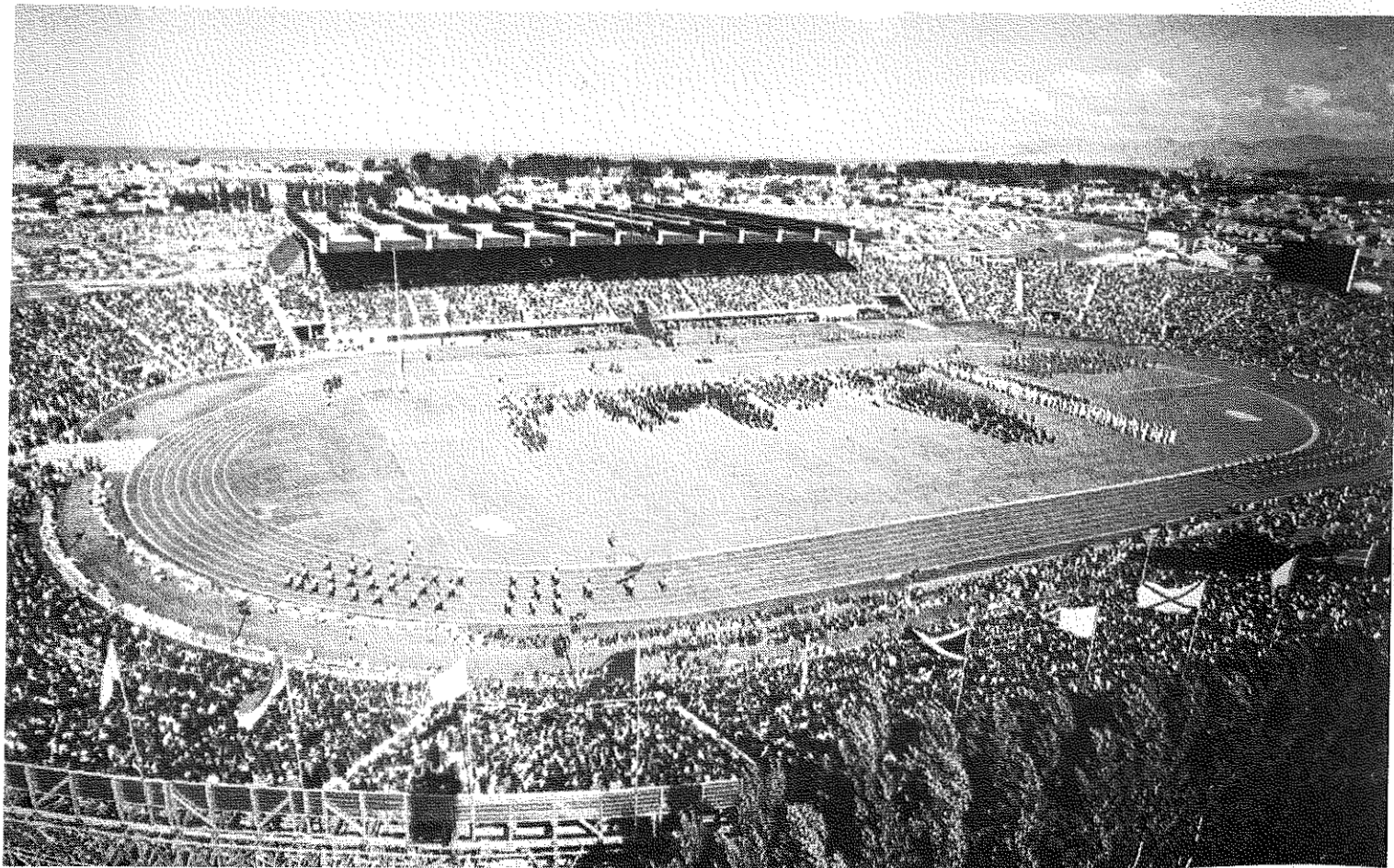


Presidents of the first 4 World Championships relax on a fine day during their recent New Zealand visit.
(Right to Left) Don Farquharson, W.A.V.A. President & Toronto Championships 1975; Roland Jerneryd, W.A.V.A. Secretary & Gothenburg 1977; Hans Axmann, W.A.V.A. Executive Member and Hanover 1979 with John McDonald President of the Christchurch Championships 1981.



Queen Elizabeth II Stadium, Christchurch, New Zealand; Venue of the 4th World Association of Veteran Athletes Championships, January 8-14th, 1981.

The
WORLD ASSOCIATION
of
VETERAN Athletes



The W.A.V.A. newsletter is published by the World Association of Veteran Athletes, Editor Don Farquharson. Correspondence should be addressed to W.A.V.A., c/o Sport Ontario, 160 Vanderhoof Avenue, Toronto, Ontario, Canada, M4G 4B8.

Annual subscription rates (4 issues), for Airmail delivery are:

Canada \$7.00 (CAN.)
U.S.A. \$7.00 (U.S.)
United Kingdom £3.50
All other areas \$9.50 (CAN.)

Payments should be made to W.A.V.A. in Canadian dollars (except U.S. subscribers).

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Our thanks to Canada's largest and most experienced marketing and social research company - Canadian Facts, 160 Bloor St. East, Toronto, Ontario - for assistance in producing this bulletin.

Dear Veteran Athlete:

You are reading the first issue of the Newsletter of the World Association of Veteran Athletes which we hope will serve as a link between the growing legions of men and women, over the ages of 40 and 35 respectively who enjoy competition in Running and Field events the world over.

Most of you will be aware that commencing in May 1973 and faithfully for a period of almost 5 years British Veterans, headed by stalwarts such as Clive Shippen, Jack Fitzgerald, John Hayward and others, published the exciting, high quality magazine 'Veteris'. I am sure that many of you looked forward with anticipation to each issue, regarding the writers as personal friends even though some of you may never have met them.

Alas, the high standards which they had set ran the willing amateurs off their feet and in 1978 'Veteris' was consigned to professional hands in the hope that it would continue to serve the cause. In this format it has sunk to a few pages in a commercial British publication and most veterans feel that there is no longer much identity with the Veteran movement.

Meantime much happens in the Veteran World of Athletics but unless there is communication we will fail as an international movement, split into factious and regress. Thus the Executive of the World Association of Veteran Athletes has decided upon this publication. How, though, should we avoid the same problems that befell the original 'Veteris'? Well, amongst other considerations we have decided upon a simple inexpensive layout highlighting factual information such as World Veteran Rankings and Records, upcoming events, the effect of W.A.V.A. decisions and such further articles of international Veteran interest as we can gather from you, our members.

We will have neither the finances nor the time to compete with commercial athletics magazines nor can we get involved in "chasing up" promised material before deadline. If it arrives, it goes in. If it's late we'll use it next time. To date, John Hayward (England), Gijs Knoppert (Holland) and Peter Mundle (USA) will be publishing Records and Rankings, Ian Hume (Canada) will offer a technical comment, Alastair Aitken and Wilf Morgan will contribute general articles whilst the Executive Committee members will provide information from time to time.

What we would like, in addition to this and here we rely on you, our readers, would be: Commentary upon and results of Veteran meets or events where more than one country competes (EG: Continental T&F Championships, Canada vs USA Cross Country Match etc); Results of National Championships with a write up and any national viewpoints of veteran interest. Details of upcoming International or National events. Other

events of lower importance than National Championships will not normally find a place but we would be most interested to receive news of individual performances at record or near record stature. Photographs are eagerly sought and will be returned to you. In addition, we would like to open a "post bag" for letters of support, dissent, suggestion or whatever other ideas you would like to express. On the lighter side, we would like readers to send us accounts of humorous athletic experiences. We'll publish one each month. Whilst this first issue is almost entirely in English we would be happy to receive material in any other language in the hope that, in time, we will become truly representative of the Veteran Movement. In this aspect remember, you the reader must help us.

We are pledged to keep the cost as low as possible and thus this modest layout. The major cost however will be postage because only first class mail will provide speedy news. It is for this reason that subscriptions are cheaper in North America. With the exception of this first issue we will only deal on a yearly subscription basis (4 issues per year) and all subscriptions will fall due on the same date. Thus those subscribing from this issue would send one years payment. Those starting on the second issue or later would send 3/4, 1/2 or 1/4 year as the case may be. Issue number 5 would see everyone renewing for a year. In this way we can set up an automatic addressing system. Newsletters will be sent direct to you:

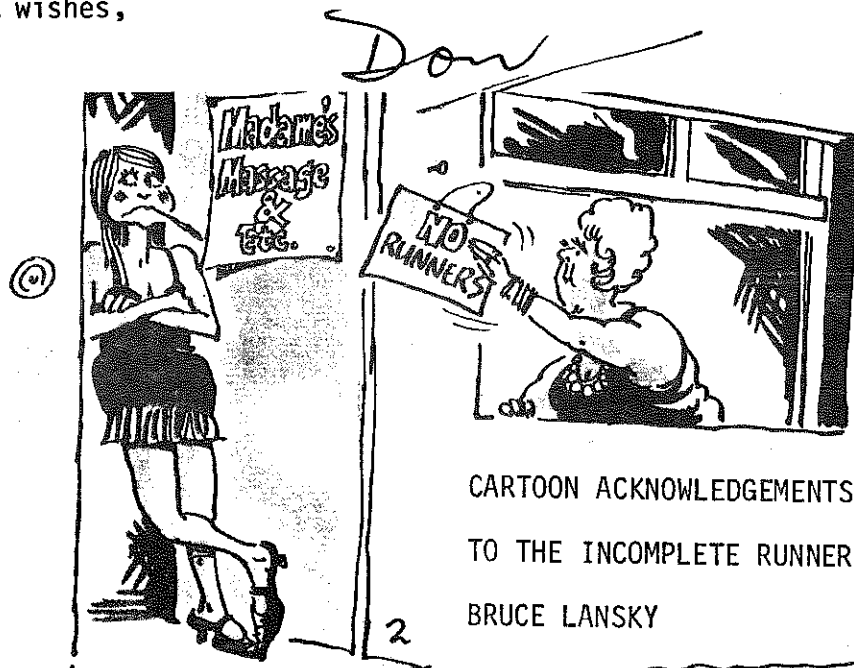
For this first edition alone we would ask that you do one of the following promptly:

- A Send a years subscription
- B If you do not wish to subscribe, send 1/4 year for this issue alone and/or
- C Pass along to a friend who may be interested.

Remember that until we establish our readership we won't know how many copies to print.

Now that you have laboured through this long explanation, carry on to something more interesting.

Best wishes,



CARTOON ACKNOWLEDGEMENTS
TO THE INCOMPLETE RUNNER
BRUCE LANSKY

THE INTERNATIONAL SCENE

By Don Farquharson

All International events for Masters this year are really in the nature of a count down for the 4th World Association of Veteran Athletes Championships to be held in Christchurch, New Zealand January 8th - 14th 1981 and heralded, a few days earlier by the I.G.A.L. Veterans Road Races (10km & 25km) at Palmerston North (North Island, New Zealand) January 3rd and 4th. In view of the importance of the meets and the collective effort and expense which would be put forward by so many Masters around the world it was decided that a few members of the W.A.V.A. executive should meet on the site this year to see the progress and assist the New Zealand committees where possible.

Thus it was that at 9:15 a.m. on 14th of January as World President, I flew from cold but clear and sunny Toronto (-5°c) on the first leg of a 9,000 mile trip "down under". Los Angeles, reached after a pleasant Air Canada four hour flight, seemed positively balmy at 22°c. With the three hour time difference it was still not yet 11:00 a.m. when I had reported at the Air New Zealand counter but checked my baggage into a locker for a few hours as I was only booked 'stand by' on the next leg. Now I had nearly eight hours to pass and since the L.A. airport seemed a very stressful place I decided to try for something quiet. First I phoned Peter Mundle but no luck. Then I went for a forty minute bus ride to Redondo Beach where it turned out there was a curious old 'fisherman's' wharf with all sorts of quaint shops and eating places set on a sandy beach with the thunder and salt smell of the ocean. Very relaxing.

At 6:30 p.m. I returned to the Air N.Z. counter but shortly found to my dismay that all the passengers had shown up for the flight which first stopped at Honolulu. The wide bodied DC10-30 left without me. Within three hours however my disappointment had changed to exultation as I not only got aboard a Pan American 747 but was shunted (?) into first class for the direct flight to Auckland, N.Z.. Flying weather was perfect and after a first class meal (tablecloths, champagne, etc.) and a film, I slept on a plane for the first time in my life. Nevertheless 12 hours is a long flight.

From the air I saw no sign of the city of Auckland where almost a third of New Zealanders live. The approach over forested mountains and indented coastline seemed devoid of human habitation. Then suddenly the airport nestled ahead of us expectantly.

The temperature was slightly warmer than Los Angeles and the first words I heard coming over the P.A. system were Maori. About a hundred of the native people, colourfully dressed awaited a flight in the terminal.

Because we had not stopped enroute at Hawaii we had arrived only 3/4 hour behind the New Zealand flight and I comfortably made

my connecting flight to Christchurch which is a one hour flight further south across Cook Straits. The Northern portion of the South Island is also mountainous and we could also see ahead in the distance the Southern Alps, New Zealand's highest mountain range. Separating the two ranges however was the broad Canterbury Plain with our Christchurch destination. Here I was met by John MacDonald, a familiar name to most of you who remember the first championship in Toronto. John will be the President of the Games. With him was his equally well known brother Jim. I was made most welcome. It was sunny and about 25°c. The week earlier they had experienced storms and unusual rains but now they were into their high summer.

The city of Christchurch is pleasant, neat and relaxed. The centre, shopping and commercial hub is about one to one and a half mile square area through which the River Avon meanders. There is no subway, streetcars and by North American standards little traffic. Best mode of travel was the bicycle. Quite a common sight and used by people of all ages. Surrounding this centre core is a green belt with parks and the University of Canterbury Campus. Beyond there are the suburban areas where most people live on pleasant wide and quiet curved roads with the ever present Avon River ambling through. This river which starts as a spring not far from the city flows through it and out to the ocean beyond.

Best running spots in the city are Hagley Park whose shaded perimeter path offers a five mile course and the University Campus where many will stay next year. The whole campus area looks like a lawn bowling green and in addition to shady trails there is a well maintained grass track and facilities.

Awaiting the arrival of Roland Jerneryd and Hans Axmann Europe I was furnished with a bicycle by John and took the opportunity to sightsee and shop. These days most places in the World offer the same sort of international products which you can buy equally well at home. With a culturally active native population however, New Zealand stores also offer many items you cannot buy elsewhere. Maori carvings ranging from inexpensive items to gigantic master pieces that you would have to ship home. Brilliant Paua shells set in jewelry and utility items, jade, woollen goods, carpets and clothing. Very attractive were the leather sheep skin coats, chamois like outside with warm woollen linings which are often custom made on the premises at prices much below those elsewhere.

Meal prices seemed on a par with Toronto and decidedly cheaper than Europe. If you order lamb you're really in for a bargain. Dairy foods are inexpensive, imported foods not so. I was struck by the seemingly total absence of flies, mosquitoes and other insects, very pleasant.

That evening the affable Roland Jerneryd, W.A.V.A. Secretary accompanied by Hans Axmann, Executive member and President at Hannover 1979 arrived after a 12,000 mile trip - Gothenburg, Frankfurt, Bombay, Singapore, Jakarta, Sydney, Christchurch. Roland had not reset his watch which showed the correct time now

(twelve hours difference). Jean O'Neil W.A.V.A. Womens representative from Australia soon arrived as did also W.A.V.A. Asian representative and I.G.A.L. Secretary Hideo Okada from Japan and the following morning we held the first of three meetings. In addition to John MacDonald we met Arthur Grayburn, Vice Chairman of the Games, Don Chadderton the meet Director, Clem Green National Co-ordinator N.Z.A.V.A. (another name familiar to many), Eric Hunter (accommodation) and others including representatives from Palmerston North of whom we will speak later. Don Chadderton who has had much experience in meet direction explained that he feels confident that quite apart from athletes and their families, the meet will attract a good local attendance and for this reason and for the interest of all he proposed trying an idea different from which had been used before. Instead of a series of the same event at different age classes (say 15 or 20 1500 meter runs) the events will vary on each given day and thus various age classes would perform the same event on quite different days making for an interesting spectator viewpoint. Exceptions to this would be the Cross Country, Marathon and the 20k walks. I enclose Don's tentative schedule which you will understand may have to be varied because of entry numbers. The program would take place both in the main stadium and on an adjoining facility with a grass track. Presently this track is 300m but it is proposed that it be changed to 400m for which there is ample space. Those of you who have not used a top class grass track may be assured that it is of high standard and times have been achieved within a few tenths per lap of times on the main track. Events and age classes are varied so that everyone should compete on the main stadium at least once. In order to complete the program events will run under floodlight into the late evening hours as necessary. Other decisions were: Distances for the walks would be 5km (track) and 20km (Road). In addition to the main stadium - digital clock there would be a further digital show at the lap point making running time calls unnecessary and eliminating the attendant language problems. The entry form will be ready by late March and will be written in English, French and German. In the afternoon we continued our meeting and were joined by a delegation from Palmerston North who would be responsible for the I.G.A.L. 10km and 25km road races. Amongst them Barry Trail, the chairman for this venue and Pat McKenna the Convention Bureau representative Bill Davis and Barry Turner (Air N.Z.) also joined us.

Bill Davies announced that all hotel accommodations will be handled by Trans Tours for both Palmerstone North and Christchurch. He informed us that the Auckland and Christchurch airports have no restrictions of planes. Wellington cannot accept planes bigger than DC8.

Pat MacKenna accounted for the hotel situation in Palmerston North. 1200 beds in hotels and motels.

Hideo Okada told us that he had inspected hotels in Palmerston North and he (and the I.G.A.L.) are satisfied.

Geoff Ellis accounted for the hotels in Christchurch. 2500 beds in hotels and motels and student hotels (campus). Most of them are student hotels.

Later in the afternoon we inspected the facilities of Queen Elizabeth II Park (see separate report below) and that evening we attended special function put on by the Mayor at which the city Fathers and the Press made their support quite evident. On January 19th we held a third meeting. A suggestion that the competitors ought to get programme and results free was discussed. It was decided that the competitors will get an excerpt from the schedule of the programme in their envelopes. The results cannot be free because there is a rather big postage for each.

Following meetings will be held in Christchurch in January 1981:

- 1) Executive Council WAVA Monday 5th 1981 at 12:00 o'clock a.m.
- 2) Women's meeting " Tuesday 6th 9:30 "
- 3) Regional meetings " " "
- 4) General assembly " Wednesday 7th 9:00 "
- 5) Host nation for World Veterans Athletic Championships 1983. The candidates presentation Tuesday 6th 6:00 " p.m.
(Election at General Assembly)

A questionnaire about injuries and other medical problems was presented by the W.A.V.A. secretary. He hoped that the organizer in co-operation with the medical committee for the championships in Christchurch will continue the investigation started in Toronto and Gothenburg for future information and benefit of older age groups training and competing. The chairman of the Swedish medical group, Dr. Per Renstrom, will be glad to get in contact with his colleagues in Christchurch before the championships in 1981 and he is also planning to go to Christchurch in January 1981.

The W.A.V.A. secretary pointed out that the entry forms for Toronto and Gothenburg held an assurance from the entrants:

"Before starting in this competition I will be trained and conditioned diligently. I am unaware of any physical or conditional deficiency, which could cause me to be injured during competition. I am starting at my own risk."

On January 21st 1980 students hotels, hotels and the Town Hall (Where the Farewell Party will take place) were inspected.

We were most pleased with all these. They will surely prove a great success. Prices at the University will be \$17.00 N.Z. per day but this will include breakfast and dinner. The rooms are modern and comfortable.

Saturday 19th saw us as special guests at a top class meet at Queen Elizabeth II Park so that we could view it in action at the same time of the year as our own meet. First we watched John MacDonald's son finish a creditable second in a 3000m. Later we witnessed Alan Wells sweeping the sprints in 10:23 and 20.3 against a slight wind, John Walker vanquishing opposition at 3.36.3 for 1500m and a thrilling 5000m in which Mike McLeod and Henry Rono emerged from a fast pack including Quax, Dixon, Moorcroft and Kip Rono to stage a great finish with Mike defeating his awesome opponent by half a stride in 13.24.3 no excuses for any of us on a track like that. As we sat in the stands facing the sun in 29°c weather but not humid, something was odd. What was it? The sun was moving to the left.

On Sunday 20th our hosts took us on a drive to a picturesque spot over the mountains named Akaroa. On the way we saw some of the 60 million sheep in New Zealand, twenty times the human population. No wonder the grass is always trim. The narrow roads that dip up and down throughout the journey are not made for a fast journey but a leisurley scenic excursion. Well worth a day in the enjoyable weather.

The trip gave me the chance to get to know the other committee members better too. Hans Axmann, with his long professional knowledge of Track and Field was very valuable, Hideo Okada has improved his English dramatically but not only his English. After a few glasses of wine he rivalled Hans at German Lieder, rendered several Italian Operas in ways that would startle Cesare Beccalli and finished up with "Its a long way to Tipperary" with not quite a cockney accent.

All good things must come to an end so after five days I said goodbye to our hosts and to our executive members especially Roland who worked so hard on the arrangements for this trip. I look forward to seeing them and so many more next year, particularly Jacques Serruys and Harm Hendricks. Financial means did not make it possible for us to have all the committee present.

On the return journey I travelled via Air N.Z. this time via Hawaii. Auckland to Honolulu took eight hours on the wide bodied jet not first class this time but comfortable. The lights at Hawaii just before dawn looked fantastic. Unfortunately we had to clear U.S. customs and were then "in bond" and confined to the terminal. On the trip from Auckland I had regained the day I "lost" on my way out but now each hour we flew East saw the clock race on 1-1/2 hours. Confusing? Well, because of this time difference I had to spend the night in Los Angeles as although it was only 4:30 p.m. on arrival it was already 7:30 p.m. in Toronto still four hours away so ... no more flights Eastward that night. Next morning early I arrived at the airport just twenty minutes after a bomb blew out the windows opposite the China Air counter - uncomfortably close to the alphabetically adjacent Air Canada counter. No one hurt but lots of glass and police and extra security searches. A few hours later Toronto loomed up. The weather? Not quite a la New Zealand but amazingly good this year. A trip away helps you appreciate home even more, doesn't it?

SUPPLEMENT

Report on inspection of sports facilities, Christchurch Jan. 18th 1980

The championships will be held at the Queen Elizabeth II - stadium or start and finish at the stadium (marathon and roadwalk). The crosscountry race starts and finishes just outside the arena. The Stadium and the Sports Centre were ready for the 1974 Commonwealth Games and were inaugurated by H. M. Queen Elizabeth II.

The Stadium is situated about 8km from the city centre and has regular bus-connections, but the organizer will also arrange special coaches from the city centre, the student hotels etc.

The synthetic all-weather track (8 lanes) are Chevron's 440. It is of good quality and athletes give excellent reports. The stadium has electronic score boards.

Just outside the stadium there is a perfect and fast grass track. It will be used for long distance events.

The marathon course and the 20km (men) and 10km (women) walking course are flat and fast passing through a charming suburban garden area of Christchurch. A long part of the marathon course follows the river Avon on both sides. Marathon is planned to start at 7 o'clock in the morning to avoid hot weather.

The changing-rooms of the arena are of normal standard. The capacity is not so big but by experience we know that many competitors change at their hotels.

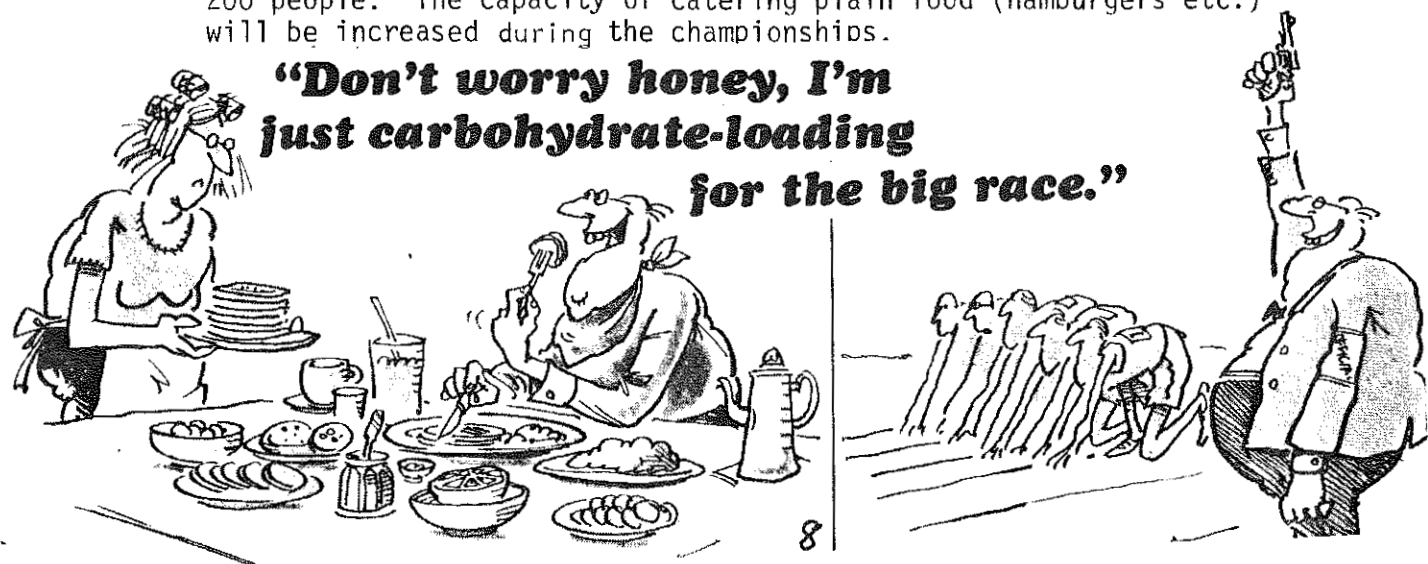
In connection with the QE II-stadium there is a big indoor swimming centre with three big pools.

The Ascot Golf Course is an attractive 18 holes, par 3 course situated in the Sport Park.

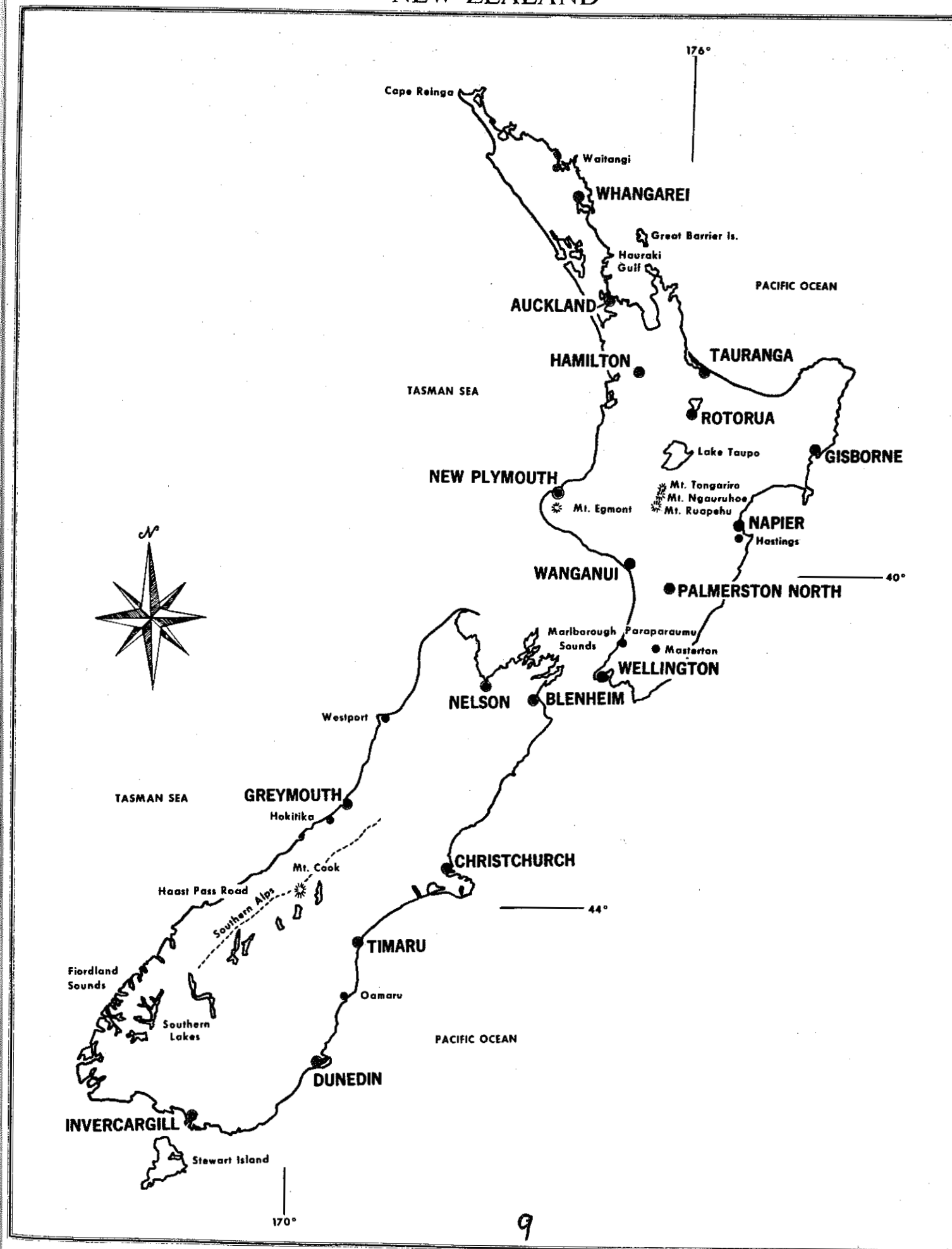
There is also a Squash Centre with 7 courts in the Park.

A restaurant in connection with the Stadium can seat over 200 people. The capacity of catering plain food (hamburgers etc.) will be increased during the championships.

"Don't worry honey, I'm just carbohydrate-loading for the big race."



NEW ZEALAND



TENTATIVE ONLY.

4th World Veteran Games - Tentative Programme Outline.

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MEN.

	Thursday		Friday		Saturday		Sunday		Monday		Tuesday		Wednesday	
	8-1-81		9-1-81		10-1-81		11-1-81		12-1-81		13-1-81		14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
40-49	10,000		400 Hurd 100 H	400 Hurd 100 H	(Cross country)				5000	Steeple H 110 Hurd 800 H 200 H	4x100 H 4x400 H 800 SF 200 SF	Marathon Steeple F 110 Hurd F 800 F 200 F		
	Pole Vault		Shot Put	Long J			400 SF 400 F			Hammer High J	Discus Triple J	Javelin		
45-49	10,000			Steeple F 800 H 200 F	(Cross country)		400 Hurd 100 SF	800 F 100 F	5000	400 Hurd 400 H 400 SF	110 Hurd 4x400 H 4x100 H 400 F	Marathon 1500 F 110 Hurd F 4x400 F 4x100 F		
			Shot Put	Hammer Pole Vault						Discus Long J	Javelin Triple J			
50-54	10,000		400 Hurd 100 H	400 Hurd 100 SF	(Cross country)		400 H 400 SF	1500 F 400 F	5000	800 H 200 H 200 SF	110 Hurd 800 SF 200 F	Marathon 4x100 F 110 Hurd F Shot F 4x400 F		
			Discus	Javelin						Shot Put	Hammer	Triple J		
55-59	10,000			Steeple F 800 H 200 F	(Cross country)		400 Hurd 100 H	800 F 100 SF	5000	400 Hurd 400 H 400 SF	110 Hurd 400 SF 400 F	Marathon 1500 F 110 Hurd F 4x400 F 4x100 F		
			Hammer	Javelin						Long J	Discus	Pole Vault	Shot Put	
60-64	10,000		110 Hurd 200 H	Steeple F 800 H 200 F	(Cross country)		800 F 100 H		5000	400 Hurd 400 H 400 SF	1500 H 400 F 4x100 H	Marathon 1500 F 4x400 F 4x100 F		
			Hammer	Javelin						Long J	Discus	Pole Vault	Triple J	
65-69	10,000		400 Hurd 100 H	400 Hurd 800 H 100 F	(Cross country)		800 F 200 H 200 SF	200 F	5000	110 Hurd 1500 H 400 H	4x100 H 400 F	Marathon 1500 F 4x400 F 4x100 F		
			Javelin	Long J						Discus Pole Vault	Triple J	Hammer High J		
70-74	10,000		800 H 100 H	400 Hurd 800 F 100 F	(Cross country)		200 H 200 SF	200 F	5000	110 Hurd 1500 H 400 H	4x100 H 400 F	Marathon 1500 F 4x400 F 4x100 F		
			Shot	Long J						Pole Vault	Hammer	Triple J	Discus High J	
75-79	10,000		800 H 100 H	400 Hurd 800 F 100 F	(Cross country)		200 H 200 SF	200 F	5000	110 Hurd 1500 H 400 H	4x100 H 400 F	Marathon 1500 F 4x400 F 4x100 F		
			Shot	Long J						Pole Vault	Hammer	Triple J	Discus High J	
80+	10,000		800 H 100 H	800 F 100 F	(Cross country)		200 H 200 SF	200 F	5000	110 Hurd 1500 H 400 H	4x100 H 400 F	Marathon 1500 F 4x400 F 4x100 F		
			Shot	Long J						Pole Vault	Hammer	Triple J	Discus High J	

TENTATIVE ONLY

4th World Veteran Games - Tentative Programme Outline.

77

Women

	Thursday		Friday		Saturday		Sunday		Monday		Tuesday		Wednesday	
	8-1-81		9-1-81		10-1-81		11-1-81		12-1-81		13-1-81		14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
35-39		10,000			(Cross country)				5,000			1500 H 4x100 H 400 F 100 F	Marathon 1500 F 4x100 F	
40-44		10,000			(Cross country)				5,000			1500 H 4x100 H 400 F 100 F	Marathon 1500 F 4x100 F	
45-49		10,000			(Cross country)				5,000			4x100 H 4x100 F 800 F 200 F	Marathon 4x100 F 800 F	
50-54		10,000			(Cross country)				5,000			800 Hurd F 4x100 H 4x100 F	Marathon 4x100 F 800 F	
55-59		10,000			(Cross country)				5,000			800 Hurd F 4x100 H 4x100 F	Marathon 4x100 F 800 F	
60-64		10,000			(Cross country)				5,000			800 Hurd F 4x100 H 4x100 F	Marathon 4x100 F 800 F	
65-69		10,000			(Cross country)				5,000			800 Hurd F 4x100 H 4x100 F	Marathon 4x100 F 800 F	
70-74		10,000			(Cross country)				5,000			800 Hurd F 4x100 H 4x100 F	Marathon 4x100 F 800 F	
75-79		10,000			(Cross country)				5,000			800 Hurd F 4x100 H 4x100 F	Marathon 4x100 F 800 F	
80+		10,000			(Cross country)				5,000			800 Hurd F 4x100 H 4x100 F	Marathon 4x100 F 800 F	

Other dates and contacts:

April 25, 26, and 27

South Eastern U.S. Masters Track & Field meet.
Raleigh N.C. all events in five year groups.
C.M.I.T.T. has entries.

May 31, June 1st

North American Masters Track & Field championship, Mexico City,
Mexico.

All events five year groups.

Contact Jose Tenreiro Rivero, Plaza de Ia Republica
7-60 2, Mexico D.F.

July 4 - 6 Charleston, West Virginia

U.S.A. Masters and Submasters Track & Field and Pentathlon
Championship Henry K Kupczyk P.O. Box 346.
Raleigh, N.C. 27602 Tel (919) 872-5697

Aug. 30 - Sept. 1 San Juan, Puerto Rico

Pan American Masters Championship. All events.
Contact Miguel Rivera Veve, Puerto Rico Masters Ass.
Caparra Heights Stn. San Juan, Puerto Rico 00922

The 1st World indoor Track & Field Championships for Masters

Cesare Beccalli the live wire European Delegate who hosted
the 1st European Veterans Championships is planning the
first indoor championships to be held in Milan, Italy between
Christmas and New Year 1981. Whilst this is some time away
yet, Cesare would like some reaction as this will be an
expensive meet to plan involving the booking of the Milan
Sports Palace. He will undertake this however if there is
sufficient interest. Please let C.M.I.T.T. know if there
is a possibility that you might go. We will send more details.

OFFICIALS RECORDS

The following are the W.A.V.A. men's records at December 1979 as
prepared by Peter Mundle. We had hoped also to publish an all time
veteran ranking list by John Hayward and the current (1979) ranking
list by Gijs Knoppert, but these will not be finalized until next
issue. We will also publish the womens records as soon as possible.

From July 1st, 1980 all applications for new veteran records
must be made on the approved W.A.V.A. form enclosed in this newsletter.
Supplies will be distributed shortly, but meantime the enclosed may
be photocopied. Forms may be reproduced in French or German.

100 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	10.7	THANE BAKER (U.S.A.)	41	13/9/72
45-49	11.1N	GEORGE RHODEN (U.S.A.)	45	17/6/72
50-54	11.4N	ALPHONSE JUILLAND (U.S.A.)	50	18/8/73
55-59	11.6	PAYTON JORDAN (U.S.A.)	56	23/6/73
	11.6N	ALFRED GUIDET (U.S.A.)	56	22/6/74
60-64	11.8	PAYTON JORDAN (U.S.A.)	61	27/5/78
65-69	12.8	YNGVE BRANGE (SWEDEN)	65	10/5/78
70-74	13.80	FRED REID (S. AFRICA)	70	28/7/79
75+	14.3	JOSIAH PACKARD (U.S.A.)	75	23/6/79

200 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	21.9M	REGINALD AUSTIN (AUSTRALIA)	40	10/8/77
45-49	22.3MN	GEORGE RHODEN (U.S.A.)	45	2/7/72
50-54	23.6N	JACK GREENWOOD (U.S.A.)	50	7/8/76
55-59	23.6M	ALFRED GUIDET (U.S.A.)	55	24/6/73
60-64	24.9M	PAYTON JORDAN (U.S.A.)	60	19/6/77
65-69	27.24M	YNGVE BRANGE (SWEDEN)	66	31/7/79
70-74	28.62M	FRED REID (S. AFRICA)	70	31/7/79
75+	29.5M	JOSIAH PACKARD (U.S.A.)	75	24/6/79

400 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	49.5M	NOEL CLOUGH (AUSTRALIA)	40	10/8/77
45-49	51.7M	RICHARD STOLPE (U.S.A.)	47	24/8/72
50-54	52.28	PETER HIGGINS (GB)	50	14/7/79
55-59	54.56M	RUDOLPH VALENTINE (U.S.A.)	55	9/6/79
60-64	59.1M	RUSSEL NIBLOCK (U.S.A.)	60	6/7/74
65-69	63.19M	YNGVE BRANGE (SWEDEN)	66	1/8/79
70-74	64.6M	JOSIAH PACKARD (U.S.A.)	73	10/8/77
75+	68.5M	JOSIAH PACKARD (U.S.A.)	75	23/6/79

800 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	1:54.5M	KLAUS MAINKA (WG)	41	16/7/77
45-49	1:57.9M	JOHAN HASSELBERG (NORWAY)	45	9/8/77
50-54	2:01.1M	BILL FITZGERALD (U.S.A.)	50	29/6/75
55-59	2:11.9M	JOHN GILMOUR (AUSTRALIA)	55	11/1/75
60-64	2:19.3M	JOHN GILMOUR (AUSTRALIA)	60	28/7/79

800 METERS con't.

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
65-69	2:27.2M	NORMAN BRIGHT (U.S.A.)	65	15/8/75
70-74	2:34.5M	MONTY MONTGOMERY (U.S.A.)	71	4/9/77
75+	2:40.0M	HAROLD CHAPSON (U.S.A.)	75	14/5/78

1500 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	3:52.0	MICHEL BERNARD (FRANCE)	40	20/6/72
45-49	4:03.2	PIET MAYOOR (HOLLAND)	45	8/6/77
50-54	4:14.0	JACK RYAN (AUSTRALIA)	53	26/3/76
55-59	4:20.7	JACK RYAN (AUSTRALIA)	55	25/3/78
60-64	4:31.3	JOHN GILMOUR (AUSTRALIA)	60	10/11/79
65-69	4:59.1	WILLIAM ANDBERG (U.S.A.)	65	4/7/76
70-74	5:19.4	JOHN FARRELL (GB)	70	19/8/79
75+	5:30.1	HAROLD CHAPSON (U.S.A.)	75	11/8/77

1 MILE:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	4:18.5	JIM McDONALD (NEW ZEALAND)	43	3/12/77
45-49	4:29.5N	BILL FITZGERALD (U.S.A.)	46	23/4/72
50-54	4:32.2	BILL FITZGERALD (U.S.A.)	50	13/7/75
55-59	4:40.4	JACK RYAN (AUSTRALIA)	55	15/12/77
60-64	5:16.8	CLIVE DAVIES (U.S.A.)	61	11/6/77
65-69	5:22N	MONTY MONTGOMERY (U.S.A.)	65	8/4/72
70-74	5:42.2	MONTY MONTGOMERY (U.S.A.)	70	9/7/77
75+	6:54.0	PAUL SPANGLER (U.S.A.)	77	2/10/76

3000 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	8:17.4N	JACK FOSTER (NEW ZEALAND)	43	31/1/76
45-49	8:36.0	LAURIE OHARA (GB)	45	3/8/77
50-54	9:10.0	ARTHUR TAYLOR (CANADA)	50	15/1/77
55-59	9:12.8	JACK RYAN (AUSTRALIA)	55	24/1/78
60-64	9:43.2	JOHN GILMOUR (AUSTRALIA)	60	10/11/79
65-69	10:47.8	STAN NICHOLLS (AUSTRALIA)	66	8/11/77
70-74	11:46.2	HAROLD CHAPSON (U.S.A.)	73	28/3/76
75+	13:13.8	LOU GREGORY (U.S.A.)	75	6/5/78

5000 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	13:45.8	LUCIEN RAULT (FRANCE)	40	23/5/76
45-49	14:56.4	ALAIN MIMOUN (FRANCE)	45	29/5/66
50-54	15:31.0	ALAIN MIMOUN (FRANCE)	50	6/6/71
55-59	15:52.8	JACK RYAN (AUSTRALIA)	55	20/4/78
60-64	16:54.9	JOHN GILMOUR (AUSTRALIA)	60	31/7/79
65-69	18:10.0	STAN NICHOLLS (AUSTRALIA)	66	12/11/77
70-74	19:33	JOHN FARRELL (GB)	70	20/6/79
75+	20:57.6	LOUIS CHARBONNEAU (FRANCE)	75	10/9/78

10,000 METERS:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	28:33.4	LUCIEN RAULT (FRANCE)	40	9/6/76
45-49	30:16.8	ALAIN MIMOUN (FRANCE)	45	17/6/66
50-54	32:14.0	ALAIN MIMOUN (FRANCE)	51	3/6/72
55-59	33:40	JOHN GILMOUR (AUSTRALIA)	55	5/8/74
60-64	35:07.7	JOHN GILMOUR (AUSTRALIA)	60	27/7/79
65-69	36:04.6N	TEDDE JENSEN (SWEDEN)	65	15/9/72
70-74	40:48.6	EINAR NORDIN (SWEDEN)	71	10/8/77
75+	42:34.8	LUIS RIVERA (MEXICO)	75	3/9/77

MARATHON:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	2:11:18.6	JACK FOSTER (NEW ZEALAND)	41	31/1/74
45-49	2:17:29	JACK FOSTER (NEW ZEALAND)	46	22/10/78
50-54	2:25:19	ERIK OSTBYE (SWEDEN)	51	16/9/72
55-59	2:26:35	ERIK OSTBYE (SWEDEN)	55	19/9/76
60-64	2:42:44	CLIVE DAVIES (U.S.A.)	64	
65-69	2:53:03N	MONTY MONTGOMERY (U.S.A.)	65	5/12/71
70-74	3:07:03	MONTY MONTGOMERY (U.S.A.)	71	16/10/77
75+	3:31:42	FRIEDRICH TEMPEL (WG)	75	30/10/77

3000 METER STEEPLCHASE:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	8:41.5	GASTON ROELANTS (BELGIUM)	40	6/7/77
45-49	9:39.0	HAL HIGDON (U.S.A.)	46	11/8/77
50-54	10:18.1	ARTHUR TAYLOR (CANADA)	52	1/8/79
55-59	10:39.8	ELIGIO GALICIA (MEXICO)	56	1/8/79
60-64	11:41.6	OLLE ELVLAND	61	1/8/79
65-69	12:24.8	NORMAN BRIGHT (U.S.A.)	65	15/8/75
70-74	15:18.4	J.A. JAMIESON (NEW ZEALAND)	70	24/3/79
75+	19:04.8	LOU GREGORY (U.S.A.)	76	20/8/78

110/120 HURDLES: (40-49) 99 cm. (50-59) 91.44 cm (60+) 76.2 cm

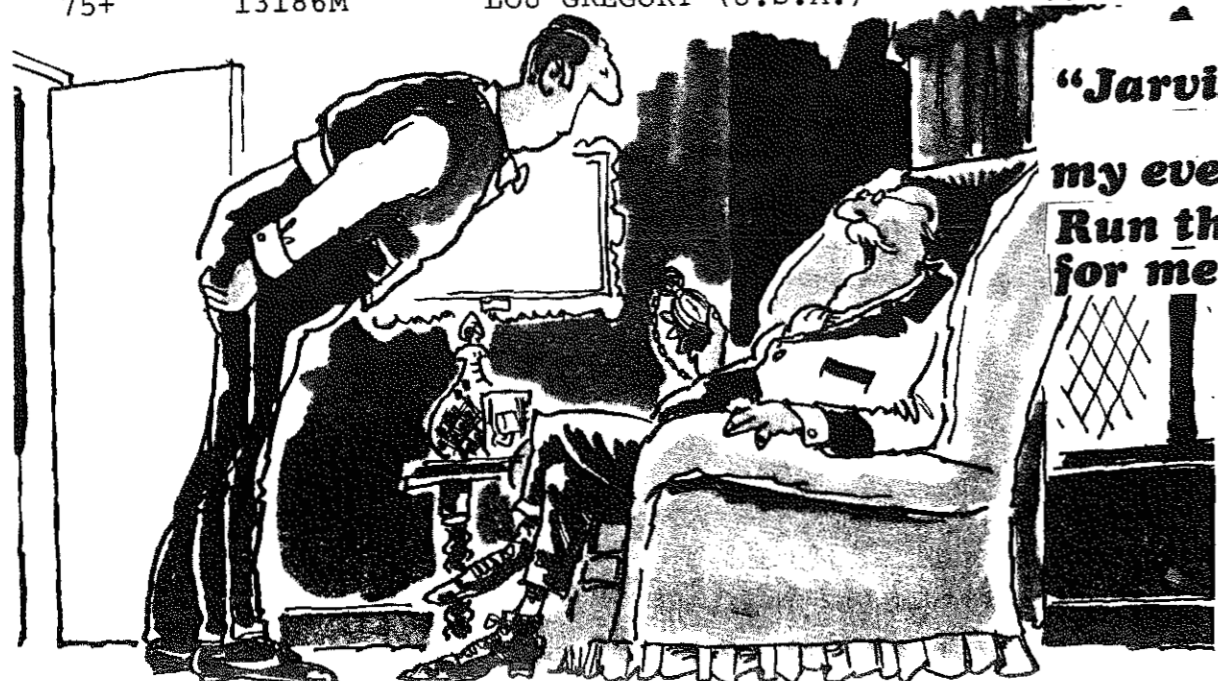
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	14.4 (107cm)	DON FINLAY (GB)	40	1/8/49
45-49	14.7	VALBJORN THORLAKSSON (ICE)	45	8/7/79
50-54	15.1	JACK GREENWOOD (U.S.A.)	51	10/8/77
55-59	16.6	ANDRE FINDELI (FRANCE)	55	14/9/78
60-64	17.5	ALFRED GUIDET (U.S.A.)	60	6/5/78
70-74	22.7	RALPH HIGGINS (U.S.A.)	71	23/6/73
75+	21.9	RUSSELL MEYERS (US)	75	5/5/79
65-69	19.69	GEORGE BRACELAND (U.S.A.)	65	10/6/79

400/440 HURDLES: (40-49) 91.44 cm (50-59) 84 cm (60+) 76.2 cm

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	54.08	LEON HACKER (S. AFR.)	40	29/7/79
45-49	55.7	JACK GREENWOOD (U.S.A.)	46	24/8/72
50-54	58.1	JACK GREENWOOD (U.S.A.)	50	3/7/76
55-59	62.3	ANDRE FINDELI (FRANCE)	55	10/9/78
60-64	68.7	MAX PICKL (CANADA)	61	23/6/79
65-69	73.22	GEORGE BRACELAND (U.S.A.)	65	29/7/79
70-74	88.6	HERBERT ANDERSON (U.S.A.)	73	16/4/76
75+	92.5	HERBERT ANDERSON (U.S.A.)	75	11/8/77

1 HOUR RUN:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	18907M	WILLIAM STODDART (GB)	40	21/8/71
45-49	18869M	ALAIN MIMOUN (FRANCE)	45	20/3/66
50-54	18581M	ALAIN MIMOUN (FRANCE)	50	16/5/71
55-59	17191M	JOHN GILMOUR (AUSTRALIA)	55	14/10/74
60-64	16859M	JOHN GILMOUR (AUSTRALIA)	61	21/10/79
65-69	15022M	NORMAN BRIGHT (U.S.A.)	65	13/6/75
70-74	13664M	RAY SEARS (U.S.A.)	71	14/5/78
75+	13186M	LOU GREGORY (U.S.A.)	75	17/12/77



"Jarvis, it's time for my evening exercise. Run three miles for me please."

TRIPLE JUMP:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	14.40M	HERMANN STRAUSS (WG)	40	16/5/71
45-49	13.90M	HERMANN STRAUSS (WG)	46	11/8/77
50-54	13.03M	CARLOS VERA-GUARDIA (VEN.)	50	1/8/79
55-59	12.62M	GORDON FARRELL (U.S.A.)	57	8/1/75
60-64	11.34M	GORDON FARRELL (U.S.A.)	61	6/10/79
65-69	10.54M	HEIKKI SIMOLA (FINLAND)	61	1/8/79
70-74	8.96M	WINFIELD McFADDEN (U.S.A.)	70	29/6/75
75+	7.84M	HERBERT ANDERSON (U.S.A.)	76	4/5/79

SHOT PUT: (40-49) 7.575kg (50-59) 5.443kg (60+) 4kg

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	19.76M	PIERRE COLNARD (FRANCE)	41	18/7/70
45-49	17.70M	PIERRE COLNARD (FRANCE)	47	12/6/76
50-54	17.55M	HERMANN HOMBRECHER (WG)	50	14/8/75
55-59	15.74M	GEORGE KER (U.S.A.)	55	13/5/78
60-64	16.40M	NATHANIEL HEARD (U.S.A.)	60	8/7/78
65-69	14.17M	KONSTANTY MAKSIMCZYK (GB)	65	15/7/79
70-74	12.80M	RON DRUMMOND (U.S.A.)	70	9/3/77
75+	10.77M	FRANZ POSLUSCHNI (WG)	75	8/8/77
	10.73M	STANLEY HERRMANN (U.S.A.)	75	12/5/79

DISCUS THROW: (40-49) 2.00kg (50-59) 1.60kg (60+) 1.00kg

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	66.98M	AL OERTER (U.S.A.)	42	7/4/79
45-49	50.68M	GUY HUSSON (FRANCE)	48	17/9/77
50-54	54.24M	KAUKO JOUPPILA (FINLAND)	52	5/8/73
55-59	50.53M	KAUKO JOUPPILA (FINLAND)	56	11/8/77
60-64	53.40M	KONSTANTY MAKSIMCZYK (GB)	63	8/6/78
65-69	51.39M	KONSTANTY MAKSIMCZYK (GB)	65	15/7/79
70-74	39.10M	VERNER ANDERSSON (SWEDEN)	72	16/9/78
75+	34.28M	MATHEW CULLEN (GB)	75	11/9/76

HIGH JUMP:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	2.05M	EGON NILSSON (SWEDEN)	40	25/9/66
45-49	1.83M	RICHARD RICHARDSON (U.S.A.)	45	8/7/78
50-54	1.73M	ORVAL GILLETTE (U.S.A.)	52	11/12/71
	1.73M	RICHMOND MORCUM (U.S.A.)	51	22/7/72
55-59	1.69M	RICHMOND MORCUM (U.S.A.)	55	27/7/76
60-64	1.58M	ERIK STAI (NORWAY)	61	8/8/77
65-69	1.47M	ROBERT O'RAFFERTY (GB)	65	28/7/79
70-74	1.40M	JOSEF SAHLMANN (WG)	71	28/7/79
75+	1.30M	HERBERT ANDERSON (U.S.A.)	75	24/3/78

POLE VAULT:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	4.80M	RUDOLF TOMASEK (CZE)	40	13/8/77
45-49	4.57M	ROGER RUTH (CANADA)	45	21/7/73
50-54	4.27M	RICHMOND MORCUM (U.S.A.)	52	8/11/73
55-59	4.12M	RICHMOND MORCUM (U.S.A.)	55	4/8/76
60-64	3.90M	HERBERT SCHMIDT (WG)	61	14/10/71
65-69	3.61M	HERBERT SCHMIDT (WG)	66	15/3/76
70-74	2.80M	BOB MACCONNAGHY (U.S.A.)	70	6/5/78
75+	2.09M	WALT WESBROOK (U.S.A.)	79	12/2/78

LONG JUMP:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	7.44M	TOM CHILTON (U.S.A.)	40	24/3/78
45-49	6.68M	SHIRLEY DAVISSON (U.S.A.)	45	4/10/75
50-54	6.23M	RICHMOND MORCUM (U.S.A.)	51	17/6/72
55-59	6.03M	TOM PATSALIS (U.S.A.)	55	12/3/77
60-64	5.38M	HANS SCHNEIDER (WG)	60	22/6/74
65-69	5.16M	WILLI RUMIG (WG)	65	31/7/79
70-74	4.57M	JOSEF SAHLMANN (WG)	71	31/7/79
75+	4.25M	CARGILL SUTHERLAND (GB)	76	17/7/76

HAMMER THROW: (40-59) 7.575kg (60+) 5.443kg

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	70.87M	ROALD KLIM (SU)	40	22/6/73
45-59	61.37M	JOSEF MATOUSEK (CZE)	45	2/9/74
50-54	57.28M	MALIK NOOR (PAK)	50	30/3/75
55-59	52.99M	KARL HEIN (WG)	56	/ /64
60-64	48.09M	A. MIETTINEN (FINLAND)	63	12/9/76
65-69	42.66M	AARNE MIETTINEN (FINLAND)	65	29/7/79
70-74	34.66M	ALBERT REISER (WG)	70	27/6/76
75+	29.76M	STANLEY HERRMANN (U.S.A.)	75	12/5/79

JAVELIN THROW: (40-59) 800 GRAMS (60+) 600 GRAMS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	78.94M	U. VON WARTBURG (SWITZER)	42	2/8/79
45-49	64.65M	OLAVI KAUMANEN (FINLAND)	46	27/8/72
50-54	55.76M	VEIKKO JAVANAINEN (FINLAND)	51	12/8/77
55-59	55.97M	BILL MORALES (U.S.A.)	56	19/4/73
60-64	54.06M	BILL MORALES (U.S.A.)	60	9/7/77
65-69	44.79M	GERARD SCHEPE (WG)	65	15/9/78
70-74	40.22M	BOB MACCONNAGHY (U.S.A.)	70	24/6/78
75+	29.30M	HERBERT ANDERSON (U.S.A.)	77	2/9/79

NOTE: Decathlon and Pentathlon scores are published in International points. We hope to convert to Veteran tables for next issue.

DECATHLON:

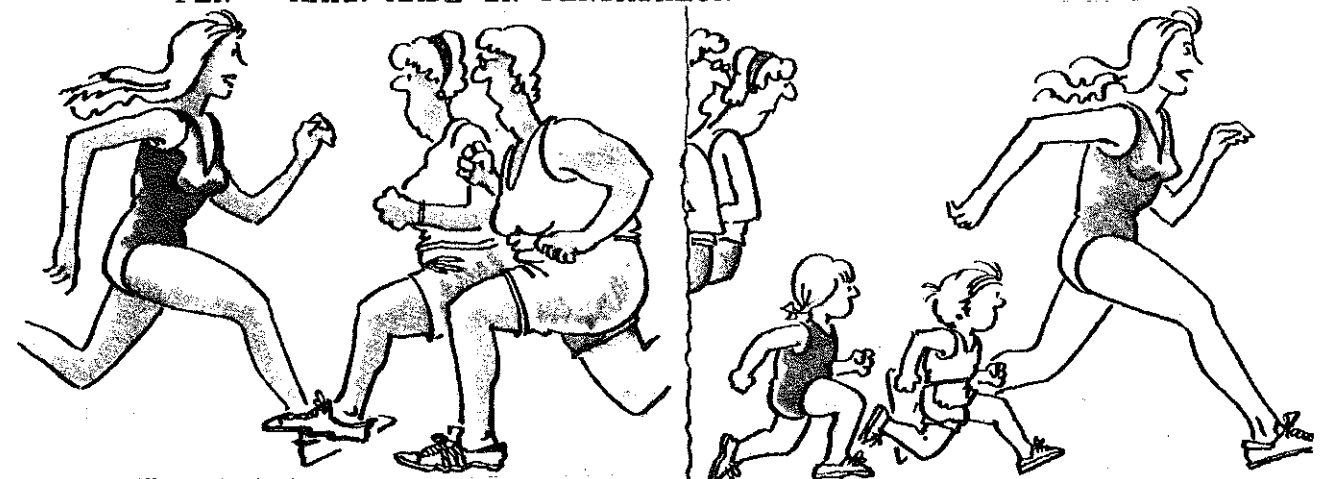
DIV.	MARK	NAME (RESEIDENCE)	AGE	MEET DATE
40-44	6402	VALBJORN THORLAKSSON	41	6/9/75
45-49	5084	HARRY HAWKE (U.S.A.)	46	4/7/75
50-54	4951	RICHMOND MORCOM (U.S.A.)	50	12/3/72
55-59	5246	RICHMOND MORCOM (U.S.A.)	55	11/9/76
60-64	4328	DUTCH WARNERDAM (U.S.A.)	60	6/12/75
65-69	2263	RUSSEL HARGREAVES (U.S.A.)	66	6/12/75
70-74	1752	HERBERT ANDERSON (U.S.A.)	74	28/5/77
75+	1659	HERBERT ANDERSON (U.S.A.)	75	24/3/78

PENTATHLON:

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	3391	WERNER SCHALLAU (WG)	40	24/9/78
45-49	2778	VALBJORN THORLAKSSON (ICE)	45	30/7/79
50-54	2607	VACLAV BARTL (SWEDEN)	51	12/8/77
55-59	2439	RICHMOND MORCOM (U.S.A.)	56	12/8/77
60-64	2051	ADOLF KOCH (WG)	60	12/8/77
65-69	1417	OLAV REPPEN (NORWAY)	66	14/6/78
70-74	1020	KARL WILLMS (WG)	70	30/7/79
75+	722	HERBERT ANDERSON (U.S.A.)	75	12/8/77

ABBREVIATIONS USED

- N = NON-WINNING TIME
- H = HEAT
- M = METRIC EVENT
- I = INDOOR MARK
- DEC = MARK MADE IN DECATHLON
- PEN = MARK MADE IN PENTATHLON



"Wait till she has kids."

APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete	Country	
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.	Place of Competition

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Time	Name of Timekeeper	Address	Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Name of Starter	Address	Signature
-----------------	---------	-----------

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions? _____

Did you examine the Birth Certificate of the athlete? _____
(If not athlete should send copy)

Precise Wind Velocity and Direction _____

Were all hurdles the correct balance and height? _____ Was the track surveyed? _____

List order of finish and approximate distance between each finisher.

1st. who was ahead of
who was ahead of
(DISTANCE)

Name of Referee	Address	Signature
-----------------	---------	-----------

Send this form to John Hayward; 128 Princes Road Brockhurst Hill, Essex Englan

APPLICATION FOR FIELD RECORD

Name of Event	Classification eg 40-44 etc	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete	Country	
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.	Place of Competition

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date Signature of Athlete

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance	Name of Field Judge	Address	Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface _____ Weight of Shot, Discus or Javelin _____

Name of Technical Manager	Address	Signature
---------------------------	---------	-----------

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions? _____

Precise Wind Velocity and Direction _____

Was the Field surveyed? _____ Did you examine athletes Birth Certificate? _____
If not please send copy.

1st..... 2nd..... 3rd.....

Name of Referee	Address	Signature
-----------------	---------	-----------

Send this form to John Hayward; 128 Princes Road Buckhurst Hill, Essex England

ALASTAIR AITKEN IS one of Britain's LEADING ATHLETIC WRITERS and himself a keen Veteran Competitor.

Veteran Athletics by Alastair Aitken.

Veteran athletics took another giant step forward at the 3rd World Veterans track and field Championships held between July 27 and August 2, 1979 in Hannover, which included 3300 athletes taking part from 40 nations and the overall depth of performance was of a higher standard than in any veterans competition ever before held on a world basis, despite a few absentees. The Hannover meeting followed two very well supported road races, also billed as World Championship events, at Bolton in England on the 21st and 22nd of July. The Hannover meeting on the track and field was possibly the only athletics event globally, that is left for the true amateur athlete, with all this entails; the friendliness, sportsmanship, a will to help each other out even in competition, training, and in addition to that, a successful mammoth task of organizing by the German hosts, especially with the painstaking efforts of Hans Axmann and his team, which helped to make it such a happy event.

In the first 'World Veterans Newsletter' I thought it best to illustrate a fairly large picture which will show the true feelings of the movement, through my talks I have had with some of the well known athletic personalities involved with the sport, which will help enrich our understanding and appreciation of veteran athletics and one hopes, others will then realize that it is such a worthwhile branch of the sport in itself!

First of all we will see what Maeve Kyle, a European and Northern Ireland Delegate in the World Veterans Athletic Association, who won five gold medals in the 1979 World Championships in the 50-54 age group thought: "Veteran athletics is a sport as I grew up with it. People were in Hannover because they wanted to be there, they were there at their own expense---It's fun and you never lose the will to compete and the desire to compete, at no matter what level. I don't think the performances, superb as so many of them are, are maybe all that relevant to regular athletics. I think that for the people concerned, there are three groups of people. There are those who have been at the top Olympic level, given up and have come back and found tremendous enjoyment out of it. Al Oerter is the best example that I can give; to such an extent that it has inspired him to go back to look for the Moscow Olympics, which is incredible. You would think winning four Golds, that you can't do anymore than that. He reckons he can still give any of them a competition. You get the club athlete who has never given up, who has always been a good club athlete and here he finds he can be more successful, perhaps in age group athletics and veteran athletics. You also get the third age group which I find in many ways the most interesting, the people who only took up the sport when they were in their late 30's and 40's or even later, maybe for rehabilitation because of health problems or something like that, and the three age groups mold in beautifully together."

Roy Fowler who is now 45, a coach from Staffordshire, England this year won his fourth U.K. National Veterans cross country title, won three gold medals in Toronto in 1975 and the 10,000 in Gothenburg in 1977 and as some may even recall was bronze medallist in an exciting European Games 10,000 back in 1962. Roy: "Firstly you have to enjoy an active life. People have said to me, when I came back from the World Veteran Championships, that I have given them a new life, something for them to carry on training for--because now at the age of 40, there is a new athletic world altogether. A world of top international competition, and also you are meeting the people that you were running with many years ago and the challenge is still the same. It is a wonderful

thing and I think that people who have not had much success in their career can still go now and run as a Veteran. In the Parliament Hill Fields National Veterans, you see people of 70 years of age running, not walking--really running around a 10,000m race. It is a great inspiration."

What more could one say about John Gilmour, the 60 year old Australian who led from start to finish in his seven age group races in six days in Hannover. He is surely 'A man amongst men' so his opinion on Veteran athletics must go down without a doubt. "I think it is a great thing because a lot of people today waste their life away by sitting around watching television. Television is the biggest bug bear in the home today in my opinion. As soon as people get home from work they switch on the tele and they even eat their meals in front of it and then again to close down on T.V. That goes on every day of the week and they get sucked in by different programs plus the fact that they are eating all the time with no exercise, whereas the beauty of Veteran athletics is you meet a lot of people and you get a feeling of competition against the other guys, it is the fact that you know that you are doing something for yourself, you feel better within yourself and you improve your own health, which is the greatest thing about it."

To some, like Arthur Taylor of Canada, once an English club runner, who is now the 50-54 steeplechase and marathon world age record holder, (in the latter did his best time in his early 50's) athletics has a special and personal place in his full life. "I love winning, the next thing is a resurgence of youth every two years or whenever one competes internationally. One sees one's old friends and one says 'You don't look a day older than the last time I saw you' It may have been 20 years ago." Arthur a track coach on the Canadian National athletic team continued to expound "I think the five year standards having been introduced is good. Also another extremely pleasurable aspect of it is that again you get a resurgence of competing at your standard every 5th year. The things like the camaraderie too! The way for me to express myself as an extension of myself. I am not an athlete by night and that I work by day and I sleep. Athletics is just an extension of my total life style and I think that is a necessary ingredient for me."

Scotsman, Tom McNab, who was present watching the World Veterans Championship in Hannover and whose wife Pat gained three medals and is a current international pentathlete. Tom is a world renowned and respected coach, so his view here is worth noting - "My feelings before I came to Hannover were different from the one's I have now." He continued to explain "In the sense that before I came I was rather doubtful about the business of veterans athletics, not doubtful about people's desire to compete because that is quite clear, as some people want to compete as veterans and many don't, just giving up when they are finished with senior athletics. The question arose to some extent, of the farcical nature of some of the activities, as when you see people of really advanced age competing. Now that I have watched it, that sort of reservation has vanished because I think once you actually watch it for awhile you start to scale down your ideas of what athletics should look like. We tend to connect everything, sex, and nearly every other aspect of life with the young and almost remove the possibility of anybody but the young enjoying certain things, but it is clear that these older people enjoy competing, in a different way from young people admittedly. The competition is valid as anyone wants to make it, that is if people want to compete at 60, 70 or 80 then 'Great' that they should and there is nothing funny or farcical about it, anymore than

there is anything funny about little kids of eight sprinting down a track, it is not funny, it is just different."

Now for that wonderful man from the United States of America, Norman Bright who is now blind and with his charming young student friend Craig Coleman, his guide on and off the track, has been impressing many people in Europe this year with some fine performance from 800 to a marathon. He is still listed in the 'Masters Age Records' compiled by the invaluable statistician and veteran runner Peter Mundle. Norman Bright who was born on January 29, 1910 has shown so many good qualities like fortitude and his perserverance to continue his running at all costs is unquestioned. Norman comes in "I was told by a doctor it was bad for a blind man to run but it keeps me from going crazy as, when I could see properly before my car accident, I used to love to write or read poetry, so I have just got to get out and run and race in Veterans races."

75 year old Reg Barlow, won his age group race over 10,000 metres in Hannover. Reg comes from Boxhill, Melbourne, Australia and he said "I started running again just to keep fit when I was 68. I was persuaded to take it up at Veteran level by other Australians. I found it a much happier and different sport to anything else and now I train 3 or 4 times a week over 10 to 15 miles on very hilly roads. It was some 50 years ago when I was running for a club, doing 2 minutes for 880 and 4.30 for the mile!"

West German Theo Stober who used to play football and now belongs to TUS Koln won the over 60's cross country in Hannover and told me afterwards "I have been a veteran champion in Germany for 15 years but I had two years off with a knee injury and the cross country was my second run after the injury. One of the best races for me was to win the European Road Championships over 25 kilometres in 1969."

John McDonald who won the 10,00(54-49). This was a good performance considering he had little rest after being up late for all the preceding nights, working on the organization of the fourth World Veterans track, field and road Championships to be held in New Zealand in January 1981 (ratified July 31st in Hannover) but despite that New Zealander John competed in all the long distance events and made on critical observation of the breakdown in the seeding of 10,000 metre races on the first day of the Hannover games, and he was stuck out in front in his race outclassing the field, with other good men racing each other in another completely different race, with the fastest of all the heats being the winner so John said "It is difficult to know if to take a risk of going flat out or make sure of winning the 10,000's."

Another New Zealander John Robinson who won the marathon 40-44 remarked "In Vets competition there is so much sportmanship." He illustrated that with his own actions in the marathon when he fell back off the leading group to pick up Henri Salavarda of Belgium who had a bad bruising fall after 10,000 of the race covered! He nursed Salavarda back into the leading group, before later going on to obtain a comfortable lead with 1972 Olympian Don McGregor - to the finish.

A modest remark by the winner of the 50-54 cross country, Denmark's Egon Nielson was, "I did hope I could get a medal, so I was satisfied."

Steeplechase Gold medallist for the 60-64 age group, Sweden's Olle Elvland, who set a world age best, attributes his good form to one thing in particular "My weight is only 58 kilos so that helps a lot" he remarked. By the way the first ever to win a gold medal at any athletic competition in a world event from Puerto Rico, was Luis Humberto Torres who took the 1500 and 5000 (55-59). He said that his whole family is athletic. He was very emphatic about that "Sport is like a religion to me!"

One of the most remarkable men of the Hannover games was Africa's Doctor Frederick Reid who sprinted to new world age bests for 70 to 74 year old's, looking graceful as any young man half his age; to think he has a 40 year lay-off athletics after a torn muscle in 1932, only starting veteran athletics two years ago and is still a full practicing physician too.

Rather than letting the typewriter run away with me in this first World's Newsletter, let us finish off with what ex-Olympic long jumper and now veteran hurdler John Howell said "I like winning but I like other people winning too." That is the spirit of veteran athletics...

ALASTAIR AITKEN (Copyright)

INTL. ASSN. OF VETERAN DISTANCE RUNNERS

14th. WORLD ROAD RACE CHAMPIONSHIP 10k & 25k
PALMERSTON NORTH JANUARY 3-4, 1981

and/or

WORLD ASSN. OF VETERAN ATHLETES

4th. TRACK & FIELD CHAMPIONSHIPS
CHRISTCHURCH JANUARY 7-14, 1981



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San Diego, CA 92107

1-714-225-9555



ENTRY FORM

REGULATIONS AND INFORMATION

International Association of Veteran Distance Runners

XIII ANNUAL WORLD CHAMPIONSHIPS
10 KILOMETRES ROAD AND MARATHON
BELLAHOUSTON SPORTS CENTRE, GLASGOW, SCOTLAND

10 KILOMETRES ROAD
SATURDAY 23 AUGUST 1980 13.00 Hrs.
MARATHON (42.195 Km)
SUNDAY 24 AUGUST 1980 8.30 Hrs.

ORGANISATION

Organised by the Scottish Veteran Harriers Club in association with Glasgow Sports Promotion Council. The events will be run under the regulations of the IAAF and the Scottish Amateur Athletic Association and on the principles of competitive friendship of IGAL (International Association of Veteran Distance Runners).

ADDRESS

The address for all correspondence is :-
The Organising Committee
1980 World Veteran Events
Scottish Amateur Athletic Association
16 Royal Crescent, Glasgow, G3 7SL
Scotland

ENTRY QUALIFICATIONS

Women 35 years of age and over; men 40 years of age and over on the day of the race.

AGE CLASSES (age on day of event)

MEN	WOMEN
M1 - 40 to 44 years	W1 - 35 to 39 years
M2 - 45 to 49 years	W2 - 40 to 44 years
M3 - 50 to 54 years	W3 - 45 to 49 years
M4 - 55 to 59 years	W4 - 50 to 54 years
M5 - 60 to 64 years	W5 - 55 to 59 years
M6 - 65 to 69 years	W6 - 60 to 64 years
M7 - 70 to 74 years	W7 - 65 to 69 years
M8 - 75 to 79 years	W8 - 70 years and over
M9 - 80 years and over	

AWARDS

Awards to 1st, 2nd and 3rd Men and 1st, 2nd and 3rd Women to finish in the 10 Km and Marathon events irrespective of classification and age category. Special Awards will be made to the first 3 individuals in each category. Commemorative Awards will be made to all who finish the course. Each finisher will also receive a certificate showing time and finishing position.

NATION TEAM EVENTS

Nation Team Events will be held in each event and for all categories subject to entry. The results will be decided by placings of first three runners of each nation. Trophies to winners of overall team championship in each event. Overall Team Championship: 1st, 2nd and 3rd Team Awards. 1st Team only in all other classes.

CLOSING DATE

Entries should be forwarded as early as possible. Last date for receiving entries will be 20th May 1980. Late entries cannot be accepted.

ENTRY FEES

Entry Fee - £5.00 each race. No team race fees. The total amount of entry fees due should be made payable to "SVHC - World Veteran Events, Glasgow" (Note - Full allowance and additions must be made to cover forwarding bank charges etc.)

FAMILY JOG (Subsidiary Event)

SATURDAY 23 AUGUST 1980 10.00 Hrs
 A friendship jog for Veterans, family, friends and supporters over a pleasant 5,000 metres trail. Commemorative Certificates to all who complete the course. No entry fee for championship entrants. All others a nominal fee of 50p

CHAMPION VETERANS REUNION

All past champions and award winners from the past twelve years' events will be invited to lead off the family jog.

PRESENTATIONS, GALA CELEBRATION EVENING AND FAREWELL PARTY

This will be held on Sunday, 24 August 1980. Tickets, £6.00, payable in advance with entry fees.

ACCOMMODATION

The organisers are not responsible for providing accommodation except through the organisers' official appointed agent 'Thomas Cook Limited' 15/17 Gordon Street, Glasgow, G1 3PR, Scotland. Information and a Booking Form for accommodation to be sent direct to Thomas Cook Ltd., is given as a separate leaflet.

WAIVER CLAUSE

The Organisers or any of their associates, or officials acting on their behalf, cannot be held responsible for any accident, injury, loss or damage arising by negligence or otherwise that may be caused to any entrant or participant at the XIII Annual World Veteran Championships.

VETERAN FELLOWSHIP

The whole week-end will be one of great fellowship, goodwill and festivity. An exciting one for all keen veteran distance runners, their families, friends and supporters. The Scottish Veteran Harriers Club and the Glasgow Sports Promotion Council look forward to receiving your entry and extend a great and warm welcome!

REGISTRATION

Competitors may register on arrival at an officially appointed Hotel, Halls of Residence or at the Race Venue, Bellahouston Sports Centre, Glasgow.

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ENTRY FORM

When completing this Entry Form, please use CLEAR BLOCK LETTERING.

To: The Organisers, 1980 World Veteran Events, Scottish Amateur Athletic Association, 16 Royal Crescent, Glasgow, G3, Scotland

Please enter me for the	10 Km
SURNAME	
Forenames	
Resident Address	
Town..... Province..... Country.....	
Postal Code	Telephone
Date of Birth.....	Category
Veteran Club or Association	
COUNTRY OF REPRESENTATION (if different from above)	
<small>(Note: UK entrants should state England/N.Ireland/Scotland or Wales)</small>	

Please enter me for the	Marathon
SURNAME	
Forenames	
Resident Address	
Town..... Province..... Country.....	
Postal Code	Telephone
Date of Birth.....	Category
Veteran Club or Association	
COUNTRY OF REPRESENTATION (if different from above)	
<small>(Note: UK entrants should state England/N.Ireland/Scotland or Wales)</small>	

If an Award Winner at previous World Veterans Championships, please state:	FRIENDSHIP FAMILY JOG									
Year: 19..... Event..... Venue..... Year: 19..... Event..... Venue.....										
Please also enter me free for the Friendship Family Jog. I have entered the 10Km / Marathon.										
Also please enter at 50p per entry : (List extra names, if required, on back of this form)										
Name..... Address.....	<table border="1"> <tr> <td colspan="3">Please tick appropriate column</td> </tr> <tr> <td>Male</td> <td>Female</td> <td>u/16 yrs</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>	Please tick appropriate column			Male	Female	u/16 yrs			
Please tick appropriate column										
Male		Female	u/16 yrs							
Name..... Address.....										
Name..... Address.....										

	ENTRY FEES
Entry for 10 Km @ £5.00	£
Entry for Marathon @ £5.00	P
Extra () Entries for Jog at 50p each	
(Number of) Tickets For Gala Celebration Evening @ £6.00 per ticket	
TOTAL DUE	

I acknowledge the Waiver Clause on the Entry Form Regulations and accept the conditions.

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I have enclosed cheques/money order for total sum due amounting to £ as listed above. forwarded separately by

Signed Date

(Note: Cheques, Money Orders etc. should be crossed and made payable to "S.V.H.C. World Veteran Events - Glasgow".)

Some familiar faces you may see in Christchurch.



Vice-Chairman of the Games, Arthur Grayburn and his wife display a well known sign at Christchurch Airport which shows that it's a long way - to anywhere.



(L-R) Bill Fitzgerald (USA), Robert Boutard (France), Theo Orr and Jack Pennington (Australia)



(L-R) Tom Clayton (USA), Kaare Erickson (Nor.) and Jim Upham (USA)



Tom Mullins (Australia)

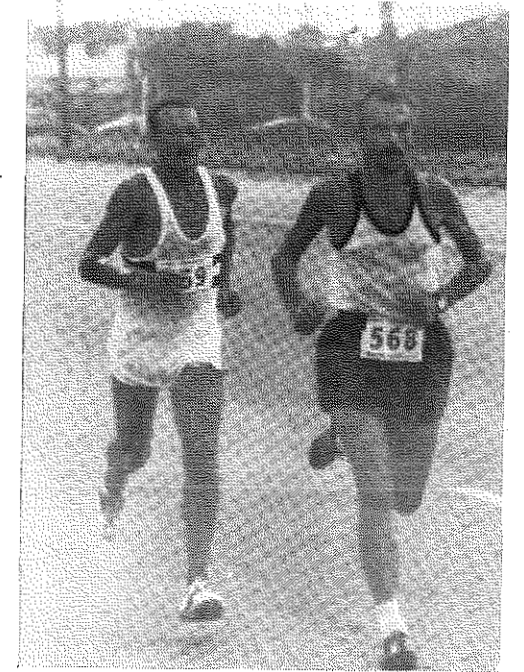


Maeve Kyle (N.I.) Fleet as ever.

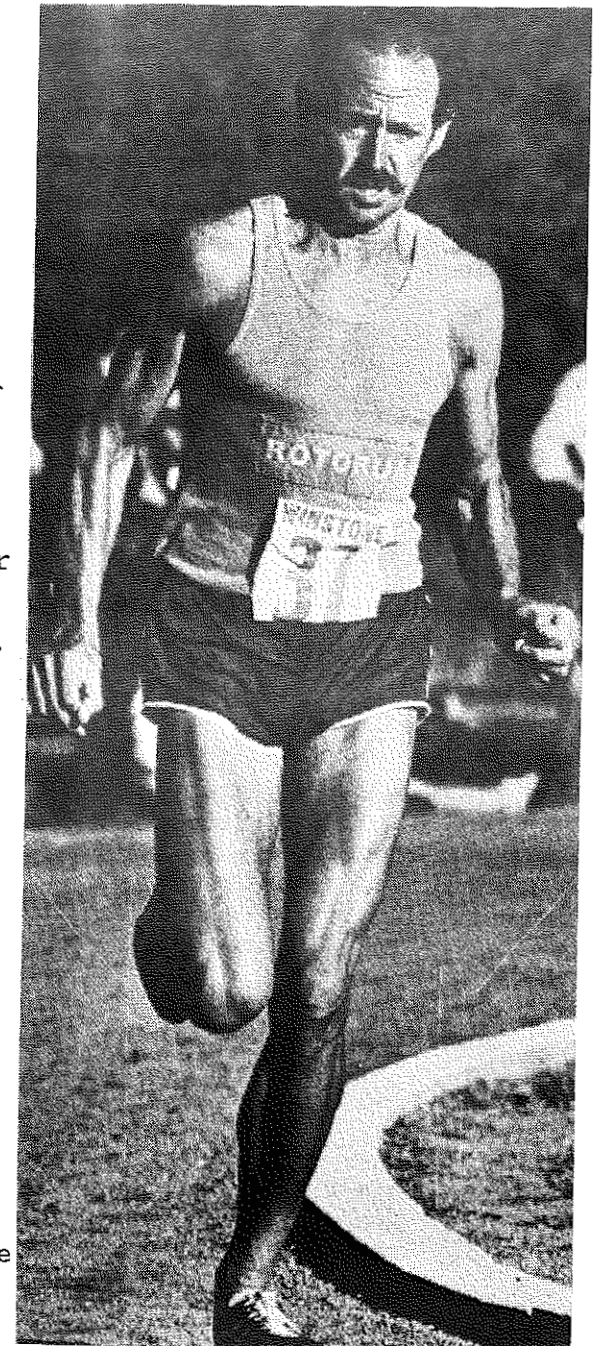


Jack Greenwood (USA) Sprinter Par Excellence

Eric Austin
(GB)
and
Arthur
Taylor
(Canada)



Jack Foster
(N.Z.)
Distance Runner
Extraordinary.





International Association of Veteran Distance Runners

14th World Road Race Championship Palmerston North 3-4 January 1981

Office Bearers
 Chairman
 Gary E. H. Tait
 Phone 89 551
 Secretary
 Maurice A. Brown
 Phone 85 604
 Treasurer
 John M. Eccles
 Phone 73 894

Please address all correspondence to:
 The Secretary
 P.O. Box 1216
 Palmerston North
 New Zealand

I.G.A.L.

10,000 METRES AND 25,000 METRES

WORLD ROAD RACE CHAMPIONSHIPS

PALMERSTON NORTH, NEW ZEALAND

10,000 Metres	Saturday 3 January 1981	10.00 hours
25,000 Metres	Sunday 4 January 1981	9.00 hours

PRELIMINARY NOTICE

This preliminary notice is to advise all veteran athletes of basic details concerning the 1981 Championships. Full details of the final programme will be available from June 1st 1980 and will be circulated through regional co-ordinators.

ORGANISATION

Organised by West Coast (North Island) Branch of New Zealand Association of Veteran Athletes, assisted by members and officials of Clubs affiliated to the West Coast (N.I.) Centre, N.Z.A.A.A.

ADDRESS

Please address all correspondence to :- The Secretary, 14th I.G.A.L., P.O. Box 1216, Palmerston North, NEW ZEALAND.

ENTRY QUALIFICATIONS

Women 35 years of age and over and men 40 years or age and over on 2 January 1981.

AGE GRADING

MEN

M40	-	40 to 44 years
M45	-	45 to 49 years
M50	-	50 to 54 years
M55	-	55 to 59 years
M60	-	60 to 64 years
M65	-	65 to 69 years
M70	-	70 to 74 years
M75	-	75 to 79 years
M80	-	80 years and over

30

WOMEN

W35	-	35 to 39 years
W40	-	40 to 44 years
W45	-	45 to 49 years
W50	-	50 to 54 years
W55	-	55 to 59 years
W60	-	60 to 64 years
W65	-	65 to 69 years
W70	-	70 years and over

AWARDS

Commemorative awards will be made to all who finish the events. Certificates, indicating name, grade, place and time, will also be awarded to all finishers.

Special presentation to the first three in each grade.

TEAMS EVENTS

National and Club Team events will be conducted on each race for all grades. Depending on entries.

ENTRY FEE

\$15.00 (NZ) each race or both races \$25.00 (NZ). No additional fees for teams races.

ACCOMODATION

Accommodation in close proximity to the course and city will be at a premium during the period of the championships. We advise you to arrange your group accomodation urgently. All enquiries to the above address.

INVITATION

Palmerston North (The City of Roses) and the organising committee of the 14th I.G.A.L. World Road Race Championships invite all veterans from throughout the World to join together in Palmerston North to partake in the true friendship of veteran running and enjoy a festive and exciting week of veteran fellowship. Some of the attractions for the week leading up to the Championships will be specially arranged, and it is hoped that all will take advantage of these. It includes a Picnic Orienteering event, a Garden Party on a New Zealand Farm with demonstrations of Sheep Shearing, Sheep Dog Trials and Harvesting, a Maori Hangi (a New Zealand Native Meal cooked underground on hot stones) and climaxing with a Cabaret evening for all with presentation of Special Awards.



TENTATIVE PROGRAMME FOR PALMERSTON N.

Tuesday 30 December 1980

Welcome to athletes on arrival
Register at 'Rangitane' Pavilion, City Centre

Wednesday 31 December 1980

Welcome to athletes on arrival
Register at 'Rangitane' Pavilion, City Centre
Course open for inspection at Teachers College
Carnival Evening in The Square - New Years Eve
Open Air Entertainment, side shows etc
Midnight Fun Run

Thursday 1 January 1981

Welcome to Athletes on arrival
Register at 'Rangitane' Pavilion, City Centre
Picnic Orienteering event at Tangimoana - buses depart 1000 hours
1500 hours buses depart for Garden Party on a Manawatu Farm with
displays of Sheep Shearing, Dog Handling, Harvesting and a Maori
Hangi (a New Zealand native meal cooked underground on hot stones)
I.G.A.L. Executive Meeting 1900 hours

Friday 2 January 1981

Register at Teachers College
Free time for sight seeing, helicopter flights, jet boat rides through
Manawatu Gorge, scenic bus trips.
I.G.A.L. Delegates meeting 1000 hours.
1300 hours Parade of all Athletes
1400 hours official welcome to Palmerston North and New Zealand
Jog around course
1800 hours Mayoral reception to invited representatives of visiting
athletes and Executive.

Saturday 3 January 1981

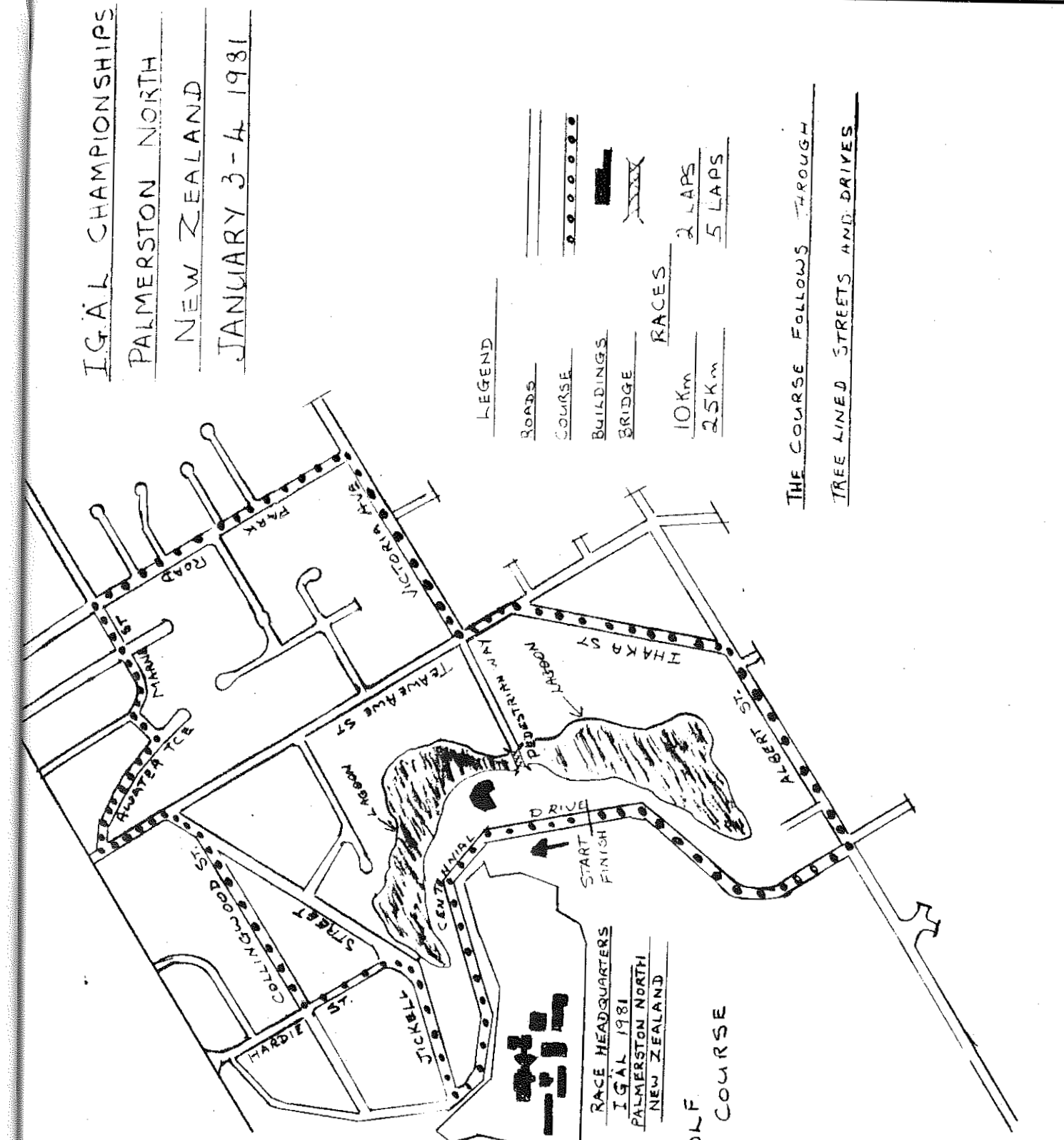
1000 hours 10km Road Race
1200 hours Luncheon at Teachers College
1800 hours Variety Concert and Entertainment

Sunday 4 January 1981

900 hours 25km Road Race
1200 hours Luncheon at Treachers College
1700 hours Awards Cabaret including Meal and Entertainment

Monday 5 January 1981

Farewells.



At the moment we have 980 confirmed overseas bookings for accomodation during the events. These are in the main from Germany, U.S.A.* Sweden, and Canada. We have had no word yet from from groups in England, Australia, or Japan. No doubt they will come in but they had better be early as there will certainly be a rush on accomodation. All our plans are going well so far. Sponsorship is coming in at a pleasing rate. Interest is being generated round this part of the World. We are in the process at the moment of deciding on the style and size of medals for 1st, 2nd and 3rd placings in each grade, plus a commemorative one to every...

The British Veterans National Cross Country Championships

The above event was held at Wolverhampton and enjoyed an excellent turnout as the results show. The distance was 6 miles run over 4 loops and in the 40-44 division, Welshman Tecwyn Davies the reigning World Veteran Cross Country and Steeplechase champion triumphed handily. Class 45-49 lacked the magic of many time winner Roy Fowler so that D. Lawson won by a 35 sec margin over Dave Case. George Rhodes won the 50-54 division over a growing series of illustrious veterans now in this class. E. Nicholls won the 55-59 division from former winner Wallace of Newport whilst Norman Ashcroft still celebrating his ascendancy to Veteran - Veteran (?) took the 60-64 honours. A. Whitehead of Lauriston ran a fine race to duck under the 40 minute mark and win the 65-69 race whilst Ernie Harrison made his mark in the over 70 class with his usual strong running. Briget Cushen, winner of two bronze medals at Hannover won the Gold here over the 3 mile womens' course. The organizers doubtless felt pleased with the size of the field which recorded 437 finishes.

B.V.A.C. Cross Country Championships Wolverhampton 1980

Mens 40 - 49				40	45
				44	49
1.	T. Davies	Aldershot	29:21	1A	1
2.	M. Turner	Liverpool H.	29:33	1A	2
3.	S. James	N.V.A.C.	29:42	1A	3
4.	J. O'Brien	Bridgend YMCA	29:50	1A	4
5.	H. Kelly	E. Cheshire	29:55	1A	5
6.	L. Carrol	Wirral	29:57	1A	6
7.	D. Anderson	Bingley H.	29:59	1A	7
8.	J. Baldwin	Blackheath	30:06	1A	8
9.	T. Harper	Wirral	30:11	1A	9
10.	B. O'Gorman	Blackheath	30:21	1A	10
11.	C. Vaux	Middlesborough	30:28	1A	11
12.	D. Lawson	Bingley	30:34	1B	1
13.	J. Steed	Verlea	30:42	1A	12
14.	G. Entwistle	Manchester	30:45	1A	13
15.	D. Watson	Wirral	30:47	1A	14
16.	R. Cooper	Worcs AC	30:48	1A	15
17.	A. Lennon	Wirral	30:49	1A	16
18.	J. Wainwright	Dark Fell	30:57	1A	17
19.	B. Griffiths	Cardiff	31:00	1A	18
20.	A. Whittle	Tipton	31:06	1A	19
21.	D. Case	Ealing & S	31:09	1B	2
22.	P. Flynn	Small Heath	31:10	1A	20
23.	E. Austin	Worcs	31:13	1A	21
24.	J. Oliver	Cambridge	31:15	1B	3
25.	C. Canton	Ealing & S	31:17	1A	22
26.	P. Freeman	Ealing & S	31:20	1A	23
27.	J. Georhegan	Cambridge	31:22	1A	24
28.	M. Barratt	Ealing & S	31:24	1B	4
29.	R. Grubb	Cambridge & C	31:30	1A	25
30.	C. Plumptre	Portsmouth	31:34	1A	26

34

				40-44	45-49
31.	G. Thomas	G.E.C. Wh	31:35	1A	27
32.	T. Flory	Middlesborough	31:37	1A	28
33.	M. Prosser	Holbeach	31:38	1A	29
34.	T. Ryan	N. London	31:40	1A	30
35.	K. Burgess	Chelmsford	31:46	1A	31
36.	J. Clare	Blackheath	31:49	1A	32
37.	A. Barden	Charnwood	31:52	1A	33
38.	R. Pannell	Bristol	31:54	1A	34
39.	M. Rawson	Hallamshire	31:54	1A	35
40.	M. Morrell	Wirral	31:54	1B	5
41.	G. Spink	Bingley	31:54	1B	6
42.	M. Murphy	Sutton	31:56	1B	7
43.	M. Moody	Maidenhead	31:57	1A	36
44.	M. Whittaker	Stafford	32:08	1B	8
45.	E. Isaacs	Wirral	32:08	1A	37
46.	C. Pickett	Middlesborough	32:09	1A	38
47.	R. Macey	Verlea	32:10	1A	39
48.	A. Hughes	Rochdale	32:11	1B	9
49.	J. O'Callaghan	Vauxhall	32:12	1A	40
50.	J. Mills	Sparkhill	32:14	1A	41
51.	D. Tomlinson	Bolton	32:14	1A	42
52.	P. Morris	Lozells	32:16	1B	10
53.	J. Laybourn	Milton Keynes	32:18	1A	43
54.	R. Heyes	Blackburn	32:19	1A	44
55.	R. Algar	Bracknell	32:20	1A	45
56.	T. Billington	Wrexham	32:22	1B	11
57.	P. Goodfellow	Newcastle	32:24	1B	12
58.	P. Watson	Pudsey & B	32:28	1A	46
59.	T. Rooke	Middlesborough	32:29	1B	13
60.	A. Jones	Cambridge	32:30	1A	47
61.	A. Davis	Blackheath	32:33	1A	48
62.	C. Hunt	Stafford	32:35	1A	49
63.	E. Johnson	City of Stoke	32:36	1A	50
64.	N. Rees	Queens Park	32:37	1B	14
65.	M. Thorpe	Coventry	32:38	1A	51
66.	G. Gough	Portsmouth	32:39	1A	52
67.	G. Madison	Hallamshire	32:42	1A	53
68.	E. Williams	Shrewsbury	32:45	1A	54
69.	B. Joines	Oxford City	32:46	1A	55
70.	E. Saberton	Cambridge & C	32:47	1A	56
71.	G. Martin	Cambridge H.	32:48	1A	57
72.	R. Gomez	Aylesbury	32:49	1B	15
73.	J. Peet	Tanworth	32:52	1A	58
74.	D. Wraight	Ealing	32:52	1A	59
75.	K. Heathcote	Bolton	32:53	1A	60
76.	D. Minns	Basildon	32:54	1A	61
77.	W. Wilson	Hallamshire	32:57	1A	62
78.	B. Court	Bolton	32:59	1A	63
79.	A. Osbourne	Verlea	33:00	1A	64
80.	D. Kelly	Oxford	33:00	1A	65
81.	A. Kindley	Verlea	33:00	1A	66
82.	E. Bates	Bolton	33:02	1A	67
83.	N. Green	Bingley	33:03	1B	16
84.	D. Wood	Barnet	33:05	1B	17
85.	M. Capewell	Lozells	33:09	1B	18
86.	E. Nolan	Shaftesbury	33:10	1B	19
87.	S. Allen	Herne Hill	33:12	1B	20
88.	R. Bailey	Portsmouth	33:18	1A	68
89.	R. James	Clevedon	33:22	1A	69
90.	P. Covey	Pudsey - Bramley	33:22	1A	70

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				40-44	45-49
201. M. Callow	Milton Keynes	34:48	1A	140	
202. J. Cox	Barnet & Dist.	37:54	1A	141	
203. T. Boothby	Lincoln Well.	37:55	1B		62
204. A. Rolls	S. London	37:56	1A	142	
205. R. Churcher	Clevedon	37:58	1A	143	
206. J.R. Hughes	Holbeach	38:06	1A	144	
207. T. Corbridge	Hallamshire	38:07	1A	145	
208. C. Stubbs	Vauxhall	38:16	1A	146	
209. G. Corbishley	Michelin	38:19	1A	147	
210. G.P.R. Crossman	E.V.A.C.	38:27	1A	148	
211. D. Owen	Invicta	38:28	1A	149	
212. G. Baldwin	Wrexham	38:34	1B		63
213. P. Harvey	Collinwood	38:37	1B		64
214. R. Burson	M.V.A.C.	38:39	1B		65
215. P. Cassidy	Lughton	38:42	1A	150	
216. S. Roe	Rotherham	38:42	1B		66
217. H. Timney	W'ton & Bilston	38:48	1B		67
218. R. Miller	Airedale	38:53	1B		68
219. M. Keen	Lozells	39:01	1B		69
220. D. Hopgood	Blackheath	39:04	1B		70

257 FINISHERS IN THIS DIVISION

TEAM RESULTS Men 40-49

				Total	
1. Wirral	6	9	15	17	47
2. Ealing and Southall	21	25	26	28	100
3. Blackheath	8	10	37	61	116
4. Bingley	7	12	42	83	144
5. Middlesborough	11	33	47	59	150
6. Cambridge	24	27	60	71	182
7. Verlea	13	48	79	81	221
8. Portsmouth	30	66	88	92	276
9. Bolton	52	75	78	82	287
10. Hallamshire	40	67	77	119	303
11. Worcs	16	23	141	174	354
12. Dark Peak Fell	18	93	117	127	355
13. Pudsey	58	90	108	110	366
14. Cambridge & C	29	70	151	154	404
15. Tipton	20	96	149	163	428
16. Oxford	69	80	143	182	474
17. V. of Ayles	72	130	131	166	499
18. Lozells	53	85	177	196	511
19. Sale	116	136	140	156	548
20. Barnett	84	125	148	202	559
21. Vauxhall	50	123	183	208	564
22. S. London	98	100	189	204	591
23. Clevedon	89	158	181	192	620
24. Rotherham	165	168	173	216	722

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NATIONAL VETERANS CROSS COUNTRY CHAMPIONSHIPS

Aldersley Stadium 9th March 1980 MEN OVER 50

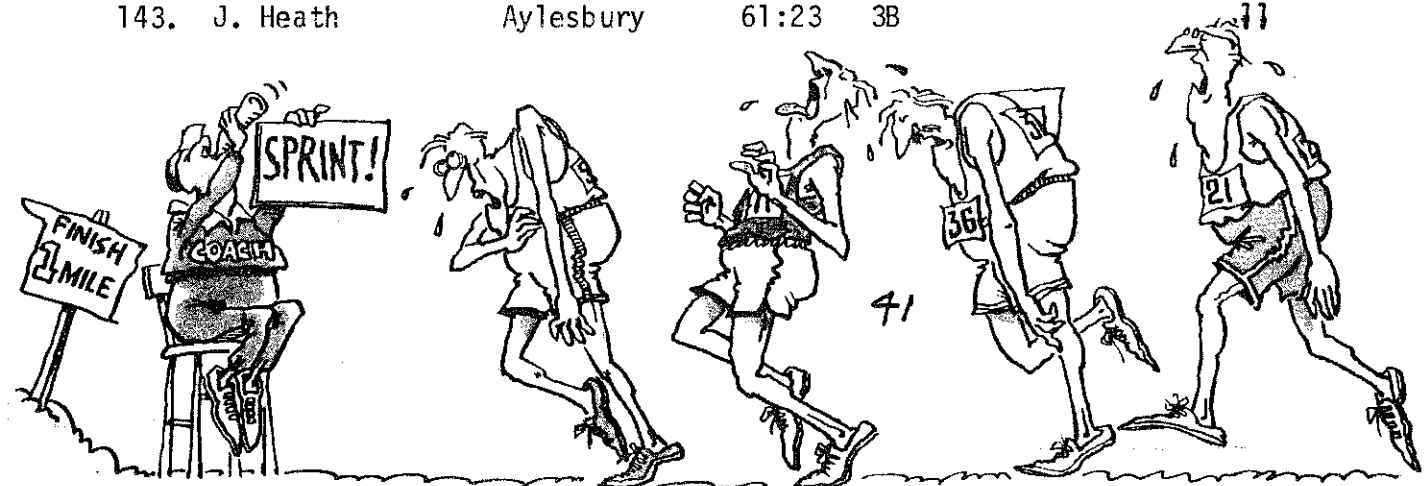
MEN 50+			Group	50	55	60	65	70+
				54	59	64	69	
1. G. Rhodes	Newcastle	32:19	2A	1				
2. E. Kirkup	Rotherham	32:40	2A	2				
3. C. Simpson	Small Heath	32:48	2A	3				
4. R. Franklin	T.V.A.	33:12	2A	4				
5. S. Charlton	T.V.A.	33:24	2A	5				
6. J. Dawson	Clayton L.M.	33:33	2A	6				
7. E. Nicholls	Broms & Redd	33:44	2B		1			
8. F. Price	Rotherham	33:50	2A	7				
9. H. Soper	Vauxhall	33:57	2A	8				
10. G. Phipps	Leamington	34:08	2A	9				
11. C. Gray	Small Heath	34:11	2A	10				
12. D. Dellar	Cambridge	34:12	2A	11				
13. D. Rickly	W. Brom	34:16	2A	12				
14. B. Fielding	Leeds City	34:26	2A	13				
15. R. Mattock	Bournemouth	34:28	2A	14				
16. D. Cobley	V of Ayls	34:35	2A	15				
17. P. Brook	Holmfirth	34:38	2A	16				
18. P. Wallace	Newport	34:40	2B			2		
19. M. Bancroft	Wirral	34:50	2A	17				
20. J. Brent-Jones	Salisbury	35:07	2B			3		
21. D. Flemming	Westbury	35:12	2A	18				
22. J. Brown	Cambridge	35:12	2A	19				
23. K. Hall	Wirral	35:13	2B			4		
24. F. Wrigley	Michelin	35:19	2A	20				
25. S. Coffey	Manchester	35:21	2A	21				
26. W. Brown	E. Cheshire	35:30	2B			5		
27. G. Chambers	R.N. Culdrose	35:33	2A	22				
28. K. Dare	Small Heath	35:41	2A	23				
29. R. Ferneyhough	Michelin	35:44	2B			6		
30. R. Johnson	T.V.H.	35:53	2A	24				
31. C. Kenball	W & B	35:57	2A	25				
32. D. Creamer	Rotherham	36:01	2A	26				
33. T. Smith	E. Cheshire	36:02	2B			7		
34. J. Williamson	E. Cheshire	36:08	2A	27				
35. D. Smith	Kettering	36:10	2A	28				
36. J. McGuire	Maidenhead	36:12	2A	29				
37. G. Eden	Rotherham	36:13	2A	30				
38. N. Booth	Eaton Manor	36:15	2B			8		
39. F. Thompson	Clayton L.M.	36:28	2A	31				
40. R. Blois	Basildon	36:30	2A	32				
41. R. Evans	W & B	36:32	2A	33				
42. H. Smith	Clayton L.M.	36:37	2A	34				
43. G. Meech	Verles	36:38	2A	35				
44. B. Neilson	Hillingdon	36:38	2B			9		
45. J. Carr	Durham City	36:42	2A	36				
46. J. Bloor	Leeds City	36:44	2A	37				
47. H. Martin	Horsham	36:45	2B			10		
48. G. Bradshaw	Newark	36:49	2A	38				
49. J. HasLam	Bolton	36:55	2A	39				
50. C. Palmer	Kettering	36:57	2A	40				

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					50 54	55 59	60 64	65 69	70+
51.	B. Blow	Altringham	37:06	2A	41				
52.	A. Hazel	Hallamshire	37:10	2A	42				
53.	B. Wright	Cambridge	37:14	2A	43				
54.	H. Boswell	Dud & St	37:19	2A	44				
55.	C. Charnock	Collingwood	37:21	2A	45				
56.	F. Claridge	Vauxhall	37:28	2A	46				
57.	G. Collett	T.V.H.	37:31	2A	47				
58.	W. Eyles	Verlea	37:36	2B		11			
59.	G. Grayson	S.L.H.	37:42	2A	48				
60.	W. Lucking	Hallamshire	37:48	2A	49				
61.	L. Bruce	Belgrave	37:57	2A	50				
62.	H. Smith	Hallamshire	37:59	2A	51				
63.	J. Fitzgerald	Mitcham	38:07	2B		12			
64.	N. Ashcroft	N.V.A.C.	38:14	3A			1		
65.	M. Heslop	G.E.C. W. St	38:24	2A	52				
66.	A. Ashworth	N.V.A.C.	38:27	2A	53				
67.	A. Gale	Kettering	38:33	2A	54				
68.	R. Pape	Middlesborough	38:39	2B		13			
69.	A. Ball	Blackheath	38:41	2A	55				
70.	R. Ellis	Maidenhead	38:46	2A	56				
71.	D. Blyth	Cambridge & C	38:49	3A			2		
72.	J.H. Haden	Tipton H.	38:52	2B		14			
73.	G. Nicholls	M.V.A.C.	38:59	2A	57				
74.	D. Withers	Halesowen	39:02	2A	58				
75.	B. Wade	Woodford Gn	39:04	2B		15			
76.	J. Snelson	Macclesfield	39:27	3A			3		
77.	W. Jenkins	Huntingdon	39:28	2B		16			
78.	W. Mottram	W. Brom	39:29	2A	59				
79.	E. Berry	Carlton F.	39:29	2A	60				
80.	G. Coleman	Vauxhall	39:31	3A			4		
81.	P. Lynch	Holbeach	39:35	2A	61				
82.	B. Cartwright	Wolves & B	39:53	2A	62				
83.	D. Wood	Leeds City	39:55	2A	63				
84.	A. Whitehead	Lauriston	39:57	3B				1	
85.	M. Douthwaite	Hallamshire	40:07	2A	64				
86.	J. Brennan	Coventry	40:11	2B		17			
87.	A. Briggs	Clayton L.M.	40:13	2B		18			
88.	E. Wallace	Wirral	40:31	3B				2	
89.	M. Dwyer	Warley	40:37	2A	65				
90.	E. O'Bree	Cambridge	40:40	2B		19			
91.	W. Heald	E. Cheshire	40:45	2B		20			
92.	H. Trafford	Newcastle A.	40:53	2B		21			
93.	C. Beeston	Derby & C.	40:55	2A	66				
94.	K. Deggee	Rotherham	40:58	2A	67				
95.	R. Hobson	Hallamshire	41:02	2A	68				
96.	A. Goodwin	S. London	41:04	2A	69				
97.	J. Dean	Bingley	41:07	2A	70				
98.	W. Tyler	E. Kent	41:10	3B					
99.	P. King	V.A.C.	41:18	3A					
100.	B. Beech	Tamworth A.C.	41:21	2A	71				

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					50 54	55 59	60 64	65 69	70+
101.	R. Carter	Sparkhill	41:23	2A	72				
102.	R. Barnes	Massey Fer.	41:36	2A	73				
103.	H. Bromley	Hallamshire	41:39	2B		22			
104.	J. Best	Small Heath	41:41	2A	74				
105.	W. Herbert	Hallamshire	41:54	3A				6	
106.	N. Tylsley	Hallamshire	42:07	2A	75				
107.	J. Richardson	G.E.C. W. St	42:13	2B		23			
108.	R. Hopcroft	Thames Valley	42:29	3A				7	
109.	F. Dyter	Blackheath	42:36	3A				8	
110.	R. Phillips	Clayton Le -	42:40	2A	76				
111.	J. Selby	Coventry	42:41	3A				9	
112.	P. Munn	Mitcham	42:56	2B		24			
113.	N. Blackham	Birchfield	43:04	2A	77				
114.	J. Baker	Belgrave	43:09	2B		25			
115.	D. Tingey	Blackheath	43:17	2B		26			
116.	E. McMullen	Belgrave	43:56	2B		27			
117.	E. Hubbleday	Sparkhill	44:08	2A	78				
118.	A. Blagg	Sparkhill	44:15	2A	79				
119.	J. Bennet	Blackheath	44:24	3A				10	
120.	L. Joyce	Huntingdon	44:38	2A	80				
121.	M. Salmon	Verlea	44:44	2B		28			
122.	S. Tugwood	Wycombe Ph	45:13	3B				4	
123.	S. Bradshaw	Clayton L.M.	45:43	3B				5	
124.	E. Harrison	Lincoln W	45:59	4A					1
125.	W. Lake	Blackheath	46:04	2B		29			
126.	A. Locke	E. Cheshire	46:21	3B				6	
127.	E. MacDermid	G.E.C. W. St	47:02	2A	81				
128.	W. Rose	Ryde H.	47:07	4A					2
129.	A. Rawlinson	Verlea	47:19	3A				11	
130.	B. Steeple	Rotherham	48:21	3B				7	
131.	E. Shaw	W & B	48:33	2A	82				
132.	E. Abbott	Wycombe Ph	48:49	2A	83				
133.	R. Cox	Birchfield	48:54	3B				8	
134.	A. Dovey	Dud & St	49:12	3A				12	
135.	R. Brodey	W & B	49:16	3B				9	
136.	J. Bailey	Lozells	49:59	2B		30			
137.	T. Roe	B & R	50:10	2A	84				
138.	D. Lord	G.E.C. Wh	50:50	2A	85				
139.	L. Davis	Dartford	51:41	3B				10	
140.	S. Stein	Highgate	54:45	2B		31			
141.	R. Lewis	B & R	55:30	2A		32			
142.	T. Hines	V.A.C.	59:33	4A					3
143.	J. Heath	Aylesbury	61:23	3B					



Over 50 TEAM RESULTS (MEN)

				<u>TOTAL</u>
1. Thames Valley	4	5	30	39
2. Small Heath	3	11	28	42
3. Rotherham	2	8	32	42
4. Clayton Le Moors	6	39	42	87
5. Cambridge H.	12	22	53	87
6. East Cheshire H.	26	33	34	93
7. Wirral	19	23	88	130
8. Leeds City	14	46	83	143
9. Vauxhall	9	56	80	145
10. Kettering Town	35	50	67	152
11. W & B	31	41	82	154
12. Hallamshire	52	60	62	174
13. Verlea	43	58	121	222
14. B & R	7	137	141	285
15. Belgrave	61	114	116	291
16. Blackheath	69	109	115	293
17. G.E.C Whetsone	65	107	127	299
18. Sparkhill	101	117	118	336

We attended the U.S.A. Masters Indoor Championships which, despite a late start were a great success. Held at Syracuse, N.Y. they attracted about 375 competitors who collectively put up some fine performances. Unfortunately the results have not arrived in time for publication and will be included next issue. The excellent "gratis" meal following the meet provided in a very relaxed atmosphere topped off a good effort by Ed Stabler and his associates.

Our intention is to publish many more National Championship results and other news from all countries in future issues. We rely on National Organizers to send us write ups, opinions and pictures.

B.V.A.F. NATIONAL VETERANS C.C. CHAMPIONSHIPS - WOMEN

			Group	<u>35</u>	<u>40</u>	<u>45</u>
				<u>39</u>	<u>44</u>	<u>49</u>
WOMEN						
1.	B. Cushen	Mitcham	17:55	0	1	
2.	B. Robinson	Bury	18:00	0	2	
3.	B. Brookes	W.V.A.C.	18:11	1A		1
4.	J. Kimber	Medway	18:15	0	3	
5.	J. Robertson	Liverpool	18:30	0	4	
6.	Y. Miles	Bournemouth	19:04	0	5	
7.	C. Copple	Dartford	19:14	1A		2
8.	B. Cook	Stafford	19:16	1A		3
9.	J. Manners	M.V.G.C.	19:48	1A		4
10.	H. Rider	Cambridge	19:47	1B		1
11.	J. Farr	Trowbridge	20:04	0	6	
12.	P. Roe	Broms. Redditch	20:13	0	7	
13.	D. de Jesus	W.V.G.C.	20:33	0	8	
14.	B. Smith	Kettering	20:41	1B		2
15.	P. Stocking	Cambridge	21:00	0	9	
16.	L. Hunter	Highgate	21:23	1A		5
17.	M. Culshaw	M.V.A.C.	21:28	1A		6
18.	M. Cox	Trowbridge	21:29	1A		7
19.	W. Dowthwaite	M.V.A.C.	21:50	1A		8
20.	N. Manterfield	Hallamshire	21:57	1B		3
21.	M. Darlington	M.V.A.C.	22:02	1A		9
22.	J. Coker	Highgate	22:05	1A		10
23.	Y. Smith	City of Stoke	22:09	1A		11
24.	M. Hadler	Cambridge	22:12	0	10	
25.	P. Mayall	Hallamshire	22:33	1A		12
26.	S. Jennings	Trowbridge	22:41	1B		4
27.	J. Bromhead	Carlton Forum	22:59	0	11	
28.	C. Sheridan	Hallamshire	23:06	1B		5
29.	P. Wilson	Loughton	23:29	0	12	
30.	M. Duncan	Halesowen	23:40	1B		6
31.	A. Hawthorn	Trowbridge	23:48	0	13	
32.	O. Gore	Halesowen	23:52	1B		7
33.	G. Hammond	M.V.A.C.	25:41	1B		8
34.	P. Winstanley	W.V.A.C.	27:25	1A		13
35.	M. Sheavills	Carlton Forum	27:35	1B		9
36.	M. Blakemore	Halesowen	27:35	1B		10
37.	D. Berry	Carlton Forum	27:49	1B		11

WOMENS TEAM RESULTS

				<u>TOTAL</u>	
1.	Cambridge H.	10	15	24	49
2.	Trowbridge A.C.	11	18	26	55
3.	Hallamshire H.	20	25	28	73
4.	Halesowen A.&C.C.	30	32	36	98
5.	Carlton Forum	27	35	37	99

WORLD ASSOCIATION OF VETERAN ATHLETES

Pentathlon Point Scoring Table

1980

EVENT	AGE	SCORING TABLE	SCORING RATE for IMPROVEMENT	PERF. for 1000 pts	4th Best Hannover (65+ - 3rd)	1st. Place Hannover	WORLD RECORD 1979
Long Jump	1A	3.60M	3 pts per cm.	6.94M	6.32M	6.91M	7.43M
	1B	3.60M	3.5 Pts. per cm	6.46M	5.92M	6.16M	6.68M
	2A	3.50M	4 pts. per cm	6.00M	5.76M	6.08M	6.23M
	2B	3.28M	4.5 pts. per cm	5.51M	5.25M	5.90M	6.03M
	3A	3.00M	5 pts per cm	5.00M	4.93M	5.03M	5.30M
	*3B	3.00M	5.5 pts per cm	4.82M	4.95M	5.16M	5.16M
	*4A	2.57M	6 pts per cm	4.24M	4.07M	4.57M	4.57M
	4B	2.57M	7 pts per cm	4.00M	3.25M	3.60M	4.25M
	JAVELIN 800g	(1A	17M	20 pts per M	67.00M	61.06M	78.98M
(1B		17M	25 " " "	57.00M	55.10M	64.70M	64.70M
(2A		17M	30 " " "	50.34M	51.94M	56.18M	56.18M
(2B		17M	35 " " "	45.58M	43.82M	46.70M	55.10M
(3A		17M	35 " " "	45.58M	39.76M	51.66M	54.08M
*3B		17M	40 " " "	42.00M	37.08M	40.16M	44.82M
600g (4A		15M	45 " " "	37.24M	29.42M	37.02M	40.24M
(4B		13M	50 " " "	33.00M	22.52M	27.64M	29.32M
200 METRES	1A	32.4s	1 pt per .01sec	22.4sec	22.95s	22.50s	21.9 sec.
	1B	33.0sec	1 " " "	23.0sec	23.68s	23.55s	22.3 sec.
	2A	34.0sec	1 " " "	24.0sec	24.62s	23.99s	23.6 sec.
	2B	35.0sec	1 " " "	25.0sec	25.91s	24.92s	23.6 sec.
	3A	36.0sec	1 " " "	26.0sec	27.50s	26.51s	24.9 sec.
	3B	38.0sec	1 " " "	28.0sec	28.65s	27.24s	27.24 sec.
	4A	40.0sec	1 " " "	30.0sec	30.87s	28.62s	28.62 sec.
	4B	42.0sec	1 " " "	32.0sec	34.08s	32.92s	29.5 sec.
DISCUS 2kg	(1A	15M	28 pts per M	50.72M	47.80M	54.22M	67.00M
	(1B	15M	32 " " "	46.26M	43.50M	48.16M	50.70M
	(2A	15M	30 " " "	48.34M	44.94M	46.86M	54.26M
	(2B	15M	34 " " "	44.42M	41.80M	49.34M	50.54M
	(3A	15M	34 " " "	44.42M	41.26M	47.24M	53.42M
	(3B	15M	36 " " "	42.78M	41.14M	50.42M	51.42M
	1kg (4A	15M	40 " " "	40.00M	37.58M	39.44M	39.44M
	(4B	13M	44 " " "	35.72M	30.44M	31.34M	34.30M
1500 M	1A	6:46.8	6 pts per sec.	4:00.0	4:03.7	4:00.8	3:52.0
	1B	6:56.8	6 " " "	4:10.0	4:15.1	4:09.6	4:03.2
	2A	7:06.8	6 " " "	4:20.0	4:25.5	4:17.0	4:14.0
	2B	7:16.8	6 " " "	4:30.0	4:41.0	4:34.5	4:20.7
	3A	7:36.8	6 " " "	4:50.0	4:53.1	4:32.5	4:31.3
	3B	8:06.8	6 " " "	5:20.0	5:11.6	5:06.4	4:49.1
	4A	8:36.8	6 " " "	5:50.0	5:37.0	5:24.2	5:19.4
	4B	9:06.8	6 " " "	6:20.0	6:53.6	5:43.0	5:30.1

In Effect APRIL 1, 1980

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WORLD ASSOCIATION OF VETERAN ATHLETES

DECATHLON POINT-SCORING TABLE (1980)

Day 1

EVENT	AGE	SCORING BASE	SCORING RATE FOR IMPROVEMENT	PERF. FOR 1000 pts.	4th Best Hannover (3rd.-65 up)	1st. Place Hannover	WORLD RECORD 1979
100M	1A	16.0sec	20 pts. per .10s	11.0sec	11.30s	110.95s	10.7 sec.
	1B	16.5	20 " " "	11.5s	11.69s	11.25s	11.1 sec.
	2A	17.0sec	20 " " "	12.0s	12.10s	11.69s	11.4 sec.
	2B	17.5sec	20 " " "	12.5s	12.59s	12.32s	11.6 sec.
	3A	18.0s	20 " " "	13.0s	13.27s	12.74s	11.8 sec.
	3B	18.6s	20 " " "	13.6s	13.82s	13.10s	12.8 sec.
	4A	19.5s	20 " " "	14.5s	14.98s	13.80s	13.80 sec.
	4B	20.5s	20 " " "	15.5s	15.97s	15.59s	14.3 sec.
	Long Jump	1A	3.60M	3 pts. per cm	6.94M	6.32M	6.91M
1B		3.60M	3.5 pts. per cm	6.46M	5.92M	6.16M	6.68M
2A		3.50M	4 " " "	6.00M	5.76M	6.08M	6.23M
2B		3.28M	4.5 " " "	5.51M	5.25M	5.90M	6.03M
3A		3.00M	5 " " "	5.00M	4.93M	5.03M	5.38M
*3B		3.00M	5.5 " " "	4.82M	4.95M	5.16M	5.16M
*4A		2.57M	6 " " "	4.24M	4.07M	4.57M	4.57M
4B		2.57M	7 " " "	4.00M	3.25M	3.60M	4.25M
Shot put 16 lb. (1B) 12 lb. (2A)		(1A	4.66M	75 pts per M	18.00M	14.63M	18.30M
	(1B	4.66M	85 " " "	16.43M	14.22M	15.14M	17.71M
	(2A	6.00M	100 " " "	16.00M	12.86M	16.22M	17.56M
	(2B	4.66M	100 " " "	14.66M	13.36M	14.29M	15.75M
	(3A	4.66M	100 " " "	14.66M	13.85M	15.05M	16.40M
	(3B	4.00M	100 " " "	14.00M	13.07M	13.80M	14.18M
	4 kg (4A	4.00M	125 " " "	12.00M	11.54M	12.24M	12.81M
	(4B	4.00M	150 " " "	10.67M	10.37M	10.80M	10.80M
High Jump	1A	1.13M	13 pts per cm	1.90M	1.83M	1.89M	2.05M
	1B	1.08M	15 " " "	1.75M	1.78M	1.81M	1.83M
	2A	1.03M	15 " " "	1.70M	1.58M	1.70M	1.73M
	2B	1.03M	18 " " "	1.59M	1.45M	1.50M	1.69M
	*3A	.98M	20 " " "	1.48M	1.45M	1.51M	1.57M
	*3B	.98M	24 " " "	1.40M	1.40M	1.47M	1.47M
	*4A	.95M	28 " " "	1.31M	1.30M	1.40M	1.40M
	4B	.95M	35 " " "	1.24M	1.00M	1.25M	1.30M
400M	1A	76 sec	4 pts. per .10s	51 sec	50.74s	49.57s	49.5 sec.
	1B	78 sec	4 " " "	53 sec	52.68s	52.12s	51.7 sec.
	2A	81 sec	4 " " "	56 sec	55.52s	52.28s	52.28 sec.
	2B	84 sec	4 " " "	59 sec	61.96s	58.23s	54.56 sec.
	3A	87 sec	4 " " "	62 sec	62.99s	61.30s	59.1 sec.
	3B	90 sec	4 " " "	65 sec	66.15s	63.19s	63.19 sec.
	4A	93 sec	4 " " "	68 sec	78.64s	69.76s	64.6 sec.
	4B	96 sec	4 " " "	71 sec	82.68s	73.18s	68.5 sec.

Effective APRIL 1, 1980

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WORLD ASSOCIATION OF VETERAN ATHLETES

DECATHLON POINT-SCORING TABLE (1980)

Day 2

EVENT	AGE	SCORING BASE	SCORING RATE FOR IMPROVEMENT	PERF. FOR 1000 pts.	4th best Hannover (3rd.-65+)	1st. Place Hannover	World Record 1979
110 m Hurd	(1A)	32sec	6 pts per .10s	15.33s	15.95s	15.04s	14.4 sec.
99.6cm	(1B)	33 sec	6 " " "	16.33s	16.11s	14.86s	14.7 sec.
91.4cm	(2A)	35 sec	6 " " "	16.83s	17.56s	15.94s	15.1 sec.
	(2B)	35 sec	6 " " "	18.33s	20.64s	17.08s	16.6 sec.
84 cm	(3A)	36 sec	6 " " "	19.33s	20.44s	18.73s	17.5 sec.
	*(3B)	37.5 s	6 " " "	20.83s	20.12s	19.81s	? 18.9 sec.
76.2cm	(4A)	40 sec	6 " " "	23.33s	24.21s	23.99s	22.7 sec.
	(4B)	42 sec	6 " " "	25.33s	---	27.15s	21.9 sec.
Discus 2kg	(1A)	15M	28 pts per Metre	50.72M	47.80M	54.22M	67.00M
	(1B)	15M	32 " " "	46.26M	43.50M	48.16M	50.70M
1.6kg	(2A)	15M	30 " " "	48.34M	44.94M	46.86M	54.26M
	(2B)	15M	34 " " "	44.42M	41.80M	49.34M	50.54M
1kg	(3A)	15M	34 " " "	44.42M	41.26M	47.24M	53.42M
	(3B)	15M	36 " " "	42.78M	41.14M	50.42M	51.42M
	(4A)	15M	40 " " "	40.00M	37.58M	39.44M	39.44M
	(4B)	13M	44 " " "	35.72M	30.44M	31.34M	34.30M
Pole Vault	1A	1.40M	3.5 pts per cm	4.26M	3.60M	4.20M	4.80M
	1B	1.40M	4 " " "	3.90M	3.80M	4.10M	4.57M
	2A	1.40M	4.5 " " "	3.63M	3.10M	3.40M	4.27M
	2B	1.40M	4.75 " " "	3.51M	--	3.10M	4.12M
	3A	1.40M	5 " " "	3.40M	2.10M	3.20M	3.90M
	3B	1.40M	5.5 " " "	3.22M	2.60M	3.30M	3.60M
	4A	1.40M	6.5 " " "	2.94M	1.70(2nd)	1.90M	2.79M
	4B	1.40M	8 " " "	2.65M	-	-	2.09M
Javelin	(1A)	17M	20 pts per M	67.00M	61.06M	78.98M	78.98M
	(1B)	17M	25 P " " "	57.00M	55.10M	64.70M	64.70M
800 gm	(2A)	17M	30 " " "	50.34M	51.94M	56.18M	56.18M
	(2B)	17M	35 " " "	45.58M	43.82M	46.70	55.10M
	(3A)	17M	35 " " "	45.58M	39.76M	51.66M	54.08M
600 gm	*(3B)	17M	40 " " "	42.00M	37.08M	40.16M	44.82M
	(4A)	15M	45 " " "	37.24M	29.42M	37.02M	40.24M
	(4B)	13M	50 " " "	33.0M	22.52M	27.64M	29.32M
1500M	1A	6:46.8	6 pts per sec	4:00.0	4:03.7	4:00.8	3:52.0
	1B	6:56.8	6 " " "	4:10.0	4:15.1	4:09.6	4:03.2
	2A	7:06.8	6 " " "	4:20.0	4:25.5	4:17.0	4:14.0
	2B	7:16.8	6 " " "	4:30.0	4:41.0	4:34.5	4:20.7
	*3A	7:36.8	6 " " "	4:50.0	4:53.1	4:32.5	4:31.3
	3B	8:06.8	6 " " "	5:20.0	5:11.6	5:06.4	4:59.1
	4A	8:36.8	6 " " "	5:50.0	5:37.0	5:24.2	5:19.4
	4B	9:06.8	6 " " "	6:20.0	6:53.6	5:43.0	5:30.1

*Revised, Effective April 1, 1980

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THAT CERTAIN FEELING

By Wilf Morgan

Everybody knows what being exhausted feels like, and people involved in athletics know the feeling more than most. For instance a weightlifter hoisting a record poundage overhead can drain himself of nervous energy with an effort that lasts only a few seconds. At the other end of the scale a long distance runner who hammers away on the road for several hours feels exhausted with the steady run-down of physical energy. In short, the body has a number of energy sources and an athlete draws upon different ones according to the requirements of his sport or event.

Now, awhile ago I had a discussion with a marathon runner about states of exhaustion. He claimed that the feeling of exhaustion a marathon runner gets in a race is the most severe of any event in track and field. Well I wasn't going to stand for that was I? What about my event, the 400? I bided my time as he elaborated on the agonies of 'hitting the wall'.

"Well yes," I said, "I suppose completing a marathon is quite an achievement. Continuous running for two or three hours must be very tiring. But you know, the 400, that's a really tough race. I mean, when you move around that final bend and run into an oxygen debt, well that kind of sorts the men from the boys you know". Then the decisive thrust - "I doubt whether any of those long distance joggers have ever run fast enough to get into oxygen debt."

The barbs went home. I received a rapid and pointed invitation, to put it mildly, to put myself to the test and find out at first hand what the 'Long One' feels like.

"Well sure," I said, "anytime".

He didn't forget my loose tongued bit of braggadocio either. Within a few days he was on the phone with the news that there was a 20 mile road race coming up that would do for my examination. Well, the track season was over and I was at a loose end anyway, why not?

Now I must confess to having done some distance running. The odd 10,000 across the country, a few road relay legs of 3 or 4 miles, and on two occasions, a ten mile road race - (which I am pleased to tell you were both under the hour).

I had ten weeks to get ready. My plan was to do 30 miles a week to start with and move up to 50 later. This would include 15 every Sunday.

Things went well, no injury problems, reasonably good weather and continuously improving training times. A week before the race my 15 time was down to 1:36. I reckoned I was ready.

So on Sunday afternoon, November 11th, I stood at the start, ready to do the 20 miles from Leamington to Banbury. We started off running into a wind, which meant we would probably have it against us all the way. It was coldish too. However, I soon forgot about all this and quickly settled down to move along with a group going at my speed, about 6½ minute miling. As I suspected it was all so simple, I breezed through 5 in :32, 10 in 1:05, and 15 in 1:37. I then began to calculate my final time and settled for 2:10, I'm not greedy. I even took a drink like a real marathon man and wondered if I could fit a marathon into my build up for New Zealand next year. Just a suspicion of leg weariness but nothing I couldn't handle. All in all a 'piece of cake'. Who do these distance men think they're kidding?

It was just after this bit of dismissive contempt that it happened! The wicked witch waved her magic wand and turned me from a confident, 44 year old youngster, striding easily along, at peace with the world - into a shamling apology for a runner with energy fast draining away.

OK, OK, don't panic, this will pass, keep your cool. But the wicked witch would not hear of it. Around the next bend she placed Mount Everest. Now that was most unfair. I gave up, started walking and fell into a deep sulk.

All right, I've got the message. So I've got a loose mouth, but please, please, give me back some energy. I must get going again. And another thing, why are all the people running past me, don't they have a heart!

I trudged up the damned hill, forcing myself into a run as I passed someone cleaning his car by the roadside. Near the top I was passed by a young female figure looking light and full of running. Obviously the witch had sent her daughter along just to add to my humiliation.

So, on to the highway that led to Badbury, the sign showed 3 miles. The light started to fade and I began to feel cold. I struggled to keep running. The cold was spreading through my upper body. Nobody was in sight. Suddenly I saw the headline in the 'Banbury Chronicle' - 'Birmingham Man Dies of Exposure in Local Road Race'!

Oh no! I wasn't having that. To bow out whilst running is not such a bad idea. But I'd rather do it on a nice synthetic track in the height of summer. Definitely not on this non descript stretch of tarmac on a dull day in November. The chill of fear drove me forward and I worked up a reasonable pace, for all of 30 seconds. Another slump, another walk. Oh God, what an awful feeling. Cold, tired, lonely. I hadn't felt so sorry for myself since I was a little kid and I lost my mother in Woolworths. When will this end, it seems like an eternity.

The finish did come, I tried an air of nonchalance as I crossed the line, but I never was a good actor. I slumped down and listened to someone saying that I'd done 2:19. I couldn't have cared less.

After a shower, four cups of tea and two Mars bars a little feeling started to return. But most of it was a flat run-down feeling.

My trials were not over yet. I had to drive home with the gentleman who had listened to my earlier pronouncement on the relative merits of 400 and marathon running. I just hoped that my numbed senses would be able to hold the fort.

As we motored back towards Leamington on our way north to Birmingham he invited comment: I obliged with, "Well, it wasn't too bad. Yes, I'm satisfied with my time but I slowed a bit towards the end. Yes I'd do it again if I could fit it in with all the track work". I hoped it sounded convincing.

Then came the awaited sword thrust. "How does it compare with the 400 then".

"Oh, it's different mate, different". Then I rallied, "Of course in a 400 when you reach the crown of that final bend you run into an oxygen debt, then you really feel it. It's all about guts you know. I remember when I ran the National Vets at Leicester....."

Wilf Morgan is a long time competitor in British athletics. He has competed in all three World Championships to date individually and as a member of England's winning 1600M relay teams of 1975 and 1977 and 2nd place 1979 team.

Big entry for Veteran Games

CHRISTCHURCH
JANUARY 20TH, 1980

Christchurch can expect an influx of 5000 or more visitors for the fourth-world veterans athletics championships in February next year.

This weekend an international delegation of veteran athletics officials is in Christchurch inspecting the facilities and checking progress on the games, which start on February 8, 1981.

Among them is the World Association of Veteran Athletes' president (Mr Don Farquharson) of Canada.

About 3300 athletes competed in the last games in Hanover, West Germany. Mr Farquharson predicted the Christchurch entry would be about 2500.

"However, it could go much higher," he said.

Mr Farquharson said he expected that for every athlete competing, Christchurch could expect another visitor because of the number of family members that attended the games.

"However, your accommodation seems well in hand," he said.

Several countries have already indicated they will be sending big teams.

"The Australians say they are sending 500, and America is always good at supporting these things, while 100 to 150 are coming from my country.

"There will be a good number from Britain, 400 Germans are already signed up to come, and about 150 are coming from Scandinavia."

He said publicity about the venue in the veteran athletics quarterly magazine after the delegations visit should stir up more interest.

Distance and cost should not be a deterrent for northern hemisphere athletes.

"I got the feeling in North America and Europe that interest is running very high in these games.

"And a lot of people stayed away from Hanover because they knew of New Zealand's bid for the games, and were determined to come here as a once in a lifetime trip."

The fact the games will be out of season for many visitors also should not discourage them.

"It is no problem for distance runners. They run in any weather," Mr Farquharson said.

"And most North American cities have good indoor facilities for sprinters, as do some European cities."

The delegation inspected Queen Elizabeth II, Park, the championship venue, yesterday, and the stadium "had everything," he said.

"I have not seen a centre-field in better condition than this one anywhere, and it is a lovely track, easy on the legs and feet.

"The only thing that struck me as less than top class was the changing rooms. They were not equal to the stadium."

Mr Farquharson said they were not unsatisfactory. "It

is the only area which doesn't match everything else, but there won't be any grumbles about it."

The holiday will be as important as the competition for many visitors, it seems.

"The unique aspect of these games is that 90 per cent of the people are coming here with no thought of a medal," Mr Farquharson said. "They are coming here to do the best they can according to their own standards."

During our athletic careers (?) most of us have encountered an incident which tickled the funny bone. Each issue we'd like to publish someone's amusing experience so please put pen to paper and tell about it. A suitable award will be given to published articles.

This, being the first issue, I don't have any on hand so you'll have to suffer through one of mine. Make sure it doesn't happen again.

During the autumn of 1974 preparations for the first World Masters' Championships, Toronto, were going on apace and amongst these preparations John Young and I had plotted the Cross Country Course in Sunnybrook Park. Next Sunday morning at 9 a.m. the Metro Toronto Fitness Club would stage their club championship over it to work out some of the 'snags' but now, on the Tuesday previous I decided to run the course for 'time' to see what I could do.

The weather was perfect, sunny but not too warm. I sped (?) the first two miles checking my watch at key points and at this stage I approached a narrow suspension bridge over the Don River. Those of you who ran the race will recall that instead of using the bridge we splashed through the water but at this stage plans were to use the bridge.

Nearing the wooden structure, I was suddenly aware of beautiful 'stereo' music wafting from the surrounding trees and then I noticed a beautifully dressed couple sitting on the bank carressing. Almost blocking the bridge at its apex was a bulky figure bedraped by a black cloth from under which peeked a large camera lens pointed at the couple.

A couple of my strides and the bridge commenced shaking violently up and down. A bellow came from within the black cloth "What the hell is happening to this bloody bridge!!" I stopped hesitantly beside the tripod as the cloth was thrown back to reveal an irate red face and then I noticed a sound pick-up just inches away. I wondered what the sound of my laboured breathing was doing to the film of the idyllic scene below.

At the same moment I became aware of a large white van at the far end of the bridge. On the side it said 'Canadian Broadcasting Corporation' and from the tailgate there emerged a bevy of stenographer type women waving me back with large note pads. I reckoned that the damage was already done however and continued over the bridge. I wasn't their park and my time trial was ruined. As I ran off the bridge a 'producer' looking man stepped out of the van; gave me a jaundiced look and said in a pained voice "It happens."

I picked up speed and continued along the course. A few minutes later as I laboured up Goliath Hill a thought came to me and I laughed aloud. I imagined the Producer character saying "OK, pack up now. Come back next Sunday morning at 9 a.m. and we'll try again." I thought of the MTFC hordes pouring over his bridge.....

W.A.V.A. is the World controlling body for Veterans Track and Field and related athletic endeavours. The executive is elected each two years at a meeting of the General Assembly and comprises a President, one or more Vice Presidents, a Secretary, a Treasurer, a co-opted member from the last host country for the World Championships and a Womens' representative. To form the Executive Council the above members are joined by a representative of each of the six continental areas delineated by Olympic rules. These continental representatives are each elected at a meeting of members of their respective areas. Names and address of the current members of the Executive Council are attached.

At the General Assembly the Council is joined by the official delegates of each national Veteran body affiliated to W.A.V.A. Each country has at least one delegate plus one additional delegate per 500 bona fide members to a maximum of 5 delegates. It is the function of these delegates to bring before the Executive Council the opinions and suggestions of Veteran athletes in his particular country and to vote on their adoption or rejection. In this way the desires and aims of the world wide membership can be recognized. Members of the various committees also attend the General Assembly to provide technical information. In case you do not know the national delegates of your country we also append a list of their names and addresses. Before the next General Assembly at Christchurch, New Zealand, January 7th 1981, some of these delegates may be changed and/or the names expanded but they will certainly know your delegates for 1981. Get in touch with your delegate and let him know your views.

Many W.A.V.A. members will know that I.G.A.L., the World Best Veteran Long Distance Road Running Organization has been active longer than W.A.V.A. and has, in fact, been conducting international events since 1968, with outstanding success. We would like to acknowledge and commend the work done by ARTHUR LAMBERT and his colleagues over the years.

At Hannover last August the Executives of our two Veteran Organizations met to discuss how we can combine by stages so that in time there will be one international Veteran body only. To this end many of the I.G.A.L. executives have volunteered their expertise in the long distance committee of W.A.V.A. Furthermore, the 1981 I.G.A.L. events will take place in New Zealand just prior to the 4th World Veteran Championships so that competitors can take part in both meets. This is an important step towards the union which we hope will come about. Details of the I.G.A.L. events for 1980 and 1981 are contained in this newsletter.

Resisting the impulse to quit when you realize the only people behind you are a 96-year old woman and her 5-year old, great-grandson...



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