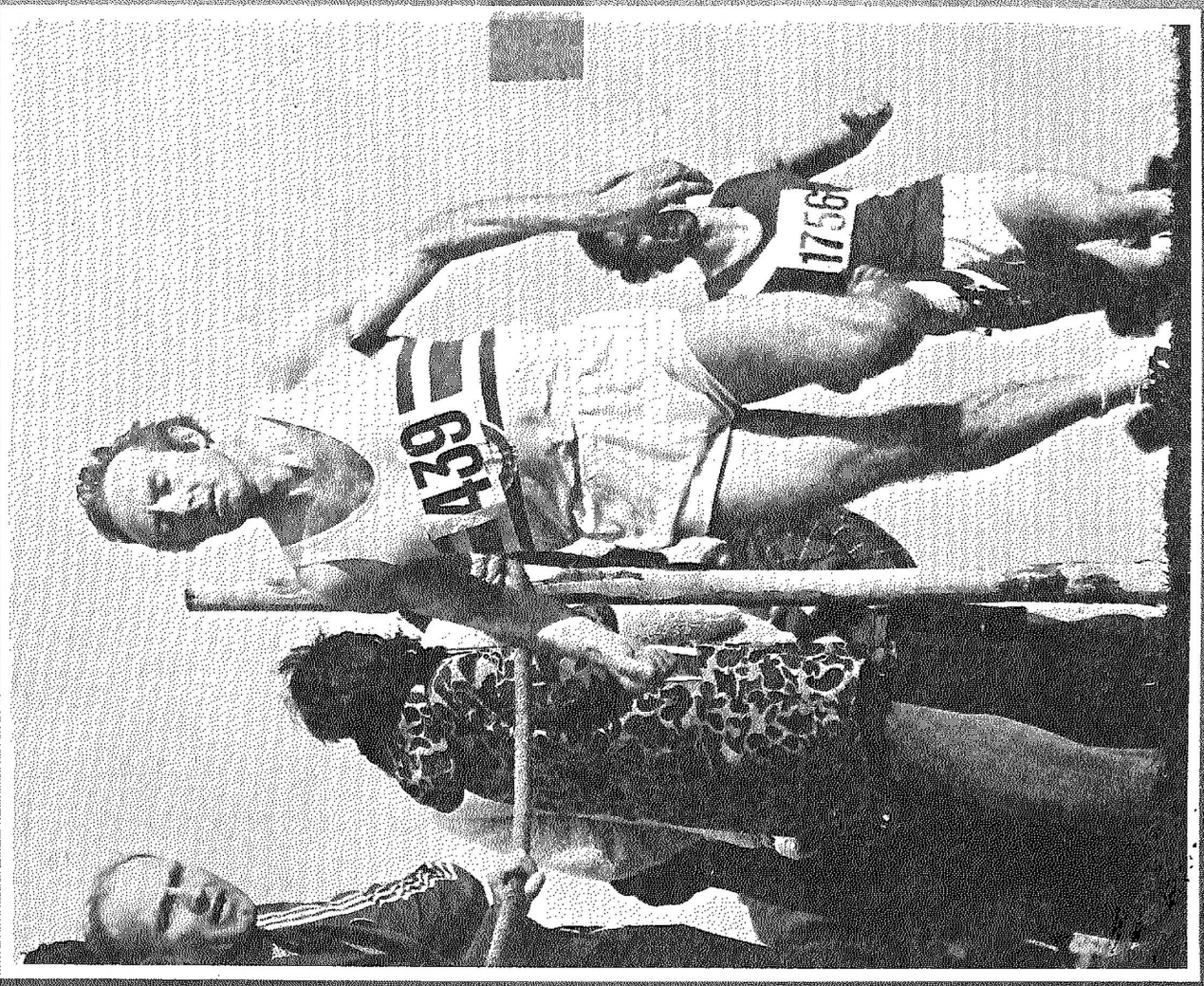


# veteris

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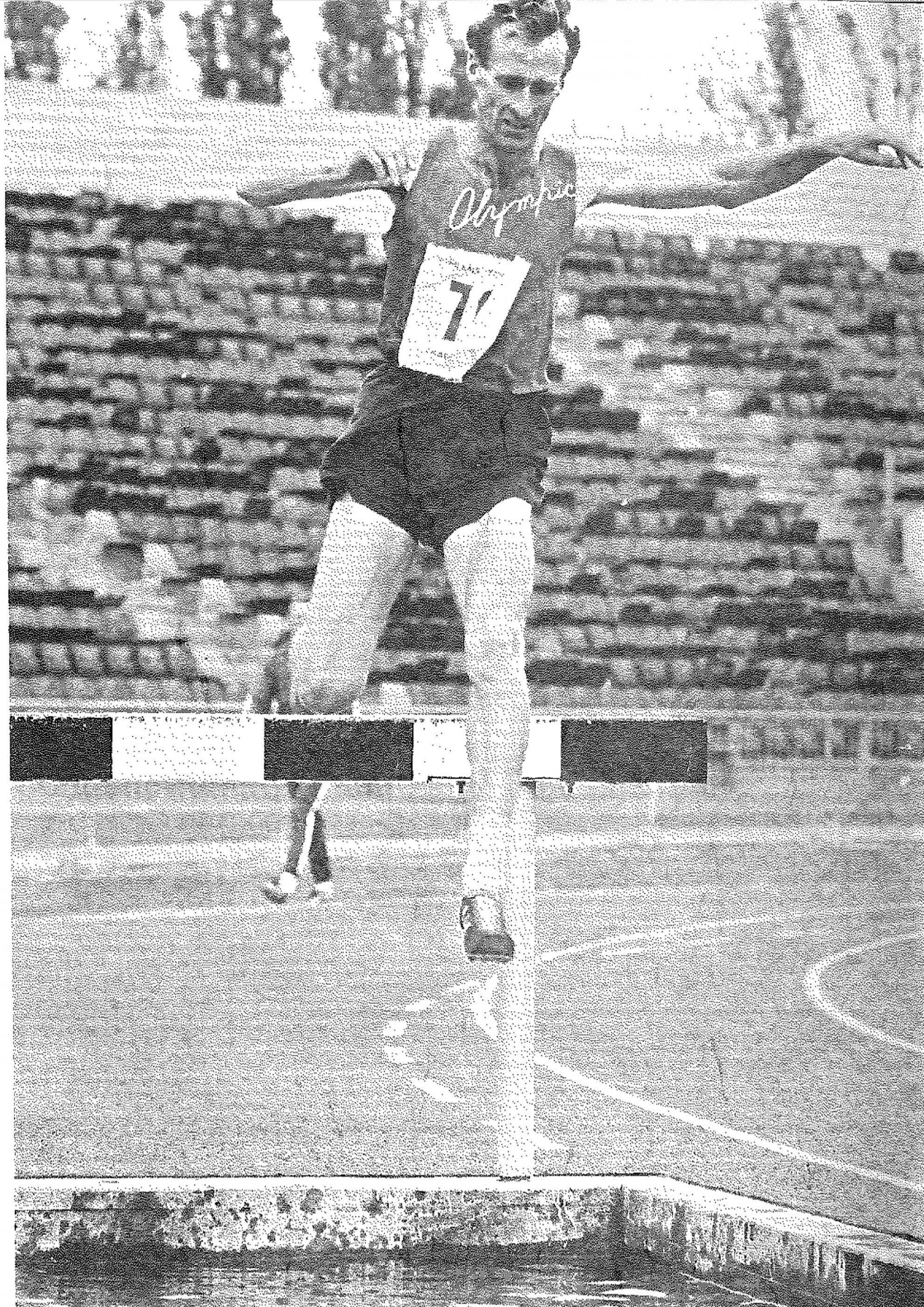
THE MAGAZINE OF THE  
Association of Veteran Athletes

MAY 1975

Fred Bierlein *1749 Oxford St*  
~~2700 Le Conte Avenue~~  
Berkeley, CA 94709







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# VETERIS

Quarterly  
May 1975  
Volume 2, Number 4

The magazine of  
**The Association of Veteran Athletes**

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

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**Advertisement Rates** per insertion  
£2 per s.c. inch  
£7 per ¼ page 10% discount on  
£12 per ½ page series of four  
£20 per page consecutive bookings

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**Annual Subscription Rates**  
Four issues a year—All prices include postage

	Surface Mail	
United Kingdom	£2.00	
Europe	} £2.50	Air Mail rates on request
N. America		
S. America		
Africa & India		
Australia		
New Zealand		

FRONTISPIECE: (Photo: Christchurch Press) JIM MACDONALD (NZ) Sets new s/chase record.  
FRONT COVER: (Photo: Ed. Lacey) ROY FOWLER, Britain's National Vets Champion. 3



# FIXTURES

June	7	U.S. Masters District SPAAAU Champs.	July (Sun)	20	British Veterans National Track & Field Champs, Leicester. Noon start. (See advert)
June	8	Masters 20 Km, Huntington, Long Island (11.00)	Aug.	2	1st British Columbia Masters T & F Champs. S.F.U. Stadium, B.C., Canada.
June	13/14/15	Barnet Festival of Sport. Cophthall Stadium. (See advert)	Aug.	8/9/10	U.S. Masters Track & Field Champs. White Plains, New York.
June	14/15	USTFF National Masters Champs. (John Harwick, 467 Beverly Rd., Mt. Lebanon PA., 15216)	Aug.	11-17	FIRST WORLD MASTERS ATHLETICS CHAMPIONSHIPS - Toronto, Canada (See advert)
June	15	International 25 Km. for veterans, Bruges, Belgium (Write Jacques Serruys, Engelandaleaan 25, 8310 Bruges) (For British tour write Jack Fitzgerald, page 3.)	Aug.	31	21 Km. cross-country race for veterans, Kuopio, Finland. TEN age groups.
June	22	Inter-Counties Veterans 10 Km. road race at Leamington Spa. (See advert page 50.)	Sept.	6	London to Brighton Walk.
June	28/29	Senior "Olympics", Irvine, California. (Warren Blaney, 5225 Wilshire Blvd., Suite 302, Los Angeles)	Sept.	13	*London Marathon, Cophthall Stadium, incorporating the Southern Vets Champs.
July	4	100 Km. Road Race, Hartola, Finland. TEN age groups for veterans over 40. (Write Charles Greenlees, Suopursuntie 9, 01300 Tikkurila, Finland)	Sept.	15	8th World Best Long Distance Runners Championship over 25 Kms. at Lake Yamanaka, Japan. (Nippon Turtle Association Tokyo, CPO Box 1137, Japan. Fee 3,000 Yen (approx. £4). Details of touring party from Bryan Doughty, "Sea View Cottage", Shone Rd., Port St. Mary, Isle of Man (s.a.e. please)
July	5/6	AAU Masters Western Regional Mect, Laney College, Oakland. (Ed Phillips, Box 1267, Los Altos, CA. 94022)	Sept.	20	*Southern Veterans 10 mile road race champs. Crawley. Fees: 25p Open, 50p Southern. LADIES WELCOME.
July	6	Waldniel Marathon, W. Germany.			
July	6	Veterans AC Track Champs - Battersea Park, 2.30 p.m.			
July (Sun)	13	*Southern Veterans Track & Field Champs, Parliament Hill Fields.			

\*Entry forms from G. Harrison, 75 Gallows Hill Lane, Abbots Langley, Herts (Tel: Kings Langley 63317). Send stamped addressed footscap envelope.

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# EDITORIAL

This issue of VETERIS comes to you a month later than originally planned. The change of date from April to May was to allow us time to include full details of the Australian and New Zealand Track and Field Championships. When you read the reports of those highly successful meets, we feel sure that you will agree the delay was worthwhile.

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

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

U.S.A.-Gerry Smartt, 501 E. Katella 5C, Orange, California 92667.

CANADA-Don Farquharson, 269 Ridgewood Rd., West Hill, Ontario.

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

## PROGRESS TOWARDS A NATIONAL VETERANS ASSOCIATION

Fred Cuthbert, Honorary Secretary of the Southern Counties Veterans A.A.A. writes:-

Further progress was made towards the formation of a National Veterans Athletic Association at a meeting in Sheffield on Saturday, 22nd February. Three delegates from each of the Midlands, North, South and Scottish areas were given a royal warm welcome by the members and wives of the Hallamshire Harriers

The meeting was chaired by an independent member of the Regional Sports Council, John Ather from Leeds, who did an excellent job and to whom we are most grateful. Chris Brasher also attended. He put

NEW ZEALAND-David Southwick, Box 6047, Hamilton.

To ensure that our 1975 best performance lists to June 30th are as comprehensive as possible we appeal to all contributors to send us performances worthy of a half-year listing immediately they come to hand. Except for late additions, all marks must be in our hands by June 23rd.

The I.A.A.F. Council met in Nairobi, Kenya on April 18th, 19th and 20th. The agenda was a long one and, in the main, dealt with the arrangements for the 1976 Olympic Games in Montreal, but we understand that some time was allocated to discuss the question of Veteran athletics, its rapid growth, the Toronto "Championships" and the inevitable "amateur status".

As the object of the I.A.A.F. is to promote International Athletics it is not surprising to hear that they welcome the growth of the veterans movement. But they diplomatically frown on the use of the Toronto "World Championships" title, as the I.A.A.F. (on behalf of the member nations) has sole jurisdiction over the staging of global contests of this sort. It so happens that member nations of the I.A.A.F. were approached last year for their views on the prospect of World Athletic Championships being held in addition to the Olympic Games, and a sub-committee has prepared a feasibility study. There is a distinct possibility that the 1976 Congress will opt for the idea; and it is by no means outside the realms of possibility that age-group competition (juniors and veterans) would be officially sanctioned.

Federation observers will be present at Toronto, and a successful Games could well result in favourable publicity permeating through the I.A.A.F. to its many uninitiated member countries.

On the question of amateur status, it would be naive at this stage to expect the I.A.A.F. to make a global rule change to suit a minority of veterans. The re-instatement mechanism may seem unwieldy, inconvenient and even unnecessary to some but it has yet to be proved to be detrimental to our organisation. There is every indication that the very small percentage of veterans involved would be sympathetically considered for re-instatement; indeed it is hard to imagine that the criteria pertaining to a young international athlete could possibly be applied to his veteran counterpart. Only when a decision goes against an enthusiastic veteran athlete who is accordingly deprived of competition against his international fellows then, and only then, would there be grounds for questioning the rules.

forward a form of Constitution for the meeting's consideration which was backed by Howard and Rosemary Payne, Brendan Foster, Maevc Kyle, George Rhodes, Alastair Wood and Chris Brasher. The discussion which took place covered a very wide area of the Veterans' activities.

The outcome of the meeting was the forming of the Steering Committee (one from each area) who, having heard the requirements of the meeting, would suggest a title and present a Constitution to the next meeting of three delegates per area when Ladies would also be invited to attend. Finally the proposed constitution would be put before ALL Veteran athletes at a meeting to be held in the Midlands. The idea being that all Veterans should have an opportunity to put their views before the Constitution is accepted.



# Vets in the news

How can you keep that legendary figure JACK FOSTER out of the news? After finishing a brilliant 36th in the International Cross Country Championship at Rabat, Morocco (7th scorer for N.Z.), Jack returned home to support the New Zealand Veterans Track & Field Championships and collect the 10,000 title with 29:36. That is not hanging about of course, but Foster had already shown his real mettle two months earlier when he set two new world marks for the 10,000 and 5,000. At the E.E.2 Games on 24th January he slashed his own vets record to 29:11.4 and then eight days later at Hamilton removed Michael Bernard's name from the record lists with a sensational 14:07.0

Former British 10,000 metres track international RON GOMEZ (40) must be wondering why he was unfortunate enough to be born in the same year as Roy Fowler. Gomez was a clear winner of the Southern Vets C.C. Championships in January, leaving those seasoned campaigners O'Hara, Brown (G) and Barratt trailing. When it came to the Nationals he repeated the treatment, including the best the other areas could offer—except for Fowler that is. Although beaten by the Staffs man Gomez has made an impressive impact on the Vets scene.

The amazing MONTY MONTGOMERY (68) of the United States continues to run in sub 3-hour marathons. In January he recorded a new world age-best of 2:54:49—his seventh sub 2:57 clocking since turning 60.

ALBY THOMAS (40), Australia's former world record holder for the three miles & a sub-four minute miler is right back in the limelight now he has reached veteran status. In the Australian Veteran Championships on March 29/30, Alby ran a world class 1 record for 1500 (3:55.4), followed by a 5,000 m in 14:50.8. Next day he completed the treble by taking the 10,000 m in an unpressurised 31:00.8.

GRAHAM WISE (40) is another of Australia's leading middle-distance vets. When he went to the Australian Nationals at the end of March he was already equipped with season's bests of 1:56.9 and 3:59.1. No respecter of reputations, he led Alby Thomas throughout the first 1450 metres, before giving best on the final sprint, and improved his vet p.b. to 3:58.0

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



JACK BROWN

Photo: Ed Lacey

ROY FOWLER (40), racing between injuries as usual, continues to astound. Barely recovered from his latest injury, the diminutive Staffordshire veteran just failed to make England's international cross-country team in March. In the National Championships at Luton, which included runners from all of the home countries, Roy finished a very fine 21st, just 27 seconds outside an England vest. Six days earlier he had annexed the British Veterans National title with an impressive win at Sheffield. Latest news? He's injured.

Two steeplechasers have wrought havoc with the 3,000 metres steeplechase world mark this year. At the turn of the year, the record stood at 9:34.4 by Manuel Alonso of Spain, but on February 22nd DOUG WORLING (40) of Australia sliced ten seconds off the mark with a great 9:24.3. Unbeknown to Doug, JIM MACDONALD (40) of New Zealand had already chopped the mark to 1:19.2 at the Christchurch Games three weeks earlier and, to prove it was no fluke, followed up with a sensational 9:16.6 shortly afterwards.

The fourth veteran's world mark to be set at the Christchurch Games (after Foster's 5000/10,000 and MacDonald's steeplechase) was in the Decathlon where former Commonwealth Games Champion ROY WILLIAMS (40) scored a remarkable 6,110 points—the first veteran to top 6000 points. His 6110 pts. was made up of:— 100m. 11.5, 400m. 54.9, 1500m. 5:33.0, L.J. 23'1" Shot. 41'5½", H.J. 5'8½", 110 H. 17.0, Discus 147'4" Javelin 151' and P.V. of 11'9"—one can only hope all three performers will be seen in Toronto.

In case you hadn't noticed it, ROY WILLIAMS long jump in that recordbreaking decathlon was a Class A record in itself! It improved the existing mark held by Dave Jackson (US) by 3½". Roy continued to leap long and has since upped the record to 23:3.14".

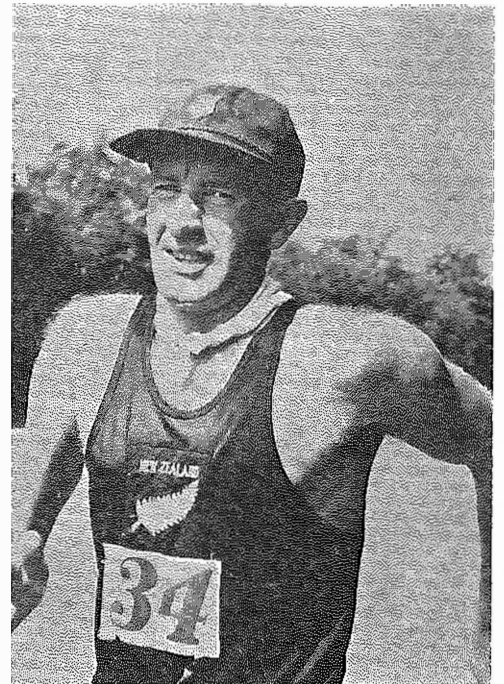
Apart from ROY WILLIAMS' magnificent decathlon, the finest veteran performance ever recorded over a 2-day period must surely be JIM MACDONALD'S. How about this for a list!

400 : 56.8	3000 : 8:29.0
800 : 1:58.6	5000 : 15:15.8
1500: 3:58.4	3000 s/ch : 9:16.6

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

LAURIE O'HARA (42) has no intention of being subdued by the upsurge of quality performances from our friends in the Antipodes. Within days of hearing of Alby Thomas's 'treble' in the Australian Championships, Laurie turned out at the Southern Counties A.A.A. 10,000 metres track championships at Crystal Palace on April 16th to finish 19th in a brilliant 30:21.0.

At the inaugural New Zealand Games, held at Queen Elizabeth Park, Christchurch in January, the 1976 Olympic Champion NORMAN READ (43) showed fine form again to finish 3rd in the 5000 metres track walk with a clocking of 23:21.2.



NORMAN READ

REG MCRAE (50), Australia, set a new world class 2 mark at the Australian Championships when he recorded 55.0 in the 400 metres. This improved on his previous bests this season of 55.7 and 55.9.

On March 1st, the day after his 45th birthday, SHIRLEY DAVISSON (US) long jumped 20'7" at Palm Desert. This leap puts him at the top of the Class 1B jumpers ahead of two great athletes—Bud Morcom (19'6") and Jack Greenwood (19'11½"). In the same meet, STAN HERMANN (U.S.) set new over-70 world marks for the shot, discus and hammer. Since reaching 70 last year Stan has dominated the over-70 weight events.

Photo: Sportsview



# RUNNERS: ARE WE REALLY BROTHERS AND SISTERS?

by DAVID H. R. PAIN



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

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

The Declaration of Independence refers to certain "inalienable rights" and that among these are "Life, Liberty, and the Pursuit of Happiness." Certainly running involves all three, and, in a manner only another runner can appreciate.

We race with others and again we enjoy this freedom and in so doing are the recipients of a bonus. We share our freedom with others and note with satisfaction that both we and they are accepted for what we are — runners — who could care less about our comrades' social, religious, or racial status. Often, we know little of our running friends' other life and are not concerned. Our respect goes to the fine athlete and the good sport. It matters not that we lost to a Negro, Jew, Youth, Girl, or Senior Athlete. We respect one another because of our ability and sportsmanship. This is all very self-assuring, and we feel good about it, as it injects into our lives an element frequently lacking in our business and social affairs.

Some of us wish to share our running experience with others similarly disposed who come from distant places, even foreign countries. A meeting is arranged and we enjoy the pleasures of competition with our foreign peers in an atmosphere of brotherhood.

Soon, we arrange even larger meetings where hundreds — perhaps several thousand — can engage in friendly competition. As these meetings get larger, our problems amplify and we must rely on outside financing and the support of other related groups. As we do this, we find we are subjected to pressures not previously anticipated. Soon our laudable goals of achieving physical and mental health through friendly competition become entangled in the wishes of others and the rules of some alien organization which somehow has now slipped into the act.

Simple, basic objectives: That one should be fit, and, that people should band together to achieve fitness through friendly competition, somehow become complex. More of us are now preoccupied with winning, setting records, and team scores. Elements of nationalism creep in. Questions are asked as to who should be allowed to participate and who shall manage and control the "official team".

One group objects to others as being "professional" and seeks to bar them from competition. Some see a political advantage to be achieved and threaten to boycott the games unless their group of athletes is given exclusive rights. The regulations of the IAAF are now thrust upon us. The fact that its rules regarding eligibility were developed based on different criteria is disregarded.

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

Masters Athletics got its start in California nine years ago and was based on the simple premise that any fit person of the requisite age may compete. The programme, three years later, was absorbed by the United States Amateur Athletic Union with the express agreement that any fit person 40 years of age or older could compete regardless of his prior athletic antecedents. The programme has been a success and although many "professionals" or ex-"professionals" have competed in the U.S. Masters programme, not one unsavory incident has emerged.

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

To those who volunteer to administer to our Masters programme, let us suggest they keep in proper perspective our programme and goals.

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

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

# FOWLER BURIES 'EM IN GRAVES PARK

by Al Rockall

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

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

Good sense, however, soon prevailed and at the mile mark the expected faces were up there, including this year's new boys. Ron Gomez, Southern Champion and the quiet man of athletics, just ahead of a very young looking Roy Fowler (did anyone check to see whether he swapped places with his son?) with defending champion Laurie O'Hara completing the leading trio. Stoke's second man Peter Goodfellow and Mike Barratt, fresh from his six mile Met League race the day before, came next with R. Balding in a solo sixth position. He ran solo the whole race.

At the end of lap one Ron Gomez was just ahead of his four pursuers. After sixth man Balding, McAlinden, Simpson (the first 0/45) Morrell, Morris and Walsham were battling hard and a little further back Alistair Wood, pink with effort, was trying to close the gap! Had he been surprised by the early pace?

Barring accidents the team honours were already settled, for who could better Barratt 4th Lusty 14th and Case 15th?

The ditch on the second lap marked the halfway point of the race with Gomez still leading. After the race Ron recalled to me what happened next. "I came up to the ditch and decided to take the left hand side, stumbling a bit as I did so. Looking to my right I saw Roy airborne above the ditch and when he landed the other side he started sprinting and had gone!"

To the uninitiated, it seemed as if Roy had miscounted the laps with this finishing burst. Those in the know, however, nodded knowingly as Roy clicked in to overdrive.

Roy's disappearing act and his lack of consideration for his fellow athletes certainly upset the rhythm of the trailing four. Ron Gomez, clearly shaken by the events, was overhauled by O'Hara and Barratt but hung on grimly and at the end of lap two had reclaimed second place.

Into the long home straight for the third time Roy produced yet another incredible surge to speed home past the lapped back markers. Half a minute behind, the gallant four, line ahead, dashed for the line. Ron, Laurie, Mike and Peter, on first name terms by now, in that order with just 14 seconds covering them.

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



Roy Fowler leads Briscoe the following week, but misses the England team by just 27 seconds.

Congratulations to the organizers for a great day's sport!



# NATIONAL RESULTS

National Veterans' Cross Country Champs.  
Graves Park Sheffield Feb. 23rd 1975

(40-49)

1. R. Fowler (Stoke)	30:44
2. R. Gomez (Haringey)	31:21
3. L. O'Hara (Belgrave)	31:29
4. M. Barratt (Ealing)	31:31
5. P. Goodfellow (Stoke)	31:35
6. R. Balding (Heaton)	32:04
7. C. McAlinden (Paisley)	32:23
8. C. Simpson 1b (Small H.)	32:28
9. A. Wood (Aberdeen)	32:30
10. M. Morrell (Wirral)	32:34
11. A. Walsham (Salford)	32:46
12. P. Morris (Lozells)	33:01
13. T. Rooke (Middlesboro)	33:11
14. J. Lusty (Ealing)	33:40
15. G. Harrison (Highgate)	33:43
16. P. Wilkinson (Derby)	33:46
17. D. Case (Ealing)	33:49
18. J. Salt (Rochdale)	33:54
19. J. Hawes (Heaton)	34:00
20. A. Hughes (Rochdale)	34:10
21. G. Freeman 1b (Sunderland)	34:11
22. J. Wright (Wallasey)	34:13
23. P. Newell (Belgrave)	34:15
24. W. Hill (Blackheath)	34:20
25. J. Oliver (Kent)	34:29
26. W. Kerr (Belgrave)	34:33
27. G. Phipps 1b (Leamington)	34:38
28. T. Smythe (Rochdale)	34:40
29. R. Kerningham 1b (Liverp.)	34:40
30. B. Rigby (Thames Valley)	34:41
31. P. Ashton (Grimsby)	34:45
32. P. Pattison (Gosforth)	34:45
33. D. Hoaro (Wakefield)	34:48
34. E. Nolan (Shaftesbury)	34:52
35. A. Layton (Vauxhall)	34:53
36. K. Jones (Vauxhall)	34:54
37. R. Allen (Harrogate)	34:55
38. D. Hunt (Haringey)	34:55
39. G. Spink (Bingley)	35:01
40. W. Marshall 1b (Clyde V.)	35:05
41. S. Robson (Gateshead)	35:09
42. D. Hodgson (Leeds)	35:10
43. A. White (Springburn)	35:16
44. H. Soper 1b (Vauxhall)	35:17
45. R. Elsbey (Bolton)	35:18
46. J. Hyatt (Ealing)	35:23
47. G. Dogget (Salford)	35:24
48. K. Harland (Cambridge II.)	35:26
49. D. French 1b (Bingley)	35:27
50. R. Norman (E. Cheshire)	35:30
51. D. Davey (Highgate)	35:36
52. F. Fussie (Hull)	35:37
53. F. Lucop (Hull)	35:38
54. J. Howitt (Derby)	35:38
55. B. Lister (Bolton)	35:40
56. J. Wild (E. Cheshire)	35:42
57. P. Ashton (Grimsby)	35:45
58. G. Hyde-Price (Wirral)	35:45
59. K. Morse (Michlin)	35:50
60. S. Lizzard (Highgate)	35:53
61. R. Franklin 1b (Thames V.)	35:58
62. K. Boyle (Sunderland)	36:02
63. B. Foulds (Hallamshire)	36:04
64. R. Goodyear (Manches. YM)	36:09
65. K. Bingley (Wakefield)	36:13
66. A. Peden (Paisley)	36:15
67. R. Johnson 1b (Thames V.)	36:17
68. T. Matley (Derby)	36:20
69. G. Smith (Kettering)	36:20
70. M. Blagrove (Ealing)	36:22
71. M. Capewell (Lozells)	36:26
72. A. Hazel 1b (Hallam)	36:27
73. H. Cooper 1b (Hull)	36:32
74. E. Escott (Harrogate)	36:38

75. B. Jones (Brimsby)	36:40
76. J. Keily (Derby)	36:41
77. F. Valentine (Bolton)	36:43
78. J. Allcock 1b (E. Ches.)	36:44
79. K. Metcalfe (Blackburn)	36:47
80. R. Blastland (Derby)	36:53
81. H. Jaques (Salford)	36:54
82. D. Harris (Dudley)	36:56
83. G. Eden 1b (Rotherham)	37:02
84. B. Bickerton 1b (Shettles.)	37:03
85. T. Rickhuss 1b (Tipton)	37:06
86. B. Boyco (Tipton)	37:08
87. R. Carroll (Manchester)	37:10
88. D. Smith (Kettering)	37:11
89. M. Harvey (Kettering)	37:13
90. J. Bates (Bingley)	37:14
91. R. Hale (Kent)	37:15
92. G. Hird (Leeds)	37:16
93. K. Dare 1b (Small Heath)	37:17
94. R. McLelland (Salford)	37:18
95. J. Foster (Bury)	37:19
96. B. Bradshaw 1b (Newark)	37:20
97. A. McMannus (Paisley)	37:21
98. M. Grace (Hallam)	37:22
99. D. Howarth (Leigh)	37:24
100. B. Fickling (Springburn)	37:29
101. A. Prouse (Gosforth)	37:30
102. M. Rafferty (Paisley)	37:35
103. F. Williams (Man. YM)	37:39
104. G. Poole (Highgate)	37:41
105. R. Fox (Sutton)	37:42
106. C. Charlton (Thames V.)	37:43
107. B. Parkes (Highgate)	37:43
108. C. Carter (Gateshead)	37:45
109. H. Thornton (Airedale)	37:48
110. T. Deighton (Stoke)	37:49
111. G. Crowder (Blackheath)	37:54
112. J. Maclean 1b (Bellahouston.)	37:56
113. P. Howell (Man. YM)	37:57
114. J. McAloon (Liverpool P.)	37:58
115. P. Lott (Leicester)	37:59
116. T. Meadowcroft (Oldham)	38:03
117. T. Challis (Trowbridge)	38:10
118. C. Ratcliffe (Rossendale)	38:15
119. P. Clark (Heaton)	38:16
120. R. Wallace (Peterboro)	38:17
121. M. Weston (Bury)	38:18
122. F. McGrath 1b (Airedale)	38:18
123. W. Pickles (Saltwell)	38:26
124. B. Knowles (Sefton)	38:26
125. T. Robson 1b (Gateshead)	38:35
126. H. Crane (Gosforth)	38:35
127. M. Campbell (Notts.)	38:37
128. A. Gerity (Man. YM)	38:39
129. R. Day (Verlea)	38:41
130. J. Lawton 1b (Leeds)	38:44
131. E. Blackler (Highgate)	38:45
132. D. Hush (Gosforth)	38:46
133. G. Scott 1b (Warley)	38:47
134. J. Moor 1b (Leeds)	38:52
135. J. Howcroft (Leigh)	38:58
136. P. Maffia (Highgate)	39:00
137. R. Gamble 1b (Billingham)	39:03
138. R. Sherraton (South Shields)	39:07
139. J. Betney (Clayton)	39:09
140. A. Ball 1b (Blackheath)	39:10
141. W. Mottram 1b (West Brom.)	39:11
142. J. Lee (Hallam)	39:11
143. H. Smith 1b (Clayton)	39:14
144. J. Haslam 1b (Bolton)	39:18
145. L. Whitehead 1b (Liverp. P.)	39:24
146. B. Saunders (Thames V.)	39:27
147. K. Blankley 1b (E. Ches.)	39:33
148. W. Ashton 1b (Wolves)	39:35

149. A. Kimber (Mitcham)	39:37
150. S. Wadsworth (Newcastle)	39:41
151. T. Radcliffe (Bury)	39:51
152. R. Kenna (Wirral)	39:52
153. V. Bateman (Liverpool P)	39:52
154. F. Newton 1b (Luton)	39:53
155. D. Wood 1b (Leeds)	39:54
156. J. Thompson 1b (Middlesb.)	39:55
157. D. Hopgood (Blackheath)	40:03
158. C. Beeston 1b (Derby)	40:04
159. R. Appleby (Highgate)	40:06
160. H. Smith (Hallam)	40:11
161. M. Buncroft 1b (Wirral)	40:18
162. K. Barnsdale 1b (Lincoln W.)	40:22
163. B. Grundy (Middlesboro)	40:24
164. W. Rowbottom (Man&Dist.)	40:32
165. W. Convery (Harrogate)	40:35
166. N. Thompson (Newcastle)	40:40
167. K. Bland (Heaton)	40:45
168. W. Ashton (Lozells)	40:52
169. J. Smith (Airedale)	40:53
170. J. Loftus 1b (Man. YM)	40:55
171. P. Speed (Gosforth)	40:56
172. P. Shillito (Liverpool P)	41:03
173. R. Barlow (Salford)	41:15
174. K. Whitaker (Airedale)	41:15
175. J. McNeil (Shettleston)	41:18
176. T. Webb 1b (Kettering)	41:28
177. G. Travers (Derby)	41:31
178. J. Crawley (Salford)	41:35
179. L. Tawn (Wakefield)	41:38
180. J. Lynch (Wallasey)	41:40
181. W. Harwood (Oldham)	41:46
182. G. Partridge (Wirral)	42:03
183. A. Beothby (Lincoln W)	42:19
184. D. Stround (Unattached)	42:37
185. P. Oram (Kettering)	42:47
186. P. Yates (Kent)	42:53
187. H. Charles 1b (Sheffield)	42:53
188. M. Robertson (S. Shields)	43:00
189. N. Gekersley 1b (Man. YM)	43:04
190. J. Lewis (Salford)	43:15
191. G. Ashmore 1b (Rotherham)	43:16
192. T. Payne 1b (Sheffield)	43:17
193. R. Connors (Highgate)	43:31
194. M. Lawlor (Wirral)	44:01
195. J. Dean 1b (Bingley)	44:21
196. M. Dearlove (Harrogate)	44:21
197. K. Westley 1b (West Brom)	44:26
198. R. McDonald (Maryhill)	44:39
199. P. Smith 1b (Man. YM)	44:52
200. D. Fox (Lincoln W)	45:02
201. M. Keen (Lozells)	45:09
202. E. Haggood (Scunthorpe)	45:27
203. W. Bowler (Oldham)	45:37
204. G. Meech 1b (Verlea)	45:38
205. D. Stenton (S. Shields)	46:23
206. R. Henderson (S. Shields)	46:31
207. R. Phillips 1b (Clayton)	47:28
208. A. Batteridge 1b (Veis AC)	47:51
209. S. Franklin (Highgate)	47:56
210. I. Nurk 1b (Billingham)	48:02
211. B. Zealand (Hallam)	48:07
212. N. Edge (Huntingdon)	48:19
213. G. Hegggett (Highgate)	48:55
214. A. Oxley (Rotherham)	53:11
215. A. Tither 1b (Salford)	-
216. R. Martin (Kent)	-
217. H. Hartley (Clayton)	-
218. D. Hlaw 1b (Rowntrees)	-

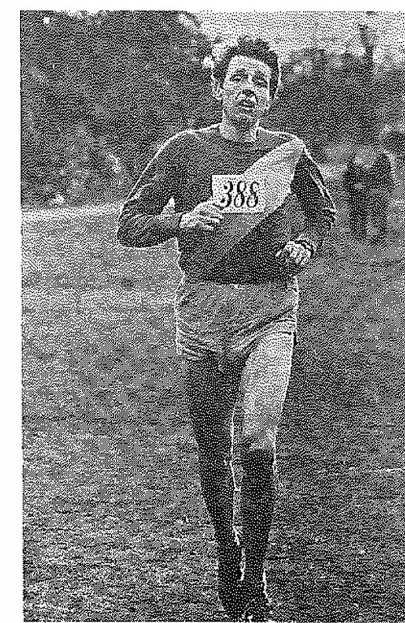
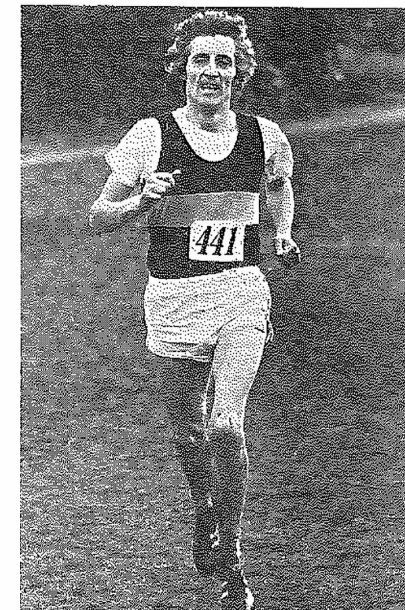
TEAM RESULT:

1. Ealing & Southall	35 pts
2. Belgrave Harriers	52 pts



Photos by: Ed Lacey

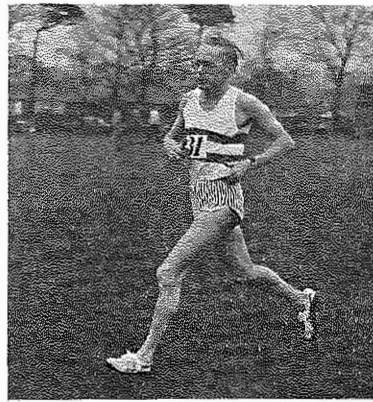
LEFT: The runner-up, RON GOMEZ.  
TOP RIGHT: LAURIE O'HARA, twice champion, now 3rd.  
BOTTOM RIGHT: MIKE BARRATT, 4th



3. Rochdale (Harriers)	66 pts	13. City of Hull	176 pts	23. Liverpool Pembroke	286 pts
4. Vauxhall AC	115 pts	14. East Cheshire H.	182 pts	24. Kent AC	299 pts
5. City of Stoke	115 pts	15. Hallamshire H.	230 pts	25. Middlesboro & Clev.	330 pts
6. Highgate Harriers	125 pts	16. Kettering Harriers	240 pts	26. Bury & Radcliffe	363 pts
7. Derby & County	136 pts	17. Lozells Harriers	248 pts	27. Oldham & Royton	497 pts
8. Salford Harriers	137 pts	18. Leeds City AC	261 pts	28. South Shields	528 pts
9. Heaton Harriers	143 pts	19. Gateshead Harriers	272 pts		
10. Thames Valley H.	155 pts	20. Blackheath Harriers	273 pts		
11. Paisley Harriers	169 pts	21. Wakefield Harriers	275 pts		
12. Bolton United H.	175 pts	22. Manchester YMCA	277 pts		



# NATIONAL RESULTS



TOP: The start of the Over-50's race  
 LEFT: KEN HALL retains his title  
 RIGHT: PAPE tries to break away from Wallace

Photos: Ben Bickerton

(Over 50)

1. K. Hall 2a (Wirral)	34:39
2. P. Wallace 2a (Newport)	36:30
3. R. Pape 2a (Royal Navy)	36:42
4. R. Fernyhough 2a (Michln)	37:02
5. W. McMinnis 3a (Sutton)	37:07
6. E. Joynson 2a (Gateshead)	37:13
7. M. Jackson 2a (Rotherham)	37:34
8. L. Blackeby 2a (Camb. H.)	37:47
9. J. Caddy 2a (Middlesboro)	37:54
10. K. Bruns 2a (Liverpool P)	38:05
11. W. Brown 2a (E. Ches.)	38:10
12. A. Etches 2b (Sheffield)	38:17
13. T. Harrison 2a (Maryhill)	38:29
14. J. Fitzgerald 2a (Mitcham)	38:39
15. A. Lawton 2a (Leeds)	38:42
16. R. Salisbury 2a (Wirral)	38:51
17. T. Smith 2a (E. Ches.)	39:02
18. W. J. Ross 2b (Scottish V.)	39:07
19. D. Blyth 2b (Norfolk)	39:08
20. B. Jenkins 2a (Huntingdon)	39:31
21. J. Haden 2a (Tipton)	39:40
22. R. Shires 2a (Oldham)	39:56
23. F. Dyter 2a (Blackheath)	39:59
24. M. Bromley 2a (Hallamshire)	40:01
25. G. Porteous 3a (Maryhill)	40:14
26. H. Smith 2b (Manchester YMO)	40:30
27. R. Bott 2b (Mitcham)	40:35
28. J. Brennan 2a (Coventry)	40:38
29. E. Wallace 3a (Wirral)	40:42
30. J. Ree 2a (Stretford)	40:50

31. J. Selby 2b (Coventry)	40:56
32. F. Wright 2a (Peterboro)	40:59
33. J. Hanton 2b (Scottish V)	41:04
34. R. Walker 2a (Saltwell)	41:13
35. L. Cass 2b (Cambridge H)	41:25
36. J. Keily 2a (Derby)	41:46
37. S. Bradshaw 3a (Clayton)	41:49
38. B. Wade 2a (Woodford G.)	42:05
39. M. Shurtleff 2a (Folkeston)	42:14
40. H. Trafford 2a (Newcastle)	42:18
41. L. Heald 2a (E. Ches.)	42:23
42. A. Keopax 3b (Blackheath)	42:32
43. A. Cooper 2a (Newcastle)	42:38
44. A. Briggs 2a (Clayton)	42:44
45. G. Bell 2b (Scottish V)	42:56
46. J. Railton 2b (Middlesb.)	43:04
47. E. O'Bree 2a (Camb. H.)	43:17
48. J. Geddes 2a (Scottish V)	43:24
49. W. Spratt 2b (Cams. & Col)	43:47
50. E. Harrison 3b (Lincoln W)	44:03
51. A. Locke 3a (E. Cheshire)	44:10
52. D. Vanhegan 2a (Barnet)	44:13
53. J. Bradshaw 2a (Man. YM)	44:30
54. P. Munn 2a (Mitcham)	44:44
55. A. Oldfield 2a (Blackth)	44:47
56. J. Casarina 2b (Scottish V)	44:53
57. W. Lake 2a (Blackheath)	45:03
58. R. Hindley 2a (Unattach)	45:28
59. C. Baldwin 3a (Barton)	45:40
60. R. Hopcroft 2b (Thames V)	45:45
61. A. Bowden 2a (Peterboro)	45:48

62. J. McLaughlin 2a (Cov.)	45:53
63. G. Millar 2b (Liverpool P)	46:24
64. K. Coupland 2a (Lincoln CC)	46:43
65. R. Smith 3a (Blackheath)	47:10
66. E. Johnson 3a (Sutton)	47:17
67. N. M. Ross 2a (Scottish V)	47:29
68. W. T. Ross 3b (Ryde)	47:45
69. T. Hall 2a (Newcastle)	47:57
70. G. Barlow 2a (Man. YM)	48:40
71. D. Causon 2a (Scottish V)	48:42
72. H. Hawkins 3a (E. Chesh)	49:23
73. J. Broom 3a (E. Chesh)	50:44
74. D. Kerloug 3a (Derby)	50:53
75. G. Taylor 3b (Scottish V)	50:54
76. D. White 2a (Sheffield)	50:55
77. A. McHugh 3a (Verlea)	51:09
78. B. Steeples 3a (Rother.)	51:16
79. A. N. Other (No Time)	
80. R. Goodman 4 (Cambridge H(N.T.))	
81. W. Fellowes 4 (E. Cheshire H NT)	

TEAM RESULT

1. Wirral AC	46 pts
2. East Cheshire	69 pts
3. Cambridge H	90 pts
4. Mitcham AC	95 pts
5. Blackheath II.	120 pts
6. Coventry Godiva	121 pts
7. Newcastle AC	152 pts
8. Manchester YM	149 pts



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# Anyone for running? by W.P. McINNIS MD

"Joggers and Beginners Only" in our last issue was directed at the run-for-fun-and-fitness brigade — an important and very large proportion of the veteran movement. Those non-runners who failed to be converted by Tony Weeks — Pearson's article may find Bill McInnis's offering more convincing. It is directed at the beginner and is intended to interest him in the benefits of running as a sport, as well as the best method for the average person to achieve fitness and health. Dr. Bill McInnis is a Clinical Assistant Professor of Neurology at the University of Western Ontario and an active member of the Canadian Masters I.T.T.. He has been a frequent competitor in the Boston Marathon, recording 2:45:29 in 1973.

## Fitness and Health

Fitness and Health have become household words in the last decade in North America. All agree that meaningful exercise and ideal weight contribute to health, physical and psychological, and hopefully to longevity. This last point is disputed by some, but evidence over the years appears to support this view. A Soviet study of athletes who have continued to remain fit over their lives finds those in their fifth and sixth decades healthier in terms of blood pressure and cardiac disease in comparison to similar age groups who have followed a no program.

## The Modern Dilemma

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

My desire to become fit was finally translated nearly 12 years ago by a chance conversation with two neighbors. As a one time athlete in his mid-thirties, I suddenly realized what was on my mind: it was time to do something. The progressive loss of fitness and weight gain of the years distressed me but had not pushed me to any positive efforts.

The value of running (the word I prefer to jogging which lacks a positive feeling) became quickly apparent. It is one of the few meaningful forms of exercise, expressed in cardiopulmonary vascular terms, which can be done at any time, under any conditions, by yourself or with any number of people. No one activity offers such variety in terms of scenery, weather, and degree of activity. Individuals who say running is boring have simply never opened their minds to its vast variety, as they explore the external, and their own internal environment.

Once the decision is made to try it, what are the practical aspects? Individuals over 40 years of age should have an adequate physical examination. The

key is to start gradually, assume that tolerance is low, run no more than a quarter to half mile, increasing distance and pace as one feels comfortable. Some discomfort on exertion, together with aches and pains in the legs and feet, is to be expected. Most people who fail and stop running during this period are discouraged by their inability to tolerate exercise and discomfort. After the initial four to six week period, tolerance increases rapidly and most will continue as long as interest is maintained. The true realization of what running can do is discovered after six months and most become 'hooked' to what is hoped will be a life long commitment — in the case of the late Larry Lewis, a San Francisco waiter, for 106 years!



## Organisation

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

## Necessary Equipment

Shoes are the most important. A further aid is a soft sponge heel pad set in place without cement. Some runners use a full length sponge insole to provide further comfort. The runner should be balanced, his stride a comfortable length in relation to his size. Very light shoes should be reserved for the competitive runner, who uses heavier shoes in training anyway. Heavy socks are unnecessary, and in fact interfere with the necessary close fit of the shoe. The same type of sock can be used throughout the year.

## Choice of Clothing

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

## Running Technique

Technique is important as it is in any other sport. Watch the great runners and see how beautifully co-ordinated their style is. Few people watching Frank Shorter on television as he won the Munich Marathon would realize that his average pace was about 5:07 minutes per mile. I have never exceeded 5:08 minutes in a one mile race, let alone a marathon!

Never run on the toes like a sprinter. (Be relaxed and light — think of floating. The degree of knee lift varies but try to make it high enough that it adds grace and length of stride without feeling uncomfortable. A good trick is to imagine one foot is describing the circumference of a circle).

It is important to develop a rhythm in running. The body is nearly erect and relaxed. Consciously relaxing the jaw muscles is a good way to relax the whole body, particularly the shoulders and arms. The arms are carried comfortably flexed to about 90-100° at the elbows. The fingers are flexed lightly over the palms with the finger tips almost in contact with the palm. The thumb rests lightly on the crook

of the index finger.

How far should I run? This depends entirely upon the individual. Fitness is relative, but I feel a person should try to work to the level of running two miles a day, five days a week. As one becomes more fit the pace can be increased. Most reasonably fit individuals can run two miles in 14-16 minutes.

## The Runner and Other Sports

Should I run if my major interest is some other sport? The answer is most definitely yes. The small time requirement of the two miles a day can be worked in to any schedule and will result in increased performance. Stop and start sports such as tennis and squash have a lower index than the sustained activity of running, swimming and bicycle riding. The sustained activity is needed to permit the increased cardiac stroke volume, increased cardiac size and increased vascular and pulmonary capacity of the athlete. It is not uncommon in a marathoner to find a resting pulse in the lower 40s with the ability to increase to over 200 and sustain this for long periods.

## Competitive Running

A few who commence running for fitness will want to enter competition. In the last few years there has been a proliferation of events at all ages, serving all levels of ability. The Masters events (over 40) have developed into a world wide pattern and will reach a high point with the World Masters Track and Field Championships in Toronto in 1975. Athletic clubs exist in most cities. Membership enables the individual to meet others with similar interests, to develop talents and skills.

## Need For Additional Exercises

Recent work has focussed increasing attention on the progressive loss of flexibility over the years. This leads to loss of graceful movement, decreased efficiency and increased likelihood of injury. Every programme from the beginning runner to the top competitor should have daily exercises designed to improve range of movement and flexibility. One of the best is the yoga technique which develops these features in an atmosphere of relaxation, an excellent balance to the cardiovascular pulmonary stress of running. Five minutes a day is all that is needed.

## Weight Reduction

Any fitness programme usually implies weight reduction. Many westerners are overweight. Exercise is not a good way to lose; in fact it has been estimated one must run 23 miles in order to lose one pound. Running creates an atmosphere where an individual *wants* to lose weight and thereby curbs his food intake — the only way to lose weight. Dieting needs a psychological impetus — a desire to look well and be fit. The impetus is supplied by running. No special diet is recommended for runners, just a well balanced daily caloric intake to achieve what is needed. Daily weighing, preferably shortly after rising, is the best way to keep track of one's goal weight and then to maintain it when reached.

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# UK Results

January 1st

Morpeth to Newcastle Road Race		
30.	R. Balding	1:12:05
44.	T. Rooke	1:14:18
72.	P. Pattinson	1:16:47
77.	G. Freeman	1:17:04
81.	R. Pape 50+	1:17:29
83.	G. Spink	1:17:39
105.	J. Caddy 50+	1:21:00
107.	K. Boyle	1:21:35
116.	S. Robson	1:22:40
117.	W. Pickles	1:22:51
118.	E. Joynson 50+	1:22:55
122.	A. Morgan	1:23:51
123.	C. Carter	1:23:54
124.	R. West	1:24:09
134.	A. Lawton 50+	1:26:04
140.	J. Lawton	1:28:00
142.	J. Barber	1:28:15
143.	R. Walker 50+	1:28:19
144.	W. Convery	1:28:42
157.	M. Bromley	1:31:09
160.	J. Loftus	1:31:22
171.	J. Teasdale	1:36:00
173.	M. Robertson	1:36:46
202.	F. Mills	2:02'07

January 4th

Lancashire Vets C.C. Champs.		
1.	A. Walsham (Salford)	38:37
2.	K. Smith Blackburn	40:24
3.	R. Kerningham 1B (Pembro.)	40:46
4.	A. Hughes (Rochdale)	41:03
5.	E. Foley 1B (Baldon)	41:12
6.	R. Colson (Stretford)	41:22
7.	J. Haslam 1B (Bolton)	42:02
8.	F. Valentine (Bolton)	42:30
9.	K. Metcalfe (Blackburn)	42:52
10.	B. Crook 1B (Rochdale)	43:02
11.	J. McAloon (Pembroke)	43:20
12.	S. Coffey 1B (M.D.H.)	43:32
13.	W.W. McMinnis 2 (Sutton)	43:32
14.	J. Betney (Clayton)	44:00
15.	C. Ratcliffe (Rossendale)	44:05
16.	K. Biesty (Pembroke)	44:08
17.	F. Thompson (Clayton)	44:11
18.	W. Brown 2 (East Ches.)	44:30
19.	N. Wilson (Sefton)	44:32
20.	T. Meadowcroft (Oldham)	44:47
21.	J. Iddon 1B (Bolton)	45:06
22.	D. Howarth (Leigh)	45:14
23.	N. Ashcroft 2 (Sutton)	45:16
24.	H. Smith 1B (Clayton)	45:39
25.	A. Knowles (Sefton)	46:29
26.	P. Shillito (Pembroke)	46:42
27.	K. Jordan 2 (Oldham)	47:12
28.	A. Walker (Clayton)	47:47
29.	R. Shires 2 (Oldham)	48:00
30.	P. Gregory (Blackpool)	48:19
31.	F. Smith 1B (Southport)	48:35
32.	C. Hallinan (Leigh)	48:36
33.	W. Rowbottom (MDH)	49:37
34.	A. Briggs 2 (Clayton)	49:51
35.	S. Bradshaw 3 (Clayton)	50:1?
36.	R. Jackson 2 (Salford)	50:30
37.	W. Bowler (Oldham)	50:51
38.	R. Baker (Lancaster)	51:59
39.	A. Phillips 1B (Clayton)	52:06
40.	W.E. Hill (Clayton)	55:48
41.	H. Hartley (Clayton)	57:31

January 4th

Nigel Barge Road Race Maryhill, Scotland.		
23.	C. McAlinden (Paisley H)	23:43
25.	G. Eadie (Cambuslang H)	23:46
58.	R. Calderwood (Vict Pk)	25:12
60.	W. Ramage (Springburn H)	25:22
74.	J. Murray (Stirling A.C.)	26:02
79.	W. Russell (Clyde Valley)	26:15
81.	D. Dickson (Ea st Kilbride)	26:20
83.	A. Whyte (Springburn H)	26:22
84.	J. Moore (East Kilbride)	26:22
86.	E. Dolan (East Kilbride)	26:25
90.	A. Peden (Paisley H)	26:35
97.	B. Bickerton (Shettlstn H)	26:35
102.	A. McManus (Paisley H)	26:58
106.	A. Galbraith (Stirling AC)	27:13
109.	J. Black (Livingstone)	27:20
117.	G. Dickson (Garscube H)	28:05
119.	K. Phillips (Beith H)	28:07
122.	C. Forbes (Victoria Pk)	28:14
125.	T. Harrison (Maryhill H)	28:21
130.	J. Barrowman (Garscube H)	28:45
137.	T. Mercer (Bellahouston H)	29:09
141.	D. McKirdy (Clyde Valley)	29:14
142.	J.E. Farrell (Maryhill H)	29:28
144.	A. Forbes (Victoria Pk.)	29:31
145.	M. Rafferty (Paisley H)	29:39
148.	M. Phillips (Bellahouston H)	30:04
149.	F. Bias (East Kilbride)	30:06
151.	J. McNeil (Shettleston H)	30:17
153.	J. Hanton (Paisley H)	30:26
156.	G. Boyes (Glasgow Police)	31:40
159.	J. Geddes (Clyde Valley)	34:06
160.	J. Casuarina (Victoria Pk.)	34:32
162.	D. Causon (Garscube H)	35:14
163.	G. Taylor (Shettleston H)	35:49

TEAM RESULT:-

1.	Paisley H	215 pts
2.	East Kilbride A.A.C.	251 pts
3.	Victoria Park A.A.C.	324 pts
4.	Clyde Valley	379 pts
5.	Garscube H	409 pts
6.	Shettleston H	411 pts

January 11th

Bingley '6' Road H'Cap.

Actual times:-

4.	D. French	37:29
6.	H. Thornton	40:01
10.	K. Bingley	37:46
37.	A. Lawton	41:12
40.	D. Wood	41:43
46.	A. Walsham	35:00
55.	G. Gowland	40:43
57.	J. Smith	42:15
63.	R. Mathieson	42:02
68.	J. Lawton	40:54
69.	J. Goodall	42:45
80.	J. Dean	44:05
83.	A. Green	45:19
86.	T. Meadowcroft	41:58

January 11th

Metropolitan C.C. League

Vets Result:

1.	M. Barratt 42 (E&S)	27:39
2.	G. Harrison 42 (Highgate)	29:17
3.	D. Plater 41 (Ilford)	30:38

January 4th

Devon C.C. Champs.		
5.	D. Crook 43 (Torbay)	46:00

January 4th

2¼ m C.C. Ballyclare, N.I.

1.	W. Dodds	11:40
2.	J. Foy	11:46
3.	W. Johnson	12:00
4.	H. McNeill	12:14
5.	J. Kennedy	12:20
6.	N. Skelton	12:26
7.	M. Hill	12:47
8.	A. Hall	12:49
9.	S. Allen	12:53
10.	W. McHaffy	13:46
11.	E. McAvoy	14:02
12.	J. Kelly	14:09
13.	S. Anderson	14:16
14.	S. Ward	14:34

January 11th

Springburn Cup Road Race Scotland

11.	C. McAlinden (Paisley H)	29:01
32.	W. Ramage (Springburn H)	30:42
44.	A. White (Springburn H)	31:54
49.	A. Peden (Paisley H)	32:18
52.	A. McManus (Paisley H)	32:48
53.	A. Galbraith (Stirling AAC)	32:57
55.	T. O'Reilly (Springburn H)	33:05
65.	K. Phillips (Beith H)	34:23
69.	B. Frickling (Springburn H)	34:53
72.	T. Harrison (Maryhill H)	35:14
76.	D. McKirdy (Clyde Valley)	35:46
78.	M. Rafferty (Paisley H)	36:25
79.	G. Boyes (Glasgow Police)	36:25
81.	F. Bias (East Kilbride)	36:46
84.	J. McNeil (Shettleston H)	37:53
88.	J. Geddes (Clyde Valley)	41:16
90.	G. Taylor (Shettleston H)	41:54

TEAM RESULT:-

1.	Paisley H	112 pts
2.	Springburn H	131 pts

January 18th

Veterans AC 5m C.C. Champs

Held over Wimbledon Common in torrential rain, 61 started and 56 finished.

1.	G. McEntire.	28:45
2.	T. Everitt	28:50
3.	K. Humphrey	28:53
4.	D. Devey	28:55
5.	J. Leith	29:10
6.	R. Johnson	29:18
7.	D. Sudbury	29:30
8.	A. Kimber	29:40
9.	P. Kearsey	29:45
10.	D. O'Connell	29:50
11.	R. Hunt	29:55
12.	P. Maffia	30:07
13.	B. Motley	30:40
14.	J. Fitzgerald	30:55
15.	J. Hayward	31:00
16.	J. Everett	31:21
17.	J. Taylor	31:50
18.	J. Hay	32:07
19.	D. French	32:09

Continued



H'Cap:  
 1. K. Hill (10.45) 22:45  
 2. J. Hayward (8.00) 23:00  
 3. F. Devenald (12.00) 23:24  
 1st over 50 J. Fitzgerald  
 1st over 60 F. Devonald. (26th) 35:24  
 1st over 70 R. Goodman

January 19th  
 Scottish Vets '5' C.C., Edinburgh  
 1. C. McAlinden 26:44  
 2. W. Ramage 27:52  
 3. J. Milne 28:17

4. B. Bickerton 29:08  
 5. A. Galbraith 29:17  
 6. J. Moore 29:25  
 7. A. McManus 29:29  
 8. J. Black 29:53  
 9. W. Lyall 29:55  
 10. M. Rafferty 30:13  
 11. B. Fickling 30:22  
 12. C. Gibson 30:55  
 13. I. Clifton 30:59  
 14. T. Harrison 31:17  
 15. J. Farrell 31:25  
 16. W. Ross 31:34  
 17. S. Miller 31:47  
 18. J. Gray 31:56

19. H. Ewing 32:16  
 20. R. Thomson 32:17  
 21. J. Hanton 32:59  
 22. C. Third 33:52  
 23. T. Monaghan 33:58  
 24. R. McDonald 36:10  
 25. P. Minchin 36:14  
 26. J. Gebdes 36:15  
 27. J. Flaherty 36:57  
 28. J. Casarina 38:53  
 29. D. Cavson 38:58  
 30. N. Ross 39:53  
 31. G. Taylor 39:53  
 32. J. Smith 40:22  
 33. R. Devon 45:06

4. N. Ashcroft (57) Sutton 40:26  
 5. W. Brown (50) East Ches 40:36  
 6. A. Etches (55) Sheffield 40:51  
 7. R. Salisbury (53) Wirral 40:57  
 8. A. Lawton (50) Leeds 41:54  
 9. E. Wallace (62) Wirral 43:00  
 10. H. Trafford (51) Newcastle 43:50

11. A. Briggs (51) Clayton 44:16  
 12. L. Heald (54) East Ches 44:35  
 13. J. Raiton (54) M&C 44:41  
 14. S. Bradshaw - Clayton 44:48  
 15. R.S. Walker (53) Saltwell 45:02  
 16. J. Barber - Sunderland 46:27  
 17. A. Locke (60) East Ches 46:41

18. L. Johnson (64) Sutton 48:10  
 19. C. Radford (62) Darlington 48:38  
 20. G. Miller (58) Pembroke 48:42  
 21. J. Broom (59) East Ches 51:37  
 22. D. White (54) Sheffield 53:02  
 23. K. Staves - Sheffield 55:28

## Southern Veterans C.C. Champs.

January 26th  
 Southern Vets C.C. Champs.  
 Richmond Park  
 (40-49)

1. R. Gomez (Haringey) 32:17  
 2. L. O'Hara (Bel) 32:36  
 3. G. Brown (Verlea) 32:47  
 4. M. Barratt (Ealing) 32:56  
 5. G. McEntyre (Epsom) 34:16  
 6. G. Harrison (Highgate) 34:20  
 7. J. Lusty (Ealing) 34:21  
 8. J. Brown (Cambridge) 34:39  
 9. D. Case (Ealing) 34:51  
 10. A. Weeks-Pearson (Crawley) 35:04  
 11. S. Allen (Herne H.) 35:09  
 12. P. Newall (Bel) 35:11  
 13. J. Phelan (Hercules/Wim) 35:12  
 14. J. Oliver (Kent) 35:13  
 15. W. Gilham (Ilford) 35:15  
 16. D. Funnell (Epsom) 35:19  
 17. W. Anderson (Met. P.) 35:22  
 18. G. Knox (Hillingdon) 35:23  
 19. R. Franklin (TVH) 35:27  
 20. D. Livermore (Enfield) 35:32  
 21. D. Plater (Ilford) 35:43  
 22. H. Soper (Vauxhall) 35:52  
 23. C. Shippen (Bel) 35:54  
 24. W. Hill (Blackheath) 36:01  
 25. E. Nolan (Shafts) 36:06  
 26. D. Dellar (Cambridge) 36:08  
 27. K. Jones (Vauxhall) 36:11  
 28. W. Kerr (Bel) 36:13  
 29. B. Cole (Eton Manor) 36:15  
 30. A. Layton (Vauxhall) 36:18  
 31. J. Davies (Bel) 36:23  
 32. K. Harland (Cambridge) 36:26  
 33. R. Budd (Havering) 36:30  
 34. D. Devey (Highgate) 36:32  
 35. J. Hyatt (Ealing) 36:38  
 36. H. Downer (Andover) 36:41  
 37. G. Smith (Eton Manor) 36:48  
 38. S. Izzard (Highgate) 36:50  
 39. T. Everitt (Eton Manor) 36:51  
 40. M. Weiler (Blackheath) 36:52  
 41. J. White (Epsom) 36:57  
 42. D. Hunt (Haringey) 36:58  
 43. D. Lee (Shafts) 37:00  
 44. J. Heywood (Herne H.) 37:08  
 45. D. Sudbury (SLH) 37:16  
 46. R. Johnson (TVH) 37:23  
 47. A. Towl (Herne H.) 37:25  
 48. J. Kirk (Ranelagh) 37:29  
 49. R. Clark (Herne H.) 37:32  
 50. F. Byrne (Cambridge) 37:35  
 51. J. Wood (Barnet) 37:38  
 52. G. Poole (Highgate) 37:39  
 53. E. Andrews (Havering) 37:43  
 54. P. Vivian (TVH) 37:49  
 55. K. Humphrey (Epsom) 37:56  
 56. A. Tiffen (Ilford) 38:00  
 57. J. Hutchinson (Blackth.) 38:01  
 58. R. Curtis (Crawley) 38:03  
 59. A. Kimber (Mitcham) 38:06  
 60. T. Samuels (Havering) 38:11  
 61. P. Kearsley (Eton Manor) 38:14  
 62. P. Maffia (Highgate) 38:16  
 63. S. Charlton (TVH) 38:17

64. W. Darby (Herne Hill) 38:19  
 65. R. Hale (Kent AC) 38:20  
 66. D. Rikley (Bracknell) 38:21  
 67. D. Oakley (Barnet) 38:24  
 68. R. Day (Verlea) 38:26  
 69. K. Bray (Woodford) 38:28  
 70. J. Leith (Hillingdon) 38:29  
 71. A. French (Blackheath) 38:31  
 72. J. Heggarty (Herne Hill) 38:33  
 73. B. Gilbert (Barnet) 38:34  
 74. B. Motley (Ilford) 38:38  
 75. D. O'Connell (Hercules/W.) 38:40  
 76. E. Blackler (Highgate) 38:52  
 77. J. Baker (Woodford) 38:52  
 78. J. Atkinson (Barnet) 38:54  
 79. A. Wise (Shaftesbury) 38:55  
 80. J. Ficker (Essex Beagles) 38:56  
 81. R. Coombs (Belgrave) 38:58  
 82. D. Cooker (Dartford) 38:59  
 83. C. Crowder (Blackheath) 39:00  
 84. J. Smith (Epsom) 39:05  
 85. B. Saunders (TVH) 39:10  
 86. J. Roberts (Crawley) 39:13  
 87. D. Jones (Ilford) 39:35  
 88. T. Taylor (Bracknell) 39:39  
 89. B. Willis (Andover) 39:40  
 90. J. Thorpe (Verlea) 39:44  
 91. D. Thompson (TVH) 39:47  
 92. G. Grayson (Herne H.) 39:49  
 93. J. Hayward (Woodford) 40:08  
 94. I. McGregor (Essex Beagles) 40:08  
 95. J. Everitt (Feltham) 40:08  
 96. M. Marlow (Highgate II.) 40:15  
 97. J. Telford (Vauxhall) 40:20  
 98. D. French (Epsom) 40:24  
 99. A. Ball (Blackheath) 40:30  
 100. D. Devers (Southampton) 40:32  
 101. J. Charman (Crawley) 40:40  
 102. P. Field (Dartford) 40:41  
 103. H. McFleney (Verlea) 40:43  
 104. L. Opper (Verlea) 40:43  
 105. M. Carr (Woodford) 40:44  
 106. C. Stocking (Woodford) 40:44  
 107. A. Brent (Southgate) 40:47  
 108. J. Gurney (Bracknell) 40:53  
 109. R. Read (Southampton) 40:55  
 110. R. Blois (Basilton) 41:00  
 111. F. Prosser (Poly) 41:11  
 112. D. Hoppood (Blackheath) 41:16  
 113. A. Hughes (Woodford) 41:18  
 114. G. Richards (Epsom) 41:28  
 115. M. Payne (Cambridge) 41:32  
 116. B. Todd (Met. Police) 41:33  
 117. P. Yates (Kent) 41:37  
 118. I. Sharples (Met. Police) 41:49  
 119. W. Craig (Kent) 41:58  
 120. F. Webb (Woodford) 41:59  
 121. T. Cole (Huntingdon) 42:08  
 122. E. Dodds (Verlea) 42:11  
 123. B. Hart (Walthamstow) 42:17  
 124. J. Daniels (Woodford) 42:25  
 125. M. Reeves (Crawley) 42:27  
 126. L. Warrall (Crawley) 42:29  
 127. B. Miles (Andover) 42:31  
 128. G. Collett (TVH) 42:34  
 129. K. Till (Crawley) 42:41  
 130. P. Clarke (Dartford) 42:42

131. R. Laws (Epsom) 42:43  
 132. C. Brunning (Verlea) 42:47  
 133. G. Mead (Verlea) 42:58  
 134. J. Skilton (Crawley) 43:00  
 135. R. Connors (Highgate) 43:03  
 136. D. Langley (SLH) 43:06  
 137. W. Hazle (Woodford) 43:07  
 138. A. Goodwin (SLH) 43:16  
 139. P. Holden (Verlea) 43:17  
 140. G. Stewart (Essex B.) 43:20  
 141. J. Hill (Ilford) 43:23  
 142. E. Fosbrooke (Highgate H) 44:16  
 143. J. Gebbels (Herne H.) 44:18  
 144. C. McDowell (Kenflagh) 45:01  
 145. R. Martin (Rant) 45:07  
 146. A. Betteridge (VAC) 45:19  
 147. J. Trendall (Mitcham) 45:29  
 148. L. Joyce (Huntingdon) 45:43  
 149. B. Thomas (Verlea) 45:57  
 150. J. Smith (EPS) 46:12  
 151. D. Davidson (TVH) 47:02  
 152. J. Shove (Mitcham) 47:12  
 153. G. Hoggatt (Highgate) 47:17  
 154. T. Carey (Surrey) 47:36  
 155. D. Dyer (Surrey) 48:05  
 156. J. Roberts (Epsom) 48:29  
 157. R. Clayton (Cambridge) 48:46  
 158. N. Edge (Huntingdon) 49:09  
 159. N. Knowles (Vale of A) 52:49

TEAMS:-  
 1. Ealing (4.7.9) 20 pts  
 2. Belgrave H (2.12.23) 37 pts  
 3. Epsom & Ewell (5.26.41) 62 pts  
 4. Cambridge (8.26.32) 66 pts  
 5. Highgate (6.34.38) 78 pts  
 6. Vauxhall (22.27.30) 79 pts  
 7. Ilford (15.31.56) 92 pts  
 8. Herne Hill (11.44.47) 102 pts  
 9. E. Manor (29.37.39) 105 pts  
 10. TVH (1.9.46.54) 119 pts  
 11. Blackheath (34.40.57) 121 pts  
 12. Havering (33.53.60) 146 pts  
 13. Shaftesbury (23.43.79) 142 pts  
 14. Haringey (1.42.107) 150 pts  
 15. Crawley (10.58.86) 154 pts  
 16. Verlea AC (3.68.90) 161 pts  
 17. Barnet AC (51.67.73) 191 pts  
 18. Kent AC (14.65.117) 196 pts  
 19. Woodford (69.77.93) 239 pts  
 20. Met Police (17.116.118) 251 pts  
 21. Andover (36.89.130) 255 pts  
 22. Bracknell (66.88.108) 262 pts  
 23. Dartford (82.102.129) 313 pts  
 24. Essex Beagles (80.94.104) 314 pts  
 25. SLH (45.136.138) 319 pts  
 26. Mitcham (59.147.151) 357 pts  
 27. Surrey AC (64.151.154) 371 pts  
 28. Huntington (121.148.157) 426 pts

(Over 50)  
 1. R. Pape (Royal Navy) 37:45  
 2. L. Blackeby (Cambridge) 39:01  
 3. J. Fitzgerald (Mitcham) 39:07  
 4. G. Coleman (Highgate) 39:30  
 5. J. Downes (QPH) 39:42  
 6. H. Martin (Horsham) 39:51

## Northern Veterans C.C. Champs.

January 19th  
 Northern Vets CC Champs.  
 The entry and turnout was slightly lower than last year but the competition was very keenly contested. The Class 1 race produced a close struggle between R.W. Balding and A. Walsham, the latter just failing to produce a hat-trick of wins.  
 In the class 2 event, Ken Hall had another of his runaway victories, with J. Caddy and E. Joynson fighting it out for second place.

Class 1:  
 1. R. Balding (40) Heaton II. 34:18  
 2. A. Walsham (44) Salford 34:20  
 3. T. Rooke (43) Middlesbro 35:02



Photo: C. Shippen

TERRY ROOKE

4. M. Morrell (41) Wirral 35:12  
 5. J. Salt (41) Rochdale 35:13  
 6. T. Smythe (42) Rochdale 36:12  
 7. J. Hawes - Heaton 36:18  
 8. A. Hughes (44) Rochdale 36:25  
 9. R. Allen (41) Harrogate 36:30  
 10. G. Freeman (45) Sunderland 36:33  
 11. P. Pattison (42) Gosforth 36:41  
 12. F. Lucop (41) City of Hull 36:45  
 13. J. Wild (42) East Ches. 36:48  
 14. J. McMahon (40) Durham 36:53  
 15. D. French (47) Bingley 37:07  
 16. S. Robson (41) Gateshead 37:15  
 17. D. Hoare (42) Wakefield 37:18  
 18. J. Haslam (45) Bolton 37:22  
 19. B. Lister (42) Bolton 37:25  
 20. F. Fuzzle - City of Hull 37:29  
 21. E. Foley (45) Bolton 37:54  
 22. M. Robson - Gateshead 38:16  
 23. R. Kerningham (45) Pen. 38:34  
 24. N. Smith - Harrogate 38:46  
 25. H. Cooper - City of Hull 38:52  
 26. R. Potts - Gateshead 39:03  
 27. J. Foster (41) Bury & Rad. 39:17  
 28. J. Betney (41) Clayton 39:24  
 29. A. Prouse (40) Gosforth 39:24  
 30. C. Radcliffe (40) Rossandale 39:24  
 31. J. Hooper (40) Harrogate 39:33  
 32. J. Bloor (48) Leeds 39:37  
 33. H. Thornton (41) Airedale 39:38  
 34. V. Bateman (40) Pembroke 39:43  
 35. M. Weston (42) Bury & Rad 39:45  
 36. H. Crane - Gosforth 39:46  
 37. A. Gorrity (41) YMCA 39:48  
 38. J. McAloon (42) Pembroke 39:55  
 39. W. Pickles (43) Saltwell 40:02  
 40. F. Thompson - Clayton 40:12  
 41. C. Carter (42) Gateshead 40:14  
 42. H. Smith (45) Clayton 40:20  
 43. R. Elsbay (42) Bolton 40:25  
 44. G. Gowland (45) Rowntrees 40:27  
 45. R. Gamble (48) Billingham 40:28  
 46. D. Husli (43) Gosforth 40:32  
 47. P. Clarke (44) Heaton 40:53  
 48. T. Robson - Gateshead 41:01  
 49. W. Convery (44) Harrogate 41:02  
 50. F. McGrath (45) Airedale 41:03  
 51. G. Sutcliffe (44) Rochdale 41:04  
 52. J. Thompson (47) M&C 41:06  
 53. P. Speed - Gosforth 41:11  
 54. J. Smith (44) Airedale 41:20  
 55. J. Lawton (47) Leeds 41:36  
 56. D. Woods (48) Leeds 42:16  
 57. W. Collinge (44) Leeds 42:32  
 58. M. Dearlove - Harrogate 42:35  
 59. K. Whitaker (43) Airedale 43:05  
 60. J. Dean (47) Bingley 43:08  
 61. J. Teesdale (42) M&C 43:42  
 62. R. Pocklington (45) E. Ches 44:30

63. N. Eckersley (48) YMCA 44:33  
 64. M. Robertson (48) S.Shields 44:47  
 65. R. Phillips (48) Clayton 46:16  
 66. P. Smith (46) YMCA 46:47  
 67. W. Hill (43) Clayton 48:00  
 68. I. Nark (49) Billingham 49:05  
 55.\* A. Walker (45) Clayton 41:46

TEAM RESULT  
 1. Rochdale 5,6,8 19 pts  
 2. Heaton H 1,7,47 55 pts  
 3. City of Hull 12,20,25 57 pts  
 4. Bolton 18,19,21 58 pts  
 5. Harrogate 9,24,29 62 pts  
 6. Gateshead 16,22,26 64 pts  
 7. Gosforth 11,28,36 75 pts  
 8. Pembroke 23,34,38 95 pts  
 9. Leeds City 32,56,57 145 pts

Over 50  
 1. K. Hall (52) Wirral 37:53  
 2. J. Caddy (50) M&C 39:30  
 3. E. Joynson (51) Gateshead 39:37



Photo: Ben Bickerton

E. JOYNSON

7. B. Jenkins (Huntingdon)	40:21	26. D. Tingley (Blackheath)	44:37	45. P. Smith (Epsom)	49:46
8. D. Blyth (Norfolk)	40:27	27. W. Lake (Blackheath)	44:45	46. W. Dudley (Blackheath)	50:05
9. F. Dyter (Blackheath)	40:33	28. G. Pearson (Belgrave)	44:51	47. L. Davis (Dartford)	50:12
10. B. Nielson (Hillingdon)	41:24	29. B. Vanhegan (Barnet)	44:54	48. M. Salmon (Verlea)	50:43
11. B. Wade (Woodford)	41:27	30. P. Mann (Mitcham)	45:03	49. N. Noble (Poly)	51:45
12. F. Obree (Cambridge)	41:39	31. A. Poynter (Walthamstow)	45:15	50. J. Heath (Vale of Ayles)	51:46
13. L. Cass (Cambridge)	42:05	32. A. Pearce (Ranelagh)	45:31	51. E. McLugh (Verlea)	51:48
14. R. Bott (Mitcham)	42:14	33. R. Morrison (Cambridge)	45:37	52. R. Wiseman (Cambridge)	52:43
15. R. Mason (Ranelagh)	42:26	34. R. Hopcroft (TVH)	45:42	53. F. Sfaris (Esscx Beagles)	54:27
16. H. Catton (Ilford)	42:45	35. G. Monsell (Blackheath)	45:46	54. T. Yates (Poly)	55:56
17. J. Whitbourne (Camb.)	43:07	36. J. Bennett (Blackheath)	45:55	55. L. Knight (Epsom)	58:23
18. G. Eastwood (Woodford)	43:17	37. J. Baker (Belgrave)	46:12	56. W. Rainbird (Cambridge)	65:31
19. F. Devenauld (Ilford)	43:20	38. W. Darby (Herne Hill)	46:48	<b>TEAMS</b>	
20. A. Keepax (Blackheath)	43:39	39. G. Mepham (Blackheath)	47:10	1. Cambridge (2.12.13)	27 pts
21. A. Head (Dartford)	43:42	40. D. Saor (Woodford)	47:25	2. Mitcham (3.14.30)	47 pts
22. R. Green (Blackheath)	43:53	41. R. Smith (Blackheath)	47:55	3. Blackheath (9.20.26)	51 pts
23. —	44:13	42. A. Allright (Ranelagh)	48:46	4. Woodford (11.18.40)	69 pts
24. A. Osman (Verlea)	44:27	43. P. Nickolls (VAC)	49:15	5. Ranelagh (15.32.42)	82 pts
25. A. Oldfield (Blackheath)	44:34	44. J. Mitchell (Mitcham)	49:29	6. Verlea AC ( 24.48.51)	123 pts

**February 1st**  
**South Western Counties CC Champs.**

3. D. Crook 42 (Torbay) 35:33

**February 1st**  
**Elthorne '6' Road Race**

**Vets Result:**

1. M. Barratt 42 (E&S) 34:47  
2. D. Case 41 (E&S) 37:44  
3. G. Knox 40 (Hill) 37:54

**February 8th**  
**Midland C.C. Champs: Redditch**

5. R. Fowler 40 (Stoke) 43:24  
61. C. Simpson 46 (S. Heath) 47:15

**February 8th**  
**Southern C.C. Champs: Parl. Hill**

57. M. Hyman 41 (Ports) 50:04  
77. M. Barratt 42 (E&S) 50:39

**February 15th**  
**Veterans AC 5m CC H'Cap.**

1. B. Weekes (11:20) 24:55  
2. R. Glover ( 9:00) 24:58  
3. K. Livermore (3:00) 25:12  
Fastest: K. Livermore 28:12

**February 15th**  
**Scottish C.C. Champs: Coatbridge**

47. C. McAllinden 42 (Paisley) 40:35  
86. W. Ramage 42 (Spring) 42:24

**February 15th**  
**Surrey CC League (Div.2)**

15. G. McEntyre 44 (E&F) 26:19  
19. W. Anderson 43 (Met Pol) 26:43

**February 22nd**  
**Northern Ireland CC Champs.**

**Veterans 3 miles**

1. G. Millar (90B) 17:46  
2. J. Gilmore (E.Aut) 18:11  
3. J. Foy (N.Bel) 18:20  
4. N. Skelton (N.Bel) 18:30  
5. W. Dodds (E. Aut) 18:36  
6. W. Thompson (N.Bel) 18:47

**TEAMS:**

1. North Belfast 13 pts  
2. East Antrim 14 pts  
3. Duncairn Nomads 31 pts

**Tullamore Festival of Road Races**  
**Veterans Race**

North Belfast Harriers were the only team to travel south to the island's biggest road race occasion. The 3 Km veterans road race result was as follows:

1. T. Madden (Galway CH) 9:04  
2. J. Flannery (Moore) 9:09  
3. J. Douglas (Metro) 9:17  
4. W. Dunne (Donore) 9:24  
5. M. Rudden (Donore) 9:31  
6. H. Gorman (Donore) 9:32  
7. J. King (Donore) 9:36  
8. N. Skelton (N. Belfast) 9:45  
9. J. Corcoran (Laragh) 9:47  
10. J. Cunningham (Metro) 9:52  
11. P. Campbell (C. Service) 20:00  
12. J. Foy (N. Belfast) 10:01  
13. M. Fitzgerald (Croom) 10:04  
14. W. Thompson (N. Belfast) 10:05  
15. P. Lynch (C. Service) 10:12  
16. J. Kelly (Liffey V.) 10:17  
17. A. Westby (Metro) 10:20  
18. J. Kavanagh (Liffey V.) 10:29  
19. J. McNight (Annadale) 10:30  
20. I. McKinney (Armagh) 10:35  
21. J. Bernard (Metro) 10:38  
22. J. Pearce (Naas) 10:40  
23. J. Ryan (Clonmel) 10:44  
24. J. McAlinden (Newry) 10:55  
25. M. O'Shea (Croom) 10:57  
26. T. Coleman (Newry) 11:00  
27. L. Lynch (Liffey V.) 11:08  
28. M. Solmon (Naas) 11:10  
29. J. Flynn (Croom) 11:15  
30. W. Morris (Galway CH) 11:17  
31. J. Collins (Liffey V.) 11:18  
32. W. Davis (Newry) 11:19  
33. J. Palmer (Metro) 11:24  
34. T. Kelly (Kildare) 11:32  
35. J. Kelly (Liffey V.) 11:43  
36. M. O'Leary (Leevale) 11:45  
37. T. Sullivan (DCH) 11:53  
38. S. Ward (Willowfield) 12:00  
39. W. Worrell (DCH) 12:26  
40. D. Cherry (DCB) 12:27  
41. S. O'Rourke (C. Service) 13:35  
42. J. Bolger (Donore) 13:55  
43. S. Hutton (C. Service) 13:55  
44. E. Lakelaw (Clonmel) 14:27  
45. F. Cahill (Donore) 15:10

**TEAM RESULT**

1. Donore 12 pts  
2. North Belfast 29 pts  
3. Liffey Valley 32 pts

4. Metro 41 pts  
5. Croom 54 pts  
6. Civil Service 64 pts  
7. Newry 66 pts  
8. DCH 90 pts

**February 16th**  
**Scottish Vets '4' CC Glasgow**

1. W. Ramage 22:53  
2. R. Calderwood 23:12  
3. A. Peden 24:23  
4. B. Bickerton 24:39  
5. B. Fickling 24:42  
6. A. McManus 24:46  
7. M. Rafferty 25:26  
8. D. McKirdy 25:34  
9. C. Forbes 25:38  
10. J. Farrell 26:13  
11. W. Ross 26:16  
12. J. Hanton 26:18  
13. G. Porteous 26:21  
14. L. Howitt 26:24  
15. T. Harrison 26:30  
16. P. Livingston 26:31  
17. F. Bias 26:59  
18. M. Phillips 27:11  
19. T. Fletcher 27:14  
20. T. Monaghan 27:20  
21. J. Crawford 27:35  
22. G. Bell 27:50  
23. G. Fadie 28:26  
24. R. McDonald 29:13  
25. J. Geddes 30:02  
26. J. Casarina 30:54  
27. N. Ross 31:19  
28. D. Causon 32:21  
29. G. Taylor 33:25

**February 22nd**  
**Metropolitan CC League**

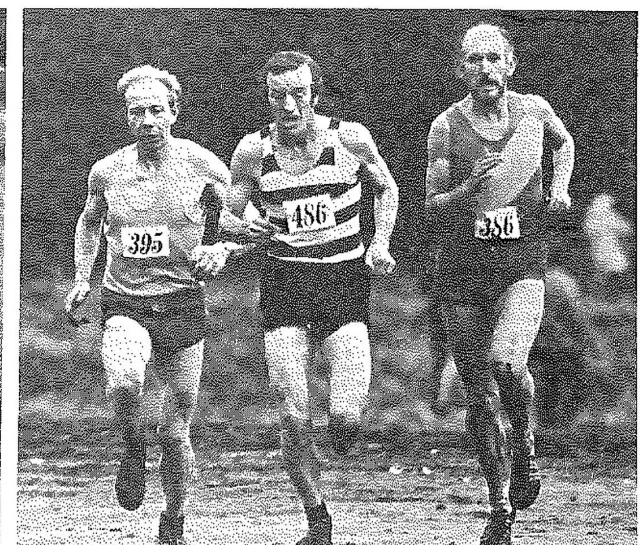
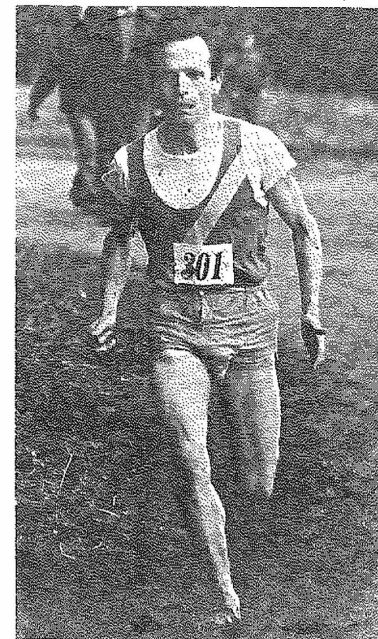
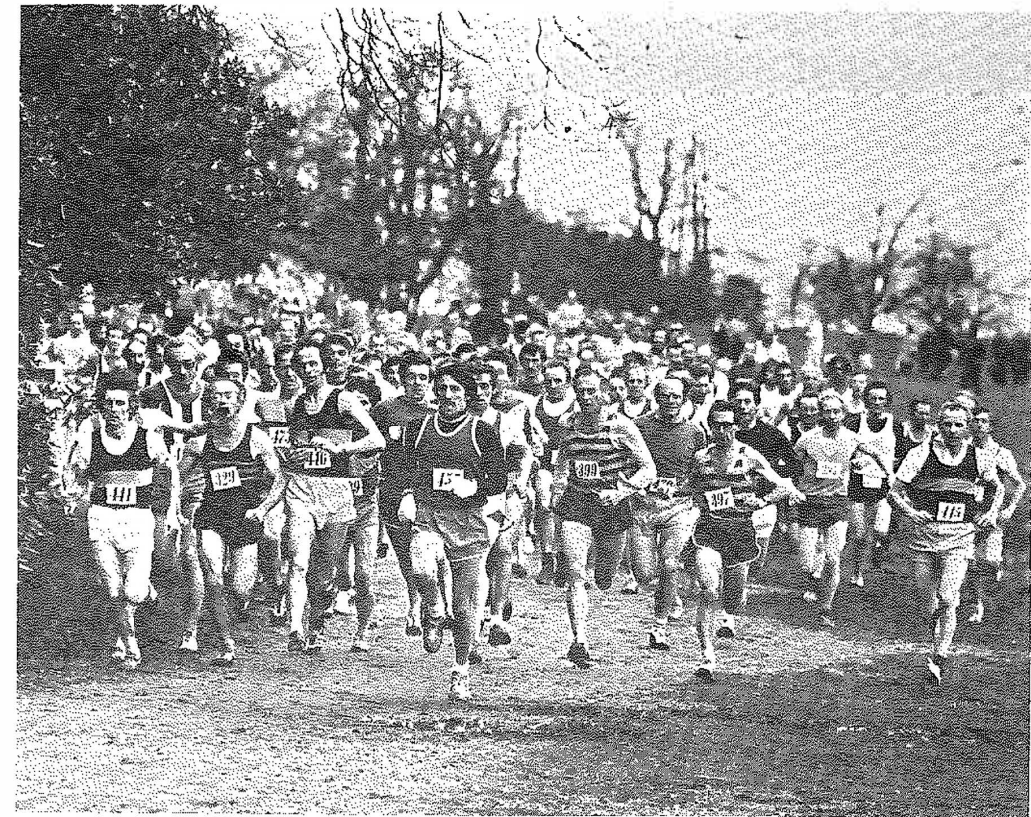
41. D. Plater 41 (Ilford) 27:59  
42. M. Barratt 41 (E&S) 28:02  
44. G. Knox 40 (Hill) 28:10

**March 8th**

**Tonbridge '10' Road Race**  
16. G. McEntyre 43 (EE) 54:20  
28. J. Oliver 40 (Kcnt) 55:41

**March 8th**

**Veterans AC '5' CC H'Cap.**  
1. T. Mitchell (14:00) 24:39  
2. A. Welling (30:00) 24:40  
3. C. Knowles (13:30) 25:11  
Fastest:  
K. Livermore 28:14



Photos by: Ed Lacey  
TOP: Start of the Southern Vets C. C. Champs  
LEFT: George Brown leads Mike Barratt after 3½ miles  
RIGHT: McEntyre, Harrison and Lusty



# SCOTTISH CHAMPIONSHIPS

March 2nd  
**Scottish Veterans C.C. Champs**  
 The Scottish Veterans Cross-Country Championships, held at Eskbank College, Dalkeith, on March 2nd, attracted a large entry of 90 runners. Although the 8000m course was extremely heavy due to overnight rain and showers during the meeting, some exceptional running was seen by a large number of spectators. The most outstanding individual performances were by the winners of the over 40 men's 8000m and the veteran women's 5000m.

Charlie McAlinden led from the start of the O/40 race and increased his lead after the half-way stage to retain his title convincingly. McAlinden was Scottish marathon champion in 1966, and Irish 880y champion in 1956.

The inaugural Women Veteran Runners Association championship which was organised by that well known marathon and cross-country runner, Dale Greig, was won by Norma Campbell of Blaydon Harriers. Norma took the lead from the start and ran brilliantly in the heavy conditions to win by 300m. Mother of three sons, the oldest being 21, Norma is aged 46 and competed the previous week in the National Women's Championship at Parliament Hill, finishing 108th. Second place went to Noreen O'Boyle, mother of Scottish international Moira O'Boyle, with Dale Greig third.

David Campbell

1. C. McAlinden	28:52
2. G. Eadie	29:41
3. J. Irvine	29:42
4. J. Milne	29:58
5. T. O'Reilly	30:09
6. W. Ramage	30:14
7. A. White	30:19
8. C. Meldrum	30:23
9. W. Russell	30:38
10. C. O'Boyle	30:45

11. W. Lyall	30:57
12. H. Mitchell	31:03
13. C. Wright	31:24
14. H. Scott	31:31
15. A. Galbraith	31:36
16. A. Peden	31:41
17. W. Marshall	31:45

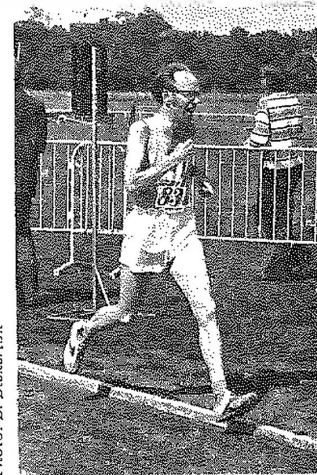


Photo: B. Bickerton

**W. Marshall**  
 British titleholder Class 1B 5000

18. W. Lindsay	31:52
19. B. Fickling	32:08
20. J. Black	32:10
21. M. Rafferty	32:10
22. J. Moore	32:12
23. B. Bickerton	32:18
24. A. McManus	32:21
25. G. Dickson	32:39
26. R. Kane	32:55
27. J. McLean	33:03
28. J. Henry	33:12

March 1st  
**English National CC Champs**  
 21. R. Fowler 40 (Stoke)  
 173. R. Gomez 40 (H&S)  
 191. M. Hyman 41 (Ports)  
 221. M. Barratt 41 (E&S)  
 315. C. Simpson 46 (S. heath)  
 383. M. Morrell 42 (Wirral)  
 410. D. Case 42 (E&S)  
 467. S. Allen 40 (HHH)  
 470. J. Luxford 41 (HBS)  
 472. W. Anderson 43 (Met.Pol.)  
 481. G. Phipps 46 (Leam)  
 525. A. Home 40 (Ran)  
 532. W. Kerr 42 (Bels)  
 542. W. Hill 43 (B'fith)  
 606. E. Andrews 42 (Hav)  
 698. J. Lusty 41 (E&S)  
 753. P. Wilks 41 (Poly)  
 794. E. Helford (Orion)  
 821. G. Stett

825. S. Jackson  
 887. R. Curtis (Ton)  
 892. W. Aston  
 905. W. Mothram  
 (1162 ran)

March 16th  
**Spenborough '20' Road Race**  
 17. G. Spink 40 (Bing) 1:59:47

March 22nd  
**Orion 15 miles CC Invitation.**  
 17. K. Jones 40 (W'stow) 1:46:53  
 23. W. Jones 40 (Luton) 1:48:10  
 29. D. Devey 40 (High) 1:49:42  
 Vet teams:-  
 1. Luton (aggregate) 5:38:56  
 2. Highgate 5:58:31  
 3. Orion 6:01:55

29. H. Ewing	33:18
30. J. Barrowman	33:23
31. H. Docherty	33:31
32. J. Clifton	33:34
33. T. Harrison	33:47
34. J. Gray	34:05
35. H. Millar	34:17
36. W. Scott	34:20
37. C. Wallace	34:22
38. C. Forbes	34:38
39. J. Lowrie	34:39
40. W. Ross	34:51
41. P. Livingston	34:52
42. D. McKirdy	34:53
43. E. Campbell	34:54
44. M. Stocks	35:10
45. G. Porteous	35:14
46. F. Bias	35:25
47. W. Kelly	35:48
48. J. McNeil	35:52
49. L. Howitt	35:58
50. J. Crawford	36:05
51. R. Pickard	36:16
52. D. Clelland	36:23
53. J. Hanton	36:45
54. J. Petty	36:46
55. A. Oliver	36:51
56. R. McDonald	37:37
57. G. Tell	37:50
58. P. Minchin	37:51
59. T. Monaghan	37:56
60. A. Cook	37:58
61. J. Brownlie	38:39
62. T. Fletcher	38:40

**TEAM RACE**  
 1. Springburn H 18 pts  
 2. Paisley H 38 pts  
 3. Stirling H 59 pts

**OVER 50 CHAMPIONSHIP**  
 1. T. Harrison  
 2. C. Wallace

**OVER 60 CHAMPIONSHIP**  
 1. G. Porteous  
 2. R. Devon

**VET. LADIES 5000m CC Champs.**  
 1. N. Campbell 22:12  
 2. N. O'Boyle 23:21  
 3. D. Grieg 25:51  
 4. A. Lusk 27:06  
 5. N. Steel 27:45  
 6. R. Docherty 28:39

March 8th  
**Woking '10' Road Race**  
 9. M. Barratt 41 (E&S) 51:38

March 15th  
**Woking '10' Road Race**  
 45. J. Luxford 41 (HBS) 53:22

March 16th  
**Northern Counties AAA '20' Road Champs.**  
 (40-49)  
 1. P. Patterson (Gosforth) 1:55:32  
 2. G. Freeman (Sunderland) 1:57:56  
 3. K. Boyle (Sunderland) 2:01:52 (50+)  
 1. J. Caddy (Middbro) 2:06:45  
 2. E. Joynson (Gateshead) 2:06:54  
 3. R. Walker (Saltwell) 2:13:51

March 22nd  
**Watford '6' Road Race**  
 Vet result:-  
 1. D. Case 41 (E&S) 31:10  
 2. E. Nolan 41 (Shaft) 31:42  
 3. P. Wilks 41 (Poly) 32:40

March 29th  
**Romford Half-Marathon**  
 Veterans:  
 G. McEntire 44 (Epsom) 74:02  
 S. Goldberg 41 (USA) 75:38  
 T. Flowers 50+ (VPH) 79:50

March 31st  
**Huddersfield "Chippendale" Marathon**  
 13. G. Phipps 46 (Leam) 2:33:33  
 17. R. Bentley 44 (Tipton) 2:36:27  
 19. B. Gomersall 40 (Leeds) 2:41:33  
 22. G. Spink 41 (Bing) 2:44:14  
 25. D. McWhirter 42 (Tip) 2:47:37  
 37. R. Mathieson 50+(Long) 2:55:28  
 38. J. Lawton (Leeds) 2:56:02

March 23rd  
**Midland Vets C.C. Champs**  
 1. P. Morris (42) Lozells 28:39  
 2. C. Simpson (45) Smallheath 29:48  
 3. G. Phipps (48) Leamington 30:17  
 4. R. Blastland (43) Derby 31:11  
 5. D. Davies (41) Cheltenham 31:33  
 6. D. Harris (40) Dud & St. 32:11  
 7. D. McWhirter (44) Tipton 32:16  
 8. K. Dare (46) Smallheath 33:13  
 9. P. Lott (40) Leicester 33:21  
 10. W. Mottram (45) West Brom 34:02

April 6th  
**Kent 10,000m Track Champs**  
 Crystal Palace  
 5. J.W. Brown 49 (Camb) 32:56.8  
 6. K.A. Harland 41 (Camb) 33:06.6

April 12th  
**Chris Vose 10 Miles, Warrington**  
 A popular figure in Billy McMinnis ran a fine race around lanes where many young Vets. who entered the RAF at Padgate probably dogged his footsteps some 20-30 years ago. He looked the same 'Billy Mac', with a big heart and even bigger grin.  
 26. A. Walsham (Salford) 52:57  
 36. M. Morrell (Wirral) 53:38  
 59. R. Kernighan (Pembroke) 56:00  
 61. R. Billington (Wrexham) 56:11  
 78. K. Smith (Blackburn) 57:45  
 88. B. Lister (Bolton) 58:49  
 96. K. Metcalfe (Blackburn) 59:35  
 97. T. Meadowcroft (Oldham) 59:49  
 101. A. Gerrity (M'cer YM) 60:02  
 102. T. Prescott (Sutton H.) 60:19

April 16th  
**Southern Counties AAA 10,000m Track Champs. Crystal Palace**  
 19. L. O'Hara, 42 (Bels) 30:21  
 29. M. Barratt, 41 (E&S) 31:23

April 12th  
**Cambridge & Coleridge '10'**  
 34. R. Franklin, 46 (TVH) 54:13  
 35. G. Phipps, 46 (Leams) 54:25  
 40. J. Lusty, 40 (E&S) 54:59  
 65. R. Blastland, 40 (Derby) 57:21

103. J. McAloon (Pembroke)	60:21
105. W. McMinnis (Sutton H.)	60:26
112. A. Knowles (Sutton H.)	61:08
114. L. Whitehead (Pembroke)	61:16
118. H. Thornton (Airedale)	62:01
126. K. Baldwin (Wrexham)	62:56
128. N. Ashcroft (Sutton H.)	62:58
130. A. Hardman (Aittrincham)	63:44
131. K. Bruns (Pembroke)	63:46
132. J. Mason (Warrington)	63:53
136. J. Longden (Sutton H.)	64:47
139. V. Bateman (Pembroke)	64:56
140. P. Shillett (Pembroke)	65:08
141. E. Booth (M'cer YM)	65:22
143. P. Thompson (Warrington)	65:27
144. B. Harwood (Oldham)	65:32
145. J. Howcroft (Leight)	65:47
146. C. Gains (Pembroke)	65:52
151. J. Thompson (Salford)	66:12
155. E. Crowley (Pembroke)	66:45
158. A. Ball (Pembroke)	68:13
159. N. Eckersley (E. Chesh.)	68:20
162. W. Bowler (Oldham)	69:27
163. A. Thompson (Warrington)	69:30
(165 finished)	

April 19th  
**Fitchley '20' Road Race**  
 15. D. Case, 41 (E&S) 1:50:10  
 16. R. Macey, 40 (Verlea) 1:50:38

April 19th  
**Kettering '10' Road Race**  
 13. C. Simpson, 46 (Small H) 52:53  
 27. P. Morris, 42 (Lozells) 55:40  
 33. M. Camerni (Kettering) 56:54  
 35. R. Blastland, 43 (Derby) 57:07  
 47. W. Mottram, 45 (W. Brom) 58:59  
 57. T. Buckingham, 56 (Leam) 61:19

## Anyone for running?

Continued from page 15

### Injuries

Physicians are frequently asked for advice on injuries which occur in runners. It is beyond the scope of this article to deal with this subject, but most involve muscle, ligament and tendon, usually resolving with a short rest or temporary decrease in exercise load. In many experience most of these can be 'run through' with judicious application of common sense. Blisters are treated by drainage and the application of plain narrow adhesive tape wrapped around the toe and left in place for several days. The usual bandaids will work loose, wrinkle and add further discomfort, particularly if not wrapped around the circumference of the toe. Vaseline smeared on will help to avoid rubbed toes.

### Where, When to Run

I have frequently been asked where should one run, what time of day, what should one drink before and after running. Running can be done anywhere. The only limits are the resourcefulness and determination of the individual. I usually run on roads, choosing those with light traffic. There is no ideal time of day to run. For years I ran at night but in recent years I run early in the morning rising at 6:00 am. There is nothing quite so beautiful as the moon

setting and the dawn breaking. On a recent run I could see my shadow cast by the moon at the same time the dawn was breaking in the east. No special preparations are needed before a run. I usually run on an empty stomach. A long run on a hot day should be preceded by some extra fluid, but after the run take fluids sparingly, avoiding milk and carbonated beverages. Water is usually best, without added salt, since this may induce nausea.

I have always been impressed that the great runners love the beauty of the outdoors and are always aware of their surroundings; the sights, odors and sounds of life around us. Their motivation to run is not only physical to become a champion but also the deeper emotional satisfaction of belonging as part of nature. The ability to pass through the world as a true part of it, in the way man has done since his creation is a special privilege shared with the other animals of the earth.

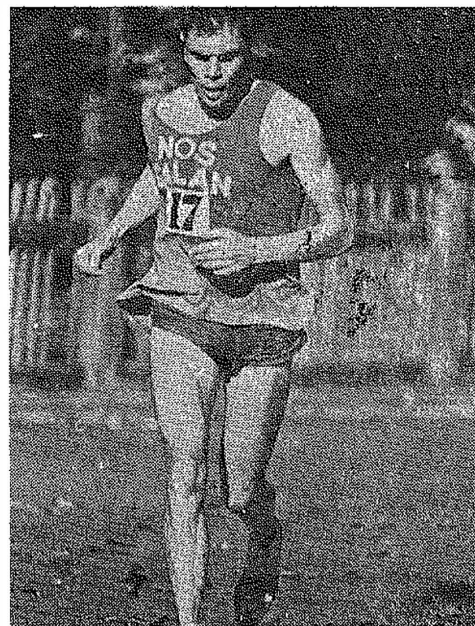
### Psychological and Physical Satisfaction

In the final analysis what do fitness and health mean, particularly in regard to running? They mean a deep psychological and physical satisfaction, the ability to cope with the pressures and demands of life with increased reserve, the ability to maintain youth, and if not increase the length of life, at least to increase its pleasure. Happiness is the right of all; running fitness leads to happiness.

(An abridgement of an article originally published in "The Canadian Family Physician".)

# coroebus says...

As Chris Brasher wrote in The Observer with utter simplicity – “The ghost is dead”. For 42 years the “ghost” had been with us in the flesh, and for as long again his memory will linger on. For the first half of that brief life span JOHN TARRANT did not enter the world of athletics; but his competitive spirit did take him into the boxing ring. It is an indictment of our amateur rules that that innocent, short encounter with a few local paid boxing shows should jeopardise his whole future in the sport he wanted to take up – long distance running. British veterans will remember that six-year period in the early fifties when the ‘ghost’ runner, as he was soon dubbed, mysteriously appeared from nowhere just as the gun went. Officialdom may have barred him, but the athletes supported him – paradoxical really when you think, in very simple terms, the officials are elected by the athletes. In 1958 he was re-instated domestically but, to his horror, not internationally where the IAAF have jurisdiction. There was no appeal. He



John Tarrant on his way to a world's best 100 miles time of 12:31:10 at Walton-on-Thames in 1969.

had had every hope of qualifying for the 1960 Olympic marathon, but those hopes were now dashed. But the indomitable John Tarrant went on with the sport he loved and eventually set world track records for 40 and 100 miles, the latter in 12:31:10.

When John reached veteran status two years ago his enthusiasm became stimulated still further and there is little doubt that he would have made his mark on the veteran scene in no uncertain manner. His first major event had been the World Veterans 25Km at the Isle of Man in 1973 where he had missed the start by 3½ minutes, yet battled through the torrential rain to catch the field and finish 52nd. I travelled back to the dressing-rooms with him that day and he was very upset. It had meant a lot to him that race. He was out to regain his best form and felt he was already near it. Neither of us knew that at that very moment cancer was deciding otherwise. The stomach trouble he had begun to experience was later correctly diagnosed and within nine months he underwent major surgery. He lost 28lbs but never gave up. His letter to Veteris (April 1974) exemplified his remarkable spirit and he appeared shortly afterwards at the British Vets National Cross-Country Championships leaning heavily on a walking stick but determined to watch the proceedings despite the cold. A few months later he even took part in a sponsored run. But time had run out for the ‘ghost’ and at the end of the year he returned to hospital in Birmingham where he died on 19th January, 1975.

And as Chris Brasher concluded “There are in this world very few utterly honest men. John Tarrant was one of them, a man so honest that he told of money earned in another sport and thus had himself barred for life from his life's ambition – a very simple ambition: to wear a British vest.”

John Tarrant may no longer be with us in person, but road runners and veterans will be delighted to hear that his name will be perpetuated, thanks to a decision just reached by the R.R.C. Council. The Council has decided to acquire a trophy, to be named “The John Tarrant Memorial Award”, which will be presented each year to the first veteran to finish in their premier championship—the R.R.C. Marathon. The trophy will cost up to £100 and a fund is now open to enable all those who wish to be associated with this memorial to make a donation. It is hoped to present the trophy at this year's race at Milton Keynes on July 5th. Please send donations to Geoff Pearson, 64 Northacre, Garratt Lane, Banstead, Surrey.

Photo: Ed Lacey

Roy Fowler (GB) has been running so magnificently since reaching veteran status that enthusiasts both within and without our ranks have been relishing the prospect of a Foster and Fowler clash. It is expected to come in Toronto, but a preview very nearly occurred in March. Foster had been selected for the New Zealand international cross-country team some time earlier, but England's team for the international championships in Rabat, Morocco, was to be selected on the results of the English Championships. Fowler had yet to make England's squad, and most followers said he had no chance in this, the world's toughest ‘National’ where clubs could run a maximum of nine men, yet 1,162 toed the line. Roy ran brilliantly on the 9 miles course and, after 48 minutes of running, failed by a mere 27 seconds to make the England team. Behind him were Ricky Wilde, Jim Alder, Mike Tagg, Ron Hill, Bill Robinson, Alan Rushmer, Frank Briscoe, Ian Thompson, Keith Penny, Chris Stewart and Don Faircloth. But he would not be meeting Foster.

The New Zealander produced a fine performance in Rabat over the fast 7½ miles course to finish 36th – seventh scorer for the victorious Kiwis. One can only guess at how Roy would have fared, and perhaps the odds slightly favoured his rival on the strength of that Rabat run, but the Stoke man thrives on running for a target and who is to say that carrying the mantle of a former champion would not have evened up those odds?

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

Despite the tough standards set by the Australian vets for Toronto (see January's Veteris) no less than 60 have attained their standards. There is no doubt that the Aussies mean business. Even the enthusiastic Jack Pennington continues to marvel at their enthusiasm, particularly the old'uns (which for the benefit of the uninitiated excludes Jack and his ‘young’ 50-59 crowd). As with everywhere else the veteran scene is booming but, significantly, in Australia the news media have got hold of the story. On television and radio I believe it is now common to hear reports of veterans in national sports programmes, and in the newspapers reports, comment or results are featured almost daily. Proper reporting of our exploits will certainly do our movement much good, particularly if it conveys to the public at large the benefits of exercise and social contact amongst the over-40's.

In the last issue of Veteris I spoke of that ace woman athlete Maeve Kyle (46) and her daughter Shanna. Well, this column has no intention of showing favouritism so this time it is the turn of Anne McKenzie. Anne is Maeve's senior by four years and hails from South Africa where she has to rely on open events for her competition. But that is no drawback as her form is so good. How about these recent performances?

100 metres	13.8	6th Nov.
200 metres	28.5	2nd Oct.
400 metres	61.6	5th Oct.
800 metres	2:19.6	11th Dec
1500 metres	4:49.2	16th Nov.

There is every chance that Maeve and Anne will meet in Toronto. If and when they do, it could be a real show-stopper.



ANNE MCKENZIE

Photo: A. Joubert

So many distance runners are now continuing their competitive careers into their late thirties and beyond that I have noticed a marked change in the attitude of the 30-years-old runners. Not so many years ago everyone felt that these men were in the twilight of their careers, including the runners themselves. The downhill trend was almost self-inflicted as the runner's vital self-confidence became infected with this myth. What would have been a normal bad patch in his twenties became an irreversible decline in his early thirties. Now, no runner would dare say “not bad for an old ‘un eh?” at the age of 32. He would be laughed out of the dressing room. The average age goes up, which is not as bad as some commentators would have us believe – provided that there is no decline in the number of young athletes. It simply means that the 30-40 age group are no longer throwing away some of their best years, no longer psyching themselves out of quality performances. The exploits of Foster, Fowler, Turner, Hyman et al,



must raise serious doubts about the need for pre-vet divisions in the distance events. On my reckoning, over a third of the top 50 in the English C.C. Championships were over 30. This proportion probably reflects in the clubs as well. There is clearly a different "ideal" veteran age for every event; the tennis players use 45 and the swimmers 30 and the whole gamut of athletic events could be fitted between these limits; from hurdles and jumps to distance running and throws, but the "ideal" age for today would probably be far from ideal for tomorrow. So 40 would seem to be the best most easily recognisable threshold, and if the mainstream of athletics cannot at present flow up to this line in all events then we must wait until sheer pressure of numbers from below, and the strength of the vets from above, close that gap and produce the continuity we all seek.

Active athletes, and even joggers, will have no need to be told that regular exercise is good for the body's metabolism. It "vents" the whole system, disposing of toxic wastes and preventing the build-up of waste products. The more efficient this process becomes, the more readily the system can be flooded with life-giving oxygen. In other words, the oxygen transport capacity is improved. To the athlete the advantages are obvious, as he tends to think of the purely physical benefits - raised pain threshold, delayed oxygen debt, improved mobility etc. But what of the other benefits? For instance, can it improve the efficiency of the brain also and improve mental performance? Medical researchers have known for some time that when brain cells are deprived of oxygen they do not perform their work efficiently. Conversely, a group of clinical psychologists have demonstrated that when pure oxygen is administered daily to senile hospital patients placed in a pressurized chamber, the patients' scores in standard memory tests jump by as much as 25 per cent in 15 days. Stimulating the brain's environment can clearly affect the growth and maturity of the cells, and experiments with rats have indicated that when exposed to a varied and stimulating environment the brain can benefit enormously. Exercise is one part of the equation, a happy and varied life-style the other. Of course there is little point in flooding your brain with oxygen if you are going to use it for nothing else than running!!

An international flavour was provided at the New Zealand Veterans Track and Field Championships in March when a British services team found (or created?) an opportunity to be present. The team of six veterans consisted of three from the Navy (Dinger Bell, Jerry Buck, Henry Sharp) and three from the Air Force (Don Copley, Alec Valentine, Bryan Simms). All had impressive credentials, but many veterans will remember Valentine and Copley in particular.

Alec Valentine (47) represented Scotland at rugby union besides athletics and is remembered for his continual appearances in the British top ten hammer rankings. When he hit 190 feet back in 1955 he set a Royal Navy record which still stands today. He recently threw the 16lbs ball 172 feet, tossed the discus 160 feet and put the shot over 53 feet, I am told.

Don Copley (also 47) is well remembered as the former British Modern Pentathlon champion. His all-round ability made him an international steeple-chaser and Combined Services champion at cross-country and 5,000 track. He had a 1974 best of 16:21.

The remainder are, or have been, Services champions, so Britain was well represented after all - and our veteran organisations didn't even know they were going!

If you have not heard a great deal of Ron Bentley (44) since he set that 24 hours track world-record in the Accolade race of November 1973, don't assume that he hasn't been doing the work. Ron's insatiable appetite for ultra-distance racing has taken him far and wide. Since that 24-hour record he has run the Cannock Chase '21' (2nd vet), the Huddersfield marathon (1st vet) the tough Isle of Man T.T. race of just under 40 miles (1st by 8 mins in 4:09.59), a 100 Km. in Finland (3rd with 7 hrs. 27 mins. and first vet), the Woodford to Southend '37' (first vet), the Two Bridges '36' - (2nd vet to Alistair Wood), the London to Brighton '52½' (1st vet in 5hrs-27mins), the Barnsley marathon (2nd vet again to Alistair Wood), the Newport to Tredegar (1st vet) and the Midland Veterans marathon (winner). His last twelve distance races produced a total of 565 miles, an average of 47 miles per race. In between those races he did a bit of 'speedwork' with six-milers and ten-milers. This month, Ron Bentley heads out to South Africa for another bite at the famed Comrades Marathon. Last time he ran it he finished 13th of 987 finishers. Compared with the 24 hours race, 53 miles must seem like a sprint and, having turned the psychological war full circle, being a veteran a position advantage!

Australia's ROWLY FERRIS (44) was probably the tiredest man of all when the Australian Veterans Track and Field Championships had been concluded in Adelaide. Rowly was meet organiser and put a lot of work into it. "To make things worse" he said "my wife was so inconsiderate. She went into hospital a week before the meet and didn't come out until it was all over". If it did that to her, what should it have done to him? Rather than miss taking part in the competition Rowly decided to run in the first and last events each day, thus giving himself time to help with the running of the meet. But this meant doing the 5,000 and 10,000. He finished both, shattered; and by the time everything was cleared up he was still able to say "It was all worth while, and I wouldn't have missed it for the world". Rowly happily calls himself another "Fred Foye", and actually keeps Fred company from time to time. He left the UK in 1970, having been connected with cycle racing since 1946, and decided to join the veterans in running. He became one of the founder members, and although he shows no signs of following Jack Foster's example it is a step he never regretted taking. "The terrific bond and fellowship that exists in veteran athletics must be a tonic that no-one can do without". For many, it would indeed be difficult.

COROEBUS

# World news and results

## Australia

Because there have been suggestions that Australian professional runners would be free to compete at Toronto in August, the Canadian organisers felt obliged to issue the following statement to the Australian press,

"In fairness to all interested athletes, the following decision of the committee of World Masters Championships 1975, should be clearly understood. Whilst we seek to open these events to all fit men and women over the stated ages, this is an amateur meet. Where it is proved to us that a competitor is currently competing for money prizes, and confronted with a situation where we must protect the status of competing amateurs, we will apply the amateur rules."

The IAAF have since stated that all athletes competing at Toronto must have clearance from their recognised national amateur body. Team managers may submit names en-bloc for clearance. The IAAF will expect the Canadian organisers to obtain such clearance from all competitors.

You can't keep 62 year old Dick Horseley out of the news. This West Australian veteran who has posted such outstanding walking times (see VETERIS, July 1974) recently returned to running, which was his speciality up to the age of 40. In February he recorded 2:32.8 for 800 metres, and the following month chopped off a sizeable 2.4 seconds to record 2:30.4 which ranked him third in the world for his age group behind Bud Deacon and Monty Montgomery of the USA. He has also run 1500 in 5:06.0.

As President of the WAAAA he is certainly setting a fine example to all West Australian athletes.

Australia's leading veteran decathlete is still 48 year old RUDI HOCHREITER. Already credited with a 11.7 short sprint this season, Rudi piled on a whole range of other impressive performances to win the Geelong Veterans Decathlon Champs at Landy Field, Geelong on February 8/9th. His winning points total of 4,487 leads the decathlon marks for this year.

Rudi is clearly taking the Toronto Games with seriousness. He leaves for Europe as early as May 15th and will join up with the rest of the Australians in July at the US Masters in New York.

### RESULTS

1st R. Hochreiter (48) 4487 points  
 100 (12.3) L.J. (5.25) Shot (10.23) H.J. (1.55)  
 400 (57.1) 110H (20.5) Disc (32.10) P.V. (2.20)  
 Jav. (40.94) 1500 (5:06.8)

2nd H. Wynhoven (45) 3169 points  
 14.1 4.27 8.93 1.35 65.8 22.0  
 33.30 2.70 30.42 5.38.8

3rd R. Cunliffe (40) 2937 points  
 13.0 4.76 7.22 1.35 57.7 20.8  
 20.92 N.J' 21.94 4.58.6

Best Pre-Vet was  
 C. Matthews (39) with 4156 points  
 12.7 5.30 7.70 1.50 56.2 18.4  
 22.56 2.70 32.22 5.05.9

Fred Howe (40), who held the British 30 miles track record (2:48:08) from 1963 to 1969, continued his recent return to competition by running a 2:07 (800m) and 4:20 (1500m).

West Australian David Carr has been cutting some sharp times of late - 11.9 (100) and 54.6 (400). Another veteran from the same state, Noel Goff, recently long-jumped 5.64m, just 10 cm outside the age record for a 54 year old.

In a six week period at the turn of the year TOM ROBERTS (40) chalked up a string of impressive performances. He started off with a 1500/3000 double of 4:06.2/9:08.2 followed a week later by a 1:58.2 (800). A fast mile of 4:29.2 was then recorded followed by a 4:06.5 (1500). The spell was rounded off with another good double, 400/1500 in 54.8/4:02.2.

## AUSTRALIAN CHAMPIONSHIPS

Rome and Melbourne Olympian, Alby Thomas, made a great debut in veterans competition at Adelaide on March 29th when he set an Australian record 1500 mark of 3:55.4 and later in the afternoon followed up with a 5,000 win in 14:50.0. He made it a treble 24 hours later by annexing the 10,000 title in a brisk 31:00.8. Thomas had been working up to this for more than a year, but the decisiveness of his debut brought forth much admiration.

A class 2 world mark was recorded by 50 year-old Reg McRae who demolished the opposition in the 400 metres (2A) to record 55.0 secs. Only the winner of the 1A event, Tom Roberts (52.4), ran the single lap faster.

The Championships were held at Olympic Park, Kensington, a suburb of Adelaide, and were hosted by the South Australian Veterans AAC. Over 150 entries were received and all states were represented. This was the climax to the season and all athletes were very eager to set up personal bests in readiness for Toronto.

It was just Graham Wise's bad luck that he should meet Alby Thomas on this day. Graham ran a scintillating 1500 and still had his nose in front 50 metres from the tape but Thomas streaked past towards the best global mark since Michel Bernard's 3:52.0 in 1972. A silver then for Wise, but his 3:58.0 was worthy of gold anywhere else and was the

# Australia

second fastest on record since Bernard. What is more, he still left the championships as a title-holder, beating 400 champ Tom Roberts in a swift 1:58.0 800 metres.

Doug Worling, with a 9:24.3 Australian 'chase record under his belt, was full of confidence in the 3,000 metres steeplechase winning by a clear half-minute in 9:31.6. This was no real surprise as Doug was New South Wales champion some years ago and ranked No. 2 in Australia in the mid-sixties behind Tony Manning. Schoolteacher Worling found the opposition much tougher in the 1500 where he chased Thomas and Wise hard all the way to take the bronze in a creditable 4:05.4.

Only the class 1 athletes ran 3,000 metres steeplechase; classes 2 and 3 running over 1500 metres. To compensate for the shorter distance the older competitors had to run in pouring rain - not that this worried that hardy 63-year-old Stan Nichols. Already soaked from head to foot he caused an uproar from the crowd when he fell at the water jump to vanish completely from sight. He re-emerged to run down the home straight using the breast-stroke to the great amusement of the spectators. Stan was typical of the spirit which prevailed at the meeting. This pre-war international went almost through the card. He won the class three 400 (67.3), 800 (2:32.8), 1500 (5:21.8), 5,000 (18:41.6), 1500 s/chase (6.09) and finished second in the 10,000 (40.06). Not a bad two days of exercise, but as Stan said, "Why travel all that way just for a couple of events!"

Stan Nicholls's six events were the toughest combination of the championships, but for the largest number of events and the biggest haul of gold we have to turn to Victoria's decathlete, Rudi Hochreiter. In class 1B, Rudi took the sprint double (11.9/24.6), and went on to win the shot, javelin, long jump, high jump and triple jump. Just so that he could see what



Photo: Rowly Ferris

LLOYD SNELLING races to 100m win over Fletcher and Liascos.

silver looked like, he finished second in the discus! Quite a haul, 7 golds and one silver.

The Class 2 1500 had promised much. Jack Ryan (52) held the world's best mark of 4:14.6 and Theo Orr (51) had a 4:15.0 to his credit last year. However, on March 29th both were somewhat off form due to recent injuries, though some observers believe that they are over-training. Orr filled the role of front runner while Ryan did an "Alby Thomas" to take it down the straight, 4:23.5 to 4:25.4. Jack Pennington was close up with 4:26.3. Theo also took the 1500 steeplechase in a fierce 4:50.8.

That great West Australian 55-year-old, John Gilmour, was also not at his very best; though a 16:28.3 5,000 metres is hardly hanging about. John headed the class 2B results in 800/1500/5000/10,000.

Other notable performances were by Lloyd Snelling, who took the 1A sprint double (11.5/24.2), won his heat of the 400 but then had to withdraw from the final after pulling up with cramp just after the start; Schaefer, Goff and Logan who each notched long jump/triple jump doubles with good distances; Vic Pye (61) who collected stylish wins in the class 3 100/200/110H/400H/long jump/triple jump; and that evergreen Olympian of Melbourne, Rome and Tokyo, 46-year-old Dave Power who clocked a fine 15:33.6/32:35 double, bettering this only by his performance at the beer table after the race!

Some really outstanding performances were achieved at these championships, but the one which was the most moving was the 10,000 metres performance of Tom Millard (NSW). Tom is no racing man and at 71 years of age runs in the true veteran spirit of "just for fun". When all others in the 10,000 had either finished or retired Tom still had three laps to go and it was so obvious that this grand old gentleman wanted to finish that the competitors for the next event refused to start. As Tom came down the final straight they, the "youngsters", moved towards him and formed a line of honour cheering him over the line. He had travelled 1,000 miles for this event and received a tremendous ovation. In the evening he received a special gold-medal for guts and courage which he insisted was due to his wife and promptly handed it over to her, tears flowing unashamedly down both their faces, and probably a few others' too.

The visiting athletes openly declared the meet an outstanding success. The officials did an excellent job in a friendly way - typical of the atmosphere of veteran athletics.

The after-race "get together" was terrific. Wives of the host State members had arranged a really splendid feed with plenty of good food to eat and plenty of "Australian Life Blood" to drink. An added attraction was a film show, which included last year's Veterans National Cross Country Championships - giving the inter-state visitors a chance of seeing themselves as mountain goats!

This climax to the Australian track and field season has shown, in no uncertain manner, that Australians are going to be amongst the medals in Toronto.

(Acknowledgements to Rowly Ferris and Jack Pennington from whose reports the above was written)

## 100 Metres

Class 1A		
1.	L. Snelling (S)	11.5
2.	N. Fletcher (N)	11.7
3.	J. Liascos (S)	11.9
4.	H. Murphy (S)	12.3
5.	J. Sturzacker (N)	12.3
6.	D. Carr (W)	N.T.
7.	J. Soutar (N)	N.T.

## Class 1B

1.	R. Hochreiter (V)	11.9
2.	J. Daly (N)	12.4
3.	D. Brodie (N)	12.4
4.	A. Pryer (V)	12.5
5.	J. Moss (V)	13.2

## Class 2A

1.	J. Tennant (V)	12.4
2.	R. McRae (N)	12.5
3.	R. Clarke (S)	12.7
4.	H. Barnes (S)	13.5
5.	R. Payne (N)	14.8
6.	J. Lovatt (S)	N.T.

## Class 2B

1.	J. Stevens (V)	13.2
2.	H. Logan (V)	13.2

## Class 3

1.	V. Pye (V)	14.2
2.	A. Digance (S)	14.5
3.	C. Barling (V)	14.7
4.	H. Jones (V)	14.7
5.	G. Simpson (V)1	14.7
6.	A. Smith (V)	15.0
7.	H. Batterham (N)	N.T.
8.	P. Barnes (S)	N.T.

## 200 Metres

### Class 1A

1.	L. Snelling (S)	24.2
2.	N. Fletcher (N)	24.5
3.	T. Crossing (S)	25.0
4.	T. Roberts (V)	25.3
5.	H. Murphy (S)	25.5
6.	J. Sturzacker (N)	25.7
7.	R. Leedham (S)	26.0

### Class 1B

1.	R. Hochreiter (V)	24.6
2.	D. Brodie (N)	25.2
3.	J. Daly (N)	25.7

### Class 2A

1.	R. Clarke (S)	26.7
2.	J. Tennant (V)	26.8
3.	N. Goff (W)	27.3
4.	H. Barnes (S)	28.4
5.	G. Cavill (W)	30.4

### Class 2B

1.	J. Stevens (V)	27.3
2.	A. Lampard (S)	29.0
3.	H. Logan (V)	31.0

### Class 3

1.	V. Pye (V)	29.9
2.	A. Digance (S)	31.2
3.	A. Smith (V)	31.5
4.	G. Simpson (V)	33.4
5.	H. Jones (V)	42.8

## 400 Metres

### Class 1A

1.	T. Roberts (V)	52.4
2.	D. Paul (S)	55.3
3.	D. Carr (W)	55.4
4.	R. Cuncliffe (V)	56.0

5.	D. Elliott (V)	56.4
6.	S. McIntosh (S)	59.0
7.	S. Grimm (S)	61.0

### Class 1B

1.	D. Brodie (N)	55.8
2.	J. Daly (N)	58.2
3.	R. O'Neil (S)	60.2

### Class 2A

1.	R. McRae (N)	55.0
2.	R. Clarke (S)	58.3
3.	J. Pennington (N)	63.2
4.	D. Kimber (S)	64.7
5.	G. Cavill (W)	66.0
6.	B. Caudle (S)	66.2

### Class 2B

1.	J. Stevens (V)	59.4
2.	A. Lampard (S)	63.1

### Class 3

1.	S. Nicholls (V)	67.3
2.	M. Jenkinson (N)	68.7
3.	A. Smith (N)	69.1
4.	H. Jones (V)	71.2
5.	A. Digance (S)	75.2
6.	H. Batterham (N)	76.0
7.	G. Simpson (V)	80.0

## 800 Metres

### Class 1A

1.	G. Wise (V)	1:58.5
2.	T. Roberts (V)	2:00.9
3.	D. Paul (S)	2:09.5
4.	B. Adams (N)	2:10.2
5.	G. Parkinson (S)	2:18.3
6.	S. Grimm (S)	N.T.T.

### Class 1B

1.	R. O'Neil (S)	2:13.2
2.	M. O'Neil (V)	2:17.6
3.	K. Haynmes (V)	2:22.8
4.	R. Sara (S)	2:29.3
5.	M. Porter (V)	2:39.6

### Class 2A

1.	R. McRae (V)	2:06.7
2.	W. Sheppard (V)	2:10.4
3.	R. Clarke (S)	2:14.7
4.	J. Pennington (N)	2:15.3
5.	P. Colthup (V)	2:39.2
6.	N. LeRossignol (V)	N.T.T.

### Class 2B

1.	J. Gilmour (W)	2:16.9
2.	J. Stevens (V)	2:19.9
3.	E. Gamble (V)	2:31.9

### Class 3

1.	S. Nicholls (V)	2:32.8
2.	M. Jenkinson (Q)	2:37.8
3.	A. Southwood (N)	3:01.5
4.	G. Simpson (V)	3:14.2

## 1500 Metres

### Class 1A

1.	A. Thomas (N)	3:55.4
2.	G. Wise (V)	3:58.0
3.	D. Worling (N)	4:05.3
4.	T. Roberts (V)	4:15.1
5.	T. Nailer (S)	4:22.8
6.	R. Young (V)	4:25.6
7.	B. Adams (N)	4:26.0
8.	K. Mitchell (N)	4:32.0
9.	R. Auld (S)	5:00.0
10.	B. Fiegert (S)	5:13.0
11.	S. Grimm (S)	5:14.0
12.	W. Kirkwood (S)	5:16.0

13.	R. Ferris (S)	5:33.0
14.	F. Toye (S)	5:47.0

### Class 1B

1.	P. Piper (N)	4:25.8
2.	R. O'Neil (S)	4:30.8
3.	M. O'Neil (V)	4:36.8
4.	A. Semple (N)	4:53.0
5.	K. Haymes (V)	4:56.7
6.	D. Campbell (S)	5:00.0
7.	F. Devlin (N)	5:08.7
8.	R. White (S)	5:17.0

### Class 2A

1.	J. Ryan (V)	4:23.5
2.	T. Orr (V)	4:25.5
3.	J. Pennington (N)	4:26.3
4.	K. Routley (V)	4:42.2
5.	B. Caudle (S)	4:56.0
6.	W. Sheppard (V)	4:56.0
7.	J. Lovatt (S)	5:38.0

### Class 2B

1.	J. Gilmour (W)	4:53.0
2.	E. Gamble (V)	5:55.0
3.	H. Logan (V)	6:09.0

### Class 3

1.	S. Nicholls (V)	5:21.8
2.	F. Barry-Brown (V)	5:41.0
3.	A. Smith (V)	5:56.0
4.	A. Southwood (N)	6:26.1
5.	T. Millard (N)	7:08.4
6.	G. Simpson (V)	7:29.0

## 1500 Metres Steeplechase

### Class 2A

1.	T. Orr (V)	4:50.8
2.	R. Clarke (S)	5:44.2
3.	J. Lovatt (S)	6:08.7

### Class 2B

1.	E. Gamble (V)	6:18.7
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### Class 3

1.	S. Nicholls (V)	6:09.2
2.	G. Simpson (V)	8:28.0

## 3000 Metres Steeplechase

### Class 1A

1.	D. Worling (N)	9:31.6
2.	H. VanWijgaarden (V)	10:01.2
3.	J. McLean (V)	10:06.0
4.	T. Nailer (S)	10:10.0
5.	D. Elliott (V)	10:36.0
6.	R. Young (V)	11:02.0

### Class 1B

1.	R. O'Neil (S)	11:04.0
2.	G. Inwood	11:33.0
3.	R. Sutcliffe (S)	11:53.0
4.	R. White (S)	12:04.0

## 5000 Metres

### Class 1A

1.	A. Thomas (N)	14:50.8
2.	B. Bowers (V)	15:56.6
3.	H. Wijgaarden (V)	15:59.4
4.	K. Mitchell (N)	16:22.0
5.	T. Read (S)	17:54.0
6.	W. Kirkwood (S)	18:34.0
7.	L. Hart (S)	18:50.0
8.	A. Gottschalk (S)	18:58.0
9.	P. Wade (S)	19:52.0
10.	B. Fiegert (S)	19:58.0
11.	R. Ferris (S)	21:22.0





# Australia

## 100 Metre

1. R. Cunliffe 12.1

## 200 Metre

1. R. Hochreiter 24.7  
2. R. Cunliffe 25.4

## January 7th

Victoria 100 Metres  
1. T. Pryer (1a) 13.6  
2. H. Logan (2a) 13.7  
3. H. Meiselbach (2a) 14.2  
4. V. Pye (3) 14.5  
5. G. Simpson (3) 15.8

## 200 Metres

1. T. Pryer (1a) 28.3  
2. H. Logan (2a) 29.0

3. J. Stevens (2b) 29.3  
4. V. Pye (3) 30.3  
5. P. Colthorpe (2a) 33.0  
6. G. Simpson (3) 35.2

## 800 Metres

1. J. Stevens (2b) 2:33.0

## 3000 Metres

1. J. Ryan (2a) 9:46.0

## January 7th

South Australia 3 Km. Walk Champ.  
1. T. Nailer 15:45  
2. S. Malbutt 16:09  
3. L. Hart 16:21  
4. A. Digance (3) 18:06

## January 11th

Victoria 1500 Metres  
1. J. Ryan (2a) 4:19.0

January 11th  
West Australia 800 Metres  
1. J. Gilmour (2b) 2:11.9

## January 14th

South Australia 10 Km. Run Champ

Class 1A  
1. G. Hicks 33:29  
2. T. Nailer 35:32  
3. L. Hart 38:52

## Class 1B

1. G. Inwood 36:14  
2. R. White 39:30

## Class 2A

1. W. Beames 36:36  
2. W. Caudle 37:39  
3. R. Clarke 38:49

## Class 2B

1. A. Lampard 49:10

(time unknown).

Other worthy performers were:-  
Doug Worling (40)-3,000 m s/chase in 9:25.0  
Alby Thomas (40)-1500m (4:00.2), 5000m (15:04)  
Dave Power (46) - 5000m (15:33)  
Norman Windred (46) - 1500m (4:28.2)  
Peter Piper (47) - 1500m (4:28.6)  
Jack Pennington (52) - 1500m (4:32.2)

In the pre-vets, former Aussie Champ. Tony Blue (38) turned up for the 800m, running 55 for the first lap before being slowed by the stiff breeze to a final 1:58. Similarly, Jim McCann ran a 11.3 '100' into the wind.

The new President of the Australian Association of Veteran Athletic Clubs is Queensland's JAMES COOK. Cook was elected at the National Veterans Championships in Adelaide on March 29/30 and succeeds South Australia's Ron O'Neil.

# Canada

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

## SPECIAL NOTE

Please direct all matters pertaining the WORLD MASTERS CHAMPIONSHIPS to the following address:  
World Masters Track & Field Championships 1975  
c/o Sports Ontario  
559 Jarvis Street,  
Toronto, Ontario M4Y 2J1

ONTARIO MASTERS INDOOR CHAMPIONSHIPS. Held at the CNE on 15th February, this event becomes more popular each year. Organiser Elwyn Davies and his helpers obtained the financial support

of Labatts Breweries Ltd., as well as advertising assistance from Adidas and the Skyline Health Club. This enabled him to put out a neat little programme, provide sit-down refreshment afterwards, as well as pay for the hall.

On the track, Arthur Taylor (48) tackled the tough job of contesting the 1500M, 3000M and 10,000M in Class 1B with 100% success, winning each in 4:25.8, 9:15.4 and 33:01.0 respectively. Not bad - all in a space of 3 hours!!!

It was a pleasure and a relief to see Gary Hunt back again after his bad fall at Oshaws last September which resulted in plastic surgery. Gary won the 50M and figured strongly in the 400M and relay. Percy Duncan (60) also ran fast to win the 3A 50M in a convincing 7.1 secs. Augurs well for the World Meet.

Most track fans considered Ron Wallingford strictly a distance man, so his runaway win in the 1500M was a shock. In case there was any doubt, he repeated the following weekend with a 4.10.8 (see other results)

In the 3000M (1A) M. Kandeschur (USA) posed a threat but John Doyle confidently ran away with the race and might have bettered Bill Allen's Open record (8:55.5) had he been pushed. John clocked 8:57.6.

In the 5000M (1A) Bryan Martindill celebrated his first track win over Bill Allen with a good 16:25.8 whilst Andrew Ivan received the vote as the runner

most likely to pop up in your race (5 hard races in 3½ hours), closely followed by Stan Egerton (3 races, 2 jumps, 4 wins!!!).

## ONTARIO MASTERS INDOOR CHAMPIONSHIPS-RESULTS 1975

### 50 Metres

Class 1A  
1. G. Hunt, C.F.B. Montreal 6.5  
2. A. Sundin, Hamilton Olympics 6.6  
3. B. Bowman, London?Western 6.6

### Class 1B

1. S. Egerton, U/A 6.9  
2. K. Pavasars, L.T. & F.C. 7.0

### Class 2A

1. J. Hutchinson, U.S.A. 7.2  
2. F. Marr, U.S.A. 7.4

### Class 2B

1. M. Pickl, U/A 7.1  
2. H. Warwas, SC.64 7.2  
3. B. Jamieson, U/A 7.3

### Class 3A

1. P. Duncan, U/A 7.1  
2. R. Edwards, U.S.A. 7.1  
3. C. Hills, U.S.A. 7.6

### Class 3B

1. A. Brosz, SC.64 8.1  
2. B. Till, MTFC 8.1

### 3000 Metres

Class 1A  
1. J. Doyle 8:57.6  
2. M. Kandeschur 9:18.6  
3. D. Wolfe 9:38.7  
4. B. Armstrong, Uxbridge 9:53.0

### Class 1B

1. Art Taylor 9:15.4  
2. A. Ivan 9:35.8

### Class 2A

1. M. Oster 11:44.0  
2. G. Holmes 12:37.0

### Class 2B

1. J. Young 13:58.0

### Class 3A

1. G. Norman 13:35.0

### 800 Metres

Class 1A  
1. B. Bowman 2:07.5  
2. F. Giblin 2:10.0  
3. A. Lynn 2:17.1

### Class 1B

1. I. Jamieson 2:18.5  
2. D. Farquharson 2:29.0

### Class 2A

1. J. Hutchinson 2:26.0

### Class 2B

1. D. Stiles 2:30.0

### Class 3A

1. E. A. Hutton 2:47.0  
2. C. Hills 2:52.8

### Class 3B

1. A. Brosz 3:57.0

### 10,000 Metres

Class 1A  
1. B. Lazenby 34:51.0  
2. Y. Dumont 34:52.0

### Class 1B

1. Art Taylor 33:01.0  
2. C. Hall 35:10.0  
3. P. Morgan 36:12.0

### Class 2A

1. B. Hewitt 37:28.0  
2. D. Laister 38:34.0

### Class 2B

1. R. Rollason 39:41.0

### High Jump

Class 1A  
1. T. Ojala 1:52  
2. M. Woerle 1:40

### Class 1B

1. S. Egerton 1:52  
2. F. A. Shulte 1:43

### Class 2A

1. F. Marr 1:43  
2. M. Pickl 1:35

### Class 2B

1. M. Pickl 1:35

### Class 3A

1. C. Hills 1:20

### Class 3B

1. A. Brosz 1:10

### 1500 Metres

Class 1A  
1. R. Wallingford 4:13.2  
2. B. Bowman 4:21.4  
3. B. Lazenby 4:21.9  
4. F. Giblin 4:25.8  
5. J. Kendall 4:36.8

### Class 1B

1. Art Taylor 4:25.8  
2. C. Hall 4:28.4  
3. F. Galata 4:35.2  
4. A. Ivan 4:45.0  
5. J. Reid 4:49.1

### Class 2A

1. J. Watts 5:06.0

### Class 2B

1. D. Stiles 5:07:02

### 400 Metres

Class 1A  
1. R. Cowell 55.2  
2. G. Gluppe 55.8  
3. S. Shuttleworth 58.4  
4. B. Oxley 58.7  
5. G. Hunt 58.7

### Class 1B

1. S. Egerton 59.5  
2. K. Buchanan 59.6  
3. I. Jamieson 60.3  
4. F.A. Shulte 60.9  
5. D. Farquharson 62.2

### Class 2A

1. J. Hutchinson 60.3  
2. V. Teteris 61.7

### Class 2B

1. A. Woodhouse 65.0  
2. H. Warwas 65.6

### Class 3A

1. R. Edwards 66.2

### Class 3B

1. B. Till 76.2

### 5000 Metres

Class 1A  
1. B. Martindill 16:25.8  
2. B. Allen 16:30.4

### Class 1B

1. F. Galata 17:20.2

### Class 2A

1. T. Clark 19:50.0

### Class 1A

Long Jump  
1. L. Washburn 5:38  
2. A. Sundin 5:22

### Class 1B

1. S. Egerton 5:22  
2. K. Pavasars 5:00

### Class 2A

1. F. Marr 4:84  
2. J. Hutchinson 4:75

### Class 2B

1. M. Pickl 4:72  
2. H. Warwas 4:09

### Class 3A

1. C. Hills 3:28

### Class 3B

1. A. Brosz 4:97

### January 18 Owen Sound 1.9 miles Road Race

Masters  
1. B. Bowman, Woodstock 9:53  
2. A. Taylor, K.W. 9:55  
3. J. Kendall, Burlington Y 10:05  
4. D. Beatty, Metro Tor. Fit. 10:36  
5. B. Wright, Sarnia 10:45  
6. D. Milne, Willowdale 11:24  
7. G. Boyd, Brantford 11:25  
8. D. Farquharson, Metro 11:35  
9. T. Maidman, Oshawa 11:39  
10. T. Harwood, Metro 11:57  
11. D. Stiles, Osh. (1st over 50) 11:58  
12. E. V. Clark (50) Willowdale 12:02  
13. W. Sheridan (50) Hamil. Ath. 12:22  
14. G. Holmes, Baltimore 13:29  
15. J. Young (50) Metro 15:03  
16. G. Patterson (50) Burling. 16:05  
17. B. Till (60+) Metro 16:26  
18. F. McMahon, Metro 19:25

### January 24 Toronto All-Comers Meet

#### C.N.E.

50 Metres  
1. Stan Egerton (1B) 6.4  
2. Alf Sundin (1A) 6.6  
3. Max Woerle (1B) 6.7  
4. Fred Klassen (1B) 7.1  
5. Bert Jamieson (2B) 7.3  
6. Albert Brosz -

#### 400 Metres

1. Roy Cowell (1A) 56.2  
2. Bob Bowman (1A) 56.2  
3. Brian Oxley (1A) 58.7  
4. Stan Egerton (1B) 61.0  
5. Alex Woodhouse (2B) 63.2  
6. John Watts (2A) 65.4  
7. John Young (2B) 82.0

#### 1000 Metres

1. Alastair Lynn (1A) 2:58.5  
2. Vaino Kukkola (1B) 2:59.0  
3. Bill Armstrong (1A) 3:10.2  
4. Don Farquharson (1B) 3:12.5  
5. John Watts (2A) 3:29.0

#### 3000 Metres

1. Mike Freeman (Sub) 9:18  
2. Brian Oxley (1A) 10:02  
3. Earl Crangle (Sub) 10:11  
4. Ted Maidman (1B) 10:52  
5. Elwyn Davies (1A) 11:12



# New Zealand Veterans Track and Field Championships

By JOHN DREW

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

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

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

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

Holding the meeting in conjunction with the University tournament made things easier for Canterbury Centre officials. It also served to show there could be no doubt that from the point of view of spectator appeal the older athletes stole the show.

That superb running machine Jack Foster (42) acknowledged as the greatest veteran athlete of all time made the 10000 metres the glamour event of the meeting.

Jack had just come back from a strenuous bout of air travel after running as a member of New Zealand's winning team in the world cross country championships at Rabat.

Yet he graced the championships with a display of undiminished, flowing and seemingly effortless power. He lapped a strong field nearly four times to take the division one 10000 metres title. Obviously feeling the effects of prolonged travelling his time of 29.36 was understandably outside his world record of 29:11.4.

All eyes were on Foster throughout the race and his contribution to the success of the meeting was inestimable. Lesser sportsmen might have decided to bypass the meeting after such a strenuous season but Jack's heart is with the veteran movement. A mighty ovation showed how much his fellow veterans appreciated his presence on the track.

Former Olympic runner "iron man" Bill Baillie gripped the attention of spectators with his dynamic, mighty striding to take the 1500 and 800 metres events in Class 1.

Baillie showed himself a splendid example of a well preserved veteran athlete. He seemed to bubble with youthful exuberance. His enthusiasm and animation was in every gesture and facial expression when he chatted with fellow athletes in the beautiful stadium lounge over beers after the meeting.

The sprinters showed their enormous keenness by giving veteran starter Mr. J. C. Harbut an exciting time controlling them. They broke several times.



Photos: Christchurch Press

**BILL BAILLIE**

Back on the winning trail

Roy Williams, tall former decathlon champion, looked like a man of 20 when he won the 100 metres from Morrie Rae who is acknowledged as the greatest sprinter New Zealand has produced. Rae, neat and beautifully proportioned, could not match Roy's longer striding power over the closing stages.

Jim Daly a former Empire games three mile representative gave one of the most impressive displays of the day in the 50-55 group. Daly astonished spectators by the way he powered round the 5000 metres. The former gold medalist 10000 metre runner at the 1950 Auckland Empire Games, Harold Nelson,

could not match him. Daly won four titles, the 800, 1500, 5000 and 10,000 metres. In the 10,000 metres, the last on the programme, Daly showed no signs of flagging although a downpour of rain made showers quite unnecessary afterwards. Apart from this short unexpected break in the weather the meeting was blessed with ideal cool almost windless conditions.

The world veterans (class 1) steeplechase record holder Jim Macdonald of Canterbury was one of the most outstanding performers of the meeting. He won the 5000 metres in 15 min 15 sec as well as the steeplechase. Without competition in the latter event his time was outside his recent world mark.

For most of the less gifted majority the meeting was also a memorable triumph. Several men in their 40s and 50s produced the best times they have recorded for some years; apparently responding to the stimulus of the magnificent stadium amenities, the friendly but competitive atmosphere, and the help of the beautiful Chevron all weather track.

This improved prowess was especially noticeable among some of the 50-55 age group. For example Barry Evans, who came out of retirement not so long ago, could never match Harold Nelson in his prime. Yet Evans ran the 5000 metres in 17:24.7, only about two seconds slower than Nelson on the day.

In some races it was touching to see attractive adult women coming close to the edge of the track to give an encouraging call of "come on daddy".

The intermingling of events with those for "youngies" emphasised the spectator attraction of veteran athletics.

Nearly every competitor from Foster and Baillie downwards in some memorable way gripped the attention of spectators by their characterful performance.

A good example was that of the Ashburton athlete Norman Hawke, doyen of class 5 hammer throwers. Norman, a tree felling contractor and timber merchant, hurls his 16 stone bulk with valiant abandon in the long jump and is also noted for his unique style of tackling the high jump head first. In spite of long hours felling trees he has built up energy enough to do long distance jogging and retains enough sting to put on a brave showing in the short and long sprints.

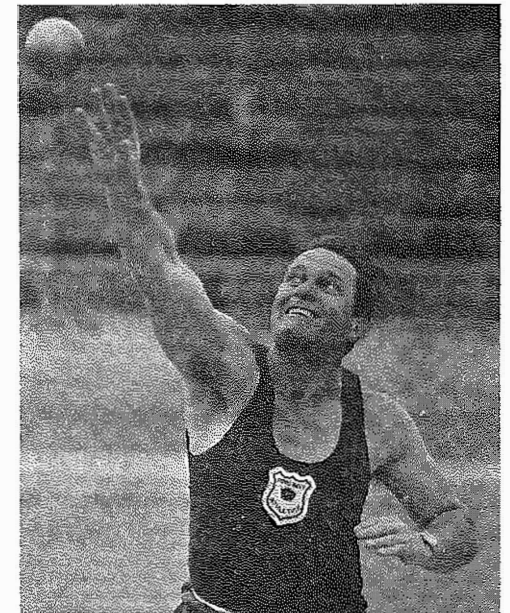
An encouraging feature was the strong support for womens events. Most were women with growing families, some had not long taken up the sport.

Mrs Marie Ramshaw was one of several who impressed with their authentically athletic performances and who showed by beautiful lithe limbs and trim figures the benefits to be had from regular training and competition after 40.

A contingent of six UK servicemen, three from the RN and three from the RAF, helped to build up the international flavour of the meeting.

The mighty former scottish champion Alec Valentine (RN) and the British national veterans Hammer champion Dinger Bell, also RN, took first and second in the hammer throw and outclassed the best throw by a young university athlete at the same meeting.

RAF athlete Don Cobleby formerly ranked sixth in the world in the modern pentathlon had a memorable tussle with Canterbury's Bill Hobbs.



Photos: Christchurch Press

**TOP: "Dinger" BELL shows dynamic style.**

**BOTTOM: Mighty Tree-feller NORMAN HAWKE (63)**

Hobbs an expatriate of the UK beat Cobleby in the 5000 metres but Cobleby (who has not long returned to athletics after a tendon injury) avenged his defeat by taking the 10000 metres in which Hobbs was third.

Hobbs, one of the most energetic of veteran promoters here, is the man who founded the longest New Zealand single stage road race, the New Brighton 50.

Morrie Poulton, the meeting organiser, was ably assisted by a strong committee headed by Bill Hobbs (President) and Arthur Mahan (Chairman).

The meeting could not have been held without the generous sport of the sponsors, Trans Tours. This firm also provided the generous and comprehensive back up for Don Cameron's record breaking run from the tip to the top of New Zealand last October.





# NEW ZEALAND

## 800 Metres

### Class 1A

1. M. Phillips (New Brig)	2:56.7
2. C. Tennant (New Brig)	2:58.0
3. G. Heseltine (Olympic)	3:02.1

### Class 1B

1. W. Rogal (United)	3:03.2
2. P. Basire (United)	3:11.2

### Class 2A

1. D. May (Olympic)	2:44.2
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## 1500 Metres

### Class 1A

1. G. Heseltine (Olympic)	6:09.1
2. M. Phillips (New Brig)	6:13

### (35-40)

1. S. Shackleton (Westport)	5:36.8
2. D. McLauchlan (Olympic)	5:59.2

## 3000 Metres

### Class 1A

1. G. Heseltine (Olympic)	14:38.8
2. D. Greig (New Brig)	16:33.8

### Class 1B

1. W. Rogal (United)	14:38.8
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## Long Jump

### Class 1A

1. J. Parker (Marlb)	05:12
2. A. Horsnell (Tech)	04:09
3. B. Marr (Cavershaw)	04:03

### Class 1B

1. I. Bishop (Tech)	04:12
2. W. Rogal (United)	03:62
3. P. Basire (United)	03:19

### Class 2A

1. B. McLorinan (Tech)	03:60
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## High Jump

### Class 1B

1. I. Bishop (Tech)	01:19
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## Javelin

### Class 1A

1. A. Horsnell (Tech)	19:44
2. C. Tennant (New Brig)	18:54
3. M. Phillips (New Brig)	16:22
4. P. Brett (New Brig)	15:80

### Class 1B

1. I. Bishop (Tech)	15:84
2. W. Rogal (United)	10:96
3. P. Basire (United)	10:49

### Class 2B

1. B. McLorinan (Tech)	13:72
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## Shot Put

### Class 1A

1. B. Marr (Cavershaw)	08:32
2. B. Brett (New Brig)	07:17
3. A. Horsnell (Tech)	06:54

### Class 1B

1. N. Smith (New Brig)	07:48
2. I. Bishop (Tech)	06:52
3. W. Rogal (United)	05:72

### Class 2A

1. M. Ramshaw (Invercargill)	09:20
2. B. McLorinan (Tech)	05:16

## Discus

### Class 1A

1. B. Marr (Cavershaw)	21:68
2. C. Tennant (New Brig)	19:68
3. J. Parker (Marlb)	18:62

### Class 1B

1. I. Bishop (Tech)	23:24
2. N. Smith (New Brig)	18:50
3. W. Rogal (United)	16:74

### Class 2A

1. M. Ramshaw (Invercargill)	33:56
2. D. May (Olympic)	16:96
3. B. McLorinan (Tech)	12:92



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

## IAN MALLOWES WRITES FROM AUCKLAND

In past years our participation has been limited to taking part in open road races. However this summer, with the impetus of our National meeting in Christchurch at Easter and later the Toronto meeting a group of enthusiasts have been training and competing wherever possible. Usually with the local club at their weekly evening meetings. Most prominent amongst the veterans in Auckland now would be former N.Z. Champion Bill Baillie (40) who has already clocked 2.04 for 800 this season and in the Auckland 1500 Championship finished 6th in 3m58.7. Former decathlon champion Roy Williams is another senior contender for Toronto who will no doubt be showing his paces at Christchurch.

Special races for veterans were included in the Auckland Championship meeting and as these were supported by up to about ten in each event, we are hopeful our veterans will have races included on future athletic programmes.

### Results of some of these events

100 metres	D. Barry (45)	13.1	1st
	W. Baillie (40)	13.3	2nd
	R. Crosbie (46)	13.4	3rd
	F. Stanton (61)	14.0	4th
800 metres	W. Baillie (40)	2.05.2	1st
	R. Chase (42)	2.11.0	2nd
	R. Crosbie (46)	2.16.0	3rd
	T. Parcell (43)	2.17.0	4th
1500 metres	R. Chase (42)	4.15.0	1st
	I. Mallowes (46)	4.23.3	2nd
	R. Cheshire (40)	4.25.0	3rd
	R. Crosbie (46)	4.31.0	4th

Veterans have competed regularly in open road races. In one of these, the Otahuhu 12 miler, Dick Chase (42) recorded 64.40 with John Fenton (40) 2nd Veteran in 66.22 Rob Brown (53) was first over 50 in 77.34 while Jim Jamieson (66) recorded 94.29 to take the real veterans honours.

Dick Chase has been to the fore on other occasions, particularly in a ten miler when he recorded 54 minutes, and a 3000 metre track event in 8.56.

Well now to Christchurch where everyone is hoping to reach a peak for the season.

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

FCPO 'Dinger' Bell (RN) IB Shot 1st

Discus 2nd

Hammer 2nd

CPO Alec Valentine (RN) IB Hammer 1st

Shot 2nd

Discus 3rd

FCPO Gerry Buck (RN) IB 100 Metres 1st

Ch. Tech. Bryan Simms (RAF) IA 10,000 Metres 3rd

5000 Metres 5th

W/O Don Cobley (RAF) IB 10,000 Metres 1st

5000 Metres 2nd

CPO Henry Sharp (RN) IB 5000 6th

1500 5th

All six characters endeared themselves to the New Zealand veterans by their jolly outgoing personalities and light hearted but competitive sportsmanship.

All attended the Canterbury Road Runners annual 7 mile undulating harbour side road race on the

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

Veteran Don Cameron, of Bluff Cape Reinga fame, won New Zealand's longest open road race - the New Brighton '50' - on Saturday, April 5th.

Of the thirty competitors, the oldest was our VETERIS correspondent, John Drew (62), who finished a fine sixth. This was his fifth 'New Brighton' since taking up distance running at the late age of 48.

Don Cameron was loudly applauded at the finish in this seaside suburb. It was his last race in New Zealand before leaving with his wife, Pat, for Europe on April 29th for a series of road runs prior to Toronto in August.

## Leading NZ Veteran Performances

1st January to 31st March

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

Jim Macdonald (27/6/34)	IA		
3000 m Steeplechase		*9:16.6 w.r.	
400 m		56.8	
800 m		1:58.6	
1500 m		3:58.4	
3000 m		8:29.0	
5000 m		15:15.8	

Harold Nelson (26/4/23)	IIA		
3000 m Steeplechase			11:42.9
1500 m			4:47.1
5000 m			17:23.3

Barry Evans (26/11/19)	IIB		
5000 m			17:24.7

Norm Read (13/8/31)	IA		
(1956 Olympic Champ.)			
20000 m Road walk.			100:40.0
5000 m Track walk.			23:21.2

Sam Johnson	IIA		
Hammer (Rain)			43.52 m

Rob Brown (8/7/21)	IIA		
100 m			12.7
200 m			27.0
400 m			60.4
800 m			2:14.0
1500 m			4:35.0
5000 m			16:45.0
10000 m			34:40.0

Clive Keeble	IA		
High jump			1.59 m
Triple jump			11.32 m

Arthur Greyburn (9/10/27)	IB		
Javelin			52.28

Roy Williams (9/9/34)	IA		
Decathlon		6,110 pts. w.r.	
100 m		11.5	
400 m		54.9	
1500 m		5:33.0	
110 m Hurdles		16.9	

Long jump	23'-3 1/4"/	7.09 m w.r.	
Shot putt	41'-5 3/4"/	12.64 m	
High jump	5'-8 3/4"/	1.74 m	
Discus	147'-4 "/	44.92 m	
Pole Vault	11'-9 "/	3.58 m	
Javelin	151'-5 "/	46.16 m	
200m		24.17	

Bill Baillie (28/5/34)	IA		
800 m		1:59.6	
1500 m		4:05.0	

Jack Foster (23/5/32)	IA		
10000 m		29:11.4 w.r.	
5000 m		14:07.0 w.r.	

Jim Daly (27/10/24)	IIA		
800 m		2:15.3	
1500 m		4:22.2	
5000 m		16:30.4	
10000 m		35:57.0	

Norman Hawke (9/6/11)	IIIA		
Hammer		135'-0"/	41.16 m
Javelin		106'-8"/	32.50 m
Discus		114'-7"/	34.92 m

Tom Bain (12/11/12)	IIIA		
10000 m			41:01

# USA

## Bob Fine writes

Having been appointed in 1975 National AAU Masters track and field chairman, I feel like Jehovah at the time of the Creation, as there is an absolute void of any co-ordination of Masters' activities on a national level.

It is difficult to reconcile my new powers and responsibilities with the fact that my wife still insists on calling me by my first name instead of "Supreme Master," and my children still insist on greeting me with a hug instead of genuflecting. Despite the fact that my family does not recognize my newly attained omnipotence, I intend to attempt to develop a viable national programme.

My proposals include the creation of national by-laws and the formation of six regional councils: eastern, south-eastern, midwestern, southwestern, north-western and western. These regional councils will be autonomous entities. They will be responsible for establishing regional championships and developing the programme within their areas. I expect that all of the regions will have outdoor championships this year. In addition, I have communicated with all of the 58 local AAU associations to have local Masters chairmen appointed. They will automatically be on the national committee.

When the by-laws are passed and the organization is firmly established, I intend to have the following programmes and activities explored: national postal meets, national relay championships; national sponsorship; national achievement awards, and a national trust fund and newsletter. I'd also like to see Masters help youngsters and women, as coaches as well as officials and administrators.

The following have already been appointed to the national executive committee:

Jack Greenwood, Vice-Chairman, 917 N. Cedar, Medicine Lodge, Kans. 67014

Dave Pain, Secretary-Treasurer, 1951 Cable St., San Diego, Calif. 92107

Marty Uher, Eastern Chairman, R.D.2, Bos 114, Monogahela, Pa. 15603

Bob Boal, Southeastern Chairman, P.O.Box 5576, State University Station, Raleigh, N.C. 27607

Gene Moll, Midwest Chairman, 5427 Central, Indianapolis, Ind. 46220

Stan Stafford, Northeastern Chairman, 1778 NW. LeMans, Roseburg, Ore. 97470

Ed Phillips, Western Chairman, 144 Ashby Lane, Los Altos, Calif. 94022.

No chairman for the southwest region has yet been appointed. Recommendations would be welcomed.

Contact me with any ideas and suggestions as to the type of programme to be created. The more people participating in the creation of this programme, the stronger the programme will be. My address is 11 Park Place, New York, N.Y. 10007 (phone 212/227-8582).

# STACK ME!

Walt Stack (66) completed the PEPSI 20 MILE ROAD RACE in 2:40:59 to win the class 3 event and take the Hironaka Memorial Trophy.

The following extract from the "Sacramento Bee" comments on his feat:—

Everybody who knows Stack knew he'd finish the 20-miler. One chap was willing to bet his house and three cats.

Stack is up at 3:30 a.m. weekdays, cycles 40 minutes to his running area where he puts in two-and-a-half hours to net about 17 miles. Then he takes a dip in the Pacific Ocean — 40 minutes of swimming in the summer; 15 in the winter.

By now, of course, Walt's wide awake, so he cycles to his job as a hod carrier. Last year he ran a 3:25 marathon (26 miles, 385 yards) and a 7:55 50-miler. Nothing to it.

Stack enjoys the whole routine. It serves as a tremendous boost for his self-esteem; and eating, loving, living, sleeping and working go better; also, life generally is spicier.

When informed he would receive the Hironaka trophy, Walt said, "That's great, and I hope it will be presented by a pretty lady who'll give me a big kiss."

Joan Branson, a budget technician for the city schools, did the honors with such enthusiasm that Jim O'Neil of Sacramento, who placed second in the over-40 class, was heard to remark, "That's the kind of award I should have gotten instead of a plaque!"

Keeping up with the exploits of BUD DEACON (64) is no easy matter. Despite the multitude of marks we have reported in previous issues, we missed out on the following performances, achieved at the age of 63 last year.

800 yards 2:23.1 (Equiv. to 2:22.3/800)—31st May 1974. N. Carolina.  
Triple Jump—10.24m/33'-7/4"—Los Angeles, 23rd June 1974.

In the Mission Bay Marathon, ED ALMEIDA (52) was in superb shape, clocking 2:44:19 for 56th place in a field of 502. Ed will be competing in the 10,000/ marathon at Toronto.

For masters living in Nebraska, a club has been formed under the auspices of Larry Fuerst, 821 Hazelhurst Drive, Lincoln, NEBR 68510.

At the Holiday Meet in Chicago, Hal Higdon and Roger Swank crashed in a last lap of 64 seconds in the one mile event. Hal took the race by 1/5th second — 4:38.6 to 4:38.8.

The Big Carmel Meet in the Midwest is scheduled for June and will feature a special masters mile race, besides over-40 competitions at 100, 800, 5,000, shot and long jump. For further information write to Jack Beasley, 11040 Winding Brook Road, Indianapolis, IND 46260.

# McKenley's back

That famous Jamaican, 54 year old Herb McKenley, of undying international fame over the quarter mile stole the spotlight in the U.S. Masters Track and Field Athletic Meet at the National Stadium Kingston, at the turn of the year.

McKenley recaptured some of the drive that made his last twenty burst a feared power in international sprinting some twenty years ago to win the Over 50,

Results:—		400 Metres (Over 40)		5,000 Metres	
60 Metres (Over 40)		1. Mal Spence	49.9 secs.	1. Jim O'Neil, Snr.	
1. James Parks (USA)	6.7 secs.	2. R. Clarence		2. L. Dreher	
2. "Flash" Mordecai		3. Bobb.		3. Bryant,	
3. Ossie Dawkins (USA)		400 Metres (Over 50)		Shot Putt	
3. Ronald Horsham (Jamaica)		1. Hutchinson (USA)	59.9 secs.	1. Olson (40)	42'9 1/2"
5. Herb McKenley		2. Ingram (70+)		2. Neel Buell (60)	38'2 1/2"
100 Metres (Over 50)		1500 Metres (Over 40)		Discus	
1. Herb McKenley (Ja.)	12.5 secs.	1. Avery Bryant (US)	4:33.5	1. Len Olson,	139'7"
2. Jon Hutchinson (USA)		2. Ray Archibald (US)		2. Neel Buell	131'8"
3. Herbert Boulin.		3. Cameron		Mile Relay:	
100 Metres (Over 40)		4. O'Brien		1. Jamaica (Local Girls)	3:42.2
1. Ossie Dawkins	12.9 secs.	5. Ingram,		2. Ossie Dawkins team.	
2. Bobb,				Shuttle Relay:	
				1. Mal Spence's team	27.5 secs
				2. Dawkins team	

From the "Las Vegas Sun"

## Old timers set record

A group of distance runners — all more than 60 years old — set a new world record, running from Hollywood to Las Vegas in elapsed time of 40 hours, 33 minutes.

The group finished in front of the Sahara Hotel at 2:42 p.m. Friday. The old record, set by this same group in 1972, was 41 hours, 40 minutes.

Participating in the 300 mile run were Bill Selvin, 64, Orange, CA; Monty Montgomery, 68, Sherman Oaks, CA; Al Clark, 61, Orange, CA; Walt Frederick, 67, Pico Rivera, CA; Noel Johnson, 75, San Diego; Bert Williams, 60, Orange, CA; John Montoya, 62, Colton, CA; Bill Monheit, 65, Oakland; and Walt Stack, 67, San Francisco.

SATURDAY — JANUARY 25, 1975		60 Yard High Hurdles		Mile Run	
SOUTHERN CALIFORNIA		1. Dave Jackson-CDM	8.0	1. Pete Mundle (46)-SM	4:38.5
INDOOR GAMES — ANAHEIM		2. Al Feola-BHS	8.2	2. Bill Fitzgerald(49)-Seniors	4:49.4
60 Yard Dash		3. Bob Billings-BHS	8.5	3. Eddie Halpin (56)-UN	5:18.2
Heat 1		4. Bill Adler-BHS	8.6	High Jump	
1. Thane Baker-Seniors	6.5	1. Jacob Coss-BHS	1:03.8	1. Bob Billings-BHS	5' 6"
2. Percy Knox-CDM	6.8	2. Don Cheek-CDM	1:04.1	2. Ed Austin-CDM	5' 6"
3. Nick Newton-BHS	6.8	3. Jim Parks-Seniors	1:04.8	3. Bill Adler-BHS	4' 10"
4. Phil Presber-N. Cal	6.9	4. John Cull-BHS	1:06.4	4. Dave Brown-CDM	4' 8"
5. Jim Parks-Seniors	7.0	5. David Mack-BHS	1:06.7		
		6. Eddie Halpin-UN	1:10.1	January 26th	
Heat 2				World Masters Marathon, Orange, Calif.	
1. Shirley Davison-CDM	7.1			12. John Rudberg (40)	2:37:05
2. Hugh Cobb-BHS	7.1			38. Monty Montgomery (68)	2:54:49
3. Al Guidet-CDM	7.2			156. Fred Grace (77)	4:20:51
4. Bill Adler-BHS	7.2			January 27th	
5. Wayne Ambrose-CDM	7.3			Peach Bowl Pacers 10,000 m Road,	
				Marysville, California	
Heat 3				13. Ross Smith (47)	36:39
1. G. Hanson-UN	8.2			80. J. P. Wirick (53)	47:49
2. Joe Gross-CDM	8.3				
3. Joe Caruso-Seniors	8.4				





# Finland

It is with pleasure that we now include this famous athletics nation in our World News coverage. Scottish-born Charlie Greenlees, married to a Finnish girl, is our resident correspondent and an active class one veteran himself—he finished 23rd in the Draveil marathon on his honeymoon! Finns are so understanding.

Charlie summarises the Finnish scene:—

There is virtually no outdoor competition here in the winter but many athletes take part in cross-country skiing, and veterans play an active part in the proceedings. On Sunday, 23rd February, a 50 Km cross-country skiing event produced a mass start of no less than 2,000 skiers. Eighth at the finish in 2hrs 33mins, was the Olympic Gold Medalist of 1952 Veikko Kakulinen who is now 52 years old.

The road-running season spans from 23rd March to mid-June, when open races thin out to make way for the many track meets. On the other hand, road and cross-country running races are over-numerous in the Autumn, 15 national races on one Sunday not being unusual. The fields usually have sections for women, veterans and joggers, all starting together.

A couple of these cross-country races attract 2,000 runners each, but 200 runners or so is the norm for most races.

Organisation is very good with showers, sauna, refreshments and the chance of a big prize the general rule. Entry fees, though, may be as high as £2.

The veteran threshold varies from 35 to 40 with age groups in 5 or 10 years, prizes often going to the first 5 or 6 in each group with lottery prizes for joggers.

The leading veterans and pre-vets of 1974 were as follows:—

<b>Marathon</b> --	Ensio Tanninen (1936)	2:25:34
	(unofficial world record holder for 100 Km Road)	
<b>Long Jump</b> --	Reijo Toivonen (1936)	7.50/24'-7"
<b>Shot</b> ---	Matti Yojola (1938)	19.74/64'-9"
	Eero Jouppila (1938)	19.01/62'-4½"
	Lauri Rantamaa (1939)	17.82/58'-5½"
	Jarmo Kunnas (1937)	17.39/57'-1"
	Seppo Simola (1936)	16.68/54'-8"
<b>Discus</b> --	Jorma Rinne (1936)	60.40/198'-2"
	Einari Maijamaki (1937)	57.24/187'-9"
<b>Hammer</b> --	Osmo Kytkonen (1938)	59.88/196'-5½"
	Antti Kahma (1939)	57.22/187'-9"

And the top over-30's amongst the women were,

<b>100m</b> --	Tuula Rantanen (1942)	11:6
	Pirjo Hakala (1943)	12:2
<b>200m</b> --	Tuula Rantanen (1942)	23:9
	Pirjo Hakala (1943)	25:7
<b>400m</b> --	Tuula Rantanen (1942)	54:4
<b>1500m</b> --	Taina Syrjala (1941)	4:38:8
<b>3000m</b> --	Taina Syrjala (1941)	9:48:0
<b>100m H</b> --	Pirjo Hakala (1943)	14:9
	Aila Haapala (1942)	15:7
<b>Long Jump</b> --	Tuula Rantanen (1942)	6.55/21'-6"
	Pirjo Hakala (1943)	5.83/19'-1½"
	Ritva Huovinen (1943)	5.55/18'-2½"
<b>Shot</b> --	Pirjo Lindstrom (1940)	12.30/40'-4"
	Leena Routsi (1942)	12.17/39'-11"
<b>Discus</b> --	Eeva-Liisa Janhainen (1942)	38.30/125'-8"
	Seija Virtanen (1943)	36.60/120'-1"
<b>Javelin</b> --	Birgitta Rantala (1940)	44.16/144'-10"
<b>Pentathlon</b> --	Pirjo Hakala (1943)	3657 pts

## European

### Miscellany

<b>December 1st</b>	
6 Km CC Geneva, Switzerland	
1. Haymoz 40+ (Geneva)	23:56
2. Doret 40+ (Chene-B)	24:34
3. Meier 40+ (Geneva)	25:12
(20 ran)	
<b>December 1st</b>	
9.6 Km CC Metz, France	
1. Lemonnier 40+ (Nilvange)	36:10
2. Anxionnat 40+ (Guenange)	36:23
3. Barthel 40+ (Metz)	36:30
8. Pestourin 50+ (Vantoux)	40:09
0. Gref 50+ (CABHL)	40:14
(28 ran)	

<b>December 22nd</b>	
4.6 Km CC Athis-Paray, France	
1. Haran (TOS)	16:30
2. Michant (ESV)	17:40
3. Martins (ASCE)	18:09
(27 ran)	

<b>December 22nd</b>		<b>3. Guimard</b>		17:15
Cross du "Figaro", Bois de Boulogne F		89. Hebrard (86)		
		(92 ran)		
<b>Veteran Results.</b>		<b>December 29th</b>		
(40-45) -- 6 Km.		Vallierosa Marathon, Italy.		
1. Ganthier	19:29	1. Acquarone 44 (ITA)		2:29:07
2. Rault	19:46			
3. Bernard	20:05	<b>January 5th</b>		
4. Giordano	20:39	Monza Marathon, Italy		
(744 ran)		17. Tognetti 40+ (SUI)		2:52:39
<b>(46-50) -- 5 Km.</b>		<b>January 5th</b>		
1. Fievez	17:26	Vets CC La Faisanderie, France		
2. Martins (POR)	17:29	(40-55) -- 10 Km		
3. Feleand	17:32	1. Martins (SAM)		39:58
(459 ran)		2. Colliot (USM)		40:38
<b>(51-55) -- 5Km</b>		3. Courgeon (RCF)		41:00
1. Heut	18:33	4. Manern (ASB)		41:21
2. Leroy	18:49	5. Garnier (CASG)		42:02
3. Nattes	19:03	(146 ran)		
<b>(56-65) -- 4 Km</b>		<b>(Over 56) -- 5 Km</b>		
1. Fongerouse	14:26	1. Fongerouse (CASG)		19:15
2. Tornier	14:48	2. Tornier (UAI)		20:25
3. Dupire	15:01	3. Ricois (CS)		23:28
<b>(66+) -- 4Km</b>		4. Thiery (CS)		24:51
1. Dupuy	16:15	5. Lemaître (RCF)		25:07
2. Aubert	17:12	(29 ran)		

# Postbag

Dear Editor:

First, I should like to register my agreement with the well articulated and intelligent view expressed by Maurice Morrell in the January issue. To reiterate, Mr. Morrell says that star runners should not be sponsored by the organizers of the Toronto World Championships. To do so would be to defeat the point of the veteran movement. Let us keep veteran running from being an extension of the high-powered, tension-filled competition that permeates the younger set.

Second, I have one objection concerning the organization of events at Toronto. It seems that relay teams are to be drawn up along traditional national divisions. I can't see any reason for this. Why should not friends from different nations form a relay team, if they want? Are we going to be keeping score by nation? I hope there won't even be one of these "unofficial" tallies. Moreover, since there are no limits to the number of athletes that may come from any country, there really is no sense to the idea that the athletes are representing their nations. Who wants that, anyhow?

Finally, I trust an International Veterans Federation will soon be formed. But I do not want to wake up one morning and find out that it is a *fait accompli* without having had the full participation of all those who are interested. It would be a pity if an IVF were as remote from veterans as the IAAF is from younger athletes. Sometime during the Toronto gathering, a general business meeting should be held, open to all those who want to attend. My hope is that this will be everybody. The younger athlete expects to have his track meets handed to him on a silver platter, so to speak. We cannot take that for granted. If we want veteran running to flourish, we all need to share the responsibility.

Sincerely yours,  
Sidney Gendin

Dear Editor

My congratulations on a really class publication. I read it cover to cover and usually end up re-reading most articles at least once, and results several times. As one who wants to know as much about my competitors as possible when we toe the mark, I really appreciate your listings. I realize they are only as complete, prolific, and accurate as your contributors make them, but I do believe some confusion could be eliminated. Examples: Oct. 74 -- page 44 7th July Chassart Road Race and 7th July 18Km Sombrefre-Byne are 2 results (slightly different) of the same race. One has ages and one affiliations, but same names and times. Jan. 75 -- page 37 Sept. 29 marathon, Central Park, N.Y. USA and 29th Sept. NYC marathon -- again exactly the same race! A superficial glance should have caught that one.

Then the Big one. Oct. 74 contained results of the US masters championships -- including the marathon.

Jan. 75 listed "US masters road running champs. 1974" (page 38-39). This really confused me, mainly because here in the US we do not have road running championships at 5-10-15 and 20 miles. Certainly if we did I'd be there, or at least know about the races. What these "results" were then were the 5 mile splits of that marathon. Again, results are a monumental job and I do not envy you the chore.

I certainly do appreciate the listing of annual rankings (what a tremendous job John Hayward does) and the veteran class records in Jan. 75.

One more parting shot -- Re: Veterans vs masters, etc. I am a veteran, of the Korean war, I actively support the terminology "Masters", for the war reason, and I think it lends a wee bit of class to us old geezers. Lord knows, we can use all the help we can get.

Keep up the good work.  
Best always,  
Bill Stock, 7160 Baldrich St. LA Mesa, Cal. 92041.

*Ed: Bill is quite right in his observations and we offer no excuse for the confusion that may have been caused by those mythical championship results. It does illustrate, though how important it is when odd sheets of results are sent to us from a variety of sources, and with considerable time lag, that they are clearly identified.*

Dear Editor:

Thank-you for your fine magazine, I look forward to receiving it very much. It serves as a great stimulus to keep me going in the sport, in spite of pressures of family and career.

I am writing this letter primarily in response to the letter sent to you by L.H. Irwin (Secretary/Manager, Veterans, Australia) in the January 1975 issue. He advocated a world championship every four (4) years. I am very strongly against any period of time in excess of two (2) years. Let us please not be drawn into the "Olympiad Syndrome". Consider the following: (1) If championships were conducted every 4 years, an injury at the wrong time could keep an individual out of the championships for a period of 8 years (truly a lifetime). (2) The excitement created by a world championship would carry and keep the veteran athlete stimulated for a 2 year period -- obviously less so, for a 4 year period. As far as other contests (i.e., Nationals, etc.) helping to carry the interest in the interim, nothing can substitute for competing against the best in the world. Consider that "Open" Athletics are finding that the 4 year (Olympian) period is too long and they are attempting to come up with a world championships in the 2 year period between each Olympic games. (3) Mr. Irwin is correct in advocating an odd year for veterans championships; that way we would not interfere with either the Olympic games or the, soon-to-become world "Open" championships. (4) The strongest

Continued on page 50



# SPOTLIGHT Marcel Vandewattyne

BY JOHN HAYWARD

Reiff, Roelants, Puttemans — all great Belgian runners who have left, or continue to leave, their mark on the International stage since the end of World War II. However, the student of the European cross country scene would probably like to add Marcel Vandewattyne to that list — for although he never won any European or Olympic titles, or set any World Records on the track, he did leave a remarkable cross country record behind him when retiring from International racing at the age of 'fortyone' — such that cross country specialists would undoubtedly rank him with the greats when considering this area of sport.

Born at Ellezelles on the 7th July 1924, Marcel Vandewattyne started running at the age of ten, and by the time he retired in 1965, he had competed for Belgium on 70 occasions and had been their Senior C.C. Champion on 14. In the world's premier cross country race, the 'Cross des Nations' or International cross-country championship, he competed for 20 consecutive years, from 1946 to 1965. Taking second place three times and only in five races did he finish lower than 17th. In the races in which he placed second he only gave best to Pujazon of France in 1948, Mimoun in '52 and Roelants in '62 — when by then he was 37 years of age and known to his many English fans as the 'Peter Pan' of cross country.

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

After five years of smoking, drinking and inactivity there then followed a big increase in weight, which as he approached 50 generated concern. He had always worked hard as a craftsman in the building industry — but that didn't stop the waist line swelling and a realization developing that some thing had to be done. So 'Mr. International Cross Country', as his fellow countrymen once named him, started running once more and by 1974, at the age of fifty, became the first Belgian Veteran Class II Champion over the country.

He cannot train now with the same dedication as in his younger years, when some periods found twice a day common. Now it could be four times a week — or nothing for a couple of weeks. He notes that one-time Belgian International Jules Limborg, who is 56, still trains every day — but points out that he didn't begin running until he was 32. A late starter, in Marcel's opinion, has advantages once a veteran, for like Limborg and the great Jack Foster have muscles and tendons less affected by heavy training and competition in early years. He himself finds it difficult to run for an hour across his forest and

46

Born: 7th July 1924

Place: Ellezelles, Belgium.

Occupation: Building Craftsman

Club: Assa Renaix

Track Bests:

1500m.	4m02.0	1962	(age 38)
3000m.	8m22.8	1958	(age 34)
5000m.	14m18.2	1958	(age 34)
10000m.	30m06.4	1962	(age 38)
3000mSC	9m36.0	1946	(age 23)

Road Honours

1st. 'Corridia of Rabat' (New Years Eve)

3rd. 'Corridia of Sao Paulo (: - :)

Cross Country Honours

20 consecutive runs in the 'Cross des Nations' (International Cross country Championships)

Winner of over 40 major European C.C.

Races — 'Cross des Hannuit' 'Cross des Flanders' Cross des Le Mans' etc. etc.

14 times senior C.C. Champion of Belgium (plus 1S/ch., 2 Junior and 1 Vet(over 50)

country tracks without finding his legs troubling him.

Delighted in the fact that veteran sport is expanding Marcel would like to see a system of handicapping for country and road racing. The scratch start could be retained for the runners up to the age of 45 — but after that a handicap allowance of so many seconds per year. With the oldest going off first all would benefit from a greater sense of competition as they chased one another, rather than the older runners being outclassed early and coming home a long way behind. He also feels there should be a trend towards shorter races for the older groups, and he was pleased when the Belgian Veterans Championships were dropped to 8 Km. last year.

The Belgian governing body for athletics has made a rule that 'if there are veteran categories in a competition, then veterans must restrict themselves to their class' — a point with which he is not happy as it restricts the possibility of some one making the national team as he did ten years ago.

For many years Marcel has found the time for an active interest in the guidance and coaching of the young and is, or has been, an influence in the training of Herman Mignon, Jouret, Van-Butsele and Julien Deucs. He feels strongly that an athlete should not be pushed in his formative years as it is all too often the main reason why so many juniors never progress far beyond their group.

He points out that when Van-Butsele left him to train at Louvain he was far better than Puttemans had been, in all classes, from a school boy onwards.



ABOVE: The International C.C. Champs at Hamilton in 1952 Vandewattyne (right) 2nd, Mimoun (centre) 1st. Driss (left) 3rd.

RIGHT: Vandewattyne 22 years later

However Butsele departed to train even harder for Mexico — and eventually broke down with tendon troubles. Puttemans, like Mignon, did not get pushed too early and now is enjoying and producing much fine running.

Today, much of Marcel's training is in the woodlands and hilly country that is around his home — where stop watch course times can be forgotten and one runs according to how he feels. A point especially good for the veterans.

In his younger years he also did this training but with considerably more track repetition work in addition. Being in the 'Zatopek era' he also tried things like 20 x 400, but found it didn't suit him and settled for 20/30 x 200 instead.

Although he raced in two Olympic and three European Games back in the years 1948-1958, he never made an impressive impact on the track. In those days his summer work hours in the building industry were very long and restricted training. Also he found the tracks of poor quality and often uninviting — unlike the all-weather surfaces of today which must be very exciting to train and race on.

Road training and racing are, and have been, part of Marcel's scene, but never too long a distance. He



is inclined to feel that if you find success at shorter events (10 Km and below) you are not likely to race seriously the longer ones. His most notable road run was third place in the world famous Sao — Paulo New Years Eve Road Race and a victory in the 'Rabat' equivalent in Morocco in 1962.

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

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

# Dr. Ernst Van Aaken

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

Ernst van Aaken is the most impressive man I've ever met — yet I like him enormously. I hadn't necessarily expected that. Celebrities, up close, aren't always appealing human beings.

In 1971, I had arranged to interview the legendary "father of long slow distance" and founder of the Association of Veteran Long Distance Runners — who at age 60 reportedly ran many miles daily, pole vaulted, slept only three hours at night and subsisted on a meager diet — but unforeseen circumstances had prevented that meeting. A year later, came the terrible news: while on a night training run, van Aaken had been hit by a truck and as a result lost both his legs. This fact subconsciously dampened my expectations when at last I met the Wizard of Waldniel this past September.

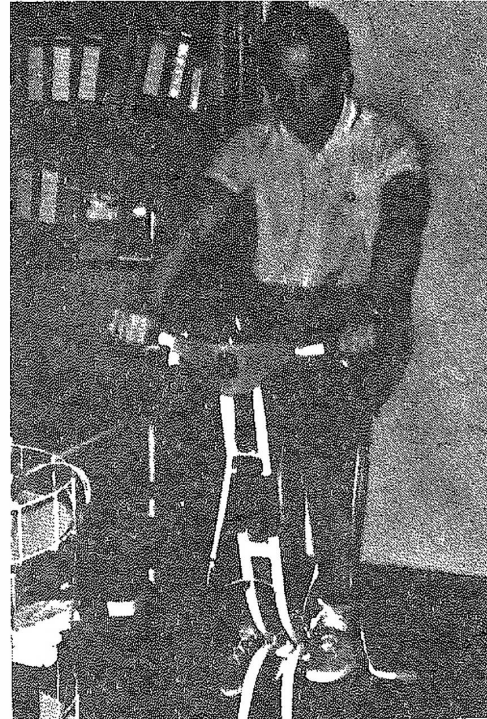
But van Aaken is not a pathetic or bitter invalid. One is immediately over-whelmed by the man's physical strength, vitality and lust for life. He still walks unsteadily on the new artificial legs, using his powerful upper torso to propel himself with crutches. But you doubt not when he says he's in training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

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

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

But the dramatic vindication of many of his theories in recent years has not spoiled him. Van Aaken is no zealot. His scientist's mind remains open to new ideas and data, and he pointedly qualifies even his fondest theories with words to the effect that "this is all hypothetical" or "we still have much to learn."

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



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

for years he has treated both the common ills of Waldniel's burghers and the esoteric needs of runners from the world over. Sitting on stools, I asked the questions and Joan translated. We began by discussing the question of women's endurance potential, which Joan wrote about in the December issue ("Women's Weapon: Fat").

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

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

# Dr. Ernst Van Aaken

**Sturak:** Everything we have heard — and I'm sure a lot of what we've heard has been distorted — has been that a runner should be almost emaciated. After what you've said about fat as a fuel, I'm wondering if Harold Norpoth (6'2", 130 pound former world record holder, coached by van Aaken) is indeed your "ideal runner."

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

**Sturak:** You have said, look at the "ideal" weight charts and get 20% below this. Steve Prefontaine for one criticizes this, saying he has big bones and could never get down to that. He'd be so weak he couldn't run.

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

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

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

I'm quite sure that Norpoth has a larger heart than Prefontaine and he (Norpoth) has better leverage in his arms and legs because they're longer. Prefontaine is smaller. He runs 13:20 for 5,000 metres, which Norpoth also has run. But Norpoth has the potential to run under 13 minutes.

Filbert Bayi, incidentally, is exactly the same height and weight as Norpoth. Lasse Viren also has the same build, and showed what he could do with it in Munich (where he won the 5000 and 10,000 meters).

**Sturak:** Keeping light, then, is one of your principles. Another is to run slowly. How slowly?

**Van Aaken:** With Harald Norpoth, I had to teach him to run slowly. By "slowly," I mean 400 metres in two minutes (about eight-minute mile pace). He'd do it 10 times, 4000 metres total, as a start. This would be 350 metres of running, a minute of walking, again slowly 350 metres, etc. Of course, this training could last for 10 hours . . .

**Sturak:** That's the other question. If you're going to have that low quality, then how much quantity would a runner do? Surely Norpoth did more than 10 times 400 metres.

**Van Aaken:** After he ran the 10 rounds of 400 metres, he ran 2000 metres — one minute slower than his best time. His best was five minutes, so he ran six minutes. Then he did 10 more slow 400-metre

runs, then another 2000, and on and on until he ran 17 or 18 kilometers.

Even the little children in Waldniel run that way, 10 kilometers a day. After one little girl of six had done this for half a year, she ran 5000 metres in 22 minutes. Many of the older runners in Germany have also started this way.

**Sturak:** What's important to note here is that Norpoth ran 2000 metres in six minutes. Now that's not bad! That's quality running for a workout. Apparently we've had the misconception that you never use fast training?

**Van Aaken:** We have a misconception of interval training. The founder of "intervals" was Hannes Kolehmainen of Finland (1912 Olympic champion). But that wasn't interval training as we now know it. Kolehmainen said, "Why should I run 10,000 metres in one stretch? I can run 1000 metres 10 times." He improved greatly when, in addition to his long runs of 30 kilometres, he did one-kilometre runs in 3:20. It's wrong to call these interval runs. They were "tempo" runs with long pauses in between. He improved with them from 15:10 to 14:36 for 5000 metres.

Then came Paavo Nurmi. He ran every day, 10-20 kilometres in the woods. And then several times a week he would run 6 x 400 metres in 60 seconds.

**Sturak:** But isn't that anaerobic running?

**Van Aaken:** Yes, anaerobic.

**Sturak:** So you're not against anaerobic running in training?

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

Nurmi's success was based on the fact that he ran more kilometres than Kolehmainen, and he ran harder tempo runs. He ran only a few seconds faster for 5000 metres, but almost two minutes faster for 10,000 metres.

Next in the history of long distance running came Emil Zatopek. He told me his main training was to run 60-100 x 400 metres, each in 1:36 (about 6½-minute mile pace). That's the tempo of a 20-minute 5000-metre run. He never stopped. He just interrupted the runs with 200 metres of very slow jogging.

We shouldn't call these intervals because people will think they were fast. He would run 60 x 400 metres jogging and 60 x 300 metres *less than jogging*. He did this every day. It amounted to 36-50 kilometres slowly. Occasionally, he would run 30 x 300 metres in 46 seconds. Zatopek ran 10,000 metres more than a minute faster than Nurmi.

Then everybody misunderstood what Zatopek was doing. For instance, here in Germany they said, okay, we're going to run 200 metres very fast with very short pauses. Everything in Germany went *kaput*. Performances went down. This type of interval training went like a plague throughout the world.

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

**Van Aaken:** In 1947, I wrote that in order to run 1:40 for the 300 metres, a runner must be able to run the 400 in 46 seconds but also must train like a marathon runner. This would give a synthesis of endurance and speed.





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

**Sturak:** Let me interrupt. When Norpoth is running 2000 metres in six minutes, his pulse isn't going to go above 150?

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

**Sturak:** How much training should one do?

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

**Sturak:** We've read that you think a marathon runner should do the equivalent of the marathon distance each day. Is this figure accurate?

**Van Aaken:** Forty-two kilometres (26 miles) is fine, but there are those like Gaston Roelants of Belgium who have trained up to 80 kilometres (50 miles) a day. But his legs couldn't bear this.

**Sturak:** But there are others like Jack Foster who told me personally that he never runs more than 70 miles a week and sometimes as little as 35. Yet at age 42, he can run under 2:15. ...

**Van Aaken:** Yes. And Eva Westphal, a 56-year-old German 100-kilometre runner, never has time to train more than five or 10 kilometres a day.

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

**Van Aaken:** When we see what Jack Foster does at his age, then we can say if someone who is 25, built like Norpoth and trained like Roelants (without injuries), he would run the marathon in 1:55. We are just at the beginning. In 1936 at the Berlin Olympics, they thought that 2:29 would be the limit. Now we have several hundred in the world under 2:20.

**Sturak:** In training, do you ever advise all-out running of any sort? Is it necessary to "race the heart" occasionally?

**Van Aaken:** An example is Maria Strickling. She ran interval-type training for 10 years, and her best time was 2:20 for the 800. Then she began the long training, and at the end of every 12-kilometre run she would do 6-8 x 60 metres — not all-out but very fast. She improved her 800 time to 2:06, and her 100 time from 13.4 to 12.5.

Norpoth learned that after running 15 kilometres in the woods, he had to run 3-5 x 500 metres, never faster than 80 seconds. A little bit of fast training seems to be enough.

**Sturak:** You talked earlier about the importance of low weight. Can you describe in more detail your recommendations on diet?

**Van Aaken:** The scientists say that a man needs 1700 calories a day and a woman 1500 just to sleep all day, maybe 3000 if they work. This is all nonsense. During the war and just after, the German population as a whole was only eating 800-1000 calories a day. And there were almost no heart attacks despite 50

tremendous stresses from bombing, losing their homes and families, etc.

In 1956, there were 38,000 deaths from heart attacks. And now we have 250,000 a year. This rise in heart disease has paralleled the rise in food consumption. So my conclusion from this is that it doesn't matter so much what you eat, only that you eat very little. If you eat moderately with a balanced diet, you cannot lack for vitamins, minerals and trace elements. You keep the weight down if you just control the quantity.

If you're just sitting here, you're using about one-fourth litre of oxygen per minute. If you're walking, you use about a half-litre. But if you run at a pace at which you can converse, you use two litres — eight times as much as if you were sitting.

From that comes the basic rule of training, which is eat little and get lots of oxygen. To burn one kilogram of fat, you have to use 2000 litres of oxygen to do it. A 2:30 marathon uses 500 litres of oxygen, so you need to run four marathons to lose one kilo of fat. Therefore, running is not the way to lose weight. You have to fast.

**Sturak:** What do you mean by "fast"?

**Van Aaken:** Eat only 1000 calories a day if you want to lose weight. Train when hungry so the body learns to switch over to burning fat instead of carbohydrate. Run at least 14 hours after eating. If you can teach the body to shift gears this way, you can run 500 kilometres (300-plus miles).

**Sturak:** What are your views on carbohydrate-loading before a race?

**Van Aaken:** It doesn't do much good. The most glycogen you can ever load is 600 grams, and that's enough for only about 35 kilometres. Then you have to switch over to burning fat.

If one has the idea that through eating and drinking he can become a better runner, this is practically and physiologically unproven. What is important is the oxygen you use. You use oxygen by running slowly, 10-20 kilometres daily. To be healthy, you must train—and—eat—like a marathoner.

*Continued from page 45*

argument for the 4 year period is the expense involved in travelling to the games. One does not have to attend every world championship, but if one is prepared, one should have the opportunity to compete without having to waste 4 years between events.

Also I would like to "Cast my vote" for keeping veteran athletics for those individuals "40" and above — at least at the National and International level.

Sincerely,  
Gordon Bobell  
320 No. Poplar Ave, Montebello, Calif. 90640  
USA

#### VETERAN EVENTS AT CHISWICK

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

June 29th	.. .. .	200m, 800m
July 20th	.. .. .	100m, 3000m

## So this is how it feels!

by COLIN YOUNG

COLIN YOUNG has contributed walking news and results to our magazine since the first issue, despite his commitment with the walking columns of *Athletics Weekly*. His interest in walking, and athletics generally, stretches far and wide but we feel that this active sportsman's interest in VETERIS was stimulated by the knowledge that 18 months after our birth Colin himself would 'come of age'. He has always been the most enthusiastic of walkers and was clearly looking forward to veteran status these last few months. Now he has reached it, so we asked him how it felt.

Ever since my earliest interest in athletics I have followed avidly the feats of the veterans. This being so I naturally have had both long distance runners and walkers as my inspirations. Men such as Jack Holden, Lloyd Johnson, Charly Smart, Don Finlay and Harold Whitlock were always looked up to with as much awe as the current stars of the time.

Since I started in Senior competition back in 1948 it has never occurred to me that I would not be competing when I reached the veteran stage. So with the advent over the past three or four years of the popularity of competition for the over-forties—and-up I have eagerly looked forward to joining the ranks. Certainly one of the most enjoyable and heartwarming meets I have attended was the vets meeting at Crystal Palace. The enthusiasm was infectious. Let's hope Toronto will be even better; I only wish I could make it!

I personally feel that the trend of popularising both men and women veteran athletes is one that should continue to flourish. From the health aspect alone it is a great thing and then there is the interest, companionship, etc, etc. Just the joy of being able to move reasonably fast and fluently at an age when seemingly the 'Majority' have given up, or expend what energy they have in coercing their offspring is, reward enough let alone the added bonus of competition.

It certainly gives me a thrill to see Jack Foster, Mamo Wolde, Alain Mimoun, Alistair Wood, Bill McMinnis, Maevie Kyle, Abdon Pamich, et al in the results and still thrashing the 'Youngsters'. I hope despite ever increasing work pressure, mortgage, and the thousand and one things that seem to pile up as one gets older that I will enjoy many years as a 'Vet' and maybe even post a few PB's!! As I keep telling myself "Hope springs eternal in the breast of youth" and I tell others "The next ten years should be my best"!! With a surname like mine I have a start on most of you.

Keep at it ... there are too few of us about!

## VETERANS TO THE FORE IN PARIS

A tough, experienced field of 26 lined up for the 7.30 a.m. start. Of these 18 finished with 5 veterans (4 British) in the first ten.

Jean Paul Garcia (over 8 miles 300 yds. in an hour a week previously) showed what a fine prospect he is by breaking the previous world's track best of

## Walking

9:41:39.8 set by Florimond Cornet (France) on 25/6/1939. Garcia was in the lead from shortly before 25 kms and held on solidly to a 10 minute margin from Roger Quemener and our own Ken Harding during the testing second half. Charly Fogg (1934) was prominent early on and holding fourth at 40 kms, but slowed soon after and retired after 42 kms. The positions and times at 50 kms were:-

- |                      |                    |
|----------------------|--------------------|
| 1. Garcia 4:33:47    | 4. Harding 4:44:33 |
| 2. Quemener 4:40:40  | 5. Young 4:45:26   |
| 3. Facquet 4:44:17   | 6. Simon 4:45:46   |
| 8. Eddershaw 4:47:43 | 10. Boxall 4:51:25 |

Soon after this point Harding and Young moved into the third and fourth slots. In the last 20 kms, Young tired and Facquet repassed him but both were more than surprised when Dave Boxall was given 4th in front of both of them. After looking in a bad way John Eddershaw staged a remarkable recovery in the closing stages to regain much lost ground. Showing surprising speed, Josy Simon was always prominent while his fellow Strasbourg 'Paris 'Great', Robert Rinchar made steady if unspectacular progress. Closing in for the British squad The 'Baby' 38 year old Guy Goodair showed lots of guts in sticking it out despite suffering many bad patches. Altogether a memorable race on an excellent track with experience and stamina to the fore.

- |                                     |          |
|-------------------------------------|----------|
| 1. J.P. Garcia (Fra) (World's Best) | 9:33.06  |
| 2. R. Quemener (Fra)                | 9:41.23  |
| 3. Ken Harding (45) (GB)            | 9:43.40  |
| 4. Dave Boxall (41) (GB)            | 10:04.00 |
| 5. C. Facquet (Fra)                 | 10:04.35 |
| 6. Colin Young (40) (GB)            | 10:08.16 |
| 8. J. Simon (40) (Lux)              | 10:12.41 |
| 9. John Eddershaw (41)              | 10:13.50 |
| 14. R. Rinchar (43) (Bel)           | 10:41.41 |
| 17. Guy Goodair (38) (GB)           | 11:22.14 |

(26 started, 18 finished).

Walking — FRED NICKOLLS writes

"Bob" Roberts, 73, has quickly stamped his authority on the 1975 walking scene.

Following his World age Record on 14-12-74 of 66:08 in the Cambridge 7 miles he finished 134th of 203 starters in the Met. Police 7 on 11-1-75 and was disappointed with his time of 66:35 — That's the spirit Bob!

#### 1974 WORLD RANKING 50 Kilos

6th G. WEIDNER (41) 4:00:51

## WALKING

### 1975 BRITISH RANKINGS

3000 m track		
23rd	G. Chaplin (46)	13:25
10,000 track		
14th	R. Thorpe (40)	46:16
20 K Road		
15th	R. Thorpe	94:06
50 K Road		
3rd	R. Thorpe	4:24:08
12th	K. Harding (45)	4:37:59
13th	C. Fogg (40)	4:39:03

Vladimir Golubnichiy 19:42.2 3 miles indoors!  
Once again confirming his status as the most con-

sistent sprint walker yet seen, Golubnichiy was in remarkable form at Richmond, Va. on March 3rd, on the occasion of the USA v USSR indoor match. Only Paul Nihil's 5km world best of 20:14.2 set in Sweden two years ago is superior to Vlad's mark at the 3M/5km distance. Obviously the Olympic champion will be extremely difficult to beat both in this year's Lugano Cup and at Montreal by which time the great Russian will have reached the Veteran stage.

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

January 11th		
Met Police '7 Imber Court		
20. G. Chaplin 46 (Cov G)	54:31	
38. K. Livermore 40 (Eng.)	56:40	
47. G. Coleman 57 (High)	57:25	
February 12th		
Met. Police 10m Champs		
2. C. Fogg 40 (Enf)	76:57	
9. D. Fotheringham (Bels)	88:26	
February 22nd		
Middlesex '10', Engield		
13. K. Easha (Enf)	89:06	
15. D. Fotheringham (Bels)	89:08	
February 8th		
Sheffield Utd. v RAF '10'		
2. R. Thorpe 40 (SUH)	75:33	
7. J. Eddershaw 40 (SUH)	78:40	

February 12th		
SCAAA Track 5 Km, Crystal Palace		
5. C. Young 40 (Ex. B)	23:32.4	
February 15th		
Surrey WC 20 Km, Cr oydon		
5. D. Boxall (B&H)	103:54	
February 22nd		
Lanes/Cheshire 15 Km Road		
3. K. Harding (RSC)	70:43	
8. R. Marsden (Lancs)	77:43	
March 15th		
National RWA '10' Road		
17. G. Chaplin 46 (CovG)	77:36	
53. K. Livermore 40 (Enf)	82:53	
67. J. Bromley 50 (Bels)	84:49	

Veterans/Inter-County  
**10,000 m**  
Road Race (Under A.A.A. Laws)  
Sunday, June 22nd, at 1 p.m.  
From Edmonscote track,  
Leamington Spa  
Ind. Entries—25p (state country and date of birth)  
(County teams made up on day)  
To: G. Phipps, 164 Millbank, Warwick,  
CV34 5TJ  
Prizes for all classes.  
Entries close June 16th (no late entries accepted).  
A Midland Veterans Promotion

## Veteran events at the Barnet Sports Gala June 14th/15th at the Cophall Stadium NW4

(Organised by the Barnet Sports Advisory Council on behalf of the London Borough of Barnet)

### SATURDAY JUNE 14th

4 p.m.  
10000m Road race for the Williams Cup  
(Under A.A.A. & W.A.A.A. Laws)  
All classes.  
Winner: Prize valued at £20  
Next 5: Prizes valued £10 to £3  
1st over 50 £5, 1st over 60 £5  
Plaques first three teams (3 to score)  
6.30 p.m.  
100m The Barnet Trophy  
Class 1 Winner: Trophy, 2 & 3 medals  
Class 2 Winner: Trophy, 2 & 3 medals  
Class 3 Winner: Trophy, 2 & 3 medals  
200m The Barnet Trophy details as the 100m  
800m The Barnet Trophy

### Long Jump and Shot Putt

Both Class 1 medals first three

Entry fees: 35p per Event—Teams 25p in addition Cheques & P.O.'s made out to: The London Borough of Barnet. Please enclose S.A.E. for receipt. Entries to: G. Harrison, 75 Gallows Hill Lane, Abbots Langley. 40-63317.

Closing date: 6th June, no entries on day. Entry to Stadium free for Officials and competitors holding official pass ticket which will be sent with receipt of all paid entry fees. Otherwise entry to Stadium:— Adults 30p Children 10p CAR PARK FREE Both days.

**Bring your family and friends and enjoy all the sports at the Barnet Gala**

### SUNDAY JUNE 15th (2 p.m.)

3000m Inter-Team race (class 1) for the Highgate Harriers Trophy. Holders: Belgrave.  
Plaques first three individuals.  
Medals, first three teams (3 to score)  
400m Class 1, 2 & 3 The Barnet Trophy  
Winners: Trophy, 2 & 3 medals

1500m Class 1 & 2 The London Trophy  
Plaques 1, 2 & 3

Discus and High Jump  
Both Class 1, medals first three

### WOMEN

200m, 800m, Shot Medals 1, 2 & 3  
Entries to Hazel Rider, 1 Malthouse Lane, Shorne, Kent. Fee: 35p per event.

## NORTH STAFFS ROAD RUNNERS ASSOCIATION VETERANS OPEN 10,000 METRES ROAD RACE

Sunday 27th July 1975  
at 12 Noon

Starting from Alleyne's Sports Centre, Stone, Staffs.

- \*Tough but interesting two lap course
- \*Excellent changing rooms and showers
- \*Venue only 6 miles from M6
- \*Valuable prizes!!

1st Three Individuals  
(0/40) (0/45) (0/50)  
1st Individual 0/60  
1st Three Teams (3 to Score)  
All Ages Combined

Entry Fees: 25p per Individual, 50p per Team  
(All enter as Individuals)  
Further details from: Hon. Secretary, D. Shelley  
22 Mount Avenue, Stone ST15 8HU, Staffs.  
Tel: Stone 4346

## BRUGES VETERANS 25km

SUNDAY 15th JUNE AT 1400 HRS.

### THREE CLASSES:

40-49 years	(1935-1926)
50-59 years	(1925-1916)
60 years and over	(1915 and before)

Starting point on the Market Square at Bruges. A splendid medal for all entrants (value 200 BF). Club competition per 3 men in each category. Awarding of prizes and free supper in the zaal Jagershof, centrum St. Andries-Brugge (church Square) at 1700 hrs.

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

U.K. VETERANS: Contact Jack Fitzgerald immediately for details of touring party. 6. Tyers House Aldington Road, London S.W. 16. Tele: 01-677 1303

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ATHLETICS WEEKLY, 334 High Street, Rochester, Kent. Medway (0634) 44644



# 5TH NATIONAL VETERANS FIELD & TRACK CHAMPIONSHIPS

Saffron Lane Sports Centre, Leicester  
Sunday, 20th July 1975 at 12.00 a.m.

#### MENS EVENTS

All age groups. Full track and field programme. Impedimenta according to age as in world championships

#### LADIES EVENTS

200m, 1500m and Discus.

Organised by: MIDLAND VETS A.C. under AAA and WAAA Laws

#### AWARDS

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Saffron Lane is a  
hard surface composition  
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not exceed 5 mm.

Entries to: RON BLASTLAND, 19 ADLINGTON ROAD, OADBY,  
LEICESTER, Tel: (Home) L. 715630, Bus 021 772 6322, on AAA Forms

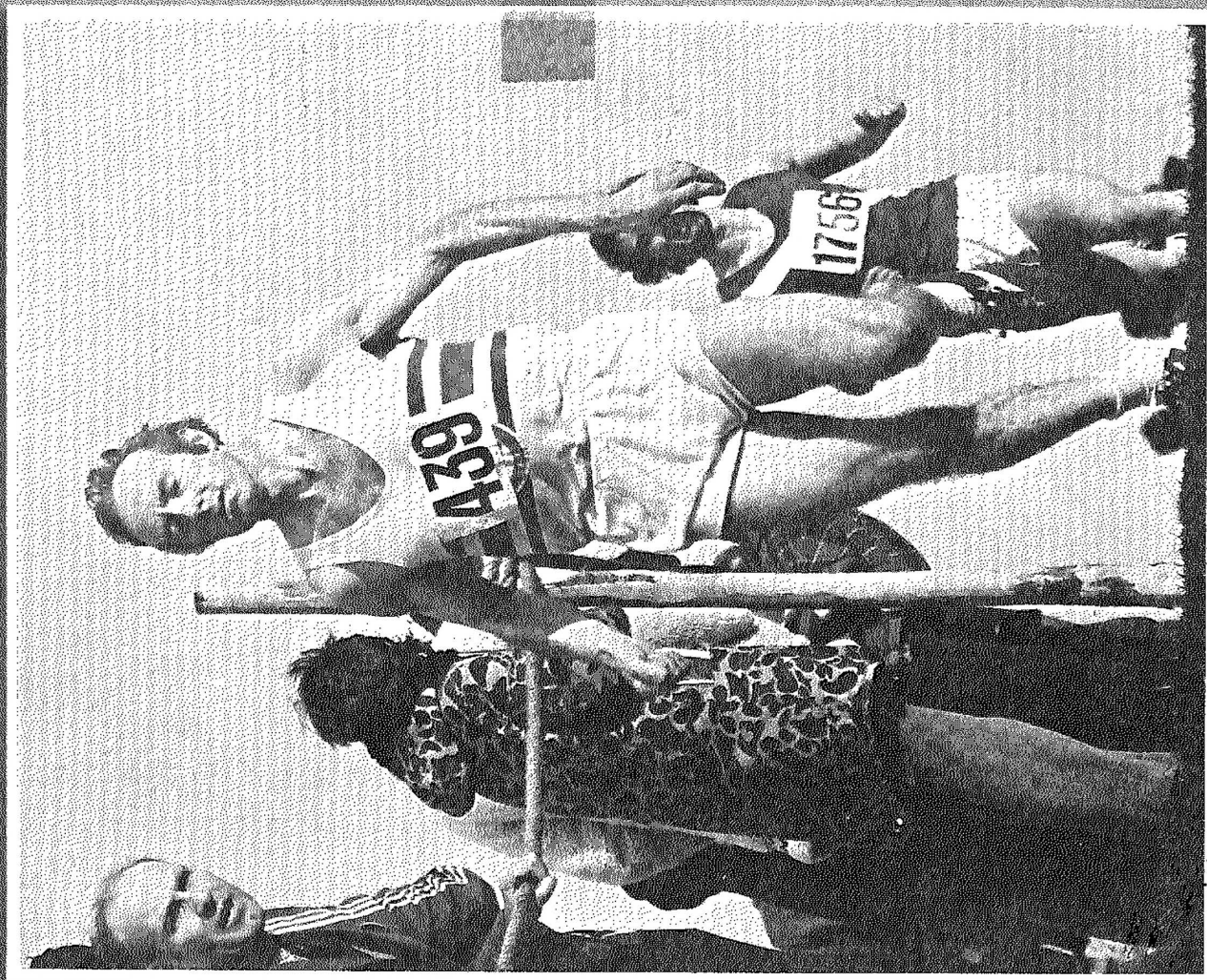
Fees: 50p 1st Entry 30p Other. Entries close on Saturday, 5 July 1975. Late entries definitely not accepted. Early entries appreciated.  
Acknowledgements, directions etc SAE or no reply.



RON GOMEZ (40), former British international at 10,000 metres, wins the Southern Veterans A.A.A. cross-country title. He later finished second to Roy Fowler in the British Veterans "National".  
(Photo: Ed Lacey)



# veteris



THE MAGAZINE OF THE  
Association of Veteran Athletes

MAY 1975

Fred Bierlein *1749 Oxford St*  
~~2700 Le Conte Avenue~~  
Berkeley, CA 94709



JUN 1975