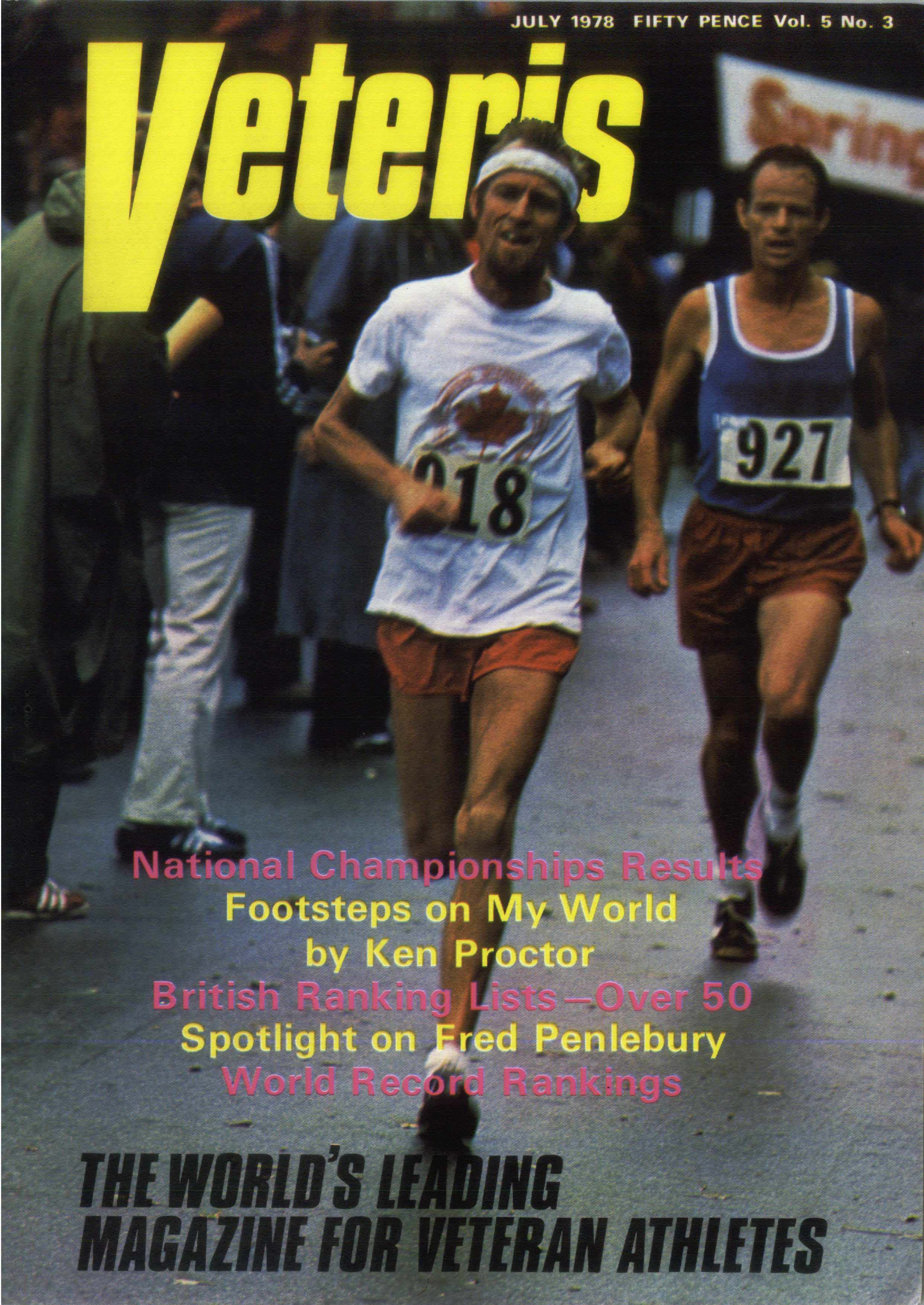


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by Ken Proctor

British Ranking Lists—Over 50

Spotlight on Fred Penlebury

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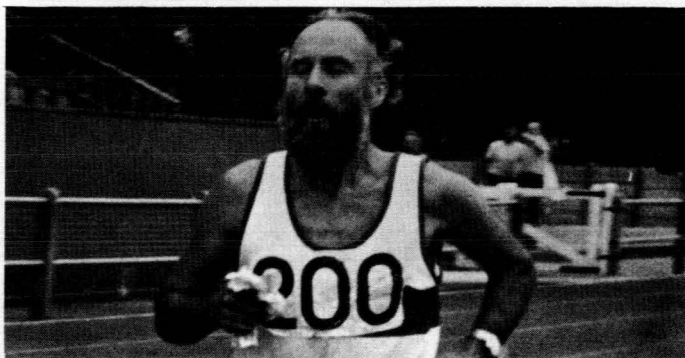


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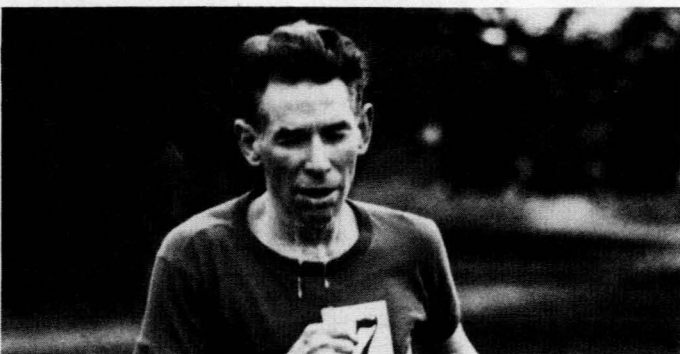
The all-sports
people



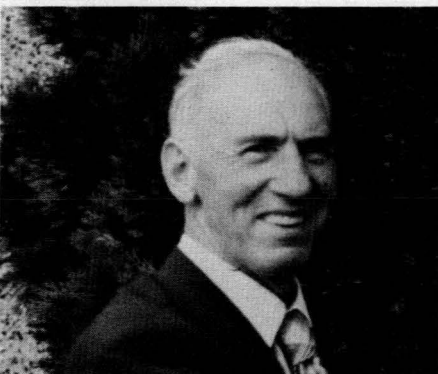
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Norman Ashcroft



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Walter Ross



Wal Sheppard

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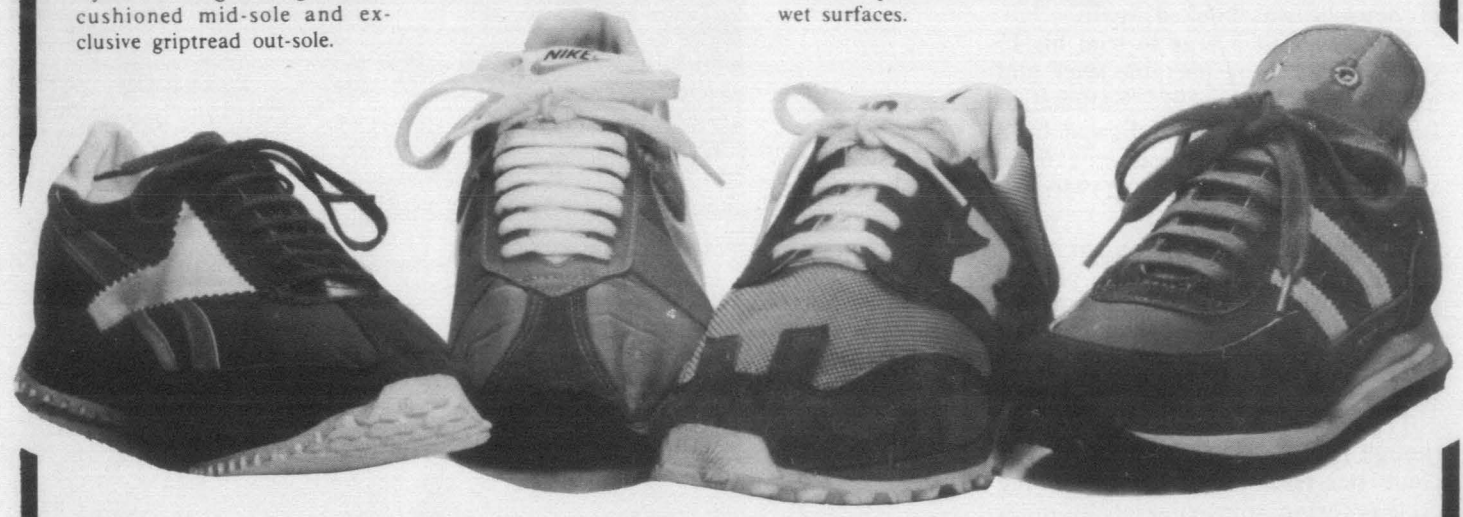
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Profile on — GEOFF HAWKINS

As promised we will feature from time to time not only 'class' athletes, but also lesser mortals, men or women who provide the backbone of club athletics. We start with Geoff Hawkins of two veteran man club, Stourport AC.

Geoff's introduction to athletics started in the summer of 1950, aged 16, when he was an apprentice pattern maker with a company in the T.I. Group, and was asked to run in the students 4 mile cross-country race.

He won by a good margin and this prompted him to join Oldbury AC under the guidance of Taff Heir, and he recalls running in the 1951 National Youths Cross-Country at Catterick Race Course, and being inspired by the Pirie-Hesketh duel.

National Service followed in 1952 when Geoff won the Royal Engineers B.O.A.R. Cross-Country, and reached the Army Track Finals in the steeplechase.

After demob in 1954 he never ran again for 21 years until 1974 when Stourport AC was formed and his two daughters seemed interested.

They jogged round with him on the first day and then gave it up. Unfortunately (from his family's point of view) he was hooked again.

It took about a year to trim his 15 stone down to a respectable level, and having entered the 1975 National at Luton finished 992nd, followed by a placing of 1049th at Leicester, 1162nd at Parliament Hill, and 1194th at Leeds.

He does little training on the track but competes occasionally, placing 12th in the 5,000 metres and 18th in the 1,500 metres in the 1975 National Veterans Track and Field Championships.

Training is fairly spasmodic although since Christmas this year Geoff has tried to work to a training cycle covering approximately 40 miles per week over variable terrain, varying the distance between 4 and 8 miles, with one days rest per week.

This has showed a marked improvement in his results, from 105th in the first Division 3 Birmingham Cross-Country League race, down to 66th in the final race.

Geoff managed 189th in this years Michelin 10 over a hard course in a time of 62 minutes 42 seconds.

He is fortunate that his job as a sales representative with Europa Sports brings him in contact with the likes of Ian Stewart and Bernie Plain, he is never short of expert advice.

Geoff's simple philosophy for improvement is to do bigger and better quality mileage, this however would put an intolerable strain on domestic harmony. So he settles for enjoying his athletics rather than excelling at the sport.

Nevertheless, Geoff hopes to continue for a few years yet, that is providing he can still make the club team for he really enjoys the stimulus of competition.

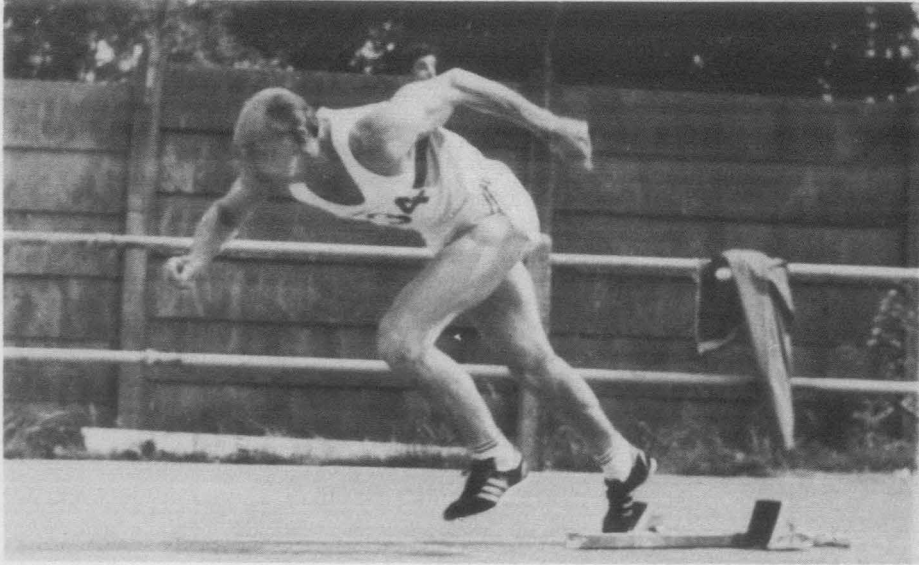


Midland Track League Division 7 10,000m



U.K. Vets Ranking list '77

MEN O/50



Peter Whittaker who recently broke the O/50 British National Record for 100 metres with an 11.9 second clocking.
Photo John Haywood

100 METRES

12.0	Peter Whittaker	Ilford
12.1	M. Gray	Southampton
13.2	Stan Brooks	Ealing
13.3	L. Auditt	Trowbridge
13.5	Harold Smith	West Yorks
13.8	D. Pinnington	Warrington

200 METRES

23.9	Peter Whittaker	Ilford
25.1	M. Gray	Southampton
25.2	Ray Archbold	Norfolk
25.9	Stan Brooks	Ealing
26.3	Eric Allen	Burn Road
27.2	L. Auditt	Trowbridge

400 METRES

56.5	Ray Archbold	Norfolk
57.3	E. Gallagher	Liverpool
58.0	Stan Brooks	Ealing
61.1	Eric Allen	Burn Road
62.4	Basil Neilson	Hillingdon
62.5	John Hay	Brighton

800 METRES

2.09:8	Robert Mattock	Bournemouth
2.11:9	Harry Tempan	V.P.H.
2.16:2	Basil C Nielson	Hillingdon
2.19:4	George Phipps	Leamington
2.20:2	John Hay	Brighton
2.21:5	Ben Bickerton	Shettleton

1,500 METRES

4.24:8	Robert Mattock	Bournemouth
4.31:9	Harry Tempan	V.P.H.
4.32:0	Ted Joynson	Gateshead
4.38:2	P. Wallace	Newport
4.42:3	Derek Turnbull	Inverscargill
4.44:1	Ben Bickerton	Shettleton

5,000 METRES

16.43:6	Donald Lee	Shaftesbury
16.56:0	Stephen Charlton	T.V.H.
16.58:4	Ted Joynson	Gateshead
17.16:4	John Ellis	Tamworth
17.32:0	Ben Bickerton	Shettleton
17.35:0	Roderick Kane	Victoria Park

10,000 METRES

34.31:0	Kenneth Hall	Wirral
35.08:4	Tom Woods	Welsh Vets
35.14:6	Donald Lee	Shaftesbury
35.43:4	Stephen Charlton	T.V.H.
37.06:0	B. Crooke	Rochdale
37.25:4	Jack Fitzgerald	Mitcham

TRIPLE JUMP

10.90	T. McNeill	?
8.09	Herbert Trafford	Newcastle

POLE VAULT

2.50	J. Green	Bexley
------	----------	--------

110 METRES HURDLES

21.4	Phillip Munn	Mitcham
22.1	Herbert Trafford	Newcastle
	Both in pentathlon	

400 METRES HURDLES

73.5	Phillip Munn	Mitcham
------	--------------	---------

DISCUS

42.42	Otto Feldmanis	Mitcham
34.70	Fricis Laudobellis	Midland Vets
26.88	Herbert Trafford	Newcastle
23.90	D. Pinnington	Warrington

SHOT

12.91	Otto Feldmanis	Mitcham
-------	----------------	---------

12.53	G. Bergin	?
11.73	Herbert Trafford +	Newcastle
11.58	Fricis Laudobellis	Midland Vets
9.41	W. Ward	Northern Vets
8.03	Phillip Munn +	Mitcham
	+ - In pentathlon	

JAVELIN

39.22	J. Green	Bexley
30.30	D. F. Green	Bexley
29.82	Fricis Laudobellis	Midland Vets

HAMMER

38.64	G. Bergin	?
22.20	Fricis Laudobellis	Midland Vets
6.08	Noel Noble	Poly

LONG JUMP

5.48	J. Green	Bexley
5.45	Peter Whittaker	Ilford
4.75	Harold Smith	West Yorks
4.58	Philip Munn	Mitcham
4.17	W. Ward	Northern Vets
3.28	Noel Noble	Poly

HIGH JUMP

1.48	J. Green	Bexley
1.20	Philip Munn	Mitcham
1.00	Noel Noble	Poly

MEN OVER 55

100 METRES

12.3	Sylvester Stein	Highgate
14.0	Thomas Kershaw	Blackpool
14.1	A. Huggins	Norwich
14.1	Ken Hallam	Northern Vets
14.6	W. Harfree	Vets
14.9	Arthur Bowden	Peterborough

200 METRES

25.4	Sylvester Stein	Highgate
27.1	A. Huggins	Norwich
28.8	Ken Hallam	Northern Vets
29.2	Jim Willacy	?
29.4	Thomas Kershaw	Blackpool
30.0	Janis Gercs	Rugby

400 METRES

58.6	A. Huggins	Norwich
63.2	Sylvester Stein	Highgate
67.8	Ken Hallam	Northern Vets
72.3	Thomas Kershaw	Blackpool

800 METRES

2.16:6	Edward O'Bree +	Cambridge
2.18:2	Les Brown +	Woodford Green
2.23:8	Len Burnett +	Woodford Green
2.31:9	Herbert Taylor	March
2.48:1	T. Harrison	Scots Vets
2.49:7	Brian Spiller	Poly
	+ - Heat	

1,500 METRES

4.41:1	Edward O'Bree	Cambridge
4.49:7	Les Brown	Woodford Green
5.06:5	Herbert Taylor	March
5.09:6	Len Burnett +	Woodford Green
5.21:6	Bernard Wade	Woodford Green
5.28:9	Brian Weekes	Vets
	+ - Heat	

5,000 METRES

18.43:4	Les Brown	Woodford Green
18.48:0	J. Downes	Q.P.H.
19.19:2	William Jenkins	Vets
19.58:8	Arthur Bowden	Peterborough
20.12:8	William Watts	H.H.H.
20.28:2	Herbert Taylor	March

10,000 METRES

38.26:3	Les Brown	Woodford Green
40.11:4	George Scutts	Portsmouth
43.17:0	R. Salisbury	Wirral
45.33:0	L. Heald	East Cheshire
49.32:0	W. Horrocks	Leigh

110 METRES HURDLES

20.5	W. Hartfree	Vets
28.9	R. Davenport	Northern Vets

LONG JUMP

4.53	W. Hartfree	Vets
4.19	Geoff Norman	Hull
4.19	Jim Willacy	Great Yarmouth
4.17	Janis Geracs	Rugby
3.78	R. Davenport	Northern Vets

HIGH JUMP

1.20	Jim Willacy	Great Yarmouth
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SHOT

10.53	Janis Geracs	Rugby
7.27	R. Davenport	Northern Vets

DISCUS

32.34	Janis Geracs	Rugby
14.16	R. Davenport	Northern Vets

JAVELIN

23.30	Janis Geracs	Rugby
-------	--------------	-------

MEN OVER 60**100 METRES**

12.4	Colin Fairey	Kettering
13.9	Leslie Batt	Highgate
13.9	R. Barnes	Vets
14.0	Andy Coogan	Tayside
14.7	B. Metcalfe	Vets
20.3	James Barr	Poly

200 METRES

26.5	Colin Fairey	Kettering
28.9	Leslie Batt	Highgate
35.7	B. Metcalfe	Vets
36.2	James Barr	Poly

400 METRES

65.2	Leslie Batt	Highgate
67.6	R. Barnes	Vets
74.1	Brian Spiller	Poly
85.2	L. Clement	?

800 METRES

2.34:5	D. Morrison	?
2.39:0	Leslie Batt	Highgate
2.52:7	Andy Coogan	Tayside

1,500 METRES

5. 13:4	D. Morrison	Scots Vets
5.15:9	Norman Ashcroft	Sutton
5.24:9	Gordon Porteous	?
5.32:5	Brian Spiller	Poly
5.44:0	A. McLean	?
5.49:4	A. Else	Vets

5,000 METRES

18.11:2	Robert McMinnis	Sutton
19.07:2	Norman Ashcroft	Sutton
19.57:0	A. Forbes	Scots Vets
20.26:0	D. Morrison	Scots Vets
20.42:0	G. Bell	Scots Vets
20.55:0	C. Bould	Scots Vets

10,000 METRES

37.56:8	Robert McMinnis	Sutton
40.40:0	Norman Ashcroft	Sutton
43.18:8	Sam Lee	Horwich
46.34:4	John Heath	Aylesbury
49.04:2	R. Crombie	Welsh Vets
58.12:0	J. Breem	East Cheshire

LONG JUMP

3.98	B. Metcalfe	Vets
3.76	Aelwyn Cooke	Clydach
3.64	D. Morrison	Scots Vets

TRIPLE JUMP

7.17	Aelwyn Cooke	Clydach
------	--------------	---------

DISCUS

52.46	Konstanty Macsimczyk	Westbury
38.00	J. Nesbitt	?
35.90	George Smith	Cambridge & Col
34.12	B. Metcalfe	Vets

SHOT

14.39	Konstanty Macsimczyk	Westbury
11.86	George Smith	Cambridge & Col
11.82	B. Metcalfe	Vets
8.15	Aelwyn Cooke	Clydach

HAMMER

30.30	Konstanty Macsimczyk	Westbury
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MEN OVER 65**100 METRES**

14.6	Simon Busby	Wolverton
14.7	Alfred Becket	Vets
16.5	J. Searle	Vets

200 METRES

30.9	Simon Busby	Wolverton
31.1	Alfred Becket	Vets

400 METRES

68.8	Leonard Rolls	Vets
73.7	Simon Busby	Wolverton
81.3	Edward Sears	Essex Beagles

800 METRES

2.35:0	Leonard Rolls	Vets
3.10:2	Edward Sears	Essex Beagles

1,500 METRES

5.22:2	Leonard Rolls	Vets
5.48:4	Edward Sears	Essex Beagles

5,000 METRES

21.07:0	Ernest Harrison	Lincoln
21.22:8	Sam Lee	Horwich
21.26:8	Leonard Rolls	Vets
22.30:0	G. Taylor	?
23.28:0	S. Smith	East Cheshire
23.51:0	Jack Harris	Watford

10,000 METRES

44.38:0	Sam Lee	Horwich
44.40:0	E. Wallace	Wirral
48.29:0	C. Baldwin	Barton
49.34:6	Jack Harris	Watford
58.36:0	Edward Peacock	Vets

LONG JUMP

3.84	J. Searle	Vets
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HIGH JUMP

1.25	J. Searle	Vets
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MEN OVER 70**100 METRES**

15.9	Alf Sutherland	Surrey
16.0	J. Hines	N. London
16.9	R. Wiseman	Cambridge
17.1	Fred Wedgbury	Birchfield
19.8	James Barrs	Poly

200 METRES

34.4	James Hines	N. London
35.1	Alf Sutherland	Surrey
35.1	R. Wiseman	Cambridge
36.0	Fred Wedgbury	Birchfield
36.2	James Barrs	Poly

400 METRES

89.3	J. Hines	N. London
94.9	R. White	Ranelagh
97.7	R. Wiseman	Cambridge
109.2	Alf Sutherland	Surrey

800 METRES

3.30:8	R. White	Ranelagh
3.40:7	R. Wiseman	Cambridge

1,500 METRES

5.47:7	F. Jackson	Norwich
6.56:8	R. White	Ranelagh
7.25:4	R. Wiseman	Cambridge

5,000 METRES

21.40:4	C. Bending	?
22.30:0	F. Jackson	Norwich
23.19:2	R. White	Ranelagh
25.26:0	R. Devon	Scots Vets

10,000 METRES

48.15:8	F. Jackson	Norfolk
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3,000 METRES STEEPLECHASE

18.03:0	R. Wiseman	Cambridge
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110 METRES HURDLES

28.8	J. Hines	N. London
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400 METRES HURDLES
1072 J. Hines N. London

HIGH JUMP
1.10 J. Hines N. London

LONG JUMP
3.93 Alf Sutherland Surrey
3.09 J. Hines N. London

JAVELIN
23.64 W. Baker Highgate

MEN OVER 75

100 METRES
15.6 N. Martin Vets
16.1 Alf Sutherland Surrey

200 METRES
35.2 Alf Sutherland Surrey

400 METRES
103.7 Alf Sutherland Surrey

10,000 METRES
56.42:0 W. Fellows East Cheshire

LONG JUMP
3.62 Alf Sutherland Surrey
2.78 M. Cullen Welsh Vets

SHOT
7.24 M. Cullen Welsh Vets

DISCUS
31.58 M. Cullen Welsh Vets

HAMMER
14.80 M. Cullen Welsh Vets

JAVELIN
20.78 M. Cullen Welsh Vets

MEN OVER 80

100 METRES
21.7 Duncan McLean (93) Vets
26.0 Charlie Speechley (89) Belgrave

Amendments to 1A and 1B Ranking lists.

1A
1,500m 4.10:0 Mike Barratt, Ealing
5,000m 14.58:8 Mike Barratt, Ealing
10,000m 31.51:9 Mike Barratt, Ealing
3,000SC 10.20:0 Mike Barratt, Ealing
Marathon 2.44.58 Derrick Pickering, East Hull

1B
400m 57.4 Alan Hughes, Rochdale
5,000m 16.18:0 Alan Hughes, Rochdale
10,000m 34.01:0 Alan Hughes, Rochdale
Marathon 2.44.44 Alan Hughes, Rochdale

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coroebus

says...

The progress of women in mara-
thoning is nothing less than sen-
sational. Only a few years ago no
more than a handful of the fairer sex
felt able to tackle this most gruelling
of events. To finish the course was a
very special achievement. To break
the three hour barrier was sufficient
to lift the successful competitor to the
pinnacle of women's mara-
thoning.

But now, three hours does not even
raise the eyebrows. No surprise I
suppose when you consider that no
less than six women have run
sub-2.40. In the space of about eight
years the 'target' has been cut by a
full half hour — from 3 hours to 2½
hours.

Women vets (over 35) have played an
auspicious part in this dramatic
progress. Led by the diminutive
Hawaiian, Miki Gorman, (43 years —
2.39.11) they have produced half a
dozen sub-2.50 performers and almost
twenty under the magical 3 hours.

The most experienced of these
marathoners is another American,
38-year-old Nina Kuscsik, who is one
of the early pioneers of the sport, and,
in the last seven years, has run in over
40 marathons with a best time of
2.50.22.

Germany's Liane Winter (35 years
— 2.42.24) and New Zealand's
Beverly Shingles (37 years — 2.47.16)
lead the strong non-American chal-
lengers. Winter won the first un-
official world championships in 1974
and the following year took the
'Boston' with her present best time.

There is little doubt that the two
leading nations in this sport, at
present, are the U.S.A. and West
Germany. Both have considerable
depth, and it is interesting to
compare the 1977 rankings for the
over-35's.

Although the U.S.A. took first
three places with Gorman (2.43.10),
Sue Kinsey (42 years — 2.46.54) and
Nina Kuscsik (38 years — 2.50.22) the
lists were very similar in depth. Tenth
positions were 3.09.44 (U.S.A.) to
3.08.39 (Germany). Twentieth spots
read 3.19.04 and 3.23.40, while the
Americans squeezed 31 runners under
3.30 to the Germans 29.

Not only is womens mara-
thoning here to stay, but it looks destined to
shake up some of the male per-
formers too. And at veterans level, the
ladies look an even better match
against the men!

Len Jones is alive and well and living
in Eastergate, Sussex. For those who
do not recall the name, Len was one
of Britain's leading marathoners back
in the 50's and early 60's. But he is
extra special in my mind because
many of his performances were
achieved after the age of 40, and there
was no organised veterans movement
at the time (outside of Veterans AC).

Len won no less than five Essex
County, three Southern Counties and
one Inter-Counties title **after** the age
of 40. He rates his best performance
as the 1960 Inter-Counties '20' when,
locked in a titanic battle with Fred
Norris, he set a personal best of 50.30
at ten miles, had a terrible time
between 12 and 15 miles, but
recovered well to finish 11th in
1.46.20.

In my book, though, Len's 1961 Poly
Marathon time of 2.24.57 at the age
of 44 years took a lot of beating and
just had to be a world age record at
the time. Remember, all of these
performances were nearly 20 years
ago. He was surely the Jack Foster of

those days.

Len is now the official trainer of
the West Sussex League soccer team,
Felpham, and is also very involved in
the building of a community centre in
his village. Despite these activities he
still misses the athletic fraternity very
much, and it is possible that he may
be coerced back into serious training
now that he is in the Class 3 category.
Watch out Bill McMinniss!

More news on the success of James
Fixx's book "The Complete Book Of
Running." It has now headed the
New York Times non-fiction list for
24 weeks, has sold 40,000 copies and
is now in its 12th printing! Jim Fixx,
a former senior editor with Life
magazine had been a committed
jogger for 10 years. The success of his
book indicates that at least 400,000
Americans are **thinking** of following
suit.

The Sunday Times National Fun Run
publicity is gaining momentum. The
big day is Sunday, October 1st, and
the venue, London's Hyde Park.

Whether the attendance will match
New Zealand's 25,000, or France's
30,000 is open to speculation, but the
newspaper's organisers who have
their ears to the ground confidently
predict "...the subsoil of the
world's most famous park will sink an
inch or two with the weight of
thousands of feet."

Most of the day will be occupied by
age-category runs over a 2½ mile
course, with ten year groupings from
20 to 60 plus. A Mass Jog will come
as a grand finale to the day, and will

include not only the day's participants, but those entrants who prefer to restrict their efforts to the jog alone. All manner of teams may be entered for the age-category races.

For full details, and an official entry form, a stamped addressed foolscap envelope should be sent to the Sunday Times National Fun Run, P.O. Box 9, Portsmouth, Hants PO1 2TP.

It seems to me that veteran athletes could play a significant part in the occasion. Not only will they have the opportunity to enjoy themselves in some low-key (?) competition, but also to set an example by showing what regular training can do for the older man. Why not have a competitive/social day out on October 1st? And instead of your club supporters and family having to watch the day's events, they too can join in the grand finale Mass Jog.

As the oldest veteran history has seen, Coroebus will be there in person. Perhaps I shall wear the chaplet of woven olive leaves that I won in my first major victory back in 776 B.C.!

Whilst I am on the jogging theme, I hear that America's physical fitness craze has caught up with our four-legged friends. U.S. Dairy Association researchers have devised a jogging programme for cows! Yes, cows. Those flabby, heart-disease prone animals confined to inactive lives of eating, drinking, resting, being milked and producing one calf a year are being put on to mechanical exercises. The animals walk at a controlled pace, while moving tail-gates push the cows around a fenced ring.

If progress is anything like the womens marathoners, we can soon expect to see age group ranking lists for the highest number of circuits per hour.

Belgium's national athletic association is in some respects more progressive than those of many other nations. For instance, for some time now they have recognised the strength and desirability of the veteran movement and have incorporated over-40 and over-50 championships into their cross-country and road calendar. These championships are not separate affairs, as in the U.K., but are part and parcel of the day's national championship programme.

This admirable approach is rather spoilt though by adopting the same

rules that apply to the youth and junior age groups. In other words, athletes may only compete in their respective age groups.

This rule means that the legendary Gaston Roelants, who is aiming for the 1980 Moscow marathon at the age of 43, will be unable to meet Karl Lismont and other Belgian rivals in the championship 'trial' of 1979.

Who said the rules are made for the athlete?

Australian Brian Lenton tells me that he had just produced a 250 page duplicated publication entitles "Distance Running in Australia." The book contains over a hundred profiles articles, interviews etc. The profiles range from club to international class runners, and includes the Veteris Spotlight on Wal Sheppard and John Gilmour. Those readers interested in obtaining a copy (\$4.80 post free, payable to "Distance Running in Australia") should write to Brian at 134 Dixon Drive, Holder, A.C.T. 2611. Any profits will go to the Australian Cross-Country team funds for the next World Championships.

And finally, how much do you like sausages, particularly the German ones? I ask, because a recent German report reckoned that the rapidly increasing medical bill for diseases caused by bad nutrition is chiefly due to the national love for the sausage. Overeating, and other bad eating habits, account for a high proportion of all illness and absence from work in West Germany. The German sausage is the main source of animal fats (which is more than its British counterpart can claim) followed by fatty fresh meat and butter. Together with eggs, this seems to produce a too-high cholesterol intake by the population — and the report claims that only 10 to 15 per cent are at an ideal weight. Obesity is almost a West German trait, and as Dan van der Vat wrote in The Times recently, "All this goes to show that the music-hall German who lives on **Wurst** washed down with beer is alive and well and living in the Federal Republic. But his prospects of remaining alive and well are, unlike him, slender."

Little more need be said, except that those who competed in the Berlin marathon will swear that 90% of the Germans are at ideal racing weight, all over 40, and dammed fast!

●●●●●●●● **Coroebus**

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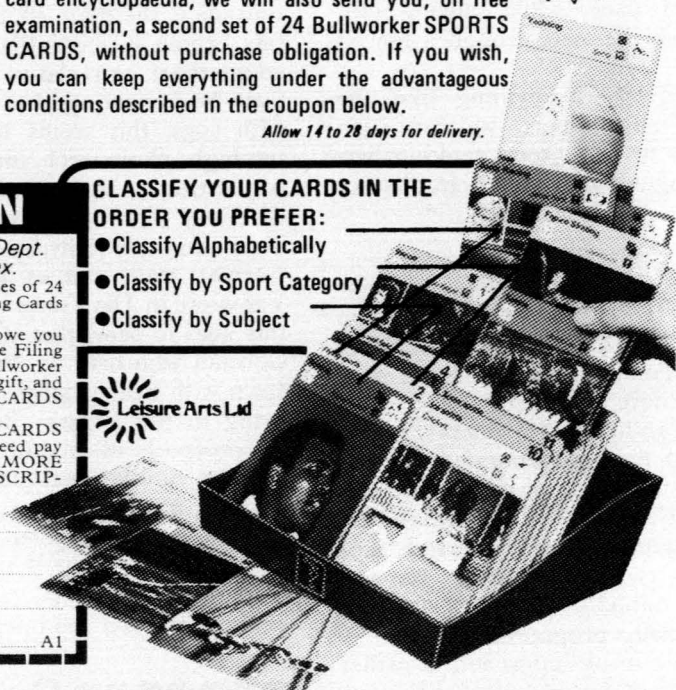
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"From getting 'Hooked' on running at 34 to winning the National title"

by Vince Regan

IF EVER you happen to be standing near to the blonde bombshell from Manchester Harriers, Fred Pendlebury, after he finished a hard race or run his usual good relay leg, don't, whatever you do, try to assist him to his feet as he lays on the ground moaning and groaning, because he will no doubt give you a mouthful that even the clergy wouldn't understand. Not that Fred is a nasty bloke, on the contrary, but for some odd reason he likes to be left alone to come round in his own good time when he is in that state.

Don't get the idea that big Fred is an unsociable bloke because he is nothing of the sort, in fact, he is one of the nicest chaps around, always ready to say "Hello, how are you

going these days?," and genuinely mean it too. Unlike most of us that have been running longer than we would own up to, Fred has been in the sport only a few years, but with what success!

"It's true I was 34 years old before I started doing any serious running. Mind you, prior to that I had kept very active, playing a lot of basketball, doing a fair amount of cycling and playing a game called 'rugby fives,' which is a game similar to squash," said Fred, following it up with "Come on, Regan, get that kettle on." He had just delivered some stationery to me that he had printed for me at his family printing business in Unsworth, near Manchester. It was then that I decided to try and find out

about this guy who surprised us all in Lancashire when he started to come on the scene, none more so than my own club, Bolton Harriers, because he helped M & D, as they were known in those days, to pip us for a few team prizes (not too many though).

Fred went on to tell me how he got hooked on running at 34 years of age. "I had a fair background of hard physical exercise behind me at that time and I found little trouble doing any form of training which I suppose was a big asset. I had run a few (even won a few) races in the forces after I was conscripted, mainly over a mile and three miles and I suppose there were signs then that I could make a runner with proper training, which I knew nothing about at all. But at that time

Inter-Counties, February 1977. Fred Pendlebury, Doug Rownes, Mike Baxter, John Kirkbride.



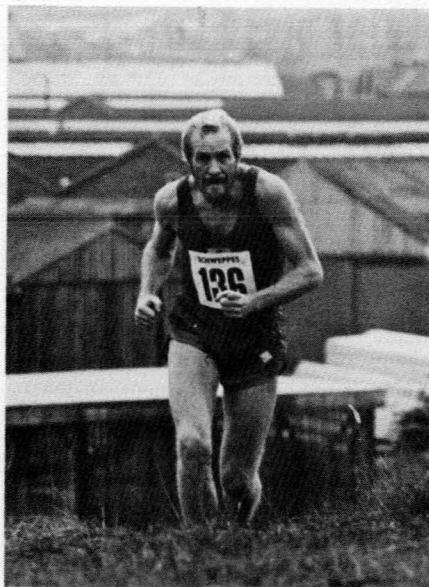
I was very wrapped up in basketball, particularly enjoying playing the tournaments and touring Germany where I was stationed at the time.

"When I came back I played rugby fives, which as I said earlier is played much like squash and is pretty hard, for the Manchester Y.M.C.A. At that time they had a very active Harriers section and I kept promising myself that some year I would try and win their cross-country trophy, after all, I felt I could always run a mile under five minutes and three miles at about 5.30 pace, without any training. So when I was 34 I decided to 'have a go' and started running about six miles, three times a week, as fast as I could — just shows how little I knew about training, doesn't it. After three weeks I entered my first competitive race, in the Manchester cross-country league and finished 20th. In the next two of the league races I again managed to get in the first 20 and then in the final one finished 6th and into the bargain I won the trophy for the most improved runner in that year's leagues, which I might add, got me a mention in the 'Manchester Evening News.' That was it, I was hooked on running and my mileage shot up to a weekly total of 30 miles, yet I was still playing a lot of fives, about as much as I was doing races. A year later I decided to do some proper training for running and stepped up the mileage to 65 miles a week, and believe it or not, I started to improve with every race from then on.

"This was a golden period for me in which running started to play a big part in my life. I was training with a few of the lads from Manchester and District Harriers and started to notice how much importance the team played in their running. I was very impressed with them because they ran a lot of the races in the area, all of them I suppose, between 3 and 10 miles which were more my distances, especially the three miles four man relays, so I decided to leave the Y.M.C.A. and join them.

"They had of course a lot of good athletes and I can remember the first time I made the A team, God, I was nervous and wanted so much to do well. Somehow I thrived on being under pressure and these four man relays were just the thing for this and I found them very exciting.

"One of the biggest things in our club, and in the whole area, is to make the Lancs cross-country team. In only my first season with M&D I had been running very well and was



Fred winning the Schweppes Veteran Cross-Country Race at Gateshead, Dec. 1977

looked upon by all the lads as a favourite to make the county team. What a surprise I got in the County Championship race!

"The pace was so fast that I felt everyone must have been playing about in the league races. Needless to say I didn't make the team and to be honest I was very upset at missing out, more so when three others from the club had made it. I was secretly seething about it and was all the more determined to make it next time. It taught me one thing, everyone is trying in the Lancs and if you're not a 100% there is no way that you're going to make the team. Indeed, I have heard of many an international say that he was nervous before the Lancs than when representing his country! Well, I continued to improve throughout the summer, albeit very slowly and the following winter I won my first Manchester league race. As a result of this I was selected to represent the Northern Counties cross-country team against the Southern and Home Counties.

"Later, I finally made the Lancashire team with a sixth place in the championships which I rate as one of my best-ever runs. Another good run came later in the Northern when I finished 8th with all in front of me being internationals."

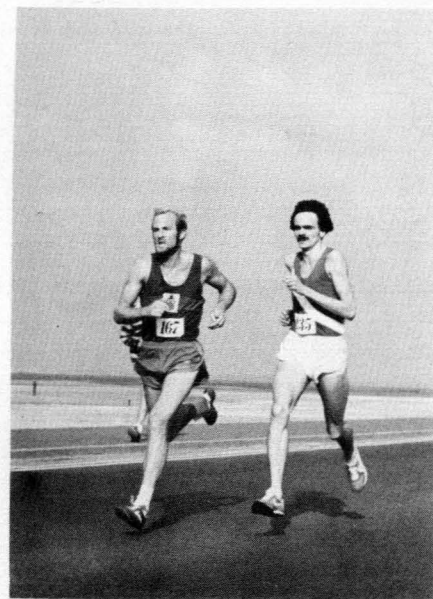
Having finished the tea and scoffed nearly all the cakes he was getting up to go when I said "Hey Fred, what about the veteran years, you haven't said anything about them at all?"

"Well, I'm only a newcomer really at veteran running," he said "I had never thought about age at all. I was

aware that there was a veteran movement and now having turned the magic 40, what a stimulus it can be. The number of people you hear of taking up running again when they are reaching 40 is amazing. I suppose the great thing about it all is that it gets people off their bottoms and doing something that will enhance their health and keep them interested instead of degenerating into TV cabbages. I keep promising myself that I will give squash a go but it will have to be some sport to top running for me."

As he was going out the door I asked him what his best times were for a few distances to which he said "What do you want to know that for . . . you're not working with Eamonn Andrews by any chance are you?" When I assured him not, he told me he did 3.59 (1,500m) in 1976, 8.18 (3,000m) in 1977, 14.18 (5,000m) in 1976 and 29.49 for 10,000m also in 1976.

As a last shout I asked "What about the World Veterans in Berlin?" And he replied "I'll give them some stick if you let me get home and do some training!" I said no more.



Fred running the fastest lap of the 3rd stage of the 8 man Lancs Road Relay on October 8th, 1977. Alan Sladen (right).

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Don't forget to let us know if you change your address, at least 14 days before you are due for your next issue. Remember to show both your old and new address.



LETTERS

Dear Sir,

As most readers are probably aware I undertook on behalf of NUTS in 1977 to compile a ranking list for veteran athletes. I am carrying out a similar task for 1978 and to ensure I obtain the most accurate lists possible I am seeking the assistance of all track and field veteran athletes. If you compete in any meeting the results of which are not published in Veteris I would like to receive knowledge of the performance you have achieved. Please do not wait until the year ends to submit any such details as this year I would hope to have such ranking lists compiled for publication by December or January.

I thank you in advance for your assistance and I would also like, through these pages, to thank the numerous athletes who sent me information regarding their performances in 1977.

Yours sincerely,

David Burton

71 Nethergreen Road,
Sheffield S11 7EH

Dear Reader,

If you are above the age of 50 years and consider yourself to be in the top 10% of your age group for veterans competition, you could be of great assistance in answering questions regarding the effects of training on the ageing process in Man. The evaluation procedures will be conducted at our laboratory in St. Louis and will consist of a physical examination, 12 lead electro-cardiogram, graded exercise, stress test, VO₂max studies, cardiac output, pulmonary function studies and echocardiographic evaluation. The above procedures will be carried out with no cost to you and results will be forwarded both to you and your personal physician upon request. Over-night accommodations will be provided.

Dr. Gregory Heath or Dr. James Hagberg,
Washington University School of Medicine,
Division of Applied Physiology,
4566 Scott Avenue,
St. Louis, Mo. 63110.
Phone 314-454-2051

Dear Sir,

Jim Christie's article on Veteran Athletes and Weight (May issue) highlights a problem that many 'big' men have in later life.

Sheldons research based on the weights of 45,000 men of ages ranging from 18 to 63 (Atlas of Men) shows the statistical weight trends for the principal body types, at various heights and ages. The thin man (ectomorph) at a height of 5ft 10ins had a body weight of 126lbs at 23 years of age, and 129lbs at 53 — a gain of only 3lbs. Whereas the 'big' man (endomorph) of the same height has 193lbs at 23 going up to 227lbs at 53 — a gain of 34lbs. These Somatype tables show an individuals hereditary potential in relation to physical build.

As young competitors the throwers and jumpers include heavy weight lifting as a large part of their normal training programme. When they cease to compete as they grow older, a simple change in their weight training programme, would enable them to control their weight without excessive dieting.

An Aerobic weight training schedule, with the emphasis on high repetition and lower weights, rather than the low repetition and heavy weights of their competition training would solve the problem. That way they would stay fit, control their weight, and retain good tone in the skeletal muscles. Whilst Aerobic weight training is not as effective as running in building cardiovascular fitness, it will go a long way towards it.

It is known that the sprinters, throwers and jumpers need special facilities for their event but for the price of a week at the health farm they could purchase sufficient equipment to stay fit, assuming they no longer have access to their original weight training facilities. They might also find that it is easier and more enjoyable that a rigid long term slimming diet.

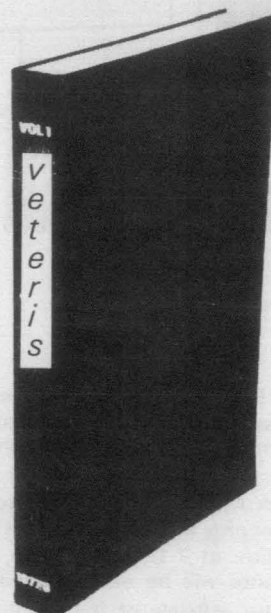
Yours sincerely,

H. C. Price
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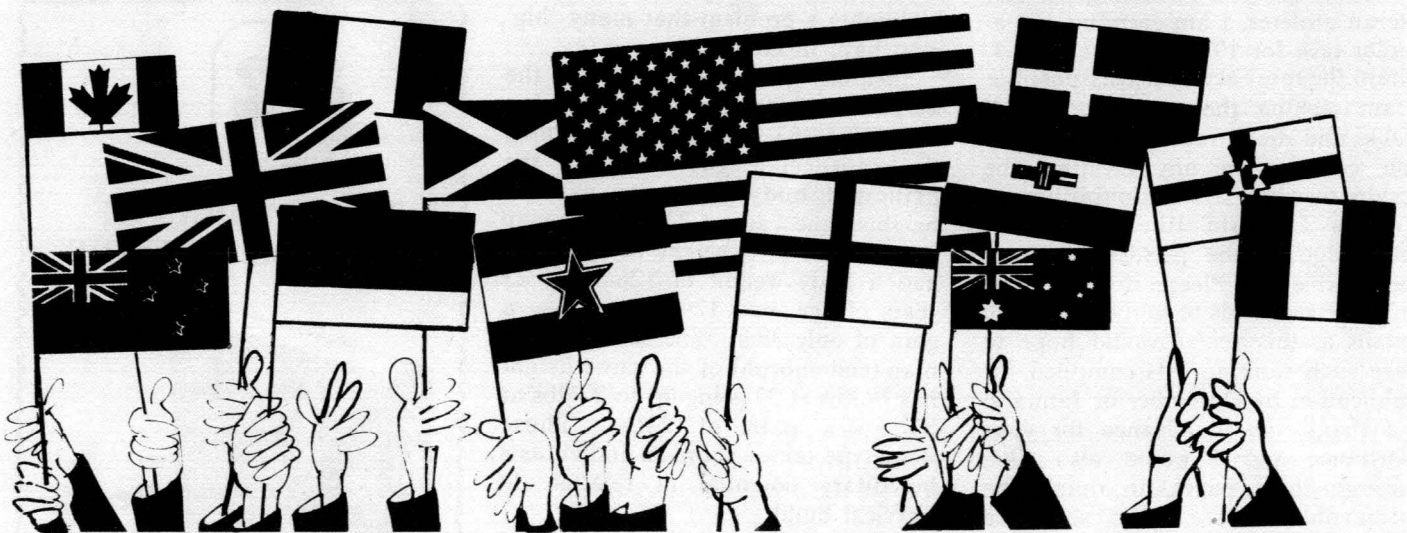
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VETERIS OFFER WORLD RECORD PLAQUES



From July 1st, 1978, "Veteris" will present plaques for all new world record breakers in five year age groups. A sub-committee consisting of the Editor; John Hayward (Veteris statistician) Gys Knoppert, (Women's statistician) and Jack Fitzgerald, (Chairman W.V.A.A.), has been formed to consider all claims for new world age records in Track and Field events. Please send all claims to the Editor at 7 Berkeley Lane, Canvey Island, Essex, England. Claimants will be expected to provide documentary evidence from the officials of the meeting.

In five year age groups starting in the performers 40th birthday. Class 1 (40-44) Class 1B (45-49) etc.

100 METRES.

1A 10.7	T. Baker (41) USA	Cologne	13-9-72
1B 11.1	G. Rhoden (45) Jam.	Los A.	17-6-72
2A 11.4	A. Juilland (50) USA	San J.	18-8-73
2B 11.6	P. Jordan (56) USA	Calif.	23-6-73
	A. Guidet (56) USA	Irvine	22-6-74
	P. Jordan (57) USA	Irvine	22-6-74
3A 12.0	P. Jordan (60) USA	Calif.	26-6-77
3B 13.2	O. Granas (65) Nor	Goth.	8-8-77
4A 13.9	J. Packard (73) USA	Calif	8-9-77

200 METRES.

1A 21.9	R. Austin (41) Aust	Goth.	9-8-77
1B 22.3	G. Rhoden (45) Jam.	San D.	2-7-72
2A 23.6	A. Guidet (55) USA	Cal H.	24-6-73
	P. Jordan (54) USA	San J	19-2-72
	J. Greenwood (50) USA	Ark C.	7-8-76
2B 23.6	A. Guidet (55) USA	Cal	24-6-73
3A 24.9	P. Jordan (60) USA	Calif.	19-6-77
3B 27.9	V. McIntyre (65) USA	Irvine	27-6-76
4 29.2	J. Packard (73) USA	Goth.	10-8-77

400 METRES.

1A 49.5	N. Clough (40) Aust.	Goth	11-8-77
1B 51.7	R. Stolpe (47) USA	London	24-8-72
2A 52.9	J. Greenwood (51) USA	Goth.	11-8-77
2B 55.9	C. Beaudry (55) USA	Texas	18-8-74
3A 59.1	R. Niblock (60) USA	Oregon	6-7-74
3B 65.1	C. Kline (65) USA	New York	8-8-75
4 64.6	J. Packard (73) USA	Goth.	11-8-77

800 METRES.

1A 1:54:8	T. Blue (41) Aust.	Goth.	9-8-77
	N. Clough (40) Aust	Goth.	9-8-77
1B 1:57:9	J. Hesselberg (45) Nor	Goth.	9-8-77
2A 2:01:1	W. Fitzgerald (50) USA	Irvine	29-6-75
2B 2:11:9	J. Gilmore (55) Aust	Perth	11-1-75
3A 2:19:9	G. Buck (60) Aust	Sydney	17-4-76
3B 2:27:2	N. Bright (65) USA	Toronto	15-8-75
4 2:34:5	M. Montgomery (70) USA	Calif.	4-9-77

1,500 METRES.

1A 3:52:0	M. Bernard (40) France	Brux.	20- 6-72
1B 4:03:2	P. Majoor (46) Hol.	Holland	8- 6-77
2A 4:14:0	J. Ryan (53) Aust	Melb.	26- 3-76
2B 4:20:4	J. Ryan (55) Aust	NSW	15-12-77
3A 4:53:2	W. Andberg (61) USA	Stock	31- 8-72
3B 4:59:2	W. Andberg (65) USA	Oregon	4- 7-76
4 5:21:1	H. Chapson (73) USA	New York	9- 8-75

5,000 METRES.

1A 13:45:6	L. Rault (40) France	France	23- 5-77
1B 14:56:9	A. Mimoun (45) France	Orange	29- 5-66
2A 15:31:0	A. Mimoun (50) France	France	6- 6-71
2B 15:57:0	G. McGrath (56) Aust	Sydney	24- 1-76
3A 17:23:0	E. Kruzycki (63) Ger	Minich	9- 9-73

3B	18.10:0	S. Nicholls (66) Aust	Melbourne	15-11-77
4	19.59:4	E. Nordin (71) Sweden	Goth	8- 8-77

10,000 METRES.

1A	28.33:4	L. Rault (40) France	France	9-6-76
1B	30.16:8	A. Mimoun (45) France	Paris	17-6-66
2A	32.14:0	A. Mimoun (51) France	France	3-6-72
2B	33.40:0	J. Gilmore (55) Aust	Perth	5-8-74
3A	35.57:4	E. Kruzycki (62) Ger	BernsB	16-9-72
3B	36.04:6	T. Jensen (65) Sweden	Goth	15-9-72
4	40.48:6	E. Nordin (71) Sweden	Goth	10-8-77

3,000 METRES STEEPLECHASE

1A	8.41:5	G. Roelants (40) Bel	Oslo	6-7-77
1B	9.39:0	H. Higdon (46) USA	Goth	11-8-77
2A	10.18:6	A. Taylor (50) Canada	Goth	11-8-77
2B	11.29:8	A. Merrett (55) Aust	Goth	11-8-77

110 METRES HURDLES

1A	14.4	D. Finlay (40) Great Britain	London	1-8-49
1B	15.4	J. Mirazek (45) Cze	Gottwal	13-6-70

400 METRES HURDLES.

1A	54.3	N. Clough (40) Aust	Goth	11-8-77
1B	55.7	J. Greenwood (46) USA	London	24-8-72

3,000 METRES.

1A	8.17:4	J. Foster (43) NZ	Auckl	31- 1-76
1B	8.44:2	A. Mimoun (45) France	Corbiel	8-10-66
2A	9.10:0	A. Taylor (50) Canada	Toronto	- -77
2B	9.21:0	J. Gilmore (56) Aust	Perth	11- 2-76
3A	10.12:4	G. Thiel (61) Ger	Germany	- -75
3B	10.51:0	N. Bright (65) USA	Seattle	17- 6-75
4	11.46:2	H. Chapson (73) USA	Honolulu	27-12-76

SHOT (1A-B 16lb. 2A-B 12lb. 3A 8lb.)

1A	19.77	64'10 1/4"	P. Colnard (41) France	Paris	18- 7-70
1B	18.22	59' 9 1/4"	G. Hermansson (45) Ice	Reyk	- -70
2A	17.56	57' 7 1/4"	H. Hombrecher (51) Ger	Toron.	14- 8-75
2B	14.88	48'10"	N. Heard (55) USA	Cali	23- 6-73
3A	15.24	50' 0"	J. Thatcher (60) USA	Cali	28- 5-77
3B	13.50	44' 3 1/2"	V. Cheedle (65) USA	Santa B.	4-10-75
4	12.81	42' 0 1/4"	R. Drummond (70) USA	Cali	3- 9-77

DISCUS (1A-B 2k. 2A-B 1 1/2k. 3 1k.)

1A	65.40	214'7"	V. Lyakhov (40) USSR	Vilmsi	24-8-77
1B	50.70	166'4"	G. Husson (46) France		17-9-77
2A +	54.26	178'0"	K. Jouppila (52) Fin	Kauhava	5-8-73
2B +	49.20	161'6"	K. Makzimczyk (59) GB	Bristol	6-6-74
3A	52.64	172'8"	K. Makzimczyk (63) GB	London	17-7-77
3B	47.96	157'4"	O. Reppen (66) Norway		28-7-77
4	38.00	124'8"	V. Anderson (71) Sweden	Goth	8-8-77

(+ with 2k)

HAMMER (1A-B 16lb. 2A-B 12lb. 3 13lb.)

1A	70.90	232' 7"	R. Klim (40) USSR	Minsk	22-6-73
1B	61.40	201' 5"	J. Matchsek (45) Yugo	Banska	2-9-74
2A +	57.30	188' 0"	M. Noor (50) Pak	Lahore	30-3-75
2B +	53.02	173'11"	K. Hein (56) Germany		- -64
3A	48.12	157'10"	A. Miettinen (63) Finland	Vessanto	12-9-76
3B	41.53	136' 3"	N. Hawke (65) NZ		- -76
4	34.68	113' 9"	A. Reiser (70) Germany	Irvine	27-6-76

(+ with 16lb)

JAVELIN (1A-2B 800g. 3A 600g.)

1A	78.66	258'1"	U. Von-Wartburg (40) Swit.	Goth	10-8-77
1B	64.68	212'2"	O. Kauhanen (46) Finland	Helsin	27-8-72
2A	55.91	183'5"	J. Stenzeniks (50) Chile	Santi	15-2-63
2B	55.10	180'9"	B. Morales (56) USA	Honolulu	19-4-73
3A	54.08	177'5"	B. Morales (60) USA	Calif	9-7-77
3B	41.16	135'0"	B. Macconaghy (68) USA	Calif.	1-8-77
4	37.64	123'6"	E. Curtice (70) USA	Calif.	4-9-77

POLEVAULT.

1A	4.70	15'9"	R. Tomasez (40) Cze	Kladno	13- 8-77
1B	4.57	15'0"	R. Ruth (45) Canada	Seattle	21- 7-73
2A	4.26	14'0"	R. Morcom (52) USA	Philad	8-11-73
2B	4.12	13'6 1/4"	R. Morcom (55) USA	N. Hamp.	4- 8-76
3A	3.90	12'9 1/2"	H. Schmidt (61) Germany	Duisb.	14-10-71
3B	3.40	11'2"	H. Schmidt (67) Germany	Goth	11- 8-77

HIGH JUMP.

1A	2.05	6' 8 3/4"	E. Nilson (40) Sweden	Ljungby	25-9-66
1B	1.78	5'10"	E. Austin (45) USA	Calif	7-6-75
2A	1.73	5' 8"	R. Morcom (51) USA	New York	22-7-72
2B	1.69	5' 6 1/2"	R. Morcom (55) USA	Mass.	27-7-76
3A	1.57	5' 2"	E. Stai (61) Norway	Goth.	8-8-77
3B	1.46	4' 9 1/2"	I. Sand (65) Norway	Goth.	8-8-77
4	1.31	4' 3 3/4"	T. Holbeck (71) Denmark	Goth.	8-8-77

LONG JUMP.

1A	7.34	24' 1"	P. Pinto (40) Portugal		2- 7-77
1B	6.68	21'11"	S. Davisson (45) USA	Santa B	4-10-75
2A	6.23	20' 5 1/4"	R. Morcom (51) USA	Los A	17- 6-72
2B	6.01	19' 8 3/4"	R. Morcom (55) USA	Phila	3- 5-76
3A	5.38	17' 8"	H. Schneider (60) Germany	Koln	22- 6-74
3B	4.68	15' 4 1/4"	R. Hargreaves (66) USA	Cali	6-12-75
4	4.25	13.11 1/2"	C. Sutherland (76) GB	London	17- 7-76

TRIPLE JUMP.

1A	14.62	47'11 3/4"	H. Mandle (40) Ost	Zagreb	6- 6-76
1B	13.90	45' 7 1/2"	H. Strauss (46) Germany	Goth	11- 8-77
2A	12.62	41' 5"	G. Farrell (57) USA	Palm D	18- 1-75
2B					
3A	11.25	36'11"	G. Farrell (60) USA	Cali	9-12-77
3B	10.42	34' 2 1/4"	I. Sand (65) Norway	Goth	8- 8-77
4	8.96	29' 5"	W. McFadden (70) USA	Irvine	29- 6-75

With our information on the 1977 season all but complete, we find that in our five year age groups — 44 records were improved upon. Only the Hammer and 110mH escaped any adjustment and the record improvers are to be found in all classes.

Class 1 achieved 9, then there was a trailing off with 5 in 1B, 4 in 2A, and 2 in 2B. With 3A marking up 7 and 3B 6, the older performers ended on a great high with 11 in class 4.

They are the best know performances. As there is no international system yet in operation to confirm authenticity with regard to wind and track conditions — or grade of officiating in operation — there could be 'doubtful performances' within the lists. As most are results from major competitions we believe most would stand official scrutiny and are therefore valid. Doubtful records will be removed at any time reliable information comes to hand.

John L. Hayward.
(with the assistance of P. Mundle, USA and G. Knoppert, Holland).

Readers please note that the August deadlines are as follows:

R.A.C.E. Editorial July 9th

Advertising July 12th.

VETERIS Editorial July 2nd

Advertising July 5th

Please ensure that your copy reaches us by the above dates.

NATIONAL CHAMPIONSHIPS RESULTS

Ireland

Phoenix Park, Dublin. March 19th, 1978

1, G. Blackburn, Eire.....	33.45
2, N. Hendrick, Eire.....	33.52
3, R. Kernighan, N.I.....	34.28
4, W. Dunne, Eire.....	34.59
5, P. Byrne, Eire.....	35.30
6, J. Cronin, Eire.....	35.47
7, T. Madden, Eire.....	36.03
8, J. Flannery, Eire, 1st 1B.....	36.04
9, T. Twomey, Eire.....	36.15
10, M. Salmon, Eire.....	36.24
11, C. Wright, N.I., 36.43; 12, D. Walsh, Eire, 36.45; 13, K. Ryan, Eire, 36.56; 14, T. Roach, Eire, 37.07; 15, H. Gorman, Eire, 37.10; 16, J. Kennedy, Eire, 37.18; 17, J. King, Eire, 37.27; 18, G. Malone, Eire, 37.28; 19, J. Cunningham, Eire, 37.52; 20, T. Westby, Eire, 37.58; 21, J. McDowell, N.I., 38.04; 22, P. Craddock, Eire, 38.08; 23, T. Maguire, Eire, 38.26; 24, W. Thompson, N.I., 38.36; 25, J. Cochrane, Eire, 38.42; 26, T. O'Toole, Eire, 38.43; 27, J. Cavanagh, Eire, 38.58; 28, H. Mc'Neill, N.I., 1st 2A, 38.59; 29, J. Rushe, Eire, 39.00; 30, F. Mitchell, Eire, 39.07; 31, J. Gilmore, N.I., 39.10; 32, W. Morris, Eire, 1st 2B, 39.26; 33, J. Todd, N.I., 39.28; 34, John Kelly, Eire, 39.40; 35, W. Sandyland, Eire, 39.45; 36, J. Foy, N.I., 39.46; 37, H. Ward, Eire, 39.51; 38, G. Bell, Eire, 39.59; 39, T. Lynch, Eire, 40.04; 40, N. Skelton, N.I., 40.19; 41, J. Kennedy, N.I., 40.31; 42, C. Carroll, Eire, 40.33; 43, E. Winterledge, Eire, 40.40; 44, H. McKee, Eire, 41.10; 45, O. Byrne, Eire, 41.17; 46, E. McEvoy, N.I., 42.01; 47, E. Beck, N.I., 42.29; 48, P. Phelan, Eire, 42.38; 49, P. McKinne, Eire, 43.05; 50, S. Gorman, Eire, 43.23; 51, J. Kelly, Eire, 43.47; 52, L. Lynch, Eire, 45.02; 53, G. Byrne, Eire, 47.36; 54, J. Collins, Eire, 48.02; 55, P. Magee, Eire, 49.49; 56, S. Hutton, Eire, 1st 3A, 51.03; 57, S. Smith, England, 51.12; 58, S. O'Rourke, Eire, 53.30; 59, R. Devon, Scotland, 1st 4A, 59.10; 60, J. Sykes, Eire, 61.53; 61, F. Cahill, Eire, 64.15.	

TEAM RESULT.

Over 50.	
1, Ireland (1,2,4,5,6,7).....	25
2, N. Ireland (3,11,21,24,31,36).....	126
Over 50.	
1, N. Ireland (1,3,4,6).....	14
2, Ireland (2,5,7,8).....	22
Over 60.	
1, Ireland (1,2,3).....	6

New Zealand.

National Veterans Championships, Blenheim, New Zealand. 18/19-3-78.

The first day of these championships saw a very strong wind sweeping down the home straight. This accounted for the slow 100m times. By afternoon both

temperature and humidity were high and Derek Turnbull, who earlier in the day had won the 400m and 1,500m titles, was so badly affected that he failed to make the first three in the 10,000m.

Rain from the early hours until mid-morning on the second day soon transformed the inside lane into a layer of mud and made the steeplechase a nerve-racking affair. Fortunately there were no mishaps, just very slow times.

Outstanding performances were by A. Hill (M50) who turned in the fastest 100m of the day, 12.7 against a strong headwind, B. Turbot (M40) in the high jump with 1.30m and discus with 30.26m. Derek Turnbull had four wins in the M50 distance events, while Jim Macdonald scored expected wins on the track. Arthur Graham, who recently set a world best M50 javelin of 54.42m, had a fine series of throws despite gale force head winds.

RESULTS — MEN.

M40	
1, B. McPhail.....	12.8
2, D. Ward.....	13.5
M45.	
1, B. Kerr.....	13.7
2, D. Barry.....	13.7
3, M. Strange.....	13.9
M50.	
1, A. Hill.....	12.7
2, F. Copeman.....	13.6
3, E. Mortimer.....	14.2
M55.	
1, L. Frances.....	16.4
M60.	
1, F. Stanton.....	15.0
2, H. Cook.....	15.7
3, F. Plant.....	15.8
M70.	
1, J. Locke.....	23.1
20 Metres.	
M40.	
1, B. McPhail.....	24.6
2, D. Ward.....	25.5
3, C. Courtney.....	25.6
M45.	
1, B. Kerr.....	25.3
2, D. Barry.....	25.6
3, J. Soar.....	27.3
M50.	
1, A. Hill.....	26.0
2, F. Copeman.....	27.3
3, E. Mortimer.....	29.1
M55.	
1, L. Frances.....	31.4
M60.	
1, F. Stanton.....	29.9
2, H. Cook.....	30.5
3, F. Plant.....	30.8
M70.	
1, J. Locke.....	46.3
400 Metres.	
M40.	
1, C. Courtney.....	56.6
2, L. Williams.....	57.4
3, D. Ward.....	59.0
M45.	
1, B. Kerr.....	57.2
2, D. Barry.....	58.9
3, J. Sharland.....	62.2

M50.	
1, D. Turnbull.....	57.7
2, A. Hill.....	63.6
3, B. Mortimer.....	67.2
M55.	
1, L. France.....	70.5
M60.	
1, F. Plant.....	70.5
2, F. Stanton.....	71.2
3, L. Tayler.....	72.3
M70.	
1, J. Locke.....	1.49:3
800 Metres.	
M40.	
1, J. D. Macdonald.....	2.06:6
2, T. Lucas.....	2.15:3
3, L. Williams.....	2.16:6
M45.	
1, A. Thomson.....	2.12:1
2, R. O'Brien.....	2.13:4
3, R. Heseltine.....	2.14:3
M50.	
1, D. Turnbull.....	2.23:0
2, W. Vine.....	2.42:4
3, E. Snelson.....	2.43:0
M55.	
1, J. Pennington (Australia).....	2.32:4
2, L. Frances.....	2.51:7
M60.	
1, F. Plant.....	2.47:7
2, S. Taylor.....	2.55:4
M70.	
1, J. Locke.....	4.05:1
1,500 Metres.	
M40.	
1, J. D. Macdonald.....	4.13:3
2, W. Kenny.....	4.28:8
3, W. Watkins.....	4.54:6
M45.	
1, P. Timings.....	4.34:0
2, R. O'Brien.....	4.36:2
3, A. Thomson.....	4.37:3
M50.	
1, D. Turnbull.....	4.41:4
2, W. Hobbs.....	5.00:4
3, B. Thomas.....	5.22:1
M55.	
1, J. Pennington (Australia).....	4.58:1
2, L. Frances.....	6.09:5
M60.	
1, F. Plant.....	5.56:0
2, C. Green.....	5.57:2
3, G. Currie.....	7.07:0
M65.	
1, W. Abel.....	6.10:0
M70.	
1, J. Locke.....	8.01:0
10,000 Metres.	
M40.	
1, W. Kenny.....	38.32:0
2, V. Pain.....	40.12:0
M45.	
1, C. Reece.....	35.36:6
2, D. Melrose.....	36.45:0
3, I. Columbus.....	40.49:0
M50.	
1, W. Hobbs.....	37.31:5
2, G. Moller.....	39.15:3
3, D. Ashton.....	40.47:0
M55.	
1, C. Jelley.....	46.02:7
2, E. Rye.....	46.53:8
M60.	
1, C. Green.....	46.02:8

M65.	
1, C. Thomson.....	49.00:5
2, S. MacArthur.....	49.01:0
Pole Vault.	
M40.	
1, K. Clearwater.....	2.57m
M45.	
1, A. McKernan.....	2.09m
Steeplechase.	
M40.	
1, J. D. Macdonald.....	10.18:2
2, W. Kenny.....	10.43:9
M45.	
1, D. Melrose.....	11.36:4
2, A. Richardson.....	11.54:2
3, J. Sprague.....	11.55:5
M50.	
1, B. Thomas.....	12.14:3
2, G. Moller.....	12.18:6
3, W. Rollo.....	13.59:0
Hammer.	
M40.	
1, R. Rose.....	38.60
M45.	
1, T. Bent.....	36.46
2, J. Sharland.....	22.42
3, C. Bishop.....	19.24
M50.	
1, D. Leech.....	40.76
2, A. Grayburn.....	19.38
3, H. Marsh.....	19.36
M55.	
1, A. Husband.....	29.96
M60.	
1, G. Tait.....	33.08
M65.	
1, N. Hawke.....	30.18
High Jump.	
M40.	
1, C. Keeble.....	1.50
2, B. McPhail.....	1.40
3, K. Clearwater.....	1.35
M45.	
1, P. Timmings.....	1.50
2, J. Blair.....	1.45
3, J. Soar.....	1.40
M50.	
1, F. Coperman.....	1.25
Long Jump.	
M40.	
1, B. McPhail.....	5.38
2, K. Clearwater.....	4.81
M45.	
1, J. Soar.....	4.91
2, B. Kerr.....	4.61
3, R. Gaskell.....	4.53
M50.	
1, F. Coperman.....	4.28
2, E. Mortimer.....	4.06
3, W. Rollo.....	3.00
M55.	
1, L. Taylor.....	3.88
2, G. Tait.....	2.83
Javelin.	
M40.	
1, R. Rose.....	35.24
2, J. D. Macdonald.....	31.86
M45.	
1, J. Blair.....	32.92
2, C. Bishop.....	29.20
3, R. Gaskell.....	26.62
M50.	
1, A. Grayborn.....	50.10
2, E. Mortimer.....	26.92

M60.	
1, G. Tait.....	22.80
2, C. Green.....	21.98
M65.	
1, N. Hawke.....	29.38
Discus.	
M40.	
1, R. Rose.....	30.86
2, K. Clearwater.....	21.90
3, J. D. Macdonald.....	17.82
M45.	
1, T. Bent.....	29.56
2, C. Bishop.....	22.86
3, R. Gaskell.....	20.94
M50.	
1, D. Leech.....	30.44
2, A. Grayborn.....	29.86
3, F. Coperman.....	26.28
M55.	
1, A. Husband.....	38.46
M60.	
1, G. Tait.....	29.72
2, D. Ross.....	23.92
M65.	
1, N. Hawke.....	24.86
5,000 Metres.	
M40.	
1, J. D. Macdonald.....	16.00:7
2, W. Kenny.....	16.36:0
3, Pain.....	17.50:0
M45.	
1, C. Reece.....	16.57:0
2, McKenzie.....	17.02:0
3, B. O'Brien.....	17.23:0
M50.	
1, D. Turnbull.....	17.08:4
2, W. Hobbs.....	17.34:1
3, Ashton.....	18.20:3
M55.	
1, J. Pennington (Australia).....	17.31:0
2, E. Rye.....	18.27:8
3, Francis.....	19.15:3
M60.	
1, C. Green.....	
M70.	
J. Locke.....	
RESULTS — LADIES.	
100 Metres.	
W35.	
1, J. Chandler.....	15.8
2, V. Hood.....	16.2
3, J. Macdonald.....	24.9
W40.	
1, A. Horsnell.....	14.2
2, B. Turbott.....	14.2
3, I. Bishop.....	16.5
W45.	
1, C. Hill.....	14.3
2, J. Crisp.....	16.2
3, C. Blair.....	16.3
W50.	
1, A. Olsen.....	17.6
W65.	
1, Z. Pierce.....	18.6
2, P. Spiers.....	23.8
200 Metres.	
W35.	
1, J. Chandler.....	30.5
2, V. Hood.....	33.2
3, J. Macdonald.....	47.4
W40.	
1, A. Horsnell.....	28.0
2, B. Turbott.....	28.2
3, I. Bishop.....	33.4

W45.	
1, C. Hill.....	29.0
2, J. Crisp.....	33.3
3, C. Blair.....	34.0
W50.	
1, A. Olsen.....	37.2
W65.	
1, Z. Pierce.....	40.1
400 Metres.	
W35.	
1, J. Chandler.....	65.8
2, M. Orman.....	67.5
3, M. Orr.....	74.2
W40.	
1, B. Turbott.....	67.5
2, S. Dumble.....	95.5
W45.	
1, J. Crisp.....	78.6
2, B. Vine.....	78.7
W50.	
1, A. Olsen.....	1.34:1
2, P. Spiers.....	1.54:5
W65.	
1, Z. Pierce.....	
800 Metres.	
W35.	
1, J. Chandler.....	2.35:7
2, M. Orman.....	2.38:5
W40.	
1, B. Turbott.....	3.02:8
2, S. Dumble.....	3.46:5
W45.	
1, B. Vine.....	3.03:7
2, J. Crisp.....	3.26:5
3, J. Jacobs.....	3.26:8
W50.	
1, A. Olsen.....	3.30:0
1,500 Metres.	
W35.	
1, M. Orman.....	5.12:2
2, M. Orr.....	5.18:4
3, J. Chandler.....	5.19:0
W40.	
1, S. Dumble.....	7.36:0
W45.	
1, B. Vine.....	6.23:4
2, B. Ashton.....	6.23:4
3, J. Crisp.....	6.54:7
W50.	
1, A. Olsen.....	6.45:8
2, P. Spiers.....	7.43:0
3,000 Metres.	
W35.	
1, M. Orr.....	11.20:5
2, G. Heseltine.....	13.42:0
3, R. Patterson.....	13.55:6
W40.	
1, B. Turbott.....	13.45:8
2, S. Richardson.....	14.10:0
3, S. Dumble.....	16.52:0
W45.	
1, B. Ashton.....	13.21:4
2, B. Vine.....	13.25:9
3, J. Jacobs.....	15.18:0
Hurdles.	
W35.	
1, V. Hood.....	21.4
W40.	
1, B. Turbott.....	19.6
Long Jump.	
W35.	
1, V. Hood.....	3.81
2, V. Butcher.....	3.51

W40.	
1, B. Turbott.....	3.35
2, I. Bishop.....	
3, S. Dumble.....	3.08
W45.	
1, C. Blair.....	3.70
2, J. Crisp.....	3.38
Javelin	
W35.	
1, V. Butcher.....	23.13
2, V. Hood.....	22.71
3, T. McIntyre.....	9.96
W40.	
1, B. Turbott.....	28.24
2, A. Horsnell.....	19.88
3, I. Bishop.....	18.66
W45.	
1, B. Vine.....	13.81
W50.	
1, P. Speirs.....	6.50
High Jump.	
W35.	
1, V. Hood.....	1.20
W40.	
1, B. Turbott.....	1.30
2, I. Bishop.....	1.10
3, S. Dumble.....	0.90
W45.	
1, B. Vine.....	1.15
2, C. Blair.....	1.00
Discus.	
W35.	
1, V. Hood.....	31.98
2, V. Butcher.....	17.38
3, I. McIntyre.....	12.88
W40.	
1, B. Turbott.....	30.26
2, I. Bishop.....	19.80
3, S. Dumble.....	18.18
W45.	
1, C. Blair.....	20.04
2, B. Vine.....	18.04
W65.	
1, Z. Pierce.....	12.40

Track Championships, English

Park, Canterbury. 26/2/1978.

RESULTS — MEN.**100 Metres.**

Class 1A.	
1, B. McPhail (Record).....	12.0
2, B. Savage.....	12.3
3, D. Ward.....	12.7
Class 1B.	
1, B. Kerr.....	12.4
2, P. O'Leary.....	13.1
3, R. Ferguson.....	13.4
Class 2A.	
1, E. Snelson.....	15.3
Class 2B.	
1, J. Smithers.....	15.2
Class 3A.	
1, M. Bennie.....	15.4
200 Metres.	
Class 1A.	
1, B. McPhail (Record).....	25.3
2, D. Ward.....	25.4
3, B. Savage.....	25.6

Class 1B.	
B. Kerr (Record).....	25.8
2, P. O'Leary.....	27.3
Class 2A.	
1, E. Snelson.....	31.1
Class 2B.	
1, J. Smithers.....	33.0
Class 3A.	
1, H. Cook (Record).....	31.2
Class 3B.	
1, J. Locke.....	49.0
400 Metres.	
Class 1A.	
1, T. Leonard.....	58.1
2, I. Sim.....	59.3
3, D. Ward.....	62.3
Class 1B.	
1, B. Kerr (Record).....	57.5
2, D. Cameron.....	71.4
Class 2A.	
1, E. Snelson.....	71.4
Class 2B.	
1, J. Smithers.....	72.0
Class 3A.	
1, M. Bennie.....	73.0
2, H. Cook.....	76.5
800 Metres.	
Class 1A.	
1, T. Lucas.....	2.14:7
2, R. Ayrey.....	2.17:7
3, I. Sim.....	2.20:3
Class 1B.	
1, R. Heseltine.....	2.19:2
2, D. Cameron.....	2.34:0
3, L. Steel.....	2.43:3
Class 2A.	
1, E. Snelson.....	2.44:0
Class 2B.	
1, J. Smithers.....	3.02:3
Class 3A.	
1, G. Currie.....	3.16:5
Class 3B.	
1, J. Locke.....	4.09:2
1,500 Metres.	
Class 1A.	
1, J. McDonald (Record).....	4.17:2
2, I. Falvey.....	4.34:8
3, T. Lucas.....	4.36:0
Class 1B.	
1, R. Heseltine.....	4.43:5
2, W. Hobbs.....	4.44:2
3, D. Cameron.....	4.58:7
Class 2A.	
1, E. Snelson.....	5.33:8
2, C. McLaren.....	5.57:9
Class 2B.	
1, J. Smithers.....	6.16:5
Class 3A.	
1, M. Bennie.....	5.54:5
5,000 Metres.	
Class 1A.	
1, J. McDonald.....	16.30:4
1, I. Flavey.....	16.30:4
3, V. Sykes.....	16.52:9
Class 1B.	
1, W. Hobbs.....	17.10:2
2, D. Cameron.....	17.48:4
3, R. Heseltine.....	18.20:9
Class 2A.	
1, E. Snelson.....	20.58:3
2, W. Rollo.....	21.28:1
3, C. McLaren.....	22.22:1
Class 2B.	
1, J. Smithers.....	22.51:7

Class 3A.	
1, J. Drew.....	22.34:4
Discus.	
Class 1A.	
1, R. Rose.....	30.42
2, M. Lusty.....	30.38
R. Melrose.....	28.34
Class 1B.	
1, W. Newton.....	23.58
2, R. Gaskell.....	21.50
3, R. Ferguson.....	20.96
Class 2A.	
1, A. Grayburn.....	30.42
2, W. Rollo.....	18.64
Class 3A.	
1, D. Ross.....	25.06
Class 3B.	
1, N. Hawke.....	22.50
Hammer.	
Class 1A.	
1, R. Rose (Record).....	40.88
2, M. Lusty.....	18.38
Class 1B.	
1, C. Bishop.....	21.70
2, W. Newton.....	18.02
Class 3B.	
1, N. Hawke.....	29.30
Javelin.	
Class 1A.	
1, M. Lusty.....	36.92
2, R. Rose.....	33.30
3, J. McDonald.....	28.85
Class 1B.	
1, W. Newton.....	33.90
2, C. Bishop.....	24.80
3, A. Mahan.....	14.82
Class 2A.	
1, A. Grayburn (World record).....	54.42
Class 3B.	
1, N. Hawke.....	24.70
Shot.	
Class 1A.	
1, R. Melrose (Record).....	9.90
2, M. Lusty.....	8.93
3, R. Rose.....	8.34
Class 1B.	
1, W. Newton.....	8.75
2, C. Bishop.....	7.95
3, A. Mahan.....	6.13
Class 2A.	
1, A. Grayburn (Record).....	9.42
Class 3A.	
1, D. Ross.....	9.34
Class 3B.	
1, N. Hawke.....	9.36
Long Jump.	
Class 1A.	
1, B. McPhail (Record).....	5.64
2, T. Leonard.....	4.62
3, D. Skelton.....	4.36
Class 1B.	
1, B. Kerr.....	4.72
2, R. Gaskell.....	4.66
3, A. Mahan.....	4.44
Triple Jump.	
Class 1A.	
1, J. D. McDonald.....	9.42
2, D. Skelton.....	9.26
3, I. Sim.....	8.87
Class 1B.	
1, W. Newton (Record).....	10.16
2, W. Newton.....	10.14
3, R. Gaskell.....	9.86

High Jump.

Class 1A.	
1, B. McPhail (Record).....	1.45
2, H. Marquet.....	1.25
2, J. McDonald.....	1.25
Class 1B.	
1, W. Newton.....	1.35
1, R. Ferguson.....	1.35
3, A. Mahan.....	1.15
Class 2A.	
1, A. Grayburn.....	1.05
Class 2B.	
1, J. Smithers.....	1.05

RESULTS WOMEN.**100 Metres.**

Class BW.	
1, V. Hood.....	15.7
2, J. Holland.....	15.9
3, J. Brown.....	21.2
Class 1AW.	
1, A. Horsnell (Record).....	13.1
2, B. Turbott.....	13.5
3, I. Bishop.....	15.9

200 Metres.

Class BW.	
1, V. Hood.....	33.0
2, J. Holland.....	33.3
Class 1AW.	
1, B. Turbott (Record).....	28.8
2, I. Bishop.....	32.9
3, C. Tennant.....	36.4

400 Metres.

Class BW.	
1, J. Holland.....	N.T.T.
Class 1AW.	
1, B. Turbott (Record).....	65.2

800 Metres.

Class BW.	
1, J. Holland.....	2:56.2
2, G. Heseltine.....	3:35.0
Class 1AW.	
1, B. Turbott (Record).....	2:50.9
2, C. Tennant.....	3:15.2

1,500 Metres.

Class BW.	
1, J. Holland (Record).....	6:03.7
2, G. Heseltine.....	6:59.0
Class 1AW.	
1, B. Turbott (Record).....	5:58.3
2, C. Tennant.....	6:41.4

High Jump.

Class BW.	
1, J. Holland.....	1.05
1, V. Hood.....	1.05
Class 1AW.	
1, B. Turbott (Record).....	1.35
2, I. Bishop.....	1.05
3, C. Tennant.....	1.00

Long Jump.

Class BW.	
1, V. Hood.....	3.91
2, J. Holland.....	3.12
Class 1AW.	
1, B. Turbott (Record).....	4.31
2, I. Bishop.....	3.67
3, C. Tennant.....	3.37

Javelin.

Class BW.	
1, V. Hood.....	23.18
2, J. Holland.....	18.22
3, G. Heseltine.....	12.06
Class 1AW.	
1, B. Turbott (Record).....	25.70
2, A. Horsnell.....	19.94

3, I. Bishop.....	17.88
Class 1BW.	
1, M. Grayburn (Record).....	11.38
Discus.	
Class BW.	
1, V. Hood (Record).....	32.80
2, J. Brown.....	16.62
3, J. Holland.....	16.30
Class 1AW.	
1, B. Turbott (Record).....	24.58
2, I. Bishop.....	20.56
3, C. Tennant.....	13.36
Shot.	
Class BW.	
1, V. Hood.....	8.56
2, J. Brown.....	5.82
3, G. Heseltine.....	5.80
Class 1AW.	
1, B. Turbott.....	9.37
2, I. Bishop.....	7.74
3, A. Horsnell.....	6.35
Class 1BW.	
1, W. Grayburn.....	4.94

United States of America

4th Annual National A.A.U. Masters Indoor Track and Field Championships. March 19th, 1978. East Stroudsburg State College, East Stroudsburg, Penna. OVER 200 competitors gathered at East Stroudsburg State College, East Stroudsburg, Pennsylvania for the 4th Indoor Masters A.A.U. Championships.

Larry Colbert, Club Olympia, dominated the sprints in Division 1A winning the 300 (34.6) and 600 (1:19:3, meet record) and taking second in the 50 (5.9). Nick Giaquinto, N.Y. Pioneers, defended his titles in the 1B 50 (6.2) and 300 (36.0). Larry Gregory, Philadelphia Masters (6.2, 50 and 40.5, 300) and Rudy Valentine, N.Y. Pioneers (6.2, 50 and 37.2, 300) split their races in the 2A sprints. Tom Connelly and Herb Zipper of the Pioneers defended their titles in 1B 600 (1:20:7) and 1A 1,000 (2:26:3).

Henry Kupczyk, Atlantic International, showed a devastating finish in both the mile and 1,000 in 1B. The 1B mile was one of the most exciting races of the day. The field ran a leisurely half mile in 2:30. George Vernosky, Potomac Valley, Outdoor 1977, 1,500 metre champion and 5th place finisher in Sweden, took the lead. The next quarter was done in 70 seconds, with George maintaining the lead. Henry took the lead in the last 330 yards and ran his last quarter in 63 seconds, with George finishing less than one second back. The last half mile was completed in 2:13. George came back to defend his two mile title pulling away from Bill Butler of the Philadelphia Masters in the last 440 to win by two seconds, with the second mile being done in 5:00 compared to the first mile in 5:07.

Ron Kulick, New York Athletic Club (1za 14.45:7); Howie Jacobson, East Side Athletic Club (1B 15.19:5) and Tom Dyas, North Jersey Masters (2B 18.10:3) all set meet records in the two mile walk.

More athletes competed in Division 3 events lead by Claude Hills, Phila. Masters, George Braceland, Phila., back after a year of working for his black belt in karate, and Marcus Neuhof, Pioneers, were multiple event winners. Lou Gregory, 4B, came up from Florida and competed in nine events. Lou was the oldest competitor in the meet.

A total of ten women competed in both the sub-masters and masters events. The women's programme is picking up momentum. Louise Tricard in the 1A sprints and Susie Buchanan in the 1A middle distances turned in top flight performances.

RESULTS — MEN**50 Yard Dash.**

40-45.	
R. Weaver, NJ.....	5.8
L. Colbert, UN.....	5.9
L. Wilson, PM.....	6.0
R. Barnes, PC.....	6.0
R. Adams, PV.....	6.0
H. Bottigian, UN.....	6.4
45-49.	
N. Giaquinto, PC.....	6.2
H. Green, RH.....	6.2
F. Guterrez, GS.....	6.2
W. Clark, PM.....	6.2
H. Moore, PM.....	6.3
T. Brooks, PC.....	6.3
50-54.	
L. Gregory, PM.....	6.2
R. Valentine, PC.....	6.2

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J. Ulam, UN.....	6.4
J. Wallace, RH.....	6.6
M. Lentzer, PC.....	6.6
55-59.	
D. Harris, PM.....	6.8
H. Scharmacher, UN.....	7.5
60-64.	
M. Neuhof, PC.....	6.8
N. Heard, UN.....	6.9
G. Braceland, PM.....	7.0
R. Sorlien, UN.....	7.1
B. Gilligan, EA.....	8.9
R. Detweiler, PM.....	9.2
65-69.	
C. Hills, PM.....	7.2
M. D'Elia, NJ.....	7.5
W. Pike, UN.....	7.8
J. McClusky, AC.....	8.3
70-74.	
K. Boas, PC.....	7.9
75-79.	
L. Gregory, PR.....	9.4

300 Yard Dash.

40-44.

L. Colbert, CO.....	34.6
M. O'Neal, PC.....	34.7
R. Adams, PV.....	35.1
R. Barnes, PC.....	35.7
L. Wilson, PM.....	36.8
J. Snell, PM.....	39.2
H. Bohigian, UN.....	39.5
45-49.	
N. Giaquinto, PC.....	36.0
W. Clark, PM.....	37.0
H. Moore, PM.....	37.5
H. Green, RH.....	38.3
R. Clarence, PC.....	39.4
50-54.	
R. Valentine, PC.....	37.2
L. Gregory, PM.....	40.5
M. Lentzer, PC.....	42.0
A. Bradley, UN.....	44.0
55-59.	
D. Harris, PM.....	42.0
60-64.	
M. Neuhof, PC.....	43.8
G. Braceland, PM.....	45.5
R. Sorlien, RI.....	45.6

600 Yard Run.

40-44.

L. Colbert, CO +	1.19:3
M. O'Neal, PC.....	1.21:1
C. Bertrand, PC.....	1.22:9
H. Bohigian, UN.....	1.31:5
J. Snell, UN.....	1.31:6
45-49.	
T. Connelly, PC.....	1.20:7
R. Enders, PV.....	1.28:3
D. Spitzer, PC.....	1.29:4
P. McCluskey, PM.....	1.31:1
R. Ross, PC.....	1.33:8
50-54.	
R. Valentine, PC.....	1.28:0
A. Bradley, UN.....	1.38:1
55-59.	
H. Greenberg, SH.....	1.37:3
60-64.	
G. Braceland, PM.....	1.41:8
65-69.	
C. Witkowski, JS.....	1.43:2
S. Monastero, PM.....	1.50:0
J. McCluskey, AC.....	1.54:4

70-74.

H. McArdle, UN.....	2.22:9
75-79.	
L. Gregory, PR.....	2.20:5

1,000 Yard Run.

40-44.

H. Zipper, PC.....	2.26:3
A. Conro, BA.....	2.27:0
W. Tersago, JS.....	2.35:7
45-49.	
H. Kupczyk, AI.....	2.36:6
R. Fine, PC.....	2.40:4
W. McCarthy, PC.....	2.41:3
R. Enders, PV.....	2.54:0
K. Kinsman, UN.....	2.55:1
R. Ross, PC.....	2.59:6
T. Nash, PM.....	3.08:2
50-54.	
K. Brown, JS +	2.39:1
L. Schneider, MD.....	2.41:7
R. Cherniak, UN.....	3.08:5
R. Mimm, SH.....	3.17:7
55-59.	
D. Gear, CP.....	3.00:8
T. Dyas, NJ.....	3.22:5
60-64.	
A. Newman, UN.....	2.57:8
65-69.	
C. Witkowski, JS +	3.23:1
S. Monastero, PM.....	3.25:2
J. McCluskey, AC.....	3.33:0
75-79.	
L. Gregory, PR.....	4.06:2

One Mile Run.

40-44.

J. Connor, PC.....	4.48:5
W. Tersago, JS.....	4.51:9
J. McAllister, SH.....	5.33:5
45-49.	
H. Kupczyk, AI.....	4.44:3
G. Vernosky, PV.....	4.45:1
50-54.	
K. Brown, JS.....	5.09:9
55-59.	
S. Richardson, PC.....	5.14:6
H. Greenberg, Sh.....	5.33:5
W. Thomas, BD.....	5.45:9
D. Geer, Cp.....	5.46:5
60-64.	
A. Newman, UN.....	5.27:2
F. Finger, CH.....	5.57:5
J. Popowich, PC.....	6.01:4
65-69.	
J. McCluskey, AC +	6.33:2
75-79.	
L. Gregory, PR +	7.12:0

Two Mile Run.

40-44.

W. Tersago, JS.....	10.34:0
L. Roberts, PO.....	11.09:0
J. Cordero, PC.....	11.16:0
45-49.	
G. Vernosky, PV.....	10.07:0
W. Butler, PM.....	10.09:0
W. McConnell, JS.....	11.01:0
E. Krawitz, PO.....	11.04:0
50-54.	
K. Brown, JS.....	11.19:0
R. Lister, Wp.....	11.46:0

55-59.

L. Dreher, PM.....	11.26:0
H. Greenberg, SH.....	12.19:5
D. Holmes, UN.....	15.10:0
60-64.	
H. Quackenbos, JS.....	12.05:0
F. Finger, CH.....	13.27:0
75-79.	
L. Gregory, PR +	17.24:5

50 Yards High Hurdles.

40-44.

C. Bertrand, PC.....	6.8
45-49.	
P. Mulkey, AT.....	7.4
R. Enders, PV.....	8.0
T. Hill, GS.....	8.5
L. Olson, GM.....	8.5
50-54.	
J. Wallace, RH.....	7.5
R. Valentine, PC.....	8.1
D. Hemphill, PV.....	9.0
60-64.	
G. Braceland, PM.....	8.2
M. Neuhof, PC.....	8.2
F. Finger, CH.....	9.0
65-69.	
C. Hills, PM.....	8.6
R. Lacey, PC.....	8.9
J. McCluskey, AC.....	10.4
70-74.	
K. Boas, PC.....	11.7

Two Mile Walk.

40-44.

R. Kulik, AC +	14.45:7
45-49.	
H. Jacobson, ES +	15.19:5
S. Corallo, PV.....	15.30:1
T. Nash, PM.....	19.45:0
50-54.	
R. Mimm, SH.....	16.10:7
S. Kalb, SH.....	21.28:0
M. Lentzer, PC.....	24.01:0
55-59.	
T. Dyas, NJ +	18.10:3
H. Mulkerin, NT.....	N.T.T.
C. Scully, SH.....	N.T.T.
60-64.	
D. Johnson, SH.....	17.59:0
G. Braceland, PM.....	N.T.T.
65-69.	
D. Lakritz, PC.....	N.T.T.
C. Hills, PM.....	N.T.T.

Weight Throw.

40-44.

T. Jackson, GS.....	26.8
45-49.	
L. Olson, GM.....	42.0
D. Gonzalez, GS.....	41.6
R. Carstenson, UN.....	32.7
50-54.	
Ulam, WP.....	23.2 ½
F. Marr, MD.....	16.1 ½
55-59.	
D. Batchelor, UN.....	33.10
60-64. 25lbs.	
T. McDermott, AC.....	44.1
N. Fowler, MD.....	40.11 ½
N. Heard, UN.....	39.9 ½
65-69. 25lbs.	
W. Pike, PM.....	23.1
J. McCluskey, AC.....	22.8 ½

C. Hills, PM.....	22.4
70-74. 25lbs.	
R. Connolly, UN.....	25.6½
K. Boas, PC.....	19.5½

Long Jump.

40-44.	
C. Young, TS.....	16.11
J. McAllister, SH.....	16.3½
L. Trout, GS.....	15.6
L. Sweat, WE.....	14.6½
45-49.	
R. Enders, PV.....	17.10
L. Olson, GM.....	14.11½
H. Colen, PC.....	14.11
L. Blake, UN.....	13.6
P. Mulkey, AT.....	11.10
50-54.	
F. Marr, MR.....	15.5½
D. Hemphill, PV.....	14.10½
J. Wallace, RH.....	12.11½
55-59.	
D. Harris, PM.....	13.7½
Eberhardinger, RA.....	10.6
60-64.	
R. Sorlien, UN.....	13.4
G. Braceland, PM.....	13.2
B. Eipel, AC.....	10.10
R. Detweiler, PM.....	10.7½
65-69.	
C. Hills, PM +	13.1
W. Burho, RH.....	12.10½
W. Pike, PM.....	10.11
J. McCluskey, AC.....	10.10½
70-74.	
K. Boas, PC.....	9.6½
L. Gregory, PR.....	7.8½

Shot Putt.

40-44.	
C. Young, TS.....	36.5½
S. Derry, PM.....	35.5
T. Jackson, GS.....	34.6½
J. Snell, PM.....	37.7%
45-49.	
D. Gonzales, GS.....	44.1
L. Olson, GM.....	42.7½
P. Mulkey, AT.....	38.8½
R. Carstenson, UN.....	34.1
S. patterson, PM.....	33.1½
50-54.	
H. Cantor, PC +	42.5%
J. Ulam, WP.....	36.5½
E. Stern, GS.....	31.8%
M. Lentzer, PC.....	28.10
F. Marr, MR.....	26.2
55-59.	
D. Batchelor, UN.....	34.3
Eberhardinger, RA.....	29.3½
H. Scharmacher, GS.....	28.7½
H. Mulkerin, LE.....	23.3½
60-64.	
N. heard, UN +	51.5
T. McDermott, AC.....	47.4
B. Gilligan, EA.....	42.9%
W. Eipel, AC.....	39.4
P. Sereghy, PC.....	38.3½
H. Hand, PM.....	38.1
65-69.	
W. Pike, PM.....	33.6
J. McCluskey, AC.....	32.2½
W. Burho, RH.....	31.2½
C. Hills, PM.....	28.11½

70-74.	
R. Connolly, UN.....	31.6½
K. Boas, PC.....	27.6
M. Grant, GS.....	19.7½

High Jump.

40-44.	
C. Young, TS.....	5.4
L. Trout, GS.....	5.2
45-49.	
W. Hutchins, PM.....	5.8
K. Hollingsworth, UN.....	5.6
P. Mulkey, AT.....	5.6
P. Toal, GS.....	4.10
T. Hill, GS.....	4.10
R. Clarence, PC.....	4.2½
50-54.	
J. Wallace, RH.....	4.9½
D. Hemphill, PV.....	4.5%
F. Marr, MR.....	4.5%
E. Stern, GS.....	4.3%
55-59.	
T. Ille, NJ.....	4.2½
Eberhardinger, RA.....	4.0
60-64.	
M. Neuhofer, PC.....	4.8
W. Eipel, AC.....	4.3%
G. Braceland, PM.....	4.3%
65-69.	
R. Lacey, PC.....	4.3%
C. Hills, PM.....	4.2½
W. Burbo, RH.....	4.0
J. McCluskey, AC.....	3.6
70-74.	
K. Boas, PC.....	3.8
75-79.	
L. Gregory, PN.....	3.6

Pole Vault.

40-44.	
H. Davenport, BO.....	13.6
N. Cyprus, AC.....	11.0
F. Illuzzi, GS.....	10.6
45-49.	
M. Malkin, PC.....	9.0
P. Toul, GS.....	8.0
50-54.	
D. Hemphill, PV.....	9.0
60-64.	
G. Braceland, PM.....	8.6
65-69.	
W. Burbo, RH.....	8.0
C. Hills, PM.....	6.0
+ - Meet Record.	

One Mile Relay.

N.Y. Pioneer Club.....	4.35:0
Spitzer, Valentine, O'Neal, Cordero.	

Two Mile Relay.

N.Y. Pioneer Club.....	9.27:9
Connelly, Fine, Connor, Zipper.	
Jersey Senior T.C.....	9.45:4

RESULTS - WOMEN.

50 Yard Dash.	
35-39.	
S. Pashkin, UN.....	6.8
40-44.	
L. Tricard, UN.....	7.2

300 Yard Dash.

35-39.	
S. Pashkin, UN.....	41.7

40-44.	
L. Tricard, UN.....	45.8
A. Johnson, UN.....	48.3

600 Yard Run.

35-39.	
S. Pashkin, UN.....	1.35:6
L. Greene, UN.....	1.39:6
40-44.	
S. Buchanan, PM.....	1.36:8
A. Johnson, UN.....	2.01:8

One Mile Run.

40-44.	
S. Buchanan, PM.....	5.24:9

Two Mile Run.

40-44.	
S. Buchanan, PM.....	12.13
45-49.	
I. McConnell, JS.....	15.39
V. Lucas, UN.....	16.15

Two Mile Walk.

45-49.	
V. Lucas, UN.....	21.30

1,000 Yards.

40-44.	
S. Buchanan, PM.....	3.02:0

Shot Putt.

35-39.	
L. Greene, UN.....	27.9



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U/16 3 miles approx 12.30pm

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(Incorporating the MCW AAA
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Race)

Full details in the July issue of
R.A.C.E.

Or from Stuart Holdsworth, 102
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**VETERANS 4x1 ½ Miles
ROADRELAY**

Wednesday July 19th. 7.30pm
from

The Clubhouse, Bury Street
Ruislip, Middlesex.

Prizes:— First 2 teams, first 0/50
team, 2 fastest laps, fastest 0/50
lap.

Entries:— £1 per team to :—
J. Leith, 63 Marlborough Hill,
Harrow, Middlesex. HA1 1TX.
CLOSING DATE JULY 12th.

JULY 1st.

Annan '12' — Dumfriesshire (inc
Ladies. 2pm.
Birmingham Open 35kms Walk —
Sutton Coldfield. 12.30pm.
Lambeth Walks - Herne Hill. 12.30pm.

JULY 2nd.

M.V.A.C. T & F Champs. Midlands.
Hyde '7' Mile Road Race. Town
Centre. 12 noon.
13th Skiddaw Fell Race — Keswick,
Cumbria. 2.30pm. (also 1st Ladies
Skiddaw Fell Race. 2.15pm).
6th Latrigg Youths Fell Race —
Keswick, Cumbria. (also 1st N.C.A.A.
Fell Race Champs).
Cowbridge Week Road Races, South
Glamorgan. 2pm. (The Avon 5¼).

JULY 3rd.

Open Vets Meet — Parliament Hill.
7pm.

JULY 8th.

Wisbech to March '10' 3pm.
Milton Keynes International Mara-
thon (inc R.R.C. Champs).
Stantonbury Leisure Centre. 3.30pm.
Torrige '6' — Sports Ground,
North Devon. 2pm.
Cheltenham 7.4 Miles Road Race.
6pm.

Southern Vets Track and Field Champs. — Avon Sports Ground, Southampton.
Gomershall Open 20kms Walk.

JULY 9th.

Altrincham '10'
Bruges 25kms Road Race. Inter-Club and International.
Raymond Justin 7 miles Walk. — Eastbourne.

JULY 12th.

London Vidarians 5 miles — Carshalton. 7pm.

JULY 15th.

Horsham Festival '10' mile Road Race. — Horsham Park. 1pm.
Horsworth ½ Marathon. 3pm.
Eccles '10' 3.15pm.
Belgrave '20' (inc Surrey '20'). 3pm.
John Oultram Memorial '10 — 3pm.
Metropolitan '10' — Barnsley. 3pm.
National 50kms Champs — Manchester. 12 noon. Walk.
National Track and Field Champs — Aldersley Park, Wolverhampton.

JULY 16th.

Invitation 20kms — Manchester. Walk.

MARCH ATHLETIC CLUB
Wisbech to March 10 Mile Road Race
Sponsored by
Shepherds Friendly Society
Saturday July 8th at 3pm
(Under A.A.A. laws)
Start: Royal Standard, Weasenham Lane, Wisbech.
Route: B1101.
Finish: Hereward School, March.
Prizes: 1st 6 Ind; 1st 3 Teams. 1st 3 Ladies; 1st Vet O/40, O/50, O/60.
Entries: 30p Ind, 30p Team, 3 to score.
Alec Lefevre, 103, Gaul Road, March, Cambridgeshire. PE15 9Rh.
Phone March 55248
S.A.E. for reply/results.

TORRIDGE '6' ROAD RACE
The race incorporates the Devon and Cornwall Constabulary Championship. Please state clearly on entry form if entering for this event.
Prizes: 1st 3 Ind.
Torridge 6: 1st 3 Ind; 1st Vet O/40, O/45, O/50.
SUNDAY JULY 9th, 1978
Sponsors for the Torridge 6 are Bideford Tool Ltd, Kirkhams Tyres, Bideford Gazette
Entry Fee: 30p.
Entrance fees must accompany all entries.
Forms to: F. R. Hartas 28 Tennacott Heights, Bideford, Devon. Tel. Bideford 6835.

8th NATIONAL VETERANS TRACK & FIELD CHAMPIONSHIPS
(Under I.A.A.F., A.A.A., W.A.A.A. & R.W.A. laws)

JULY 15th and 16th, 1978 at 11a.m.

WOLVERHAMPTON STADIUM

Saturday Mens Events: 400m hurdles; 100m, 400m, 1500m, 3000m Steeplechase, 5000m walk, hammer, discus, pole vault, high jump, pentathlon (200m and discus).

Ladies events: 400m, 1500m, high jump, discus, shot.

Sunday at 10am

ANNUAL GENERAL MEETING OF BRITISH VETERAN ATHLETIC FEDERATION

Sunday Mens Events: 10,000m walk, 110m hurdles, 200m, 800m, 5000m, javelin, long jump, triple jump, shot, pentathlon (1500m, long jump, javelin).

Ladies Events: 3000m walk, 100m hurdles, 100m, 200m, 800m, javelin, long jump.

FEES: £1 first event, 50p each additional event, pentathlon £1 payable to Midland Veterans Athletic Club.

ENTRIES CLOSE JUNE 24th. Late entries will not be accepted. Early entries appreciated.

Full detail and entry forms from Mrs. E. Horwill, 'Pevensey,' Enville Road, Wall Heath, Brierley Hill, West Midlands.

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JULY 22nd.

Churchdown '10' 3pm.
Turnslack Fell Race — Caldersbrook
Football Field. Ladies and Youths
2pm. Men 2.30pm.
Southern Inter Club Champs.
Southern Womens Champs. Walk.
Crystal Palace.

JULY 23rd.

Pop 20kms Road Race — Torbay
AC. 3pm.

JULY 25th.

10kms Walk — Seven Kings, Ilford.
7pm.

JULY 28th.

Leicester to Skegness 100 miles
— Leicester. Walk. 3.30pm.

JULY 29th.

Heckington '10' — 3.30pm.
Woodford to Southampton '36' —
9.30am.
Marathon Bollenstreek. 1pm. Noord-
wijkerhout.

JULY 30th.

Duchy of Cornwall Track Meet.
10.30am.
The Unigate marathon will be held at
Harlow on Saturday, October 28th.

**VETERANS EVENTS
Polytechnic Stadium 1978**

The veteran and pre-veterans races
to be held upon the following
mornings for Five Star Awards, or
Club Championships for 1978 are as
follows:—

July 16	100 metres	3000 metres
July 30	200 metres	1500 metres
August 13	100 metres	800 metres
Sept 3	200 metres	1500 metres
Sept 17	100 metres	800 metres
	Open 10,000 metres	

These races are open to all veteran,
and pre-veteran athletes. The races
will be programmed to start at 11am
and 11.30am. Entries to be made on
the day.
There will be no entry fees or prizes
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publication).

Bob Shrunkle column

I was sitting opposite GH of the Borough of Enfield Harriers in our executive restaurant the other day when I casually mentioned that the Marathon Club had changed its qualifying standard to 2 hours 23 minutes. Fork poised in mid-air, he turned away from his duck P'orange and grunted. After a few moments consideration he turned to me and said, "I'm not sure that I want to join any club that would accept me as a member." I turned to my fruit cup to hide my true feelings.

Ron Franklin of TVH, the Southern Vets 2A Cross-Country Champion, recently changed his place of employment although still with the same firm. He drove to his new offices over the weekend before he started, and painted arrows on the road so that he would not get lost on his first run home on the Monday night. This small story finishes here, which is a pity as we would have liked to go on and say that local lads saw the arrows, repainted all the way up the M1, and that he was still running. Pity!

A bemused athlete saw a prominent cross-country runner preparing for the arctic wastes of Graves Park, Sheffield, by rubbing various oils into various portions of his body. A heavy one for his feet and ankles, a warming one for stomach and back, a wet proofing one for legs, thighs and arms. Our bemused athlete remarked as our oily friend slipped out of the room, "I would like to take this game seriously but I'm sure that I could not afford the oil."

Sylvester Stein was trotting at the back of the field in the Class 2 race at Sheffield and got well lost in all that snow, ice and cold. He approached a group and plaintively inquired if this was the right way to Leeds! I suppose that he felt if he could get both Nationals out of the way in one afternoon he would be saving on the travel time and train fares.

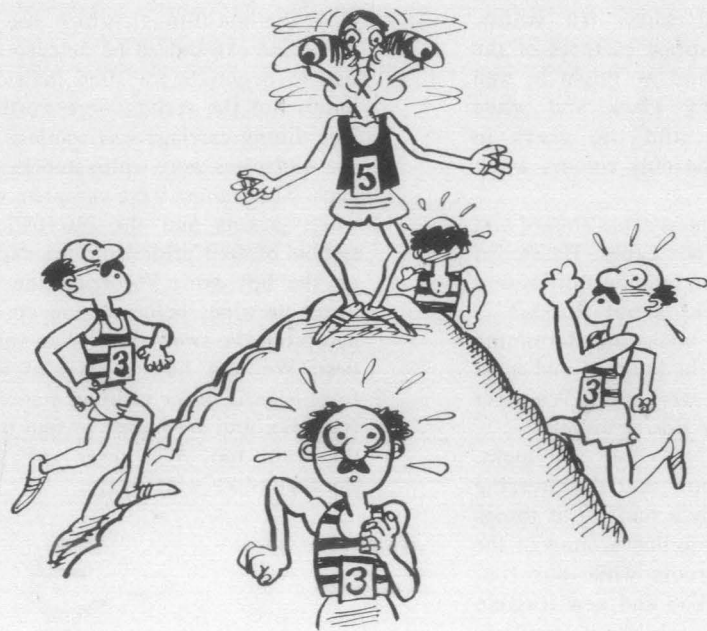
Jack Heywood, the Southern Vets secretary, is well known as being of slight stature and greying of head, but with great determination. He astounded the coach on a recent trip when he announced that he thought he must look like Clint Eastwood. On being pressed to the reason why, he said that he had been running round his local park and a group of small

boys had got together to chant 'Come on, big Clint.' Seems reasonable to me, anyway.

A friend of mine went to run in the South London Harriers end of season 7½ miles cross-country Yacht handicap race. One runner had just joined the club and did not know the course at all, so a friend took him out to look at the first half mile on the basis that after this distance he would be running with other athletes. When this pair returned to the start the race was already under way so they just joined in at a convenient place. My friend swears that the new chap overtook him five times during the two-lap race . . . including the once that he came madly racing towards him!

when the totals were being totted up.

Two cross-country races were held in North Bay, Ontario at the end of last year. They both used the same course which seemed to be endless 6 inches deep water, calf deep mud paths, stumps, rocks, roots and potholes covered by brightly covered leaves. The sort of course that enables you to hear those behind splashing and crashing along until it goes quiet and you realise that you are either gaining or lost. Back to the plot . . . as I said, two races, the first was the injury-free Ontario Masters Cross-Country Championships and the second, a few weeks later, was the Ontario Schools Championships where they had two broken legs and a



The date was October 29th, the occasion was a veterans mob match over 7½ miles and the venue was the Blackheath course which starts outside the church near West Wickham. The old gentlemen were lined up and rarin' to go when a runner was observed hurrying up the hill; the start was delayed until he was ready and then they were off. At the finish the late arrival gave voice to the opinion that it had been rather a long 5 miles; it then transpired that he should have been in the inter club match on the other side of the road in Sparrows Den. The strange thing was that all the clubs tried to claim him

broken arm amongst other minor injuries. Do we improve our stamina, agility and self control as we mature or are we just a lot more careful?

One of the problems with running is that what should be a pleasant interlude in a day's activities becomes the focal point and that life tends to become defined in terms of athletic successes and failures. Wives have to be reminded that there are very few men indeed who can run a 15 each day and still have enough energy left for their marital relationships. If however, you have found a way please write to me c/o this column, we'll bottle it and make a fortune!

Footsteps around my world

by Ken Proctor

Volume 1 Number 2

Nahodka to Khabarovsk, January 20th.

We sailed into Nahodka Harbour while the sun was setting but the beautiful sunset did nothing to dispel the impression made by the cold. Ice was everywhere except for the areas covered by snow. The little tugboat that bulldozed its way through the frozen sea pushed the king-sized chunks of ice aside effortlessly. She was such a contrast, inundated with black filth as she was, to the spotless and colourful ones in Yokohama.

We inched our way into the harbour and darkness fell swiftly. Many of us snapped pictures of the harbour scene and we might as well have been using black and white because those and the greys in between were the only colours available.

The customs man came aboard and finally reached our cabin. He smiled when he saw our bulging duffles and said, "Any books about Russia?" I showed him my books about running and cycling and he laughed and must have thought we were crazy. Who ever saw Hemingway ride a bicycle?

Off the ship, into the cold night. Little did we know that this freezing weather was only a prelude of things to come. We all milled around in the large Intourist room while our vouchers were checked and new Russian ones issued. I thought the particularly gentle representative from the ship would cry as he told us with feminine gestures of despair that our voucher included only breakfast during our 27 days in Russia. I laughed and said, "Good, I'm too fat anyway."

The train from Nahodka to Khabarovsk is legend. Even the jaded writing in the Great Railway Bazaar took a leave of absence when describing it. It is supposed to be made of carriages left over from Czarist times but if one of those carriages exists we did not get a compartment in it. Ours was new and shiny plastic and steel. It was clean and had only two berths in it. The skis were left in the aisle and no one

seemed to mind walking around them. We did our best by stepping around the three bags — after all this was only for one night.

The dining carriage was not easy to get to. Each carriage has two doors with the outer one made of steel plate between two carriages and the cold wind is quite bracing as it cuts through all but the heaviest garment. Standing on these little platforms that remind one of a mis-placed Japanese bridge, trying to open one door and close the one through which one has just come can indeed be nettling. We had to negotiate for such individual antics but the results were worth it. The dining carriage was spotless and the waitresses wore white smocks and caps. The waiters were complete with white jackets and the international symbol of their profession, the napkin on the left arm. We tried the two available wines before giving up and accepting the sweet sherry-like one as best. We had had a glass of wine from Algeria in the railroad station in Nahodka and we hoped to find it on the train too. We never saw that Bordeaux-like wine again.



The food and service were good, not great, but good and we shared our wine with some young Australians who were continuing on with us.

We slept well in our comfortable compartment and we were met by Ludmilla, a pretty woman of 30 who turned out to be a vivacious and very

humorous friend. She had light blue eyes that gave her dry remarks away before the slight upturn at the corner of her lips made it official.

Our hotel was just off a large square and the room was not the Ritz in Paris. It had a bathtub and hot water, though even this water trickled into the john tank at a noisy and slow rate. Twin beds on either side of the room separated us and double windows kept out the cold.

Our city tour was not to take place until 3pm so I was able to put on the Nikes and run for 30 minutes in the square in front of the hotel. I had never run in snow before let alone 18 degrees below zero. I had on my regular running suit with the only concession to the temperature, a head band around my ears and double mittens. Within 5 minutes a young fellow about 16 was running beside me and I heard "Choon gum, Choon gum. Cigarettes. Amerikawn mawny." I discouraged him with a few "Nyets" and continued my mad path around the square. The older people looked at me with unchanging dour expressions and a few of the younger women snickered, but for the most part I was totally ignored. It was a sunny day but the strange steamy mist, which I had learned is a part of life in this cold part of the world pervaded the air. It is particularly heavy in the cities and the health statistics so frequently quoted by Intourist guides are belied by the soot from which lungs have to be relieved from time to time. The warm air I exhaled slowly built up icicles on my beard making it whiter than it already was. My legs and arms started to tingle in the effort of my capillaries to fight against the cold. After a short time my body seemed to adjust to the ordeal and I felt good and as though I could go on forever. Nonetheless, I was glad when the ½ hour I had set as my goal was over and I could return to the warmth of the hotel.

Khabarovsk is one of the oldest cities in the Soviet Far East. In the afternoon we saw our first log houses and they were sturdy and looked warm and comfortable. I thought of the cabin which had been standing on the property I bought in Vermont in 1962 and how my plan to restore it was thwarted by the heavy snow the following winter. This proved to be too much for the ancient structure and it collapsed and became a mound of firewood.

The log houses in Khabarovsk have colourful shutters and intricate cornices. Only the older people live in them now. The younger ones preferring the comforts of apartments in the huge sterile looking worker complexes. In these there are bathrooms and kitchens, hot water and central heating supplied by the government. The rent in these apartments is very low, about \$12 per month, clearly subsidised by the Soviet.

We saw vast buildings, each different in architecture, lining the streets in town. They had formerly been owned by wealthy merchants, dealers in precious furs and life sustaining commodities in this rugged climate. We saw two buildings across the street from each other where for one week, the Reds and the White Russians fought a last stand effort by the famous Gen.

A mighty river courses past Khabarovsk and it freezes solid enough for motor traffic from October to May. Old men stood there days fishing in the ice scantily protected by semi-circular barriers made igloo style of blocks of hardened snow. Ludmilla took us down to watch them and they were friendly as they showed us their meagre catch. One fellow had a particularly big fish. It was about 11 inches long and, of course, frozen solid within minutes of its demise. A particularly friendly fisherman stood up and invited Jacques to take the two short sticks which held his lines and to sit down on the box just in front of the holes through which he was fishing. He showed us how to move them slowly up and down in opposite cadence and she squealed with childish delight, "I hope I catch one."

It was too cold to wait that long, though, and we had to return to the car and its warm interior.

Dinner that evening was great. Resting after our city tour and adjusting to the excitement of being in the Russian Far East we did not get to the dining room until 9.30. The

place was packed and from one of its three rooms we could hear music. We were escorted to a table already occupied by five Siberians. They looked at us with the usual Russian frown which they all wear until a specific event changes it. We smiled and gave them our best American vibes. They were drinking vodka and one of them filled my glass. I had learned how to say 'kras noya vino' which means red wine and our new friends helped us to order a bottle for Jacques. We got involved in a conversation about dinner and two of them surprised us by speaking a few words of English. One in particular wanted to demonstrate his skill so he changed seats and sat next to Jacques. He picked up our Russian phrase book. Reading the English translations, he was nearly a quarter of the way through it phrase by phrase before we realized his intention. He wanted to show us that he could read English by finishing the whole book. Listening to that proud Russian Siberian saying, "Meh I hav zum kawfey, plez" and "I um (nut) kawd" was a riot but who had all night? They helped us with the menu and we were delighted to find Pelmeny a dish everywhere in this part of the world. We learned later. We waited anticipating the food, not having any idea of what was coming. Meanwhile, the conversation inched along with smashed English, wild pantomime and vodka toasts. Jacques's wine

proved to be the same sweet sherry type we had on the train from Nahodka, but somehow she managed. The Pelmeny arrived. At first we thought it was onion soup because it came in a rounded brown crock about six inches high and had a beautiful thick crust on top. The crust was made of dough and underneath was a broth containing many pieces of ground meat wrapped in dough like is found in Won Ton soup. It was delicious and variations of it proved to be our favourite all the way across the Novosibirsk.

I had bought two bottles of Stalichnaya on the ship so I went to our room and brought down one of them as a contribution to the experiment in international relations. It helped and if that table had been in charge of detente, the U.S.A. and the U.S.S.R. might have merged that night.

Jacque became the queen of the table as she valiantly followed with extraordinary skill the burly Russians on the dance floor. The music was interesting and at first hearing seemed to be attempting to follow the rhythms of our own, but whether fast or slow it had its own delivery and it was difficult to get into the swing of it. Not so for the Russians. They entered into the action with great gusto and perspiration. I mean everyone in the restaurant, not just our own engineers (as we found them to be). The fast numbers were no less inventive than



the slow ones. They both produced a variety of lurches and long slides and side jumps that were different only in tempo. Russians, no different from the rest of us in the world find sensuality in the slower music and



exhibited that knowledge that night with close embraces, stolen kisses and longing looks. Messages were being sent and received with the accuracy of Cupid's arrows. We terminated the evening with toasts to Jemmy Cartaire, to Brezhnev, to the Soviet Union, to the United States, to detente, to all of Russia, the world and to each other. My new life long friend for one night on my left and I bear-hugged each other twice and he insisted on a third saying, "Naw! Naw! Two times not O.K! In Russia mus be tree times!" How could I argue with that!

After that demonstration of international relations, enhanced by the quality of the vodka, we found our way up to our room, thinking that an unexpected dimension had been added to our adventure. We had been warned to look for no friendliness and that contact with foreigners was reserved for specially trained Intourist guides. If that evening with the Siberian engineers was any criteria we had been misinformed. As it turned out, our night in Khabarorsk was the **only** time we were allowed in the same dining room with the local people and every effort was made, as will be described in the next issue, to isolate us from exchange with ordinary folk like ourselves.

There is more!



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Great Britain

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- 1, L. O'Hara.....51.35
- 2, D. Claxton.....51.54
- 3, D. Case.....53.32
- 4, T. Ryan.....53.45
- 5, R. Franklin.....54.17
- 6, E. Nolan.....54.56
- 7, S. Charlton.....55.06
- 8, G. Archer.....55.25
- 9, B. Gorman.....55.32
- 10, P. Newall.....56.41
- 11, P. Wilks, 56.46; 12, K. Fidler, 56.55;
- 13, E. Flowers, 57.31; 14, D. Martin, 58.12;
- 15, J. Phelan, 58.20; 16, D. Funnell, 58.42;
- 17, J. Flowers, 58.56; 18, P. Kearsley, 59.45;
- 19, J. McQuillan, 59.58;
- 20, D. Devey, 60.10; 21, D. Hardy, 60.33;
- 22, . Dooley, 60.51; 23, J. Cook, 61.10;
- 24, G. Salmon, 61.20; 25, G. Strong, 61.36;
- 26, A. Coombs, 61.43; 27, D. Brown, 61.58;
- 28, E. McGregor, 62.18;
- 29, C. Wlaker, 62.46; 30, B. Gore, 62.52;
- 31, B. Tobitt, 62.58; 32, G. Collett, 63.04;
- 33, A. Tompkins, 63.10; 34, C. Charnock, 64.26;
- 35, R. longhurst, 64.37; 36, J. Fitzgerald, 64.50;
- 37, D. Bonsor, 65.08;
- 38, A. Ford, 65.21; 39, C. Bamford, 65.25;
- 40, C. Henn, 65.35; 41, B. Wade, 65.48;
- 42, E. Elderfield, 66.24; 43, P. Collins, 66.28;
- 44, T. Gaskin, 67.38; 45, E. Matravers, 68.25;
- 46, J. Lawrence, 69.30;
- 47, M. McDowell, 69.42; 48, C. Manning, 69.51;
- 49, J. Catton, 70.17; 50, A. Smith, 70.40;
- 51, L. Rolls, 70.44; 52, D. McMullen, 72.35;
- 53, E. Lachlan, 73.24; 54, A. Reed, 73.52;
- 55, J. Shave, 73.57; 56, J. Small, 74.10;
- 57, S. Lee, 74.36; 58, N. Noble, 76.17;
- 59, J. Gorrod, 76.50; 60, R. Hopcroft, 79.19;
- 61, E. Peacock, 109.25.

Age Group Winners.

- 40-49.**
 L. O'Hara
 D. Case.
 E. Nolan.
- 50-59.**
 R. Franklin.
 S. Charlton.
 E. Flowers.
- 60-69.**
 J. Flowers.
 L. Rolls.
 S. Lee.
- Over 70.**
 E. Peacock.

A. Shepherd

PLYMOUTH 10. MARCH 12th, 1978.

- 1, P. Hampton, Camb H.....54.31
- 2, T. Honeychurch, Torbay.....56.15
- 3, C. Mills, Torbay.....57.49
- 4, J. Morrison, Exeter.....58.29
- 5, F. Coles, Cornwall.....60.50

Phil Hampton

VETERANS AC 5 MILE ROAD WALK BATTERSEA PARK. MAY 2nd, 1978.

THE FIRST of the summer races got off to a wet start with R. Powell of Enfield being the winner in his first race with the club.

The club president, 76-year-old 'Bob' Roberts warned the rest of Europe's over-70's with an obvious world's best for a 76 year old over 5 miles returning a comfortable 49.25 to exceed 6mph.

Result.

- 1, R. Powell, Enfield.....42.36
 - 2, D. Fotheringham, Belfairs.....43.07
 - 3, P. Worth, Enfield.....44.08
 - 4, H. Jaquest, Watford.....46.47
 - 5, A. Goodwin, Surrey.....46.59
 - 6, T. Cook, Bels.....47.05
 - 7, F. G. Nickolls, Surrey.....49.25
 - 8, A. Roberts, H.H.....49.25
 - 9, G. Hallifax, Surrey.....51.21
- Handicap 1st T. Cook, 39.25 (off 7.40).

Fred Nickolls

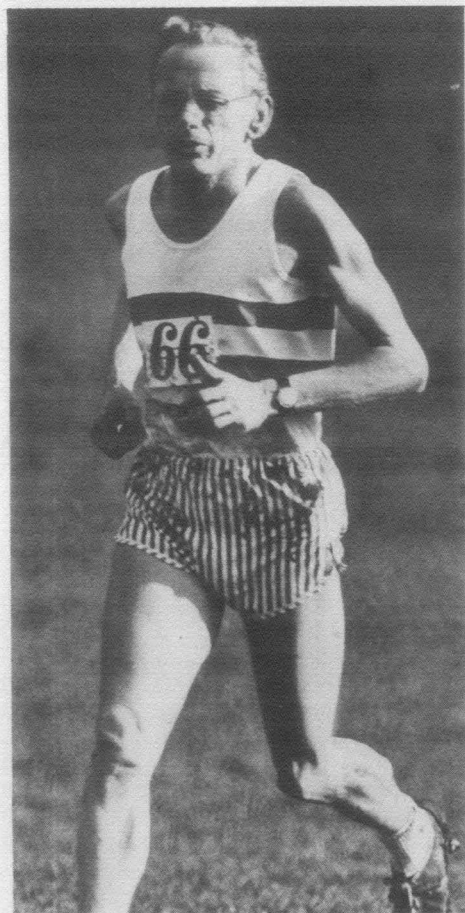


VETERANS 10,000m CROSS-COUNTRY SOUTH SHIELDS, TYNE AND WEAR. APRIL 30th, 1978

- 1, R. Carruthers, 1A, Gosforth.....29.15
- 2, T. Rookc, 1B, Midd & Cleveland..29.52
- 3, R. Balding, 1A, Heaton.....30.10
- 4, G. Back, 1A, Durham.....30.42
- 5, R. Checkley, 1A, Heaton.....30.55
- 6, P. Patterson, 1B, Gosforth.....31.00
- 7, J. Hawes, 1A, Heaton.....31.14
- 8, K. Sutton, 1A, Gosforth.....31.28
- 9, W. Armstrong, 1A, Blaydon.....31.45
- 10, A. Prouse, 1A, Gosforth.....31.57
- 11, P. Carmichael, 1B, Morpeth, 32.39;
- 12, B. Kirkley, 1A, S. Shields, 32.32;
- 13, G. Freeman, 1B, Sunderland, 32.33;
- 14, T. Farrell, 1A, Midd & Cleveland, 32.34;
- 15, R. Sheraton, 1B, S. Shields, 33.18;
- 16, B. Parnaby, 1B, Durham, 33.24;
- 17, E. Appleby, 1B, Heaton, 33.35;
- 18, J. McMahon, 1A, Durham, 33.41;
- 19, T. Joynson, 2A, Gateshead, 33.53;
- 20, R. Potts, 1A, Blaydon, 34.06;
- 21, A. Krane, 1A, Gosforth, 34.36;
- 22, R. Pocklington, 1B, Burn Rd., 35.05;
- 23, C. Carter, 1B, Gateshead, 36.17;
- 24, R. Brown, 2A, S. Shields, 36.24;
- 25, J. Dewar, 1A, Blaydon, 36.51;
- 26, J. Thompson, 2A, Midd & Cleveland, 36.52
- 27, J. Walwack, 1B, Durham, 37.18;
- 28, W. Bell, 1B, S. Shields, 38.13;
- 29, R. Walker, 2B, Saltwell, 38.32;
- 30, M. Robertson, 2A, S. Shields, 38.40;
- 31, G. Storey, 3A, Durham Police, 38.49;
- 32, G. Boshier, 1A, Unatt, 39.57;
- 33, R. Henderson, 1A, S. Shields, 40.32;
- 34, J. Raiton, 2B, Midd & Cleveland, 42.15;
- 35, D. Stenton, 1B, S. Shields, 44.08;
- 36, R. Carlyon, 4A, Sunderland, 46.07.

Team Result.

- 1, Heaton (3,5,7).....15
- 2, Gosforth (1,6,8).....15



Ken Hall (Wirral AC)

Photo E. D. Lacy

**10,000 METRES ROAD RACE.
STONE, STAFFS. MARCH 12th, 1978.**

1, G. Rhodes, Stafford, 1B.....	35.30
2, K. Hall, Wirral, 2B.....	36.44
3, A. Hughes, Rochdale, 1B.....	36.47
4, M. Weston, Bolton, 1B.....	36.51
5, A. Jones, Lozells, 1A.....	37.00
6, J. Haslam, Bolton, 1B.....	37.15
7, R. Fellows, Wirral, 1A.....	37.32
8, D. George, Sale, 1A.....	37.41
9, E. Nicholls, Midland Vets, 2A.....	37.53
10, H. Thornton, ASVAC, 1A.....	37.56

**GOSFORTH RELAYS.
NEWCASTLE-ON-TYNE. 8/4/78.**

Veterans 4 x 4 miles Result.

1, Gosforth A.....(Record)	87.36
F. Sayer 21.51; K. Sutton 22.01;	
P. Pattison 22.56; R. Carruthers 20.48.	
2, Heaton.....	90.39
3, Morpeth.....	90.59
4, Blaydon.....	92.45
5, Gateshead.....	93.20
6, Gosforth B.....	97.19
7, Durham.....	101.33

Fastest laps.

1, R. Carruthers.....(Record)	20.48
2, W. Ryder, Morpeth.....	21.32
3, R. Balding, Heaton.....	21.33
4, F. Sayer, Gosforth.....	21.51
5, K. Sutton, Gosforth.....	22.01
7, R. Checkley, Heaton.....	22.29
8, S. Robson, Gateshead.....	22.43
9, B. Kirkley, South Shields.....	22.46
10, J. Hawes, Heaton.....	22.47

**SOUTHERN COUNTIES
10,000 METRES TRACK
CHAMPIONSHIPS. CRYSTAL PALACE
APRIL 19th, 1978.**

1, N. Fisher.....	31.09:0
2, L. O'Hara.....	31.39:0
3, M. Barratt.....	31.45:4
4, D. Claxton.....	32.05:8
5, G. North.....	32.06:8
6, A. Shrimpton.....	32.15:0
7, M. Moody.....	32.17:6
8, R. Jeans.....	32.54:8
9, B. O'Gorman.....	32.59:0
10, M. Casse.....	33.00:8
11, J. Oliver, 33.18:2; 12, J. Geohan,	33.54:8; 13, T. Everitt, 34.12:2; 14, S.
Charlton, 34.14:8; 15, D. Dellar, 34.26:0	
16, A. Kimber, 34.29:2; 17, G. Smith,	34.35:6; 18, D. Wraight, 34.37:8; 19, E.
Andrews, 34.40:0; 20, J. Brown, 34.53:0;	
21, J. Porter, 34.59:0; 22, A. Kimber,	35.06:0; 23, C. Walker, 35.27:0; 24, D.
Bell, 35.51:0; 25, J. Atkinson, 35.56:0; 26,	
J. Green, 36.03:0; 27, D. Wigley, 36.06:0;	
28, L. Worrall, 36.09:0; 29, R. Deller,	36.23:0; 30, P. Kearsley, 36.24:0; 31, K.
Bray, 36.33:0; 32, R. Hale, 36.45:0; 33, J.	
Riley, 36.56:0; 34, J. Cook, 37.12:0; 35, D.	
Bakley, 37.23:0; 36, D. Jones, 37.41:0; 37,	
J. Burke, 37.59:0; 38, C. Charnock,	38.34:0; 39, L. Brown, 38.34:0; 40, J.
Fitzgerald, 38.36:0; 41, D. Brown, 41.22:0;	
42, G. Scutts, 41.31:0; 43, D. Devers,	41.40:0; 44, B. Howe, 42.36:0; 45, L.
Rolls, 43.34:0; 46, W. Tyler, 43.22:0; 47,	
G. Betts, 44.03:0; 48, B. Spiller, 45.31:0;	

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LADY WAFFLE TRAINER — the newest addition to our range of famous training shoes. Built on a narrower last, it gives perfect fit for the female foot. Yellow nylon uppers with turquoise Nike swoosh, blue midsole and the famous waffle sole, also in turquoise. Certain to become as famous as the Waffle Trainer.

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Nike Waffle Trainers 3-5½, £16.20; 6-13, £17.50.
Nike Elite Racers 3-5½, £19.50; 6-13, £20.99

LD1000 3-5½, £19.80; 6-13, £21.40
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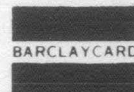
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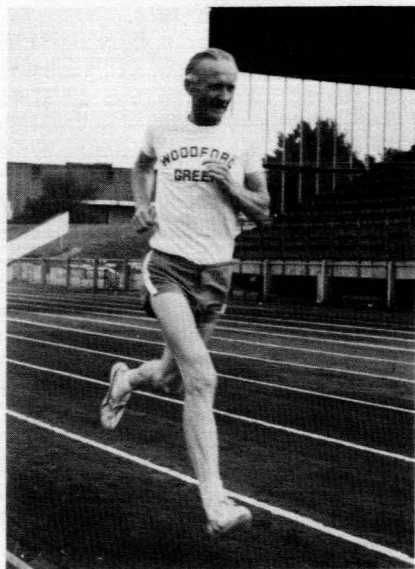
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SHOP OPEN EVERY DAY. MONDAY — SATURDAY 8.45-5.30.



49, R. Wiseman, 53.54:0; 50, R. White, 54.45:0.



Les Brown

**100 METRES HANDICAP
TOOTING BEC
APRIL 15th, 1978**

- 1, W. Hartfree (14 1/2).....13.0
 - 2, S. Tein (1/2).....13.1
 - 3, G. Atherton (2 1/2).....13.1
 - 4, E. Hines (24).....N.T.T.
 - 5, J. Searle (34).....N.T.T.
 - 6, C. Speechley (34).....N.T.T.
- The last named, Charlie Speechley is 90 years old.

A. Shepherd

BELGIUM.

Vilvoorde 11.3 cross country champs.
Clem Huyssen. Robert Schelfhout.
Adelin Staelens.
Group 1B Roger Monseur. Group 3A E.
Heuninck (take notice of that man).

FINLAND

**Finnish Veterans Marathon
Championships. Lammi. 24/9/77.**

- Class 1A.
- Tauno Valasti.....2.28.44
- Antero Rantanen.....2.32.55
- Sune Westerlund.....2.33.37
- Class 1B.
- Henrik Anthoni.....2.50.00
- Rainer Nieminen.....2.52.53
- Charles Greenlees.....2.53.17
- Class 2A.
- Uljas Kiuru.....2.59.53
- Tuure Ahola.....3.03.05
- Matti Kankaanpaa.....3.06.14
- Class 2B.
- Eero Pajula.....3.09.10
- Raoul Furstenborg.....3.12.15
- Tuomo Korhonen.....3.22.51

- Class 3A.
- Erik Pihkala.....3.23.24
- Veikko Peippola.....3.45.18
- Over 65.
- Verner Rinne.....3.41.26
- Lauri Laiho.....3.47.36
- Eino Laiho.....3.50.28

WOMEN

- Eila Ruisaho.....3.20.42
- Age 40-44.
- Saara Rappi.....3.07.48
- Leila Poso.....3.28.14
- Marita Puusola.....3.56.58
- Over 45.
- Kerttu Halmenpaa.....3.58.14

ULLAVA. 25 KILOMETRES. 2/10/77.

- Age 35-44.
- Varma Pekkarinen.....1.30.12
- Age 45 and over.
- Antti Rissanen.....1.43.42

KORSO MARATHON. 23/10/77.

- Class 1A.
- Tauno Valasti.....2.33.54
- Antti Vihsalo.....2.35.57
- Martti Koivunotko.....2.44.09

Women

- Aira Pyorola.....3.10.11
- Sirpa Kylanpaa.....3.49.55

Half Marathon.

- Class 1A.
- Antti Hyvarinen.....1.13.40
- Antero Painilainen.....1.16.50
- Karlo Pasanen.....1.20.07

Women

- Pirkko Latvasto.....1.37.35
- Kristin Jamsen.....1.43.43
- Marjatta Karjalainen.....1.50.25

PANNUJARVI 14 Kms. 23/10/77.

- Age 40-49.
- Teuvo Hyttinen.....46.11
- Erik Lemmetinen.....46.22
- Antero Rantanen.....47.30
- Age 50-59.
- Niilo Rokka.....54.38
- Pentti Pihlaja.....54.54
- Hrikki Neiminen.....55.08
- Age over 60.
- Martti Laiho.....59.11
- Eino Laiho.....66.30
- Verner Rinne.....67.23

Women

- Orvokki Hemmila.....53.15
- Sisko Anttila.....60.42
- Leena Kauranen.....62.54

KORSO 25 Kilometres. 6/11/77.

- Age 35-44.
- Perrti Aholainen.....1.24.14
- Pentti Hintsala.....1.24.32
- Urpo Laitinen.....1.25.31
- Age over 45.
- Eino Enquist.....1.29.07
- Vaino Skytta.....1.30.01
- Pauli Vesala.....1.33.57

Women

6,7 kms.

- Pirkko Latvasto.....27.39
- Aira Liljako.....29.19
- Irma Liljestrom.....30.18

GERMANY

**Royal Air Force (Germany) 10,000 metres
Track Championships. April 29th, 1978.**

Result.

1st F.S. John Ballantine, RAF Laarbruch
Age 37.....32.27
The only veteran in the race was
40-year-old Sergeant Eddie McBride who
was 9th in 36.28.

10 KILOMETRES. HAMM. 4/2/78.

- 2, W. Heuser (41).....31.37:8
- G. Struck (43).....32.49:0
- F. Schuler (43).....33.35:0
- H. Bode (50).....34.02:0
- W. Schiek (50).....34.25:0
- P. Jost (53).....24.31:0
- E. Basse (47).....35.05:0
- D. Schmalz (45).....35.58:0
- G. Neuhoff (50).....36.36:0
- K. Rumselke (50).....37.16:0
- H. Breuer (55).....37.30:0
- W. Kensbock (46).....38.08:0
- H. Duwald (55).....39.09:0
- G. Lemke (61).....40.53:0
- H. Werle (66).....43.45:0
- H. Bartholomeus (64).....45.56:0

Women.

- R. Schiek (42).....39.38:0
- H. Latzel (37).....41.24:0
- J. Wubbeling (41).....41.46:0
- U. Heringhaus (52).....48.19:0

HOLLAND — — — — from Gys Knoppert

Mid-winter marathon 4/2/78 in Apeldoorn, some 750 participants. Muddy and hilly course. Ko v.d.Weyden 32y ran 2.16.00 Dutch record. In the first miles v.Alphen was with the front runners, probably not knowing it would be such a fast run. Therefore he was punished with the above mentioned time of 2.34.30 (19th). Other veterans were Klaas de Ruyter 43y, 2.35.10 (25th), Jan Pulles 2.35.52 (29th) and Louis Vink 42y 2.39.03 (37th). Lilo Kalweit-Marlot 42y of Tusem-Essen, ran a personal best of 3.07.31. Our coming star of veteran ladies is 48-year-old Sofie Wisman-Versteeg did 3.34.36 while husband Arnold 51y was first in group 2 with 3.01.48.

Alphen. 11.3 15kms.

- Piet v. Alphen (47).....unbelievable! 48.40
- Dirk de Bruyn (42).....49.08
- Wim Roelofs (40).....49.50
- Louis Vink (42).....50.41
- Johan Labberton (42).....50.50

Group 3.

- Jan Verloop (60).....61.20
 - Jan v. Ginkel (60).....63.13
- Laag Soeren 5.3 first official veteran cross championship.

More than 10kms very heavy.
De Bruyn (1A), 35.38; v. Alphen (1B), 35.47; Gerard Kramer (1A), 36.45.

Ladies 5kms. Corrie Konings, 20.15; Sofie Wisman, 23.40.

WORLD SNIPS.

Norman Bright (67, U.S.A.) — One time record-holder of the famed Dipsea Race and winner of the event in 1970, has travelled extensively competing with the best in Masters competition. But the sad news is that Norman now suffers from atrophy of the optic nerves which is gradually taking away his vision. Despite this he still enters and competes in races, unfortunately sometimes with disastrous results. He has fallen, hit obstacles and been hit himself by a car — all as a result of his failing sight. However, in the fraternity of marathon men, it is felt that a champion who is going blind should not run the last lap alone and attempts are being made by his colleagues to find running partners for this grand old master.

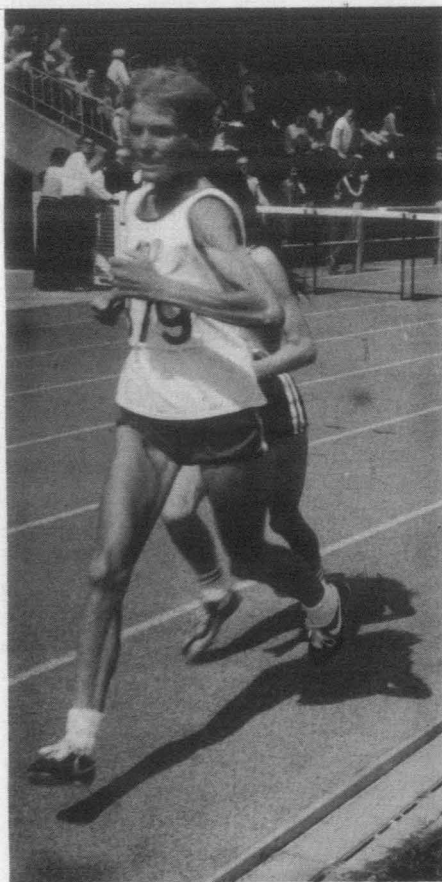
Derek Turnbull (51, New Zealand) — We have it on good authority that this 2A winner of the Gothenburg 1,500m has a copy-book forward lean developed over the years by sheep 'drenching.' Apparently Derek herds some 3,000 sheep which have a squirt of jollop applied to them every three weeks or so in a dipping trench. The forward lean acquired in carrying out this operation is reinforced from time to time by a body position adopted in shearing the same animals. Top coaches, eat your hearts out!

Jack Ryan (57, Australia) — Defeated Theo Orr over 1,500 in March in a time of 4.20.7 and then went on to record a 15.52.8 5,000m at Melbourne in April.

Avon Marathon (March, Atlanta, Georgia) — The first ten in this Women's International Championship recorded times inside 3 hours including two 35+ year olds.

Boston Marathon. — The women here did even better with the first 29 of 154 starters finishing inside 3 hours. See elsewhere between these pages for fuller details of both these events.

Women's Marathon, U.S.A. The boom in Masters athletics over the past few years can only be matched by womens marathon running. The number of events is increasing almost annually as is the number of women competing. As Ruth Anderson, U.S.



Ruth Anderson

representative to the World Veteran Assembly, points out, one nice thing about distance competition in the U.S.A. now is the great number of races from which to choose. This means that the same people cannot enter all the events, let alone the same person win them all. For example, Miki Gorman was winning the New York Marathon in October, Ruth Anderson and Donna Gookin were fighting out the National Championship in Minnesota on the same day!

Ruth goes on to observe that the growing world-wide interest in women's marathon, as reflected by entries in the recent Avon Marathon (results below) suggests that the time may be near to make representations for inclusion of the event in the Olympics.

Boston Marathon.

- 1, Nina Kuscsik (35+).....2.57.22
- 2, Joan Ulliyott (35+).....2.58.43
- 3, Toshiko d'Ella (40+).....3.04.26
- 4, Nicki Hobson (40+).....3.09.42

International Avon Marathon, Atlanta, Georgia. 19/3/78.

- 1, Cindy Dalrymple (35+), Hawaii.....2.52.10
- 2, Liane Winter (35+), W. Germany..2.59.42
- 3, Bev Shingles (35+), New Zealand...3.00.35
- 4, Sue Stricklin (40+), Hawaii.....3.04.48
- 5, Joan Ulliyott (35+), U.S.A.....3.05.00
- 6, Toshiko d'Elia (40+), U.S.A.....3.06.49
- 7, Mary Alexander (35+), U.S.A.....3.17.34
- 8, Ruth Anderson (40+), U.S.A.....3.17.34
- 9, Marilyn Paul (40+), U.S.A.....3.19.34
- 10, Nancy Parker (40+), U.S.A.....3.20.20



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Nina Kuscsik in the Bermuda Marathon.
Photo Gene Ray, Bermuda News Agency



Joan Ulliyot, M.D.

No results will be published in *Veteris* if held over Imperial distances except one mile.

Dr. Torsten Castenfelt — From Stockholm (Sweden) informs us that his special interest is soccer, and during the winter he and the other boys play up to two hours in the snow. Until now he has never trained for track and field sports, but having recently read about the Veterans Championships in the newspapers, feels he would like to have a go. Nothing unusual about this — you might think — except that Dr. Castenfelt has just turned 70 years of age and of the boys he usually trains with, not one is more that 35 years old!

Hal Higdon — He has been feeling embarrassed about it being mentioned, twice in fact, (in April issue of *Veteris*) that he was gunning for a fast time in the Boston Marathon. It was true last winter, but he has since had injury problems, (his psychosomatic nerve). As a result, he went to Boston and didn't intend to race hard. He started in the back row and finished the course in 3.29.29 (bearing in mind it took him six minutes to get to the starting line!). Hal informs us that he now intends to tour South Africa and run his first 50kms — at altitude no less! After that he is looking forward to the Mayor Daley Marathon in Chicago on September 24th. A field close to 10,000 is expected for that. Running has really become a mob scene in the Colonies!

Maurice Morell — One of the world's leading steeplechasers is unfortunately at present stricken with lumbago, rheumatism etc, after winning the National Police Vets for the sixth year. (Perhaps it's due to the fact he ran in bare feet!).

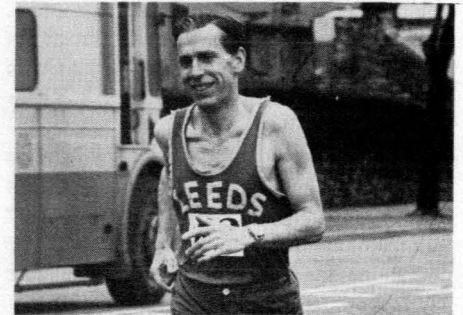
Lynne Barrett

Herb Elliott — Here is some up-to-date news - Herb has been back in Perth for a couple of years, and has been prominent in sporting circles as an administrator. He was responsible for a big public jogging programme which has resulted in several hundred more regulars. Recently he was selected as manager of the Australian Athletic team for the Commonwealth Games.

John Gilmour — John recently turned 59 — and celebrated it by running 10 miles in 54 minutes 30 seconds! This was in the Western Australia State Championship over a certified road course.

Cliff Bould — Cliff has recovered well from a major operation in England last year, and is now running regularly, generally 10 miles in a session. His assistance as honorary physiotherapist to the Western Australia Veterans Club is greatly appreciated.

Dick Horsley



Jack Lawton (Leeds City) 93rd in 63.18. Longwood '10' Miles Road Race.

Photo Eric North

IN THE BEGINNING

One of the first Masters races in Canada, July 1965. Amongst those shown starting the Masters 1 mile Gordon Carton, later a Provincial Cabinet Minister, (centre without shirt) Milt Wallace, Don Farquarson, John Reeves (extreme right) Bob McQuillan and John Raymer.

Photo by kind permission of *Globe and Mail*, Toronto.





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can be boosted by selling these beautiful medallions, club secretaries order now!!! 15% discount if ordered on club letterheading

TOP LEFT:—

U.S.A. Half-Dollar.

This coin is romantically associated with the days of the 'Wild West.'

With the late John F. Kennedy on the obverse and the Great American Eagle seal of the United States of America on the reverse. Hand enamel. Solid Sterling Silver mount.

Rec Retail Price £18.00

Our Price £11.95.

CENTRE LEFT:—

A farthing set in a halfpenny, hand enamelled in black, red and dark blue.

The reverse side is 24ct gold plated.

Rec Retail Price £10.95

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Silver Wedding Crown.

Celebrate the Queen's Silver Wedding with one of these fine decorative and valuable crowns. Hand enamelled in black, red, green, dark blue and light blue and mounted in solid Sterling Silver.

Rec Retail Price £22.50

Our Price £13.95.

CENTRE BOTTOM:—

This beautiful half crown hand enamelled in black, red, green, dark blue and light blue. An ideal gift for both men and women.

Rec Retail Price £16.95

Our Price £11.50.

TOP RIGHT:—

Shows obverse of U.S.A. Half Dollar.

CENTRE RIGHT:—

A farthing set in a halfpenny. All in 24ct gold plate — For that special little gift.

Rec Retail Price £8.00

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CENTRE RIGHT:—

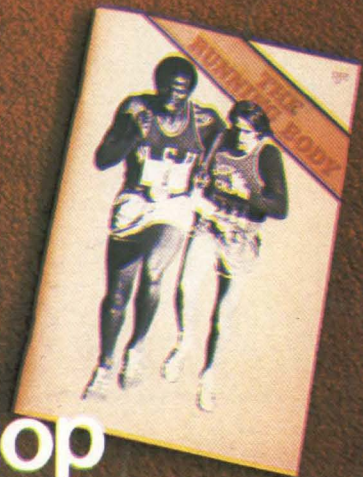
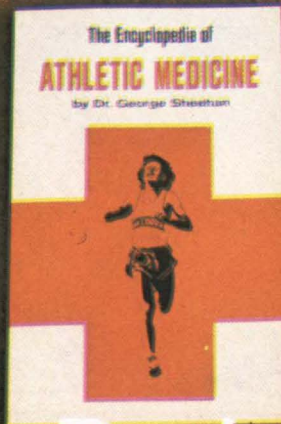
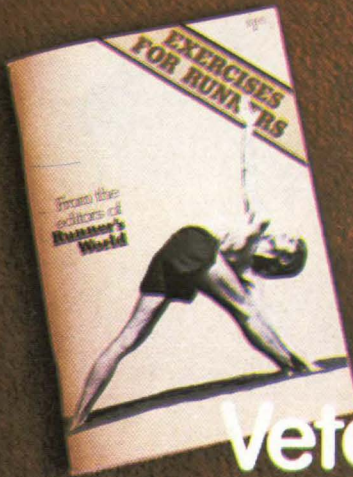
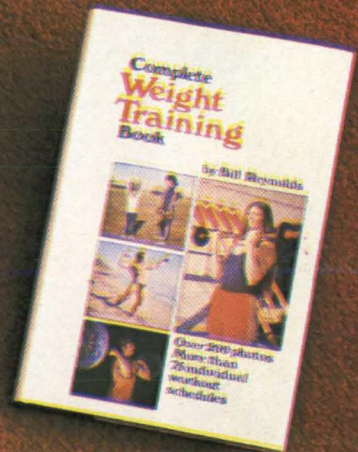
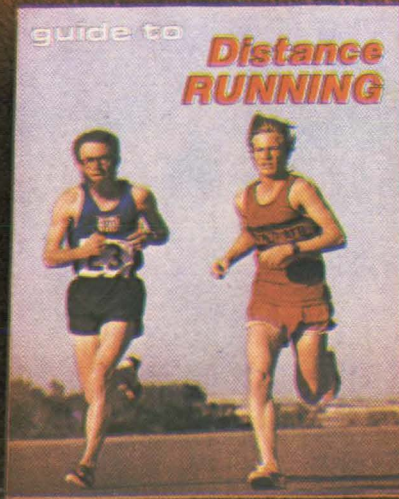
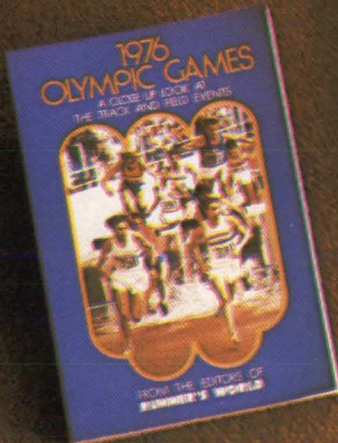
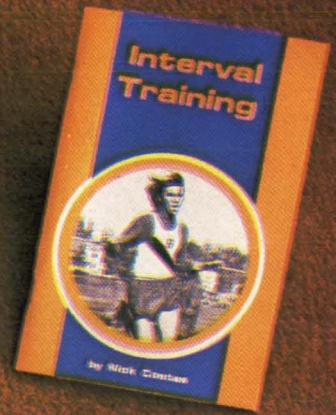
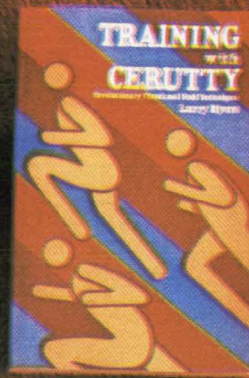
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