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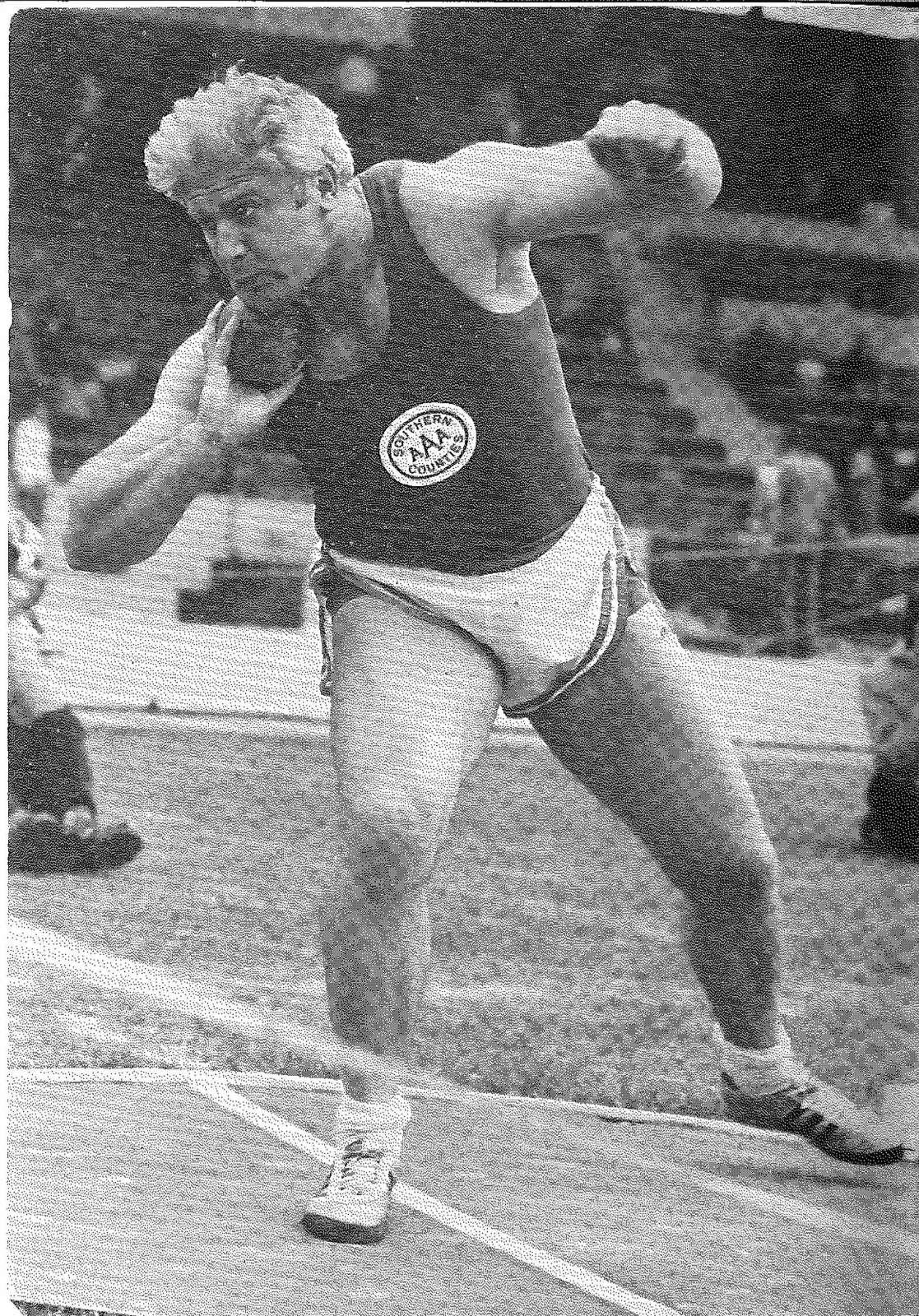
# VETERIS

The magazine for the over-40 athlete



**The 9<sup>th</sup> World  
Veteran Marathon  
Preview: Coventry**  
plus  
**10km Road Race  
Preview: Rugby**

AUG. 1976



*Fred, this is final issue on your sub. Please renew. Jerry*

Quarterly  
August 1976  
Volume 3, Number 4

# VETERIS

## THE MAGAZINE FOR THE OVER-40 ATHLETE

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### CONTENTS

|  |    |
|--|----|
| Editorial .. .. .  | 3  |
| Vets in the News .. .. .   | 5  |
| World Marathon & 10 Km Preview .. .. .                                     | 7  |
| Age Handicapping in Distance Races<br>by Hal Higdon .. .. .                | 10 |
| U.K. Results .. .. .   | 12 |
| Some People You Might Rather Not Meet in<br>Goteburg by Roger Ruth .. .. . | 19 |
| Coroebus .. .. .   | 22 |
| World Records .. .. .  | 24 |
| 1975 Ranking Part 2 (Field & Marathong) .. .. .                            | 25 |
| World News & Results: Australia .. .. .                                    | 28 |
| Canada .. .. .   | 30 |
| Belgium .. .. .  | 31 |
| Finland .. .. .  | 32 |
| New Zealand .. .. .  | 33 |
| Yugoslavia .. .. .   | 35 |
| U.S.A. .. .. .   | 37 |
| The Bob Shrunkle Column .. .. .  | 43 |
| Walking .. .. .  | 44 |
| Veterans of the Fells:<br>No. 1 Stan Bradshaw by W. R. Smith .. .. .       | 45 |
| Postbag .. .. .  | 47 |

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**FRONTISPIECE (Mike Street): SID CLARK (GB) ranked 2nd in the world for 1975 with his shot put of 16.54/54'-3¼" (see rankings inside).**

# FIXTURES

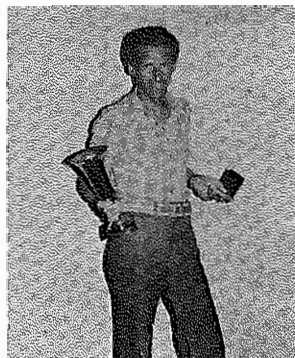
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- |         |  |        |  |
|---------|--|--------|--|
| Aug 7/8 | British Vets National Track & Field Championships, Stretford.  | Nov 11 | American AAU 50 miles Road Race, Central Park, New York. <i>Details from V. J. Chiapetta, 2 Washington Sq., Village, NY 10012.</i>                           |
| 14      | WORLD VETERAN 10 Km ROAD RUN CHAMPIONSHIP, Rugby. 14.00 hrs start.   | 13     | Epsom 10 miles road race. Vets team and individual. <i>Entries @ 20 p to John Cook, 153 Westway, London S.W.20.</i>  |
| 15      | 9th WORLD VETERAN MARATHON CHAMPIONSHIP, Coventry. 09.00 hrs start.  | 14     | U.S. National Masters AAU Cross-Country Champs. Belmont, California. <i>Details from Len Wallach, 1060 Continentals Way, No. 107, Belmont, Calif. 94002.</i> |
| 21/22   | International Veteran Gathering, Glasgow. <i>Details from W. J. Ross, 10 Thornley Ave., Glasgow (Tel: 041-954 6154).</i>   | 28     | Barnsley Marathon. <i>Entries @ 25 p to D. Bennett, 10 Edmund Street, Worsbrough Bridge, Barnsley, S. Yorks.</i>   |
| 25      | Veterans AC 1500 m handicap -- Tooting Bec.  | Dec 17 | To January 9th. British & U.S. tours to South Africa. <i>British enquiries to Alan Kimber, 1 Maple Close, Mitcham, Surrey. (Tel: 01-640 2327).</i>           |
| 28      | Veterans AC 100 m handicap, 4 x 100 relay. Ladywell Park.  |        |  |
| 29      | Open Veterans 200 m/1500 m. Poly Stadium, Chiswick   |        |  |
| 29      | Irlam Sports Council 10 Km. Irlam Town F.C.  |        |  |
| Sept 4  | London to Brighton Walk. (52½ miles).  |        |  |
| 11/12   | International Veterans Track & Field Meeting. Full programme + ½ marathon + 10 Km walk. <i>Details of British touring party from Jack Heywood, 14, Darling Road, Brockley, London S.E.4. (Tel: 01-692 6977).</i> |        |  |
| 18      | Midland Veterans 10 miles road race. Nuneaton.   |        |  |
| 18      | Southern Veterans & Crawley 10 miles road race. Ifield. <i>Entries to John Cook, 15, Johnson Walk, Tilgate, Crawley, Sussex.</i>   |        |  |
| 19      | Northern Veterans Marathon Championship. To be held in conjunction with Huddersfield marathon.   |        |  |
| 25      | (Provisional) Southern Veterans Cross-Country Relay. 3 x 2½ miles. Parliament Hill fields.   |        |  |
| Oct 9   | (Provisional) Southern Veterans Road Relay. 3 x 3½ miles. Bexley, Kent.  |        |  |
| 17      | Masters & Maidens Marathon, Guildford.   |        |  |
| 23      | Southern Veterans & Veterans AC Marathon Championships. To be held in conjunction with the Unigate Marathon, Harlow. <i>Entries @ 30p to Tom Dradey, 78 The Maples, Harlow, Essex.</i>                           |        |  |

Readers in the United States are reminded that VETERIS sales and subscriptions are handled by Jerry Smartt, who also stocks a line in Ron Hill Freedom Shorts, mesh vests and Reebok running shoes. Write: 501 E. Katella St., Orange, Calif. 92667 (Tel: 714-997-2990). 892 2840

## TOM BUCKINGHAM

As we go to press we hear that Tom Buckingham (58) has died of cancer. Tom held many World age records in his time and was runner-up to George McGrath in the 2B Toronto marathon. Quiet and unassuming, he was regarded with great affection by his many, many friends. He will be sadly missed by veterans in many parts of the world.



ERIK OSTBYE (55) seen here with his 1974 Paris awards. He is expected to do just as well in Coventry this month, in Class 2B.

# EDITORIAL

## Coventry

Last August the attention of the World Veteran movement was centred on Toronto. Now, twelve months later, that attention has switched to the United Kingdom. Veteran athletes visiting these shores during the month of August 1976 will find plenty of competition available, especially the runners.

The principal programme is as follows:-

- August 7/14 - British National Track & Field Championships, Stretford, Manchester.
- August 14 - World Veterans 10 Km Road Race, Rugby - 14.00 hrs start.
- August 15 - World Veterans Marathon Race, Coventry - 09.00 hrs start.
- August 21/22 - International Veterans Gathering, Glasgow. Commences evening of 20th, and includes 10 Km road race on 22nd.

Once again international friendships will be renewed, and it is significant to note that these meetings are now occurring on an annual basis - indeed the travel industry is already finding that veteran athletics is a boom sector.

## Sweden

Next year, an even bigger contingent will congregate in Gothenburg, Sweden, for the second World Masters Track & Field Meeting. A further increase in the number of participating countries is expected.

The numbers are further likely to be swelled as a result of the European Cup 'B' Final being held at the same stadium on 6th/7th August. The veteran programme will commence on 8th August.

The Swedish organising committee is already well advanced in its planning and it is unlikely that the budget will be less than £40,000. Representations of the Gothenburg Committee will be present at Coventry when the World Masters Steering Committee meet this month to discuss the 1977 Championships. It will be interesting to see how much has been learned from Toronto and what impact this will have on the structure of the second 'Games'. One thing is certain - our Swedish friends have gone to considerable trouble to lobby world opinion and their final decisions will be the result of much deliberation.

## I.A.A.F.

This hectic international committee work of recent months makes one wonder whether our fears that events are overtaking the I.A.A.F. are not being realised. At the moment there is still a desire to comply with I.A.A.F. rules and it is probable that official sanction will be sought for 1977. However,

the thorny problems of eligibility cannot be glossed over for much longer and it seems to us that the I.A.A.F. should institute a Veterans Committee as soon as possible. If cross-country warrants its own committee, then veteran athletics certainly does.

The Federation has indicated that it does not wish to discourage veteran athletics, but it has hardly leant over backwards to accommodate its special position. As with all orthodox establishments its machinery is slow to move and will only operate through the proper channels. As a result, representations by the Americans - criticised to some extent in these columns - have not received all the help and guidance that could have been forthcoming. We believe that the first step in resolving veteran problems should be the formation of an I.A.A.F. committee to rank alongside the existing technical, women's, cross-country, walking and medical committees. Only through such a committee will informed views of veteran athletics permeate through to Council & Congress.

The I.A.A.F. require six months notice for such a proposal, in order that members may be circularised well in advance of the bi-annual meetings of Congress. Is it possible that the principal veterans organisations meeting at Coventry this week can devise a plan for giving such a proposal maximum impact on all Federation Members of Council & Area Representatives? Or will they decide that it is already too late and go their own way?

## Timekeeping

We are receiving many results which have been timed on digital stop watches recording to one thousandth of a second. Would correspondents please note that such times must always be rounded up to the next full tenth of a second. e.g. 52.11 should read 52.2. Only photo-finish equipment which is triggered by a starter's gun may time to one thousandth of a second.

Times for distances over 1 mile should be rounded up to the nearest one-fifth of a second (0.2, 0.4, 0.6 etc).

JACK SELBY has been obliged to resign as Hon. Secretary of the Midland Veterans AC. He has still not fully recovered from the automobile accident he suffered a year ago, and in view of his involvement with the organisation of the Coventry Marathon has decided to relinquish his former position. The Midland Vets are fortunate in having as their new honorary secretary KEN WESTLEY of West Bromwich.

We regret to announce the death of BOB NICHOLLS (Army Physical Training Corps). Bob was holder of the Southern & National 1B hammer titles and was third at both White Plains & Toronto last year.

## Corrections! Corrections!

John & Jim McDonald (NZ). — It seems that our impressions of the Toronto Games got a little mixed up in the instance of John and Jim — the brothers extraordinary from New Zealand. Having thysame initials seems to have got us confused for we can now say that John (the one with the beard) competed in the C.C., 5000 and 10000, Jim (the 3000 m. SC Record holder) covered the 1500, 3000 and 3000 SC — he also started in the 5000.

WHITE PLAINS U.S.A. Masters Championships 1975 — The Class 3 Pole Vault results (as reported) got a little distorted. Unfortunately none of the competitors performed as well as printed; Bud Deacon being the best with 3m07 and not the 3.50 printed.

### APRIL VETERIS

Page 27: C. Dillion (Canada) should be Killion U.S.A. in 12.4. Dillion then 59 now 60, did 12.6 which Pete Mundle says is an age (59) record.

Page 30: M. Kanduschur is U.S.A. not Canada.

Page 44: Chalky White took Silver at Toronto not Gold. Barlow (Australia) won the Class 4 5000 Metres.

### AMENDMENTS & ADDITIONS TO 1975 TRACK LISTS (See April edition)

#### 400 METRES

Class 2 (50-59)

56.1\* A. Guidet (57) USA 17-5

#### 800 METRES

Class 1 (40-49)

2:01.9 B. Parkes (40) GBR 29-7  
2:02.5 M. Blagrove (41) GBR 3-9  
2:04.8 M. Barratt (42) GBR 2-7

#### Class 2 (50-59)

2:01.1 W. Fitzgerald (50) USA 29-6  
2:10.8\* A. Bryant (51) USA 12-7

#### 1500 METRES

Class 1 (40-49)

4:06.0\* R. Hatton (43) USA 18-7  
4:07.3 M. Barratt (42) GBR 29-7

Class 2 (50-59)

4:14.2\* W. Fitzgerald (50) USA 13-7

Class 3 (60+)

5:09.8\* J. Wall (62) USA 23-2

#### 3000 METRES

(Open)

8:50.0 M. Barratt (42) GBR 2-7  
8:50.0 H. Higdon (44) USA 13-7  
8:52.0 R. Bateman (42) GBR 26-6

#### 5000 METRES

Class 1 (40-49)

14:50.0 R. Gomez (41) GBR 26-7  
15:26.0 R. Bateman (42) GBR 20-7

Class 3 (60+)

18:33.4 N. Bright (65) USA 22-7  
19:32.0 E. Wallace (63) GBR 6-7

(not 18:32.0 as printed)

#### 10,000 METRES

Class 1 (40-49)

30:56.0 R. Hatton (43) USA 26-4

Class 3 (60+)

38:51.0 A. Clark (61) USA 28-6  
40:50.0 S. Lee GBR 7-9

#### 110 M HURDLES

(Open)

14.9w A. Feoll (42) USA 28-6  
15.3 D. Jackson (43) USA 5-7  
15.4 A. Andrews (41) USA 5-7  
16.1w B. Billings (42) USA 28-6  
16.4 J. Gilmore (40) USA 15-4  
17.0 B. Hescok (41) USA 5-7  
17.0 A. Adler (42) USA 5-7

#### 400 M HURDLES

(Open)

55.1 J. Dixon (43) GBR 8-6

## AREA & NATIONAL ORGANISERS

### GREAT BRITAIN

Southern Vets: Fred Cuthbert, 37 The Meadway, Cuffley, Herts.

Midlands Vets: Ken Westley, 18 Pinewoods Ave., Hagley, Stourbridge, W. Midlands.

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

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

N. Ireland Vets: E. Johnston, 126 Ballygomartin Rd., Belfast 13-3NE.

Women Vets: Hazel Rider, 1 Malthouse Lane, Shorec, Nr. Gravesend, Kent.

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

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

### BELGIUM:

(Flanders) Jacques Serruys, Engelendalelaan 25, 8310 Bruges. (Walloon) Alex Audiart, Avenue Albert 1, 7130 Binche.

### CANADA:

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### UNITED STATES:

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Robert G. Fine (N.Y.M.S.A.) 11 Park Place, New York, N.Y. 10007.

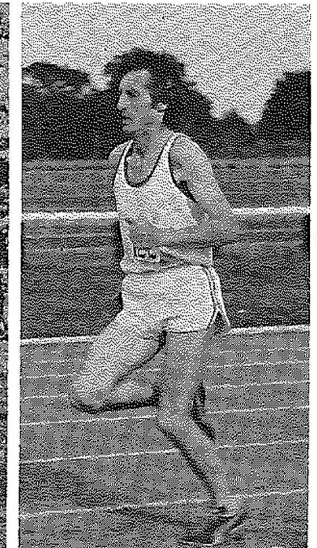
### SOUTH AFRICA:

Dr. Danie Burger, P.O. Box 17735, Hillbrow, Johannesburg 2038.

## Vets in the news

JACK GREENWOOD (USA) is now 50 years old, and to celebrate the occasion he set three new Class 2 world records and won six gold medals in the U.S. Masters championships on July 3/4/5. Full details in the World News & Results section.

The legendary ALAIN MIMOUN (FRA) continues to make his mark 24 years after winning the first of his Olympic medals. At the age of 56, Mimoun recorded 2:45:54 for the marathon at Pau, France, on June 20th.



LEFT: Alain Mimoun in his prime. Olympic silver medallist 1948 (10,000), 1952 (5,000 & 10,000), and gold medallist 1956 (marathon) at the age of 36.

CENTRE: Alain Mimoun, twenty years after, runs through the forest near Bugeat. His 10 miles a day keeps him marathon fit at 56 years of age.

RIGHT: Laurie O'Hara (44) shared Mimoun's Class 1 3,000 record (8:22.0) last year, till it went to Jack Foster, but is still hot at that distance.

By coincidence, on the same day that Mimoun ran his marathon, another 56 year-old runner was doing likewise half way round the world. In Perth, Australia, JOHN GILMOUR recorded an even better 2:42:47 after reputedly being injured for five weeks!

KONSTANTY MAKSIMCZYK (GB) is still throwing long at the age of 63 yrs. On June 12th he threw the class 3 discus 50.04/164' - 1", his best for two years. He also has an early season shot mark of 13.69/44' - 11" to his credit.

We don't hear much of JIM DIXON (GB), but when we do this holder of the 400 flat and 400 hurdles world marks always does something of quality. At Crystal Palace on June 18th, Jim recorded a fine

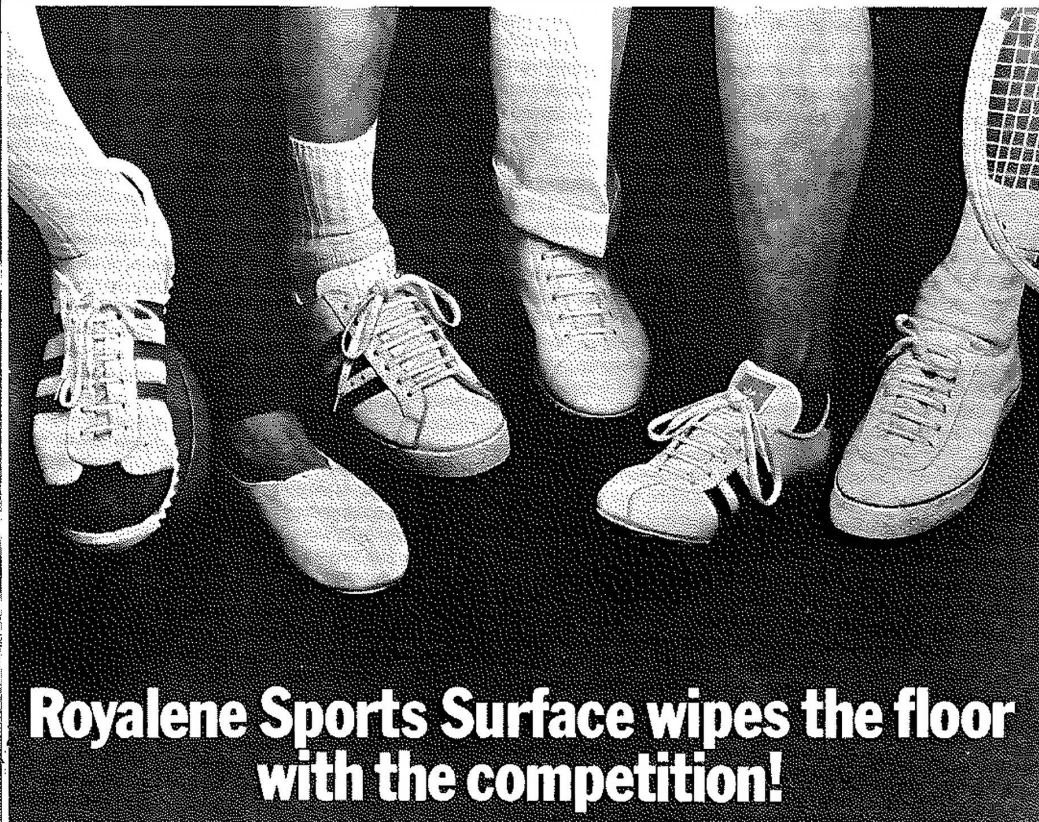
There is no doubt at all over which event is the favourite of Laurie O'Hara (GB). For the fifth successive year he has recorded a sub 8:30 3,000 metres. Only Jack Foster (NZ) has beaten Laurie's former world mark of 8:22.0 (8:17.4). O'Hara's 1976 exploit was at West London Stadium on June 2nd when he clocked 8:25.8.

ROY FOWLER (GB) made one of his occasional track appearances on May 25th and set the lead for 1976 10,000 metres times by recording 30:24.0.

55.52 for the 400 hurdles — at the age of 44 years.

CHARLIE WILLIAMS (GB), one time sprint international, now in class 1B, seems to have moved up to the 400 metres these days, supposedly to reduce muscle problems. Whatever the reason, few could fault the result at Brighton on May 22nd when Charlie clocked a very sharp 52.8.

The Yugoslavian championships in Zagreb on June 6th produced the greatest quadruple win we can recall. H. MANDL of Austria, competing in the 1A class, set a new world triple jump mark of 14.62 (47' - 11 1/2"), and followed up with wins in the long jump (6.61/21' - 8"), high jump (2.00/6' - 6 3/4") and 110 hurdles (3' - 3") with 14.8 secs. Full details in World News & Results.



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## PREVIEW

# 1000 Veterans expected at Coventry

### THE MARATHON

All indications are that Alistair Wood will be defending the marathon title he won in Paris in 1974. His main opposition is likely to come from the holder of last years World's Master's Marathon - Eric Austin. But an entry arousing speculation is that of Tokyo silver medallist Basil Heatley, though it is understood that his training is in low key these days.

Approximately 600 starters are expected to toe the line outside the Coventry Baths in Fairfax Street at 9 a.m. on Sunday 15th August. Entries include veterans from Australia, New Zealand, Canada, Czechoslovakia, Belgium, Eire, France, Switzerland, Sweden, U.S.A., West Germany and the first new entry from Portugal.

Pressing Wood and Austin in Class 1A will be Willie Roggenbach (GER), winner of the 1974 Bruges 25km, and Simo Nikula (FIN), 4th in the Toronto marathon. Ireland's Willie Dunne and Piet Van Alphen of Holland, could also be a threat, as could Gordon Eadie too.

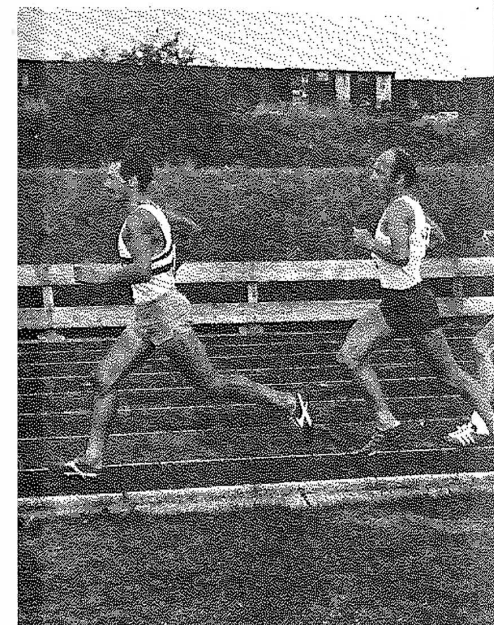
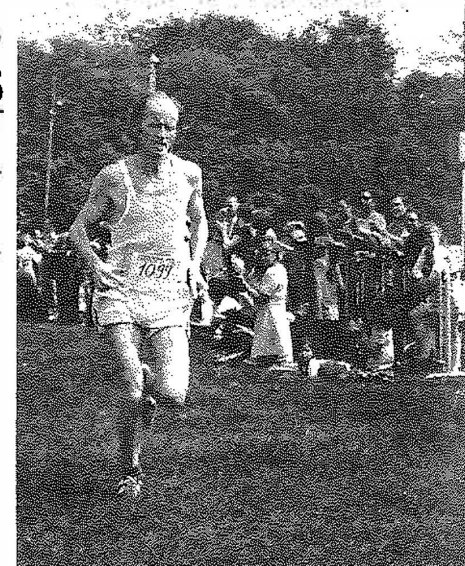
Class 1B should produce a fiery contest between Bill Stoddart of Scotland, the Scottish based Irishman Charlie McAlinden and former champion Arthur Walsham. Their principal threat will be Canada's Arthur Taylor (the holder) who is on the verge of Class 2.

Class 2A has three new recruits in Ben Bickerton and George Phipps (GB) and Cliff Hall (CAN), while the 2B category features the match everyone has been awaiting. Erik Ostbye (SWE) against George McGrath (AUS). Although both are now 56 years old they can be expected to be matching strides with many of the front runners in Class 1A who are up to 16 years their junior. It would be a brave man to forecast this result with any certainty!

Scotland's Gordon Porteous will be anxious to regain the Class 3 world mark he held briefly last year and the man who could push him, on current form, is England's Jack Flowers.

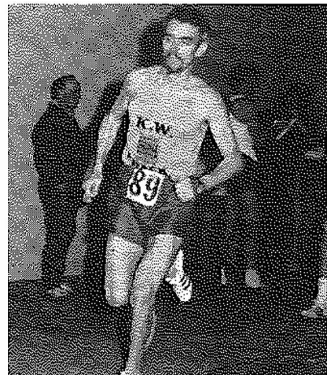
Unfortunately, nothing can be said of U.S. prospects for, despite the closing date having been reached, their block entry had not been received at the time of writing this preview.

The course is of the "frying pan" type, five miles out (to Binley), two circuits of 9 miles and then three miles back to Fairfax Street. Fast times are expected.

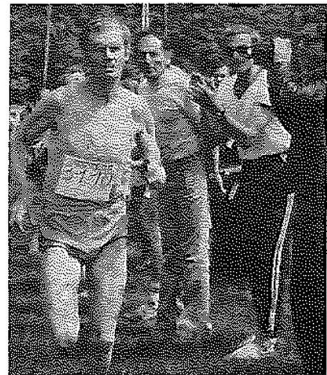


TOP: Alistair Wood (GBR), defending champion.  
BOTTOM: Eric Austin (GBR), the principal challenger, seen here leading John Stead.

Spectators outside the Coventry Baths will see the Mayor of Coventry send the huge field on its way and, if they decide to wait, will receive regular race reports and be provided with entertainment by an exhibition of Morris Dancing.



ARTHUR TAYLOR (Canada) 1B



ERIK OSTBYE (Sweden) 2B



P. VAN ALPHEN (Holland) 1A

## THE 10 km ROAD RACE

The 10km road race will have been decided the previous day (14th August) at Rugby, just ten miles away. Rugby & District AC are anticipating 400 starters for this curtain-raiser event which has proved so popular -- particularly so with the Japanese who were reckoning on 100 entries! Unfortunately, the West German entry for both this and the marathon has been badly affected by the clash of dates with the German sponsored events in the Canary Islands; however, eleven positive entries have been received including that of the former Sao Paulo winner Erik Kruzycki (64) who will be an obvious favourite for the Class 3A category.

Once again, there seems to be some uncertainty as to whether Roy Fowler will run. Roy, who was unbeatable at the World Masters Championships, is again enjoying fine form on the road and would be an obvious favourite. Chasing him hard could be his old international team-mate, Gerry North, who has found a new lease of life since becoming a vet and, of course, the diminutive Laurie O'Hara, whose form never seems to fade and is by no means over-awed at the prospect of taking on Fowler.

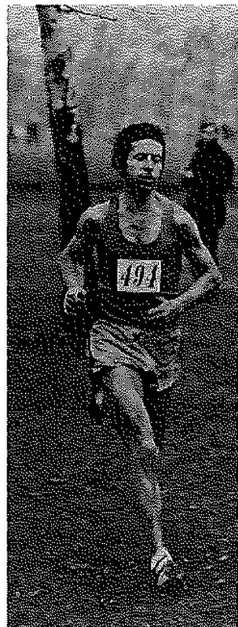
At the time of writing, it is not known whether the holder, Alfons Ida of West Germany, will defend his title.

The sole Czech entry, Antonin Krejki, has obvious designs on the 2A division, while George Scutt & Norman Ashcroft will be hoping for a good 2B placing in this their last year before hitting the over-60 ranks. Thedde Jensen (SWE), now 69, is favourite for the 3B division.

Class 4 entries include Louis Charbonneau (FRA), Myong Sik Chun (KOR), and Hideo Okada (JAP) and 'Chalky' White (GBR).

Two entries which are particularly pleasing are those of the presidents of the Canadian and Australian Associations, Don Farquharson and Wal Sheppard.

The race commences at 2 p.m. and free coach transport will be provided from Rugby railway station to the changing accommodation at Dunsmore School. The course is relatively flat with steady undulations and finishes on the School playing field.



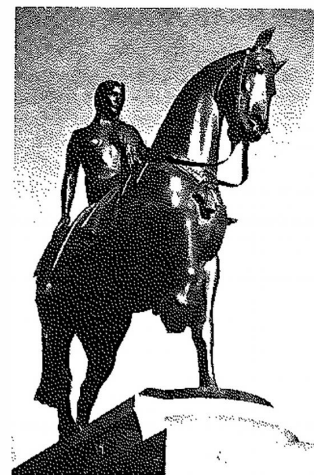
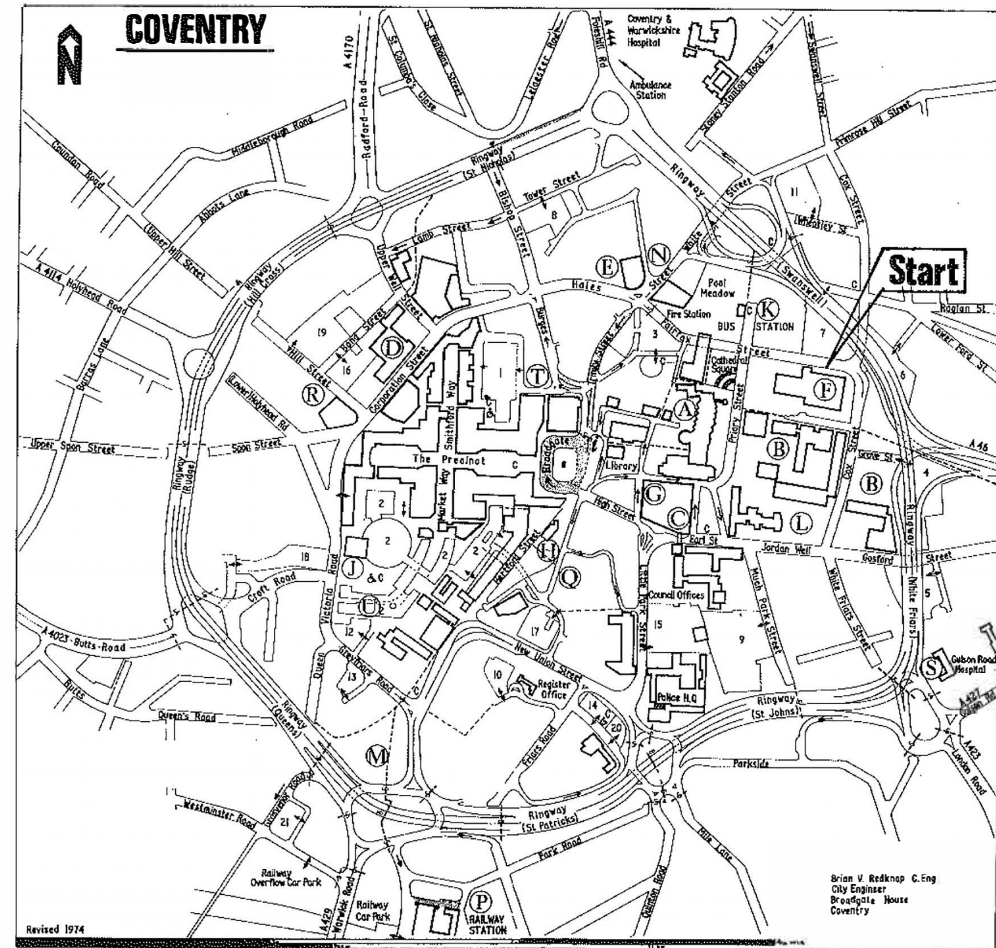
GERRY NORTH (1A)



BILL STODDART (1B)

The roads are mainly country lanes and should present the minimum of traffic problems. All competitors will receive a free souvenir programme and free light tea after the race in addition to a commemorative plaque and certificate. The first three in each 5 year group will also receive a permanent trophy. After the presentation, each competitor will be transported free back to Rugby Station.

Both the marathon and 10 km events look likely to produce many exciting contests. The stage is set for another grand display of veteran running, and the organisers at Coventry and Rugby have no intentions of repeating the Paris debacle where the 10 km field were allowed to run off course and only the first five salvaged their true positions. That lesson should have been learned.



### Distances to Coventry

|                     |       |          |
|---------------------|-------|----------|
| Birmingham          | .. .. | 18 miles |
| Gloucester          | .. .. | 57 miles |
| London              | .. .. | 96 miles |
| Nottingham          | .. .. | 53 miles |
| Oxford              | .. .. | 50 miles |
| Shrewsbury          | .. .. | 66 miles |
| Stratford-upon-Avon | .. .. | 19 miles |
| Warwick             | .. .. | 11 miles |

### An hour's walk round the city centre

From Broadgate to The Precinct, left into Market Way and Shelton Square, then Circular Market. Retrace steps along Market Way, left into Lower Precinct. See two-tier shops and Lady Godiva Cafe. Over to St. John's Church and Bond's Hospital. Along Corporation Street, see Belgrade Theatre and remains of City Wall behind Newspaper Offices. Cross to Hales Street, see Gardens. Up Trinity Street and on to old and new Cathedrals, St. Mary's Hall and New Baths.

- A Cathedral
- B Lanchester Polytechnic
- C Council House
- D Belgrade Theatre
- E Coventry Theatre
- F Swimming Baths
- G St. Mary's Hall
- H G.P.O.
- J Retail Market
- K Bus Station
- L Art Gallery, Museum
- M Greyfriars Green
- N Lady Herbert's Garden
- P Railway Station
- Q Ford's Hospital
- R Bond's Hospital
- S Whitefriars Museum
- T A.A. Office
- U R.A.C. Office

# AGE HANDICAPPING IN DISTANCE RACES

by HAL HIGDON

One of the major problems in veteran athletics is: how do you blend social running with competitive running? How do you provide an opportunity for world-class runners to hit their peaks while not insulting those less gifted, or less motivated? How do you provide a more satisfactory competitive experience for individuals back in the pack? Hal Higdon poses these questions and gives some interesting answers.

I enjoy a good bash as much as anyone. I like getting it on, as we say in the States, going head-on against a runner of comparable ability to see who is best man at least that day. On other occasions I enjoy floating back in the middle of the pack, running for scenery not glory. The other weekend I ran a ten mile road race and spent half the run in conversation with a fellow runner. Dave Reinke, who finished even with me. The only battle we had was in the chute, after crossing the line, when it came time to grab the paddles indicating our finishing positions. I won, therefore he had to be listed as finishing in front of me!

But there is a certain joy in running at the front of the pack, knowing that the field is behind you. Unfortunately it is a joy that not everyone can experience. Maybe not everyone wants to experience it.

While planning a 15 kilometer road run for veteran runners in my home town of Michigan City, Indiana last April, I decided to handicap the race to equalise abilities and offer back-of-the-pack runners a chance at glory, if only a momentary chance.

Handicap runs have limited popularity partly because of the artificiality of any handicapping system. It is not easy to judge how fast a certain runner might run on a certain day. The more runners, the more trouble it becomes. Runners get over-handicapped and under-handicapped, and more often than not someone sneaks into the race unnoticed and finishes five minutes ahead of everyone else much to everybody's embarrassment, particularly the handicapper.

But one method of handicapping that seems particularly suited to veteran athletics is handicapping by age. Regardless of ability, and although a few specimens such as Jack Foster seem to prove otherwise, runners deteriorate with age at a rate that can be computed statistically.

One who has made such computations is Ken Young of the Institute of Atmospheric Physics at the University of Arizona. He has made a mathematical study of the effect of aging on long distance running performances and has devised point tables, similar to

decathlon point tables, by which runners of all ages can compare the relative value of their performances.

For example, to be considered a "world class" performer as defined by Ken Young, you must score 900 points. To do that a 30-year-old marathoner would have to run 2:15:10. The standard for 70-year-olds is 3:13:50. A 50-year-old runner scores 900 points if he runs 25 kilometers in 1:28:07. A 40-year-old must run 11 miles 140 1/2 yards in one hour. Ken has computed points for all ages and all standard distances.

In planning our 15 kilometer run, therefore, I decided to set age handicaps using Ken Young's computations, allowing the 70-year-old runners a long head-start, followed by a progression of younger runners until the 30-year-olds began their chase from scratch.

But which point level to choose? Arbitrarily I selected the 900-point world class level which equated a 44:32 performance at age 30 to a 64:04 performance at age 70. I did this for two reasons: 1) it would lessen my chances of winning over younger scratch runners and thus embarrassing me on my home course, and 2) it was the only table I then had.

I was unsure what response my age handicapping scheme would have among the runners. As it turned out, 70 runners appeared for the race, more than any previous turnout for a "Midwest Masters" event since Wendy Miller began them two years ago in our area of the country.

We started the runners in five-year brackets with the exception of the youngest and oldest divisions. The starting times were as follows:

| Scratch | Over 70 |
|---------|---------|
| 6:47    | 60-69   |
| 9:52    | 55-59   |
| 12:41   | 50-54   |
| 15:10   | 45-49   |
| 17:14   | 40-44   |
| 20:32   | 30-39   |

We also included two women's divisions, running 40-year-old women (again arbitrarily) with 50-year-old men and 30-year-old women with 40-year-old men, but only one woman, Mary Czarpata, appeared. (She finished in 22nd place.)

The race was held on a moderately hilly out-and-back road course in sunny but windy weather. At the turnaround I was happy to see 69-year-old Ray Sears and 51-year-old Leo Donault in what appeared to be a spirited battle for first place. They are both members of my club, the Indiana Striders. But alas, they were soon overtaken by us youngsters. I passed Ray with three miles or so to go; he eventually placed 20th. I caught Leo with about a mile to go; he got 6th. In the meantime, I got passed by Al Claremont (40) and Chuck Koeppen (30) Claremont, a transplanted

Canadian, was the winner with an overall time of 69:11 and an actual time of 51:57. Koeppen, who was the "Runner of the Year" in the state of Indiana in 1975, had the fastest actual time with 49:49.

(As an aside, I recall battling Al back when we both were in our 20s in his home town of Guelph in a ten-mile cross country race that cut across farmers' fields. He annihilated me by taking the barriers and barbed wire fences steeplechase style while I chickenheartedly climbed over each one. I lived to race again.)

The run seemed successful. Most of the runners I spoke to afterward enjoyed the variation that age handicapping offered. Most agreed they would not like to run handicap races every weekend, but it offered a change of pace and did allow some of the older runners to experience the thrill of front running at least temporarily.

The results seemed to prove that among all veteran athletes, the younger runners come closest to matching their potential, at least by the particular measurement used that day. Only two of the top ten finishers were over 50. If we do it again next year, I may consider some changes:

1. Handicap the race in one-year, rather than five- or ten-year, increments.

For example, 69-year-old Ray Sears was unjustly penalized by having to give away nine years to the system. If a year older he would not have slowed much from his respectable 69:24 time, but would have earned nearly seven minutes more lead from the start. That would have enabled him to finish second. Roger Rouillier, a 37-year-old who has run the marathon in 2:25, was similarly penalized.

2. Allow runners of all ages to compete. A "national" age handicapping championship would have equal validity as our other so-called national

titles. There is no reason why Frank Shorter could not be matched against Ray Sears. However, allowing really young age-group runners to compete might open the floodgates and present a race too large to manage. Making all younger runners start on the same line with the 28-year-olds, which is the fastest group, would keep the emphasis on veteran running as opposed to age-group running.

3. Change the point level in establishing handicaps. My selection of the 900 point level was, admittedly, arbitrary. After reviewing results of our race Ken Young suggested that older runners may have been discriminated against and that the 500-point level would have been more satisfactory for them. He offered 700 points as a compromise level. Some shaking out of the tables would probably result if enough age handicap races were held to provide a larger data base.

His basic points tables for 15 kilometers are illustrated in this article. Anyone interested in corresponding with him about his age-grading standards should write: Ken Young, Institute of Atmospheric Physics, University of Arizona, Tucson, Arizona 85721, USA.



Higdon (right) on way to World S/chase win.

## 15 KILOMETERS

| Age | 1000    | 900     | 800     | 700     | 600     | 500     | 400     |
|-----|---------|---------|---------|---------|---------|---------|---------|
| 10  | 0:57:55 | 1:01:52 | 1:06:23 | 1:11:38 | 1:17:46 | 1:25:04 | 1:33:52 |
| 15  | 0:47:27 | 0:50:32 | 0:54:02 | 0:58:04 | 1:02:45 | 1:08:15 | 1:14:48 |
| 20  | 0:43:30 | 0:46:15 | 0:49:22 | 0:52:57 | 0:57:05 | 1:01:55 | 1:07:38 |
| 25  | 0:42:06 | 0:44:44 | 0:47:43 | 0:51:08 | 0:55:05 | 0:59:41 | 1:05:07 |
| 30  | 0:41:54 | 0:44:32 | 0:47:30 | 0:50:53 | 0:54:48 | 0:59:22 | 1:04:46 |
| 35  | 0:42:38 | 0:45:18 | 0:48:21 | 0:51:49 | 0:55:50 | 1:00:31 | 1:06:04 |
| 40  | 0:44:02 | 0:46:50 | 0:50:00 | 0:53:38 | 0:57:51 | 1:02:46 | 1:08:37 |
| 45  | 0:45:57 | 0:48:54 | 0:52:15 | 0:56:07 | 1:00:35 | 1:05:50 | 1:12:04 |
| 50  | 0:48:14 | 0:51:23 | 0:54:58 | 0:59:06 | 1:03:53 | 1:09:31 | 1:16:15 |
| 55  | 0:50:51 | 0:54:12 | 0:58:03 | 1:02:28 | 1:07:37 | 1:13:42 | 1:20:58 |
| 60  | 0:53:41 | 0:57:17 | 1:01:24 | 1:06:09 | 1:11:42 | 1:18:16 | 1:26:10 |
| 65  | 0:56:44 | 1:00:35 | 1:05:00 | 1:10:06 | 1:16:05 | 1:23:10 | 1:31:43 |
| 70  | 0:59:57 | 1:04:04 | 1:08:47 | 1:14:16 | 1:20:41 | 1:28:20 | 1:37:35 |
| 75  | 1:03:17 | 1:07:41 | 1:12:44 | 1:18:36 | 1:25:30 | 1:33:43 | 1:43:41 |
| 80  | 1:06:44 | 1:11:25 | 1:16:48 | 1:23:04 | 1:30:27 | 1:39:17 | 1:50:01 |
| 85  | 1:10:16 | 1:15:15 | 1:20:59 | 1:27:40 | 1:35:33 | 1:45:00 | 1:56:31 |





# Midland Veterans Champs

May 16th  
Midland Veterans AC Track & Field  
Championships (Part 1)  
Promoted by Dudley & Stourbridge  
Harriers at The Dell, Brierley Hill.

**200 M**  
Class 1A  
1. R. Taylor 22.7  
2. J. Coggin (Leicester) 25.2  
3. K. J. Cole (Worc.) 26.0

Class 4A  
1. F. Wedgbury (72) Birchfield) 35.6

**800 M**  
Class 1A  
1. E. Williams (Shrewsbury) 2:11.0  
2. J. Mills (Sparkhill) 2:11.6  
3. W. Morgan (Lozells) 2:14.9

Class 1B  
1. R. Evans (Wol & Bil) 2:30.5  
2. S. Willetts (Sparkhill) 2:33.3  
3. K. Westley (West Brom) 2:44.0

Class 2A  
1. G. Phipps (Leamington) 2:26.8  
2. N. Blackham (Birchfield) 2:53.8

**3000 M S/C**  
Class 1A  
1. E. Williams (Shrewsbury) 10:34  
2. D. Harris (Dud & St) 11:14.6  
3. M. Turner (Leamington) 12:37.2

**5000 M Walk**  
Class 1A  
1. P. Markham (Leicester) 24:50  
2. D. Harris (Dud & St) 27:40.8  
3. E. Horwill (Dud & St) 29:06.2

Class 1B  
1. H. N. Woodall (Dud & St) 32:40.4

Class 3A  
1. A. H. Poole (Worcester) 26:51.0

**3 x 400 M Relay**  
1. Lozells Harriers (M. Capewell, P. Morris, W. Morgan) 3:02.2  
2. Leamington C & AC (F. Woodward, M. Turner, G. Phipps) 3:22.3  
3. Dudley & Stourbridge (D. Harris, E. Horwill, J. Hill) 3:25.6

**Long Jump**  
Class 2B  
1. D. Owen (Birchfield) 4.42m  
Class 2A  
1. J. Gares (Rugby AC) 4.72m

**Javelin**  
Class 1A  
1. R. Taylor 41.40m  
2. J. Coggin (Leic) 34.60m  
3. D. Harris (Dud & St) 25.48m

**Shot**  
Class 1A (16 lb)  
1. E. Horwill (Dud & St) 7.30m  
Class 2A (12 lb)  
1. J. Gares (Rugby AC) 10.30m

Class 2B (12 lb)  
1. D. Owen (Birchfield) 8.22m  
Class 3A (4 kg)  
1. G. E. Smith (Cam & Col) 11.65m

**Discus**  
Class 1A (2 kg)  
1. M. Capewell (Lozells) 21.64m  
Class 2A (1.5 kg)  
1. J. Gares (Rugby AC) 31.58m  
Class 3A (1 kg)  
1. G. E. Smith (62) (C & C) 35.74m

**Hammer**  
Class 1A (16 lb)  
1. E. Horwill (Dud & St) 14:94m  
Class 3A (12 lb)  
1. G. E. Smith (Cam & Col) 29:28m

**3000 M Open**  
1. J. Mills (40) Sparkhill 9:28.4  
2. G. Phipps (50) Leaming'n 10:01.4  
5. D. Harris (41) D & S 10:30.2  
6. B. Webster (40) Warley 10:34.6  
9. R. Evans (46) Wol & Bil 11:18.6

May 8th  
Vets AC 10 miles Road Champs.  
Richmond Park

1. L. O'Hara 53:15  
2. D. Funnell 57:43  
3. E. Flowers 59:10  
4. D. Martin 60:25  
5. J. Flowers 61:27  
6. J. Moroney 61:34  
7. J. Fitzgerald 61:57  
8. S. Charlton 62:20  
9. J. Hilton 63:08  
10. J. McQuillen 63:28  
11. D. Hardy 63:53  
12. T. Taylor 64:07  
13. J. Gurney 65:33  
14. A. Stroud 67:41  
15. J. McDonald 68:45  
16. M. Carr 69:23  
17. B. Wade 70:16  
18. B. Motley 70:33  
19. A. McTravers 71:39  
20. G. Befts 72:46  
21. G. Strong 73:08  
22. E. Paterson 73:26  
23. A. Elderfield 73:38  
24. A. Smith 74:32  
25. H. Down 74:58

(40-49)  
1. L. O'Hara  
2. D. Funnell  
3. J. Moroney

(60-69)  
1. J. Flowers  
2. G. Befts  
3. W. Symes

(70 & Over)  
1. E. Daley

May  
Isle of Wight Marathon Race 1976

19. J. W. Geoghegan 40+ 2:43:32  
25. F. G. McGrath (Aust.) 50+ 2:46:54  
35. W. Anderson (MP) 40+ 2:51:04  
37. A. N. Risley (Cam) 40+ 2:52:50  
41. J. Mattinson (SLH) 40+ 2:53:50  
46. R. D. Reynolds (TV) 40+ 2:57:13  
47. F. Byrne (Cam H) 40+ 2:58:42  
49. J. E. Davies (Bel) 40+ 2:58:51  
55. H. Downer (S&E) 40+ 3:01:35  
56. D. Funnell (E&EH) 40+ 3:02:27  
57. B. Mills (Longwood) 40+ 3:03:17  
62. D. Cooper (Cam H) 40+ 3:04:10  
64. M. Campbell (Notts) 40+ 3:04:38  
66. G. Lovell (Small H H) 40+ 3:05:26  
67. J. Fitzgerald (MitAC) 50+ 3:05:47  
71. J. McQuillen (S&C) 40+ 3:09:31  
72. J. Gurney (Brack.) 40+ 3:10:41  
75. N. Marshall (Nor. F) 40+ 3:13:10  
77. D. Coffey (Cam H) 40+ 3:13:35  
87. K. Till (Crawley AC) 40+ 3:23:52  
90. L. Hathaway (Leam.) 40+ 3:28:01  
95. E. Leal (Ryde H) 50+ 3:37:30  
99. I. Sharples (Met P) 40+ 3:48:44  
102. D. Drake (Bel H) 40+ 3:59:20

May 23rd  
Liverpool Pembroke '20'  
10. B. Cordes (Morpeth) 1:54:54  
11. A. Walsham (Salford) 1:55:39  
16. M. Morrell (Wirral) 1:58:22  
17. R. Kernighan (Liv. F) 1:58:44

May 23rd  
Stannington 10 Mile Road Race  
20. P. Calladine (Derby) 56:21

May 29th  
Harold Wood Memorial Race (7 1/4 Miles)  
23. K. Hodkinson (Salford) 41:28  
28. A. Walsham (Salford) 41:47

May 31st  
Faversham 17 Km Road Race  
11. J. Heywood (IHH) 57:17

May 31st  
Eldersfield Beer Race  
6. E. Austin (Tipton) 20:38  
10. D. Cooper (Worc) 20:56  
18. J. Mills (Sparkhill) 21:24

May 30th  
Isle of Man TT 40  
8. R. Reynolds (TVH) 4:33:27  
9. W. Russell (Clyde) 4:37:02  
15. M. Campbell (Notts) 4:50:05

June 27th  
Manchester YMCA 20 Km Road Race  
2. E. Austin (Tipton) 63:52  
26. A. Walsham (Salford) 68:51  
41. R. Bentley (Tipton) 71:32  
44. R. Franklin (TVH) 71:53  
56. K. Heathcote (N. Vets) 73:32  
60. J. Dawson (Salford) 74:27  
72. J. Sawyer (N. Vets) 76:05  
78. B. Gomershall 76:42  
80. J. Haslam (Bolton) 76:56

Over 50  
K. Hall (Wirral) 76:59  
Over 60  
S. Lee (HRM1)

# Scottish Veterans Champs

May 30th  
First Scottish Veterans Track & Field  
Championships, Coatbridge

**100 M Final**  
(40-49)  
1. C. Shafto 12.3  
2. W. Britte 12.6  
3. I. Steedman 12.8  
4. A. McManus 13.0

(Over 50)  
1. J. Pritchard 13.4  
2. N. Neilson 13.9  
3. A. Coogan 14.0  
4. J. Cascarina 15.3

**200 M Final**  
(40-49)  
1. C. Shafto 26.7  
2. I. Steedman 27.0  
3. W. Britte 27.1  
4. J. Christie 28.3  
5. A. McManus 29.1  
6. J. Gray 30.4

**400 M Final**  
(40-49)  
1. C. Shafto 55.2  
2. T. O'Reilly 56.6  
3. A. McManus 57.0  
4. H. Bennett 60.4  
5. A. Galbraith 63.8  
6. J. S. Petty 64.0

**800 M Final**  
(40-49)  
1. H. Watson 2:01.1  
2. R. Allen 2:02.8  
3. E. Hamer 2:04.4  
4. G. Stark 2:10.8  
5. R. Calderwood 2:17.8  
6. J. Barrowman 2:26.6

(Over 50)  
1. B. Bickerton 2:17.5  
2. N. Neilson 2:20.8  
3. C. Forbes 2:24.6  
4. T. Monaghan 2:40.2  
5. G. Porteous 60+ 2:40.2  
6. D. Morrison 60+ 2:41.4  
7. J. Geddes 2:50.0  
8. N. Ross 55+ 2:50.9  
9. J. Cascarina 55+ 2:53.8

**1500 M Final**  
(40-49)  
1. R. Allen 4:13.8  
2. C. McAlinden 4:17.1  
3. T. O'Reilly 4:22.2  
4. W. Stoddart (1B) 4:24.8  
5. W. Ramage 4:33.4  
6. W. Marshall (1B) 4:36.3  
7. W. McBrinn (1B) 4:37.7  
8. J. Barrowman 4:41.6  
9. P. Cowan 4:48.6  
10. W. Armour (1B) 4:58.9

(Over 50)  
1. N. Neilson 4:47.0  
2. C. Forbes 4:50.0

May 19th  
Scottish Veteran Harriers Club  
5000 M Championships, Glasgow  
(Over 40)

1. A. Wood 15:27  
2. C. McAlinden 15:41  
3. W. Stoddart 45+ 15:46  
4. J. Barrowman 16:03  
5. J. Irvine 16:10  
6. H. Mitchell 45+ 16:13  
7. R. McFall 16:37  
8. W. Ramage 16:38  
9. R. Calderwood 16:41  
10. A. Peden 16:57  
11. R. Russell 17:08  
12. J. Moore 17:31  
13. E. Dolan 17:41  
14. T. O'Reilly 18:01  
15. B. Fickling 18:06  
16. M. Philip 18:24  
17. A. Galbraith 18:30  
18. J. Batchelor 19:00

June 5th  
Coventry College 10  
8. E. Austin (Tipton) 51:04  
21. D. Cooper (Worc) 53:30  
24. B. Cook (W&B) 53:41

June 2nd  
TVH open meeting, 3000 Metres  
12. L. O'Hara (Belgrave) 44 8:25.8

Over 50 & 60  
1. B. Bickerton 17:58  
2. C. Forbes 18:29  
3. G. Porteous 60+ 18:46  
4. W. Baxter 19:09  
5. E. Farrell 65+ 19:10  
6. J. Geddes 19:29  
7. T. Monaghan 19:58  
8. R. McDonald 20:25  
9. R. Grant 20:37  
10. D. Morrison 60+ 20:50

June 9th  
Scottish Veteran Harriers Club  
10,000 M Championships,  
Coatbridge  
Over 40  
1. A. Wood 31:44  
2. W. Stoddart 45+ 32:06  
3. H. Mitchell 45+ 33:16  
4. R. McFall 33:34  
5. J. Barrowman 33:37

June 20th  
Veterans (100 years) Paarlaf  
(2 runners totalling 100 yrs or more)  
1. M. Hyman Ports Rec. 15:00.0  
G. Scutts Rec. 14:27.8  
2. J. Hayward WGAC Rec. 15:27.2  
L. Brown 14:55.6  
3. G. Moralee 16:11.6  
G. Eastwood Com. 15:38.4

3. G. Porteous 60+ 5:20.5  
4. T. Harrison 55+ 5:28.4  
5. T. Monaghan 5:47.2  
6. J. Cascarina 5:52.9  
7. N. Ross 55+ 6:01.4  
8. A. Coogan 55+ 6:02.3

**3000 M Final**  
(40-49)  
1. C. McAlinden 9:05.0  
2. W. Stoddart (1B) 9:06.0  
3. R. McFall 9:31.2  
4. W. Ramage 9:32.4  
5. I. Mitchell (1B) 9:44.0  
6. A. Peden 9:51.6  
7. R. Russell 10:00.2  
8. J. Hendry 10:22.6  
9. W. Armour (1B) 10:25.4  
10. B. Fickling 10:38.4

(Over 50)  
1. B. Bickerton 10:09.0  
2. N. Neilson 10:15.0  
3. C. Forbes 10:40.0  
4. G. Porteous 60+ 11:11.6  
5. T. Harrison 55+ 11:13.6  
6. P. Minchin 55+ 11:36.2

**Discus**  
(All Classes)  
1. W. Britte 24.06m  
2. D. Morrison 60+ 20.60m  
3. W. N. Taylor 20.54m  
4. I. Steedman 19.26m  
5. J. Geddes 16.00m  
6. J. Christie 16.00m

6. W. Ramage 34:25  
7. J. McLean 45+ 36:30  
8. J. Henderson 37:24  
9. W. Armour 37:28  
10. B. Fickling 37:29  
11. R. Pickard 38:21  
12. M. Philips 38:26  
13. M. Morrison 38:51  
14. F. McDermott 42:10

Over 50  
1. B. Bickerton 36:21  
2. C. Forbes 38:17  
3. J. Kelly 38:17  
4. G. Porteous 60+ 39:07  
5. J. Brownlie 40:25  
6. J. Geddes 40:27  
7. J. Farrell 60+ 40:28  
8. T. Fletcher 41:40  
9. W. Ross 55+ 42:09  
10. J. Sweeney 42:26  
11. T. Monaghan 42:46  
12. R. McDonald 42:53

June 5th  
Peter Driver 4 Mile Road Race  
18. M. Barratt (Ealing) 19:03  
34. M. Hyman (Portsmouth) 19:50



|                             |         |  |
|-----------------------------|---------|--|
| <b>Class 1b</b>             |         |  |
| 1. R. Franklin (TVH)        | 16:35.8 |  |
| 2. K. Jones (Luton)         | 17:03.6 |  |
| 3. R. Johnston (TVH)        | 17:08.8 |  |
| 4. C. Stockings (Woodford)  | 18:36.0 |  |
| <b>Class 2</b>              |         |  |
| 1. R. Hale                  | 17:27.0 |  |
| 2. J. Fitzgerald (Mitcham)  | 18:26.6 |  |
| 3. J. Downes (QPH)          | 18:53.0 |  |
| <b>Class 3</b>              |         |  |
| 1. J. Harris (Walford)      | 24:11.8 |  |
| 2. E. Peacock (VAC)         | 26:09.0 |  |
| <b>10,000 M</b>             |         |  |
| <b>Class 1a</b>             |         |  |
| 1. G. Brown (Verlea)        | 31:25.2 |  |
| 2. J. Steed (Verlea)        | 32:37.6 |  |
| 3. R. Macey                 | 33:03.2 |  |
| 4. L. Parrott (Havering)    | 33:13.4 |  |
| 5. J. Heywood (Hill)        | 33:20.0 |  |
| 6. W. Hill (Blackheath)     | 35:12.2 |  |
| 7. E. Andrews (Havering)    | 37:11.0 |  |
| 8. D. Jones (Ilford)        | 38:41.2 |  |
| 9. R. Gibson (Woodford)     | 39:36.2 |  |
| 10. R. Smith (Woodford)     | 39:52.6 |  |
| <b>Class 1b</b>             |         |  |
| 1. R. Franklin              | 33:32.2 |  |
| 2. R. Johnston              | 36:20.6 |  |
| 3. C. McDowell (Ranelagh)   | 44:04.0 |  |
| <b>Class 2</b>              |         |  |
| 1. R. Fape (RNAC)           | 36:45.0 |  |
| 2. J. Fitzgerald            | 37:10.8 |  |
| 3. B. Hughes (Woodford)     | 38:49.0 |  |
| 4. G. Scutt (Portsmouth)    | 38:57.8 |  |
| 5. G. Meech (Verlea)        | 39:48.6 |  |
| <b>Class 3</b>              |         |  |
| 1. G. Betts (QPH)           | 41:35.4 |  |
| 2. E. Peacock               | 54:25.0 |  |
| <b>110 M Hurdles</b>        |         |  |
| <i>(Open)</i>               |         |  |
| 1. J. Howell (HHH)          | 16.8    |  |
| 2. D. Gale (Blackheath)     | 17.7    |  |
| 3. J. Phillips (Trowbridge) | 19.1    |  |
| 4. C. Knowles (V of A)      | 19.6    |  |
| 5. W. Hartfree (VAC)        | 21.4    |  |
| <b>400 M Hurdles</b>        |         |  |
| <i>(Open)</i>               |         |  |
| 1. W. Lane                  | 58.1    |  |
| 2. E. Shirley (Hillingdon)  | 65.1    |  |
| 3. C. Knowles               | 67.0    |  |
| 4. P. Munn (50+ B. Record)  | 67.9    |  |
| <b>3000 M Steeplechase</b>  |         |  |
| 1. M. Barratt               | 9:56.4  |  |
| 2. A. Shrimpton (Soton&E)   | 10:10.8 |  |
| 3. T. Everitt               | 10:36.6 |  |
| <b>3000 M Walk</b>          |         |  |
| <b>Class 1b</b>             |         |  |
| 1. J. Clifford (Woodford)   | 16:16.8 |  |
| 2. R. Davies (Woodford)     | 16:44.0 |  |
| <b>Class 2a</b>             |         |  |
| 1. G. Eastwood (Woodford)   | 16:28.0 |  |
| <b>Class 3</b>              |         |  |
| 1. C. Megnin (Woodford)     | 17:08.8 |  |
| 2. A. Roberts (Highgate)    | 17:56.2 |  |
| <b>Discus</b>               |         |  |
| <b>Class 1a</b>             |         |  |
| 1. P. McEvoy (London I)     | 30.26m  |  |
| 2. J. Howell                | 27.32m  |  |
| <b>Class 1b</b>             |         |  |
| 1. I. Briggs (Surrey B)     | 35.08m  |  |
| 2. J. Coughlan (Highgate)   | 28.30m  |  |

|   |        |
|---|--------|
| <b>Class 2b</b>                           |        |
| 1. B. Metcalfe (Unat)                     | 36.64m |
| <b>Class 3</b>                            |        |
| 1. K. Maksimczyk (Wbury)                  | 49.24m |
| 2. G. Smith (C & C)                       | 37.98m |
| <b>Shot</b>                               |        |
| <b>Class 1a</b>                           |        |
| 1. J. Head (Essex Beagles)                | 10.63m |
| 2. P. McEvoy                              | 9.47m  |
| 3. J. Howell                              | 9.19m  |
| <b>Class 1b</b>                           |        |
| 1. I. Briggs                              | 10.15m |
| 2. B. Tyndall (SLH)                       | 9.69m  |
| <b>Class 2b</b>                           |        |
| 1. B. Metcalfe                            | 10.04m |
| <b>Class 3</b>                            |        |
| 1. K. Maksimczyk                          | 13.73m |
| 2. G. Smith                               | 11.95m |
| <b>Hammer</b>                             |        |
| <b>Class 1a</b>                           |        |
| 1. W. Treharne (Surrey AC)                | 42.36m |
| 2. J. Head                                | 41.56m |
| 3. P. McEvoy                              | 35.44m |
| 4. R. Buzzard (W Phoenix)                 | 28.94m |
| <b>Class 1b</b>                           |        |
| 1. B. Tyndall                             | 28.76m |
| 2. J. Coughlan                            | 27.84m |
| <b>Class 3</b>                            |        |
| 1. K. Maksimczyk                          | 37.54m |
| <b>Javelin</b>                            |        |
| <b>Class 1</b>                            |        |
| 1. J. Phillips                            | 48.42m |
| 2. C. Brand (Blackheath)                  | 46.74m |
| 3. J. Howell                              | 37.26m |
| 4. P. McEvoy                              | 28.12m |
| 5. B. Tyndall                             | 22.90m |
| <b>Class 2b</b>                           |        |
| 1. B. Metcalfe                            | 24.98m |
| <b>Class 3</b>                            |        |
| 1. R. Weston (VAC)                        | 14.82m |
| <b>Long Jump</b>                          |        |
| <b>Class 1a</b>                           |        |
| 1. D. Gale (Blackheath)                   | 5.85m  |
| 2. J. Phillips                            | 5.75m  |
| 3. C. Jones (Woodford)                    | 5.67m  |
| 4. H. Warren (Eton Manor)                 | 5.28m  |
| 5. D. Terry                               | 5.05m  |
| 6. J. Day (Blackheath)                    | 4.48m  |
| <b>Class 1b</b>                           |        |
| 1. C. Knowles (V of A)                    | 5.05m  |
| <b>Class 2a</b>                           |        |
| 1. W. Hartfree                            | 4.33m  |
| <b>Class 3</b>                            |        |
| 1. A. Sutherland (76)<br>(New Over 70 WR) | 4.25m  |
| 2. L. Clements                            | 2.55m  |
| <b>Triple Jump</b>                        |        |
| <i>(Open)</i>                             |        |
| 1. J. Phillips                            | 11.87m |
| 2. C. Knowles                             | 10.77m |
| 3. D. Warren (Woodford)                   | 10.60m |
| <b>High Jump</b>                          |        |
| <b>Class 1a</b>                           |        |
| 1. L. C. Jones                            | 1.60m  |
| 2. J. Phillips                            | 1.55m  |
| 3. J. Day                                 | 1.40m  |
| <b>Class 1b</b>                           |        |
| 1. C. Knowles                             | 1.35m  |
| <b>Class 3</b>                            |        |
| 1. J. Searle                              | 1.20m  |

|                                |         |
|--------------------------------|---------|
| <b>Pole Vault</b>              |         |
| <i>(Open)</i>                  |         |
| 1. J. Day                      | 3.11m   |
| 2. P. Ferguson (Wall Hall C)   | 2.20m   |
| 3. C. Knowles                  | 2.00m   |
| <b>Ladies Events (Over 35)</b> |         |
| <b>100 M</b>                   |         |
| 1. G. Charman (Crawley)        | 15.7    |
| 2. M. Wilkinson (Highgate)     | 15.8    |
| 3. M. Williams (Brighton)      | 17.6    |
| 4. E. Knowles (V of A)         | 18.1    |
| <b>1500 M</b>                  |         |
| 1. H. Rider (Cambridge)        | 5:11.3  |
| 2. J. Coker (Highgate)         | 6:04.6  |
| 3. M. Wilkinson                | 6:24.7  |
| <b>Discus</b>                  |         |
| 1. G. Charman                  | 29.80m  |
| <b>July 3rd</b>                |         |
| <b>Milton Keynes Marathon</b>  |         |
| 23. P. A. Hampton (Camb)       | 2:40:45 |
| 24. R. Macey (Verlea)          | 2:40:48 |
| 44. J. R. Bentley (Tipton H)   | 2:51:39 |
| 51. W. Anderson (MPolic)       | 2:56:48 |
| 52. R. S. Day (Verlea AC)      | 2:57:01 |
| 55. E. J. Flowers (Vict Pk H)  | 2:59:59 |
| 56. B. Gomersall (Leeds CAC)   | 3:01:50 |
| 57. K. I. Jones (Orion H)      | 3:02:26 |
| 59. M. K. Cassie (Camb H)      | 3:02:56 |
| 61. D. R. Powell (Stevenage)   | 3:04:17 |
| 65. M. H. Harvey (Kettering)   | 3:05:06 |
| 67. J. W. Flowers (Vict. Pk)   | 3:05:40 |
| 68. R. Blastland (D & C)       | 3:06:50 |
| 71. L. A. Gaskin (S'gate & H)  | 3:07:36 |
| 78. J. E. Davies (Belgrave H)  | 3:09:56 |
| 80. D. Smith (Kettering T)     | 3:10:11 |
| 84. E. C. Butcher (Col AC)     | 3:12:58 |
| 85. J. F. Fitzgerald (Mitch.)  | 3:13:26 |
| 92. P. Pringle (Belgrave H)    | 3:18:34 |
| 96. K. Jordan (Barnsley)       | 3:20:28 |
| 99. L. A. Durrant (Orion H)    | 3:22:36 |
| 103. J. H. Fenn (Orion H)      | 3:26:02 |
| 105. R. W. Hindley (Gran Dis)  | 3:27:09 |
| 110. D. W. Cooper (Camb H)     | 3:28:41 |
| 113. E. W. Marsh (RAF Ux.)     | 3:33:31 |
| 115. R. Bhatia (Belgrave H)    | 3:34:18 |
| 117. J. Teesdale (Durham C)    | 3:38:34 |
| 119. R. G. Brown (SLH)         | 3:43:35 |
| 120. D. P. Coffey (Camb H)     | 3:44:28 |
| <b>July 4th</b>                |         |
| <b>Vets AC Track Champs</b>    |         |
| <b>100 M</b>                   |         |
| <i>Class 1 (40-49)</i>         |         |
| 1. C. Williams                 | 11.4    |
| 2. A. Blackman                 | 11.8    |
| 3. K. Scott                    | 12.1    |
| <i>Class 2 (50-59)</i>         |         |
| 1. S. Stein                    | 12.9    |
| 2. K. Williams                 | 13.0    |
| 3. T. Culverhouse              | 14.0    |
| <i>Class 3 (60-69)</i>         |         |
| 1. C. Fairey                   | 13.0    |
| 2. L. Batt                     | 14.0    |
| 3. J. Williams                 | 14.1    |
| <i>Class 4 (Over 70)</i>       |         |
| 1. N. Martin                   | 16.0    |
| 2. A. Sutherland               | 16.7    |
| 3. R. Weston                   | 24.0    |

(Continued on page 20)

# SOME PEOPLE YOU MIGHT RATHER NOT MEET IN GÖTEBURG

by ROGER RUTH

University of Victoria, Canada

Satchel Page, when asked for some explanation of his remarkable longevity as a major league baseball pitcher, was quoted as answering, "Don't never look over your shoulder, because whatever you're looking for might be gaining on you."

I don't suppose many veteran athletes are paranoid enough to spend as much time as I do looking over my shoulder, but perhaps others will be as interested as I was in learning the names of some of the athletes who will be newly eligible for veterans competition by the time of the next world championships.

To satisfy my own curiosity on this point, I have combed the data offered by Track and Field News' *Age Records*, looking for birthdates that would indicate new eligibility for the Göteborg championships; e.g. athletes who will be 40 or over in 1977 who were not old enough for the Toronto meet. Unfortunately, this is not a very satisfactory way of seeking an answer to the question I put -- but the only way available to me, and more effort than I might wish on you.

The lists I have compiled are only approximate for four reasons: *Age Records*, obviously, omits mention of many fine performers by listing only the top marks at each age. In recent years, *Age Records* has conserved space by omitting the birthdate of the athlete. Even if the birthdate were given, eligibility under the Toronto rules couldn't be determined until the exact date is set for the Göteborg meet. And, lastly, perhaps by the next world meet, the Toronto rule for determining age category might change -- viz., from birth date to birth year.

What I have done, then, is to survey *Age Records* for the names of athletes who will be newly eligible for veterans competition in 1977. Next, I have determined the latest marks of these athletes as listed in this series of publications. This, latter, procedure often neglects better performances in earlier years, but I think the important (or, at least, the least threatening) question for most veteran readers is, "How well has he done recently?"

Finally, it should go without saying that just because an athlete will be 40 by the 1977 championships offers no indication that he will avail himself of the opportunity to compete. In the most extreme instance -- where the person concerned is, unbeknown to me, deceased -- I would apologise to anyone who might find my ignorance offensive.

With the introduction, may I present the "New Boys", the Class of 1977:

(Eds Note: Birth dates are given European fashion as per our ranking lists; i.e. day/month/year)

| Event                             | Latest Record | Year |
|-----------------------------------|---------------|------|
| <b>100 Metres</b>                 |               |      |
| Mel Pender (US) 31/10/37          | 10.4          | 1973 |
| David Ejoke (Nig) 8/11/36         | 10.4          | 1967 |
| Armin Hary (WG) 22/3/37           | 10.0          | 1960 |
| Manfred Knickerberg (WG) 26/8/37  | 10.1          | 1970 |
| Clifton Bertrand (Trin) 2/3/36    | 10.5          | 1971 |
| <b>200 Metres</b>                 |               |      |
| Ed Jeffery (SA) 7/2/36            | 20.7          | 1965 |
| Clifton Bertrand (Trin) 2/3/36    | 21.6          | 1972 |
| Dave Segal (GB)                   | 21.8          | 1974 |
| <b>400 Metres</b>                 |               |      |
| Carl Kauffman (WG) 25/3/36        | 44.9          | 1960 |
| Ollan Cassell (US) 5/10/36        | 46.2          | 1965 |
| Amos Omolo (Ugan) 9/3/37          | 45.3          | 1968 |
| <b>800 Metres</b>                 |               |      |
| George Kerr (Jam) 16/10/37        | 1:47.2        | 1966 |
| Jim Dupree (US) 20/3/36           | 1:47.6        | 1962 |
| George Scott (Aust) 14/9/36       | 1:49.2        | 1972 |
| Noel Clough (Aust) 25/4/37        | 1:46.9        | 1966 |
| <b>1500 Metres</b>                |               |      |
| Jim Grelle (US) 30/9/36           | 3:42.8        | 1967 |
| Michel Jazy (Fra) 13/6/36         | 3:36.3        | 1966 |
| Gerard Vervoort (Fra) 6/5/36      | 3:42.4        | 1973 |
| George Young (US) 24/7/37         | 3:59.6        | 1972 |
| <b>3000 Metres</b>                |               |      |
| Bob Schul (US) 28/9/37            | 8:26.4        | 1964 |
| Ron Clarke (Aust) 9/2/37          | 8:30.0        | 1969 |
| Ron Larrieu (US) 29/5/37          | 8:40.0        | 1965 |
| Jim Grelle (US) 30/9/36           | 8:01.8        | 1962 |
| Michel Jazy (Fra) 13/6/36         | 7:49.0        | 1965 |
| George Young (US) 24/7/37         | 8:05.0        | 1966 |
| Gaston Roelants (Belg) 5/2/37     | 7:48.6        | 1965 |
| <b>5000 Metres</b>                |               |      |
| Ron Clarke (Aust) 9/2/37          | 13:32.4       | 1970 |
| George Young (US) 24/5/37         | 13:29.4       | 1972 |
| Mohammed Gamoudi (Tun)            | 13:27.4       | 1972 |
| Bob Schul (US) 28/9/37            | 13:38.0       | 1964 |
| Ron Larrieu (US) 29/5/37          | 13:54.8       | 1965 |
| <b>10,000 Metres</b>              |               |      |
| Max Truex (US) 4/11/35            | 28:50.2       | 1960 |
| Ron Larrieu (US) 29/5/37          | 28:54.2       | 1966 |
| Ron Clarke (Aust) 21/2/37         | 28:13.6       | 1970 |
| Gaston Roelants (Belg) 5/2/37     | 28:27.4       | 1973 |
| Lucien Rault (Fra) 30/3/36        | 28:20.4       | 1971 |
| Mohammed Gamoudi (Tun)            | 27:54.8       | 1972 |
| <b>Marathon</b>                   |               |      |
| Norm Higgins (US) 18/11/36        | 2:15:52       | 1971 |
| Lou Castagnola (US) 7/5/36        | 2:17:48       | 1967 |
| Ron Daws (US) 21/6/37             | 2:22:16       | 1974 |
| Jeff Julian (NZ) 9/10/35          | 2:14:38       | 1969 |
| <b>Steeplechase</b>               |               |      |
| George Young (US) 24/7/37         | 8:30.6        | 1968 |
| Lazar Naroditskiy (USSR) 18/12/37 | 8:26.6        | 1968 |
| Gaston Roelants (Belg) 5/2/37     | 8:29.2        | 1968 |

|                                   |              |      |  |
|-----------------------------------|--------------|------|--|
| <b>High Hurdles</b>               |              |      |  |
| Martin Lauer (WG) 2/1/37          | 13.2         | 1959 |  |
| Elias Gilbert (US) 14/1/36        | 13.7         | 1964 |  |
| Hinrich John (WG) 11/5/36         | 13.8         | 1968 |  |
| <b>Intermediate Hurdles</b>       |              |      |  |
| Gerl Potgieter (SA) 16/4/37       | 49.3         | 1960 |  |
| Dick Howard (US) 22/8/35          | 50.1         | 1960 |  |
| Kimarn Sonjak (Kenya) 1/6/36      | 50.6         | 1968 |  |
| <b>High Jump</b>                  |              |      |  |
| Charles Dumas (US) 12/2/37        | 7'-0 1/2"    | 1964 |  |
| Werner Pfeil (EG) 19/12/37        | 6'-10 1/2"   | 1970 |  |
| Crawford Fairbrother (GB) 1/12/36 | 6'-8 1/2"    | 1970 |  |
| <b>Long Jump</b>                  |              |      |  |
| Tom Chilton (US) 20/4/37          | 23'-11 1/2"  | 1974 |  |
| Reijo Toivonen (Fin) 25/3/35      | 25'-0 1/2"   | 1973 |  |
| <b>Shot Put</b>                   |              |      |  |
| Dave Davis (US) 30/8/37           | 53'-6"       | 1974 |  |
| Jay Silvester (US) 27/8/37        | 62'-9"       | 1973 |  |
| Vilmos Varju (Hung) 10/6/37       | 67'-1 1/2"   | 1971 |  |
| <b>Discus</b>                     |              |      |  |
| Ludvig Danek (Cze) 6/1/37         | 220'-5"      | 1974 |  |
| Jay Silvester (US) 27/8/37        | 216'-9"      | 1973 |  |
| Al Oerter (US) 19/9/36            | 200'-1 1/2"  | 1964 |  |
| Rink Babka (US) 23/9/36           | 209'-5"      | 1966 |  |
| <b>Hammer</b>                     |              |      |  |
| Gyula Zsivotzky (Hung) 25/7/37    | 239'-8 1/2"  | 1971 |  |
| <b>Javelin</b>                    |              |      |  |
| Frank Covelli (US) 2/4/36         | 267'-4"      | 1971 |  |
| Bill Alley (US) 20/4/37           | 273'-10 1/2" | 1960 |  |
| Larry Stuart (US) 19/10/37        | 267'-3"      | 1963 |  |
| Manfred Stolle (EG) 5/7/37        | 297'-6"      | 1970 |  |

## U.K. RESULTS

(continued from page 18)

|                    |      |    |               |                |     |             |         |                    |                  |         |    |             |         |
|--------------------|------|----|---------------|----------------|-----|-------------|---------|--------------------|------------------|---------|----|-------------|---------|
| <b>200 M</b>       |      |    |               | <b>800 M</b>   |     |             |         | <b>3200 M Walk</b> |                  |         |    |             |         |
| <i>Class 1</i>     |      |    |               | <i>Class 1</i> |     |             |         | <i>Class 1</i>     |                  |         |    |             |         |
| 1. C. Williams     | 23.9 | 1. | F. Smith      | 2:07.1         | 3.  | T. Everitt  | 17:32.8 | 1.                 | G. Meadows       | 16:23.2 | 1. | A. East     | 21:26.0 |
| 2. A. Blackman     | 24.1 | 2. | T. Everitt    | 2:07.2         | 4.  | K. Bray     | 17:44.6 | 2.                 | R. Garratt (N/S) | 18:25.0 | 2. | K. Easton   | 18:14.2 |
| 3. K. Scott        | 24.2 | 3. | G. Smith      | 2:12.2         | 5.  | R. Johnson  | 18:02.0 | 3.                 | A. Goodwin       | 18:26.0 | 3. | F. Nickolls | 19:15.8 |
| <i>Class 2</i>     |      |    |               | <i>Class 2</i> |     |             |         | <i>Class 2</i>     |                  |         |    |             |         |
| 1. K. Williams     | 26.7 | 1. | L. Brown      | 2:23.3         | 6.  | A. Kimber   | 18:08.4 | 4.                 | T. Cook          | 19:10.0 | 1. | W. McMullen | 16:28.0 |
| 2. J. Hare         | 28.0 | 2. | B. Neilson    | 2:25.3         | 7.  | S. Charlton | 18:29.6 | 2.                 | W. Symes         | 21:57.4 | 2. | K. Easton   | 18:14.2 |
| 3. P. Munn         | 28.2 | 3. | D. Payne      | 2:30.0         | 8.  | P. Kearsey  | 18:32.0 | 3.                 | F. Peacock       | 26:38.8 | 3. | F. Nickolls | 19:15.8 |
| <i>Class 3</i>     |      |    |               | <i>Class 3</i> |     |             |         | <i>Class 3</i>     |                  |         |    |             |         |
| 1. C. Fairley      | 26.8 | 1. | L. Rolfs      | 2:39.5         | 9.  | G. Collett  | 19:14.2 | 1.                 | R. Hopcroft      | 21:31.0 | 4. | T. Cook     | 19:10.0 |
| 2. L. Ball         | 29.1 | 2. | W. Symes      | 2:57.5         | 10. | R. Hewitt   | 20:17.0 | 1.                 | W. Symes         | 21:57.4 | 1. | A. East     | 21:26.0 |
| 3. J. Williams     | 30.0 | 3. |               |                | 11. | C. McDowell | 21:19.0 | 2.                 | F. Peacock       | 26:38.8 | 2. |             |         |
| <i>Class 4</i>     |      |    |               | <i>Class 4</i> |     |             |         | <i>Class 4</i>     |                  |         |    |             |         |
| 1. A. Sutherland   | 34.9 | 1. | A. Sutherland | 34.9           | 1.  | R. White    | 26:46.2 | 1.                 | R. White         | 26:46.2 | 1. |             |         |
| <b>400 M</b>       |      |    |               | <b>1500 M</b>  |     |             |         | <b>5000 M</b>      |                  |         |    |             |         |
| <i>Class 1</i>     |      |    |               | <i>Class 1</i> |     |             |         | <i>Class 1</i>     |                  |         |    |             |         |
| 1. F. Smith        | 53.4 | 1. | L. O'Hara     | 4:14.6         | 1.  | L. O'Hara   | 15:46.4 | 1.                 | L. O'Hara        | 15:46.4 | 1. | A. East     | 21:26.0 |
| 2. K. Scott        | 56.4 | 2. | G. Smith      | 4:37.5         | 2.  | G. Smith    | 4:37.5  | 2.                 | D. Dellar        | 16:57.0 | 2. |             |         |
| 3. E. Warren (N/S) | 57.4 | 3. | J. Green      | 4:40.6         | 3.  | J. Green    | 4:40.6  | 3.                 |                  |         | 3. |             |         |
| 4. J. Daniels      | 58.6 | 4. |               |                | 1.  | B. Weekes   | 5:10.2  | 1.                 | L. Rolfs         | 5:36.2  | 1. |             |         |
| 5. J. Charman      | 61.8 | 5. |               |                | 2.  | W. Symes    | 5:53.0  | 2.                 | W. Symes         | 5:53.0  | 2. |             |         |
| <i>Class 2</i>     |      |    |               | <i>Class 2</i> |     |             |         | <i>Class 2</i>     |                  |         |    |             |         |
| 1. P. Munn         | 60.2 | 1. | L. Brown      | 6:57.8         | 1.  | L. Brown    | 6:57.8  | 1.                 | L. Brown         | 6:57.8  | 1. |             |         |
| 2. L. Brown        | 62.9 | 2. |               |                | 2.  | W. Symes    | 5:53.0  | 2.                 | W. Symes         | 5:53.0  | 2. |             |         |
| 3. S. Stein        | 66.4 | 3. |               |                | 3.  | L. Davis    | 6:57.8  | 3.                 | L. Davis         | 6:57.8  | 3. |             |         |
| <i>Class 3</i>     |      |    |               | <i>Class 3</i> |     |             |         | <i>Class 3</i>     |                  |         |    |             |         |
| 1. L. Ball         |      | 1. |               |                | 1.  | L. Rolfs    | 5:36.2  | 1.                 | L. Rolfs         | 5:36.2  | 1. |             |         |
| 2. L. Clement      |      | 2. |               |                | 2.  | W. Symes    | 5:53.0  | 2.                 | W. Symes         | 5:53.0  | 2. |             |         |
| <i>Class 4</i>     |      |    |               | <i>Class 4</i> |     |             |         | <i>Class 4</i>     |                  |         |    |             |         |
| 1. A. Sutherland   |      | 1. |               |                | 1.  | L. O'Hara   | 15:46.4 | 1.                 | L. O'Hara        | 15:46.4 | 1. |             |         |

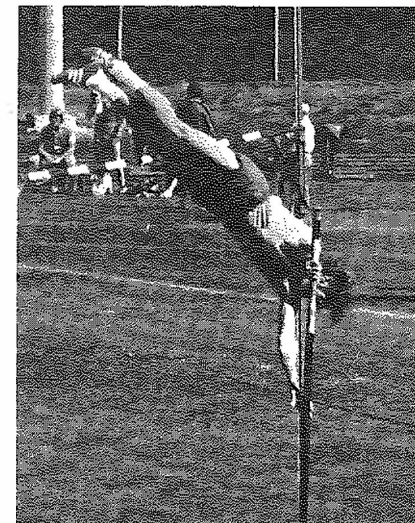
|                                |      |      |  |
|--------------------------------|------|------|--|
| <b>Decathlon</b>               |      |      |  |
| Rafer Johnson (US) 18/8/35     | 8001 | 1960 |  |
| Werner von Moltke (WG) 24/5/36 | 7805 | 1969 |  |
| Tom Waddell (US) 1/11/37       | 7629 | 1971 |  |

### A Personal Postscript

Having reached the end of this attempt to answer a question that interested me, I have two concerns I would share with you:

There is no central source of statistics on veteran's athletics that I could draw upon for answers, and no central registry of veteran athletes that would enable me to find answers for myself. Pete Mundle, who compiles statistics for *Age Records*, and John Hayward, for *Veteris*, do far more than anyone would have right to expect in their volunteer efforts, but an adequate statistical compilation is expensive and, somehow, veteran athletes should bear this expense.

Secondly, I find myself and I hope you find yourself very excited about what the competitions at Goteburg could be. "Lives there a man with soul so dead..." not to thrill to the possibility of Pender vs. Hary in the 100; Clarke, Roelants, Rault, and Gamoudi in the 10,000; or Danek, Oerter, and Silvester in the discus, at Goteburg? These competitions may not happen, and whether or not they happen may depend on you. If you are in correspondence with anyone on the above lists, will you please do everything you can to encourage them to compete in Goteburg in 1977? Thanks -- RR



## WELCOME!

In response to a proposal by the Canadian Veterans the Scottish Veteran Harriers Club (under SAAA Rules) are organising a great INTERNATIONAL VETERANS GATHERING - GLASGOW, WEEK-END 21 and 22 AUGUST 1976.

FRIDAY (Evening): SCOTTISH WELCOME AND RENEWED FRIENDSHIPS  
SATURDAY: CONGRESS OF DELEGATES & VETERANS OPEN FORUM

AFTERNOON COACH EXCURSION TO LOCH LOMOND - WITH SCENIC NATURE TRAIL JOG FOR VETERANS, FAMILY AND FRIENDS. Souvenir Certificates for all who complete the trail.  
EVENING: SCOTS CEILIDH - SOCIAL - DANCING - & JOLLIFICATION!  
All-in Saturday Fee £1.00 per person.

SUNDAY 22 AUGUST AT 12 NOON  
10,000 METRES CHALLENGE ROAD RACE  
Souvenirs - Teas - Certificates - Race Results - Special Awards to 1st o/40; o/50; o/60 of each nation.

Entry Fee £1. Entries to: Walter J. Ross, Hon. Sec. SVHC, 10 Thornley Avenue, Glasgow G13 3BY. (Tel: 041-954 6154)

## POSTAL BOOK SALES

### RUNNERS WORLD BOOKLETS

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

**Food for Fitness** covers diet for all sports. Eat the right foods. 140 pages. Price: £1.60.

**New Views of Speed Training** Suggestions for making speed training both profitable and enjoyable. 52 pages. Price: 70p.

**Encyclopaedia of Athletic Medicine** Emphasis is on prevention, stopping injuries and illnesses at the source. Disabilities of bones, muscles, arches, tendons etc, and internal problems are dealt with. 100 pages. Price: £1.10.

**The Runner's Diet** Suggests ways to improve performance through dietary control. 84 pages. Price: £1.10.

**Interval Training** Ex Olympic marathoner Nick Costes takes a fresh look at the subject. 84 pages. Price: £1.10  
**Runner's Training Guide** Experts on all aspects of training philosophy present their methods. 100 pages. Price: £1.55.

**The Running Body** The physiology of running; how the body in action works and how to make it work more efficiently and effectively. 52 pages. Price: 85p.  
**Finnish Running Secrets** The first full examination of the men and methods that brought the Finns back into world leadership in distance running, featuring Viren and Vasala. 96 pages. Price: £1.35.

**Exercises for Runners** How to increase power with strength work and reduce injuries with stretching. 84 pages. Price: £1.10.

**Age of the Runner** Examines running's effects on aging and longevity and how a runner's age affects his performance. 68 pages. Price: 95p.

**Running after 40** surveys all aspects of veteran running. Summarises background of leading vets. in classes 1 to 4. 36 pages. Price: 60p.

**The Female Runner** Looks at the special needs and problems of women runners, from sprinters to marathoners. 36 pages. Price: 70p.

**Run Gently** Run Long Joe Henderson's sequel to the popular 'LSD' book published 5 years earlier. Tells how to enjoy a long and productive running career with minimum of pain. 100 pages. Price: £1.35.

**Race Walking** The sport is surveyed, with advice on training and mastering the walking action. 52 pages. Price: 85p.

**Tale of the Ancient Marathoner** The amazing Jack Foster tells his own life story, littered with advice for runners of every age. 52 pages. Price: 85p.

**The Complete Runner** Articles on style, training, philosophy, diet, conditioning, running for fun, great runners and races, motivation, injury prevention, etc. 400 pages. Hardback: £5.50.

**Guide to Distance Running** Nearly 100 articles divided into 5 chapters: Basics, Races and Racing, Coaching and Training, The Reasons Why, The People. 208 pages; nearly 100 photos. Price: £3.40.

**Yoga and the Athlete** by Ian Jackson shows, in depth, what yoga has to offer to athlete; how it can break down barriers which seemed immovable. A deep thinking book of great value to the thinking veteran. 96 pages. Price: £1.35.

**The African Running Revolution** edited by Dave Prokop. The complete story of modern African athletics from Bikila to Bayi. Price £1.35.

**First Steps to Fitness** is aimed at the beginner or the athlete returning to fitness, but still of value to the veteran. Over 50 topics discussed from the endurance fitness point of view. 64 pages. Price: 85p.

# Coroebus says...

As I pen this column, the I.O.C. are holding yet another meeting with the Canadian Government to try and save the Olympic Games from cancellation. This is the second time in 12 months that Canadian politicians have made last minute decisions threatening international sporting events. In addition, the Tanzanian government has announced its withdrawal from the Olympics (no one knows what their athletes think) because of New Zealand's rugby tour of South Africa, and it is likely that other African nations will follow suit. I also well remember Harold Wilson demanding, at the time of the Munich Games, that Britain withdraw its team, though I would have liked to have known how he could have enforced it.

Yes, politicians are quicker than ever to jump in and make decisions for the athletes. Perhaps they will soon be issuing training schedules. These politicians only have real power of course, where they control the purse strings or control countries whose citizens do not have freedom to leave their shores. The veteran movement should never cease to be aware of these facts. Fortunately, the free countries of the world are those who would have great difficulty in preventing an athlete going abroad if he is self financed.

It is for good reason then that many veteran leaders are wary of government financial assistance, wary of nationalism, uniforms and flag-raising - and even wary of association with established organisations who might be vulnerable to political pressure or so-called "World Opinion".

How nice it would be to see the athletes of the world meeting just as individuals; all entries by name only, no colours, no flags. Just like a club championships meeting. Surely the world is small enough these days to be regarded as a club.

Dr. Jack Scaff (40), Director of Cardiac Rehabilitation at the University of Hawaii and Chairman of the Honolulu Marathon Association, has signed 1300 persons of all ages to join the Honolulu Marathon Clinic, in addition to leading about 200 heart attack victims through an hour of callisthenics and gentle jogging three times weekly.

"We are saying that once someone gets into marathon condition the possibility of heart disease is so remote as to be negligible. We're dealing in what we think might be absolute protection" Dr. Scaff has said.

"In our program, among those under 70, we have had zero deaths and zero heart attacks in three

years". According to U.S. statistics more than 60 of Dr. Scaff's cardiac rehabilitation patients should now be dead!

Last December 15th, he and 48 other cardiologists, mostly veterans, ran in the Honolulu Marathon which was won, appropriately, by the King of the veteran distance runners, Jack Foster. Some of the heart patients competed too.

Next year, Jack Scaff and his new wife, who also runs 50 miles races (!), will be visiting New Zealand on a lecture tour. They are particularly keen to compete in the famed Rotorua Marathon and can be certain of a warm welcome. Their visit should do a great deal to publicise the enormous benefits of controlled running programmes in the field of cardiac rehabilitation.

World Masters steeplechase champion HAL HIGDON (USA) has kept a low profile since Toronto, mainly through injury, but I understand that he is now getting back into shape and will commence his build up for Gothenburg by trying to regain his veteran's record in the famous Pikes Peak Marathon this August.

In addition to his running prowess Hal is a prolific writer, journalist and author of no less than ten books, including the popular "On the Run from Dogs and People" (now out of print) and his latest serious work "The Crime of the Century" (Putnams). He is now engaged in researching for a book on Veteran track athletics and fitness running and is trying to obtain anecdotes and stories concerning veteran runners. I'm sure that most readers of this column can recall incidents, both amusing and serious, since their involvement in veteran running. Also, the characters we know in the sport - their achievements over adversity, their humour, the "before and after" advertisements, the camaraderic etc. etc. There must be a wealth of material there waiting to be unearthed. If you would like to play a small part, in the preparation of this book then let Hal have the following information:-

- 1 Your name and personal data
- 2 How you started running; or how you got started again
- 3 Why do you do it?
- 4 What is your funniest or most interesting experience as a competitor in veteran athletics?

Send your answers to Coroebus, who will forward them to Hal, or write direct to Hal Higdon, 2815 Lake Shore Drive, Michigan City, Indiana 46360.

A good nourishing diet, daily exercise and a sensible outlook to life are the basic factors which ensure that your body functions at peak efficiency well into old age - so wrote Michael Nightingale in a recent edition of the *Here's Health* magazine. Obvious, perhaps, when you think about it but still refreshing to hear sound commonsense now and again. Nightingale continued: "If you talk to people who are chronologically old - say, over 90 years of age - and who are still very active and healthy, you will find that they are people who work hard, eat sparsely, eat simple food, do not drink much alcohol, do not smoke, are not over-indulgent and have happy dispositions. Of course, they do not all exhibit all these qualities, but this is the general pattern of behaviour that emerges.

People in South America and elsewhere who live to 130 or more are always active, hard-working individuals who never over-eat. They are mostly, if not always, vegetarians, and this is another factor which helps to prolong healthy life. However, vegetarianism may be associated with a lack of opulence and it may be the latter, rather than the vegetarianism that is responsible for their healthy condition.

It always seems a great pity to me that, whilst children can throw themselves around on the ground with the "joy of living", adults may not do this. We should be able to run and jump and swing on branches like youngsters: it is not this sort of behaviour that is odd but the society that circumscribes it that is unnatural and productive of neuroses.

Retirement is the third major occupational upheaval in a person's life. The first is when he starts school, the second when he first goes out into the world to earn his living, and both these constitute a widening of horizons and opportunity for greater fulfilment.

Retirement, on the other hand, usually means a

narrowing of horizons, a loss of opportunity and a diminution of self-evaluation. It is often entered into without any preparation and the loss of identity, loss of purpose and loss of companionship that results from this take the individual unawares.

The answer is to keep active. If you need to retire, then take on some other work - even if it is voluntary - so that the stimulus for living is not extinguished. It is vital to keep active in mind and body.

Obviously, some sort of daily physical activity is necessary. Even in old age all the joints should be taken through their full range of movement."

Richard "Boo" Morcom was recently asked whether he enjoyed his training work. "Work?" he frowned, "No, I don't look at it as work. I'm a fanatic, yes, not about the sport but about taking care of my body and being moderate in all things. I love the competition, the fun of it. There is what I would call a gentle stress to it which makes it invigorating".

Boo, who got his nickname as a toddler and has been "trying to shake it ever since", was track coach at the University of Pennsylvania for 18 years (1949-67), won the National AAU vault title five times (14'9" on bamboo!) and was a U.S. Olympian to boot. He was no mean jumper either, with bests of 6'7 1/4" and 23'10".

Morcom is now 55 years old and really enjoys Masters competition. The enjoyment of a fine athlete is reflected in his performances; already this year 13'6" pole vault, 5'4" high jump and 18'4" long jump. But despite a life-time of athletic success he probably takes most delight in telling another story - about how he coached Penn pole-vaulters to National collegiate titles seven times yet not once in those seven years were those vaulters able to beat their coach. Morcom would take his champion out on the Monday after the Nationals for a jump-off and won every time. I like it!



'BOO' MORCOM, BUD DEACON, DICK GANSLER and HIOB relax during a meet.





# World news and results

## Australia

compiled by Peter Scott

George McGrath (56yrs) finished 107th in Boston Marathon in a time of 2:42:15. Before leaving for the U.S.A. George ran a 15:57.2 5km on tartan in Sydney on 26th April.

John Gilmour (57yrs) celebrated his birthday in Perth by placing 4th in the West Australian Club Marathon. Aiming to beat George McGrath's best of 2:37:00 he was 1:16:00 at the turn and was still on target at 22 miles. At this point however, he was attacked by severe cramps and had to walk for a spell eventually finishing in 2:46:10. Any disappointment for this was compensated for with a world best 2B 800m in 2:12.9 in Brisbane.

Dave Power, is back in training after an operation to straighten out "hammer toes" which have troubled him for some years.

Syd Hesketh (70yrs) running in Sydney won a 5km in 20:14.

Jack Ryan (53yrs) turned in a world best for 1500 metres in the Victorian AAA State Titles at Olympic Park, Melbourne, in March. His time - 4:14.00.

Dr Tony Blue (40yrs) former Olympian and National 800m champion zipped to another world best for Australia with a 1:56.5 800m at the Brisbane National Veteran Championships.

### AUSTRALIAN CHAMPIONSHIPS, BRISBANE, QUEENSLAND, APRIL 17th, 18th, 1976.

#### Wal Sheppard Reports -

"The meet was a great success both on and off the track due to a great extent to the excellent organising by the Queensland Club. It was helped by the use of an imposing new tartan complex, 9 lanes, and a four lane warm up tartan track which is in preparation will add more lustre to it.

A new Australian star emerged in the shape of Bill Armstrong in the 3A group. Bill won 5 events—100, 200, L.Jump, Triple and High. It is believed he set a new world best in the 200 (26.7) and the Triple (10.93m). His other performances were 100 (13.1) L.I. (4.84) High Jump (1.37). John Fraser (3A) improved his world mark in the Hammer with a throw of 46.04m.

A former Australian representative Tony Blue who

recently became a veteran took the honours in the 1A 400, (51.5) and the 800 (1:56.5) beating Graham Wise (1:59.9). Tony's time in the 800 betters the previous best recorded 1:56.9. Other well known athletes Theo Orr and John Gilmour continued on their dominating way winning four Gold medals each.

The outstanding athlete in my view was a guy named Ted Vickers who finished last in the 100m (2B) in 19.2 seconds. He also threw the Javelin, Discus and Shot. Ted Vickers you will be interested to know, lost a leg above the knee at Tobruk during World War Two but this has not dampened his enthusiasm. His example is inspiring and several athletes remarked that they were spurred on to harder efforts after seeing him run the 100 metres.

There is a great deal of talk here about Sweden 1977 and at this stage it looks as though we will have a strong contingent. Our athletes are looking forward to making new friends and meeting old friends again in addition to testing their mettle on the track."

|                        |      |  |  |
|------------------------|------|--|--|
| <b>100 M</b>           |      |  |  |
| <i>Class 1A</i>        |      |  |  |
| 1. N. Fletcher (NSW)   | 11.9 |  |  |
| 2. R. Cunliffe (Vict)  | 12.4 |  |  |
| 3. Liascos (S.A.)      | 12.5 |  |  |
| <i>Class 1B</i>        |      |  |  |
| 1. L. Snelling (SA)    | 12.0 |  |  |
| 2. H. Eden (Qld)       | 12.0 |  |  |
| 3. D. McKenney (NSW)   | 12.3 |  |  |
| <i>Class 2A</i>        |      |  |  |
| 1. J. Tennant (Vict)   | 12.6 |  |  |
| 2. R. Payne (NSW)      | 13.2 |  |  |
| 3. H. Barnes (SA)      | 13.3 |  |  |
| 4. G. Bartlett (Vict)  | 13.3 |  |  |
| <i>Class 2B</i>        |      |  |  |
| 1. A. Lampard (SA)     | 13.8 |  |  |
| 2. J. Stevens (Vict)   | 13.9 |  |  |
| 3. B. Duffy (Qld)      | 14.0 |  |  |
| <i>Class 3</i>         |      |  |  |
| 1. W. Armstrong (Vict) | 13.1 |  |  |
| 2. F. Stanton (NZ)     | 14.0 |  |  |
| 3. W. Stubbings (Qld)  | 14.4 |  |  |

|                       |      |  |  |
|-----------------------|------|--|--|
| 4. A. C. Smith (Vict) | 14.4 |  |  |
| 5. V. Pye (Vict)      | 14.5 |  |  |
| <b>200 M</b>          |      |  |  |
| <i>Class 1A</i>       |      |  |  |
| 1. N. Fletcher (NSW)  | 23.4 |  |  |
| 2. A. C. Blue (Qld)   | 24.5 |  |  |
| 3. J. Ellis (Qld)     | 24.5 |  |  |
| 4. D. Carr (WA)       | 24.7 |  |  |
| 5. D. R. Paul (SA)    | 25.0 |  |  |
| 6. J. Liascos (SA)    | 25.1 |  |  |
| 7. J. Sturzaker (NSW) | 25.2 |  |  |
| 8. R. Cunliffe (Vict) | 25.4 |  |  |
| <i>Class 1B</i>       |      |  |  |
| 1. L. Snelling (SA)   | 23.7 |  |  |
| 2. E. A. Eden (Qld)   | 24.1 |  |  |
| 3. D. McKenney (NSW)  | 24.8 |  |  |
| <i>Class 2A</i>       |      |  |  |
| 1. J. Tennant (Vict)  | 25.4 |  |  |
| 2. R. L. Clarke (SA)  | 26.2 |  |  |
| 3. R. Payne (NSW)     | 26.8 |  |  |

|                           |      |  |  |
|---------------------------|------|--|--|
| <i>Class 2B</i>           |      |  |  |
| 1. A. Lampard (SA)        | 28.2 |  |  |
| 2. B. J. Duffy (Qld)      | 29.7 |  |  |
| 3. G. A. Cavill (WA)      | 30.0 |  |  |
| <i>Class 3</i>            |      |  |  |
| 1. W. T. Armstrong (Vict) | 26.7 |  |  |
| 2. F. Stanton (NZ)        | 28.8 |  |  |
| 3. W. Stubbings (Qld)     | 29.6 |  |  |
| 4. A. C. Smith (Vict)     | 29.6 |  |  |
| <b>400 M</b>              |      |  |  |
| <i>Class 1A</i>           |      |  |  |
| 1. A. C. Blue (Qld)       | 51.5 |  |  |
| 2. J. Hills (Qld)         | 54.4 |  |  |
| 3. D. Carr (WA)           | 55.2 |  |  |
| 4. D. R. Paul (SA)        | 55.4 |  |  |
| <i>Class 1B</i>           |      |  |  |
| 1. W. Grady (Qld)         | 54.4 |  |  |
| 2. N. Windred (NSW)       | 55.2 |  |  |
| 3. S. McIntosh (SA)       | 56.3 |  |  |



TED VICKERS (Class 2B) shows all the determination needed to cover 100 metres in 19.2 secs.

|                       |        |  |  |
|-----------------------|--------|--|--|
| <i>Class 2A</i>       |        |  |  |
| 1. R. A. Aust (Vict)  | 57.8   |  |  |
| 2. R. L. Clarke (SA)  | 58.4   |  |  |
| 3. R. Payne (NSW)     | 59.4   |  |  |
| <i>Class 2B</i>       |        |  |  |
| 1. A. Lampard (SA)    | 63.8   |  |  |
| 2. G. Cavill (WA)     | 66.3   |  |  |
| <i>Class 3</i>        |        |  |  |
| 1. G. Buck (Qld)      | 63.4   |  |  |
| 2. A. C. Smith (Vict) | 64.5   |  |  |
| <b>800 M</b>          |        |  |  |
| <i>Class 1A</i>       |        |  |  |
| 1. A. C. Blue (Qld)   | 1:56.5 |  |  |
| 2. G. C. Wise (Vict)  | 1:59.9 |  |  |
| <i>Class 1B</i>       |        |  |  |
| 1. W. Grady (Qld)     | 2:04.1 |  |  |
| 2. N. Windred (NSW)   | 2:04.9 |  |  |
| 3. B. Sharpe (NSW)    | 2:09.9 |  |  |
| <i>Class 2A</i>       |        |  |  |
| 1. W. Shepherd (Vict) | 2:10.5 |  |  |
| 2. R. L. Clarke (SA)  | 2:13.0 |  |  |
| <i>Class 2B</i>       |        |  |  |
| 1. J. Gilmour (WA)    | 2:12.1 |  |  |
| <i>Class 3</i>        |        |  |  |
| 1. G. Buck (Qld)      | 2:19.9 |  |  |
| 2. F. Gamble (Vict)   | 2:33.7 |  |  |
| 3. A. C. Smith (Vict) | 2:35.2 |  |  |
| <b>1500 M</b>         |        |  |  |
| <i>Class 1A</i>       |        |  |  |
| 1. G. C. Wise (Vict)  | 4:09.3 |  |  |
| 2. D. Worling (NSW)   | 4:11.8 |  |  |
| 3. D. Todd (Qld)      | 4:12.2 |  |  |

|                              |         |  |  |
|------------------------------|---------|--|--|
| <i>Class 1B</i>              |         |  |  |
| 1. N. Windred (NSW)          | 4:21.4  |  |  |
| 2. B. Sharpe (NSW)           | 4:23.8  |  |  |
| 3. W. Grady (Qld)            | 4:25.9  |  |  |
| 4. P. Piper (NSW)            | 4:26.4  |  |  |
| <i>Class 2</i>               |         |  |  |
| 1. T. Orr (Vict) 2A          | 4:25.0  |  |  |
| 2. J. Gilmour (WA) 2B        | 4:42.2  |  |  |
| 3. W. Sheppard (Vict) 2A     | 4:47.9  |  |  |
| 4. J. Jonston (Vict) 2A      | 5:01.4  |  |  |
| 5. P. Devlin (NSW) 2A        |         |  |  |
| 6. J. Lynch (Qld) 2A         |         |  |  |
| 7. N. Le Rossignol (Vict) 2A | 5:26.2  |  |  |
| 8. C. Brockie (Qld) 2B       | 5:52.8  |  |  |
| <i>Class 3</i>               |         |  |  |
| 1. M. Jenkinson (Qld)        | 5:09.4  |  |  |
| 2. F. Gamble (Vict)          | 5:22.4  |  |  |
| 3. A. C. Smith (Vict)        | 5:37.4  |  |  |
| <b>5000 M</b>                |         |  |  |
| <i>Class 1A</i>              |         |  |  |
| 1. D. Todd (Qld)             | 15:29.4 |  |  |
| 2. N. Cleverly (NSW)         | 15:29.6 |  |  |
| 3. E. Warren (Vict)          | 15:38.8 |  |  |
| <i>Class 1B</i>              |         |  |  |
| 1. P. Piper (NSW)            | 16:16.4 |  |  |
| 2. T. Kelly (Vict)           | 17:06.0 |  |  |
| 3. J. Weeks (Qld)            | 17:11.8 |  |  |
| <i>Class 2A</i>              |         |  |  |
| 1. T. Orr (Vict)             | 16:38.3 |  |  |
| <i>Class 2B</i>              |         |  |  |
| 1. J. Gilmour (WA)           | 16:40.4 |  |  |
| <i>Class 3</i>               |         |  |  |
| 1. M. Jenkinson (Qld)        | 19:51.8 |  |  |

|                             |         |  |  |
|-----------------------------|---------|--|--|
| <b>10,000 M</b>             |         |  |  |
| <i>Class 1A</i>             |         |  |  |
| 1. J. Patterson (Qld)       | 32:10.2 |  |  |
| 2. R. Morgan Morris (Nauru) | 33:01.2 |  |  |
| 3. E. Warren (Vict)         | 33:19.7 |  |  |
| <i>Class 1B</i>             |         |  |  |
| 1. P. Piper (NSW)           | 33:31.6 |  |  |
| 2. T. Kelly (Vict)          | 35:07.6 |  |  |
| 3. R. Sutcliffe (SA)        | 35:20.6 |  |  |
| <i>Class 2A</i>             |         |  |  |
| 1. T. Orr (Vict)            | 34:52.4 |  |  |
| <i>Class 2B</i>             |         |  |  |
| 1. J. Gilmour (WA)          | 34:19.0 |  |  |
| <i>Class 3</i>              |         |  |  |
| 1. H. Batterham (NSW)       | 43:50.0 |  |  |
| <b>110 M Hurdles</b>        |         |  |  |
| <i>Class 1A</i>             |         |  |  |
| 1. R. Cunliffe (Vict)       | 19.9    |  |  |
| 2. K. White (Qld)           | 21.2    |  |  |
| <i>Class 1B</i>             |         |  |  |
| 1. L. Schaefer (NSW)        | 17.8    |  |  |
| 2. J. Moss (Vict)           | 22.7    |  |  |
| <i>Class 2A</i>             |         |  |  |
| 1. G. A. Bartlett (Vict)    | 18.8    |  |  |
| <i>Class 2B</i>             |         |  |  |
| 1. A. Lampard (SA)          | 21.7    |  |  |
| <i>Class 3</i>              |         |  |  |
| 1. V. Pye (Vict)            | 21.7    |  |  |
| <b>400 M Hurdles</b>        |         |  |  |
| <i>Class 1A</i>             |         |  |  |
| 1. M. Fletcher (NSW)        | 64.5    |  |  |
| <i>Class 1B</i>             |         |  |  |
| 1. B. Sharpe (NSW)          | 68.3    |  |  |
| 2. G. Brown (Qld)           | 69.6    |  |  |



|                              |         |  |
|------------------------------|---------|--|
| <b>Class 2A</b>              |         |  |
| 1. W. Charles (Qld)          | 74.3    |  |
| <b>Class 2B</b>              |         |  |
| 1. A. Lampard (SA)           | 77.7    |  |
| <b>Class 3</b>               |         |  |
| 1. A. C. Smith (Vict)        | 81.9    |  |
| <b>3000 M Steeplechase</b>   |         |  |
| <b>Class 1A</b>              |         |  |
| 1. D. Worling (NSW)          | 9:45.8  |  |
| 2. H. Van Wijngaarden (Vict) | 10:39.8 |  |
| <b>Class 1B</b>              |         |  |
| 1. T. C. Kelly (Vict)        | 10:34.3 |  |
| <b>1500 M Steeplechase</b>   |         |  |
| <b>Class 2A</b>              |         |  |
| 1. T. Orr (Vict)             | 4:54.2  |  |
| <b>Class 2B</b>              |         |  |
| 1. G. A. Cavill (WA)         | 5:47.2  |  |
| 2. A. Lampard (SA)           | 6:04.4  |  |
| <b>Class 3</b>               |         |  |
| 1. E. Gamble (Vict)          | 6:17.0  |  |
| <b>Long Jump</b>             |         |  |
| <b>Class 1A</b>              |         |  |
| 1. J. Sturzaker (NSW)        | 5.85    |  |
| 2. K. White (Qld)            | 5.48    |  |
| <b>Class 1B</b>              |         |  |
| 1. L. Schaefer (NSW)         | 5.73    |  |
| 2. G. Brown (Qld)            | 5.41    |  |
| 3. J. Soutar (NSW)           | 5.10    |  |
| 4. J. McGrath (NSW)          | 5.07    |  |
| 5. C. Murraylee (Vict)       | 4.93    |  |
| <b>Class 2A</b>              |         |  |
| 1. D. J. Frawley (Qld)       | 5.18    |  |
| 2. G. A. Bartlett (Vict)     | 5.14    |  |
| 3. R. L. Clarke (SA)         | 4.39    |  |
| 4. R. Payne (NSW)            | 4.30    |  |
| <b>Class 2B</b>              |         |  |
| 1. A. Lampard (SA)           | 4.25    |  |
| <b>Class 3</b>               |         |  |
| 1. W. T. Armstrong (Vict)    | 4.84    |  |
| 2. A. C. Smith (Vict)        | 4.04    |  |
| <b>Triple Jump</b>           |         |  |
| <b>Class 1A</b>              |         |  |
| 1. C. W. Keeble (NZ)         | 11.56   |  |
| 2. K. White (Qld)            | 11.51   |  |
| 3. J. Sturzaker (NSW)        | 11.50   |  |
| <b>Class 1B</b>              |         |  |
| 1. L. Schaefer (NSW)         | 12.33   |  |
| 2. R. J. Frawley (Qld)       | 11.24   |  |
| 3. G. Brown (Qld)            | 11.20   |  |
| <b>Class 2A</b>              |         |  |
| 1. G. A. Bartlett (Vict)     | 10.41   |  |
| 2. D. J. Frawley (Qld)       | 10.02   |  |

## Canada

|  |       |  |
|--|-------|--|
| <b>March 21st</b>  |       |  |
| <b>MTRRA 10 Km road race at Sunnybrook Park, Toronto (40-49)</b> |       |  |
| 1. George Milne  | 37:08 |  |
| 2. Andrew Ivan   | 37:28 |  |
| 3. Jack Reid   | 38:14 |  |
| 4. Earl Crangle  | 38:28 |  |
| 5. Brian Oxley   | 39:22 |  |
| 6. George Daniels  | 40:28 |  |
| 7. Derek Foster  | 40:40 |  |
| <b>(50+)</b>   |       |  |
| 1. Doug Laister  | 40:44 |  |
| 2. Wilf Hartzenberg  | 40:47 |  |
| 3. Bud Crozier   | 41:59 |  |
| 4. Don Farquharson   | 42:11 |  |

|                           |       |  |
|---------------------------|-------|--|
| <b>Class 2B</b>           |       |  |
| 1. A. Lampard (SA)        | 8.66  |  |
| <b>Class 3</b>            |       |  |
| 1. W. I. Armstrong (Vict) | 10.93 |  |
| 2. A. C. Smith (Vict)     | 9.03  |  |
| 3. V. Pye (Vict)          | 7.89  |  |
| 4. G. R. Simpson (Vict)   | 7.80  |  |
| <b>High Jump</b>          |       |  |
| <b>Class 1A</b>           |       |  |
| 1. J. V. Wendling (NSW)   | 1.63  |  |
| 2. C. W. Keeble (NZ)      | 1.54  |  |
| 3. K. White (Qld)         | 1.42  |  |
| <b>Class 1B</b>           |       |  |
| 1. L. Schaefer (NSW)      | 1.57  |  |
| 2. G. Brown (Qld)         | 1.42  |  |
| 3. N. R. O'Neill (SA)     | 1.37  |  |
| 4. J. D. Moss (Vict)      | 1.27  |  |
| <b>Class 2A</b>           |       |  |
| 1. G. A. Bartlett (Vict)  | 1.51  |  |
| 2. R. L. Clarke (SA)      | 1.37  |  |
| 3. P. Dalwood (SA)        | 1.27  |  |
| <b>Class 2B</b>           |       |  |
| 1. A. Lampard (SA)        | 1.12  |  |
| <b>Class 3</b>            |       |  |
| 1. W. I. Armstrong (Vict) | 1.27  |  |
| 2. V. Pye (Vict)          | 1.17  |  |
| 2=. A. C. Smith (Vict)    | 1.17  |  |
| <b>Pole Vault</b>         |       |  |
| <b>Class 1A</b>           |       |  |
| 1. J. V. Wendling (NSW)   | 3.10  |  |
| 2. B. Seymour (Vict)      | 3.00  |  |
| 3. K. White (Qld)         | 2.45  |  |
| <b>Class 1B</b>           |       |  |
| 1. G. Brown (Qld)         | 3.35  |  |
| 2. J. McGrath (NSW)       | 3.10  |  |
| 3. L. Schaefer (NSW)      | 2.90  |  |
| <b>Class 2A</b>           |       |  |
| 1. G. A. Bartlett (Vict)  | 2.90  |  |
| <b>Class 2B</b>           |       |  |
| 1. A. Lampard (SA)        | 2.00  |  |
| <b>Javelin Throw</b>      |       |  |
| <b>Class 1A</b>           |       |  |
| 1. C. R. Bail (Vict)      | 45.94 |  |
| 2. A. Ropelin (Qld)       | 42.90 |  |
| 3. G. Van Ekelenberg (SA) | 42.62 |  |
| <b>Class 1B</b>           |       |  |
| 1. J. Achurch (Qld)       | 52.68 |  |
| 2. C. Murraylee           | 44.58 |  |
| <b>Class 2A</b>           |       |  |
| 1. D. J. Frawley (Qld)    | 45.86 |  |
| 2. A. Pavulins (Vict)     | 44.24 |  |
| <b>Class 2B</b>           |       |  |
| 1. G. Vickers (Qld)       | 23.54 |  |

|   |       |  |
|---|-------|--|
| <b>March 7th</b>  |       |  |
| <b>MTRRA 20 Km road race at York University, Toronto: (40-49)</b> |       |  |
| 1. Arthur Taylor  | 66:50 |  |
| 2. Lorne Buck   | 77:10 |  |
| 3. Doug Beatty  | 80:47 |  |
| 4. Rene Latour  | 80:50 |  |
| <b>(50+)</b>  |       |  |
| 1. Doug Laister   | 83:44 |  |
| 2. Bob Madeley  | 83:46 |  |
| <b>April 11th</b>   |       |  |
| <b>MTFC 5,000 M at Sunnybrook, Toronto</b>                        |       |  |
| 1. Cliff Hall   | 16:54 |  |
| 2. Lorne Buck   | 17:03 |  |
| 3. Art Rappich  | 18:14 |  |
| 4. Earl Crangle   | 18:28 |  |
| 5. Ralph Langw  | 18:48 |  |

|                           |       |  |
|---------------------------|-------|--|
| <b>Class 3</b>            |       |  |
| 1. J. Fraser (Vict)       | 27.90 |  |
| 2. P. Barnes (SA)         | 23.46 |  |
| <b>Discus Throw</b>       |       |  |
| <b>Class 1A</b>           |       |  |
| 1. G. Van Ekelenberg (SA) | 36.80 |  |
| 2. C. R. Ball (Vict)      | 34.92 |  |
| 3. K. White (Qld)         | 30.38 |  |
| <b>Class 1B</b>           |       |  |
| 1. C. Murraylee (Vict)    | 32.54 |  |
| 2. J. Soutar (NSW)        | 32.04 |  |
| <b>Class 2A</b>           |       |  |
| 1. A. Pavulins (Vict)     | 38.68 |  |
| 2. J. Peridis (NSW)       | 36.75 |  |
| 3. D. J. Frawley (Vict)   | 35.59 |  |
| <b>Class 2B</b>           |       |  |
| 1. R. P. Foley (Vict)     | 33.08 |  |
| <b>Class 3</b>            |       |  |
| 1. J. Fraser (Vict)       | 30.99 |  |
| 2. N. Cheetham (Qld)      | 24.97 |  |
| <b>Shot Put</b>           |       |  |
| <b>Class 1A</b>           |       |  |
| 1. G. Van Ekelenberg (SA) | 12.46 |  |
| 2. A. Ropelin (Qld)       | 12.01 |  |
| 3. C. R. Ball (Vict)      | 11.77 |  |
| <b>Class 1B</b>           |       |  |
| 1. C. Murraylee (Vict)    | 9.65  |  |
| 2. J. McGrath (NSW)       | 9.58  |  |
| 3. J. Soutar (NSW)        | 9.40  |  |
| <b>Class 2A</b>           |       |  |
| 1. A. Pavulins (Vict)     | 13.84 |  |
| 2. J. Peridis (NSW)       | 12.71 |  |
| 3. P. Dalwood (SA)        | 10.73 |  |
| <b>Class 2B</b>           |       |  |
| 1. R. P. Foley (Vict)     | 9.87  |  |
| 2. G. E. Vickers (Qld)    | 8.61  |  |
| <b>Class 3</b>            |       |  |
| 1. J. Fraser (Vict)       | 10.70 |  |
| <b>Hammer Throw</b>       |       |  |
| <b>Class 1A</b>           |       |  |
| 1. F. T. Cron (Vict)      | 40.28 |  |
| 2. C. R. Hall (Vict)      | 34.66 |  |
| <b>Class 1B</b>           |       |  |
| 1. C. Murraylee (Vict)    | 38.58 |  |
| 2. J. Soutar (NSW)        | 31.40 |  |
| <b>Class 2A</b>           |       |  |
| 1. D. J. Frawley (Qld)    | 43.82 |  |
| 2. A. Pavulins (Vict)     | 41.32 |  |
| <b>Class 2B</b>           |       |  |
| 1. R. P. Foley (Vict)     | 42.10 |  |
| <b>Class 3</b>            |       |  |
| 1. J. Fraser (Vict)       | 46.04 |  |
| 2. W. Tunaley (Vict)      | 31.92 |  |

|   |       |
|---|-------|
| 6. Ted Maidman 50+  | 19:20 |
| 7. Max Bacon  | 19:53 |
| 8. Ted Harwood  | 20:02 |
| 9. Don Stiles 50+   | 20:12 |
| 10. Don Farquharson 50+   | 30:31 |
| 11. John Nolan 50+  | 20:47 |
| 12. Roy Harland   | 21:14 |
| 13. Keith Kerr  | 21:25 |
| 14. Robert Lunan  | 21:31 |
| 15. Peter Currie  | 22:05 |
| <b>May 2nd</b>  |       |
| <b>National Capital (Olympic Trial) Marathon</b>  |       |
| Arthur Taylor ran a great personal best of 2:26:30 for a new Canadian Masters Record. Lorne Buck was second Master in 2:40:13 whilst Bill Buck, Art Rappich, and David Milne were all well under 3:00:00. |       |

# Belgium

## Bruges 25 Kilometres Road Race

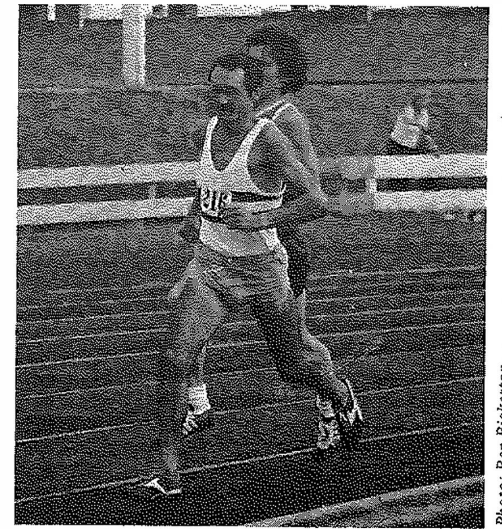
Jack Fitzgerald reports:-

This was the largest, and in many aspects the happiest party to make the annual pilgrimage to this beautiful City. If the Tour Leader collected a few more grey hairs en route, due to sundry members missing trains and boats, at least it should make him look old enough to know better, and it does keep the adrenalin flowing. Rain greeted us on our arrival at Ostend and persisted until about 30 minutes before the start of the race, but everybody retained their sense of humour. As it bucketed down throughout Saturday night and Sunday morning, our thoughts and sympathy turned to Eric Austin and family somewhere out there in a tent.

Our reception at Hotel St. Christophe was saddened by the news that Charles Vanhove our previous host for the last two visits had passed away the previous weekend. A great Anglophile and gentleman, he will be sadly missed by future British parties. We had hardly unpacked our toothbrushes before we were visited by the Bruges reception committee headed by old friends, Jacques Serruys and Freddy Van Castelee. If incentive to finish on the morrow were needed, it was amplified by a preview of the magnificent medal for all finishers which improves every year. Doubts about Alan Horne's and my own ability to achieve this were expressed by Jo Horne after witnessing the large consignment of strawberries mounted on ice cream and topped by real cream which we consumed after a gigantic meal at the market square. Jo should know by now that all distance runners have elastic stomachs. On our return, we were delighted to greet Ted and Barbara Andrews who had talked their way over, after missing the train at Victoria and the accompanying boat.

We were very grateful to John Shave and family who was over on holiday with their car, and transported our running kit out to the Stadium. This left us free to sprint to the Market Square for the bus to St. Andries. We didn't quite make it, but the driver with customary Belgian politeness stopped in the middle of the road while we all piled on.

After changing at the Stadium, we caught the charter buses back for the usual mad scramble to start at the Market Square. There was a marked reluctance to force the pace amongst the leaders until reaching the Stadium for the first time. Here Eric Austin decided to throw caution to the winds and went away from the unsuspecting pack who had been lulled into thinking it was developing into a social run. Social it wasn't from thereon and Eric eventually won by nearly 7 minutes. Terry Rooke surprised many by his forward running, and at one time looked as if he might hang on for second. Remembering his 4th place in the Isle of Man, 25 Kilometres seems to be his ideal distance and he only lost out to Laurie O'Hara for 7th place when the wee wonder made his customary



ERIC AUSTIN - Winner by nearly 3 minutes.

sprint for home, and we all know what this means. Last year's winner Piet Van Alphen was as consistent as ever in 2nd place, but a new name, Adolf Bremm appeared on the result sheet in 3rd position, followed by the very good Belgian trio of Gaddisseur, Vergison and Van Tiegem. Ron Gomez, much more at home on the country, worked hard for his 12th position, and judging from his fragile condition after the race, had run far in excess of his normal training stint.

Jack Heywood continues to improve, only 1 second behind Ron at the finish, and along with Laurie O'Hara will be a real force in Class 1B in 1977. Alan Horne, despite all those strawberries, made up the British half dozen in 22nd place, with Derek Funnell consistent as ever 29th. If proof was needed that the slight alteration lengthened the course, it was provided by Edward Goosens, 5 minutes slower than 1975, but still easily first in Class 2. New over-50 Vet Adrie Verboan was second in this category and last year's runner up Francis Felaud was 3rd. Probably the most impressive performance in the race was Adolf Heunink's Class 3 record in 1:46:19. Finishing like a sprinter, to a great ovation, he will be hard to beat in either the Rugby or Coventry race should he compete there.

As always we marvelled at the impressive prize list at the awards banquet at the Jagershof. Over 350 finishers received a good prize as well as the medal each. The overworked officials must have been quite exhausted at the end of the prizegiving. We attempted to redress the balance by inviting them back with their wives to the Hotel in the evening, where a general get together went on until nearly midnight. In a weak moment during these activities, a few of us decided to train at 6.30 a.m. the next morning. On tottering legs we followed the Canal towpath for about 4 miles out of Bruges. On our return, leader Terry Rooke took a wrong turn (how can you get lost on a towpath?). Mesmerised we followed like sheep

Photo: Ben Bickerton

until we really were lost, and we wondered whether the boat would wait for us. Our combined senses of direction finally got us back to the Hotel for a hasty breakfast, and a forced march to the station. That lovely man, Jacques Serruys, was there as promised to see us off. No wonder Jacques was awarded the Bruges "Sportsman of the year" Trophy this year; that would be the British party's nomination also. All

made the train except Terry Rooke, who caught a later one and involved the tour leader into yet another last minute run up the gangplank — all good training! Once again, many international friendships were forged on this trip, and all vowed to return next year. With Switzerland and Sweden in the offing for 1977 this becomes increasingly difficult, but how can one resist such overwhelming hospitality.

#### Class 1 (40-49)

|                             |         |
|-----------------------------|---------|
| 1. E. Austin (GBR) (Tipton) | 1:23:15 |
| 2. P. Van Alphen (HOL)      | 1:26:09 |
| 3. A. Bremm (GER) (TB)      | 1:26:13 |
| 4. M. Gadisseur (BEL) (OM)  | 1:26:20 |
| 5. W. Vergisen (BEL) (OB)   | 1:26:37 |
| 6. J. Van Tiegem (BEL)      | 1:26:52 |
| 7. L. O'Hara (GBR) (Bel)    | 1:26:55 |
| 8. T. Rooke (GBR) (Mid)     | 1:27:22 |
| 9. C. Huyssen (Beeschoot)   | 1:27:38 |
| 10. W. Vanderstappen (LL)   | 1:27:42 |
| 11. R. Monseur (BEL)        | 1:27:51 |
| 12. R. Gomez (GBR)          | 1:28:08 |
| 13. J. Heywood (GBR)        | 1:28:09 |
| 14. A. Staelsens (BEL)      | 1:28:15 |
| 15. B. Compere (BEL)        | 1:28:21 |
| 16. J. Pulles (HOL)         | 1:29:07 |
| 17. R. Jansen (BEL)         | 1:30:17 |
| 18. A. Seye (BEL)           | 1:30:37 |
| 19. J. Labberton (HOL)      | 1:30:45 |
| 20. A. Nielercorn (BEL)     | 1:31:00 |
| 21. L. Vinck (HOL)          | 1:31:07 |
| 22. A. Horne (GBR)          | 1:31:18 |
| 23. J. Wedeking (BEL)       | 1:31:28 |
| 24. E. Demeyer (BEL)        | 1:31:58 |
| 25. F. Kieckens (BEL)       | 1:32:06 |
| 26. P. Kohn (BEL)           | 1:32:45 |
| 27. L. De Bic (BEL)         | 1:33:32 |
| 28. E. Van De Velde (BEL)   | 1:34:13 |
| 29. D. Funnell (GBR)        | 1:34:15 |
| 30. T. Lezy (BEL)           | 1:34:18 |
| 31. C. Nowak (BEL)          | 1:34:25 |
| 32. E. Dumaynek (BEL)       | 1:34:32 |
| 33. Z. Lecluyze (BEL)       | 1:34:45 |
| 34. A. Fuijk (BEL)          | 1:34:50 |
| 35. H. Bos (HOL)            | 1:34:53 |
| 36. P. Verlinden (BEL)      | 1:34:56 |
| 37. R. Simons (BEL)         | 1:35:33 |
| 38. C. Koenders (HOL)       | 1:35:38 |
| 39. J. Fol (BEL)            | 1:35:39 |
| 40. J. Moerman (BEL)        | 1:35:47 |
| 41. M. Desmet (BEL)         | 1:35:52 |
| 42. A. Byers (GBR)          | 1:35:54 |
| 43. R. Wacayaert (BEL)      | 1:36:17 |
| 44. J. Van Loo (BEL)        | 1:36:21 |
| 45. F. Cressis (BEL)        | 1:36:36 |
| 46. Vansleenkiste (BEL)     | 1:36:40 |
| 47. A. De Cloedt (BEL)      | 1:36:55 |
| 48. P. Raes (BEL)           | 1:37:00 |
| 49. P. Schouten (HOL)       | 1:37:05 |
| 50. W. Van Damme (BEL)      | 1:37:08 |
| 51. J. Kerremans (BEL)      | 1:37:17 |
| 52. L. Smets (BEL)          | 1:37:23 |
| 53. P. H. Roels (BEL)       | 1:37:30 |
| 54. S. Broder (GER)         | 1:37:45 |
| 55. F. Van Ransbeeck (BEL)  | 1:38:04 |
| 56. F. Ramael (BEL)         | 1:38:06 |
| 57. D. Van Bael (BEL)       | 1:38:23 |
| 58. A. Haecck (BEL)         | 1:39:00 |
| 59. M. Hanssens (BEL)       | 1:39:23 |
| 60. P. Burm (BEL)           | 1:39:26 |
| 61. M. Campbell (GBR)       | 1:39:45 |
| 62. G. Caillau (BEL)        | 1:40:09 |
| 63. R. De Witte (BEL)       | 1:40:09 |
| 64. R. Van Mol (BEL)        | 1:40:13 |
| 65. R. Blois (GBR)          | 1:40:16 |

|                            |                        |
|----------------------------|------------------------|
| 66. G. Terras (BEL)        | 1:40:34                |
| 67. E. Lezy (BEL)          | 1:40:43                |
| 68. M. Meens (BEL)         | 1:41:44                |
| 69. G. Poulin (BEL)        | 1:41:45                |
| 70. P. Kruit (HOL)         | 1:41:46                |
| 71. S. Goossens (BEL)      | 1:41:47                |
| 72. G. Vanhie (BEL)        | 1:41:48                |
| 73. A. E. Helford (GBR)    | 1:41:57                |
| 74. A. Gillis (BEL)        | 1:41:58                |
| 75. D. Riphagen (HOL)      | 1:41:59                |
| 76. Van Ryemenant (BEL)    | 1:41:59                |
| 77. G. Goossens (BEL)      | 1:42:00                |
| 78. F. Pillu (BEL)         | 1:42:00                |
| 79. W. Dams (BEL)          | 1:42:00                |
| 80. R. Burgers (BEL)       | 1:42:00                |
| 81. A. Kimber (GBR)        | 1:42:03                |
| 82. W. Pulles (BEL)        | 1:42:03                |
| 83. D. Zingaretti (BEL)    | 1:42:05                |
| 84. W. Convery (GBR)       | 1:42:05                |
| 85. S. Gottardo (BEL)      | 1:42:06                |
| 86. F. Van Praet (BEL)     | 1:42:10                |
| 87. R. Zutler (BEL)        | 1:42:23                |
| 88. F. Kaak (BEL)          | 1:42:45                |
| 89. J. Flamini (GER)       | 1:42:57                |
| 90. H. H. Hohn (GER)       | 1:43:06                |
| 91. R. Giovanni (GER)      | 1:43:13                |
| 92. S. Burghard (BEL)      | 1:43:12                |
| 93. H. Wagemann (HOL)      | 1:43:15                |
| 94. A. Thielemans (BEL)    | 1:43:45                |
| 95. H. Van Den Dungen      | 1:43:55                |
| 96. N. Dekein (BEL)        | 1:44:02                |
| 97. J. Buyl (BEL)          | 1:44:38                |
| 98. J. Moyaerts (BEL)      | 1:44:54                |
| 99. J. De Klerk (HOL)      | 1:45:17                |
| 100. C. Vandenheuvel (BEL) | 1:45:30                |
| 101. J. McQuillin (GBR)    | 1:47:35                |
| 102. J. Legge (GBR)        | 1:52:55                |
| 201. J. Shave (GBR)        | 2:01:18                |
| 219. A. Betteridge (GBR)   | 2:11:57                |
| 244. E. Andrews (GBR)      | 2:28:08 (248 finished) |

#### Class 2 (50-60)

|                            |         |
|----------------------------|---------|
| 1. E. Goossens (BEL)       | 1:33:30 |
| 2. A. Verbaan (BEL)        | 1:34:29 |
| 3. F. A. Feleaud (FRA)     | 1:37:07 |
| 4. O. Demie (BEL)          | 1:37:25 |
| 5. O. Depoelmont (BEL)     | 1:39:41 |
| 6. J. Deborger (BEL)       | 1:40:09 |
| 7. J. Fitzgerald (GBR)     | 1:40:27 |
| 8. E. Vermeersch (BEL)     | 1:42:08 |
| 9. R. Bocklandt (BEL)      | 1:42:11 |
| 10. E. Depauw (BEL)        | 1:42:36 |
| 11. P. C. E. Touzeau (BEL) | 1:43:12 |
| 12. E. Pauwels (BEL)       | 1:43:27 |
| 13. P. Verkinderen (BEL)   | 1:44:11 |
| 14. H. Van Der Welk (BEL)  | 1:45:31 |
| 15. W. Jenkins (GBR)       | 1:46:13 |
| 16. J. V. Ginkel (HOL)     | 1:46:43 |
| 17. A. Zwezerijnen (HOL)   | 1:47:01 |
| 18. R. Manguin (FRA)       | 1:47:21 |
| 19. L. Bouequaert (BEL)    | 1:48:13 |
| 20. R. Collin (BEL)        | 1:48:56 |
| 21. J. Kupiers (GER)       | 1:50:25 |
| 22. J. Raynaud (FRA)       | 1:50:27 |
| 23. H. Gersman (BEL)       | 1:51:17 |

|                          |                       |
|--------------------------|-----------------------|
| 24. P. Van Britson (HOL) | 1:51:56               |
| 25. G. Maquet (BEL)      | 1:52:10               |
| 26. J. Muylle (BEL)      | 1:52:30               |
| 27. N. Nesch (HOL)       | 1:53:33               |
| 28. A. Linterman (HOL)   | 1:53:42               |
| 29. S. Timmermans (HOL)  | 1:53:46               |
| 30. A. Audardt (BEL)     | 1:53:58               |
| 31. L. Joyce (GBR)       | 1:54:10               |
| 32. T. Snyers (BEL)      | 1:56:39               |
| 33. J. Crichton (GBR)    | 1:57:36               |
| 34. A. Stokhof (HOL)     | 1:58:00               |
| 35. A. Stami (FRA)       | 1:58:30 (60 finished) |

#### Class 3 (Over 60)

|                          |                       |
|--------------------------|-----------------------|
| 1. A. Heunink (HOL)      | 1:46:19               |
| 2. K. Stiel (GER)        | 1:52:28               |
| 3. R. Idesbald (BEL)     | 1:52:52               |
| 4. R. Daubricourt (FRA)  | 1:53:51               |
| 5. L. Sam (GBR)          | 1:54:46               |
| 6. Vantisakis (GRE)      | 1:56:24               |
| 7. P. Poelman (BEL)      | 1:56:42               |
| 8. K. Verlinden (BEL)    | 1:59:01               |
| 9. A. Blumensaat (GER)   | 2:01:54               |
| 10. J. Mertens (BEL)     | 2:02:53               |
| 11. F. Hassig (BEL)      | 2:08:11               |
| 12. R. Moissonnier (BEL) | 2:09:53               |
| 13. G. Letellier (FRA)   | 2:10:15               |
| 17. G. Miller (GBR)      | 2:21:35               |
| 18. C. Bendig (GBR)      | 2:25:50 (21 finished) |

## Finland

Match 7th

Korso ½ Marathon,

Class 1 (40-49)

|                   |         |
|-------------------|---------|
| 1. Simo Nikula    | 1:11:36 |
| 2. Pekka Urponen  | 1:14:51 |
| Class 2 (50-59)   |         |
| 1. Heikki Kinnari | 1:23:44 |
| 2. Keijo Laakso   | 1:26:36 |
| Class 3 (60+)     |         |
| 1. Eino Jarvinen  | 1:25:51 |
| 2. Vilho Manninen | 1:36:13 |

March 21st

Korso, 25 Km

35+

|                   |         |
|-------------------|---------|
| 1. Urpo Lahtinen  | 1:23:21 |
| 2. Tuuvo Hyttinen | 1:27:19 |

April 25th

Nikkila, 19 Km

40+

|                        |         |
|------------------------|---------|
| 1. Ensio Tanninen      | 1:06:48 |
| 2. Jouko Salojarvi     | 1:12:13 |
| 3. C. Greenlees (G.B.) | 1:13:27 |

## New Zealand

Clem Green, reporting from the Championships says...

"From the acceptance by Waikato in 1975 to stage the event to the departure of competitors with their mementoes of programmes and certificates on 11 April, 1976, the greatest of praise must be accorded the organising committee for the preparations, and the Waikato Centre in staging this great two-day event."

From a competitors point of view, all events were well catered for and the officials performed their tasks efficiently; but for future long distance track

April 10th, 11th  
New Zealand Track & Field  
Championships, Hamilton

100 M

Class 1A

|                         |       |
|-------------------------|-------|
| 1. D. Ward (Toc H)      | 13.04 |
| 2. M. Strange (New P)   | 13.14 |
| 3. C. Deacon (Hastings) | 13.22 |

Class 1B

|                           |       |
|---------------------------|-------|
| 1. D. Barry (N Shore)     | 12.71 |
| 2. G. Powley (TeKauwhata) | 13.21 |
| 3. C. Parker (Hamilton)   | 13.63 |

Class 2A

|                           |       |
|---------------------------|-------|
| 1. F. Copeman (Frankton)  | 13.16 |
| 2. C. Kernahan (Uni Shir) | 13.63 |
| 3. D. Frawley (Qsld)      | 14.13 |

Class 2B

|                           |       |
|---------------------------|-------|
| 1. A. Lampard (S Austr)   | 14.41 |
| 2. L. Frances (Masterton) | 14.45 |
| 3. H. Cook (New Britn)    | 15.09 |

Class 3A

|                         |       |
|-------------------------|-------|
| 1. V. Pye (Victoria)    | 15.14 |
| 2. F. Stanton (N Sh)    | 15.15 |
| 3. F. Plant (Masterton) | 15.56 |

Class 3B

|                        |       |
|------------------------|-------|
| 1. P. Barnes (S Austr) | 15.91 |
|------------------------|-------|

200 M

Class 1A

|                         |       |
|-------------------------|-------|
| 1. C. Courtney (Taieri) | 24.87 |
| 2. D. Ward (Toc H)      | 25.22 |
| 3. R. Ferguson (New Br) | 26.57 |

Class 1B

|                           |       |
|---------------------------|-------|
| 1. D. Barry (N Sh)        | 25.05 |
| 2. G. Powley (TeKauwhata) | 25.91 |
| 3. C. Parker (Hamilton)   | 26.35 |

Class 2A

|                           |       |
|---------------------------|-------|
| 1. V. Copeman (Frank)     | 25.46 |
| 2. A. Hill (Hamilton)     | 26.00 |
| 3. C. Kernahan (Uni Shir) | 26.19 |

Class 2B

|                         |       |
|-------------------------|-------|
| 1. A. Lampard (S Austr) | 29.55 |
| 2. H. Cook (New Britn)  | 31.21 |
| 3. L. Frances (Mst)     | 32.08 |

Class 3A

|                        |       |
|------------------------|-------|
| 1. V. Pye (Victoria)   | 29.48 |
| 2. F. Stanton (N Sh)   | 29.93 |
| 3. S. Taylor (Gl Eden) | 30.92 |

Class 3B

|                        |       |
|------------------------|-------|
| 1. P. Barnes (S Austr) | 32.41 |
| 2. J. Locke (Ch Har)   | 38.92 |

400 M

Class 1A

|                           |       |
|---------------------------|-------|
| 1. A. Carter (Massey)     | 56.15 |
| 2. D. Ward (Toc H)        | 57.13 |
| 3. R. Heseltine (Olym Ch) | 59.79 |

Class 1B

|                        |       |
|------------------------|-------|
| 1. G. Powley (TeKauwh) | 58.74 |
| 2. A. Mahan (Toc H)    | 59.68 |

Class 2A

|                           |       |
|---------------------------|-------|
| 1. C. Kernahan (Uni Shir) | 58.02 |
| 2. R. Clarke (S Austr)    | 59.49 |
| 3. H. Barnes (S Austr)    | 64.32 |

Class 2B

|                      |         |
|----------------------|---------|
| 1. A. Lampard (S A)  | 64.96   |
| 1. C. Eil (Ch Har)   | 1:10.68 |
| 2. F. Stanton (N Sh) | 1:11.33 |
| 3. F. Plant (Mast)   | 1:11.54 |

Class 3B

|             |         |
|-------------|---------|
| 1. H. Woods | 1:20.40 |
|-------------|---------|

800 M

Class 1A

|                         |       |
|-------------------------|-------|
| 1. W. Baillie (Lyndale) | 2:2.3 |
| 2. A. Carter (Massey)   | 2:5.6 |
| 3. B. Powell (Ham Har)  | 2:7.7 |
| 4. R. O'Brien (Taieri)  | 2:9.8 |

Class 1B

|                          |        |
|--------------------------|--------|
| 1. I. Mallowes (Otahuhu) | 2:09.6 |
|--------------------------|--------|

May 16th

Aulanko (Hameenlinna), 10.4 Km

Boys, girls, women and men joggers, competitors and veterans, numbering 2,000 in all, took part in this event held in beautiful surroundings in hot weather.

Class 1 (40-49)

|                    |       |
|--------------------|-------|
| 1. Bruno Holmroos  | 35:00 |
| 2. Eino Manninen   | 35:30 |
| 3. Antero Rantanen | 35:41 |

50+

|                    |       |
|--------------------|-------|
| 1. Erkki Puolakka  | 40:25 |
| 2. Tuomas Haapanen | 40:39 |
| 3. Tuuro Arola     | 41:08 |

May 30th

Finnish Veterans Marathon

Championships, Seinäjoki

(40-44)

|                    |         |
|--------------------|---------|
| 1. Simo Nikula     | 2:31:47 |
| 2. Pekka Urponen   | 2:32:30 |
| 3. Antero Rantanen | 2:39:16 |

(45-49)

|                     |         |
|---------------------|---------|
| 1. Jorma Mielonen   | 2:43:09 |
| 2. Martti Hokkainen | 2:43:17 |
| 3. Eino Enquist     | 2:47:34 |

(50-54)

|                   |         |
|-------------------|---------|
| 1. K-J Backlund   | 3:10:30 |
| 2. Tuomo Korhonen | 3:16:27 |

|                       |        |
|-----------------------|--------|
| 2. H. Seay (Calliope) | 2:18.4 |
| 3. L. Going (Ham Har) | 2:18.8 |
| 4. R. Clarke (Marlbg) | 2:25.5 |

Class 2A

|                           |        |
|---------------------------|--------|
| 1. C. Kernahan (Uni Shir) | 2:13.9 |
| 2. R. Clarke (S Austr)    | 2:16.0 |
| 3. W. Opperman (Nth Sh)   | 2:18.3 |
| 4. F. Sharp (Untd Ch)     | 2:21.7 |

Class 2B

|                      |        |
|----------------------|--------|
| 1. L. Frances (Mast) | 2:48.3 |
|----------------------|--------|

Class 3A

|                          |        |
|--------------------------|--------|
| 1. C. Eil (Ch Har)       | 2:37.6 |
| 2. T. Bartlett (Scott h) | 2:40.0 |
| 3. C. Weller (Ham Har)   | 2:40.6 |
| 4. K. Trow (Ham Har)     | 2:44.3 |

Class 3B

|                        |        |
|------------------------|--------|
| 1. E. Woods (Owairaka) | 2:48.1 |
| 2. J. Locke (Ch Har)   | 3:16.5 |

1500 M

Class 1A

|                         |         |
|-------------------------|---------|
| 1. W. Baillie (Lyndale) | 4:11.59 |
| 2. J. Julian (Owair)    | 4:13.34 |
| 3. A. Carter (Massey)   | 4:19.66 |

|                          |         |  |
|--------------------------|---------|--|
| <b>Class 3B</b>          |         |  |
| 1. E. Hamilton (Ham Har) | 5:54.77 |  |
| 2. J. Locke (Ch Har)     | 6:59.16 |  |

|                             |          |  |
|-----------------------------|----------|--|
| <b>3000 M Steeple Chase</b> |          |  |
| <b>Class 1A</b>             |          |  |
| 1. P. Millar (Wellsford)    | 10:34.98 |  |
| 2. A. Woodhead (Ham Har)    | 12:56.03 |  |
| <b>Class 1B</b>             |          |  |
| 1. S. Gawler (Rotorua)      | 11:07.19 |  |
| 2. J. Sprague (Leith)       | 11:47.68 |  |
| 3. B. Thomas (Wellsford)    | 12:37.75 |  |
| <b>Class 2A</b>             |          |  |
| 1. H. Nelson (Nelson)       | 11:33.39 |  |
| 2. P. Arkwright (Scot)      | 13:26.48 |  |
| <b>Class 3A</b>             |          |  |
| 1. K. Trow (Ham Har)        | 14:28.01 |  |

|                          |         |  |
|--------------------------|---------|--|
| <b>5,000 M</b>           |         |  |
| <b>Class 1A</b>          |         |  |
| 1. J. Julian (Owair)     | 15:40.6 |  |
| 2. R. Chase (Lyndale)    | 16:04.6 |  |
| 3. J. Tobin (Gisborne)   | 16:29.9 |  |
| <b>Class 1B</b>          |         |  |
| 1. A. McKernan (Civ Ser) | 16:18.0 |  |
| 2. S. Gawler (Rotorua)   | 16:33.2 |  |
| 3. R. Crosbie (Owair)    | 16:50.5 |  |
| <b>Class 2A</b>          |         |  |
| 1. J. Daly (Ham Har)     | 16:29.3 |  |
| 2. R. Smith (Napier)     | 17:12.8 |  |
| 3. G. Moller (Putaruru)  | 17:33.4 |  |
| <b>Class 2B</b>          |         |  |
| 1. C. Green (Scot)       | 21:08.6 |  |
| 2. D. Porter (Ham Har)   | 21:09.7 |  |
| 3. L. Frances (Mast)     | 22:04.9 |  |
| <b>Class 3A</b>          |         |  |
| 1. W. Nelmes (Owair)     | 19:46.4 |  |
| 2. G. Bennett (Taur)     | 20:09.2 |  |
| 3. K. Mason (GI Eden)    | 20:55.0 |  |
| <b>Class 3B</b>          |         |  |
| 1. E. Woods (Owair)      | 21:05.2 |  |
| 2. E. Hamilton (Ham)     | 21:20.2 |  |
| 3. J. Jamieson (Owai)    | 21:21.4 |  |

|                            |         |  |
|----------------------------|---------|--|
| <b>10,000 M</b>            |         |  |
| <b>Class 1A</b>            |         |  |
| 1. J. Julian (Owairaka)    | 31:55.2 |  |
| 2. G. Regtien (Nth Sh)     | 33:33.3 |  |
| 3. J. Tobin (Gisborne)     | 34:28.9 |  |
| <b>Class 1B</b>            |         |  |
| 1. A. McKernan (Civ S)     | 34:48.0 |  |
| 2. R. Crosbie (Owair)      | 35:42.6 |  |
| 3. S. Gawler (Rotorua)     | 35:51.4 |  |
| <b>Class 2A</b>            |         |  |
| 1. R. Smith (Napier)       | NT      |  |
| 2. J. Daly (Ham Har)       | NT      |  |
| 3. W. Opperman (Nth Shore) | NT      |  |
| <b>Class 2B</b>            |         |  |
| 1. D. Porter (Ham Har)     | NT      |  |
| 2. C. Green (Scottish)     | NT      |  |
| <b>Class 3A</b>            |         |  |
| 1. W. Nelmes (Owairaka)    | NT      |  |
| 2. G. Bennett (Tauranga)   | NT      |  |
| 3. G. Currie (United Chch) | NT      |  |
| <b>Class 3B</b>            |         |  |
| 1. J. Jamieson (Owairaka)  | NT      |  |
| 2. D. Fincham (Leith)      | NT      |  |

|                          |         |  |
|--------------------------|---------|--|
| <b>400 M Hurdles</b>     |         |  |
| <b>Class 1A</b>          |         |  |
| 1. P. Millar (Wellsford) | 1:06.08 |  |
| 2. B. Bayliss (Ham Har)  | 1:11.17 |  |
| 3. K. Clearwater (Civ S) | 1:12.26 |  |

|                         |         |  |
|-------------------------|---------|--|
| <b>Class 1B</b>         |         |  |
| 1. P. Luckie (Hamilton) | 1:05.95 |  |
| 2. A. Mahan (Toc H)     | 1:12.79 |  |

|                          |         |  |
|--------------------------|---------|--|
| <b>Class 2B</b>          |         |  |
| 1. A. Lampard (Sth Aust) | 1:18.37 |  |

|                          |       |  |
|--------------------------|-------|--|
| <b>110 M Hurdles</b>     |       |  |
| <b>Class 2B</b>          |       |  |
| 1. A. Lampard (Sth Aust) | 22.26 |  |

|                  |       |  |
|------------------|-------|--|
| <b>Class 3A</b>  |       |  |
| 1. V. Pye (Vict) | 22.37 |  |

|                           |       |  |
|---------------------------|-------|--|
| <b>High Jump</b>          |       |  |
| <b>Class 1A</b>           |       |  |
| 1. C. Keeble (Nelson)     | 1.45m |  |
| 2. R. Ferguson (New Br)   | 1.40m |  |
| 3. K. Clearwater (C. Ser) | 1.30m |  |
| <b>Class 1B</b>           |       |  |
| 1. J. Soar (Marlbo)       | 1.30m |  |
| <b>Class 2A</b>           |       |  |
| 1. R. Clarke (Sth Aust)   | 1.30m |  |
| <b>Class 2B</b>           |       |  |
| 1. A. Lampard (Sth Aust)  | 1.25m |  |
| <b>Class 3A</b>           |       |  |
| 1. V. Pye (Victo)         | 1.21m |  |
| 2. N. Hawke (Ashburton)   | 1.15m |  |
| 3. K. Trow (Hamilton H)   | 1.10m |  |

|                           |       |  |
|---------------------------|-------|--|
| <b>Long Jump</b>          |       |  |
| <b>Class 1A</b>           |       |  |
| 1. C. Deacon (Hastings)   | 5.51m |  |
| 2. K. Clearwater (Civ S)  | 5.31m |  |
| 3. C. Keeble (Nelson)     | 5.14m |  |
| <b>Class 1B</b>           |       |  |
| 1. J. Soar (Marlbo)       | 5.30m |  |
| 2. A. Mahan (Toc H)       | 4.91m |  |
| 3. G. Powley (TeKauwh)    | 4.74m |  |
| <b>Class 2A</b>           |       |  |
| 1. D. Frawley (Qsld)      | 5.04m |  |
| 2. F. Copeman (Frank)     | 4.94m |  |
| 3. R. Clarke (Sth Aust)   | 4.72m |  |
| <b>Class 2B</b>           |       |  |
| 1. A. Lampard (Sth Aust)  | 4.11m |  |
| <b>Class 3A</b>           |       |  |
| 1. J. Mowatt-Wilson (Whg) | 4.13m |  |
| 2. V. Pye (Victoria)      | 4.10m |  |
| 3. S. Taylor (GI Eden)    |       |  |

|                           |        |  |
|---------------------------|--------|--|
| <b>Triple Jump</b>        |        |  |
| <b>Class 1A</b>           |        |  |
| 1. C. Deacon (Hastings)   | 11.16m |  |
| 2. K. Clearwater (CS)     | 11.09m |  |
| 3. C. Keeble (Nelson)     | 10.57m |  |
| <b>Class 1B</b>           |        |  |
| 1. J. Soar (Marlbro)      | 11.82m |  |
| 2. A. Mahan (Toc H)       | 10.03m |  |
| 3. R. Gaskell (Tech Ch)   | 9.92m  |  |
| <b>Class 2A</b>           |        |  |
| 1. D. Frawley (Qsld)      | 10.25m |  |
| 2. R. Clarke (Sth Aust)   | 9.70m  |  |
| 3. J. Holland (Alexandra) | 9.36m  |  |
| <b>Class 2B</b>           |        |  |
| 1. A. Lampard (Sth Aust)  | 8.79m  |  |
| <b>Class 3A</b>           |        |  |
| 1. K. Trow (Ham Har)      | 8.91m  |  |
| 2. V. Pye (Victoria)      | 8.65m  |  |

|                            |       |  |
|----------------------------|-------|--|
| <b>Pole Vault</b>          |       |  |
| <b>Class 1A</b>            |       |  |
| 1. K. Clearwater (Civ Ser) | 2.33m |  |

|                          |       |  |
|--------------------------|-------|--|
| <b>Class 1B</b>          |       |  |
| 1. A. McKernan (Civ Ser) | 2.05m |  |

|                           |       |  |
|---------------------------|-------|--|
| <b>Class 2B</b>           |       |  |
| 1. A. Lamphard (Sth Aust) | 2.05m |  |

|                          |        |  |
|--------------------------|--------|--|
| <b>Shot Put</b>          |        |  |
| <b>Class 1A</b>          |        |  |
| 1. C. Deacon (Hastings)  | 10.16m |  |
| 2. R. Rose (Westport)    | 9.79m  |  |
| 3. R. Tidbury (Putaruru) | 8.99m  |  |
| <b>Class 1B</b>          |        |  |
| 1. C. Bishop (Tec Duns)  | 7.75m  |  |
| <b>Class 2A</b>          |        |  |
| 1. A. Husband (Otahuhu)  | 12.16m |  |
| 2. J. King (New Brt)     | 9.72m  |  |
| 3. D. Frawley (Qsld)     | 9.70m  |  |
| <b>Class 3A</b>          |        |  |
| 1. J. Frazer (GB)        | 12.42m |  |
| 2. N. Hawke (Ashbin)     | 10.53m |  |
| 3. G. Tait (Takapuna)    | 10.35m |  |

|                   |       |  |
|-------------------|-------|--|
| <b>Class 3B</b>   |       |  |
| 1. P. Barnes (SA) | 7.94m |  |

|                         |        |  |
|-------------------------|--------|--|
| <b>Hammer Throw</b>     |        |  |
| <b>Class 1A</b>         |        |  |
| 1. R. Rose (Westport)   | 40.26m |  |
| <b>Class 1B</b>         |        |  |
| 1. D. Leech (Uni Ch)    | 43.86m |  |
| 2. C. Dahm (Putaruru)   | 22.16m |  |
| <b>Class 2A</b>         |        |  |
| 1. M. Carr (Wainui'o'a) | 41.76m |  |
| 2. S. Johnson (Nth Sh)  | 39.22m |  |
| 3. D. Frawley (Qsld)    | 37.14m |  |
| <b>Class 3A</b>         |        |  |
| 1. J. Frazer (G. Brt)   | 41.12m |  |
| 2. N. Hawke (Ashburton) | 37.04m |  |
| 3. G. Tait (Taka)       | 30.40m |  |

|                         |        |  |
|-------------------------|--------|--|
| <b>Class 3B</b>         |        |  |
| 1. P. Barnes (Sth Aust) | 22.80m |  |

|                             |        |  |
|-----------------------------|--------|--|
| <b>Discus</b>               |        |  |
| <b>Class 1A</b>             |        |  |
| 1. C. Deacon (Hastings)     | 29.72m |  |
| 2. R. Tidbury (Putaruru)    | 29.72m |  |
| 3. R. Rose (Westport)       | 29.48m |  |
| <b>Class 1B</b>             |        |  |
| 1. P. Luckie (Hamilton)     | 28.88m |  |
| 2. A. Greyburn (Toc H)      | 25.16m |  |
| <b>Class 2A</b>             |        |  |
| 1. A. Husband (Otahuhu)     | 35.20m |  |
| 2. J. King (new Brt)        | 32.98m |  |
| 3. D. Frawley (Qsld)        | 32.66m |  |
| <b>Class 3A</b>             |        |  |
| 1. J. Frazer (G B)          | 35.02m |  |
| 2. J. Mowatt-Wilson (Whang) | 30.88m |  |
| 3. N. Hawke (Ashburton)     | 28.22m |  |

|                         |        |  |
|-------------------------|--------|--|
| <b>Class 3B</b>         |        |  |
| 1. P. Barnes (Sth Aust) | 22.84m |  |

|                          |        |  |
|--------------------------|--------|--|
| <b>Javelin</b>           |        |  |
| <b>Class 1A</b>          |        |  |
| 1. R. Rose (Westport)    | 38.08m |  |
| 2. B. Bayliss (Ham Har)  | 37.20m |  |
| 3. R. Tidbury (Putaruru) | 31.86m |  |

|                          |        |  |
|--------------------------|--------|--|
| <b>Class 1B</b>          |        |  |
| 1. A. Grayburn (Toc H)   | 50.50m |  |
| <b>Record</b>            |        |  |
| 2. P. Luckie (Ham Ath)   | 38.38m |  |
| 3. A. Galloway (Ham H)   | 31.52m |  |
| <b>Class 2A</b>          |        |  |
| 1. D. Frawley (Qsld)     | 45.60m |  |
| 2. E. Baker (Cambridge)  | 25.28m |  |
| 3. J. Holland (Alex'dra) | 23.52m |  |

|                       |        |  |
|-----------------------|--------|--|
| <b>Class 3A</b>       |        |  |
| 1. N. Hawke (Ashbntn) | 32.40m |  |
| 2. J. Frazer (G B)    | 29.34m |  |
| 3. G. Tait (Takapuna) | 22.22m |  |

## 12th ANNUAL FLETCHER MARATHON

### ROTORUA

John Drew reports:—

The 26 mile 385 yard marathon, traditionally recognised as the toughest challenge in athletics, is developing a popular new image as a travel and holiday attraction.

Both in New Zealand and overseas the newly emerging sports phenomenon of the mass marathon is growing in significance to the travel and tourist industries.

In Hawaii leading travel agents have a lively involvement in the huge annual Honolulu marathon along with the Promoters, the Honolulu City Council, the Honolulu Marathon Association and the American Medical Joggers' Association.

Many of the 700 or more runners in the last annual Honolulu marathon flew there from distant parts. They included New Zealand's Olympic selection Jack Foster who beat an international class field for first placing.

This year about 3000 runners flew from many parts of the globe for the huge annual Boston marathon in which Jack Foster of Rotorua also took part.

In only three years the Honolulu marathon has become a major tourist attraction. Runners and their families of all ages, some of them in their 50s and 60s as well as top internationals go there for their annual holiday and the marathon. It has also become something of a mecca for heart patients rehabilitated by medically directed programmes of long distance running. Runners range from world class athletes to grandmothers and grandfathers encouraged to complete the distance on the advice of cardiologists. All get a certificate if they finish in under 7 hrs 20 min.

Meantime the growth rate of the Honolulu marathon as a tourist attraction may well soon be challenged by the "Fletcher" in Rotorua.

More than 1000 visitors including over 400 runners, their friends and relations went to Rotorua

|                              |         |  |
|------------------------------|---------|--|
| <b>Open Race</b>             |         |  |
| 3. J. Julian (40) (Owairaka) | 2:23:38 |  |

|                           |         |  |
|---------------------------|---------|--|
| <b>40-44 yrs</b>          |         |  |
| 1. A. Thompson (Welling') | 2:40:33 |  |
| 2. M. Telford (Owairaka)  | 2:41:29 |  |
| 3. M. Guerin (Malbourgh)  | 2:45:23 |  |
| <b>45-49 yrs</b>          |         |  |
| 1. S. Gawler (Rotorua)    | 2:42:40 |  |

|                           |         |  |
|---------------------------|---------|--|
| 2. I. Drysdale (Hamilton) | 3:01:52 |  |
| 3. W. Conner (Technical)  | 3:06:28 |  |
| <b>50-54 yrs</b>          |         |  |
| 1. R. Price (Takapuna)    | 2:54:20 |  |
| 2. J. Regan (Lynnale)     | 2:55:56 |  |
| 3. G. Moller (Putaruru)   | 2:57:02 |  |

|                             |         |  |
|-----------------------------|---------|--|
| <b>55-59 yrs</b>            |         |  |
| 1. C. McLaughlin (Owairaka) | 3:18:30 |  |
| 2. R. Willis (Technical)    | 3:45:25 |  |

|                            |         |  |
|----------------------------|---------|--|
| 3. L. Francis (Masterton)  | 3:52:18 |  |
| <b>60 yrs &amp; Over</b>   |         |  |
| 1. R. Singer (Owairaka)    | 3:43:42 |  |
| 2. F. Plant (Masterton)    | 3:49:13 |  |
| 3. J. Drew (Canterbury V)  | 3:49:37 |  |
| <b>Women's Section</b>     |         |  |
| 1. B. Shingles (Wanganui)  | 2:48:45 |  |
| 2. J. Etwell (Owairaka)    | 3:14:00 |  |
| 3. L. Melchers (Masterton) | 3:20:45 |  |

on May 24th from many parts of New Zealand for the huge annual Fletcher marathon round Lake Rotorua.

The carnival atmosphere of the race, magnificent scenery round the lakeside course, faultless organisation, lavish after-race entertainment and a huge prize list made the "Fletcher" this year a social spectacular.

This year entries rose by about 150 and it now seems certain that entries will snowball against next year. Some officials of Rotorua Athletic Club who organise the race for Fletcher's say they expected as many as 600.

Not for nothing has the great athletic coach Arthur Lydiard described the Rotorua marathon as one of the greatest in the world.

The excitement, fellowship, rivalry and challenge of the toughest race distance in the world, the beautiful views from the course and perfect weather all helped to make this a great sports spectacular.

Almost 90 veterans were present in the record field of 406, including Jeff Julian (40) of Owairaka who opted for the open race rather than the age-group sections. Jeff finished a fine third in 2:23:38, well ahead of the next veteran, A. Thompson (2:40:33).

An equally impressive run was forthcoming from 38 years old Beverley Shingles. This former cross-country international, and mother of two children, recorded a remarkable 2:48:40 to win the women's section and the open handicap. And this was a particularly tough course too!

More than 1000 were fed and refreshed in an after-race mayoral reception in the big "Sound Shell"; one of the most lavish catering jobs seen in the city.

One Honolulu visitor at least who is adamant he will make the Rotorua marathon the focal point of his next year's annual holiday is the Director of Cardiac Rehabilitation at the University of Hawaii. Dr. Jack Scaff Jnr.

Dr. Scaff who is president of the Honolulu Marathon Association is coming to New Zealand to lecture on marathon conditioning in the prevention of coronary heart attacks. He was one of 49 doctors who ran in the Honolulu marathon along with a number of rehabilitated cardiac patients.

## Yugoslavia

### Great Jumping at Yugoslavian Champs

There was a marked variety in the quality of performances at this year's championships held in Zagreb on June 6th, but the undoubted high spot was

the new world triple-jump mark of 14.62 (47"-11½") by veteran newcomer H. Mandl of Austria. Mandl's prodigious leap eclipsed the former mark, held by Germany's H. Strauss for 5 years, by 21 cm (8½ ins).

But Mandl did not finish with the triple. He went on to take all three jumps and the 110 hurdles with the greatest veteran quadruple on record - 2.00 (6'-6½") in the high, 6.61 (21'-8") in the long, and 14.8 for the hurdles (3'-3").

If Mandl dominated the proceedings, there were others who attracted attention. Eighty-one years old P. GOIC heaved the 12 lbs hammer a huge 34.08 metres (111' -10") for a world record which has not been matched by any thrower older than Anton Tesija (Class 3 record holder) who also won his class

YUGOSLAVIA

6th June 1976  
National Veteran Track & Field  
Championships, Zagreb.

**100 M**

**Class 1A**

1. G. Mušco (ITA) 12.4
2. D. Cerinski (YUG) 13.4

**Class 1B**

1. J. Krznarić (YUG) 12.8
2. Rossini (ITA) 13.2
3. S. Markulin (YUG) 13.5

**Class 2A**

1. Radaelli (ITA) 13.8
2. A. Di Maria (ITA) 14.1

**Class 2B**

1. S. Stein (GBR) 12.6

**200 M**

**Class 1A**

1. G. Musco (ITA) 25.6

**Class 1B**

1. Krznarić (YUG) 27.5
2. Rossini (ITA) 28.6
3. S. Markulin (YUG) 28.6

**Class 2A**

1. Massari (ITA) 27.6
2. A. Di Maria (ITA) 27.9

**Class 2B**

1. S. Stein (GBR) 26.7

**400 M**

**Class 1A**

1. C. Beccalli (ITA) 60.9
2. M. Cibric (YUG) 63.5

**800 M**

**Class 1A**

1. Boccolli (ITA) 2:19.1
2. Cibric (YUG) 2:28.8

**Class 1B**

1. Raisoni (ITA) 2:20.1

**Class 3A**

1. Guasconi (ITA) 2:28.2

**1500 M**

**Class 1A**

1. A. Rizzo (ITA) 4:47.5
2. R. D. Innocenti (ITA) 4:47.5
3. P. Jelenecki (YUG) 5:31.4

**Class 1B**

1. Ivanovic (YUG) 5:08.9
2. B. Kozar (YUG) 5:28.2

**Class 2B**

1. G. Villa (ITA) 5:47.9
2. Remar (YUG) 6:27.0

**Class 3A**

1. C. Guasconi (ITA) 5:01.0

**3000 M**

**Class 1A**

1. A. Rizzo (ITA) 9:42.5
2. J. Murat (YUG) 11:34.5
3. V. Koscevic (YUG) 11:42.0

**Class 1B**

1. P. Ivanovic (YUG) 12:18.2
2. Oliviera (ITA) 12:30.2

**5000 M**

**Class 1A**

1. Rizzo (ITA) 16:43.4
2. O. Boccolli (ITA) 18:11.0
3. M. Cibric (YUG) 20:07.1
4. B. Kraljevic (YUG) 20:18.2
5. Rocco (ITA) 22:18.2

**Class 1B**

1. E. Raisoni (ITA) 17:58.8
2. P. Ivanovic (YUG) 18:04.4
3. B. Kozar (YUG) 18:34.0
4. M. Vujisic (YUG) 19:14.8

**Class 2A**

1. M. Massari (ITA) 18:22.6
2. P. Canale (ITA) 21:02.2
3. Orione (ITA) 21:09.0

**Class 2B**

1. I. Starek (YUG) 18:29.0

**Half Marathon**

**Class 1A**

1. Piutti (ITA) 1:22:56
2. Hanak (YUG) 1:27:21
3. Jelenecki (YUG) 1:56:37

**Class 1B**

1. Ivanovic (YUG) 1:35:20
2. Adulovic (YUG) 1:43:07
3. Vujisic (YUG) 1:44:43
4. Kozar (YUG) 1:59:59

**Class 2A**

1. Slajmer (YUG) 1:48:46
2. Radealli (ITA) 1:58:38

**Class 2B**

1. Starek (YUG) 1:35:00

**Class 3B**

1. Kupnik (YUG) 1:57:14

**Class 4**

1. Zemljak 78 (YUG) 2:42:59

**High Jump**

**Class 1A**

1. H. Mandl (AUT) 2.00m
2. M. Milivojevic (YUG) 1.65m

**Long Jump**

**Class 1A**

1. H. Mandl (AUT) 6.61m

**Triple Jump**

**Class 1A**

1. H. Mandl (AUT) (W.R.) 14.62m

**110 M Hurdles (3'-3")**

**Class 1A**

1. H. Mandl (AUT) 14.8
2. Milivojevic (YUG) 19.1

**Shot**

**Class 1A**

1. A. Lukacevic (YUG) 12.25m
2. S. Opsenica (YUG) 11.97m
3. T. Straza (YUG) 9.45m

**Class 1B**

1. D. Vujaklija (YUG) 12.55m
2. Z. Bezjak (YUG) 11.95m
3. N. Turk (YUG) 8.66m

**Discus**

**Class 1A**

1. Lukacevic (YUG) 33.68m
2. Z. Bezjak (YUG) 33.06m
3. T. Straza (YUG) 27.64m
4. Milivojevic (YUG) 27.48m

**Class 1B**

1. Vujaklija (YUG) 29.12m
2. N. Turk (YUG) 24.50m

**Class 2A**

1. D. Marcelja (YUG) 27.12m

**Javelin**

**Class 1A**

1. Mandl (AUT) 53.16m
2. Milivojevic (YUG) 44.52m

**Class 2A**

1. D. Marcelja (YUG) 42.84m

**Hammer**

**Class 1A**

1. D. Vujaklija (YUG) 35.64m
2. V. Koscevic (YUG) 31.34m

**Class 3A**

1. A. Tesija (YUG) 39.38m

**Class 4 (12 lbs)**

1. P. Goic (81) (YUG) (W.R.) 34.08m

**Swedish Relay (400, 300, 200, 100)**

**Class 1A**

1. Italy (Innocenti, Musco, Beccalli, Rossini) 2:20.0
2. Jugoslavia (Simunovic, Milivojevic, Krznarić, Markul) 2:25.2

**WOMEN**

**Shot**

**Class W0**

1. R. Katic (YUG) 8.56m
2. M. Milivojevic (YUG) 7.80m

**Class W1**

1. D. J. Kozar (YUG) 9.58m
2. B. Capek (YUG) 9.30m
3. Z. Jelenecki (YUG) 8.70m

**Discus**

**Class W0**

1. R. Katic (YUG) 28.80m
2. M. Milivojevic (YUG) 22.22m

**Class W1**

1. D. J. Kozar (YUG) 33.16m
2. Z. Jelenecki (YUG) 28.58m
3. B. Capek (YUG) 25.68m
4. O. Sikovec Lunecr (YUG) 16.44m

**Javelin**

**Class W0**

1. Milivojevic (YUG) 24.88m

**Class W1**

1. B. Capek (YUG) 25.18m

**USA**

1975 MASTERS ATHLETES OF THE YEAR  
As propounded by Track & Field News

**1A(40-44) -- JACK FOSTER**

New Zealand distance star Foster just edged fellow distanceman Roy Fowler of Britain. Early in the year Foster ran world record times of 14:07.0 and 29:11.4, but he didn't compete at the World Games. Foster also turned in a 2:17:24 in his best event, the marathon. At 44, he still has a shot at the Olympics in the 26-miler. Following Fowler in runnerup positions were hammer thrower Howard Payne (GB) and distanceman Albie Thomas (Aus.).

**1B(45-49) -- JACK GREENWOOD**

This Medicine Lodge, Kans. performer had the widest margin of votes in any of the categories. He also collected more golds than anyone else and each win was a high-caliber performance. This included 11.4w, 23.2w, 52.0, 15.3w and 58.7 at the Nationals and 11.6, 23.8, 15.6 and 57.8 at the World Games.

**11A (50-54) -- BILL FITZGERALD**

Bill was another overwhelming favourite. In both Toronto and White Plains, the Palos Verdes, Calif. star took on the best in the world, three times beating the talented Australian crew. Adding to his laurels, Fitzgerald had earlier shattered the world mile record with his 4:32.2, and added the 800 mark (2:01.1). Closest to him was Aussie Theo Orr, who won four golds at Toronto but couldn't catch him in the 1500.

**11B (55-59) -- JOHN GILMOUR**

Aussie Gilmour had five golds in the two big meets, including a world record 9:28.0 in the Toronto 3000. He also won the Toronto 5000 and the White Plains 1500, 5000 and 10,000. After the World meet he lowered his 3000 record to 9:22.8. His closest competition was fellow Aussie George McGrath.

**111A (60-64) -- KONSTANTY MAKSYMCIZYK**

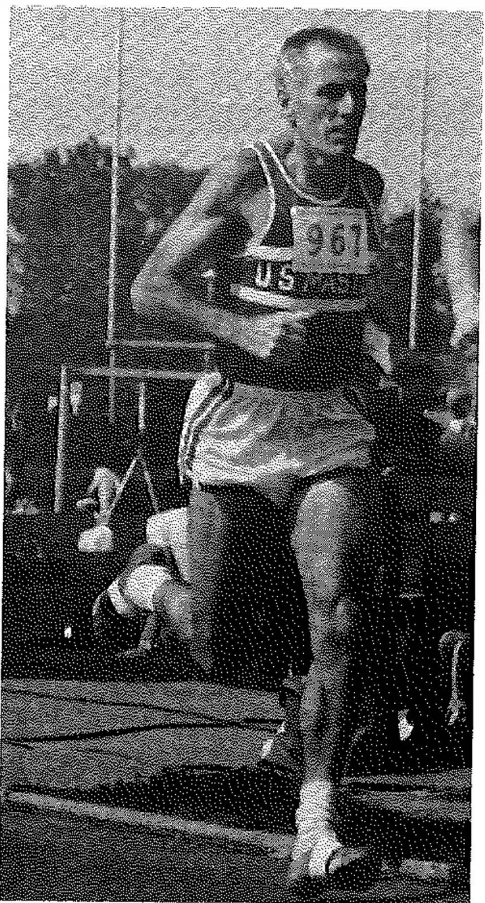
Maksimczyk's superior throwing gave him the edge over the US's Fritiof Sjostrand. The Briton won four golds in the shot and discus at the two big meets, including a world record 140-3 discus spin at Toronto.

**111B (65-69) -- NORMAN BRIGHT**

The Seattle flash dominated this division with three world record runs in Toronto - the 800 (2:27.2), 1500 meters (4:59.8) and steeple (12:24.8). Other contenders: Merv Jenkinson of Australia, Thedde Jensen of Sweden and Sacramento's Ken Carmine (world discus record).

**1VA (70-74) -- HAROLD CHAPSON**

Chapson, one of the tough bunch from Hawaii, was a heavy favourite, even though he passed the World Games after the Nationals. At White Plains he won



**BILL FITZGERALD**

the 400, 800 and 1500, the latter in world-record time (5:21.1). During the year, Chapson also broke another six world records, including the 800 (2:35.4), mile (5:52.3), 2M (12:54.2), 3M (20:14.4), 5000 (20:51.6) and 10,000 (44:31.0). Also outstanding: San Diego's Wyn McFadden, Santa Barbara's Stan Hermann and West Germany's F. Posluschni.

**1VB (75-plus) -- PAUL SPANGLER**

Spangler (San Luis Obispo, Calif.) also competed only in White Plains, but got four wins - the 800 (3:27.7), 1500 (6:33.9), 5000 (23:30.0) and 10,000 (54:47.0). Following him were field eventers Walt Wesbrook and Buell Crane.

Voting for these selections was done by leading figures in the Masters movement throughout the world as well as being based on performances in the World Games.

Phil Partridge's tables, which evaluate performances according to age, and decathlon tables were used in the case of ties.

# GREENWOOD STARS IN U.S. MASTERS

Everyone expected it - but it still made an impact when it came. Yes, Jack Greenwood turned 50 this year and he celebrated by cleaning up the medals in the 1976 U.S. Masters Track & Field Championships held at Gresham, Oregon on July 3/4/5. No less than six golds and three world records went his way as he annexed new titles in the Class 2A 400 (53.58 WR), 400H (58.01 WR), 110 H (15.5 WR), 100 (11.83), 200 (24.03) and high jump (5'-2"/1.57). "The records are exciting but really I do this for fun and for the nice people I meet" remarked the modest Greenwood after this fabulous performance.

Another hurdler/jumper to make his mark was Dave Jackson who scored an impressive 1A treble by winning the 110H (15.9), long jump (20'-10 1/2"/6.36) and triple jump (40'-10 1/2"/12.44).

U.S. Olympic pole-vaulter 'Boo' Morcom (55) set a new record in the Class 2B long jump with 18'-11 3/4"/5.78 and also took the high jump (5'-4"/1.63) and triple jump (34'-8"/10.57), while 65 year-old Bill Andberg scored a stamina-sapping 800/1500/6000 treble with marks of 2:27.9, 4:59.1 and 18:33 - the latter two being new world marks. In the Shot, Jack Thatcher broke Maksimczyk's Class 3 world mark by 15 3/4" inches when he hurled the 12 lbs ball 48'-9 1/2"/14.86. He had previously won the discus with 146'-7 1/2" for a new US record.

Jim Weaver pulled off an impressive 11.1/23.2 sprint double, Rudy Haluza a scintillating 5 km walk (23:21.3) and Phil Cowley a 207'-0" javelin throw.

*(With acknowledgements to Al Sheehan)*

## 100 M

|                              |       |  |
|------------------------------|-------|--|
| <i>(40-44)</i>               |       |  |
| 1. J. Weaver (Ft Worth, T)   | 11.07 |  |
| <i>(45-49)</i>               |       |  |
| 1. E. Schuler (Unat)         | 11.80 |  |
| <i>(50-54)</i>               |       |  |
| 1. J. Greenwood (Medicine)   | 11.83 |  |
| <i>(55-59)</i>               |       |  |
| 1. A. Guidet (Corona, Cal)   | 12.06 |  |
| <i>(60-64)</i>               |       |  |
| 1. C. Dillon (San Fran.)     | 13.03 |  |
| <i>(65-69)</i>               |       |  |
| 1. V. McIntyre (Prescott, A) | 13.76 |  |
| <i>(70-74)</i>               |       |  |
| 1. W. McFadden (San Diego)   | 15.06 |  |
| <i>(75+)</i>                 |       |  |
| 1. C. Wheeler (Portland)     | 20.14 |  |

## 200 M

|                                 |      |  |
|---------------------------------|------|--|
| <i>(40-44)</i>                  |      |  |
| 1. J. Weaver (Ft Worth)         | 23.2 |  |
| <i>(45-49)</i>                  |      |  |
| 1. W. Frederickson (N Cal)      | 24.4 |  |
| <i>(50-54)</i>                  |      |  |
| 1. J. Greenwood (Medicine L)    | 24.1 |  |
| <i>(55-59)</i>                  |      |  |
| 1. A. Guidet (Corona, Cal)      | 25.9 |  |
| <i>(60-64)</i>                  |      |  |
| 1. C. Dillon (Vancouver BC)     | 26.8 |  |
| <i>(65-69)</i>                  |      |  |
| 1. V. McIntyre (Prescott A)     | 28.3 |  |
| <i>(70-74)</i>                  |      |  |
| 1. W. McFadden (San Diego)      | 31.1 |  |
| <i>(80-84)</i>                  |      |  |
| 1. C. Wheeler (Portland)        | 42.1 |  |
| <i>(World Age-group Record)</i> |      |  |

## 400 M

|                                 |      |  |
|---------------------------------|------|--|
| <i>(40-44)</i>                  |      |  |
| 1. H. Bruhner (N Calif)         | 53.4 |  |
| <i>(45-49)</i>                  |      |  |
| 1. O. Dawkins (Los Angeles)     | 55.8 |  |
| <i>(50-54)</i>                  |      |  |
| 1. J. Greenwood (Medicine L)    | 53.4 |  |
| <i>(World age-group Record)</i> |      |  |
| <i>(55-59)</i>                  |      |  |
| 1. R. Hunt (San Diego)          | 58.4 |  |
| <i>(60-64)</i>                  |      |  |
| 1. R. Niblock (Vancouver W)     | 63.5 |  |



JACK GREENWOOD

|                           |      |  |
|---------------------------|------|--|
| <i>(65-69)</i>            |      |  |
| 1. K. Carnine (N Calif)   | 65.6 |  |
| <i>(70-74)</i>            |      |  |
| 1. G. Ingram (Sioux R, I) | 85.4 |  |
| <i>(75-79)</i>            |      |  |
| 1. P. Spangler (Unat)     | 93.0 |  |

## 800 M

|                                |        |  |
|--------------------------------|--------|--|
| <i>(40-44)</i>                 |        |  |
| 1. P. Richardson (San Diego)   | 2:01.8 |  |
| <i>(45-49)</i>                 |        |  |
| 1. V. Stephens (Vancouver)     | 2:09.1 |  |
| <i>(50-54)</i>                 |        |  |
| 1. G. Pulerbaugh (I. Oswego)   | 2:10.3 |  |
| <i>(55-59)</i>                 |        |  |
| H. Fairbank (Durham NC)        | 2:17.2 |  |
| <i>(60-64)</i>                 |        |  |
| 1. J. Wall (Baltimore)         | 2:35.2 |  |
| <i>(65-69)</i>                 |        |  |
| 1. W. Andberg (Unat)           | 2:27.9 |  |
| <i>(70-74)</i>                 |        |  |
| 1. H. Chapson (Honolulu)       | 2:37.6 |  |
| <i>(75-79)</i>                 |        |  |
| 1. P. Spangler (Unat)          | 3:20.3 |  |
| <i>(World Agegroup Record)</i> |        |  |

## 1500 M

|                                 |        |  |
|---------------------------------|--------|--|
| <i>(40-44)</i>                  |        |  |
| 1. D. Meyer (Seattle)           | 4:09.6 |  |
| <i>(45-49)</i>                  |        |  |
| 1. R. Fine (NY)                 | 4:32.8 |  |
| <i>(50-54)</i>                  |        |  |
| 1. R. Anspach (Springboro O)    | 4:32.9 |  |
| <i>(55-59)</i>                  |        |  |
| 1. A. Waterman (Palo Alto C)    | 4:58.0 |  |
| <i>(60-64)</i>                  |        |  |
| 1. C. Davies (Portland)         | 4:58.0 |  |
| <i>(65-69)</i>                  |        |  |
| 1. W. Andberg (Unat)            | 4:59.2 |  |
| <i>(World Age-group Record)</i> |        |  |
| <i>(70-74)</i>                  |        |  |
| 1. L. Gregory (Unat)            | 6:05.8 |  |
| <i>(75-79)</i>                  |        |  |
| 1. P. Spangler (Unat)           | 6:28.3 |  |
| <i>(World Age-group Record)</i> |        |  |

## 5000 M

|                                 |       |  |
|---------------------------------|-------|--|
| <i>(40-44)</i>                  |       |  |
| 1. D. Mahaffey (Long Beach)     | 16:06 |  |
| <i>(45-49)</i>                  |       |  |
| 1. R. Smith (Reno, Nev)         | 16:18 |  |
| <i>(50-54)</i>                  |       |  |
| 1. J. O'Neil (San Fran.)        | 16:14 |  |
| <i>(55-59)</i>                  |       |  |
| 1. N. Hansen (Vancouver, W)     | 18:24 |  |
| <i>(60-64)</i>                  |       |  |
| 1. C. Davies (Portland)         | 18:04 |  |
| <i>(65-69)</i>                  |       |  |
| 1. W. Andberg (Unat)            | 18:33 |  |
| <i>(World Age-group Record)</i> |       |  |

## (70-74)

|                       |       |  |
|-----------------------|-------|--|
| 1. I. Gregory (Unat)  | 21:39 |  |
| <i>(75-79)</i>        |       |  |
| 1. P. Spangler (Unat) | 23:06 |  |

## 10,000 M

|                                    |       |  |
|------------------------------------|-------|--|
| <i>(40-44)</i>                     |       |  |
| 1. R. Hatton (Bend)                | 32:00 |  |
| <i>(50-54)</i>                     |       |  |
| 1. J. O'Neil (San Fran)            | 33:30 |  |
| <i>(American Age-group Record)</i> |       |  |

## Steeplechase

|                                    |         |  |
|------------------------------------|---------|--|
| <i>(40-44)</i>                     |         |  |
| 1. D. Meyer (Seattle)              | 10:15.5 |  |
| <i>(45-49)</i>                     |         |  |
| 1. G. Parnell (San Diego)          | 10:48.2 |  |
| <i>(50-54)</i>                     |         |  |
| 1. R. Anspach (Springboro)         | 11:15.6 |  |
| <i>(American Age-group Record)</i> |         |  |
| <i>(55-59)</i>                     |         |  |
| 1. A. Waterman (Palo Alto)         | 11:52.3 |  |
| <i>(American Age-group Record)</i> |         |  |
| <i>(60-64)</i>                     |         |  |
| 1. R. MacTarnahan (Port'l'd)       | 14:40.0 |  |
| <i>(65-69)</i>                     |         |  |
| 1. W. Bigelow (N Calif)            | 15:01.5 |  |

## 110 M Hurdles

|                              |      |  |
|------------------------------|------|--|
| <i>(40-44)</i>               |      |  |
| 1. D. Jackson (Corona Cal.)  | 15.9 |  |
| <i>(45-49)</i>               |      |  |
| 1. D. Donnelly (Corona Cal.) | 20.8 |  |
| <i>(50-54)</i>               |      |  |
| 1. J. Greenwood (Medicine L) | 15.5 |  |
| <i>(World Age Record)</i>    |      |  |
| <i>(55-59)</i>               |      |  |
| 1. R. Morcom (Philadelphia)  | 17.9 |  |
| <i>(60-64)</i>               |      |  |
| 1. V. Godfrey (San Diego)    | 19.6 |  |
| <i>(65-69)</i>               |      |  |
| 1. E. Hatlen (Unat)          | 19.6 |  |
| <i>(70-74)</i>               |      |  |
| 1. H. Anderson (Denver, Col) | 30.9 |  |

## 400 M Hurdles

|                                 |        |  |
|---------------------------------|--------|--|
| <i>(40-44)</i>                  |        |  |
| 1. V. Parish (N Calif)          | 1:02.2 |  |
| <i>(50-54)</i>                  |        |  |
| 1. J. Greenwood (Medicine)      | 58.01  |  |
| <i>(World Age-group Record)</i> |        |  |
| <i>(55-59)</i>                  |        |  |
| 1. R. Hunt (Beverly Hills)      | 1:03.6 |  |
| <i>(60-64)</i>                  |        |  |
| 1. V. Godfrey (San Diego)       | 1:19.9 |  |
| <i>(65-69)</i>                  |        |  |
| 1. W. Bigelow (N Calif)         | 1:26.8 |  |
| <i>(70-74)</i>                  |        |  |
| 1. H. Anderson (Bellevue C)     | 2:00.0 |  |
| <i>(75-79)</i>                  |        |  |

## Pole Vault

|                             |           |  |
|-----------------------------|-----------|--|
| <i>(40-44)</i>              |           |  |
| 1. H. DeGroot (Eltoro, Cal) | 7'-4 1/2" |  |
| <i>(65-69)</i>              |           |  |
| 1. B. Deacon (Honolulu)     | 8'-5 1/2" |  |

## High Jump

|                                 |           |  |
|---------------------------------|-----------|--|
| <i>(40-44)</i>                  |           |  |
| 1. T. Langenfeld (Edina, M)     | 5'-9 3/4" |  |
| <i>(45-49)</i>                  |           |  |
| 1. S. Davisson (Corona, C)      | 5'-2"     |  |
| <i>(50-54)</i>                  |           |  |
| 1. J. Greenwood (S Cal)         | 5'-2"     |  |
| <i>(55-59)</i>                  |           |  |
| 1. R. Morcom (Phil.)            | 5'-4"     |  |
| <i>(60-64)</i>                  |           |  |
| 1. J. Dick (N Calif)            | 4'-4"     |  |
| <i>(65-69)</i>                  |           |  |
| 1. V. McIntyre (Prescott)       | 4'-5 1/2" |  |
| <i>(World Age-group Record)</i> |           |  |
| <i>(70-74)</i>                  |           |  |
| 1. A. Reiser (W Germany)        | 4'-0"     |  |
| <i>(75-79)</i>                  |           |  |
| 1. B. Crane (Twin Falls, I)     | 3'-8"     |  |

## Long Jump

|                                 |             |  |
|---------------------------------|-------------|--|
| <i>(40-44)</i>                  |             |  |
| 1. D. Jackson (San F)           | 20'-10 1/2" |  |
| <i>(45-49)</i>                  |             |  |
| 1. S. Davisson (Corona C)       | 19'-2 1/2"  |  |
| <i>(50-54)</i>                  |             |  |
| 1. R. Spencer (San Diego)       | 17'-1 1/2"  |  |
| <i>(55-59)</i>                  |             |  |
| 1. B. Morcom (Philadelphia)     | 18'-11 1/2" |  |
| <i>(World Age-group Record)</i> |             |  |
| <i>(60-64)</i>                  |             |  |
| 1. H. Schneider (W Ger)         | 16'-0 1/2"  |  |
| <i>(65-69)</i>                  |             |  |
| 1. J. Caruso (Unat)             | 14'-5 1/2"  |  |
| <i>(70-74)</i>                  |             |  |
| 1. A. Reiser (Unat)             | 13'-9"      |  |
| <i>(75-79)</i>                  |             |  |
| 1. B. Crane (Twin Falls, I)     | 8'-0 1/2"   |  |
| <i>(Women)</i>                  |             |  |
| 1. M. Fairbank (N Cal.)         | 9'-11"      |  |

## Triple Jump

|                           |             |  |
|---------------------------|-------------|--|
| <i>(40-44)</i>            |             |  |
| 1. D. Jackson (Calif)     | 40'-10"     |  |
| <i>(45-49)</i>            |             |  |
| 1. S. Davisson (Corona C) | 40'-10 1/2" |  |
| <i>(50-54)</i>            |             |  |
| 1. R. Spencer (San Diego) | 34'-03"     |  |
| <i>(55-59)</i>            |             |  |
| 1. R. Morcom (Philedel)   | 34'-0"      |  |
| <i>(60-64)</i>            |             |  |
| 1. F. White (Dallas, T)   | 31'-4"      |  |
| <i>(65-69)</i>            |             |  |
| 1. J. Caruso (N Calif)    | 26'-7"      |  |
| <i>(70-74)</i>            |             |  |
| 1. W. McFadden (San D)    | 27'-5"      |  |

## Shot

|                                 |             |  |
|---------------------------------|-------------|--|
| <i>(40-44)</i>                  |             |  |
| 1. H. Smith (Beverly HS)        | 44'-0 1/2"  |  |
| <i>(45-49)</i>                  |             |  |
| 1. J. Lauf. (Oxnard, Cal)       | 39'-3 3/4"  |  |
| <i>(50-54)</i>                  |             |  |
| 1. J. Pavelich (Vancouver)      | 46'-9 1/2"  |  |
| <i>(55-59)</i>                  |             |  |
| 1. J. Minah (Unat)              | 38'-0 1/2"  |  |
| <i>(60-64)</i>                  |             |  |
| 1. J. Thatcher (Corona, C)      | 48'-9"      |  |
| <i>(World Age-group Record)</i> |             |  |
| <i>(65-69)</i>                  |             |  |
| 1. R. McConaghy (Corona)        | 40'-9 1/2"  |  |
| <i>(70-74)</i>                  |             |  |
| 1. S. Herrmann (Unat)           | 37'-11 1/2" |  |

## 400 M Relay

|                     |       |  |
|---------------------|-------|--|
| <i>(40-44)</i>      |       |  |
| 1. Northern Cal STC | 44.84 |  |

## Discus

|                                    |             |  |
|------------------------------------|-------------|--|
| <i>(40-44)</i>                     |             |  |
| 1. R. Humphreys (Corona)           | 160'-4"     |  |
| <i>(45-49)</i>                     |             |  |
| 1. L. Schroder (Kiarnath)          | 120'-2 1/2" |  |
| <i>(50-54)</i>                     |             |  |
| 1. J. Pavelich (Vancouver)         | 145'-10"    |  |
| <i>(55-59)</i>                     |             |  |
| 1. D. Aldrich (San Fran)           | 133'-1 1/2" |  |
| <i>(60-64)</i>                     |             |  |
| 1. J. Thatcher (Corona C)          | 146'-7 1/2" |  |
| <i>(American Age-group Record)</i> |             |  |
| <i>(65-69)</i>                     |             |  |
| 1. K. Carnine (N Calif)            | 141'-7"     |  |

## Javelin

|                             |             |  |
|-----------------------------|-------------|--|
| <i>(40-44)</i>              |             |  |
| 1. P. Conley (Woodside, C)  | 207'-0"     |  |
| <i>(45-49)</i>              |             |  |
| 1. H. Wallace (Snohomish)   | 150'-5"     |  |
| <i>(60-64)</i>              |             |  |
| 1. K. Cornine (Unat)        | 119'-0"     |  |
| <i>(70-74)</i>              |             |  |
| 1. A. Reiser (Unat)         | 104'-5 1/2" |  |
| <i>(75-79)</i>              |             |  |
| 1. B. Crane (Twin Falls, I) | 71'-8 1/2"  |  |

## Hammer

|                               |           |  |
|-------------------------------|-----------|--|
| <i>(40-44)</i>                |           |  |
| 1. G. Bobell (Corona, Cal)    | 156-3 1/2 |  |
| <i>(45-49)</i>                |           |  |
| 1. R. Backus (new York)       | 172-2     |  |
| <i>(50-54)</i>                |           |  |
| 1. J. Pavelich (Vancouver BC) | 33-2 1/2  |  |
| <i>(55-59)</i>                |           |  |
| 1. S. Patterson (Boston, M)   | 111-3     |  |
| <i>(60-64)</i>                |           |  |
| 1. N. Fowler (Cookeville T)   | 120-4     |  |
| <i>(65-69)</i>                |           |  |
| 1. R. Hubbell, (Los A)        | 96-3      |  |
| <i>(70-74)</i>                |           |  |
| 1. Albert Reiser (W Germany)  | 91-8      |  |

## 1600 M Relay

|                         |        |  |
|-------------------------|--------|--|
| <i>(40-44)</i>          |        |  |
| 1. Long Beach Senior TC | 3:38.5 |  |

## 400 M

|                           |        |  |
|---------------------------|--------|--|
| <i>(60-64) Women</i>      |        |  |
| 1. B. Hicks (Prescott, A) | 1:29.3 |  |

## 5000 M Walk

|                       |         |  |
|-----------------------|---------|--|
| <i>(W)</i>            |         |  |
| 1. C. Smith (N Calif) | 33:55.3 |  |

## 100 M

|                        |       |  |
|------------------------|-------|--|
| <i>(W)</i>             |       |  |
| 1. I. Obera (N Calif)  | 12.59 |  |
| 2. M. Gerard (N Calif) | 13.14 |  |

## 1500 M

|                          |        |  |
|--------------------------|--------|--|
| <i>(W)</i>               |        |  |
| 1. R. Anderson (N Calif) | 5:32.6 |  |

## 800 M

|                        |        |  |
|------------------------|--------|--|
| <i>(W)</i>             |        |  |
| 1. M. Gerard (N Calif) | 2:40.1 |  |

## 200 M

|                        |       |  |
|------------------------|-------|--|
| <i>(W)</i>             |       |  |
| 1. I. Obera (N Calif)  | 26.04 |  |
| 2. M. Gerard (N Calif) | 27.07 |  |

## Shot

|                     |      |  |
|---------------------|------|--|
| <i>(40-44) (W)</i>  |      |  |
| 1. C. Wilson (Unat) | 29.7 |  |

U.S.A.

Under ideal conditions of rain and temperatures of 49<sup>o</sup>-54<sup>o</sup>F Eddie Almeida ran the West Valley Marathon in a time of 2:41:09, a personal best and the best age 53 marathon ever in the U.S.

Eddie's consistency is truly remarkable. How's this for a series of times?

|          |                |             |
|----------|----------------|-------------|
| Jan 10 - | Mission Bay    | 2:44:54     |
| Feb 8 -  | West Valley    | 2:41:09     |
| Mar 21 - | Last Gasp      | 2:41:11     |
| May 2 -  | Ave. of Giants | 2:41:11 (!) |

Some good marathon marks have been forthcoming in Class 1. Ralph Thomas clocked 2:29:52 in the Trails End to head this year's list but on May 1st Truman Clark ran 2:28:00 in the Los Alamitos event. If the course is certified this mark better's the U.S. record of 2:28:27 by Virgil Yehner set in 1970.

RAY HATTON (44) is back in form again. He clocked 15:09.6 for 5000 at Salem, Oregon to beat Pete Mundle's age-44 U.S. record of 15:12.6.

The over-70's are also making their presence felt in U.S. Masters competitions. PAUL SPANGLER (77) recorded 93.1 (400), 3:20.4 (800), 6:32.7 (1500) and 23.05 (5000) at a three day meeting in Honolulu, April 16-18. A newcomer to the over-70 group is JOSLAN PACKARD who beat Win McFadden and Harold Chapson over 100 metres in a world 70+ record of 14.3 (former mark 14.6 by Sing Lum). McFADDEN came back with a triple jump of 26'-6" while HERBERT ANDERSON (73) broke his own 70+ world mark with a 88.6 400 hurdles.

JIM VERNON, now within months of reaching his 60th birthday vaulted a magnificent 11'6" recently.

#### Southeastern Masters

Raleigh, N.C., April 3 - Nearly 300 competitors showed up at North Carolina State's track for the 6th Annual Southeastern Masters Championships, with nine new world bests being established.

Eastern sprint king Rudy Valentine, who established age-51 records in the 100 and 440 last year, notched new age-52 standards in those events and added the 220 record for good measure. His marks of 10.5, 24.4 and 54.7 all took good chunks off the old records (10.8, 24.9, 55.6). Not only that, his 54.7 rates as the best-ever over-50 one-lapper, rating a couple of 10ths better than Dick Stolpe's 54.6m. He was named the meet's outstanding sprinter.

Named No. 1 thrower was former Olympian Bob Backus (49), who got off a great 177-3 effort in the hammer, bettering West German Karl Hein's venerable 1957 performance by a foot. That effort would still stand up well in many open competitions around the country.

Norman Bright, named the world's No. 1 IIB (65-69) athlete for 1975, had another series of great performances here. One of America's best distance

runners in the pre-WWII days, Norm hasn't stopped since. Just over a prolonged illness, Bright though he would jump into this meet to see if he still had any of his zip left.

His three age-66 records and award as outstanding distance runner of the meet left no doubt he is still his indomitable self. His records: 13:28.6 in the steeple; 18:38.6 in the 3M; 5:39.5 in the mile.

But Bright also lost a record as meet director Bob Boal took away his age-64 steeple mark, using his unique one-handed hurdle clearance to negotiate the barriers in 12:33.2. The meet's driving force, Boal said, "This meet makes people discipline themselves. It serves as a motivating factor. And then coming here and competing makes all the effort of working out on your own worthwhile".

Leading the jumpers was 54-year-old Boo Morcom, who set a new world record of 13-6 in the vault (matching his indoor best), and also won the high jump (5-0) and long jump (18-4). (acknowledgements to Pete Mundle)

Sub-Masters, Harry Cordellos and Peter Strudwick form a great team, they have finished a number of marathons together, holding hands - tut, tut, did I hear someone say?

Well, Harry is blind and Pete has no feet or hands, they have both received special awards, and their marathons are around 3 hrs. Harry gets his training in at 4 a.m. most mornings, when there is little traffic, he has to rely on a relay of local runners to take turns in getting up so early, this way Harry averages about 60 m.p.w.

His best Marathon was 2hrs. 57mins. in the Boston, and despite his handicap is a PHD. He has even run the Pikes Peak Marathon, which is on a goat track at altitude. Pete has no problem with shoes, they are round! Another performer worthy of mention in his category is Bob Hall also of the U.S.A. Bob, (crippled by polio at 10 months of age) has pushed his wheel chair to finish the Boston Marathon, in 2hrs. 58min., he trains about 100 miles per week and has shoulders and arms like a hammerman.

#### May 15th Sixth Annual Grandfather Games, at Valley College in Van Nuys (California)

For the second year in a row, the San Fernando Valley Track Club's remarkable 61-year-old John Damski won three events in the annual Grandfather Games at Valley College.

Damski, a Lockheed electrician, won the long jump in the 60-69 age division at 14 ft. 4.5 in., the triple jump at 31 ft, and the high jump at 4-2.

Forty-one meet records were set as the participants showed that age is no barrier to having fun in athletic competition with one's peers.

A couple of former Olympians were on hand: Bob Humphreys won the shot put and discus throw in the 40-year-old division, but 31-year-old John Carlos received a deep spike gash in the 440-yard relay and went to the hospital for patching up.

#### 100 Yards

Class 1 (40-49)  
1. Wateman (CDM) 10.4  
2. Parrish (NCSTC) 10.5  
3. Knox (CDM) 10.6  
4. Newton (BHS) 10.6

#### Class 2 (50-59)

1. Watanabe (STC) 10.8  
Class 3 (60+)

1. McIntyre (STC) 12.7  
2. Caruso (STC) 12.7  
3. Sjonstrand (BHS) 12.8

#### Class 3 (70+)

1. Thomanen (NCSTC) 14.2  
2. Blakely (UNA) 14.8

#### 220 Yards

##### Class 1 (40-49)

1. Newton (BHS) 23.0  
2. Parrish (NCSTC) 23.6  
3. Bruhner (NCSTC) 23.7

##### Class 2 (50-59)

1. Watanabe (STC) 25.4  
Class 3 (60+)

1. Sjonstrand (BHS) 28.3  
Class 3 (70+)

1. McFadden (SDTC) 32.3

#### 440 Yards

##### Class 1 (40-49)

1. Bruhner (NCSTC) 54.1  
2. Parks (STC) 54.2  
3. Nasralla (STC) 55.4

##### Class 2 (50-59)

1. Ruterbaugh (STC) 56.7  
Class 3 (60+)

1. Sjonstrand (BHS) 64.8

#### 880 Yards

##### Class 1 (40-49)

1. Fitzgerald (STC) 2:09.2  
2. Parks (STC) 2:10.4  
3. Kalschmid (SFVTC) 2:10.5

##### Class 2 (50-59)

1. Ruterbaugh (STC) 2:14.2  
Class 3 (60+)

1. Madden (SFVTC) 2:40.4  
2. Lowell (STC) 2:40.5

#### 1 Mile

##### Class 1 (40-49)

1. Weldy (ARR) 4:40.4  
2. Fitzgerald (STC) 4:42.9  
3. Fekkes (STC) 4:43.8

##### Class 2 (50-59)

1. Bryant (STC) 5:02.4  
Class 3 (60+)

1. Lowell (STC) 5:55.9  
2. Madden (SFVTC) 5:56.5

#### 3 Miles

##### Class 1 (40-49)

1. Fekkes (STC) 16:07.0  
2. Livesay (SDTC) 16:35.0  
3. Weldy (ARR) 16:57.0

##### Class 2 (50-59)

1. Hernandez (SMTC) 16:23.0  
Class 3 (60+)

1. Lowell (STC) 20:36.0

#### High Hurdles

##### Class 1 (40-49)

1. Jackson (CDM) 16.4  
Class 2 (50-59)

1. Patsallia (CDM) 10.1  
2. Gist (CDM) 10.3

#### Int. Hurdles

##### Class 1 (40-49)

1. Parrish (NCSTC) 42.2

#### 330 Low Hurdles

##### Class 2 (50-59)

1. Clayton (CDM) 46.9

#### 70 Low Hurdles

##### Class 3 (60+)

1. Hatlen (CW) 11.3

##### Class 4 (70+)

1. McFadden (SDTC) 13.3

#### Shot Put

##### Class 1 (40-49)

1. Humphreys (CDM) 45'-6"  
2. Smith (BHS) 45'-4"

##### Class 2 (50-59)

1. Thatcher (CDM) 40'-10 1/2"

##### Class 3 (60+)

1. Montgomery (CDM) 45'-3"

##### Class 4 (70+)

1. Hermann (CW) 38'-8 1/2"

#### Discus

##### Class 1 (40-49)

1. Humphreys (CDM) 163'-2 1/4"  
Class 2 (50-59)

1. Thatcher (CDM) 119'-11 1/2"  
2. Becotte (CDM) 119'-7 1/2"

##### Class 3 (60+)

1. Buell (USM) 122'-4"

##### Class 4 (70+)

1. Herrmann (CW) 102'-10"

#### Hammer

##### Class 1 (40-49)

1. Douglas (BHS) 105'-8"  
Class 2 (50-59)

1. D. Bernardi (UNA) 85'-4"  
Class 3 (60+)

1. Montgomery (CDM) 116'-9"

##### Class 4 (70+)

1. Nerrmann (CW) 90'-10"

#### Javelin

##### Class 1 (40-49)

1. Keffer (CDM) 152'-9 1/2"  
2. Hawke (SDTC) 151'-10 3/4"  
3. Wateman (CDM) 145'-7 1/2"

##### Class 2 (50-59)

1. Felter (CDM) 155'-3 1/2"  
2. Morales (CDM) 153'-3 1/2"

##### Class 3 (60+)

1. McMahon (SDTC) 130'-1 1/2"  
Class 4 (70+)

1. Stephens (SDTC) 74'-2 1/2"

#### Pole Vault

##### Class 1 (40-49)

1. Cota (SDTC) 11'-6"  
Class 2 (50-59)

1. Brown (CDM) 10'-6"  
2. Crosh (CDM) 10'-6"  
3. Vemon (STC) 10'-6"

##### Class 3 (60+)

1. McConaghy (CDM) 8'-6"

#### High Jump

##### Class 1 (40-49)

1. Austin (CDM) 5'-8"  
2. Newton (BHS) 5'-6"  
3. Evans (BHS) 5'-6"

##### Class 2 (50-59)

1. Gist (CDM) 5'-2"

#### Class 3 (60+)

1. Damski (SFVTC) 4'-2"  
2. Hatlen (CW) 4'-2"  
3. Dick (NCSTC) 4'-2"  
4. McIntyre (STC) 4'-2"

#### Class 4 (70+)

1. Stephens (SDTC) 3'-11"

#### Long Jump

##### Class 1 (40-49)

1. Andrews (CDM) 21'-4 1/2"

##### Class 2 (50-59)

1. Patsallia (CDM) 19'-0"

##### Class 3 (60+)

1. Damski (SFVTC) 14'-4 1/2"

2. Caruso (STC) 14'-1 1/2"

##### Class 4 (70+)

1. McFadden (SDTC) 11'-10 1/2"

#### Triple Jump

##### Class 1 (40-49)

1. Patsalis (CDM) 38'-2"

##### Class 3 (60+)

1. Damski (SFVTC) 31'-0"

2. Caruso (STC) 29'-5"

##### Class 4 (70+)

1. McFadden (SDTC) 26'-6"

#### 440 Yards Relay

##### Class 1 (40-49)

1. Corona Del Mar 46.4

##### Class 2 (50-59)

1. Corona Del Mar 52.2

#### 1 Mile Relay

##### Class 2 (50-59)

1. Seniors Track Club 4:06.8

#### June 13th

#### Fifth Annual Metropolitan AAU Masters Track & Field Championships

#### 100 Yards

##### (40-44)

1. A. Budd 10.3

##### (45-49)

1. T. Brooks MR 10.8

##### (50-59)

1. R. Valentine MR 11.0

##### (60+)

1. K. Boas MR 13.9

##### (Women)

1. A. Circulnick (41) 14.0

#### 220 Yards

##### (40-44)

1. A. Budd MR 23.3

##### (45-49)

1. H. Colen 29.1

##### (50-59)

1. R. Valentine MR 24.2

##### (60+)

1. M. Neuhoof MR 32.3

##### (Women)

1. A. Circulnick (41) 33.0

#### 440 Yards

##### (40-44)

1. W. Krebs MR 54.0

##### (50-59)

1. R. Valentine MR 55.6

##### (60+)

1. N. Neuhoof MR 68.0

##### (Women)

1. N. Ransom (30) 70.3

|                               |    |         |  |                                    |              |                                      |                |
|-------------------------------|----|---------|--|------------------------------------|--------------|--------------------------------------|----------------|
| <b>880 Yards</b><br>(40-44)   |    |         |  | (45-49)                            |              | (45-49) (16 lb)                      |                |
| 1. H. Zipper                  | MR | 2:06.4  |  | 1. H. Colen                        | 4'-02"       | 1. Brooks                            | 31'-10"        |
| (45-49)                       |    |         |  | 1. M. Neuhoof                      | MR 4'-06"    | (50-59) (12 lb)                      | MR 40'-08 1/2" |
| 1. J. Kernan                  |    | 5:08.5  |  | <b>Long Jump</b><br>(40-44)        |              | 1. Cantor                            | MR 41'-01"     |
| (50-59)                       |    |         |  | 1. K. Krastin                      | 14'-01"      | (60+) (8 lb)                         |                |
| 1. A. Messinger               | MR | 5:18.2  |  | (45-49)                            |              | 1. Sereghy                           |                |
| <b>3 Miles</b><br>(40-44)     |    |         |  | 1. J. Ryan                         | 16'-08 1/2"  | <b>Javelin</b><br>(40-44) (800 g)    |                |
| (45-49)                       |    |         |  | (50-59)                            |              | 1. Olson                             | 141'-03"       |
| 1. V. Chiappetta              | MR | 16:14   |  | 1. R. Valentine                    | MR 17'-05"   | (45-49) (800 g)                      | 103'-10"       |
| (45-49)                       |    |         |  | (60+)                              |              | 1. Colen                             | MR 120'-08"    |
| 1. J. Erskine                 | MR | 17:34   |  | 1. K. Boas                         | MR 12'-02"   | (50-59) (800 g)                      | MR 115'-04"    |
| (50-59)                       |    |         |  | <b>Triple Jump</b><br>(40-44)      |              | 1. Cantor                            | MR 99'-11"     |
| 1. J. Pardo                   | MR | 18:25   |  | 1. M. Malkin                       | 34'-11 1/2"  | (60+) (600 g)                        |                |
| (60+)                         |    |         |  | (45-49)                            |              | 1. Partridge                         |                |
| 1. W. Westerholm              | MR | 22:22   |  | 1. H. Colen                        | 31'-02"      | 1. Kaufman                           |                |
| <b>6 Miles</b><br>(40-44)     |    |         |  | <b>Discus</b><br>(40-44) (2 kg)    |              | <b>Weight Throw 35 lb</b><br>(40-44) |                |
| (45-49)                       |    |         |  | 1. Olson                           | 132'-05"     | 1. Olson                             | 41'-02 1/2"    |
| 1. J. Erskine                 |    | 36:30   |  | (45-49) (2 kg)                     |              | (45-49)                              | 33'-11 1/2"    |
| (50-59)                       |    |         |  | 1. Phillip                         | 89'-06"      | 1. Phillip                           | 26'-10"        |
| 1. S. Richardson              |    | 37:47   |  | (50-59) (1.6 kg)                   | MR 108'-03"  | 1. Partridge                         |                |
| <b>1 Mile Walk</b><br>(40-44) |    |         |  | 1. Cantor                          |              | <b>Hammer</b><br>(40-44) (16 lb)     |                |
| (45-49)                       |    |         |  | (60-69) (1 kg)                     |              | 1. Thompson                          | 164'-05"       |
| 1. R. Fine                    |    | 8:22.2  |  | 1. Partridge                       | 107'-05 1/2" | (45-49) (16 lb)                      | 126'-1 1/2"    |
| (50-59)                       |    |         |  | (70+) (1 kg)                       |              | 1. Phillip                           | 83'-8 1/2"     |
| 1. M. Lentzer                 |    | 10:56.5 |  | 1. Boas                            | 73'-01"      | (60+) (8 lb)                         |                |
| (60+)                         |    |         |  | <b>Shot Put</b><br>(40-44) (16 lb) |              | 1. Partridge                         |                |
| 1. D. Lakritz                 |    | 9:35.6  |  | 1. Olson                           | 41'-02 1/2"  |                                      |                |
| <b>High Jump</b><br>(40-44)   |    |         |  |                                    |              |                                      |                |
| 1. M. Malkin                  | MR | 4'-11"  |  |                                    |              |                                      |                |

## 1975 WORLD RANKINGS (Continued from page 27)

by Jack Fitzgerald

### MARATHON

#### Class 1

|         |               |      |
|---------|---------------|------|
| 2:17:26 | J. Foster     | (42) |
| 2:17:41 | F. Austin     | (40) |
| 2:21:14 | A. Wood       | (42) |
| 2:23:22 | A. Sidler     | (41) |
| 2:23:52 | W. Roggenbach | (41) |
| 2:25:58 | G. Eadie      | (40) |
| 2:26:57 | W. Wetzel     | (40) |
| 2:29:53 | A. Walsham    | (45) |
| 2:30:00 | R. Frankum    | (40) |
| 2:30:59 | K. Hodgkinson | (43) |
| 2:31:12 | A. Taylor     | (48) |
| 2:31:42 | W. Irmen      | (43) |
| 2:31:49 | E. Bradley    | (41) |
| 2:31:51 | J. Green      | (40) |
| 2:32:47 | Holz          | (43) |
| 2:32:50 | S. Nikula     | (41) |
| 2:33:29 | W. Rigby      | (44) |
| 2:33:33 | G. Phipps     | (49) |
| 2:33:39 | J. Doyle      | (42) |
| 2:33:54 | R. Menzie     | (40) |

#### Class 2

|         |               |      |
|---------|---------------|------|
| 2:35:46 | W. Weba       | (52) |
| 2:40:44 | G. McGrath    | (55) |
| 2:44:19 | F. Almeida    | (52) |
| 2:44:20 | E. Ostbye     | (54) |
| 2:44:52 | J. Walker     | (54) |
| 2:45:15 | A. Ratelle    | (50) |
| 2:45:55 | L. Carlsson   | (50) |
| 2:46:25 | R. Pape       | (51) |
| 2:47:38 | K. Hall       | (52) |
| 2:49:12 | H. Brecht     | (54) |
| 2:49:28 | G. Ekstrom    | (50) |
| 2:50:36 | T. Buckingham | (57) |
| 2:51:32 | H. Morgan     | (53) |
| 2:51:59 | M. John       | (50) |
| 2:52:25 | J. Fitzgerald | (52) |

#### Class 3

|         |               |      |     |
|---------|---------------|------|-----|
| 2:47:46 | C. Davies     | (60) | USA |
| 2:51:17 | G. Porteous   | (60) | GB  |
| 2:54:49 | M. Montgomery | (68) | USA |
| 3:02:11 | J. Wall       | (62) | USA |
| 3:10:35 | J. Montoya    | (60) | USA |
| 3:10:54 | N. Bright     | (65) | USA |
| 3:11:31 | C. Dahlsten   | (64) | USA |
| 3:12:31 | J. Archer     | (60) | USA |
| 3:12:40 | C. Thiel      | (61) | SWI |
| 3:15:46 | D. Logan      | (60) | USA |

#### Class 4

|         |           |      |     |
|---------|-----------|------|-----|
| 4:02:55 | G. Vang   | (70) | NOR |
| 4:20:51 | F. Grace  | (77) | USA |
| 4:21:52 | A. Dyson  | (70) | CAN |
| 4:36:40 | B. Bowen  | (73) | USA |
| 4:42:15 | B. Hirsch | (73) | USA |

#### Ladies (over 35)

|         |                    |      |      |
|---------|--------------------|------|------|
| 2:47:45 | M. Gorman          | (40) | USA  |
| 2:54:10 | M. Paul            | (37) | USA  |
| 2:56:57 | M. Cushing         | (36) | USA  |
| 2:58:30 | J. Ulyot           | (35) | USA  |
| 3:07:26 | G. Reinker         | (37) | WGER |
| 3:09:42 | D. Gookin          | (38) | USA  |
| 3:10:10 | R. Anderson        | (46) | USA  |
| 3:11:50 | M. Klopfer         | (40) | USA  |
| 3:11:50 | L. Kalweit-Marloth | (40) | WGER |
| 3:16:03 | U. Blaschke        | (43) | WGER |
| 3:16:20 | N. Campbell        | (43) | GB   |
| 3:16:25 | R. Schiek          | (39) | WGER |
| 3:21:21 | N. Kusesik         | (36) | USA  |
| 3:21:35 | P. Price           | (38) | USA  |
| 3:23:52 | B. White           | (36) | USA  |
| 3:20:31 | S. Werner          | (40) | CAN  |

# The Bob Shrunkle Column

Injury of the Month Competition. The accolade for this issue must go to Jack Heywood of London who raced 5 1/2 miles on the road with two safety pins in his left shoe. When he was working in the West Indies he says that he always used to check his shoes for insects and such like before he put them on. He must have got out of the habit! The crescent scars should heal in a few weeks.

There is an Irish veteran who confided to his training partner that he had done six miles in boots the previous night. His friend was amazed as Boots shut at six o'clock.

We heard it said that most veterans should have retired years ago under the Health and Safety Act.

We hear that a new world record was set up by five married couples in the Bill Hargus 24 hour event. Proceeds were donated to the San Diego County Heart Association. Seems natural to me anyway.

Jack Pennington writes from Australia to say that he is running flat out in training trying to keep ahead of a 21 year old woman. Most veterans I know seem to run flat out trying to catch a 21 year old ...

Francis O'Sullivan the prewar Marathon International ... and we are not telling you which war, was 71 years old on the day that he ran the 71st leg in the Philips 100 by 1 mile relay. The touching thing was the chorus of "Happy Birthday to you" that followed him as he churned out his four laps in just outside eight minutes.

"You shall go to the ball" said the official at the end of the Cross Country run to the Veteran who had left one shoe back in the deep mud.

Rumour has it that the latest East German method of determining the eventual sport for newly born babies is to count the number of screwed inserts in their feet. Four means long distance, five middle-distance and six sprints.

We know an ex-holder of the UK best for 15 miles who recently discovered a young lad trying to break into the side door of his house. The traditional 'can I help you' and the equally traditional chase were very quickly over and a dejected young potential crook was handed over to the local police at the nearby station. 'Excuse me' said the Inspector in charge that night, 'how did you catch him, I mean that people of your age (grey head and slightly bowed shoulders on Harrier quivered) can't normally catch younger men. 'Ah well' said our Harrier as he left the station, 'I was wearing my racing shoes indoors to break them in'.

Veteran running home meets conventional rude boy.

Boy. Go on, only one lap to do.  
Vet (struck by inspiration) How would you know, you can't even count.

Christiaan Barnard, that famous surgeon from South Africa, is on record as saying "I don't think you can really help your heart by dramatic physical exercise or specific diet. Exercise is like a cold bath, you hate it when you're taking it and you're happy when it is over. I'd rather avoid it altogether!" Well, it's one way of drumming up new business I suppose.

George Betts of Queens Park Harriers has set up a record of some kind by being 3rd in the Middlesex Cross Country Championships in 1947 to get a medal and then being 9th scoring man in his winning team in 1976 when he was in his 60th year. It is a long time to wait for a second Middlesex medal but must have been worth it.

Walt Stack of San Francisco, founder of the Dolphin South End Runners Club, which is a FUN club, ran a marathon with the aid of a six-pack of beer. Sounds like my idea of Fun running, snag is that after a six pack I would cover about 35 miles on the standard 26 mile course. They say that if this guy was to fall out of an aeroplane at 40,000 ft he would do 8 minute miles and still look like a folded up deckchair in action.

If Gerry North, an ex English National Cross Country Champion wins three events in a Vets meeting is it claimed as a geriatric performance?

# Walking

by Fred Nickolls

100 miles and 24 hours Track Walk, Woodford Green, 28th and 29th May, 1976

Veterans dominated this race, filling all the leading places in both events.

After leading the field for the first 16 hours, Colin Young (41) finished second in this epic event to lead home several other veterans. Colin's time for the 100 miles was 18:12:02 and he completed 129 miles 29 yds in the 24 hours.

Eddy McNeir, master of many such epics, turned

| 100 Miles           |  |          | 24 Hours       |         |          |
|---------------------|--|----------|----------------|---------|----------|
| 1. D. Harrison      |  | 18:04:07 | 1. D. Harrison | 131 mls | 336 yds  |
| 2. C. Young (41)    |  | 18:12:02 | 2. C. Young    | 129 mls | 35 yds   |
| 3. P. Worth (41)    |  | 19:23:18 | 3. P. Worth    | 121 mls | 609 yds  |
| 4. G. Eastwood (46) |  | 20:29:39 | 4. G. Eastwood | 115 mls | 1705 yds |
| 5. J. Morris (51)   |  | 20:46:36 | 5. K. Turner   | 103 mls | 1434 yds |
| 6. J. Keown (44)    |  | 21:01:41 | 6. E. McNeir   | 103 mls | 836 yds  |
| 7. J. Rossiter (44) |  | 21:02:43 | 7. P. Sargeant | 98 mls  | 648 yds  |
|                     |  |          | 8. H. Neilson  | 89 mls  | 235 yds  |

## AUSTRALIAN RESULTS

April 17th, 18th Australian Championships, Brisbane, Queensland

### 3000 M Walk

| Class 1A                  |         |
|---------------------------|---------|
| 1. K. Hall (Vict)         | 14:23.2 |
| 2. G. W. Kirby (Qld)      | 14:28.5 |
| 3. E. Pollard (SA)        | 14:37.6 |
| Class 1B                  |         |
| 1. K. H. Coster (Vict)    | 16:49.4 |
| Class 2A                  |         |
| 1. P. H. Anderson (Vict)  | 15:40.4 |
| 2. D. Murrell (NSW)       | 16:21.8 |
| 3. R. Le Rossignol (Vict) | 17:20.0 |
| Class 2B                  |         |
| 1. V. Townsend (NSW)      | 15:47.6 |
| 2. G. A. Cavill (WA)      | 15:49.4 |
| Class 3                   |         |
| 1. T. Daintry (Vict)      | 15:14.4 |
| 2. H. Jones (Vict)        | 16:13.0 |
| 3. J. Welber (SA)         | 16:25.0 |

### 5000 M Walk

| Class 1A              |         |
|-----------------------|---------|
| 1. K. Hall (Vict)     | 24:25.0 |
| 2. C. Kirby (Qld)     | 24:33.5 |
| 3. E. Pollard (SA)    | 25:43.3 |
| Class 1B              |         |
| 1. K. Coster (Vict)   | 28:09.0 |
| Class 2A              |         |
| 1. P. Anderson (Vict) | 26:45.0 |
| Class 2B              |         |
| 1. V. Townsend (NSW)  | 26:31.5 |
| 2. G. Cavill (WA)     | 27:46.0 |
| Class 3               |         |
| 1. T. Daintry (Vict)  | 26:43.8 |
| 2. H. Jones (Vict)    | 27:31.0 |
| 3. J. Webber (SA)     | 28:59.0 |

## NEW ZEALAND RESULTS

April 10th, 11th New Zealand Championships, Hamilton

### 3 Km Track Walk

| Class 1A                 |         |
|--------------------------|---------|
| 1. M. Hinton (Uni Auck)  | 14:24.9 |
| 2. N. Read (New Ply)     | 14:48.2 |
| 3. J. Hayes (Mt Well)    | 17:38.5 |
| Class 1B                 |         |
| 1. E. Guy Waharua        | 17:29.0 |
| 2. E. Mortimer (moerewa) | 18:17.4 |
| 3. I. Brysdale (Ham Har) | 18:35.9 |
| Class 2A                 |         |
| 1. E. Baker (Camb)       | 19:32.8 |

### 10 Km Road Walk

|                         |          |
|-------------------------|----------|
| 1. M. Hinton (Uni Auk)  | 51:33.08 |
| 2. N. Read (New Ply)    | 53:04.01 |
| 3. R. Pilkington (Owai) | 66:59.04 |

### March 6th

| Midland City AAA 10 Km, Warley |       |
|--------------------------------|-------|
| 1. G. Chaplin (45)             | 45:59 |
| (Group 1B world best)          |       |

### March 13th

| Lanes WC 10 Km, Chorley |       |
|-------------------------|-------|
| 1. K. Harding           | 46:36 |

### March 30th

| Nat. Police 10 Miles, Keeble |       |
|------------------------------|-------|
| 2. C. Fogg (42)              | 75:22 |

### April 16th

| 20 Km Naumburg     |       |
|--------------------|-------|
| 6. G. Weidner (43) | 87:40 |

out at the age of 76 years and proceeded to cover 100 miles in 23:13:48, going on to 103 miles 836 yds in the 24 hours. He showed less signs of stress than many others half his age, truly an amazing effort. Hew Neilson walked for 24 hrs to observe that his world record of 133 mls 21 yds set in 1960 is still intact.

He won Vets AC over 60.5 ml championship 3 days later!

George Hallifax of Surrey WC having promoted two of his clubs 100 mile races decided to try it for himself at the age of 65 (if only to attend Centurion Committees).

# VETERANS OF THE FELLS

by W.R. SMITH

"The greatest sportsman ever!" That is Joss Naylor's opinion of Stanley Bradshaw, and he is regarded with similar high esteem by countless other fell runners. Naylor has also gone on record as the advocator of a knighthood for this small, wiry, bald-headed man with the good-humoured face and manner, while Clayton-le-Moors Harriers have bestowed upon him a life membership "in appreciation of services to the Club", of which he is President. At the age of 63, Stan is still competing regularly in gruelling long-distance mountain races which are beyond the ability of many athletes less than half his age.

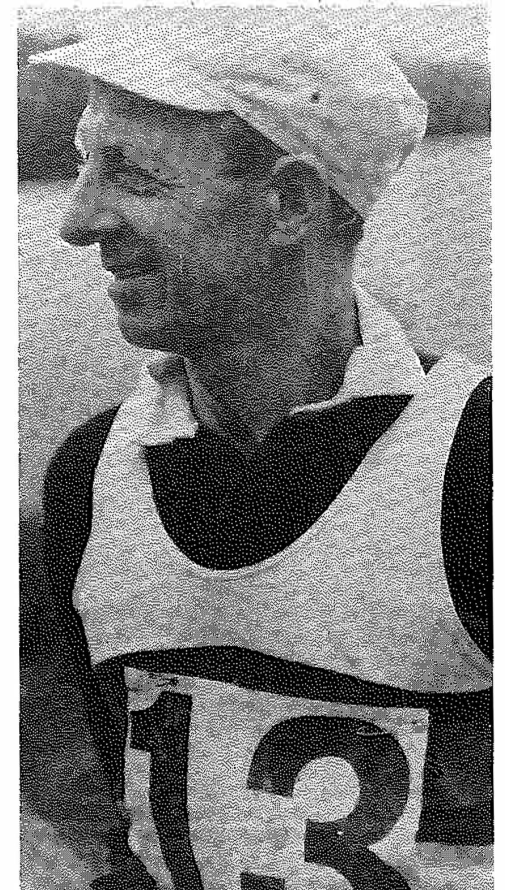
He comes from a sporting family, for his father, Ernest Bradshaw, played football for Accrington Stanley, after which club Stan was named. Ernest had six brothers who were all professional sprinters and footballers, one of them, William Bradshaw of Blackburn Rovers, having won two England caps.

As a matter of fact, Stan himself once had footballing ambitions. He represented Blackburn and Lancashire schoolboys, and also played three years for Padiham F.C. However, he eventually had to give up the game due to cartilage trouble in both feet which made it painful for him to even kick a ball. Being a true sportsman, though, he decided to become a runner, as running didn't cause him so much trouble. Eventually though, his injuries became so bad that he was little better than a cripple; but in 1950 he had operations on both feet, since when they have given him very little trouble.

Stan began to take athletics seriously in 1928, enjoying limited success as a sprinter. In 1930, he entered an 880 yards race and won it with ease. One of the spectators happened to be the Secretary of Bury A.C. and he afterwards asked Stan if he would like to represent Bury A.C. as a cross-country runner. Stan became a first-claim member of Bury shortly afterwards and that same year also joined Clayton-le-Moors Harriers as a second-claim member. He improved steadily and was Bury's senior cross-country champion in both 1938 and 1939, and during the latter year was placed 11th in the Lancashire Cross-Country Championships, 28th in the Northern, and 64th in the National.

Throughout the 'thirties' he competed regularly in road, track and cross-country races, though he recalls that there were actually few road races then and that most track meetings were organised by the Police (Bury County Police, Nelson Borough Police, Salford City Police, etc.). Most runners trained only twice a week in those days: 8 to 10 miles on Tuesday, 3 to 4 miles on Thursday, and a race or club run on

# No1 STAN BRADSHAW



Saturday. Stan worked from 6 or 7 o'clock in the morning till 10 or 11 o'clock at night in the family tripe business founded by his Grandfather, but this did not prevent him from going for a 6 to 8 mile run before bedtime.

During Stan's formative years as a runner, the only amateur fell races were those held at Burnsall in the Yorkshire Dales and Rivington Pike, above Horwich on the edge of the East Lancashire Pennines, both of which had originally been run as professional events. His first fell race was at Burnsall in 1930 and for 9 years thereafter he competed both here and at Rivington Pike. In 1939, he finished 2nd in both races and won a half-mile flat race at Burnsall. His running was improving rapidly at this time and there was a good chance of his winning the fell races the next year.

Unfortunately, Stan's fell running ambitions were cut short by the War and he served for four years with the Eighth Army in North Africa, Sicily and Italy. Upon being demobbed, he resigned from Bury



## FELL VETERANS

A.C. and helped to re-form Clayton-le-Moors Harriers. AS he was then approaching his mid-thirties, his intention was to retire and take up coaching, but he soon realised that he was still enjoying his running, and in 1948 he won the club's senior cross-country championship.

If we adhere to the convenient — though perhaps not too sound — rule of acknowledging any hill summit over 2,000 feet above sea level to be a mountain, then Stan Bradshaw climbed his first mountain, Ingleborough (2,373 feet), in 1952 at the age of forty, having previously been limited by a seven day working week to the local highspot, Pendle Hill (1,831 feet). During that same year, he and half-a-dozen or so other Clayton runners, including George Brass and Alan and Ken Heaton, began making monthly visits to the Lake District. Their walks up there grew longer and longer, and eventually they began to compete in the Lake District Mountain Trial, organised in those days by the Youth Hostels Association.

1954 saw the inauguration of the Three Peaks Race, when three out of the six competitors managed to complete the 22-mile course over Ingleborough, Pen-y-ghent and Wharfedale in the Yorkshire Dales. The winner was race organiser Fred Bagley of Preston Harriers, with Stan Bradshaw finishing 2nd and his Clayton clubmate, Alf Case, 3rd. Prior to the event, Stan had never before been on Pen-y-ghent or Wharfedale, but reckons he has since either run or walked them eighty-four times. He has competed in the race on twenty-one occasions (up to and including 1975).

In 1960, the noted Lakeland author A.H. Griffin wrote in an article about the marathon road walks of Dr. Barbara Moore, but pointed out that much tougher and worthier walks were to be found in the mountains, and as an example he cited Bob Graham's 42 Lakeland Peaks circuit accomplished within 24 hours in 1932. The Heaton brothers and Stan Bradshaw decided to have a go at it, though their attempt was preceded by an unsuccessful one by three Kendal A.C. runners. Actually, only Alan Heaton was successful on the first Clayton attempt, but Stan had another go a fortnight later and completed the 75 mile course, involving 27,000 feet of ascent and descent, in 23 hours, 25 minutes, which was 14 minutes faster than Graham himself had taken. He has since assisted several other contenders in their attempts, (the holder is now Joss Naylor with 72 Peaks achieved in 1975).

As amateur fell racing grew in popularity, new events began to appear and most of them have endured to the present day. Stan's favourites are the Three Peaks, the Ben Nevis and the Fellsman Hike, and three rugged long-distance Lakeland courses, the Borrowdale, Wasdale and Ennerdale Horseshoe Fell Races. He enjoys the tough Ben Nevis Race because it provides "a great sense of achievement to finish", while the 55 mile Fellsman Hike over the northern

Pennines is "a wonderful course: mostly mountain and moorland, with very little road" — unlike the "Lakeland Threes" which has 16 miles of road in its 45 miles. Stan has won the veteran's trophy six times in the Ben race, incidentally, while after the 1972 Ennerdale Horseshoe, his 60th birthday was commemorated with the presentation of a silver salter by the Cumberland Fell Runners' Association on behalf of Stan's many friends and admirers.

He also likes to complete in Vets' Cross-Country Championships, having finished 4th, 4th, 5th and 3rd in Class 3 of the British 'National'. Although he ceased to compete in track events twelve years ago, he did run in New Zealand's pre-Commonwealth Games Vets Meeting of 1974, and finished third in the Over-Sixties' 10,000 metres behind the New Zealand and Australian champions.

Stan has, in fact, travelled widely, having climbed in the New Zealand Alps, the Grand Sasso in Central Italy, the Tatra Mountains of Czechoslovakia, and in the Drakensburg (South Africa), Norway, Sweden, Finland, Corsica, Sardinia, Bulgaria, Rumania and Poland. He has done a lot of winter mountaineering in Scotland, and while not a dedicated "Munro-bagger", has so far collected 233 summits in this category (a "Munro" is a Scottish mountain over 3,000 feet above sea level). He did his first rock climb at the age of sixty-one under the instruction of his good friend, Frank Milner, an all-round mountaineer who also runs for Clayton-le-Moors Harriers. The pair of them have been on the Cuillin Ridge of Skye four times since 1973 and this past summer completed a traverse of its whole length in 14½ hours, plus 6½ hours spent in walking to and from their camp in Glen Brittle.

One of Stan's pacers during his 42 Peaks run in 1960 was a noted mountaineer and fell runner named Ted Dance who was (and still is) a member of the Manchester-based Rucksack Club. In addition to rock and snow-and-ice climbing, this club specializes in ultra-long-distance walks/runs over rough mountain terrain. Impressed by Stan's 42 Peaks achievement, Ted suggested that he join the Rucksack Club, and it was as a member of this elite band of "bogrotters" that Stan accomplished two of his most memorable feats: both a summer and a winter traverse of the 120-mile Tan Hill-Cat and Fiddle route over the Pennines, linking the two highest inns of England. Stan, Dennis Weir and John Richardson made the winter traverse in 51 hours, 49 minutes in severely inclement weather conditions: sleet and snow, gale-force winds and driving rain, and hail, thunder and lightning.

He has also completed a 100-mile traverse of the twelve Scottish peaks over 4,000 feet in which he was benighted by blizzards on Ben Nevis and Ben Macdui. That was in 1967 and the following year he "bagged" all the Lakeland summits over 2,500 feet at one go: 77 of them, involving a total ascent of 43,065 feet over 105 miles. During the same year, he and the late-Brian Ripley covered 145 miles of rugged fell country in 73¼ hours, without sleep, while visiting the highest summits of the six northernmost counties; and in 1972, along with veteran clubmates Fred Thompson and Donald Talbot, he completed the 271

(Continued on page 48)

## Postbag

Dear Editor,

Masters competition is primarily for the competitors, not the governing body, not the few spectators, and certainly not the officials. Therefore, the basic premise should be: "for the competitors", with everything geared to serving that premise. Anything which approximates or achieves a purpose such as eliminating 5 year age groupings, or events for any divisions would do a disservice to masters competition. One reduction I would only acquiesce to under pressure would be elimination of sub-masters events in a championship meet.

All divisions should have 5 year groupings. A 49 year old cannot be competitive with a 40 year old. Likewise in the 50's and 60's. There is one who could, but after Bill Fitzgerald was made they threw away the mould! I feel the loss of the 5 year groups for any division would be the worse mistake that could be made. Using the Veteris figures from Toronto: 40 year olds: 78 @ 10,000 meters, 71 @ 5 KM; 50 year olds: 47 @ 5 KM, 60 @ 10 KM. The races would have to be split anyway! In Divisions 2, 3, and 4, as time progresses, the events will fill up. In 1972 in the U.S. Masters at San Diego, there were about four 70 year olds total! 1973 had about a dozen and there has been steady growth since. It is not fair and it is discriminatory to restrict the events for 70 year olds. The answer is reduce the awards to a commensurate number, but don't say "Sorry, you guys can't have a 200 meter race, there are only 3 entrants." Just have one medal. Have a minimum entry of 3 in an event before any awards are given, with a graduated scale from there. If all entrants receive awards, or a guy can just step on the track and be assured of a gold, the medals become cheapened to the point of being meaningless.

The opportunity to compete must be available to anyone able to get to the meet. It can be done easily and fairly in the following manner:

Have a moderately tough, but reasonable, set of event standards for all events, all divisions.

Competitors must have achieved the standard within 15 months of the championship event, in a legitimate competition.

During the week preceding the championship event, hold qualifying trials for those who have not met the listed standard for their event. This would give everyone a chance to compete, have a "practice meet" for the officials to work the bugs out, and expedite the championship meet by eliminating the fellows still having 4 laps to go when everyone else has finished in a championship event.

Another logical ploy to expedite the schedule would be to combine events where insufficient numbers do not warrant a separate race. For example, 3 entries in a 4A 400 meters; run them with 3B, but consider results separately.

Bill Stock,  
San Diego, California, U.S.A.

Dear Editor,

I feel that now is the time that more thought must be put into the composition of hurdles races in veterans athletics.

Instead of suggesting that the event be eliminated, surely a negative approach anyway, we should be looking at the distances between the hurdles in the over 50's sprint events.

Al Guidet points out the main problem in his letter in the April issue of Veteris, and it was obvious in Toronto where the trouble lies.

Sprint hurdling is hurdling with three strides between each hurdle. If more strides have to be taken then the whole rhythm of the event is lost, and is therefore spoilt both for the competitor and for the spectator. Four strides will mean the athlete taking each hurdle with alternate legs, and very few hurdlers can do this efficiently, while five strides will necessitate a considerable chopping of the stride length with the obvious result. The majority of hurdlers in Classes 2 and 3 in Toronto were compelled to take either four or five strides.

If the distance between hurdles is reduced but the overall distance of the race left at 110 metres the run-in then becomes too long.

I would suggest that for Class 2 we use our Youths distance, i.e. 100 metres, hurdles 3' high spaced 8.5 metres apart (as opposed to 9.14 metres in the 110 metres event), and for Class 3 100 metres hurdles 2'9" spaced 8 metres apart. This is similar to our boys event, but with ten hurdles instead of eight, and is in fact used on the continent for their younger age groups.

The 400 metres does not give the same problems, as the distance between the hurdles is great enough to enable the runner to adjust his stride pattern to suit his own stride length.

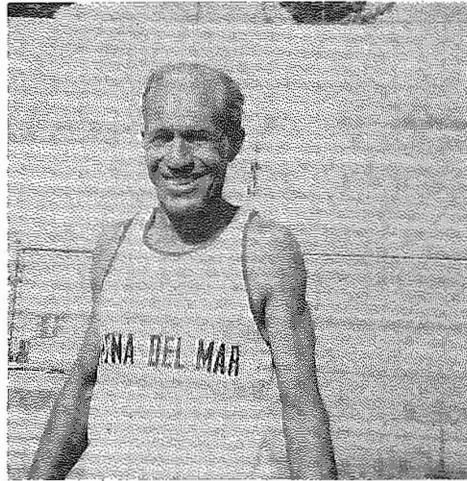
I do feel that the steeplechase barriers are too high for the majority in the older classes, and I understand that tests are being carried out with adjustable barriers for use in boys and youths races, which could prove useful for future veterans events.

Yours sincerely,  
Colin Shafto  
(B.A.A.B. Senior Coach Hurdles)  
"Sandford",  
Shipton-by-Beningbrough,  
York, YO6 1BL.

Dear Editor,

I'm sending under separate cover to your subscription department, my cheque in amount \$8.00 for another year's subscription. I really enjoy your magazine.

Allow me to offer my suggestions for possible improvements for the next World's Track and Field Meet. By offering these suggestions, please under-



BURL GIST

stand that I'm in no way criticizing Don Farquharson and the Canada boys, as I think they did a fantastic job.

For the same reasons as John Hayward offered in his article, I would (1) cut out the sub-masters, (2) cut out the 3,000 Meter and (3) introduce qualifying standards. I don't agree on taking out any other track or field events, as this is what it's all about -- "track and field".

The California High School Federation has a rule stating that an athlete may enter only two running and one field event or two field events and one running event -- plus relays. Their reasoning is to give more people a chance to win -- and would in the Master's situation eliminate possible stress on the older athletes. And too, there would be the pentathlon for those who wanted to participate in more events.

While discussing your editorial with other athletes, one objection has been repeated over and over again -- this is, returning to the 10 year groupings instead of 5 year grouping. Everyone feels that in any event, the pairing of a 40, 50 or 60 year old against a 49, 59 or 69 year old is really not a fair test.

Thank you and

Yours for better and bigger Masters' Track and Field  
Burl Gist -- 2739 Homestead Drive, San Marcos,  
California, U.S.A. 92069

Dear Sir,

May I say how much I look forward to receiving Veteris. It is a pleasure to read and read again. Here in Norfolk there are not many Vets, so Veteris is our only contact between Championships. May I congratulate all concerned for what I think is the best book on athletics in the country. One thing I would like to see, however, is interviews with some of the leading Vets, such as Duncan McLean, Charlie Speechley, Ron Taylor, Len Batt, Sylvester Stein,

Jack Pritchard etc., together with a brief account of their careers and an idea of their training schedules. You see, there are possibly many more vets such as myself, who, though I was active in other sports, didn't start running until I was 48, at Crystal Palace in 1972. The thing that really gets me is the wonderful spirit and friendliness that I have met when attending and competing in the Championships. It is a date I look forward to, and wouldn't miss for anything.

So you see, that though most of you have known and competed against each other for years, there are some of us who would like to know more about you. Unfortunately at competitions we don't get much time to talk to you all. Perhaps its a thought for Veteris. However, thanks again and good luck to all Vets in 1976.

Yours sincerely,

Jim Willacy,  
136 Northgate Street, Gt. Yarmouth, Norfolk.

Ed: We soon hope to resume our Spotlight series.

### FELL RUNNING (Continued from page 46)

miles of the Pennine Way in 6 days, 9 hours, 50 minutes.

Bradshaw is also a member of the Fell and Rock Club and is on the committee of both the Fell Runners' Association and the Three Peaks Race Association. Now in semi-retirement, he averages 80 miles a week: half running, half walking. He trains on Pendle almost daily, summer and winter, though sometimes he will suffice with a brisk walk if he doesn't feel up to running. Pendle is the most prominent landmark in northeast Lancashire -- and for much further afield -- and its summit lies only six miles over the hilly pastureland from Stan's home at Huntroyde, near Padiham. Three widely separated cairns on Pendle's seven-mile-long ridge serve as turning points in fell races from Barley, Clitheroe and Pendleton, all promoted by Clayton-le-Moors Harriers. "It's a grand hill is Pendle", Stan once told a "Yorkshire Post" reporter: "They call me Mr. Pendle around here."

In common with several other fell runners, Stan is fortunate in having an understanding wife, who often turns up as a spectator at such out-of-the-way places as Wasdale Head and Ennerdale. He expresses great satisfaction at the growing popularity of fell running, and at "the wonderful spirit of comradeship" which exists among the members of Clayton-le-Moore Harriers. He feels deeply indebted to the organisers, checkers and other helpers "who run our sport so efficiently, for without them, fell running would not be in the strong position it is today". And he is delighted at the increasing interest in veteran's races, both on the road, track and country. He has no particular plans or ambitions for the future, except to climb more regularly in Scotland and to compete in veterans' cross-country events as long as he is able. He would also like to complete his one hundredth circuit of the Yorkshire Three Peaks.

As Joss Naylor has said: "You can't stop running while there are men like Stan Bradshaw around."

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AUG. 1976