. Laws (Epsom) | 109:08 |
| 96 | J. Haden 50+ (Tipton H) | 110:08 |
| 100 | A. Fox (Croydon C) | 114:42 |
| 101 | S. Lee 60+ (HorwichRM1) | 115:17 |
| 102 | J. Roberts (Epsom) | 133:30 |
| 103 | L. Knight 60+ (Epsom) | 153:45 |
| 104 | A. Parsons 50+ (HHH) | 153:45 |
| 105 | R. White 70+ (Ranelagh) | 155:25 |



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JOGGERS AND BEGINNERS ONLY

by
**Tony
Weeks-Pearson**



Readers of VETERIS could be forgiven at times for imagining that our pages are concerned only with the elite of our sport. It is only natural that excellence should command much of our attention and, after all, it does give our activities a degree of publicity. But what of the vast majority of mature athletes who just run for fun, fitness and companionship? Well, it's their turn now. TONY WEEKS-PEARSON'S article this quarter is not directed at the "Pro" vets but to the beginners, joggers and the potential "Fred Toyes".

First, to get a 'Commercial' for 'Veteris' across to readers of this article before they stop reading. One reason for its underservedly low circulation figures (How many new subscribers have you introduced lately?!) could be that it is in danger of being read by only Very Fast Men. And if you don't count yourself in this category, consider yourself flattered instead.

So full is it of the deeds of derring-do of the V.F.M. that their successes may well terrify anyone less than these dedicated heroes of our sport. To any ordinary athlete who is lucky enough to recognize a time or distance close to his own expected level of performance in the copious lists of achievements my advice is, don't look too close, because you can bet your sweet life it's been done by someone at least two decades older than yourself. In which case what you need is a very carefully drawn up and watertight list of — not excuses — but, shall we say, 'Running Rationalizations' by which you can justify defeats at the hands of all classes of Veterans.

I myself am busy perfecting a scheme which will ultimately be available to all for a modest price, based broadly upon a system of sliding scales and tables of handicaps imposed upon oneself by such factors as,

for example, starting vigorous sport earlier than others and too early in life to be capable of prolonging it into middle age, or by Comparative Employment Exhaustion Patterns, whereby you can readily discover that your particular job (whatever it is) renders you more incapable of peak performances than anyone else who may beat you in any competition. (See Footnote). Still, more of this at a later date when such discoveries are ripe to burst upon an unsuspecting and admiring world. Send no money now.

Valuable research is urgently needed on the whole project and in particular on one aspect that impinged on me personally last winter. Okay, so this is going to make me look even sillier than usual (what can that possibly be? I hear you say) — but what the hell in the cause of Science?

So I'm running in a cross-country race in Darkest Sussex in the dead of winter, aren't I? And I'm trying out my leg that some Blackheath Harriers pulled some time back in even Darker November in another race, aren't I? (Thought I'd get that in before you say I'm making excuses again). It's a two-lap course and I'm starting off nice and easy — last after fifty yards but making ground very fast up towards the next man one mile later. In fact, so

exhilarated am I with the unaccustomed sensation of having two legs to hobble on, that after yet another mile I am ticking most of the rash fast starters off at a rate of one per quarter mile, which is in danger of bringing me up into the top of the last tenth of the field.

So much am I hitting the high spots that that portion of the opposition which is visible to me even seems to be getting younger to my blurred vision. Younger, that is, than the four others I am rapidly leaving behind now, because, as I descend the slope that leads (thank goodness) to the end of the first lap, I see a youth — no, more like a boy — running ahead. Still, they're pretty fast, some of these boys.

This one is being encouraged by someone who looks like his Dad. Being me, I feel kind of sympathetic for the kid. Still (my ice-cold racing brain reflects) the kid's got to learn some time that there are other things besides taking part (as the Olympic veteran said) and, anyhow, his old man should have taught him a thing or two about pace judgement instead of letting him go off like that, shouldn't he?

At least, I think to myself as I pursue my controlled and logical way, better I take him now than stage a flashy whirlwind finish (one of the old specials) on the second lap and show the kid up in front of his family.

So I'm near enough now to see the slim figure quite clearly, aren't I? And I'm feeling I'm back in competition with, as they say, a vengeance. "Keep it going, love," says Dad up ahead. No, not to me, to the kid, of course. And equally, of course, fairly soon after, I think, 'Fu-ny'. And, in fact, about the time it's taking for the penny to drop with you, Dear Old Reader, right now, I realize that the aforesaid slim figure is that of one of those young ladies who are given to competing with males in races.

I know this, because I've been around nearly as long as Eccles (Goon, not cake).

At this point, naturally, there takes place one of those agonizing re-appraisals which no doubt you've experienced at one time or another.

And, if you can get your mind off sex for a moment, you may be interested, and if not interested, certainly not surprised to hear that the other attendant male figure besides myself is, in fact, not so much Daddy as Hubby. Though I must say, he at any rate looks as if he's getting on in years.

Well, all right, you say, some of these young ladies are pretty damn fast too, aren't they, and I shouldn't jib too much at being beaten by one of them? But there, as the man Hamlet says, is the rub.

Because. Because, as I finally draw (as they also say) up to her shoulder — and you didn't think I was capable of that either, did you? Admit it — the Lady says to me, "He-llo!", she says, "All Vets. together then, eh?!"Normally I wouldn't be so lacking in gallantry as to allude to this fact of the Lady's age, but after all, she was the one who sprang it on me. And I wished she hadn't. Still, there's historical accuracy to consider, too. But, to cut a long race short, I have to admit that the second lap wasn't a patch on the first — for me, that is. Well,

how would you have found it? When a steady afternoon out turns into a desperate struggle to stave off defeat by Lady Veterans such as are even now beginning to figure — Japanese and otherwise — in the illustrations of 'Veteris'. (See July issue (End of second brief but tedious 'Commercial').

I wish I had space to relate the full story of this last lap. It was pretty thrilling, I can tell you. At least the husband dropped back fairly quickly. But, alas, print and the Editor do not permit.

The moral? (No, not that one). Well, none, really, except that it makes a nice change to remember all the joggers and recreational runners that fortunately still abound in Veteran sport. We could understand how they feel if at times they find that reading of athletes like the Ostbyses and the Alistair Woods is about as close to the experience of ordinary ageing mortals as the exploits of Batman or Flash Gordon.

And, if there's no moral (what do you expect for 30p?) at least it makes an original introduction to Fred.

Fred Toye is one of the latest recruits to the ranks of Crawley A.C. Vets. and not the sort of Veteran you normally read about, even in these columns. That seems a good enough reason for him to figure here. His story may encourage others who make no pretence of class performances, as well as sending him off heartened to Australia where he's bound this winter to reinforce Cliff Bould & Co. and to sell more copies of 'Veteris' for our Editor.

He isn't too interested in racing, as a matter of fact, though he faithfully turns out for the Club Vets' fixtures of which there are quite a few, ranging from Paarlau to nine mile Road Handicaps. It would be surprising if he were, because Fred only started running for the first time in Autumn, 1973. In fact, he'd done no sport at all previously since early youth. It was a toss-up last year whether he would take up cycling instead but he decided running was cheaper. He also had his arm and mind twisted in the direction of running by the Crawley railwayman who drives engines and men, John Cook.

Fred had been a fairly heavy smoker since the age of fourteen and when at the age of forty he gave it up to help cure the duodenal ulcer he'd acquired by then after stomach trouble lasting for years, his weight, not surprisingly, shot up. He'd been between seven and a half and eight stone (105-112lbs) and now he went to 10 stone (140 lbs). Fed up with the lethargic feeling accompanying this he now took up running.

It seems amusing to him now that he can look back and no doubt others more fortunate find it so, too. But we can believe him when he says that at the time he suffered cruelly in his first attempt that October to run round Tilgate Forest. A mixture of very slow jogging, walking and staggering, it took him something like fifty minutes to cover a couple of miles with the ever faithful 'Coach Cook'.

After several succeeding efforts he reduced this to forty minutes, though not without thinking himself some sort of lunatic to keep doing it. But very soon also, his weight started to drop, gradually the running became less painful and more enjoyable and by May, 1974, he was 9½ stone. (133 lbs).

Cont'd over 17

During the winter evenings he started to run from home on his own, but sometimes also with his son or daughter for company and to keep him going over a regular two-mile course. Here, his first efforts took over twenty one minutes. Now, he has a best time of 15 minutes 43 seconds on this lap, with much improved recovery and less distress than when he was going far slower.

Encouraging though we hope this may be to new or would-be Vets., as opposed to those who have been running for years, they ought also to expect a few minor 'pains' on the way to fitness. Fred experienced a lot of discomfort with ankles, heels and insteps which were not accustomed to the increased work load he was submitting them to. First it was worse in the right, then in the left foot and then again in the right, and so on. But it passed, with occasional aches recurring -- for it must not be forgotten that all this improvement stems from less than a year's work. In practical terms, for other beginners' benefit, Fred's physiotherapist -- with the additional information that he was a nutcase -- told him that if he had to be so daft he should run on soft grass and keep off the roads.

Well, he's back on the road again and stepping up the mileage. After a winter in which he worked up to fifteen or twenty miles a week he increased in February and March to about five at a time. This summer has seen him start a training diary and clock up distances of ten miles. He still prefers 'training' to

racing but now he is under eight minute miles for a ten-mile road course. This is because he is nevertheless interested in improving for his own satisfaction, as well as in 'running through it' when it starts to hurt a bit and overcoming the temporary distress.

Veterans athletics needs its 'Fred's' and Crawley A.C.'s Vets. section is good for them as well as for anyone more serious about racing, because it contains all sorts of runners -- from 'racers' to 'joggers'. It caters for all 'Vet'. needs and it must be the only Club where one Veteran can have two coaches to go down to the track with him -- and then watch him pick mushrooms on the infield.

.....And I bet you think I'm kidding about that, too!.....

(FOOTNOTE: Members of Blackheath Harriers will readily recognize a debt to the inspiration of the Len Fletcher Conversion Tables whereby, with due consideration to factors of Wind Velocity and the like, a 4 mins. 20 secs. performance, with benefit of due allowance for prevailing conditions, has been known to be represented as a Four Minute Mile).

Eds Note: A full account of Tony's "thrilling" last lap, against the lady veteran is obtainable under cover of a plain wrapper. Orders for Crawley mushrooms should be sent direct to John Cook.

RISE IN MEMBERSHIP OF WOMEN VETS AC

Membership of the U.K. Women's Veterans AC rose from 23 to 31 this year, reported secretary Hazel Rider at the club's second AGM.

It was pointed out that it will take some time to persuade former competitors to return to the sport if they have left it, but that once the younger competitors reached the 35-year mark the club's existence will be an encouragement for them to remain active.

Officers elected: Chairman Mrs V. Searle; secretary/treasurer, Mrs H. Rider, 1 Malthouse Lane, Shorne, Gravesend, Kent; committee, Mrs J. Lindsay, Mrs M. Smith, Miss E. Wheeler, Miss J. Coker.

The Southern Counties CCA and RWA are to make an award to the first registered Vet finishing the Southern Championship at Barnet on February 1st. A Vets cross-country race will be held in conjunction with the Beryl Davies Trophy at Footscray Meadows on January 11th.

The inclusion of women's events in the 1st World Master's Track and Field Championships to be held in Toronto from August 11th to 17th 1975 has already proved stimulating. Rosemary Payne and Maeve Kyle have expressed interest.

18

The Toronto programme includes the following women's events in all three classes (30-39, 40-49 and 50+):--

| | |
|-------|--------------|
| 100m | 5,000m |
| 400m | Marathon |
| 1500m | Walk (prov.) |

WOMEN'S MARATHON

The first women's international marathon was held at Waldniel, West Germany, on 22nd September.

The winner was West Germany's Liane Winter (32) in the excellent time of 2:50:31.

The over-30 World list is now as follows:--

| | | | |
|----|---------|-----------------------|-----------|
| 1. | 2:46:36 | M. Gorman (38) USA | 2 Dec 73 |
| 2. | 2:47:11 | M. Gorman (39) USA | 15 Apr 74 |
| 3. | 2:50:31 | L. Winter (32) GER | 22 Sep 74 |
| 4. | 2:54:28 | J. Ikenberry (31) USA | 12 Jan 74 |
| 5. | 2:55:12 | N. Kuscsik (35) USA | 15 Apr 74 |
| 6. | 2:58:09 | J. Ulyot (34) USA | 22 Sep 74 |
| 7. | 2:58:44 | M. Paul (36) USA | 12 Feb 74 |
| 8. | 2:59:53 | S. Monspert (30) HUN | 29 Oct 74 |

The fastest woman marathoner to date is Jacki Hansen (26) USA who recorded 2:43:54.6 at Culver City at the end of 1974. But she was only 5th at Waldniel.

Other finishers at Waldniel were, 20. Ruth Anderson (45) USA in 3:25:22 and 28. Catherine Smith (41) USA in 3:59:36.

VETERAN CLASS RECORDS

revised 31st December 1974

100 Metres

| | | | | | |
|----------------|-------------|----|-----|------|---------|
| <i>Class 1</i> | | | | | |
| 10.7 | T. Baker | 40 | USA | Kola | 13.9.72 |
| <i>Class 2</i> | | | | | |
| 11.4 | A. Juilland | 50 | USA | | 18.8.73 |
| <i>Class 3</i> | | | | | |
| 12.8 | V. McIntyre | 62 | USA | | 23.6.73 |

200 Metres

| | | | | | |
|----------------|-------------|----|------|---------|---------|
| <i>Class 1</i> | | | | | |
| 22.3 | D. Smith | 40 | USA | San. D. | 2.7.72 |
| 22.3 | G. Rhoden | 45 | Jam. | San. D. | 2.7.72 |
| <i>Class 2</i> | | | | | |
| 23.6 | A. Guidet | 55 | USA | | 24.6.73 |
| <i>Class 3</i> | | | | | |
| 26.6 | V. McIntyre | 60 | USA | Irvine | 25.6.71 |

400 Metres

| | | | | | |
|----------------|----------|----|------|------|----------|
| <i>Class 1</i> | | | | | |
| 49.7 | J. Dixon | 41 | GB | Lon. | 26.6.73 |
| <i>Class 2</i> | | | | | |
| 55.9 | J. McRae | 50 | Aus. | Syd. | 23.11.74 |
| <i>Class 3</i> | | | | | |
| 61.2 | L. Batt | 61 | GB | Lon. | 16.6.74 |

800 Metres

| | | | | | |
|----------------|-------------|----|------|--------|----------|
| <i>Class 1</i> | | | | | |
| 1:56.9 | G. Wise | 40 | Aus. | Syd. | 30.11.74 |
| <i>Class 2</i> | | | | | |
| 2:05.1 | W. Sheppard | 50 | Aus. | Lon. | 25.8.72 |
| <i>Class 3</i> | | | | | |
| 2:23.0 | B. Deacon | 61 | USA | Hawaii | 7.1.73 |

1500 Metres

| | | | | | |
|----------------|------------|----|------|--------|----------|
| <i>Class 1</i> | | | | | |
| 3:52.0 | M. Bernard | 40 | Fr. | Brux. | 20.6.72 |
| <i>Class 2</i> | | | | | |
| 4:14.6 | J. Ryan | 51 | Aus. | Syd. | 23.11.74 |
| <i>Class 3</i> | | | | | |
| 4:53.2 | W. Andberg | 61 | USA | Stock. | 31.8.72 |

3000 Metres

| | | | | | |
|----------------|------------|----|------|-------|---------|
| <i>Class 1</i> | | | | | |
| 8:22.0 | A. Mimoun | 41 | Fr. | St. M | 6.6.62 |
| 8:22.0 | L. O'Hara | 41 | GB | Lon. | 23.6.73 |
| <i>Class 2</i> | | | | | |
| 9:35.4 | J. Gilmour | 55 | Aus. | Perth | 2.11.74 |
| <i>Class 3</i> | | | | | |
| 10:50.0 | J. Berg | 62 | Ger. | Koln | 13.6.71 |

5000 Metres

| | | | | | |
|----------------|--------------|----|------|-------|---------|
| <i>Class 1</i> | | | | | |
| 14:10.0 | M. Bernard | 40 | Fr. | Paris | 29.7.72 |
| <i>Class 2</i> | | | | | |
| 15:54.0 | J. Ryan | 51 | Aus. | Syd. | 2.11.74 |
| <i>Class 3</i> | | | | | |
| 17:23.0 | E. Kruzycski | 63 | Ger. | | 9.9.73 |

10000 Metres

| | | | | | |
|----------------|--------------|----|------|--------|---------|
| <i>Class 1</i> | | | | | |
| 29:38.0 | J. Foster | 41 | N-Z. | N. Br. | 21.1.74 |
| <i>Class 2</i> | | | | | |
| 32:15.0 | A. Mimoun | 52 | Fr. | Chal. | 18.6.72 |
| <i>Class 3</i> | | | | | |
| 35:57.4 | E. Kruzycski | 62 | Ger. | Koln | 16.9.72 |

3000 S.C. (Open)

| | | | | | |
|--------|-----------|----|-----|-------|---------|
| 9:34.4 | M. Alonso | 43 | Sp. | La C. | 19.5.74 |
|--------|-----------|----|-----|-------|---------|

110 M. Hurdles (Open)

| | | | | | |
|------|-----------|----|----|------|--------|
| 14.4 | D. Finlay | 40 | GB | Lon. | 1.8.49 |
|------|-----------|----|----|------|--------|

400 M. Hurdles (Open)

| | | | | | |
|------|----------|----|----|-------|---------|
| 54.8 | J. Dixon | 41 | GB | Warl. | 25.7.73 |
|------|----------|----|----|-------|---------|

High Jump

| | | | | | |
|---------------------------------------|-------------|----|-----|--------|----------|
| <i>Class 1</i> | | | | | |
| 2.05 6 ³ / ₄ " | F. Nilson | 40 | Sw. | Ljun. | 25.9.66 |
| <i>Class 2</i> | | | | | |
| 1.73 5 ⁷ / ₈ " | O. Gillette | 52 | USA | Port. | 71 |
| <i>Class 3</i> | | | | | |
| 1.46 4 ⁹ / ₃₂ " | S. Thompson | 62 | USA | Hawaii | 26.10.72 |

Long Jump

| | | | | | |
|--|------------|----|-----|-------|---------|
| <i>Class 1</i> | | | | | |
| 6.94 22 ⁹ / ₃₂ " | D. Jackson | 40 | USA | Car. | 71 |
| <i>Class 2</i> | | | | | |
| 6.23 20 ⁵ / ₁₆ " | M. Morcom | 51 | USA | Los A | 17.6.72 |
| <i>Class 3</i> | | | | | |
| 5.04 16 ⁶ / ₁₆ " | M. Andors | 61 | USA | San D | 21.4.73 |

Triple Jump

| | | | | | |
|---|-------------|----|------|--------|---------|
| <i>Class 1</i> | | | | | |
| 14.41 47 ³ / ₁₆ " | H. Strauss | 40 | Ger. | | 16.5.71 |
| <i>Class 2</i> | | | | | |
| 12.04 39 ⁶ / ₁₆ " | G. Farrell | 54 | USA | Woodl. | 26.7.72 |
| <i>Class 3</i> | | | | | |
| 10.12 32 ² / ₃₂ " | S. Thompson | 62 | USA | Hawaii | 29.9.72 |

Pole Vault

| | | | | | |
|--|------------|----|------|-------|---------|
| <i>Class 1</i> | | | | | |
| 4.60 15 ¹ / ₄ " | R. Ruth | 44 | Can. | Gote. | 7.9.72 |
| <i>Class 2</i> | | | | | |
| 4.26 14 ⁰ / ₁₆ " | R. Morcom | 52 | USA | S-D | 8.11.73 |
| <i>Class 3</i> | | | | | |
| 3.90 12 ⁹ / ₃₂ " | H. Schmidt | 60 | Ger. | Duis. | 70 |
| | H. Schmidt | 61 | | | 71 |

Shot

| | | | | | |
|---|---------------|----|-----|-------|---------|
| <i>Class 1</i> | | | | | |
| 19.77 64 ¹ / ₁₀ " | P. Colnard | 41 | Fr. | Paris | 18.7.70 |
| <i>Class 2</i> | | | | | |
| 16.60 54 ⁵ / ₁₆ " | G. Ker | 50 | USA | Van-N | 7.7.73 |
| <i>Class 3</i> | | | | | |
| 14.47 47 ⁵ / ₃₂ " | K. Makzimezyk | 60 | GB | Lon. | 11.8.74 |

Discus

| | | | | | |
|--|---------------|----|------|-------|---------|
| <i>Class 1</i> | | | | | |
| 55.91 183 ⁵ / ₁₆ " | A. Consolini | 41 | It. | Ath. | 20.5.58 |
| <i>Class 2</i> | | | | | |
| 54.26 178 ⁰ / ₁₆ " | K. Joupila | 52 | Fin. | Hel. | 5.8.73 |
| <i>Class 3</i> | | | | | |
| 52.06 170 ⁹ / ₁₆ " | K. Makzimezyk | 60 | GB | Bris. | 11.6.74 |

Javelin

| | | | | | |
|--|----------------|----|-------|-------|---------|
| <i>Class 1</i> | | | | | |
| 74.48 244 ⁴ / ₁₆ " | J. Sidlo | 40 | Pol. | War. | 29.9.73 |
| <i>Class 2</i> | | | | | |
| 55.91 183 ⁵ / ₁₆ " | J. Stenzenieks | 50 | Chile | San. | 63 |
| <i>Class 3</i> | | | | | |
| 40.89 134 ² / ₁₆ " | K. Carnine | 64 | USA | Gresh | 15.7.72 |

Hammer

| | | | | | |
|--|-----------|----|------|-------|---------|
| <i>Class 1</i> | | | | | |
| 70.90 232 ⁷ / ₁₆ " | R. Klim | 40 | USSR | Len. | 26.7.73 |
| <i>Class 2</i> | | | | | |
| 55.90 183 ⁴ / ₁₆ " | K. Hein | 50 | Ger. | Hamb. | 20.9.58 |
| <i>Class 3</i> | | | | | |
| 42.36 138 ¹ / ₁₆ " | A. Tesija | 60 | Aus. | Melb. | 11.8.74 |

In Japan they beat dummies with bamboo sticks...



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

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Fitzgerald
says
there
oughta
be a law
against
him!



The most overused word in the vocabulary of our so called Sports writers in the National Press is 'phenomenal'. It has been used to describe so many athletes of varying talents, that it is a word I am now most wary of, but if anybody is deserving of this accolade it is Tom Buckingham, the Leamington wonderboy.

If this doesn't read like the usual tribute, I apologise. The fact is that I have suffered so many defeats by Tom over the last couple of decades that my admiration for him has become tainted by the frustrations I am continually experiencing.

Did somebody say "Sour Grapes"? Maybe, but how can I ever convince anybody that I am a long distance runner when I point out to them the man who invariably beats me? Few, if any, of our fraternity are built like Garth but Tom, who tips the scales at 124lbs (56Kg) in his boots, really looks like the man who gets sand kicked in his face in the Charles Atlas ads. I can still see the looks of incredulity on the faces of the Swedes when we tried to convince them that the little man dozing in the corner really was the same Tom Buckingham who had won the World over-50 Marathon Championships at Baarn and Skovde. He really should be known as the india-rubber man, as every time you think he is on the decline at last, back he bounces with yet another incredible performance.

I didn't take his run in the 25 Kilometres at the Isle of Man too seriously, as he was one of the unfortunates who missed the start and the torrential rain couldn't have helped his myopic vision. However, having beaten him by 7 minutes, I thought it reasonable to assume that I could hold him over the T.T. Course the following Monday. I really should have known better. Tom came past me up the mountain as if it wasn't there, and I thought I was having a good one! After crashing through the Maxol in 2 hrs 45 a week later, we met again in the inter-counties 10,000 Metres. Having run a similar distance in 80 odd degrees the previous day, I thought at least I had a good excuse for not winning, but Tom had a better one as he had participated in the Chigwell '10'. Once again Tom deflated my ego by beating me by 22 seconds. I finally got Tom off my back in July 1973, when he joined Norman Ashcroft's party for the U.S. Masters tour. There he similarly flabbergasted our American friends by placing fifth overall in the Masters Marathon in 2.46.33.2, beating Wayne Zook the first Class 2 American by 11 minutes. They can be excused for writing off what they saw as a mirage. I can hardly believe it myself. I have been watching Tom's posterior disappearing into the far distance for umpteen years, but am convinced it is all done with mirrors. He wrote to me from California saying that he had visited Disneyland. Disneyland should have visited Tom Buckingham! I replied immediately suggesting that he took out naturalisation papers, but to no avail. Tom returned to record his fastest time of the year (2.42.43.) in the Preston-Morecambe Marathon.

After a quiet winter, Tom again hit the highspots in the Worlds Vets Champs at Paris by finishing first Class 4 (55-59) in the slow time for him of 3.06.41 (80° temperature and 50% Cross Country course!) Unfortunately I can't really work up a hate campaign against him, as not only is he the toughest runner I know, but also the most unassuming.

coroebus says...

For so long now Toronto has been "next year", something we must soon start thinking about. When, bang! its January 1st and we have less than 8 months to the big line-up. Tour organisers must feel that they have even less time, so help them out by making your decisions right now.

The Games were originally scheduled to take place at the stadium sited within the grounds of the Canadian National Exhibition, but the authorities decided to remove the track and cover the whole arena with artificial turf for all-purpose use. This was the reason for switching to the Etobicoke Stadium on the outskirts of Toronto. I understand that the new venue is superior to that at the C.N.E. but, on the debit side, there will be greater transportation expense (and time) and the loss of potentially large crowds from "walk-in" C.N.E. tourists. But there will still be close links with the C.N.E. (after all, they are one of the principal sponsors) and the organising committee will no doubt be staging some event or other within the C.N.E. grounds. Either way, competitors will still have their C.N.E. passes.

The threshold age for women veterans in Britain is 35 years. I'm not quite sure why it should be less than the men's; after all, their life expectancy is supposed to be 6 years longer (74 to 68)! But I go along with the earlier start for all that, as five years can make a big difference to a movement which has little more than a toe-hold in women's athletics. However, '35' doesn't seem to have the same magical ring as '40', and perhaps that's why Joyce Smith (36) crept across the women's threshold without anyone really noticing. Reporting on the final of the European Games 3,000 metres in Rome, in which Joyce gained the bronze behind Holmen (Finland) and Bragina (USSR), Mel Watman of *Athletics Weekly* wrote:

"When Joyce Smith narrowly failed to make the 1960 Olympic team as an 800m runner it would have seemed a far fetched notion to suggest that 14 years later she would, after all, get her chance of running in a major championship in Rome—and to be a medal contender at that! In 1965 she stated that she would compete for 'at the most two more track seasons' and it looked as though a useful, but internationally undistinguished, career was nearing its end. As is a woman's prerogative she changed her mind and British athletics has been much the richer for

that decision. Joyce came back a much improved runner after the birth of her baby in 1968 and her career took on a firmer resolve when the 3,000m event, for which Joyce was ideally suited, became an accepted event. She held the unofficial world's best for a while and earlier this summer became the fourth woman to better nine minutes."

I wonder how many other "Joyce Smiths" there are languishing in retirement without realising that there is still plenty of time to realise a potential which may not have been fully exploited. Or, in even simpler terms, they might enjoy another fling at athletics even more now.



JOYCE SMITH

Eunomn McCabe

Once again Christmas morning saw a whole range of running events being staged. Many were held in the true festive spirit, with seasonable refreshments following the competition. The events themselves were also unusual—paarlauts, relays, handicaps etc—and the ingredients of this Christmas Day mixture make for a popular occasion. But if you are looking for an event even more way out, then how about getting into training for the "Eye-Opener" next Christmas? What is it? Well, Canada's Bruce Kidd dug out the following account (written in 1925) of the "Eye Opener" race of 25th December 1906, to give you an idea.

"The Eye Opener road race of 1906 was in the nature of a Novelty Race, and afforded intense amusement to the populace. Contestants started from the corner of First Street East and Eighth Avenue,

to rather unique conditions. At the crack of the pistol they were off in a bunch, with a contestant from High River slightly in the lead and the Olds entry close up.

"Running west up the avenue, according to the terms of the race, the contestants raced up to the Royal Hotel, where each had to drink a glass of whisky at the bar; thence helter-skelter up the street to the Alberta, where a snort of dry gin was the next condition laid down; from there they flew round the corner to the Dominion and put away a schooner of beer, speeding on and on from bar to bar the whole length of Ninth Avenue, drinking horn after horn, no two alike. A corps of umpires followed the runners the whole length of the course. Rounding into Eighth Avenue, it was noticed that only three were left in the race, and these just barely managed to make the Queen's Hotel. Only one emerged ten minutes later to finish the race. He had just one block go, and it was indeed fortunate for him that Eighth Avenue is a narrow thoroughfare, for he came along bumping against the buildings on either side and stotting from one side of the street to the other. This was the only thing that kept him on his feet. He was the Macleod entry, and had been training for just such an event as this for years." You can't keep these Scots out of anything!

In VETERIS for May 1973 I compared the English E.C.C.U. 'National' of 1958 with the British Veterans 'National' of 1973, as the two results made interesting reading. With the inter-counties cross-country championships being held this month, Alan Hughes of Rochdale was prompted to look up the result for 1955 as a "where are they now?" exercise. The race was won by Ken Norris (now the 'walkietalkie' man at major meetings) from Ken Gates, who still runs regularly and coaches the youngsters at Liverpool Pembroke but never competes. Sixth was the redoubtable Gordon Pirie (now orienteering in New Zealand) and ninth Eddie Kirkup who was improving rapidly during a comeback a couple of years back but has now slipped from the scene. The others who still give their shoes an airing finished in that 1955 race as follows:—

| | | | |
|-----------------------|-------|-------------------|-------|
| 7 R. Stonehouse | 38:24 | 75 C. Simpson | 40:42 |
| 8 R. Hatton (now USA) | | 79 L. Orton | 40:47 |
| | 38:27 | 83 C. Kemball | 40:52 |
| 13 A. Perkins | 38:35 | 89 D. Crook | 40:58 |
| 18 J. Salt | 38:42 | 98 K. Rickhuss | 41:13 |
| 25 M. Jackson | 38:58 | 100 M. Aitkinson | 41:15 |
| 27 M. Baker | 39:00 | 118 J. T. Keily | 41:45 |
| 32 G. Freeman | 39:16 | 129 E. Richardson | 41:57 |
| 33 J. Haslam | 39:17 | 135 W. Aston | 42:03 |
| 34 M. Barratt | 39:18 | 174 P. Dyer | |
| 36 A. G. Person | 39:20 | 189 R. Franklin | |
| 37 A. Hughes | 39:21 | 196 G. W. Coleman | |
| 53 P. Wilkinson | 39:57 | 227 H. Soper | |
| 58 G. Phipps | 40:04 | 246 S. Izzard. | |

I wonder how many in this month's race will still be running in 20 years time.

I hear that quite a few wives of veterans going to Toronto have gone into training for the 1500m and 5000m races. Sounds to me as though their husband's bluff is being called. "If you're going to Canada, why

can't I?" was the probable response when hubby announced his decision on Toronto. "Only those who have done the qualifying standard are allowed to go my dear—no visitors", says our veteran with tongue in cheek. "Qualifying standards eh? Well no standard's keeping me away from Toronto. You can cook the dinner while I go out for a run."

There should be some good results too, as the standards they are attacking are for men anyway!

Fifty years old JIM CADDY of Cleveland, England, has been awarded his club's "Most improved Athlete of the Year" award. To win such an award as you enter your second half century of life must surely be a record in itself. It also poses the question, how long has Jim Caddy been at it? Well, it was just four years ago that Jim was asked to run for his works team in a cross-country race. As he was given plenty of notice (3 months) he thought it was a worthwhile challenge and, despite the leg-pulling and scoffing, set out to do a bit of training in preparation for the longest run of his life so far—4½ miles. It was the preparation, rather than the race itself, which hooked Jim, so he joined his local harriers club.

Encouraged by his improving fitness and enjoying the comradeship of his club mates, Jim gradually moved out in distance until he was ready for his first marathon—the 1973 "Harlow". He finished 177th in 3 hours 15 mins.

This year saw his fiftieth birthday and a will to celebrate it with a sub 3 hour clocking. In the "Poly" he missed it by 41 seconds, but then hit the jackpot at Harlow in October when he ran a fine 2:48:00. Many men of Jim's age have run faster than that, of course, but they have generally had many years of training behind them.

The interesting point is that 2:48:00 was good enough to win most marathons 25 years ago. Has Jim's potential declined over the years as much as that of active athletes, or is this yet another example of a late-starter being able to draw on what seems to be an untapped reservoir of potential?

This question of late-starters in running appearing to be blessed with an advantage over their contemporaries who have kept going for decades, is one of several phenomena in veteran activity which justifies medical research. Unfortunately, the medical profession is usually pre-occupied with treating symptoms rather than causes, and attending the sub-normal rather than researching, and learning from, the super-normal.

Professor Sidney Rose, a surgeon and director of Manchester City Football Club, was quoted in the Sunday Times recently as saying "In 30 years as a player and then a director, I have seen as many players leave the game after the attention of surgeons as from injuries received from playing the game". His despair originated from the failure of the British Association of Sport and Medicine and the Institute of Sports Medicine to get together this last 12 years and cease floundering around in a very amateur way. Well, you could have fooled me. I didn't even know they existed!

Spotlight on John Gilmour

By Chuck Poller

By the side of the Swan River in Perth, Western Australia, catching the cool breezes blowing up from the Indian Ocean, is an uneven area of grass with a 400m track marked on it. Almost any evening of the week around 5.30 p.m. there will be between 30 to 80 male and female athletes training there. One of the few onlookers will be John Gilmour. He, being one of the early birds, will have finished his training stint of not less than ten 1000m laps along the south bank of the river and back along the line of gum trees. He will be standing just to one side of, but close to, the first hurdle in a flight of five, watching, perhaps, Kerry O'Connell, former Australian Junior 200m hurdler (now in her first season as a senior and already State Senior 400m Open Record breaker), or a completely 'green' long legged youth, nervously trying in his run-up to put his right foot on the leaf John has strategically placed for him; and to all his proteges he gives gentle words of advice, coaxing skills out of them they never knew they had, and being ever patient with their temporary failures. Often he will be interrupted by respectful sprinters and long distance runners asking "What shall I do now, Mr Gilmour? I've finished my 10 poles" or "I think I've pulled a muscle. What do you think I should do about it?"

John Gilmour, you see, is athlete, coach, father-confessor and gentleman and, for your correspondent, is world-ranked in them all. He is not tall, not strong (except in the heart and legs) and, less obvious, recognizes each of the athletes around him by their bulk or lack of it, their stance or style of running, by the clothes they wear or by their voices—because, except when up close to them, he doesn't see their features well enough.

Though born in Scotland of the McWhirter and Gilmour clans, John, with his parents, emigrated to Welshpool, Western Australia as a toddler of 2½. It wasn't long however before he was running to school 3 miles away, both ways, every day, wet or fine, 8°C or 35°C! Soon he was making school athletic history by becoming its long distance champion, and runner up sprinter champion. Then an out-of-school-hours sport grabbed him and he became a junior soccer player, his speed and stamina making up for his slight frame and pushing him into local fame as Fremantle's top goal scoring centre forward. It was seeing his verve and dash in one such soccer match that prompted famous WA Australian Rules football player (and later Perth coach) Ern Henfrey to suggest that John join the local athletic club as the training would help his starting speed and provide a Summer keep-fit outlet. So he did.

Meanwhile the war was pushing its dark clouds nearer to the usually cloudless skies of the Southern hemisphere, so in 1941 our man in the spotlight joined the 2/4th Machine Gun Battalion, moving 60

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|---|------------|--|
| Born: 3rd May 1919 | | |
| Place: Ayrshire, Scotland | | |
| Height: 5'7" | | |
| Weight: 132 lbs. | | |
| Pulse at Rest: 45 | | |
| Occupation: Gardener | | |
| Clubs: Canning District, WA Marathon, WA Veterans | | |
| Personal Bests | 50-54 | 55 |
| 1500m | | 4:32.3 WR 4:28.1 Awaiting Ratification |
| 3000m | 9:30.6 WR | 9:35.0 WR |
| 5000m | 16:05.8 WR | 16:14.0 WR |
| 10000m | 33:00.8 | 33:40.0 WR |
| 2 miles | 10:02.0 | |
| 10 miles | | 55:37.0 WR |
| 15 miles | | 84:15.0 |
| Marathon | 3:08.00.0 | 2:44.12.6 |
| 1 hour | | 10 mls 12'26 yds 2 ft WR |

miles East to Northam to start his Army training. His athletic training was not neglected, however, and he was soon the Army, Navy, and Air Force 3 mile cross country champion. State-wise he won the 440 and 880 yards titles from the then WA Champion Don Barrett-Hill—and the weeks rolled on.

Things were looking good to the bright eyed, 23 year old champion runner John Gilmour, especially the prospect of seeing some of the world with his posting to Singapore. When the Japanese over-ran the peninsular, however, John found he was *not* in the running. Well, it wasn't long before he decided he ought to be. Getting together with another WA athlete in the POW camp, a hundred yard track was created—by chopping down a number of Singapore's famous hibiscus hedges, moving some paving slabs from a path to cover the drains that happened to get in the way of the run, and topping the slabs with turves that they 'scrounged' from adjacent lawns!

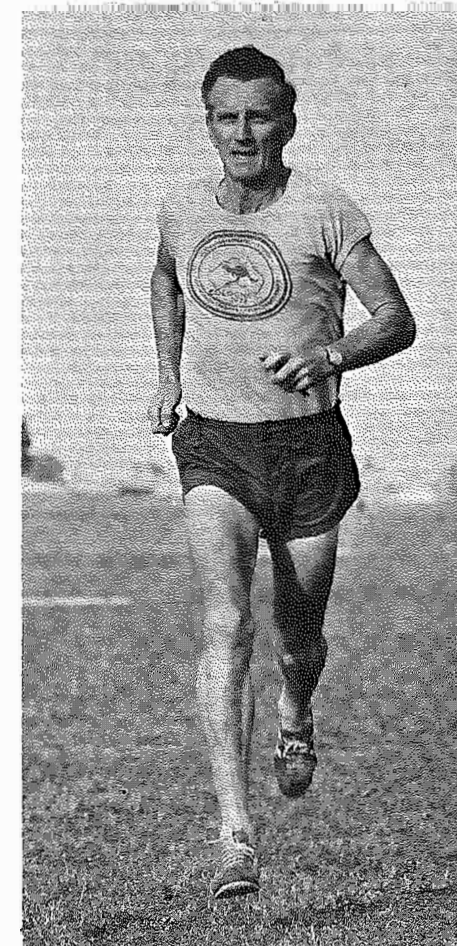
The Japanese CO might have put them on bread and water for the duration but he was so amazed at their audacity that he just nodded admiring assent when, after their explanations about it all being designed to help the POWs keep fit, the two went on to ask his permission to hold a sports day! It was a great success—for the athletes, the entertained onlookers (Japanese guards included) and the inevitable Aussie POW bookmakers (who made a 'bomb'). Several 'Olympic' type sports days followed with volley ball, wrestling, two up, even frog jumping events supplementing the running. They were the good days, but they were not to continue for long, alas. Following their refusal to sign a "I won't try to escape" affidavit, discipline for the POWs tightened

and the restrictions mounted.

Although the prisoners, including John, tried to keep fit, the low calorie, vitamin deficient rations handed out to them began to take its toll. Deprived of nourishment, their bodies failed to stand up to even a minor training pattern. As malnutrition symptoms worsened, John, like so many of the POWs around him, became increasingly troubled by skin problems, rashes, styes, and cuts and abrasions that would not heal. The styes were particularly troublesome. Two of John's friends went completely blind because of them and John, in a very bad way himself with the styes as well as with severe malnutrition, was admitted to hospital. Only the timely arrival of a South African Red-Cross ship with food and vitally needed medical supplies saved him from a complete breakdown and blindness but the optic nerves were by then permanently damaged and his sight badly impaired. Nevertheless, when the POWs were transferred to Kobe, Japan, John was made to work like the rest, and over the next three years he toiled from dawn to dusk, first in an oil factory, then in a graphite factory or on the docks, unloading ships and loading railway trucks, his living space in his 'free' dark hours being the size of his bed!

Altogether he was a POW for 3½ years and on being freed and discharged was only a shadow of the fit and happy young man who had joined the forces in 1941. It was now 1946 and he was 27 and far from fit—but if people thought his athletic days were over they were never more mistaken in their lives. In spite of his doctor's advice and that of well meaning friends and his worrying relatives, John took up his training schedule and smiled his thanks for people's concern. Able to see the track lines and run between them; able to follow flags (if there were enough of them for fairly close spacing) he worked his way back to athletic fitness and success.

In that first year, 1946, he won the State 440 yards title and ran second in WA's first ever 15 miles road championship. In 1947 he set new State times for the 6, 7, 8, 9 and 10 mile events. In 1948 he ran 15 miles in 1h. 28 mins to take the State Title—and he went on running; representing Western Australia 5 times up to 1961, after which he was considered too old by the selectors! He had been running in spite of his doctor who had said his war damaged body could not go on standing the further punishment his training programme was putting on it. His relatives and friends had continually worried because his poor eyesight had often led him into difficulties in the cross country events (he had gone off course on more than one occasion and had nearly beheaded himself with a low wire on another—but he had kept coming back, to his own, his club's and his State's glory). Yes he had triumphed. He had had a wonderful and rewarding athletic career. Was it now to end because he was 43? Not if John Gilmour could help it. He was sure he had something to put into athletics for all the pleasure he had got out of it. He was already coaching youngsters in long distance running but broadened his coaching base with study and also took on administrative duties—and continued running, because, 'has-been' according to age or not, he was still among the best half-dozen long distance runners in the State.



Then came the world-wide surge of interest in veterans athletics and John suddenly saw there were age group Australian and perhaps world records he could aspire to. His subsequent achievements put him into the local spotlight, then the Australian and finally the world spotlight.

Apart from beginning to set world times from his 52nd year onward, he was still achieving personal bests in distances he had been running all his life! When he was 53 he bettered by 2 minutes his 15 mile road championship winning time of 1:28:0 in 1948! When he was 54 he knocked 1 minute off his State Record time of 57:18:0 for the 10 mile event 26 years earlier! Recently he ran a marathon faster than his p.b. set 18 years ago!

Entering the new veterans age group of 55-59 in May 74 he proceeded to attack its records with more than passing success—and he won't be satisfied, this writer is certain, until he has beaten or got pretty close to most of them. As proof of his supremacy in Australia, in 1974 he came 1st in his age group and

Cont'd on page 45. 25

World news and results

Australia

The Australian National Veteran Association's selectors, Jack Pennington (Canberra), Wal Sheppard (Melbourne) and Logan Irwin (Sydney) have set a surprisingly tough set of standards for their World Games team. It appears that a quality team will be more likely to obtain a Federal Government grant towards team expenses—recent indications suggest a travel subsidy in the region of 30% to 50%. This does not preclude anyone competing, but seems to mean that those who do not make the "official" team will stand their own costs.

JACK PENNINGTON writes:—

"In compiling these standards the selectors have taken into account,

- a linear loss of performance with age
- the depth of our performances

| Event | 40/44 | 45/49 | 50/54 | 55/59 | 60/64 | 65 & Over |
|------------|-----------|-----------|-----------|------------|-----------|-----------|
| 100 m | 12.1 | 12.6 | 13.3 | 14.2 | 15.3 | 16.3 |
| 200 m | 25.0 | 26.3 | 27.8 | 29.5 | 31.3 | 34.0 |
| 400 m | 54.5 | 57.0 | 60.0 | 64.0 | 68.0 | 74.0 |
| 800 m | 2:05 | 2:10 | 2:17 | 2:27 | 2:36 | 2:45 |
| 1,500 m | 4:18 | 4:30 | 4:48 | 5:07 | 5:30 | 6:00 |
| 5 Km | 15:40 | 16:25 | 17:15 | 18:10 | 19:20 | 21:00 |
| 10 Km | 33:45 | 34:55 | 36:30 | 38:30 | 41:30 | 45:45 |
| Marathon | 2 hr 45 m | 2 hr 55 m | 3 hr 05 m | 3 hr 20 m | 3 hr 40 m | 4 hr 00 m |
| 5 Km Walk | 25:00 | 25:30 | 26:15 | 27:15 | 28:30 | 30:00 |
| 25 Km Walk | 2 hr 20 m | 2 hr 22 m | 2 hr 26 m | 2 hr 32 m | 2 hr 40 m | 2 hr 50 m |
| 110 m H | 17.0 | 18.0 | 19.5 | 21.5 | 23.5 | 26.0 |
| 400 m H | 61.0 | 63.0 | 66.0 | 70.0 | 75.0 | 80.0 |
| 3 Km S/C | 10:40 | 11:00 | 11:30 | 12:15 | 13:15 | 14:00 |
| H.J. | 1.60 m | 1.55 m | 1.50 m | 1.45 m | 1.40 m | 1.35 m |
| L.J. | 5.50 m | 5.35 m | 5.10 m | 4.70 m | 4.30 m | 3.70 m |
| T.J. | 11.00 m | 10.40 m | 9.90 m | 9.20 m | 8.40 m | 7.40 m |
| P.V. | 3.25 m | 3.05 m | 2.80 m | 2.55 m | 2.30 m | 1.80 m |
| | 40/44 | 45/49 | 50/54 | 55/59 | 60/64 | 65 & Over |
| Shot | 16 lb | 12 lb | 12 lb | 8 lb 30 oz | 11.00 m | 10.50 m |
| Discus | 2 Kg | 1.6 Kg | 1.6 Kg | 1 Kg | 36.00 m | 35.00 m |
| Javelin | 800 g | 800 g | 800 g | 600 g | 48.00 m | 45.00 m |
| Hammer | 16 lb | 12 lb | 12 lb | 12 lb | 42.00 m | 40.00 m |
| | 40.00 m | 38.00 m | 34.00 m | 31.00 m | 38.00 m | 36.00 m |

STAN NICHOLLS (62) of Ballarat Harriers, who ran in the Empire Games of 1938, recently won his club's 10,000m track championship in 38:28—44 years after he first annexed the title. He has also removed the name of Norman Bright (USA) from two events in "Age Records"—3,000m steeplechase (12:45.0) and 3,000m flat (11.08)

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c) a comparison with overseas performances

d) an improvement in standards during 1975.

We have concerned ourselves with the need to obtain national recognition and financial support for a team which will be worthy of representing Australia. Attainment of the standards does not mean automatic selection. Similarly, special consideration might be given to 49 and 59 years old athletes.

All applications for consideration to be submitted via Club Secretaries, ratified by two Club officials, as a bona fide performance, particularly as to lap scoring, and details of weather assistance or track conditions in sprinting and jumping, or vice versa in the circular events.

The performances after January 1, 1975 are to be submitted without delay."

The 1975 standards are as follows:—

John Gilmour (55) finished 4th in the Western Australia 15 miles road race with 84:15—nearly 4 minutes faster than when he won the title in 1948.

John also annexed another age-best when recording 10 miles—1296 yards for a 1 hour track race. In the State '10' he finished 8th (55:37).

FIVE NEW AUSTRALIAN WORLD RECORD HOLDERS

Australia's great strength in the track events between 400m and 5,000m, particularly at Class 2 level, was highlighted yet again during the month of November when five athletes scooped no less than six world marks. Pride of place must surely go to Jack Ryan (51) who set new class 2 marks in the 1500m and 5,000m with formidable times

| | | | | |
|-------|---------|------------|------|---------|
| 400m | Class 2 | J. McCrae | (50) | 55.9 |
| 800m | Class 1 | G. Wise | (40) | 1:56.9 |
| 1500m | Class 2 | J. Ryan | (51) | 4:14.6 |
| 3000m | Class 2 | J. Gilmour | (55) | 9:35.4 |
| 5000m | Class 2 | J. Ryan | (51) | 15:54.0 |
| 5000m | Class 4 | R. Barlow | (70) | 21:36.0 |

Merv Jenkinson, the over-60 Aussie champion at 800m and 1500m won the Queensland Veterans Club cross-country title for the over-50 class from Keith Bell (50).

WAL SHEPPARD, Secretary of the Australian Veterans, reports on his recent trip to Canada.

Toronto is a well laid out city with a population about 3 million. It has an extensive freeway system which makes it possible to travel quickly from one section to another. It is also served by an efficient tramway and underground railroad which are subject to a uniform charge of 30 cents per journey.

TRACKS: Due to a change in plan by the C.N.E. (Canadian National Exhibition) who are converting their stadium for the introduction of a major Baseball Team, the track events will not be held there as originally planned.

Preliminary events will be conducted at the University of Toronto cinder track which has only 5 lanes. The surface is in reasonable shape and with some attention will be satisfactory. Some time ago Ron Clarke ran a 13.07 three mile while Jim Beattie recorded a mile in 3.52 on this track.

The main events will be held at an all weather track at ETOBICOKE a suburb about 12 miles from downtown Toronto. This was the venue for the recent Pan-Pacific Games at which an Australian Team competed.

The surface at ETOBICOKE (pronounced Ettobico—accent on the last syllable) is superior to C.N.E. and the jumping and throwing areas are far

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|-----------------------------|---------------------------|-------------------------------------|
| 24th August 1974 | 22nd September 1974 | King of the Mountain Race (7 miles) |
| 15 Km Cross-Country | City to Bay Fun-Run | 1 W. Beames 44:54 |
| 1 R. O'Neil 55:54 | Over 1000 ran. | 2 R. Neil 45:01 |
| 2 W. Beames 57:43 | Over 40 | 3 R. Sutcliffe 46:10 |
| 3 R. Sutcliffe 58:12 | R. O'Neil 39:40 | 4 L. Hart 50:44 |
| 4 R. Clarke 58:47 | R. Clarke 40:54 | 5 M. Cubitt 52:04 |
| 5 T. Read 59:04 | H. Wheeler 41:00 | 6 D. Campbell 52:48 |
| 6 R. Sara 64:32 | Over 50 | 7 B. Fiegert 54:45 |
| | W. Beames 40:07 | 8 R. Ferris 56:30 |
| | W. Caudle 43:26 | 9 A. Digance 63:01 |
| 4th September 1974 | Over 60 | 2nd November 1974 |
| One Hour Run (cinder track) | A. Digance 51:08 | A.C.T. Results (Grass) |
| waterlogged | | 400 m |
| 1 R. O'Neil 9 m 1504 yd | | K. Ferguson (40) 58.1 |
| 2 W. Beames 9 m 1486 yd | 16th November 1974 | 3000 m Walk |
| 3 R. Clarke 9 m 143 yd | 1500 m | P. Waddell (41) 14:54 |
| 4 D. Paul 9 m 389 yd | J. Pennington (52) 4:35.8 | |

better. The jump run-ups have tartan surfaces. Although the C.N.E. has far more extensive covered stands, overall the Etobicoke track seems the better venue.

ACCOMMODATION: There is scope for about 3000 persons, including 2000 athletes, and it will be obvious that everyone will not be able to be allocated perfectly suitable rooms. From our inspection we feel that the rooms will be quite clean and comfortable.

Available at the University for the use of guests is an indoor track, a gymnasium and a swimming pool. In addition there are many grassed areas suitable for training.

CROSS COUNTRY: The choice has been narrowed down to about three possibilities. All are in extremely picturesque settings but none could be considered really tough. However each of them could be a reasonably testing course particularly if some fences are introduced. There are some hills in each course but although fairly steep are not over long. Only one features a creek crossing but in August water-flow would be limited.

MARATHON: Still to be decided but opinion was firm that a flat course would be chosen.

AMATEUR STATUS: The Canadian Committee re-affirmed that the meet is sanctioned by the Canadian Track and Field Association, the national amateur body, and will be under I.A.A.F. rules. In view of the number of athletes expected to compete (2000) an individual check is almost impossible.

Advice will be sent to the U.S. Masters re-iterating that I.A.A.F. rules will apply and similar advice will also be sent to an Australian Professional body "Australian National Athletic League" who have been approached by David Pain.

To further clarify the scene I may take the matter up with our A.A.U. Secretary requesting that he raise the matter of U.S. Amateur Athorities issuing "local amateur cards" to foreign athletes.

I have been assured however that the statement by the Canadian authorities that the meet will be conducted under I.A.A.F. rules should be adequate protection for us. We are entitled to assume that the Canadians are applying their conditions properly.

CANADIAN COMMITTEE: I was able to attend a committee meeting and was impressed with progress being made and the way members are tackling their various tasks. A good meet seems assured. It is their intention to have a relaxed but well conducted meet without too much red tape.

Canada

During this year, although Masters events will continue to mushroom all around the globe, preparations for, and final realization of, the First World Masters Meet here in Canada will be the focus of all activities and many emerging facets of our sport show that all roads will lead to Toronto in August, 1975.

The big news this month is that the Provincial Government of Ontario has granted us \$50,000.00 towards the running of the meet and the Federal Government have told us (verbally) that they will also be supporting us, although not approaching the amount of the Provincial Government. These amounts, of course, will not fulfil our budget, but together with the C.N.E. sponsorship and other funds, it gives us the basis with which to plan. In addition, it lends us considerable credence in our forthcoming approaches to industry and to individuals for more sponsorship or assistance.

At the time these commitments are forthcoming, we are engaged in arranging such matters as accommodation, transport (within Toronto, estimate \$23,600.00), the banquet (\$46,000.00), the awards (\$7,000.00), tee shirts (\$15,000.00) and many other items.

Our next brochure, which will give full details of accommodation and outline various changes from the previous, will be sent out, together with the entry forms this month and to handle this work, we will have an office and secretarial help at Sport Ontario, 559 Jarvis St., Toronto (416) 964-8655 from 1st of January, 1975.

For the track events and marathon we have been assured of Olympic officials whose transportation and housing costs will be met by the Federal Government so that a get-together may be achieved, with Montreal '76 in mind.

Meanwhile the list of "interested" grows daily. Twenty four countries have written and we could well have 2,000 competitors, plus families, to deal with. Apart from a large number of Canadians and Americans we have tentative estimates of 400 Swedes, 200 Australians, 200 British and 70 Yugoslavs. Estimates from New Zealand and South Africa are yet to come. Unfortunately we have not yet had significant reaction from Germany, France, Holland, Belgium and Switzerland; so readers with contacts of their own in these countries are requested to give the Championships further publicity. It is desirable for each country to have its own party organiser.

George Arnold has relinquished his job as Meet Director. We are indebted to him for setting matters in motion. The new Meet Director is Ken Twigg who has masterminded the Maple Leaf Games and many other large meets and who, coincidentally, was the first to discuss with David Pain the possibility of the World Masters Meet being held in Toronto. We are fortunate that Ken's commitments allowed him to accept the job.

The additional women's events and men's relays

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were listed in the last edition of VETERIS. Since then a men's pentathlon has been introduced for each division up to 3B+. The events will be held on the morning of Tuesday, 12th August, and they are long jump, discus, 200m, Javelin and 1500m.

Two top-quality perpetual cups have been donated for competition by National teams in the cross-country and marathon events (to be held until the next World Masters event).

Ken Richardson has set up a special tour to New Zealand for the N.Z. Masters T & F championships at Queen Elizabeth Park Christchurch (where the Commonwealth Games were held).

Dates 20th March to 10th April inclusive (22 days). Fantastic sightseeing in North and South Island as well as outbound 2 days in Fiji and 3 days in Tahiti on return. Cost Vancouver return including air and ground transport, hotel accommodation, entry fees, 15 meals and much else \$1,495.00. Write to Ken c/o Cramond Travel, 4156 E. Hastings St. North Burnaby, B.C. Tel (604) 291-9961.

Wai Sheppard, Australian Veterans Manager spent a couple of days in Toronto, ran Sunnybrook Park and showed us how to run a 600 in Varsity Stadium, but also attended one of our meetings and added much to it as well as touring the U. of T. accommodation. The Australian team will be a great one next year. Amongst others it will include Alby Thomas, former World 2 mile record holder, who also helped Herb Elliot to his World record mile in Dublin.

DOYLE WINS SPRINGBANK MASTERS

The Springbank Road Races held on 29th September, despite some dirty, wet, windy weather, proved a greater success than ever. John Doyle (Windsor) scored a convincing victory over Arthur Taylor, and battling 3rd and 4th places Bob Bowman and Bill Allen; whilst the U.S. invasion was squeezed out just as convincingly. We hope that next year's masters event will contain an over 50's division.

| | | | |
|----|---------------------|------------------------|---------|
| 1 | John Doyle 40 | Windsor YMCA | 30:31.2 |
| 2 | Arthur Taylor 47 | Kitchener Waterloo TC | 30:47.4 |
| 3 | Robert Bowman 43 | London Western TC | 30:48.6 |
| 4 | Bill Allen 43 | Toronto Fitness | 30:50 |
| 5 | Bryan Martindill 42 | Hamilton OC | 31:05 |
| 6 | Bob Lazenby 42 | Kitchener Waterloo TC | 31:42 |
| 7 | Clifford Hall 48 | Metro Toronto Fitness | 31:44 |
| 9 | Jerry Gonzer 40 | London Pacers | 32:07 |
| 10 | John Kendall | Burlington Family YMCA | 32:16 |
| 11 | Lorne Buck 40 | Metro Toronto Fitness | 32:26 |
| 16 | Bill Salter | London Pacers | 33:13 |
| 18 | Douglas Beatty 43 | Metro Toronto Fitness | 33:22 |
| 19 | William Cameron 48 | Metro Toronto Fitness | 33:31 |
| 22 | Bruce Wallace | Kitchener Waterloo TC | 33:53 |
| 23 | Doug Wolfe | Kitchener Waterloo TC | 34:05 |
| 24 | Jack Reid 45 | Kitchener Waterloo TC | 34:06 |
| 26 | Brian Oxley 40 | Metro Toronto Fitness | 34:18 |
| 27 | Frank Galata | Metro Toronto Fitness | 34:19 |
| 30 | Ralph Lang | Metro Toronto Fitness | 34:34 |
| 31 | Art Rappich 43 | Metro Toronto Fitness | 34:59 |
| 34 | David Milne 43 | Metro Toronto Fitness | 35:39 |
| 35 | Bill Hewitt | Windsor YM YWCA | 35:46 |

| | | | |
|----|--------------------|------------------------|-------|
| 36 | William Armstrong | Uxbridge Optimists | 35:54 |
| 41 | Alastair Lynn | Metro Toronto Fitness | 36:54 |
| 44 | Brian Wakeford | Metro Toronto Fitness | 37:10 |
| 46 | Bob Madeley 50 | Toronto OC | 37:26 |
| 47 | George Gluppe | Metro Toronto Fitness | 37:27 |
| 50 | Reg Rollason | unattached, London | 37:52 |
| 51 | Alan Taylor | Burlington Family YMCA | 38:02 |
| 53 | Don Farquharson 49 | Metro Toronto Fitness | 38:28 |
| 55 | Bud McConnell | Metro Toronto Fitness | 38:50 |
| 56 | Elwyn Davies | Metro Toronto Fitness | 38:52 |
| 57 | Len Smolders | London Pacers | 38:54 |
| 60 | Fred Klason | | 39:13 |
| 61 | Raymond Webster | Canadian Masters ITT | 39:17 |
| 66 | Whitely Sheridan | Hamilton Athletic Club | 40:03 |
| 74 | Ken Hignell | Metro Toronto Fitness | 44:56 |
| 78 | George Pattison | Burlington Family YMCA | 48:08 |
| 79 | John Young | Metro Toronto Fitness | 49:55 |

| | | | |
|----|--------------------|---------------------------|---------|
| 24 | Roy Cowell | 106 Ham. AC | 3:26:02 |
| 25 | Bill Hewitt (50+) | 110 Windsor Y2nd over 50 | 3:27:13 |
| 26 | Fred Pritchard | 113 Ham. AC | 3:29:22 |
| 27 | Aaron Kazdan 50+ | 1120 MRFC 3rd over 50 | 3:37:16 |
| 28 | Jack Webb (50+) | 121 MTFC 4th over 50 | 3:39:32 |
| 29 | Alan Taylor | 122 Burl. Y 5th over 50 | 3:39:32 |
| 30 | Judith Kazdan(50+) | 147 MTFC 1st lady over 40 | 4:08 |

MASTER TEAMS

| | |
|---|---|
| 1 | KWTC (Taylor, Lazenby, Reid) 56 |
| 2 | London Pacers (Gonzer, Bowman, Salter) 91 |
| 3 | M.T.F.C. (Hall, Cameron, Milne) 119 |
| 4 | Burlington Y (Smith, Kendall, Skolik) 125 |

...AND AGAIN!

16th November
4Km C.C. event. Held after Canadian 'National'

This event was inserted after the main program had been arranged, hence the limited time dictated a short race. Since this was but a segment of the complete course, it proved rather too easy a course. Nevertheless the turnout was good and the organization excellent. Arthur Taylor ran into a lead during the initial circuit of the field and maintained it down through the woods, up Hydro Hill, back through the woods and back to the finish despite strong efforts from John Doyle who in turn beat Canadian 800 & 1500M champion, Ed Whitlock, in a very fast race.



| | | |
|----|-----------------------------|---------|
| 1 | Arthur Taylor (KWTC) | 12:27.6 |
| 2 | John Doyle (Windsor) | 12:38.6 |
| 3 | Ed Whitlock, (Montreal) | 12:48.2 |
| 4 | Bob Bowman, (W'stock) | 12:54 |
| 5 | Cliff Hall (MTFC) | 13:01 |
| 6 | Bryan Martindill (HAC) | 13:04 |
| 7 | George Milne (U of T) | 13:16 |
| 8 | Doug Beatty (MTFC) | 13:17 |
| 9 | Frank Galata (MTFC) | 13:31 |
| 10 | Tony Giblin | 13:43 |
| 11 | Andrew Ivan (MTFC) | 13:55 |
| 12 | Bill Cameron (MTFC) | 13:57 |
| 13 | Fred Smith (Burl Y) | 14:01 |
| 14 | S. Skollick (Burl Y) | 14:07 |
| 15 | Brian Oxley (MTFC) | 14:08 |
| 16 | Bill Armstrong (MTFC) | 14:09 |
| 17 | Art Rappich (MTFC) | 14:13 |
| 18 | Ralph Lang (MTFC) | 14:20 |
| 19 | George Gluppe (MYFC) | 14:24 |
| 20 | Roy Cowell (HAC) | 14:25 |
| 21 | Bill Salter (Lon) | 14:26 |
| 22 | Bill Hewitt 50+ (Windsor) | 14:41 |
| 23 | Dave Milne (MTFC) | 14:46 |
| 24 | Don Siles 50+ (MTFC) | 15:12 |
| 25 | Ted Maidman (MTFC) | 15:22 |
| 26 | Don Farquharson (MTFC) | 15:28 |
| 27 | Ron Watts 50+ (Mississauga) | 15:37 |

(36 ran)

Vets monopolise Army Champs.

"The Armed Forces Marathon Championship held at St. Jean, Quebec on 18 September turned into a demonstration of strength on the part of our older runners as the first two over the line were in the over forty category and the best performance by a runner under thirty years of age was good only for eighth

Cont'd overleaf 29

Canada

place! The race was won by Yvon Dumont of CFB Montreal in a time of 2:44:35 followed by Chuck Davenport of CFB Shearwater in 2:46:03 and Fen Gray of CFB Halifax at 2:46:44.

Yvon Dumont finished second last year and was a known contender but Chuck Davenport surprised a lot of people with his second place finish. He

improved by sixteen minutes and thirty-six seconds over last year. Les Ingman and Bill Buck, both of CFB Kingston decided against beating one another's brains out in the late going and crossed the line together to pick up bronze medals in the over forty.

| | | | |
|----|-----------|----------------|---------|
| 1 | Dumont | CFB Montreal | 2:44:35 |
| 2 | Davenport | CFB Shearwater | 2:46:02 |
| 6 | Ingman | CFB Kingston | 2:52:46 |
| 7 | Buck | CFB Kingston | 2:52:46 |
| 21 | Clouthier | CFB Halifax | 3:33:28 |

Other results

1st September 1974
Labour Day Marathon, Manitoba
Doug Cantley (40+) 2:59:08

15th September 1974
Manitoba Masters 4 miles Champs.
Norman Nielson (50+) 21:49
John Houlden (50+) 24:35

31st August 1974
Nova Scotia Marathon
2 Charles Ratti (40+) 2:47:27

8th September 1974
MTRRA '15', Etobicoke
7 Cliff Hall (41) 89:31

September 1974
5,000 metres, track
Bill Allen (43) 15:47.0

26th October 1974
12 Km C.C. - Vancouver
48 Doug Clement (40+) 53:40

1st September
Calgary - 10 mile Road Race
14 J. Bohnet (CRR) 59:05
19 J. Haddow (EBC) 60:36.6
26 F. Mantsch (CRR) 66:40
29 R. Lumalanede (CRR) 68:53
30 P. May (CRR) 69:02
32 W. Bannister (CRR) 70:21.8
38 S. Lang (56) (CRR) 74:23.4
40 R. Henderson (CRR) 76:45.4
43 D. Worthen (CRR) 79:20.8
44 A. Dyson (70) (CRR) 79:42.6

28th September 1974
Rolling Hills Albert '21'
3 W. Wyllie (CRR) 2:14:38
10 J. Bohnet (CRR) 2:25:49
19 R. Roe (CRR) 2:40:42
25 J. Purdue (Unat.) 2:45:47
27 F. Mantsch (CRR) 2:46:10
28 S. Lang (56) (CRR) 2:47:10
31 R. Lumalanede (CRR) 2:54:04
32 R. Fisher (CRR) 2:55:20
36 D. Worthen (CRR) 3:17:04

12th October 1974
South YMCA Calgary 2 mile Road Race
Bill Wyllie 10:19
John Bohnet 10:40

10th November 1974
Calgary Herald 10 Km Road Race
14 W. Wyllie (CRR) 35:23
20 D. Kyle (Unat) 36:50
32 R. Roe (CRR) 38:31
45 A. Dancer (CRR) 39:56

49 B. Freeborn (CRR) 40:09
51 M. Wolfe (CRR) 40:21
57 J. Mandsley (Unat) 41:07
58 R. Fisher (CRR) 41:10
64 K. Anderson (Unat) 41:31
69 P. May (CRR) 41:57
71 H. Corkin (Unat) 42:07
78 C. Spreadbury (YMCA) 43:40
81 J. Aitken (Unat) 43:51
85 J. Richardson (RCMP) 44:11
86 E. Pipella (YMCA) 44:15
(130 ran 29 masters)

6th October 1974
Toronto Road Runners Club, 20 Km
1 Jack Friel 68:38
2 Cliff Hall 69:30
3 Dave Hopper 72:31
4 Mike Freeman 74:07
5 Lorne Buck 74:45
6 Ron Wilkins 75:10
7 Bill Cameron 76:32
8 Frank Galata 76:58
9 Brian Oxley 77:13
10 Earl Crangle 77:26
11 Ralph Lang 78:22
12 Ray Atance 79:59
13 Art Rappich 80:31
14 Jim Hunter 82:00
15 Mike Atwood 82:39
16 Don Stiles 83:06
17 Ted Maidman 85:53
18 Ed Vivancos 86:28
19 Bud McConnell 86:37
20 Elwyn Davies 87:19
21 Al Cunningham 88:22
22 Don Farquharson 88:41
23 Aaron Kazdan 90:04
24 John Nolan 93:28
25 Wolfgang Fitzner 94:08

10th October 1974
R.R.C. 10 miles Track (Cold, gusty, snow flurries)
Dave Milne MTFC 63:59
Ron Belton Oshawa 68:08
Elwyn Davies MTFC 68:28

19th October 1974
Ontario Masters C.C. Championships
12 Km (tough course, 18 hills)

A strong small field battled this race out with John Doyle breaking away to beat Arthur Taylor with surprising newcomer George Milne a strong third place.

1 John Doyle (40) 45:09
2 Art Taylor (48) 45:39
3 George Milne (40) 46:16
4 Bob Bowman (43) 46:56
5 Cliff Hall (41) 47:54
6 Brian Oxley (40) 50:08

7 Doug Beatty (43) 50:18
8 Bill Cameron (48) 50:39
9 Art Rappich (42) 50:47
8 Ray Unger 50:55
10 Ralph Lang 52:33
11 Bill Hewitt 54:22
12 Brian Wakeford 54:30
13 Elwyn Davies 56:13
14 Don Farquharson (49) 56:48

14th October 1974
6 Mile road race - Guelph
1 Art Taylor 33:15
2 Bryan Martindill 33:52
3 Doug Beatty 36:37
5 Vaino Kukkola 40:33
6 E. Davies 40:50
7 W. Sheridan 41:50
8 John Nolan 43:21
9 Ken Hignell 44:48
10 Sid Pollack 46:24

27th October 1974
6.1 miles at Galt (Cambridge) Ontario
Firemen fighting a large fire a block away stole our spectators at this excellent "round the bridges" race.

1 Arthur Taylor (KWTC) 32:34.5
2 Bryan Martindill (HAC) 33:06.7
3 Bob Bowman (W'stock) 33:55.1
4 Tony Giblin 33:57.0
5 Doug Beatty (MTFC) 33:08.5
6 Doug Wolfe (KWTC) 36:22.4
7 Ralph Lang (MTFC) 36:39
8 Jack Reid (KWTC) 37:06
9 Bill Armstrong (WXB) 38:20
10 George Forsyth, (Lon) 38:40
11 Ted Maidman (Oshawa) 38:48
12 Vaino Kukkola 39:23
13 Brian Wakeford (MTFC) 39:38
14 Don Stiles +50 (Oshawa) 39:41
15 Fred Pritchard (HAC) 39:48
16 Elwyn Davies (MTFC) 40:17
17 Don Farquharson (MTFC) 40:29
18 - Koss (Detroit) 45:43

2nd November 1974
Etobicoke Centennial Stadium
Throwing meet

Discus (2 Kg)
1 Al Sundin 41 34:56
2 Max Woerle 44 27:05
3 Hans Gonnermann 50 23:19

Shot Put (16 lbs)
1 Al Sundin 12:19
2 Hans Gonnermann 9:81
3 Max Woerle 9:51

Hammer (16 lbs)
1 Max Woerle 44 24:28

2 Hans Gonnermann 50 23:66
3 Al Sundin 41 22:28

Javelin (800 grms)
1 Al Sundin 44:50
2 Max Woerle 34:29
3 Hans Gonnermann 26:79

The Ontario Masters Track & Field
Champions 1974
Held at Oshawa Civic Stadium on
Saturday and Sunday 14th and 15th
September 1974.
Conditions: Cool, Windy.

100 Metres
Class 1A
1 Cowell 11.8
2 Sundin 11.8
3 Hunt 11.9
4 Gluppe 11.9
5 Lauder 12.0
6 Rappich 12.1
7 Murphy 12.4
8 Bednarz 13.5

Class 1B
1 Egerton 12.5
2 Armstrong 12.7
3 Pavasars 12.8
4 Trzetzziak 13.9

Class 2A
1 Nolan 13.2
2 Hutchinson 13.2
3 Woodhouse 13.4
4 Jamieson 13.5
5 Taylor 14.1
6 Gonnermann 14.2
7 (No number) 14.8

Class 2B
1 Pickl 12.9
2 Duncan 13.2
3 Warwas 13.2
4 Hicklin 14.8

Class 3A
1 Braceland 13.5
2 Hills 13.8
3 Young 14.2
4 Boigner 14.4

Class 3B
1 Brosz 15.0
2 Till 15.2

400 Metres
Class 1A
1 Cowell 55.0
2 Gluppe 55.8
3 Bowman 56.5
4 Whitlock 56.9
5 Lauder 57.1
6 Kendall 58.8
7 Rappich 60.0
8 Wakeford 62.1
9 Murphy 64.5

Class 1B
1 Virkavs 58.8
2 Beatty 59.8
3 Carter 60.6
4 Farquharson 72.7

Class 2A
1 Hutchinson 62.0
2 Woodhouse 63.6
3 Nolan 67.5

Class 2B
1 Pickl 66.0
2 Hicklin 73.4

Class 3A
1 Braceland 64.5

Class 3B
1 Bredenbeck 72.8
2 Till 79.6
3 Brosz 1:40.5

200 Metres
Class 1A
1 Cowell 24.7
2 Gluppe 25.3
3 Buchanan 26.9
4 Rappich 27.9
5 Schulte 28.8
6 Murphy 28.8

Class 1B
1 Egerton 27.1
2 Pavasars 28.0
3 Carter 28.1
4 Forrester 28.2
5 Armstrong 28.6
6 Farquharson 30.1

Class 2A
1 Woodhouse 28.7
2 Hutchinson 28.9
3 Jamieson 30.5
4 RAnd 32.8

Class 2B
1 Pickl 29.0
2 Warwas 29.8

Class 3A
1 Braceland 29.7
2 Hills 30.8

Class 3B
1 Brosz 33.1
2 Till 34.0

800 Metres
Class 1A
1 Whitlock 2:04.9
2 Bowman 2:08.0
3 Cowell 2:10.9
4 Kendall 2:11.5
5 Wakeford 2:27.4

Class 1B
1 Hall 2:11.1
2 Beatty 2:12.5
3 Virkavs 2:17.8

Class 2A
1 Hutchinson 2:33.5

Class 3A
1 Hicklin 3:03.5

Class 3B
1 Braceland 2:47.5
2 Hills 3:02.1
3 Brosz 3:55.7

1500 Metres
Class 1A
1 Kupczyk 4:15.5
2 Whitlock 4:22.2
3 Bowman 4:25.5
4 Kendall 4:28.9
5 G. Milne 4:31.2
6 Buck 4:32.0
7 Lorrimer 4:45.0
8 Lynn 4:47.0
9 Armstrong 4:57.0

Class 1B
1 Hall 4:25.5
2 Motley 4:27.9
3 Beatty 4:37.7
4 Cameron 4:45.2

Class 2A
1 Taylor 5:15.0
2 Nolan 5:56.6

Class 2B
1 Stiles 5:02.5

2 Long 5:10.7

Class 3A
1 Braceland 5:37.7
2 Young 5:38.5

Class 3B
1 Bredenbeck 5:39.4

3,000 Metres
Class 1A
1 Kupczyk 9:19.2
2 Whitlock 9:42.6
3 Bowman 9:45.0
4 Allen 9:45.0
5 Buck 9:52.8
6 Potvin 11:56.0

Class 1B
1 Cameron 10:13.0
2 Ivan 10:33.0
3 Masil 10:47.0
4 Parks 12:11.0
5 Gerlitz 12:33.0
6 Trzetzziak 14:00.0

Class 2A
1 Hewitt 11:09.4
2 Taylor 11:10.0

Class 2B
1 Stiles 11:16.4
2 Warwas 14:03.0
3 Yeomans 15:14.6

5,000 Metres
Class 1A
1 B. Allen 16:25.6
2 Lazenby 16:34.4
3 G. Milne 17:03.0
4 D. Milne 18:48.0
5 Potvin 20:38.0

Class 1B
1 Hall 16:59.0
2 Ivan 17:30.2
3 Smith 17:48.2
4 Lang 18:01.0
5 Galata 18:01.2
6 Gray 18:12.8

Class 2A
1 Hewitt 19:06.0
2 Richardson 20:45.0

Class 2B
1 Stiles 19:06.0
2 Sheridan 20:57.0
3 Yeomans 25:17.0

Class 3A
1 Young 21:56.0
2 Norman 23:50.0

Shot
Class 1A
1 Guest (Nat. Rec.) 13.86
2 Sundin 11.87
3 Bednarz 10.48
4 Woerle 8.95

Class 2A
1 Zakis 11.17
2 Gonnermann 10.39
3 Hutchinson 8.43

Class 2B
1 Yeomans 9.41
2 Warwas 8.90
3 Pickl 7.75

Class 3A
1 Hume 11.38
2 Braceland 10.70
3 Boigner 9.98
4 Hills 8.44

Class 3B
1 Brosz 9.49
2 White 6.38

Canada

10,000 Metres

Class 1A

| | | |
|---|------------|---------|
| 1 | Allen | 33:58.0 |
| 2 | Martindill | 34:22.0 |
| 3 | D. Milne | 38:48.0 |
| 4 | Thorne | 40:06.0 |

Class 1B

| | | |
|---|-----------|---------|
| 1 | Smith | 36:19.0 |
| 2 | Ivan | 36:33.8 |
| 3 | Lang | 37:03.6 |
| 4 | Maidman | 39:06.0 |
| 5 | Gray | 39:14.0 |
| 6 | Pritchard | 41:24.0 |
| 7 | Raymer | 44:14.0 |
| 8 | Cameron | 48:30.0 |
| 9 | Trzetzak | 49:13.0 |

Class 2A

| | | |
|---|---------|---------|
| 1 | Hewitt | 39:06.8 |
| 2 | Ward | 39:18.0 |
| 3 | Laister | 40:15.0 |
| 4 | Madeley | 40:34.0 |

3,000 Metres Steeple-chase

Class 1B

| | | |
|---|-------------|---------|
| 1 | Galata | 11:45.6 |
| 2 | Farquharson | 13:23.0 |
| 3 | Trzetzak | 17:37.6 |

Class 2A

| | | |
|---|------------|---------|
| 1 | Richardson | 13:07.8 |
|---|------------|---------|

Class 2B

| | | |
|---|---------|---------|
| 1 | Hicklin | 16:42.6 |
|---|---------|---------|

5,000 Metres Walk

Class 2B

| | | |
|---|-------|-------|
| 1 | Gould | 25:42 |
|---|-------|-------|

Class 3A

| | | |
|---|-----------|---------|
| 1 | Braceland | 28:55.6 |
|---|-----------|---------|

Class 3B

| | | |
|---|------|-------|
| 1 | Keay | 33:43 |
|---|------|-------|

Hammer

Class 1A

| | | |
|---|-------------|-------|
| 1 | Guest (NNR) | 38.70 |
| 2 | Sundin | 23.38 |
| 3 | Woerle | 22.70 |

Class 1B

| | | |
|---|-------|-------|
| 1 | Parks | 14.40 |
|---|-------|-------|

Class 2A

| | | |
|---|------------|-------|
| 1 | Zakis | 20.08 |
| 2 | Gonnermann | 25.00 |

Class 2B

| | | |
|---|--------|-------|
| 1 | Pickl | 19.28 |
| 2 | Warwas | 12.66 |

Class 3A

| | | |
|---|-----------|-------|
| 1 | Braceland | 21.56 |
| 2 | Hills | 17.80 |

Class 3B

| | | |
|---|-------|-------|
| 1 | Brosz | 20.86 |
|---|-------|-------|

Class 4A

| | | |
|---|-------|-------|
| 1 | White | 14.76 |
|---|-------|-------|

Javelin

Class 1A

| | | |
|---|--------|-------|
| 1 | Sundin | 47.60 |
| 2 | Guest | 39.15 |
| 3 | Woerle | 33.25 |

Class 1B

| | | |
|---|-------|-------|
| 1 | Parks | 23.80 |
|---|-------|-------|

Class 2A

| | | |
|---|------------|-------|
| 1 | Mikelsons | 45.30 |
| 2 | Zakis | 38.30 |
| 3 | Hutchinson | 35.05 |
| 4 | Gonnermann | 29.10 |

Class 2B

| | | |
|---|--------|-------|
| 1 | Warwas | 23.55 |
| 2 | Pickl | 20.40 |

Class 3A

| | | |
|---|-----------|-------|
| 1 | Hume | 38.10 |
| 2 | Hills | 30.30 |
| 3 | Braceland | 28.00 |

Class 3B

| | | |
|---|-------|-------|
| 1 | Brosz | 22.10 |
|---|-------|-------|

Class 4A

| | | |
|---|-------|-------|
| 1 | White | 13.85 |
|---|-------|-------|

Long Jump

Class 1A

| | | |
|---|--------|------|
| 1 | Sundin | 5.15 |
| 2 | Woerle | 5.00 |

Class 1B

| | | |
|---|----------|------|
| 1 | Pavasars | 4.98 |
| 2 | Egerton | 5.01 |

Class 2A

| | | |
|---|------------|------|
| 1 | Hutchinson | 4.83 |
| 2 | Gonnermann | 4.46 |
| 3 | Teteris | 4.00 |

Class 2B

| | | |
|---|--------|------|
| 1 | Pickl | 4.64 |
| 2 | Warwas | 4.23 |
| 3 | Long | 3.54 |

Class 3A

| | | |
|---|-----------|------|
| 1 | Hume | 4.73 |
| 2 | Hills | 4.40 |
| 3 | Braceland | 4.21 |
| 4 | Boigner | 3.72 |

Class 3B

| | | |
|---|-------|------|
| 1 | Brosz | 3.30 |
|---|-------|------|

Triple Jump

Class 1A

| | | |
|---|--------|------|
| 1 | Woerle | 9.23 |
|---|--------|------|

Class 1B

| | | |
|---|----------|-------|
| 1 | Egerton | 10.27 |
| 2 | Pavasars | 10.16 |

Class 2A

| | | |
|---|------------|------|
| 1 | Hutchinson | 9.76 |
| 2 | Gonnermann | 9.12 |

Class 2B

| | | |
|---|-------|------|
| 1 | Pickl | 9.20 |
|---|-------|------|

Class 3A

| | | |
|---|-----------|------|
| 1 | Hume | 9.68 |
| 2 | Hills | 9.01 |
| 3 | Braceland | 8.11 |

Class 3B

| | | |
|---|-------|------|
| 1 | Brosz | 5.73 |
|---|-------|------|

High Jump

Class 1A

| | | |
|---|--------|------|
| 1 | Woerle | 1.35 |
|---|--------|------|

Class 1B

| | | |
|---|---------|------|
| 1 | Klassen | 1.45 |
| 2 | Egerton | 1.45 |

Class 2A

| | | |
|---|------------|------|
| 1 | Hutchinson | 1.40 |
| 2 | Gonnermann | 1.10 |

Class 2B

| | | |
|---|---------|------|
| 1 | Pickl | 1.30 |
| 2 | Young | 1.25 |
| 3 | Yeomans | 1.20 |

Class 3A

| | | |
|---|-----------|------|
| 1 | Hume | 1.35 |
| 2 | Braceland | 1.30 |
| 3 | Young | 1.25 |
| 4 | Hills | 1.20 |

Class 3B

| | | |
|---|-------|------|
| 1 | Brosz | 1.10 |
|---|-------|------|

Discus

Class 1A

| | | |
|---|--------|-------|
| 1 | Guest | 35.55 |
| 2 | Sundin | 32.61 |
| 3 | Woerle | 29.05 |

Class 1B

| | | |
|---|----------|-------|
| 1 | Pavasars | 27.60 |
| 2 | Parks | 17.10 |

Class 2A

| | | |
|---|------------|-------|
| 1 | Zakis | 33.55 |
| 2 | Gonnermann | 27.10 |
| 3 | Hutchinson | 24.05 |

Class 2B

| | | |
|---|---------|-------|
| 1 | Pickl | 21.64 |
| 2 | Warwas | 21.07 |
| 3 | Yeomans | 16.07 |

Class 3A

| | | |
|---|-----------|-------|
| 1 | Braceland | 32.71 |
| 2 | Hume | 30.64 |
| 3 | Hills | 30.45 |
| 4 | Young | 22.02 |

Class 3B

| | | |
|---|-------|-------|
| 1 | Brosz | 28.68 |
| 2 | White | 17.10 |



ARTHUR TAYLOR

C. Shippen

Belgium

19th October 1974

JOS de BERGER JUBILEE 10 Km

(40-49)

| | | |
|----|----------------------------|-------|
| 1 | R. Monseur (Brab. Wall) | 31:15 |
| 2 | M. Gadisseur (Olse) | 31:23 |
| 3 | W. Vergisson (O. Brugge) | 31:35 |
| 4 | E. Goossens (Lebbeke) | 31:34 |
| 5 | P. Duthy (Assa Ronse) | 32:40 |
| 6 | C. Aerts (KAA Gent) | 32:53 |
| 7 | J. Moerman (Oudenaarde) | 33:10 |
| 8 | S. Simons (Beerschot) | 33:13 |
| 9 | P. Verlinden (Sgola) | 33:24 |
| 10 | H. Simons (Stabroek) | 33:25 |
| 11 | G. Leemans (Vorst) | 33:26 |
| 12 | J. De Decker (AAC) | 33:35 |
| 13 | L. De Bie (Sgola) | 33:36 |
| 14 | M. De Hoeff (VLA Aarlen) | 33:54 |
| 15 | F. Ramael (Beerschot) | 34:03 |
| 16 | J. Mares (Kontich AC) | 34:06 |
| 17 | M. Janssens (KAA Gent) | 34:12 |
| 18 | H. Van Utterbeeck (RCM) | 34:17 |
| 19 | J. Kerremans (AC Boomse) | 34:25 |
| 20 | R. Sotteau (Brab. Wall.) | 34:29 |
| 21 | W. Lagacie (NA) | 34:30 |
| 22 | A. Wouters (RC Mochelen) | 34:43 |
| 23 | R. Dierckx (AAC) | 34:50 |
| 24 | H. Bos (Ned.) | 34:55 |
| 25 | H. Plasqui (Schaarbeek) | 34:59 |
| 26 | A. Decloedt (O. Brugge) | 35:00 |
| 27 | A. Verbaan (Ned. Venlo) | 35:07 |
| 28 | G. Caillaux (Assa Ronse) | 35:15 |
| 29 | W. Daems (Sgola) | 35:17 |
| 30 | M. De Smedt (AC Vilvoorde) | 35:25 |

7th September 1974

Clabecq Half Marathon

(40-49)

| | | |
|----|----------------------------|---------|
| 1 | R. Monseur (E. Nivel) | 1:07:50 |
| 2 | G. Leemans (SV Halle) | 1:15:49 |
| 3 | E. Van Louven (CSMJ) | 1:16:29 |
| 4 | G. Poulin (Ent. Nivel) | 1:18:05 |
| 5 | P. Paul (Vallee du Hain) | 1:19:00 |
| 6 | C. Branders (SchaerbAC) | 1:21:14 |
| 7 | A. Audiar (Chapelle) | 1:23:20 |
| 8 | E. Plasman (Vallee du H) | 1:23:25 |
| 9 | N. Poissonneau (Frankrijk) | 1:23:50 |
| 10 | G. Gerard (AS Sombrefre) | 1:24:45 |

(Over 50)

| | | |
|---|--------------------------|---------|
| 1 | J. Limbourg (USA) | 1:15:40 |
| 2 | G. Roelants (SV Halle) | 1:32:18 |
| 3 | R. Leherde (Vallee du H) | 1:39:18 |

7th September 1974

Vilvoorde Half Marathon

| | | |
|---|-------------------------|---------|
| 1 | Wouters (RCM) | 1:14:45 |
| 2 | Aerts (Gantoise) | 1:15:55 |
| 3 | L. Smets (AC Vilvoorde) | 1:17:35 |
| 4 | Gillis (Sp. Vilvoorde) | 1:19:00 |
| 5 | Waeyaert (Assenbeek) | 1:22:10 |
| 6 | Van Langendonck (ACV) | 1:23:52 |

8th September 1974

Haacht 20 Km. AC Wespelaar

| | | |
|---|-------------------------|---------|
| 1 | W. Vanderstappen (LAC) | 1:10:17 |
| 2 | Dierckx (Antwerp AC) | 1:14:17 |
| 3 | R. Somville (Elsene) | 1:17:20 |
| 4 | H. De Haes (Lyra) | 1:20:50 |
| 5 | J. Bogaerts (Booischot) | 1:26:10 |
| 6 | P. Storms (Duffel) | 1:26:58 |

18th September 1974

Vets 5,000 m. VORST

| | | |
|---|-------------------|---------|
| 1 | Duthye (ASSA) | 16:39.0 |
| 2 | Somville (Elsene) | 17:13.8 |
| 3 | Albert (For.) | 17:14.6 |
| 4 | Ronge (For.) | 18:25.4 |

6th October 1974

Wilrijk 50 Km

| | | |
|----|------------------------|---------|
| 1 | F. Ramael (Ruisbroek) | 3:19:15 |
| 5 | H. De Hoef (Aarlen) | 3:45:05 |
| 6 | Lazacie (Essen) | 3:50:20 |
| 9 | J. De Borger (Schoten) | 3:55:30 |
| 11 | L. Burm (Wilrijk) | 4:05:20 |
| 20 | Van de Velde (Berch) | 4:28:45 |

12th October 1974

Auderghem Half Marathon

| | | |
|----|----------------------|---------|
| 1 | Monseur (CABW) | 1:12:57 |
| 6 | Somville (Ixelles) | 1:16:05 |
| 7 | Limbourg (USA) 50+ | 1:17:15 |
| 9 | Paulin (CABW) | 1:20:45 |
| 10 | Sotteau (CABW) | 1:21:08 |
| 14 | Alvoet (Ixelles) 50+ | 1:26:38 |
| 20 | Bouliart (Dour) | 1:48:03 |

16th October 1974

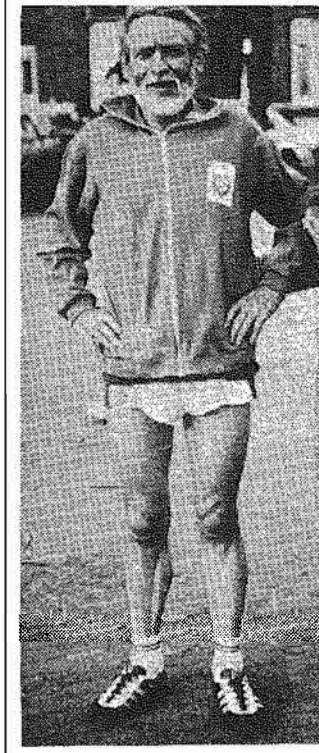
1 Hour Track Race, Marchienne

| | | |
|---|-----------------|-------------|
| 1 | R. Monseur (43) | 18 Km 040 m |
|---|-----------------|-------------|

3rd November 1974

4 Km X-city, Arna, BELGIUM

| | | |
|---|---------------------|-------|
| 1 | Vanderstappen (BEL) | 13:17 |
| 2 | R. Monseur (BEL) | 13:30 |
| 3 | Janssen (FRA) | 13:39 |



FRANX CHRISTIAENS

Vit Veteran

| | | |
|----|------------------------------|-------|
| 31 | J. Moyaerts (AC Landen) | 35:29 |
| 32 | M. V.l. Langenberg (AKW) | 35:34 |
| 33 | E. Janssens (AK Wilrijk) | 35:35 |
| 34 | W. Van Rijnenant (AKW) | 35:43 |
| 35 | L. Smets (AC Vilvoorde) | 35:48 |
| 36 | J. Beulens (Sp. Vilvoorde) | 35:57 |
| 37 | J. Serruys (O. Brugge) | 35:59 |
| 38 | M. Philips (AC Ekeren) | 36:05 |
| 39 | A. Gilles (Sparta Vilvoorde) | 36:13 |
| 40 | E. Van de Velde (Stabroek) | 36:15 |

(50-59)

New Zealand

CAMERON'S EPIC RUN.. 1380 MILES AT 60 MILES PER DAY

By JOHN DREW

Most veteran distance runners would be happy to achieve a *weekly* milcage of 60, but New Zealand's Don Cameron averaged that mark *daily* for more than three weeks when he smashed the record time for running the full length of New Zealand. Yet 10 years ago this 42 years old veteran was an overweight, heart-attack risk. JOHN DREW writes of the man and his epic run.

Doyen of New Zealand ultra distance runners, veteran Donald George Cameron, *aged* 42, was given a hero's welcome when he arrived back in Christchurch city after running the length of New Zealand from bottom to top.

Don, a member of both the Baptist and Cashmere Harrier Clubs said good-bye to the light-house keeper at Stirling Point, the southernmost tip of New Zealand, at 6 a.m. on October 6th 1974. He picked up the beam of Cape Reinga light house at the northernmost tip of New Zealand 23 days and a few hours later.

He had covered the 1380 miles at an astonishing average close to 60 miles a day and beat the previous record set by the Auckland runner J Young by more than 10 days. Young, who set his record of 34 days in 1966, was 13 years younger than Cameron too!

Don lost 15lb in weight and both big toe nails on the journey... but he was on top throughout and was obviously aglow with strength and well being at the finish. The only after-effect of the run was a temporary loss of voice caused by his returning the greetings of thousands who cheered and encouraged him along the way.

Don, a former wrestler, took up distance running after his doctor told him that he was overweight and a heart attack risk. This was 10 years ago and he brought his weight down from 14 stone to about 10½--without dieting and by about 30,000 miles of training. He ran the length of New Zealand to emphasise the role of stamina training in preventing heart attacks and to promote community fitness at all levels. His great feat has already had the effect of attracting hundreds of all ages to stamina training throughout the length of the country.



Don is welcomed by Trans-Tours outside their headquarters in Christchurch.

The National Heart Foundation of New Zealand sent their \$30000 mobile heart unit through the country with Cameron and gave educational demonstrations at all main centres.

Cardiologists at the main cities of Dunedin, Christchurch and Auckland also examined him and pronounced him to be in fine shape. Trans-Tours, one of New Zealand's largest travel organisations, provided a land rover and caravan and mobile and motel and hotel accommodation throughout the journey.

One of the most remarkable aspects of the run was that Don became stronger the further he went. He put up the greatest daily mileages during the last few days of the run. Yet this was difficult undulating country and over rough roads in the far north of the north Island; one of the most sparsely populated regions in the country.

One of New Zealand's most popular sportsmen (he narrowly missed first prize in the Canterbury sportsman of the year vote) Don has a good sense of humour.

After the last long days slog to his destination Don coasted down the final length of sloping coastal road to the remote light house at the northernmost tip of the country.

He threw his arms round the base of the light house and kissed it. Minutes later he was having a long cool beer with the keeper of the light.

The last 250 miles had been through some of the most beautiful coastal scenery in the country.

"It was a wonderful experience and I was feeling fine and able to enjoy the whole thing." When he

Christchurch Press

reached Cape Reinga light house after a 50 mile "dash" which began at 3 a.m. the same day he said: "I felt so strong. I felt as if I could just go on and on." It had to be a last day's dash because he had to be at Cape Reinga lighthouse before 2 p.m. in the afternoon. This was because he and the TV film of his arrival had to be back in Auckland to catch the national telecasts that night. Trans Tours had a light aircraft waiting and flew him back the 250 miles to Auckland city without 10 minutes to spare.

For the first few days of his Journey through the deep south Don was a lone figure slogging out his 50 and 60 miles a day through a succession of gales and wind and rain. But the further he got northwards the better the weather became. Over the last few days he struck hot conditions. He commented; "I like the heat and I had an ideal gradual process of acclimatisation as I headed into the warmer climate."

Later, as the run progressed, the fame of his achievements spread. Through every district more and more turned out to run with him.

He had been 2 years with the New Zealand armed forces in Malaysia and soldiers from the main military camps throughout New Zealand turned out to greet him and run with him. At every main centre the Policy Officer on duty signed the journey register Cameron took with him. This bound volume also contained the names of the many hundreds who ran with him at different stages as well as the signatures of local dignitaries who officiated at receptions and ceremonies of welcome along the way.

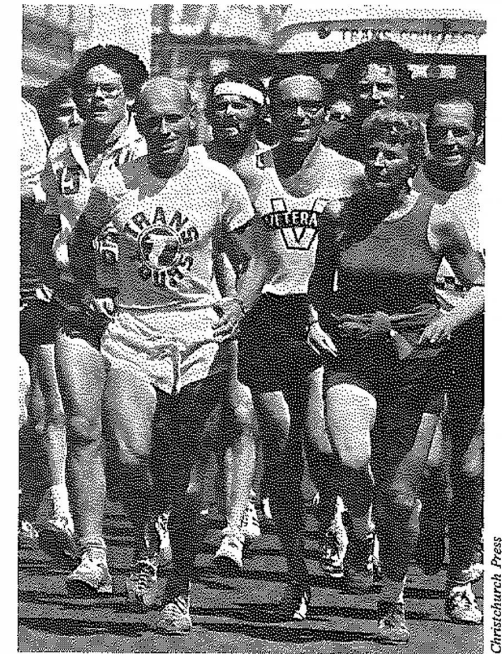
The further he went the greater the public involvement became. Athletes, footballers, family groups and children turned out. In some areas a whole school would be given leave to jog with him for encouragement. Family groups left their front gates to jog with him. One dairy farmer left his milking shed and jogged with Don in his gum boots for half a mile. "I just wanted to be able to say I ran part of the way with Don Cameron" said the farmer.

On his way through Auckland, New Zealand's biggest city, the commander of the police district, Assistant Commissioner Gideon Tait, ran with him for 10 miles as did a number of other senior police officers. Mr Tait, aged 58, is a leading veteran runner in Auckland and was a personal friend of Don's. The two often met as Veteran runners in Christchurch where Mr Tait was a former commander of the police district.

On his return to Christchurch Don was taken on a 'jog of honour' through the city by fellow athletes. The Mayor, Hamish Hay, was waiting on the city council office steps to welcome him. While the runners gathered round The Mayor said: "You have set a wonderful example to us all to get fit. You have high-lighted the importance of long distance running in preventing heart attacks. You have brought honour both on yourself and to our city by your wonderful run." Also on the steps to greet Don was one of New Zealand's top cardiologists, Dr David Hay, the Mayor's twin brother. Dr Hay shook hands with Don and said: "You have done a tremendous job".

Cameron listed three factors which he considered helped him succeed.

The back up and excellent feeding he received



Christchurch Press

DON and his wife DORIS lead the jog of honour through Christchurch.

through the organisation of Trans Tours.

The vitamin food additives which were specially prescribed for him by the sports medicine specialist Dr Tom Anderson who was medical adviser with the New Zealand team at the Munich Olympics.

The encouragement he received from the thousands who lined the roads to see him pass, and the hundreds who ran with him.

Don, who is employed as an electroplater, is now on eight weeks recovery running at about 50 miles a week. He averaged more than 400 miles a week during his record breaking run and says he finds his present programme of "active rest" very enjoyable and relaxing.

Don has other big projects in view but in the meantime he is devoting much of his energies to organising for the "fitness month" to be held in all main centres of New Zealand next March.

The results of Don's run are already becoming evident. The number of lunch-time joggers has almost doubled in city parks in recent weeks.

And about twice the usual number of veterans are taking part in the canterbury road runners ass'n summer programme of open races'

We have been asked to point out that T. I. CROSSEN, who was credited in our April 1974 issue with winning the Class 1 100m, 200m and 400m at the Christchurch International Veterans Meeting, was ineligible and should therefore be deleted from the results and any ranking lists.

USA

HATTON WINS U.S. MASTERS NATIONAL CROSS-COUNTRY

Ray Hatton (42) returned to his best form in this season's National Masters to depose the holder, Hal Higdon (43), in convincing manner. Hatton led the field through the mile mark in 4:43 with Higdon in

close attendance and the field trailing by 40 metres. Ray pulled away to win by over 150 metres and is clearly in great form.

Gerry Smartt (43) led home an impressive half-dozen in 3rd place—40 seconds covering the six, and whipper-in being the 46 years-old "daddy" of Division 1—Pete Mundle.

| Results (10 Km) | |
|-------------------|-------|
| 1 R. Hatton | 32:21 |
| 2 H. Higdon | 32:52 |
| 3 J. Smartt | 33:14 |
| 4 W. Gookin | 33:26 |
| 5 R. Bartek | 33:40 |
| 6 G. Darnell | 33:45 |
| 7 J. Shettler | 33:48 |
| 8 P. Mundle | 33:54 |
| 9 W. Phillips | 34:26 |
| 10 R. Smith | 34:32 |
| 11 L. Thornton | 34:36 |
| 12 J. O'Neil | 35:07 |
| 13 L. Roberts | 35:21 |
| 14 J. Rudberg | 35:24 |
| 15 W. Williams | 35:26 |
| 16 J. Livesay | 35:27 |
| 17 J. Stayton | 35:28 |
| 18 R. Malain | 35:30 |
| 19 R. Menzie | 35:34 |
| 20 W. Stock | 35:52 |
| 21 K. Napier | 35:54 |
| 22 R. Downs | 36:11 |
| 23 G. Tarin | 36:12 |
| 24 R. Fries | 36:24 |
| 25 R. Fleming | 36:33 |
| 26 M. Healy | 36:44 |
| 27 D. Parker | 36:47 |
| 28 G. Turner | 36:55 |
| 29 R. Ceja | 36:58 |
| 30 S. Toabe | 36:59 |
| 31 A. Bryant | 37:01 |
| 32 T. Sturak | 37:16 |
| 33 M. Neal | 37:21 |
| 34 W. Snavely | 37:24 |
| 35 S. Nicholson | 37:25 |
| 36 R. Stout | 37:34 |
| 37 G. Davall | 37:40 |
| 38 A. Camacho | 37:41 |
| 39 J. Nicholson | 37:42 |
| 40 E. Preston | 37:45 |
| 41 R. Gil | 37:52 |
| 42 P. Arbesu | 38:04 |
| 43 G. Kalchschmid | 38:15 |
| 44 D. Seamont | 38:26 |
| 45 H. Perry | 38:39 |
| 46 J. Wall | 38:41 |
| 47 D. Coleman | 38:42 |
| 48 E. Lynch | 38:43 |
| 49 D. Bracher | 39:05 |
| 50 M. Montgomery | 39:12 |
| 51 R. Durand | 39:22 |
| 52 S. Glasser | 39:30 |
| 53 J. Oleson | 39:33 |
| 54 W. Fitzgerald | 39:37 |
| 55 F. Ferrone | 39:40 |
| 56 B. Matravets | 39:47 |
| 57 J. Garcia | 39:51 |
| 58 D. Linam | 40:05 |
| 59 M. Groff | 40:09 |
| 60 K. Albright | 40:11 |
| 61 A. Clark | 40:12 |
| 62 R. Marston | 40:16 |
| 63 S. Collins | 40:19 |
| 64 J. Gorrell | 40:28 |

| 15th September 1974 | |
|---|---------|
| Berkshire 5 Mile Masters Road Race | |
| <i>Class 1A (40-44)</i> | |
| 1 R. Gaff (40) | 26:49.6 |
| 2 S. Moulton (40) | 27:04 |
| 3 V. Fandetti (43) | 27:07 |
| 4 G. Dyson (40) | 27:09 |
| 5 B. Squires (41) | 27:30 |
| 6 C. Beer (41) | 28:02 |
| 7 D. Chartier (41) | 28:13 |
| 8 B. Migell (41) | 28:34 |
| 9 A. Diamantini (40) | 28:47 |
| 10 J. Sullivan (42) | 28:53 |
| 11 R. Midtskogen (41) | 29:00 |
| 12 C. Hagelgans (43) | 29:14 |
| 13 R. Edgerly (44) | 29:19 |
| 14 H. Devine (41) | 29:34 |
| 15 J. Culler (42) | 29:38 |
| 16 W. Gordon (43) | 29:42 |
| 17 B. Wilson (40) | 29:47 |
| 18 H. Nixon (44) | 29:56 |
| 19 A. Kijek (44) | 30:03 |
| 20 R. Fine (43) | 30:12 |
| 21 P. Isenberg (44) | 30:18 |
| 22 G. Maine (42) | 30:21 |
| 23 B. Vignes (41) | 30:34 |
| 24 D. Swanson (44) | 30:42 |
| 25 A. Donaghy (42) | 30:44 |
| 26 G. Demarest (44) | 30:50 |
| 27 D. Fenity (43) | 30:56 |
| 28 C. Paine (44) | 31:15 |
| 29 P. Normand (41) | 31:36 |
| 30 J. Piacentino (40) | 31:48 |
| (63 ran) | |
| <i>Class 1B (45-49)</i> | |
| 1 T. Sapienza (46) | 27:06 |
| 2 C. Hanson (45) | 27:51 |
| 3 H. Rubin (46) | 27:56 |
| 4 C. Whiting (45) | 28:57 |
| 5 G. Brown (49) | 29:23 |
| 6 W. McCaffrey (48) | 29:32 |
| 7 B. Fite (47) | 29:40 |
| 8 C. Van de Zane (45) | 29:45 |
| 9 R. Packard (46) | 29:51 |
| 10 J. Nee (45) | 29:58 |
| 11 K. Campbell (46) | 30:53 |
| 12 J. Treworthy (49) | 30:55 |
| 13 H. Henriques (47) | 30:58 |
| 14 B. Kowalski (48) | 31:01 |
| 15 J. Leslie (47) | 31:06 |
| 16 R. Formoyle (47) | 31:07 |
| 17 E. Lord (46) | 31:20 |
| 18 B. Brace (48) | 31:32 |
| 19 J. Dowling (47) | 31:40 |
| 20 A. Richard (48) | 31:53 |
| (48 ran) | |
| <i>Class 2A (50-54)</i> | |
| 1 T. Walnut (50) | 29:23.6 |
| 2 F. Kelley (52) | 30:00 |
| 3 A. Hossack (52) | 30:06 |
| 4 W. Tribou (54) | 30:42 |
| 5 R. Cummings (52) | 31:36 |
| 6 G. Rowe (54) | 31:54 |
| 7 A. Prince (50) | 31:56 |
| 8 P. Harman (53) | 32:07 |
| 9 D. Goodie (51) | 32:09 |
| 10 R. Gerard | 31:10 |
| 11 J. Campbell (53) | 32:19 |
| 12 B. Ross (52) | 32:21 |
| 13 L. Lago (50) | 32:22 |
| 14 J. McGrane (51) | 32:29 |
| 15 A. Ardolino (51) | 32:59 |
| (39 ran) | |
| <i>Class 2B (55-59)</i> | |
| 1 G. Sheehan (55) | 30:34 |
| 2 E. Osborne (57) | 31:12 |
| 3 H. Jaffe (55) | 31:59 |
| 4 R. Williams (56) | 32:11 |
| 5 R. Renny (57) | 32:31 |
| 6 D. Geer (55) | 32:35 |
| 7 T. Miller (57) | 33:44 |
| 8 R. Phinney (59) | 34:28 |
| 9 A. Bressani (56) | 34:40 |
| 10 H. Sawizki (59) | 34:52 |
| (26 ran) | |
| <i>Class 3A (60-64)</i> | |
| 1 F. Goodnow (61) | 35:13 |
| 2 Sienkiewiczza (61) | 36:14 |
| 3 B. Murray (61) | 36:28 |
| 4 W. Westerholm (62) | 38:06 |
| 5 J. Rubinow (62) | 38:53 |
| (9 ran) | |
| <i>Class 3B (65-69)</i> | |
| 1 J. Kelley (67) | 31:47 |
| 2 O. Essig (68) | 34:22 |
| 3 E. Root (67) | 35:34 |
| 4 J. Carroll (65) | 35:52 |
| 5 L. Pawson (69) | 36:17 |
| (9 ran) | |
| <i>Class 4 (70 and Over)</i> | |
| 1 F. Sargent (71) | 41:44 |
| 2 M. Cavanaugh (77) | 43:31 |
| (4 ran) | |
| 2nd September 1974 | |
| Rochester Marathon, New York | |
| 17 R. Kendall (47) | 3:01:13 |
| 25 R. Carter (51) | 3:17:12 |
| (64 finished) | |
| 2nd September 1974 | |
| Westport Labor Day 10.4 miles | |
| 11 P. Bastick (40) | 57:10 |
| 53 G. Sheehan (55) | 65:14 |
| (147 finished) | |

NORM BRIGHT

by SAM LEE

Those who attended the international vets. Meeting at Crystal Palace, the Meetings in Cologne and Bensberg and the U.S. Masters championships in San Diego will, I think, remember Norman Bright — tough guy of the U.S. Masters.

800m to 10,000m, steeple-chase, Cross-country, mountain race or marathon he tackles all with enthusiasm and vigour.

In 1944 Norman ran his first Boston marathon and was placed 11th. in 2:59:30. He was then 34. Thirty years elapsed before he was again on the Streets of Hopkinton impatient for the start of his second run to Boston, and nearly three hours after that Norman Bright was racing through the streets of Boston heading for a 615th. placing in a time of 2:59:59. only the third 0/60 year old to break the three hour barrier and less than one second a year slower than his first race.

Norman himself was amazed that he should take such a prodigious tumble from 11th. to 615th. in a space of only 29 seconds. But he proudly noted that he was easily the fastest 0/60 finisher and 24 minutes ahead of John Kelly, two years his senior but who had won the Boston on two occasions in 43 years of participation in the event. Kelly is second on the all time best list with a 2:58:40 at age 61.

This astonishing run of Norman Bright's can be attributed to a decision he made in February to follow a 15 mile a day programme.

Norman says he has even got himself a coach — Flory Rodd, a San Francisco aircrew navigator.

As a young man Norman had taken part in a torturous run known as the Dipsea Race. In the 6.8 miles between Mill Valley and Stimpson Beach is a mountain trail of unspeakable shoe rendering horrors the like of which no runner could take without extreme caution.

Some coaches won't let their athletes run it. But the race came so natural to Norman that he established a record that stood for 30 years. Then he came back to win the event (with a staggered start, the oldest off first) in 1970, the year his record was finally broken.

Norman's first event after the Boston was the Berkshire 10 mile Masters Road Race on May 5th. Well recovered from the marathon he won the 60/64 class with a time of 61:51 and by a margin of 10

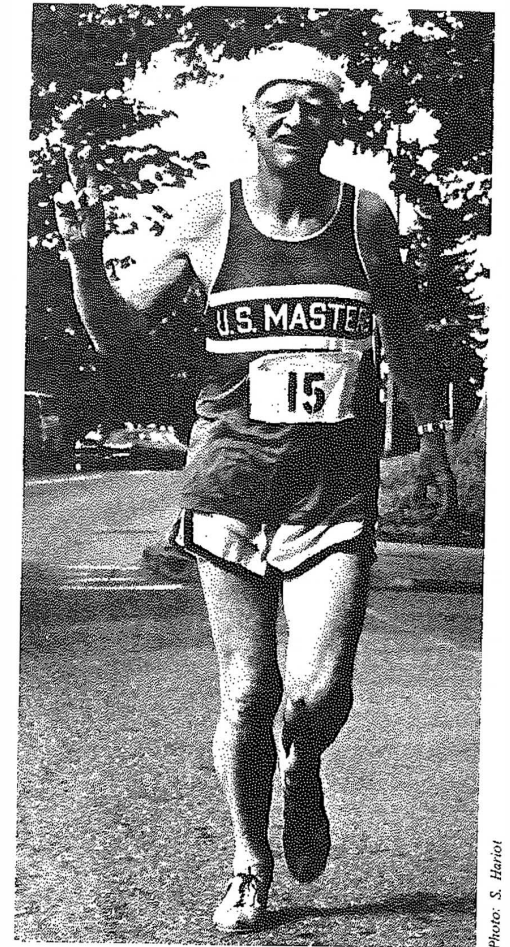


Photo: S. Harior

NORM BRIGHT

minutes. This was only 41 seconds slower than the winning time in class 50/54 and nearly 7 minutes faster than the winner of class 55/59. He was also placed 28th from 158 finishers.

'Though time waits for no man it hasn't gained much ground on Norman Bright.

| | | |
|--|---------------------------------------|---|
| 1st September 1974 | 15th September 1974 | September 29th |
| Club North Marathon, Chicago | Pa-AAU 25 Km, San Francisco | Marathon, Central Park, N.Y., U.S.A. |
| 13 R. E. Bruce (53) | 25 J. Shettler (41) | 10. Colin Beer (41) |
| 3:11:52 | 89:34 | 39. Ted Corbitt (54) |
| | | 3:00:45 |
| 2nd September 1974 | 15th September 1974 | 29th September 1974 |
| Heart of America Marathon | Cades Cove—Smoky Mountain '10' | N.Y.C. Marathon |
| 11 Tex Frazer (42) | K. Kahl (44) | 10 C. Beer (41) |
| 46 L. Gwaltney (55) | C. Gibson (51) | 20 D. Dixon (47) |
| 2:53:12 | 58:06 | 39 T. Corbitt (54) |
| 3:47:58 | 58:23 | 101 I. Taylor (60) |
| | | 2:45:10 |
| 2nd September 1974 | 21st September 1974 | 2:55:05 |
| Diamond Lake 11.5 miles, Oregon | Virginia 10 miles, Lynchburg | 3:00:45 |
| 1 R. Hatton (42) | G. Major (60+) | 3:23:44 |
| 63:06 | 69:33 | |

U.S. Masters Road Running Champs. 1974

| 5 MILE | | | |
|------------------|--------|---------|--|
| Division 1-A | | | |
| BASTRICK, P. | UN | 28:54 | |
| DENDALL, John | UN | 20:12 | |
| GOOKIN, William | SDTC | 29:17 | |
| BARTEK, Richard | SBAA | 29:17 | |
| GAFF, Ronald | NMC | 29:58 | |
| RUDBERG, John | STC | 30:11 | |
| PARKER, David | LASTC | 30:12 | |
| HERRICK, James | UN | 31:39 | |
| DAILEY, Richard | UN | 32:18 | |
| FLEMING, R. | SDTC | 32:19 | |
| AKERS, Russell | WWRR | 32:20 | |
| DAVIES, William | SCSTC | 32:23 | |
| NICHOLSON, J. | NCSTC | 32:32 | |
| VANCE, Joseph | UN | 32:39 | |
| MAHAFFEY, D. | SNTC | 32:52 | |
| EKSREIN, Chinton | ORR | 33:03 | |
| LIVESAY, Joseph | ARR | 33:05 | |
| LINAM, Del | CCAC | 33:05 | |
| HURST, James | UN | 33:43 | |
| MITZGERALD, Bill | STC | 33:44 | |
| GREEN, Miles | UN | 33:44 | |
| JACOBS, James | NCSTC | 33:48 | |
| BARD, Robert | UN | 34:26 | |
| POTTS, Byron | BHS | 35:36 | |
| DUGAN, Gordon | IIM | 36:20 | |
| KREGAL, Jesse | BPAC | 37:40 | |
| WALKER, Keith | NCSTC | 37:59 | |
| TAYLOR, Edward | UN | 37:59 | |
| COX, Donald | ORR | 38:00 | |
| MILLER, Wendell | TCN | 38:27 | |
| FROST, Jess | ORR | 43:00 | |
| Division 1-B | | | |
| WILCOX, Rodger | SCS | 28:54 | |
| MILLER, Howard | SNOH | 29:05 | |
| RATELLE, Alex | TCTC | 30:50 | |
| FREY, John | ORR | 30:50 | |
| FREEMAN, Brian | UN | 31:13 | |
| FREEDMAN, W. | SVTC | 31:59 | |
| LUCERO, Don | UN | 32:08 | |
| GAVRAS, George | FLRC | 34:22 | |
| MACY, Bob | ORR | 34:47 | |
| ANDERSON, Ruth | NCSTC | 35:50 | |
| SHERRY, Leo, Jr. | ORR | 35:50 | |
| HOGG, E.W. | UN | 37:27 | |
| WAGNER, Dick | ORR | 37:32 | |
| STOYLES, Robert | UN | 38:00 | |
| LEL, Leonard | ORR | 38:28 | |
| GARRETT, Cal | SDTC | 39:35 | |
| GILMAN, Rex | ORR | 40:52 | |
| LAFKY, Jim | UN | 40:55 | |
| SCHMITZ, Fred | ORR | 45:20 | |
| BIETZEIL, Paul | UN | 54:45 | |
| Division 2-A | | | |
| GREY, Frank Jr. | ORR | 33:09 | |
| WELLER, Charles | HTRR | 36:20 | |
| GROOMAN, M. | OTC | 38:56 | |
| HOLLAND, J. | BRR | 39:12 | |
| SKILES, John | ORR | 42:59 | |
| Division 2-B | | | |
| LOESON, James | SMTC | 31:38 | |
| REESE, Paul | NCSTC | 32:51 | |
| LAFFERTY, J.P. | SDTC | 33:01 | |
| GRAN, Alvin | ORR | 34:41 | |
| TRIPODES, Tom | SFOC | 38:54 | |
| SCHAUFFER, Al | ARR | 42:05 | |
| DECKER, Boyd | UN | 43:10 | |
| PRINGLE, B. | ORR | 45:22 | |
| Division 3-A | | | |
| CLARK, Albert | LASTC | 34:25 | |
| MILLER, Urban | UN | 35:04 | |
| ARNOLD, Wilbur | UN | 37:59 | |
| Division 3-B | | | |
| FREDERICK, Walt | CSTC | 41:27 | |
| 10 MILE | | | |
| Division 1-A | | | |
| BASTRICK, P. | UN | 57:43 | |
| GOOKIN, William | SDTC | 58:06 | |
| BARTK, Richard | SBAA | 58:17 | |
| DENDALL, John | UN | 60:08 | |
| RUDBERG, John | STC | 1:01:12 | |
| PARKER, David | LASTC | 1:01:22 | |
| GAFF, Ronald | NMC | 1:01:39 | |
| HERRICK, James | UN | 1:03:51 | |
| DAILEY, Richard | UN | 1:03:53 | |
| AKERS, Russell | WWRR | 1:04:24 | |
| VANCE, Joseph | UN | 1:04:24 | |
| FLEMING, R. | SDTC | 1:04:24 | |
| DAVIS, William | SCSTC | 1:05:18 | |
| ECKSTEIN, C. | ORR | 1:06:14 | |
| MAHAFFEY, Derek | SNTC | 1:06:25 | |
| LINAM, Del | CCAC | 1:07:18 | |
| DONLEY, Jerry | USMITT | 1:07:20 | |
| JACOBS, James | NCSTC | 1:08:41 | |
| HURST, James | UN | 1:08:51 | |
| GREEN, Miles | UN | 1:08:43 | |
| POTTS, Byron | BHS | 1:11:16 | |
| CHAMBERLAIN, J. | NCSTC | 1:11:16 | |
| COY, Jack | PTC | 1:11:17 | |
| GRAYBEAL, Dick | SETC | 1:12:25 | |
| KREGAL, Jesse | BPAC | 1:13:28 | |
| DUGAN, Gordon | HM | 1:13:40 | |
| COX, Donald | ORR | 1:15:18 | |
| TAYLOR, Edward | UN | 1:15:18 | |
| MILLER, Wendell | TCN | 1:17:57 | |
| DOUGHERTY, Maj | TCN | 1:26:00 | |
| FROST, Jess | ORR | 1:27:10 | |
| Division 1-B | | | |
| WILCOX, Rodger | SCS | 58:06 | |
| MILLER, Howard | SNOH | 58:15 | |
| FREY, John | ORR | 1:01:57 | |
| RATELLE, Alex | TCTC | 1:02:00 | |
| FREEMAN, Brian | UN | 1:02:51 | |
| FREEDMAN, W. | SVTC | 1:04:21 | |
| NICHOLSON, J. | NCSTC | 1:04:22 | |
| LUDFRO, Don | UN | 1:05:27 | |
| GAVRAS, George | FLRC | 1:07:00 | |
| MACY, Bob | ORR | 1:10:30 | |
| SHERRY, Leo Jr. | ORR | 1:01:18 | |
| O'SULLIVAN, M. | UN | 1:01:52 | |
| WAGNER, Dick | ORR | 1:05:02 | |
| HOGG, E.W. | UN | 1:05:14 | |
| STOYLES, R. | UN | 1:07:46 | |
| LEE, Leonard | ORR | 1:08:00 | |
| GARRETT, Cal | SDTC | 1:09:07 | |
| LAFKY, Jim | UN | 1:22:00 | |
| GILMAN, Rex | ORR | 1:22:24 | |
| SCHMITZ, Fred | ORR | 1:32:10 | |
| Division 2-A | | | |
| GREY, Frank Jr. | ORR | 1:07:18 | |
| BRUCE, Robert | ICN | 1:08:30 | |
| WELLER, Charles | HIRR | 1:04:08 | |
| HOLLAND, Joseph | BRR | 1:08:18 | |
| SKILES, John | ORR | 1:27:15 | |
| Division 2-B | | | |
| OLESON, James | SMTC | 1:03:53 | |
| LAFFERTY, John | SDTC | 1:05:44 | |
| WILSON, A.H. Jr. | ORR | 1:10:00 | |
| GRAHN, Alvin | ORR | 1:00:36 | |
| TRIPODES, Tom | SFOC | 1:07:23 | |
| DECKER, Boyd | UN | 1:17:43 | |
| PRINGLE, B. | ORR | 1:33:16 | |
| Division 3-A | | | |
| MILLER, Urban | UN | 71:12 | |
| ARNOLD, Wilbur | UN | 1:16:39 | |
| Division 3-B | | | |
| FREDERICK, Walt | CSTC | 1:22:38 | |
| 15 MILE | | | |
| Division 1-A | | | |
| BASTRICK, P. | UN | 1:26:00 | |
| GOOKIN, W.E. | SDTC | 1:26:08 | |
| BARTEK, Richard | SBAA | 1:26:08 | |
| RUDBERG, John | STC | 1:31:28 | |
| PARKER, David | LASTC | 1:32:28 | |
| DENDALL, John | UN | 1:32:55 | |
| HERRICK, James | UN | 1:36:25 | |
| NICHOLSON, J. | NCSTC | 1:36:26 | |
| VANCE, Joseph | UN | 1:36:42 | |
| DAILEY, Richard | UN | 1:36:42 | |
| AKERS, Russell | WWRR | 1:37:30 | |
| FLEMING, R. | SDTC | 1:37:47 | |
| DAVIS, William | SCSTC | 1:38:55 | |
| MAHAFFEY, Derek | SNTC | 1:40:24 | |
| ECKSTEIN, C. | ORR | 1:40:24 | |
| JACOBS, James | NCSTC | 1:43:26 | |
| GREEN, Miles | UN | 1:43:26 | |
| LINAM, Del | CCAC | 1:44:16 | |
| HURST, James | UN | 1:44:29 | |
| KREGAL, Jesse | BPAC | 1:48:36 | |
| POTTS, Byron | BHS | 1:49:34 | |
| CHAMBERLAIN, J. | NCSTC | 1:49:49 | |
| DUGAN, Gordon | HM | 1:51:05 | |
| GRAYBEAL, Dick | SETC | 1:51:46 | |
| COX, Donald | ORR | 1:53:05 | |
| WALKER, Keith | NCSTC | 1:53:94 | |
| TAYLOR, Edward | UN | 1:55:07 | |
| MILLER, Wendell | TCN | 1:58:16 | |
| FROST, Jess | ORR | 1:10:41 | |
| Division 1-B | | | |
| MILLER, Howard | SNOH | 1:27:58 | |
| WILCOX, Rodger | SCS | 1:28:46 | |
| RATELLE, Alex | TCTC | 1:33:19 | |
| FREEMAN, Brian | UN | 1:33:53 | |
| FREY, John | ORR | 1:34:27 | |
| FREEDMAN, W. | SVTC | 1:37:27 | |
| LUCERO, Don | UN | 1:40:07 | |
| MACY, Bob | ORR | 1:45:08 | |
| SHERRY, Leo Jr. | ORR | 1:47:35 | |
| O'SULLIVAN, M. | UN | 1:48:18 | |
| ANDERSON, Ruth | NCSTC | 1:48:38 | |
| WAGNER, Dick | ORR | 1:53:43 | |
| HOGG, E.M. | UN | 1:54:22 | |
| LEE, Leonard | ORR | 1:58:18 | |
| GARRETT, Cal | SDTC | 2:00:52 | |
| LAFKY, Jim | UN | 2:05:19 | |
| GILMAN, Rex | ORR | 2:08:44 | |
| SCHMITZ, Fred | ORR | 2:18:37 | |
| Division 2-A | | | |
| GREY, Frank Jr. | ORR | 1:42:34 | |
| BRUCE, Robert | ICN | 1:44:29 | |
| WELLER, Charles | HIRR | 1:51:05 | |
| GROOMAN, M. | OTC | 1:53:38 | |
| HOLLAND, Joseph | BRR | 1:58:10 | |
| SKILES, John | ORR | 2:10:41 | |
| Division 2-B | | | |
| OLESON, James | SMTC | 1:36:26 | |
| LAFFERTY, John | SDTC | 1:39:21 | |
| REESE, Paul | NCSTC | 1:44:23 | |
| WILSON, A.H. Jr. | ORR | 1:44:29 | |
| GRAHN, Alvin | ORR | 1:47:45 | |
| TRIPODES, Tom | SFOC | 1:57:13 | |
| SCHAUFFER, Al | ARR | 2:08:23 | |
| DECKER, Boyd | UN | 2:12:32 | |
| PRINGLE, B. | ORR | 2:23:47 | |
| Division 3-A | | | |
| MILLER, Urban | UN | 1:47:53 | |
| ARNOLD, Wilbur | UN | 2:03:53 | |
| Division 3-B | | | |
| FREDERICK, W. | CSTC | 2:05:39 | |
| 20 MILE | | | |
| Division 1-A | | | |
| BARTEK, R. | SBAA | 1:54:24 | |
| GOOKIN, W. | SDTC | 1:54:26 | |
| BASTRICK, P. | UN | 1:54:52 | |
| RUDBERG, John | STC | 2:02:35 | |
| PARKER, David | LASTC | 2:04:35 | |
| JACKSON, Dave | CDM | 2:07:14 | |
| HERRICK, James | UN | 2:08:23 | |
| NICHOLSON, J. | NCSTC | 2:08:39 | |
| DAILEY, Richard | UN | 2:09:01 | |
| VANCE, Joseph | UN | 2:09:08 | |
| FLEMING, R. | SDTC | 2:11:30 | |
| AKERS, Russell | WWRR | 2:11:31 | |
| DAVIS, William | SCSTC | 2:13:39 | |
| MAHAFFEY, D. | SNTC | 2:14:00 | |
| ECKSTEIN, C. | ORR | 2:15:20 | |
| JACOBS, James | NCSTC | 2:18:10 | |
| GREEN, Miles | UN | 2:18:14 | |
| HURST, James | UN | 2:22:06 | |
| KREGAL, Jesse | BPAC | 2:23:47 | |
| LINAM, Del | CCAC | 2:26:34 | |
| DUGAN, Gordon | IIM | 2:28:29 | |
| POTTS, Byron | BHS | 2:30:04 | |
| COX, Donald | ORR | 2:33:25 | |
| WALKER, Keith | NCSTC | 2:33:30 | |
| GRAYBEAL, Dick | SETC | 2:34:22 | |
| CHAMBERLAIN, J. | NCSTC | 2:36:54 | |
| TAYLOR, Edward | UN | 2:37:10 | |
| MILLER, Wendell | TCN | 2:38:01 | |
| FROST, Jess | ORR | 2:49:23 | |
| Division 1-B | | | |
| MAIDMAN, Edward | UN | 1:57:59 | |
| WILCOX, Rodger | SCS | 2:00:47 | |
| RATELLE, Alex | TCTC | 2:04:53 | |
| FREEMAN, Brian | UN | 2:05:02 | |
| FREY, John | ORR | 2:07:30 | |
| FREEDMAN, W. | SUTC | 2:11:00 | |
| Division 2-A | | | |
| LUCERO, Don | UN | 2:15:00 | |
| MACY, Bob | ORR | 2:21:08 | |
| SHERRY, Leo Jr. | ORR | 2:24:55 | |
| O'SULLIVAN, M. | UN | 2:26:12 | |
| ANDERSON, R. | NCSTC | 2:28:56 | |
| WAGNER, Dick | ORR | 2:32:24 | |
| HOGG, E.W. | UN | 2:34:39 | |
| LEE, Leonard | ORR | 2:39:46 | |
| GARRETT, Cal | SDTC | 2:44:06 | |
| LAFKY, Jim | UN | 2:47:06 | |
| GILMAN, Rex | ORR | 2:53:06 | |
| SCHMITZ, Fred | ORR | 3:05:10 | |
| BIETZEIL, Paul | UN | 3:47:07 | |
| Division 2-B | | | |
| GREY, Frank Jr. | ORR | 2:18:27 | |
| BRUCE, Robert | ICN | 2:22:14 | |
| WELLER, C. | HTRR | 2:29:08 | |
| GROOMAN, M. | OTC | 2:31:25 | |
| HOLLAND, Joseph | BRR | 2:37:36 | |
| SKILES, John | ORR | 2:48:28 | |
| Division 2-B | | | |
| OLESON, James | SMTC | 2:09:25 | |
| LAFFERTY, John | SDTC | 2:13:18 | |
| REISE, Paul | NCSTC | 2:20:43 | |
| WILSON, A.H. Jr. | ORR | 2:25:02 | |
| GRAHN, Alvin | ORR | 2:28:09 | |
| TRIPODES, Tom | SFOC | 2:37:08 | |
| SCHAUFFER, Al | ARR | 2:49:06 | |
| DECKER, Boyd | UN | 2:59:52 | |
| PRINGLE, B. | ORR | 3:21:37 | |
| Division 3-A | | | |
| MILLER, Urban | UN | 2:26:08 | |
| ARNOLD, Wilbur | UN | 2:54:24 | |
| Division 3-B | | | |
| FREDERICK, W. | CSTC | 2:45:49 | |

| 20 MILE | | | |
|------------------|-------|---------|--|
| Division 1-A | | | |
| BARTEK, R. | SBAA | 1:54:24 | |
| GOOKIN, W. | SDTC | 1:54:26 | |
| BASTRICK, P. | UN | 1:54:52 | |
| RUDBERG, John | STC | 2:02:35 | |
| PARKER, David | LASTC | 2:04:35 | |
| JACKSON, Dave | CDM | 2:07:14 | |
| HERRICK, James</ | | | |

European Miscellany

September 1st

| | |
|-------------------------------|---------|
| 16.4 Km, Vissoie, Switzerland | |
| 1. A. Maillot (GER) | 1:02:38 |
| 2. Graf 50+ (SUI) | 1:05:57 |
| 3. Doret (SUI) | 1:06:37 |
| 4. Haymoz (SUI) | 1:08:17 |
| 5. Foubrousse 50+ (FRA) | 1:10:14 |
| 18. Dingler 60+ (SUI) | 1:23:52 |
| (20 ran) | |

September 7th

| | |
|-----------------------------|-------|
| 12 Km, Forel-Lavaux, Switz. | |
| 4. F. Etter 45 (SUI) | 47:49 |
| 28. Pambianc 40 (SUI) | 54:52 |

September 8th

| | |
|---------------------------------|---------|
| 21.564 Km, Ay-Champagne, France | |
| 27. Rascalon 40+ | 1:17:38 |
| 35. Michant 44 | 1:18:40 |
| 39. Haran 40+ | 1:19:22 |
| 40. Feleand 51 | 1:19:37 |
| 42. Bureau 40 | 1:20:11 |
| 78. Kua 41 | 1:24:33 |
| 88. Sommier 42 | 1:26:16 |
| 97. Gomarid 50 | 1:27:32 |
| 98. Depoplomont 55 (BEL) | 1:27:40 |
| 146. Roger 61 | 1:38:34 |
| 156. Letellier 62 | 1:40:40 |
| (183 ran) | |

11th September 1974

100Km, Unna, W. Germany
Winner of the open event was England's John Berry (39) who won narrowly in 7:23:50 from Schuler (39), 7:24:54. Fourth was Fuchshuber (39) in 7:56:57.

Veterans (298 runners)

| | |
|-----------------------|----------|
| 1. Kromling 52 (GER) | 8:15:06 |
| 2. Mailterer 45 (GER) | 8:42:14 |
| 3. Pafel 40 (GER) | 8:42:28 |
| 4. Tognetti 40 (SWI) | 8:44:34 |
| 5. Wehrwin 44 (GER) | 8:47:26 |
| 6. John 49 (GER) | 8:58:11 |
| 22. Claussen 62 (GER) | 10:50:11 |
| 23. Fink 63 (AUT) | 10:54:02 |

Womens Veterans (15 runners)

| | |
|---------------------------|----------|
| 1. Vollmerhausen 42 (GER) | 10:09:17 |
| 2. Holdener 42 (SWI) | 10:43:42 |

September 14th

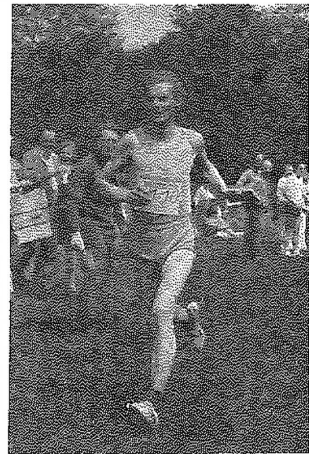
| | |
|----------------------------|-------|
| 16 Km, Reiden, Switzerland | |
| 1. W. Gilgen | 57:00 |
| 2. H. Borer | 60:10 |
| 3. M. Knecht | 62:18 |
| 4. A. Strub | 65:01 |
| 5. P. Graf 50+ | 66:03 |
| (30 ran) | |

September 14th

| | |
|-------------------------------|-------|
| 13 Km, Epalinges, Switzerland | |
| 1. C. Desarzens | 52:30 |
| 2. R. Simon | 53:46 |
| (14 ran) | |

September 28th

| | |
|----------------------------|---------|
| Husum Marathon, W. Germany | |
| 31. W. Immen 42 (GER) | 2:32:26 |



ERIK OSTBYE C. Shuppen

**22nd September 1974
Marathon, Gothenburg, Sweden**

| | |
|------------------|---------|
| 2. E. Ostbye 53 | 2:34:51 |
| 42. T. Jensen 67 | 3:07:35 |

28th September 1974

21 Km Charenton-St. Maurice, France

| | |
|----------------------|---------|
| 40-47 (101 runners) | |
| 1. R. Monseur (BEL) | 1:13:56 |
| 2. W. Vergison (BEL) | 1:15:32 |
| 3. B. Vinet (FRA) | 1:18:36 |
| 4. R. Desnoes (FRA) | 1:18:40 |
| 5. M. Rascalon (FRA) | 1:19:24 |
| 6. J. Mochham (BEL) | 1:19:32 |
| 7. S. Mischant (FRA) | 1:19:43 |
| 8. P. Bureau (FRA) | 1:20:12 |
| 9. J. Curty (FRA) | 1:20:49 |

48-55 (34 runners)

| | |
|-----------------------|---------|
| 1. F. Feleand (FRA) | 1:20:02 |
| 2. R. Blanchard (FRA) | 1:20:07 |
| 3. J. Serruys (BEL) | 1:26:15 |

Over 56 (13 runners)

| | |
|-------------------------|---------|
| 1. L. Fongerousse (FRA) | 1:25:14 |
| 2. H. Michon (FRA) | 1:33:43 |
| 3. I. Roger (FRA) | 1:35:54 |

September 29th

| | |
|----------------------------------|-------|
| 16.4 Km, Le Brassus, Switzerland | |
| 1. E. Friedli | 54:46 |
| 2. C. Haymoz | 60:14 |
| 3. J. Fontaine 50+ | 63:43 |
| 4. H. Meyer 50+ | 64:30 |
| 5. L. Suez 50+ | 66:42 |
| 6. R. Berthoud | 66:44 |
| (25 ran) | |

6th October 1974

| | |
|---------------------------------|---------|
| Kosice Marathon, Czechoslovakia | |
| 18. J. Foster 42 (NZ) | 2:22:24 |
| 126. V. Stemberk 42 (TCH) | 2:47:23 |
| 148. J. Strupp 58 (TCH) | 2:51:12 |
| 220. R. Vichera 55 (TCH) | 3:03:54 |

6th October 1974

| | |
|--------------------------|---------|
| 30 Km, Lidings, Sweden | |
| 54. T. Salarka 40 (FIN) | 1:52:21 |
| 67. P. Pystynen 40 (FIN) | 1:53:11 |
| (Approx. 3,000 ran) | |

50-59 (16 Km)

| | |
|----------------------|-------|
| 1. G. Lotsberg (SWE) | 58:33 |
| 2. E. Ostbye (SWE) | 58:39 |
| (226 ran) | |

Over 60 (10 Km)

| | |
|---------------------------|-------|
| 1. A. Svensson (SWE) | 44:05 |
| 33. F. Schreiber 80 (SWE) | 60:30 |
| (39 ran) | |

Women Vets, Over 50 (10 Km)

| | |
|------------------------|-------|
| 1. U. Jansson (SWE) | 48:27 |
| 2. H. Nilsson 64 (SWE) | 55:01 |

6th October 1974

16.4 Km, Morat-Fribourg, Switz.

Class 1

| | |
|-----------------------|-------|
| 1. Friedli (Belp) | 56:12 |
| 2. Hagen (Austria) | 58:05 |
| 3. Stercki (Biberist) | 58:23 |
| 4. Etter (Cheseaux) | 60:12 |
| 5. Borer (Basle) | 60:35 |
| 6. Sigrist (Berne) | 62:04 |

Class 2

| | |
|--------------------------|-------|
| 1. Graf (Fribourg) | 64:38 |
| 2. Bachmann (Belgium) | 65:29 |
| 3. Kappeli (Aarn) | 65:57 |
| 4. Fontaine (Lausanne) | 66:16 |
| 5. Jacob (Berne) | 67:52 |
| 6. Meier (Geneva) | 68:23 |
| W. Zbinden 74 (Berne) | 95:00 |
| Dr. Martin 73 (Lausanne) | 96:00 |
| X. Poncelet 74 (Geneva) | N.T. |
| A. Fluckiger 80 (Thun) | N.T. |

13th October 1974

Schwarzwald Marathon, W. Germany at Braunlingen-Donauschlingen.

Veteran Placings:

| | |
|----------------------------|---------|
| 11. G. Mantley (GER) | 2:40:03 |
| 12. W. Vergison (BEL) | 2:40:24 |
| 20. H. Widman (GER) | 2:42:23 |
| 22. A. Muller (GER) | 2:42:40 |
| 32. Sommerhauser (GER) | 2:47:16 |
| 36. I. Desloovere (BEL) | 2:27:36 |
| 39. H. Boerschig (GER) | 2:48:20 |
| 40. J. Krattenmacher (SUI) | 2:48:43 |
| 43. W. Koschorke (GER) | 2:49:27 |
| 51. E. Dabant (BEL) | 2:51:04 |
| 61. - Pauls (GER) | 2:52:47 |
| 73. H. De Hoef (BEL) | 2:54:44 |
| 75. - Durrschnabel (GER) | 2:55:12 |
| 86. E. Morscher (SUI) | 2:56:37 |
| 91. E. Schumacher (SUI) | 2:57:09 |
| 95. L. Smets (BEL) | 2:57:37 |
| 103. T. Donzetti (ITA) | 2:58:42 |
| 109. O. Leupi (SUI) | 2:58:55 |
| 110. E. Froehlich (SUI) | 2:58:58 |
| 113. A. Staelens (BEL) | 2:59:13 |

Women Veterans

| | |
|------------------------------|---------|
| 9. C. Vollmerhausen 41 (GER) | |
| 10. E. Holdener 42 (SUI) | 3:34:50 |
| 14. E.M. Westphal 56 (GER) | 3:40:15 |

13th October 1974

Sierre-Montana Mountain Run
14 Km (1 Km elevation), Switzerland

The open race was won by Switzerland's 36 years old Daeßsegger in a record 52:34.2. First veteran in the open race was Sidler 40 (Lucerne) in 18th place with 58:31.

Class 1 (35 ran)

| | |
|----------------------------|-------|
| 1. R. Maillot (GER) | 63:09 |
| 2. J. Nicolas (BEL) | 64:21 |
| 3. - Martins (POR) | 64:57 |
| 4. - Rochet (Lausanne) | 66:20 |
| 5. - Irschlinger (Carouge) | 66:27 |
| 6. - Eracle (Geneva) | 66:48 |

Class 2 (14 ran)

| | |
|---------------------|-------|
| 1. Graf (Fribourg) | 68:51 |
| 2. Boimond (Geneva) | 72:18 |
| 3. Meyer (Geneva) | 73:23 |

20th October 1974

18 Km, Pettinengo, Italy

| | |
|-----------------------|-------|
| 4. Sidler 40 (SWI) | 40:27 |
| 7. Acquarone 43 (ITA) | 40:44 |

19th October 1974

| | |
|-------------------------|---------|
| Athens Marathon, Greece | |
| K. Nagel 40+ (GER) | 3:04:40 |
| H. Troedson 50+ (SWE) | 3:11:00 |
| O. Clausen 60+ (GER) | 3:27:40 |
| C. Iordanidis 95 (GRE) | 6:42:00 |

First Woman Veteran:
E.M. Westphal 56 (GER) 3:56:07

26th October 1974

9.5 Km X-Cty., Courtelary, Switz.

| | |
|------------------------------|-------|
| Class 1: | |
| 1. J. Willemin (Le Breuleux) | 38:01 |
| 2. F. Brechbuhl (Wabern) | 38:30 |
| Class 2: | |
| 1. B. Baruselli (Saigne) | 37:02 |
| 2. P. Graf (Fribourg) | 39:43 |

26th October 1974

41.36 Km, Essen, W. Germany
Although billed as a marathon the course was later found to be 835 metres short of the recognised 42 Km 19.5m.

| | |
|--------------------------|---------|
| 15. Van Alphen 40+ (HOL) | 2:24:12 |
| - Krenmling 50+ (GER) | 2:49:24 |
| - Wehrle 60+ (GER) | 3:16:08 |

27th October 1974

Marathon, Neuf-Brisach, France

| | |
|---------------------------|---------|
| Veteran Result: | |
| 1. R. Chretien 41 (FRA) | 2:42:09 |
| 2. F. Feleand 50 (FRA) | 2:43:40 |
| 3. S. Michant 44 (FRA) | 2:45:57 |
| 4. P. Bureau 40 (FRA) | 2:47:24 |
| 5. H. Arendt 43 (GER) | 2:49:09 |
| 6. A. Maillot 44 (GER) | 2:50:04 |
| 7. G. Duchaffour 44 (FRA) | 2:52:10 |
| 8. J.F. Doret 40 (SWI) | 2:52:20 |
| 9. J. Morgenroth 42 (FRA) | 2:52:45 |
| 10. E. Herren - (SWI) | 2:54:37 |
| 11. K. Vuchrer 44 (GER) | 2:56:34 |
| 13. A. Tognetti 40 (SWI) | 2:58:31 |
| 14. A. Kijek 44 (USA) | 2:58:33 |
| 15. E. Schramm 48 (GER) | 3:00:41 |

November 24th
Pierre de Coubertin C.C. Belbec France
17. M. Hyman 40 (Ports)

| | |
|-------------------------|--|
| Veterans Race | |
| 1. K. Harland 41 (Camb) | |
| 3. D. Dellar 45 (Camb) | |
| 4. D. Maynard 42 (Camb) | |
| 5. F. Salvat 40 (Ports) | |

U.S. Cont'd

Six Mile

| | |
|--------------------|---------|
| Div 1 | |
| 1. G. Beer | 35:27.5 |
| 2. S. Van de Eande | 36.56 |

Div.2

| | |
|---------------|-------|
| 1. R. Horman | 37.08 |
| 2. A. Hossack | 38.26 |

Div.3

| | |
|----------------|-------|
| 1. W. Brobston | 43.08 |
|----------------|-------|

Two Mile Walk

| | |
|------------|---------|
| Div 1 | |
| 1. R. Mimm | 16:21.1 |
| 2. R. Fine | 16.48 |

Div.2

| | |
|----------------|-------|
| 1. Don Johnson | 16.52 |
| 2. A. Coviello | 18.05 |

Div.3

| | |
|-------------|-------|
| 1. C. Hills | 22.34 |
|-------------|-------|

STEEPLECHASE

| | |
|-----------------|---------|
| Div.1 | |
| 1. H. Kupczyk | 10:42.8 |
| 2. W. O'Connell | 11.04 |

Div. 2

| | |
|--------------|---------|
| 1. R. Horman | 12:01.5 |
|--------------|---------|

HIGH JUMP

| | |
|---------------|------|
| Div. 1 | |
| R. Wittenberg | 5'5½ |
| J. Pistenc | 5'5½ |

Div. 2

| | |
|---------------|-----|
| J. Hutchinson | 4'8 |
| R. Canslen | 4'6 |

Div. 3

| | |
|--------------|-----|
| C. Braceland | 4'4 |
| R. Lacey | 4'2 |

LONG JUMP

| | |
|---------------|-------|
| Div. 1 | |
| P. Postenc | 20'1¾ |
| R. Rittenberg | 19'2 |

Div. 2

| | |
|---------------|------|
| J. Hutchinson | 16'9 |
| R. Ganslen | 16'5 |

Div. 3

| | |
|--------------|-------|
| C. Hills | 13'2 |
| G. Braceland | 12'7½ |

TRIPLE JUMP

| | |
|---------------|-------|
| Div. 1 | |
| R. Wittenberg | 37'5 |
| C. Leverone | 36'4¾ |

Div. 2

| | |
|---------------|--------|
| J. Hutchinson | 35'10 |
| E. Lukens | 33'11¾ |

Div. 3

| | |
|--------------|-------|
| C. Hills | 28'4½ |
| G. Braceland | 25'5 |

POLE VAULT

| | |
|---------------|------|
| Div. 1 | |
| J. Harrington | 12'6 |
| D. Douglass | 9'6 |

Div. 3

| | |
|--------------|-----|
| G. Braceland | 6'6 |
|--------------|-----|

SHOT PUT

| | |
|-------------|-------|
| Div.1 | |
| 1. R. Olson | 41'6½ |
| 2. B. Meyer | 33'7 |

Div. 2

| | |
|-----------------|------|
| 1. T. McDermott | 36'7 |
| 2 | |

Walking

This years London to Brighton walk on September 7th was held in the worst conditions ever seen for the race - continual heavy rain and near gale force winds, mainly against the walkers. All who finished were real heroes.

Result:-

| | | | |
|----|----------------|---------------|----------|
| 1 | R. Middleton | (38) | 8:17:50 |
| 5 | D. Boxall | (41) | 8:45:05 |
| 8 | P. Worth | (45) | 9:13:08 |
| 14 | B. Saunders | (40+) | 9:47:41 |
| 25 | J. Keown | (42) | 10:09:14 |
| 27 | T. Tidy | (40+) | 10:30:58 |
| 30 | G. Halifax | (63) age best | 10:37:19 |
| 32 | H. Nunns | (45+) | 10:42:41 |
| 35 | F. G. Nickolls | (57) | 11:05:10 |
| 37 | J. Morgan | (45+) | 11:36:45 |
| 39 | E. McNeir | (74) age best | 11:40:53 |

On the same day in Rome, but in vastly different conditions (70°F), Gerhard Weidner (41) was finishing 7th in the European 50 Kilos in 4:10:52.

In the Highgate 1 hour walks (28 September 1974), Harold Whitlock, 1936 Olympic 50 Km champion put in a rare appearance to cover 6 miles 189 yards.

Bob Roberts, 2 years older at 72 but very fit from racing managed 6 miles 418 yards, surely an age record.

The West German 50 Km championship on 13th October 1974 was won by the amazing G. Weidner in a remarkable 4:00:51.

Earlier on 26th July he was 2nd in his country's 20 Km in 8:9:53.

In the Leicester 7 (October 5th) George Chaplin (43) in eighth position recorded 53:11, only just short of 8 m.p.h.!

FRED NICKOLLS

Max Gould's fourth place in the Canada U.S.A. match (see Vets in the News) was truly sensational. To clock 4:57:51.8 for 50Km at the age of 58 years can be described as nothing less than sensational. His 5Km splits were as follows:-

| | | | |
|-------|-----------------|-------|-----------------|
| 5Km- | 28:48 | 30Km- | 2:54:06 (30:02) |
| 10Km- | 57:17 (28:29) | 35Km- | 3:24:22 (30:16) |
| 15Km- | 1:25:33 (28:16) | 40Km- | 3:55:19 (30:57) |
| 20Km- | 1:54:34 (29:01) | 45Km- | 4:26:21 (31:02) |
| 25Km- | 2:24:04 (29:30) | 50Km- | 4:57:52 (31:31) |

In another race at Central Park, New York, he was pitted against such class walkers as Romanski, Ladany, McMurdie, Summers etc. and finished 7th in a field of 39, clocking 1:47:55 for the 20 Kilos, just 64 seconds outside his class 2 record. No need to say who the first veteran was!

Following thorough checking of the lap-scoring charts for the ACCOLADE 8 HOURS walking race, the result sheet has been adjusted and the final performances of the winner and veterans are now as follows:-

| | | |
|----|------------------------------|----------------------|
| 1 | R. Middleton (38) Belgrave | 53 miles-352 yards |
| 2 | K. Harding (45) (R.S.C.) | 52 miles-649 yards |
| 4 | C. Fogg (40) (Enfield) | 51 miles-1,040 yards |
| 10 | D. Boxall (40+) (Brighton) | 49 miles-211 yards |
| 14 | T. Casey (40+) (R.o.I.) | 45 miles-37 yards |
| 15 | J. Dowling (40+) (Sheffield) | 44 miles-1100 yards |

Roy Thorpe (40) has been selected for Great Britain's National walking squad 'A'. Although those star veterans Ken Harding and Charlie Fogg have not been included they can be expected to provide some upsets in the form book on occasions.

That evergreen character of international race walking, ABDON PAMICH, finished third in Italy's 20 Km race walking championships in Rome on August 1st.

| | |
|------------------|---------------------------------|
| 5th October 1974 | Leicester Open '7' Road Walk |
| 8 | G. Chaplin (44) (Cov. G.) 53:11 |

| | |
|-------------------|------------------------------|
| 9th November 1974 | Enfield Open '7' Road Walk |
| 9 | C. Fogg (40) (Enfield) 53:36 |
| 19 | K. Livermore (Enfield) 56:10 |
| 28 | J. Bromley (49) (Bels) 57:07 |
| 35 | G. Coleman (52) (High) 58:08 |
| 37 | D. Maynard (Camb) 58:16 |

| | |
|--------------------|-----------------------------------|
| 11th November 1974 | London Vidarians '7' Road Champs. |
| 2 | R. D. McMullen (52) 60:56 |

| | |
|--------------------|----------------------------|
| 16th November 1974 | Stammer Park '7', Brighton |
| 8 | B. Hawkins (Met WC) 58:26 |

| | |
|-------------------|------------------------------|
| 2nd November 1974 | Winter Walk League, Redditch |
| 3 | G. Chaplin 43 (Cov.) 38:04 |

| | |
|--------------------|------------------------------|
| 20th November 1974 | Met. Police '7', Imber Court |
| 2 | C. Fogg (40) (Enfield) 55:12 |

| | |
|--------------|-------------------------------|
| Enderby '10' | |
| 1 | R. Thorpe (40) (Sheff.) 74:38 |

| | |
|---------------------------------|-------------------------|
| Leicester to Skegness 100 miles | |
| 1 | D. E. Boxall 17:50:01 |
| 24 | B. Osborn (65) 22:35:37 |

| | |
|---------------------|---------------------------------|
| L.P.R. 6 miles road | |
| 1 | R. D. McMullen (53) (Bel) 50:24 |

| | |
|--------------------|------------------------------|
| 16th November 1974 | Winter Walk League, Coventry |
| 2 | G. Chaplin 43 (Cov.) 45:31 |

| | |
|--------------------|------------------------------|
| 23rd November 1974 | Belgrave Open '7' Road Walk |
| 10 | C. Fogg (40) (Enfield) 54:55 |

| | |
|--------------------|-----------------------------|
| 14th December 1974 | Cambridge H. '7' Open Walk |
| 25 | K. Livermore 40 (Enf) 56:43 |

| | |
|--------------------|------------------------------|
| 28th December 1974 | Hford 10Km Road Walk |
| 10 | K. Livermore 40+ (Enf) 50:25 |
| 14 | G. Coleman 50+ (High) 52:22 |

CLAP HANDS, HERE COMES CHARLIE



John Heywood

1888 was a vintage year for walkers, and Charlie Speechley has been proving it ever since that January day so long ago when his great heart first began beating.

Eighty seven years old Charlie has been a member of Belgrave Harriers for 55 years and was their 20 mile champion (3hr 5m 56s) when 43, and the following year (1932) he returned a 53m 24s for the Highgate H. open '7' at Regents Park.

In the 1935 middlesex '10' his time was 81-53, when 47, and the same year he did the county 2 in 15-22.

During the late Twenties, America saw his prowess. In the 1928 USA Olympic Trials at Newark N.J. he finished 5th in their 3 miles in 24-12 and on Independence Day that year set a 2 mile handicap meeting record (of 60secs) with 14-18).

There were lots of sub 7-40 miles that year, including a 7-24 at Madison Square Garden.

It was back to England in 1929 and Charlie covered the London/Brighton course in 9:48:43.

Since the end of World War II we have been blessed with his charming and modest presence at countless open and veteran events including the 100m and 200m sprints.

Some of his old age pensioners' times may never be beaten.

| | | |
|----------|-------|------------------------------|
| 2ml Walk | 17.24 | age 67 |
| 3000m" | 20.02 | " 82 (equal to 21.36 for 2m) |
| 3200m" | 25.29 | " 86 (" 25.40 " 2m) |
| 5 mile " | 43.17 | " 68 |

Is Charlie coming to the end of the road? Not Likely!

1973 saw a year devoted to sprinting. 1974 was the great come-back at walking. He improved his times in each of the five LESTER POINTS CUP races in Veterans AC to keep ahead of the handicapper and finished the season with 110 points for yet another trophy!

One of the high lights of the Veterans AC dinner and dance is to see Charlie, a Past President, dancing and jiving the whole evening away, and putting many of us younger ones to shame.

F. G. Nickolls

I remember very well the Surrey Walking Club 4 day 100 miles at a Hopton-on-Sea holiday camp held in 1954. I was a 20 year old attempting distance walking for the first time against the likes of Vic Stone, the then holder of the World's best 100 miles. Charlie (then a mere youngster at 66!) finished the first day's 25 miles in fine style and then enjoyed the holiday. He closely followed the fortunes of the rest of us on the remaining three days and was delighted at my surprise victory. It seems such a long time ago now but, incredibly, Charlie even then was an old age pensioner!!

Colin Young

Postbag

Dear Editor,

First and foremost we cannot agree with you more, we must have an International Veterans Federation. With such a Federation we can co-ordinate World Championships, have uniformity of events, hurdle heights and implements also age qualifications.

At present we are intending to send a large team to Toronto 1975 for what is billed as the World Veterans Games, but we have run into a large snag in that the U.S.A., or David Pain in particular, is trying to move for the competition to be open to professionals. While we have no objection to this from an athletic point of view, it could mean that our athletes would be declared professionals.

To understand our predicament you must understand our system of athletics which for Track and Field consists of a Saturday afternoon Inter-Club system open to all amateur athletes from Olympic class to the ordinary jogger. Most athletes value this amateur competition and without it would not have the chance for full competition against their contemporaries.

Australia also has a system of Professional athletics mainly restricted to Gift sprints carrying very large prize money. David Pain is trying to force the matter by allowing these runners "provisional" U.S. status for the World Veteran Games. They would compete for U.S. not Australia and it could mean that our amateur team of 60/80 would not go. Where does the British Association stand?

In answering some of the questions raised in the Editorial we say:-

1. Our Athletic Union insists on "Veterans" in preference to "Masters" or "Seniors".
2. We compete as Junior Veterans from 35 years. This has the effect of filling the gap from top athlete to "approaching old age".
3. We call our age groupings Divisions. 5 years where entries permit.
4. We use the exact date of birth.
5. Events competed in follow the Olympic programme with the addition of a 3Km. and 5Km. Walk.

So far we have had no call for over 50 years Steeplechase or hurdle events.

IMPLEMENTS, ETC.

| | PRE | 1 | 2 | 3 |
|-------------|-------|-------|--------|--------|
| SHOT | 16lb. | 16lb. | 12lb. | 8lb. |
| DISCUS | 2Kg. | 2Kg. | 1.5Kg. | 1.5Kg. |
| JAVELIN | 800g. | 800g. | 600g. | 600g. |
| HAMMER | 16lb. | 16lb. | 12lb. | 12lb. |
| 110 HURDLES | 3-6 | 3-3 | 3-3 | |
| 400 HURDLES | 3-0 | 2-9 | | |

6. We do not conduct Women's events due only to lack of interest.

7. World Championships would be best every 4 years, mainly as this just about allows one to compete in a different Division on each occasion and also from the economical point of view. Possibly an "off" Olympic year would be best.

44

8. An International Federation should handle all aspects of Veterans competition, co-ordination being the key word.

9. Similar to the A.A.U. with Regional Representatives, such body to meet each 4 years at the World Veterans T. & F. Championships, otherwise business to be decided by mail vote. This is a big question and would require a much closer look into various committees etc.

10. We are wholly and solely athletics, which we are possibly best qualified to manage, let us stick to what we know and let other sports manage their own affairs. It seems the Olympic Games could already be restricted to a few individual competitive sports so that we have a little less Nationalism and more of the "Veteran" good will.

Hoping we have helped and we look forward to more copies of your fine magazine.

Yours faithfully,
L.H. IRWIN
Secretary/Manager.
N.S.W. Veterans, Australia.

Dear Editor,

I enjoy "Veteris" very much and think it is by far the best magazine out. Please keep it going!

I would like to respond to my friend Roger Ruth of Canada. I side with David Pain and Joe Phillips concerning five year intervals for all competitors, as was done in the Senior Olympics, Canadian and U.S. Masters and which will be done in the World Masters in Toronto.

I think Roger misses the main point of Veteran competition. It is not record setting (even though it is nice to do so) that is important, it is *participation* and *competition*; the opportunity to compete with one's peers on almost equal terms. The placing of a newly turned 50 year old against a man of nearly 60 years of age is not what I would call equal terms; for nine years in this age group makes one hell of a difference in stamina—strength—reflex from year to year for the average man.

Now as concerns Roger's ideas that lesser hurdle heights and weights cheapen the accomplishments of former athletes—that's bull! Again I say, which is more important, records or participation in *all* events? I hold the 50 year+ record for 400 meters over the 36 inch hurdle (63.5) but what good is the record if there is no one else to challenge it or to run against. When I set this record in 1973, I had to run with the 40 year old group because there were *no* 50 year old competitors. I for one am happy to see that the A.A.U. has approved lowering the height to 33 inches for our division, for now I believe we will see more individuals giving this event a try. You know Roger, you are asking a 50 or 59 year old man to run the hurdle height a 20 year old Olympic competitor

does, and this is foolish because of the great possibility of a bad injury. It is *not* like vaulting where you start at a minimum height and work up to a maximum height. In hurdles you start with a maximum and go all the way.

I think *ALL* Veteran runners and competitors deserve recognition for their efforts—*NOT* a chosen few!

Yours sincerely,
Al Guidet,
10681 Applewood Dr.
California City,
Calif. U.S.A. 93505.

Dear Editor,

Was Lynn Eves of the Portland track club kidding us when he wrote in the October issue of pleading for the veterans' programme to commence at 30 or even 25!

In this country there is no dearth of competition for the 30-39 group.

In fact this age group would appear to form the main body of scorers in distance races in this area.

This pre-vet thing could easily get out of hand! One can visualise pre-pre-vets, leading naturally to the pre-pre-pre-vets stage, until we catch the weeny-boppers!

Let us remain uncomplicated and keep veterans' competition confined to the over 40's.

Yours sincerely,
Ken Hall,
Wirral A.C.

Dear Editor,

With the turn of the year talk turns inevitably towards the World Masters Championships in Toronto, and in this context I have heard several

Spotlight (Cont'd from page 25)

3rd overall in the Over 40 Australian 10000m Championships.

John says running is his life and he covers an average of 60 miles a week, Summer and Winter, showing that it is. He is currently set on getting to Toronto, Canada, for the August 1975 First World Masters Track and Field Championships and if he gets there (money is tight and he has to rely on sponsors) he will surely give, as always, a magnificent account of himself.

But John is a top Australian coach as well as a great veteran athlete. In the distance events his proteges include Fred Langford, David Eltringham and Mike Hill, all with one or more Australian titles to their credit. In the hurdles there has already been mention of Kerry O'Connell the former Australian Junior Champion. He also trained Max Binnington and Jenny Watson, who represented Australia in the Christchurch Commonwealth Games, and a whole string of State Champion Hurdlers down to juvenile

comments about sponsorship of competitors.

I understand that the organisers, wishing to attract quality, have offered sponsorship to any competitor who ranks in the first three in the World at his event and within his age group. No doubt the sponsors want their money's worth, but surely the whole attraction of this meeting is, that provided one meets a certain standard of fitness, any person can enter and cross swords with the best; and the greater volume of competitors will come from those who are willing to dig very deep into their pockets and pay their own way, many at the expense of the family holiday. To me the whole attraction of Veterans athletics has been the absence of the sponsored "star", who having been nurtured comfortably through a glowing career, probably retired with a little more than sheer satisfaction from his efforts. Is he now to be resurrected to continue his well paid career at the expense of the true enthusiasts who are forming the backbone of the Masters movement, many of whom are in their thirtieth continuous season.

Having recently watched a "Sportsnight Special" and wondered at the amount of money being poured into Sport in an endeavour to encourage the young people of this country, would it not be possible to filter off some of these funds as assistance to those who also look forward to many years in Sport, but who have a similar number of years behind them?

Might I suggest that the various regional organisers who are showing signs of getting together to form a National Association, seek sponsorship of all who are willing to compete in Toronto, assisting either with travel or accommodation irrespective of the quality of the athlete concerned. If they have shown willingness to take part, then back all on a per capita basis. There must be someone to fortify the over forties--Sports Council or Industry.

Yours sincerely,
M.E. Morrell.
(Wirral A.C.)

level about all of whom, no doubt, more will be heard.

The end of the John Gilmour story? There is no end in sight. Our man in the spotlight is President of the WA Marathon Club, Vice-President of the WA Veterans Club; a life member and Vice-President of both the WAAAA and the Canning District AAC (he actually founded the latter 25 years ago) and all are onerous positions, for John takes his duties seriously and makes them so.

Above all John has one special attribute for the discerning. Whether he is standing talking to youngsters, officials, administrators or the press, or drinking his lemonade during a fund-raising 'do' after a beautiful exhibition of ballroom dancing (he was coached by a professional—and it shows) with friends and his wonderful wife (who has always willingly gone along with "this mad, beautiful thing, athletics, and even crazier Veteran Athletics") or receiving the admiring congratulations of his fellow athletes after a gold winning run in England, Finland, Sweden, Norway, Denmark or West Germany, John Gilmour is always, without doubt, a true and very modest gentleman.

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Book review

THE COMPLETE RUNNER

(World Publications, P.O. Box 247, Croydon, Surrey CR9 8AQ. U.K. price £4.50)

When *Runners World* first appeared in the "sixties" it filled a gap in the athletics literature of the day. Instead of being just another specialist publication it was directed to all who ran, irrespective of standard and, as veterans were quick to appreciate, of age too.

The American running fraternity at that time were largely confined to the collegiate system, where the vast majority retired in their mid-twenties, and converts from the jogging craze. In Britain, the club system was already equipped to take runners through to veteran status, which meant that the majority of vets were seasoned campaigners. There seemed to be no "in between" in either country and one would have been justified in being sceptical of *Runners World* finding the audience it sought.

Well, *Runners World* proved the sceptics wrong. They found the journalistic formula which appealed to runners of all standards and their monthly magazine went from success to success. As runners themselves, the publishers knew just what athletes wanted to know and hear. Articles on the physiology of the runner were of immense interest and Dr. George Sheeham, the running doctor, was soon one of the most popular contributors.

Dr. Kenneth Cooper's famous book "*Aerobics*" was undoubtedly responsible for large numbers of the sedentary population in the States getting out of doors to achieve Dr. Cooper's modest points totals and have fun at the same time. This event, in turn, gave *Runners World* another boost and they then embarked on the very ambitious project of producing their "*Booklet of the Month*" series. Each booklet studied an individual aspect of the world of the runner and looked at it in depth. It was practical, easy to assimilate and usually rewarding to read. No less than forty-three of these booklets have now been produced and there is no sign of them running out of ideas. Anyone who has read both magazine and booklet for the last three years or so is an extremely well informed runner, even though he may not be consciously aware of it.

Now the publishers have produced their first book, **THE COMPLETE RUNNER**. Those runners who have not subscribed to the magazine and booklet series this last 3 to 4 years are not left out in the cold after all, for here is a book which covers all those fascinating in-depth subjects on which the editors and contributors are so knowledgeable; philosophy, psychology, physiology, medicine, nutrition, life-style, environment, footwear, technique, exercise, training, competition, teamwork and promotion; all are dealt with in short, crisp articles covering several aspects of each subject. There are no less than 60 such articles

by 42 different writers, and almost all are of value to the veteran athlete.

Just as the non-readers of *Runners World* have a bargain on their hands, so too do the regulars who will find much new and interesting material within the 400 pages of this well illustrated book (88 photographs).

To some, the title may suggest yet another specialised book aimed at the aspiring champion. They couldn't be more wrong. It is a book for runners, by runners—and as the publishers say on the fly leaf "In a word, the writing is practical. You aren't reading about someone else's running. You're learning ways to make your own running faster, healthier, more rewarding, more fun—more complete." C.S.

TALE OF THE ANCIENT MARATHONER

(*Runners World* Booklet of the Month No. 41, World Publications, P.O. Box 247, Croydon, Surrey, U.K. Price 68p, post free)

There is a soft spot in the hearts of all distance runners for Jack Foster, but particularly so in the hearts of veterans. After all, did he not start running at the late age of 32 and make the Olympic marathon at 40? This alone was enough to make vets identify themselves with him, but enough was known about Foster to make him the runner's marathoner. "I don't think of running as 'training,'" he once said. "I don't train. I just go for a run each day. 'Training' to me is repetition 220's and 440's; tough sessions on the roads at or near 5 min mile pace. If this is what the physiologists and sports specialist doctors have come up with to be a champ, then I must remain a mug runner and enjoy my evening sessions in the hills." There are many veterans who go along with that, particularly those who are running faster now than when they were in their so-called prime during the interval era.

This booklet is not the first biography produced by World Publications, but it is certainly the best. This is probably because a 4 years long dialogue took place between Foster and Joe Henderson before the latter went into print, and Jack is no mean writer himself either. He was clearly a forthcoming subject, and Joe is a talented editor. The mix was just right and the result is perhaps the best mini-biography yet published.

The chapter on Foster's philosophy is particularly interesting and ranges from the dedication of his early cycling days in Britain to the feelings he experienced before, during and after the race against Thompson in Christchurch.

This is a booklet which is certain to be devoured in one go. When you have finished it, you will feel you know Jack Foster as well as his closest friends. C.S.

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At the age of 32, the New Zealander started running. At 40 he was an Olympic marathoner and at 41 he ran 2 hrs 11 min 7 sec for the marathon.

Foster himself tells how he improved so much, so late, mixing accounts of his own career with advice for runners of every age.

Illustrated, 48 pages.
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EXERCISES FOR RUNNERS

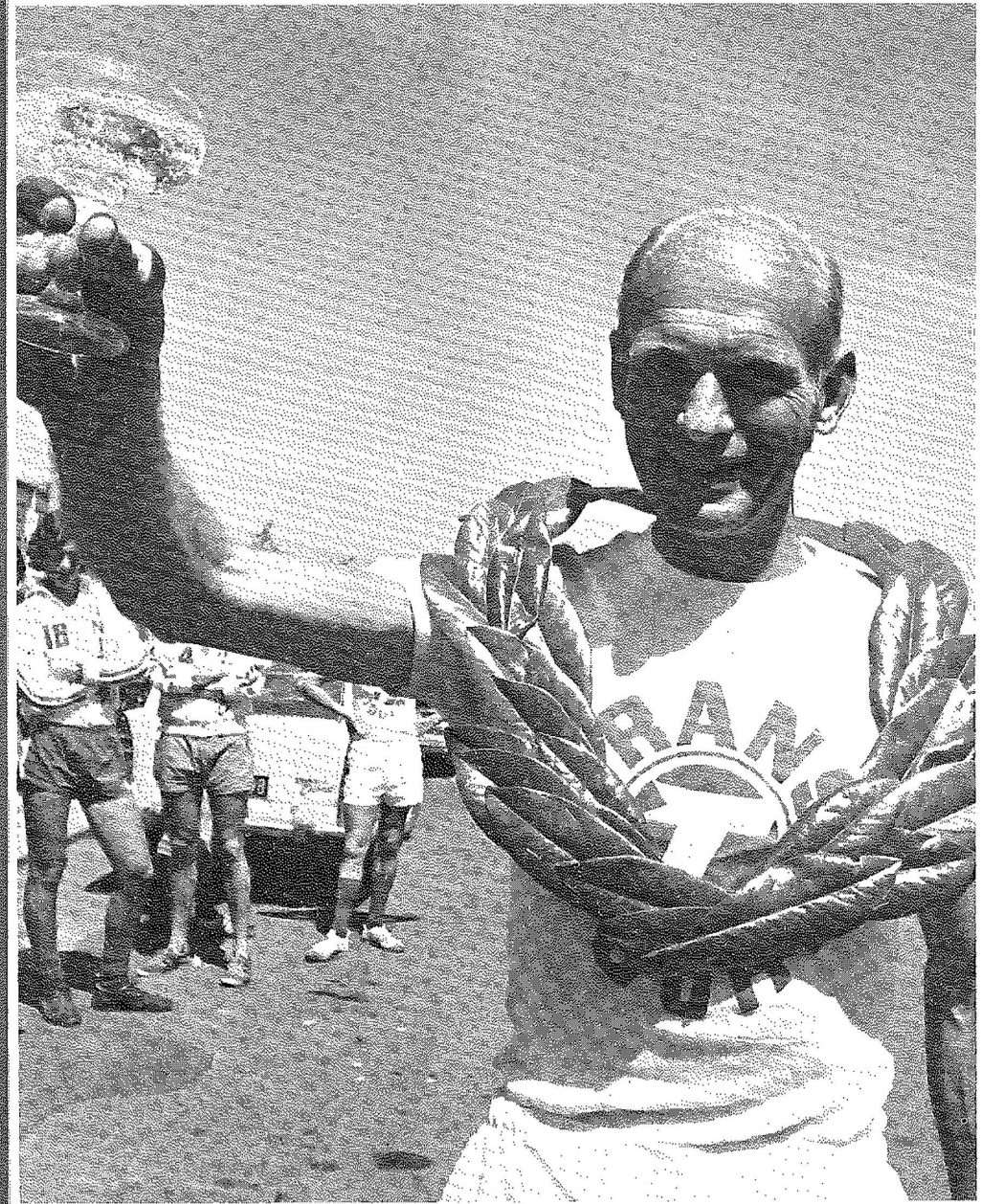
Strength and flexibility can't be ignored, even by runners concerned primarily with speed and stamina. Injury prevention is the most important function of the exercises presented in this book, but strengthening and stretching also have many positive effects.

This book spells out how to increase power with strength work and reduce injuries with stretching.

Illustrated, 80 pages.
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WORLD PUBLICATIONS, BOX 247, CROYDON, SURREY CR9 8AQ

veteris



THE MAGAZINE OF THE
Association of Veteran Athletes

January 1975 : 30p