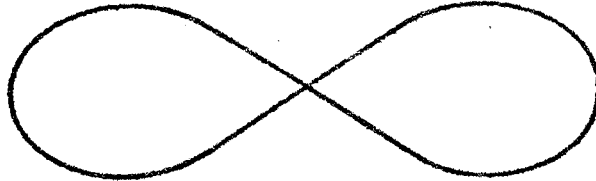


The Veteran Athlete



Nº 1

20 cents

FOR THE YOUNG IN HEART

FROM THE HEART OF THE NATION

PUBLISHER

MAX VAN APELDOORN

EDITORIAL

Jack Pennington

Frank McCaffrey

Wally Sheppard

*Best wishes
to all
T+F.
Jack Pennington*

NATIONAL FITNESS IS OUR AIM

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N.S.W. Fixtures

Sunday, July 11th	10am	15 km Track Champs
	9.30am	20 km Road Walk Champs
Sunday, August 15th	9.30am	30 km Road Walk Champs
	10am	25 km Road Run Champs

PLEASE BRING OFFICIALS - ENTRY 50 CENTS

EDITORIAL

Jack Pennington,
3 Cotton St.,
DOWNER. A.C.T. 2602

Frank McCaffrey,
51 Shaftesbury Rd,
BURWOOD. N.S.W. 2134

Wally Sheppard,
148 Manningham Rd,
BULLEEN. Vic. 3105

A MESSAGE FROM THE
PRESIDENT OF THE UNITED STATES

White House,

June 13, 1969

I welcome this opportunity to greet contestants for the second Masters Track and Field Championships, which gives men over forty the opportunity to engage in athletic competition.

This event is significant, not only because it offers the competitors in this age group the thrill of competition but also because it serves to remind us that in the life of the body - and the life of the mind - age should be no barrier in the pursuit of excellence. To all of you and especially to those from Australia, Canada and Great Britain, I extend my best wishes for a successful contest.

(Signed)

Richard Nixon

From "Medical Aspects of Sport and Physical Fitness"
by Dr J. Williams (1965), Senior Medical Registrar of
the London Medical Rehabilitation Centre.

"There is a lack of rapport between Medicine, Physical Education, and Athletic training; the most fruitful gifts the future can bestow will be the establishment of a close relationship between the three, so that a rapid exchange of ideas and information will be of mutual benefit to mankind."

The above quote should become the Veteran athletes contribution to mankind in our ever debilitating affluent society.

EDITORIALEditorial Policy:-

Veterans in the accepted sense are sportsmen over the age of 40 years; however, we think it is good to bridge the gap between the prime of sporting life (which clearly is under the age of 35, when all tend to ease up on serious training) and the new age division of 40 and over.

In catering for the over 35 years we shall refer to them as Juniors, the over 40 years as Seniors and the over 50 years as Masters.

The over 60 years we imagine, will be a very select band of high quality, and should be referred to as Grand Masters.

We are concerned primarily to promote running, which we consider is every man's birthright. Not to be able to run is, in our opinion, an unfortunate condition and usually due to man's own neglect of an ability he was born with. Nevertheless, we shall from time to time report on other veteran activities which we consider to be of merit and interest.

We do believe that the medical profession is handicapped because they seldom ever see a fit human being: when they do, they seriously consider there must be something wrong with him - what it is they have never discovered. They consider the community over the age of 35 years to be in normal health, and that sudden death is to be expected once one passes middle age.

The greatest message we can communicate to the community is to put on a race for Old Age Pensioners. Our Sid Hesketh and Fred Wrightson would run the pants off many of the big, fat, tough footy players over five miles, or the marathon. You are as old as you feel, and our Grand Masters look and clearly are, in the physical condition of men forty years younger. Fortunately many eminent medical researchers are having a look at what is different about Veteran runners. Our numbers are growing, and so will their knowledge of us in particular, and man in general.

If you consider this a worthwhile publication, please interest another Veteran, and send Max a suitable donation to cover the next few issues.

We can guarantee an issue every two months - this will become monthly when we can afford it.

Subs: To Max Van Apeldoorn,
163 Antill Street,
DOWNER. A.C.T. 2602

WE WANT TO REACH THE MEDICAL AND NATIONAL FITNESS COMMUNITY

With the help of the Randwick Botany Club

Logan Irwin organised the first full-scale track and field for age groups 35 years and upwards. The inspiration came from the Lewisham Sports Medicine Clinic, who wished to obtain information about the medical effects of endurance running in relation to age - Dr Millar and Dr Sutton were highly pleased that they were able to obtain blood from 15 competitors before and after races - a loss of 20 mils did not prevent some of the donors from winning.

Dr Millar has since reported that all blood samples were healthy - but that an analysis of this type had never been done before, and in fact, something new had been learnt (old athletes are different from young athletes). The results will be published in a medical journal. The editors think that the finest athletes at the meeting were Sid Hesketh and Fred Wrightson - both aged 66.

A presentation night was held on June 11th. There were medals for every winner - Jack Pross was really embarrassed; he went away with pockets full.

Victorian Wally Sheppard received special medals for his world standard wins in the 800/1500.

N.S.W. RESULTS (Grasstex track,
hot and windy)

40-49

100 METRES

1. J. Daly (1929)	12.8	2. D. Brodie (1928)	12.9
3. L. Schafer (1930)	13.0	4. J. Soutar (1930)	13.0
5. P. Manning (1931)		6. J. Thackray (1930)	

50-60

1. J. Rowley (1911)	14.5
---------------------	------

200 METRES

40-49

1. J. Daly	24.0	2. D. Brodie	24.2
3. P. Manning	24.8	4. J. Soutar	26.8
5. R. Patmore	31.2		

400 METRES

40-49

1. D. Brodie	55.1	2. P. Manning	55.4
3. J. Daly	58.4	4. R. Clyne (1930)	62.8
5. J. Thackray	65.9		

50-59

1. J. Pross (1919)	67.0
--------------------	------

800 METRES40-49

[W. Sheppard (Vic.) (1922) 2:06.6]	1. P. Manning 2:26.5
2. R. Clyne 2:38.2	3. B. Born (1929) 2:55.7

50-59

1. J. Pross 2:43.2

1500 METRES40-49

[W. Sheppard (Vic) 4:27.2]	1. J. Pennington (1922) 4:35
2. P. Piper (1927) 4:39.8	3. J. Stewart (1930) 4:41.4
4. R. Clyne 4:50.8	5. F. Devlin
6. S. Everett (1931)	7. J. Morgan
8. W. Scott	

50-59

1. F. McCaffrey (1919) 4:52	2. A. Beverstock (1920) 5:16.4
3. J. Pross (1919) 5:59.3	4. A. Southwood (1911) 6:26

60 & over

1. L. Williams (1909) 6:06	2. S. Hesketh (1905) 6:11
3. F. Wrightson (1905) 6:37	

5000 METRES40-49

1. J. Pennington 17:25	2. P. Piper
3. E. Etherton (1926)	4. R. Clyne 18:03
5. J. Stewart	6. F. Devlin
7. P. Shinnick (1930)	8. J. Morgan
9. W. Scott	10. B. Born

50-59

1. F. McCaffrey 17:39.4	2. A. Beverstock 18:47
3. H. Dalheim (1917) 18:48	4. V. Townsend (1919) 21:43

60 & over

1. S. Hesketh 22:02	2. F. Wrightson 22:29
3. L. Williams 23:29	

110m HURDLES40-49

1. L. Schaefer 17.4	2. R. Clyne 22.6
3. B. Burn 32.4	

3000m WALK40-49

1. E. Edwards (1930) 15.36	2. D. Adair (1924) 17.10
3. M. Porter (Vic.) 17.18	

50-59

1. V. Townsend 16.36

60 & over

1. B. Jones (1903) 19.23

TRIPLE JUMP

<u>40-49</u>	1. L. Schaefer	39.5 1/4"	2. J. Soutar	36.6 1/4"
	3. L. Cotton (1926)	35.4"	4. J. Stewart	30.4 1/4"
	5. K. Steward (1923)	30. 1/4"		
<u>50-59</u>	1. J. Pross	28. 3/4"		

HIGH JUMP

<u>40-49</u>	1. L. Schaefer	5'	2. R. Clyne and J. Stewart	4.6"
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LONG JUMP

<u>40-49</u>	1. L. Schaefer	17.6 1/2	2. J. Soutar	17.0 1/4"
	3. L. Cotton	13.7 3/4		
<u>50-59</u>	1. J. Pross	12.4"		

POLE VAULT

<u>40-49</u>	1. L. Schaefer	9.6"	2. J. Croft (1931)	8.6"
	3. K. Steward	7.6"		

HAMMER THROW

<u>40-49</u>	1. J. Soutar	102'2"	2. K. Steward	57'2"
<u>50-59</u>	1. A. Tesija (1913)	110'8"		

DISCUS

<u>40-49</u>	1. J. Soutar	95'1"	2. K. Steward	83'8"
	3. J. Thackray	61'4"		
<u>50-59</u>	1. A. Tesija	80'8"		

JAVELIN

<u>40-49</u>	1. R. Hargreaves	105'5"	2. K. Steward	93'10"
	3. J. Thackray	92'7"		

SHOT PUT

<u>40-49</u>	1. R. Hargreaves	30'8"	2. J. Soutar	29'1 1/2"
	3. R. Clyne	26'11"	4. K. Steward	24'11 1/2"

JUNIORS 35-39

<u>100 M</u>	1. J. Waller (1933)	12.9	2. B. Smith (1934)	13.0
	3. C. Stubbins (1934)	14.0		
<u>200M</u>	1. J. Waller	24.5	2. B. Smith	24.7
<u>400M</u>	1. J. Waller	55.2	2. C. Stubbings	57.0

JUNIORS 35-39 (cont.)

<u>800M</u>	1. I. Hassall (1934)	2:05.2	2. D. Wilson (1936)	2:06
	3. C. Stubbings	2:15.7	4. J. Waller	2:19.6
<u>1500M</u>	1. N. Cleverly (1935)	4:11.2	2. I. Hassall	4:11.7
	3. D. Wilson	4:12.7	4. S. Chorlton (1933)	4:14.2
	5. T. Visalli (1932)	4:38.2		
<u>5000M</u>	1. S. Chorlton	15:33	2. N. Cleverly	16:04.5
	3. I. Hassall	16:35	4. T. Visalli	17:06.4
	5. G. Freeman (1932)		6. T. Ibbott (1934)	
<u>3000M</u> Walk	1. L. Irwin (1933)	14:29	2. L. Waddell (1932)	14:42
<u>TRIPLE J.</u>	1. R. Allen (1935)	34:11 3/4		
<u>HIGH JUMP</u>	1. L. Irwin	4'8"	2. R. Allen	4'6"
<u>LONG JUMP</u>	1. R. Allen	16'7"	2. G. Freeman	14'9 1/4"
<u>DISCUS</u>	1. N. Ryan (1931)	91'10"		
<u>SHOT PUT</u>	1. L. Irwin	26'5"		

Did you know that the Referee of the U.S.A. Masters track and field is Larry Lewis - who runs 6 miles every morning before work.

What is so special about that!?

Well, Larry was born in 1867, and when he was a lad of 98 he was knocked down by a car and spent 26 days in hospital recovering from bruises and fractured skull. Doctors naturally can't quite believe it.

One thing is sure - Larry is a world Record holder.

In London, Joe Deakin, who is ten years younger than Larry, is still running in Clubs Handicaps, including cross-country. Joe can claim to be the oldest Olympic Champion competing - he won the 1908 Olympic 3 miles. He declares there is nothing like a glass o'beer and a pipe o'baccy after a hard race.

CANBERRA

Jack Pennington will organise a mass "Jogalong" sponsored by National Fitness.

The Athletic Assn will award time certificates to all finishers on a 4 mile course. Sid Hesketh and Fred Wrightson, both aged 66 years, will act as "pied pipers".

WHY RUN?

About four years ago, at the age of 47, my health was deteriorating. Constant pain in the legs, indigestion, overweight (about 13 1/2 stone), sleepless nights, made my life quite miserable.

My doctor told me that I was ageing too early, that my blood pressure was too high, that the pain in my legs was due to hardening of arteries, that I was overweight, that I should not do any sport and that I should keep myself warm in long woollen underwear.

Then and there I made up my mind not to become an invalid and that I would fight to get my health back, never mind the costs or consequences! Thanks to an article in the Readers Digest (about the "Aerobics" of Major Cooper) and an announcement of "jogging" classes in the newspaper, I suddenly realised how to become fit again.

It took me one year before I could jog one mile, because of tremendous pains in my legs.

To make it short, it took me a few years to become fit, and not only that, I am a much happier man in general.

I sleep better, no high blood pressure, no indigestion, less weight (I lost about 3 stone), my pulse rate lowered from 85 to 52 (early in the morning in bed), and most important, I feel I am alive, and enjoy each day of the year.

(Signed) MAX VAN APELDOORN

Footnote: Unfortunately, although Max can now run 100 miles per week, his doctor died of a cardiac insufficiency.

J.P.

Medical Research team conclusions from the Mexico Olympics.
"Athletes who collapsed due to severe Hypoxia, recovered, suggesting that a person's capacity to perform record athletic feats is a most reliable indicator of Cardio-vascular health.

It may be assumed that the hearts of superbly trained contestants are free from significant heart diseases."

from "Hypoxia at Mexico City Olympics"
1968

Ernst and Peter Jokl

THE UNESCO WORLD HEALTH ORGANISATION -

Sponsors a magazine called "Condition". Published in Germany, the publication issues World Ranking lists for runners in our age groups from 3,000 m to 100 miles. Any member requiring a sample copy should write to -

The Editor, Herr Meinrad Nagele,
D5 Koln-Nippes 60,
Budericherstrasse 1,
BR. DEUTSCHLAND.

Jack Pennington is their correspondent in Australia. Please send him Veteran results, which should include (1) the winner's name and time and date; (2) details of the course distance, and weather, and (3) the signature of the person who took the time or measured the performance; (4) full name, date of birth, height and weight of the competitor.

1970 "WORLD RANKINGS"Courtesy of "Condition"40-49 Mara.

					<u>at</u>
1.	W. Weber (Ger.) (1925)	2	hrs 22 m 18 s	25/4/70	Kunsebeck
2.	N. Sadanaga (Jap.) (1929)	2	23 52	17/5/70	Skovde
3.	H. Ariens (Ger.) (1928)	2	24 18	10/10/	W'hafen
10.	Sumbwegam (Bur.) (1930)	2	31 08	15/12	Bangkok
20.	J. Fitzgerald (Eng.) (1923)	2	40 06	17/5	Skovde
30.	A. Viskari (Fin.) (1928)	2	42 49		
40.	Dr Packard (USA) (1921)	2	44 05	21/6	Los A.
50.	K. Pfanner (Swi.) (1928)	2	46 29	17/5	Skovde
100.	M. Augustin (CSSR) (1928)	2	54 45	4/10	Kosice

0/50

1.	T. Buckingham (E.) (1918)	2	39 01	17/5	Skovde
2.	R. Gordon (USA) (1918)	2	41 53	17/5	Skovde
3.	S. Ekstrom (Swe.) (1915)	2	43 58	22/11	Enhorma
10.	Dr Andberg (USA) (1911)	2	51 44	17/5	Skovde
20.	O. Elvland (Swe.) (1919)	3	03 53	17/5	Skovde
30.	A. Blumensaat (Ger.) (1911)	3	10 06	25/4	Kunseb
40.	J. Vossen (Ger.) (1917)	3	15 14	31/10	Redrath
50.	B. Fennis (Hol.) (1914)	3	17 56	23/5	Maasluis
100.	G. Balz (Ger.) (1920)	3	42 45	11/10	Braunl

0/60

1.	Montgomery (USA) (1906)	2	56 47	6/12	Culver
2.	T. Jensen (Sw.) (1907)	3	02 24	28/6	Stensund
3.	J. Farrell (Eng.) (1908)	3	11 47	16/5	I.O. Wight
10.	J. Berg (Ger.) (1909)	3	25 40	31/10	Redpath
50.	B. Doughty (Eng.) (1906)	4	24 44	17/5	Skovde

0/70

1.	F. Grace (USA) (1898)	3	44 06	24/5	Verdes
2.	A. Lambert (Ger.) (1891)	3	52 30	13/9	Rumeln
3.	K. Shinozaki (Jap.) (1899)	3	58 00	17/5	Skovde
10.	H. Petzoldt (Ger.) (1897)	5	45 56		

10 MILES0/40

1.	A. Walsham (E) (1930)	51	m	29	s	27/9	Swindon
2.	C. Walker (E) (1929)	52		04		23/5	
3.	C. Simpson (E) (1929)	52		08		30/3	Maidenh.
10.	Dr Packard (USA) (1928)	54		58		23/8	Haverhill
20.	H. Cooper (E) (1928)	56		36		11/1	Hull
30.	A. Hughes (E) (1927)	58		22		13/9	Glouc.
40.	G. De Pooter (USA)	60		02		14/6	G. Grove
50.	A. Grainger (E) (1928)	62		10		13/9	Glouc.
100.	P. Clark (USA) (1926)	70		18		2/5	Vallery
	[23.J.Pennington (Aus.) (1922)	57		14		19/7	Campbelltown]

0/50

1.	W. Morris (1918) (I)	54		19		(Ire)	
2.	H. Smith (1918) (E)	55		40			Swindon
3.	W. Boyden (1918) (E)	59		05			Walton
10.	A. Clark (USA)	66		00			G. Grove
20.	R. Long (USA)	68		18			Valley
30.	W. Yarcho (USA)	74		15			Ohio

0/60

1.	J. Kelley (1908) (USA)	61		24			Wallas.
2.	W. Frederick (1908) (USA)	70		04			Grove
3.	V. Piji (1909) (Hol.)	70		16			Rotter.
10.	E. Peacock (E) (1908)	86		30			Belgrave

0/70

1.	E. Sullivan (1896)	102		10			Walton
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10,000 m0/40

1.	Covizi (Fr) (1927)	31		30			Ligon
2.	A. Mimoun (Fr) (1921)	31		33			Bourges
	(Silver Medals 1948,1952 Gold Medal 1956)						
3.	W. Weba (Ger.) (1924)	31		42			Wiesbaden
10.	H. Bode (Ger.) (1928)	33		07			Bielefeld
20.	Dr Bomar (CSSR) (1927)	34		18			
30.	J. O'Neil (USA) (1930)	35		31			Wiesbaden
40.	A. Lawton (E) (1924)	36		45			Bolton
50.	Dr Poupe (CSSR) (1927)	37		27			Liberec
100.	R. Simmerkus (Ger.) (1924)	41		08			Redrath

0/50

1.	H. Smith (E) (1918)	35		26			Bolton
2.	J. Strupp (CSSR) (1916)	35		53			Brno
3.	N. Ashcroft (E) (1914)	36		33			Bolton
10.	G. Pauls (Ger.) (1917)	38		02			Grafing
20.	J. Vossen (Ger.) (1917)	39		35			Redrath
30.	H. Ammon (Ger.) (1916)	40		37			Westercel
40.	A. Peikert (Ger.) (1914)	41		43			Munching
50.	H. Hertkorn (Ger.) (1917)	44		05			Krifiel

0/50 (cont.)Australia

	Cliff Bould (1916)	37 ^m 50 s	San Diego
	J. McCaffrey (1919)	36 43	Sydney

0/60

1.	A. Hohne (Ger.) (1909)	41 13	Redrath
2.	J. Berg (Ger.) (1909)	41 36	"
3.	Dr Petilety (CSSR) (1905)	42 18	Liberec
10.	M. Rames (CSSR) (1905)	46 55	Prague

0/70

1.	M. Rohbeck (Ger.) (1900)	61 42	Delmen
----	--------------------------	-------	--------

5,000 m0/40

1.	P. Mundle (USA) (1928)	14 42	Los A.
2.	A. Walsham (E) (1930)	14 58	
3.	A. Mimoun (Fr) (1921)	15 16	Vevers
10.	H. Arians (Ger.) (1928)	16 04	Varel
20.	J. Revers (USA) (1926)	17 00	August
30.	J. Selby (USA) (1929)	17 36	Los A.
40.	B. Mimm (USA) (1925)	18 21	Drive
50.	G. Kupper (Ger.) (1929)	18 47	Redrath
[25.]	J. Pennington (1922)	17 17	Canberra]

0/50

1.	T. Stober (Ger.) (1919)	16 32	B. Glb.
2.	Wrzcszcy (Pol.) (1920)	17 02	August
3.	G. Pauls (Ger.) (1917)	17 27	Altotting
10.	S. Culzanam (Ind.) (1917)	18 23	
20.	I. Roger (Fr.) (1913)	19 30	Paris
30.	Rabic (Fr.) (1918)	20 27	St Cloud
40.	Lemoine (Fr.) (1915)	22 33	"
50.	Dr Wirtler (Austria)	25 06	Redrath

0/60

1.	J. Bole (USA) (1907)	20 25	
2.	W. Frederick (USA) (1908)	20 51	San Diego
3.	A. Guth (USA) (1909)	21 58	"
6.	R. Hubbel (USA) (1909)	25 32	Irvine

0/70

1.	N. Johnson (USA) (1899)	26 13	Maryland
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National Heart News No.19:

London bus drivers suffered 40% more heart disease than conductors.

Postal clerks in Washington, U.S.A., suffered 90% more heart disease than Postmen.

by Dr Kenneth Cooper (1968)

Bantam Books - 16th Edition
4,000,000 sold

This book may take second place only to the Bible, and should be on every man's book shelf.

Never again can the sceptics say that running is only for animals or cranks.

Dr Cooper was employed by the Space Administration in the U.S.A. to devise a method of keeping space crews fit in the most efficient manner. With a highly trained staff and all the sophisticated equipment he needed, he tested over 20,000 men in all age groups and in a variety of unhealthy conditions, including asthmatics, diabetics, and some even with heart conditions.

His conclusions are that, without exception, "Aerobic" exercise can make a new man of you in a matter of months, depending on how unhealthy you are.

He lists a whole series of sports which have a "training effect", and the most effective is running, even a mile or so per day, at seven or eight miles per hour, has a profound effect [once you have reached a level of "Aerobic" fitness which permits you to jog a couple of miles].

Dr Cooper also deals with diet, work, rest, sleep, and the book is a "mine" of information for mankind in general.

As is expected from a medical man, he has one proviso - don't rush into "Aerobic" exercise until your own doctor examines your heart condition. Running specifically exercises the heart and lungs, and therefor improves every condition in the body [including the mind].

Explanation of the term "Aerobic" is - any physical activity that requires a heavy intake of oxygen, so that the activity may be continued for several minutes or longer. i.e. Sprinting up to 150 yds for a man in good health requires no oxygen, but when the effort is extended for more than that distance, it requires an efficient transfer of oxygen via the lungs to the blood and then to the muscles of the legs in particular. But what is often overlooked is that the heart muscle itself is called upon to work at a higher rate and output, and therefor must itself obtain a better blood supply, and it is this factor above all others which is improved by "Aerobic" exercise, whether it be running, bush-walking, skiing, boxing, rowing or cycling. Stop-start ball games, etc. have little training effect, and like sprinting can be termed "Anaerobic". Now you know why sprinters and footy players are not in our class!!

Dr Cooper has analysed many sports and compared their effects, and running tops the list, in terms of efficiency.

20th June 1971 - 1st N.S.W. Vets. 10,000 m
CROSS COUNTRY

2-lap Undulating Course

Veteran

0/40

1.	Jack Pennington	37m 14s	(1922)
2.	Robin Clyne	37 29	(1931)
3.	Keith Ollerenshaw	37 41	(1928)
4.	Frank McCaffrey	38 21	(1919)*
5.	E. Etherton	38 51	(1926)
6.	F. Devlin	40 02	(1925)
7.	P. Manning	42 17	(1931)
8.	R. Cartwright	46 12	(1928)
9.	G. Broome	46 49	(0/50)*
10.	Les Williams	46 57	(1909)*
11.	H. Jager	48 01	(0/40)
12.	Fred Wrightson	48 34	(1905)*

Masters

0/50

1.	Frank McCaffrey
2.	G. Broome

Grand

Masters

0/60

1.	Les Williams
2.	Fred Wrightson

Juniors

0/35

1.	Stan Chorlton	32 34
2.	Ian Hassal	35 03
3.	Norm Cleverly	35 30
4.	Tony Vissali	37 11
5.	Dennis Wilson	37 33
6.	Peter Verstegen	40 53
7.	Graham Kent	41 17

Please send us your first names and year of birth.

VICTORIA

CROSS COUNTRY (1st May 1971)

Veteran

5,000 m

1.	Tom Kelly	17m 37s	7.	Jim Davy	19m 58s
2.	Les Perry	18 58	8.	Mick Skinner	20 04
3.	Lin Hooper	19 13	9.	M. O'Neill	20 07
4.	K. Routley	19 24	10.	Bill Coyne	20 13
5.	R. Young	19 30	11.	A. de Ville	20 18
6.	Wal Sheppard	19 38	12.	Ivan Carter	20 43

VICTORIA CROSS COUNTRY (cont.)5,000 mVeteran

13.	E. Gamble	21m 05s	25.	J. Tennant	24m 09s
14.	W. Fort	21 07	26.	J. Tutton	24 19
15.	J. Johnson	21 25	27.	N. Le Rossignol	24 24
16.	L. Hill	21 57	28.	W. Burke	24 25
17.	J. Conway	22 08	29.	J. Stevens	24 50
18.	D. McNair	22 14	30.	W. Tatt	25 14
19.	P. Colthup	22 19	31.	H. Russell	25 56
20.	T. Robbins	22 34	32.	J. Farrell	26 40
21.	G. Sarfarty	22 38	33.	V. Pye	27 55
22.	D. McDonald	22 42	34.	G. Simpson	28 58
23.	H. Stevens	23 03	35.	G. Wilson	29 28
24.	H. Ward	23 56	36.	G. McKenzie	30 19

15 km (9th May 1971)

1.	Norm Duff	49 52 (40y)	7.	Mike Porter	63 31
2.	Theo Orr	54 36	8.	Ray Boxer	63 39
3.	Wal Sheppard	56 06 (49y)	9.	Wal Riley	63 48
4.	Roy Thomas	59 40	10.	Bert Phillips	75 53
5.	Hal Dalheim	61 05 (54y)	11.	George Wilson	78 22
6.	Alan Jones	62 05			

20 km (23rd May 1971)

1.	Tom Kelly	66 24	6.	Roy Thomas	79 54
2.	Keith Routley	72 20	7.	Noel Anderson	81 01
3.	Theo Orr	74 38	8.	Jim Conway	87 06
4.	Wal Sheppard	75 18	9.	Bert Phillips	104 44
5.	Bill Warr	79 02	10.	George Wilson	108 27

Competitors, please take the trouble to write down your full name, date of birth, place of birth, and when you commenced running. This is especially necessary in assessing the merits of our performances.

For instance, it is clear that there is a big performance gap between the age of 40 and 50, and again between 50 and 60. PLEASE SEE THAT ONE OF THE EDITORS GETS THIS INFORMATION, which will be kept for reference.

National Heart News No.19

In Australia the mortality rate is 70% higher for clerks than for farmers.

It is strongly suggested that the freedom from coronary heart disease among New Guinea Highlanders, and the Masia and other tribes in Africa, and in the less affluent nations generally, is due to the characteristics of higher levels of physical activity of these people.

SOUTH AUSTRALIAN RESULTSCorrespondent: Alwyn Digance

Veteran Club was formed on 14/4/71.

AFF: S.A. V.AAC.

c/- A. Digance,
35 Dinwoodie Ave,
CLARENCE GDNS. S.A. 50341 mile after 3 miles Pack Run
3/4/71

1.	R. O'Neil	4 m 59s	(42)
2.	R. Clarke	5 13	(46)
3.	M. Cubitt	5 29	(40)
4.	W. Rust	5 47	(45)
5.	D. Kimber	5 50	(50)
6.	A. Gottchalk	5 51	(39)
7.	A. Digance	6 39	(56)

6 ml Road 17/4/71

1.	R. O'Neil	33m 42s	
2.	R. Clarke	35 13	
3.	R. White	36 03	(44)
4.	M. Cubitt	36 58	
5.	J. Lovatt	37 50	(49)
6.	A. Digance	44 04	

5000 m Road 15/5/71

1.	M. Cubitt	18 41	
2.	R. Koch	19 49	(47)
3.	R. White	21 35	
4.	D. Kimber	21 54	
5.	J. Lovatt	22 20	
6.	A. Digance	22 47	
7.	L. Snelling	23 28	(40)
8.	R. O'Leary	24 50	(39)

15 ml Road

1.	R. Clarke	91 25	
2.	W. Beames	92 54	(48)

20 ml Road

1.	G. Inwood	1hr 59m 23s	(44)
2.	R. Clarke	2 05 39	
3.	J. Lovatt	2 25 39	

5 ml Road

1.	R. O'Neil	28 30	
2.	M. Cubitt	31 14	
3.	K. Kimber	33 48	
4.	A. Digance	37 51	

10,000 m Road

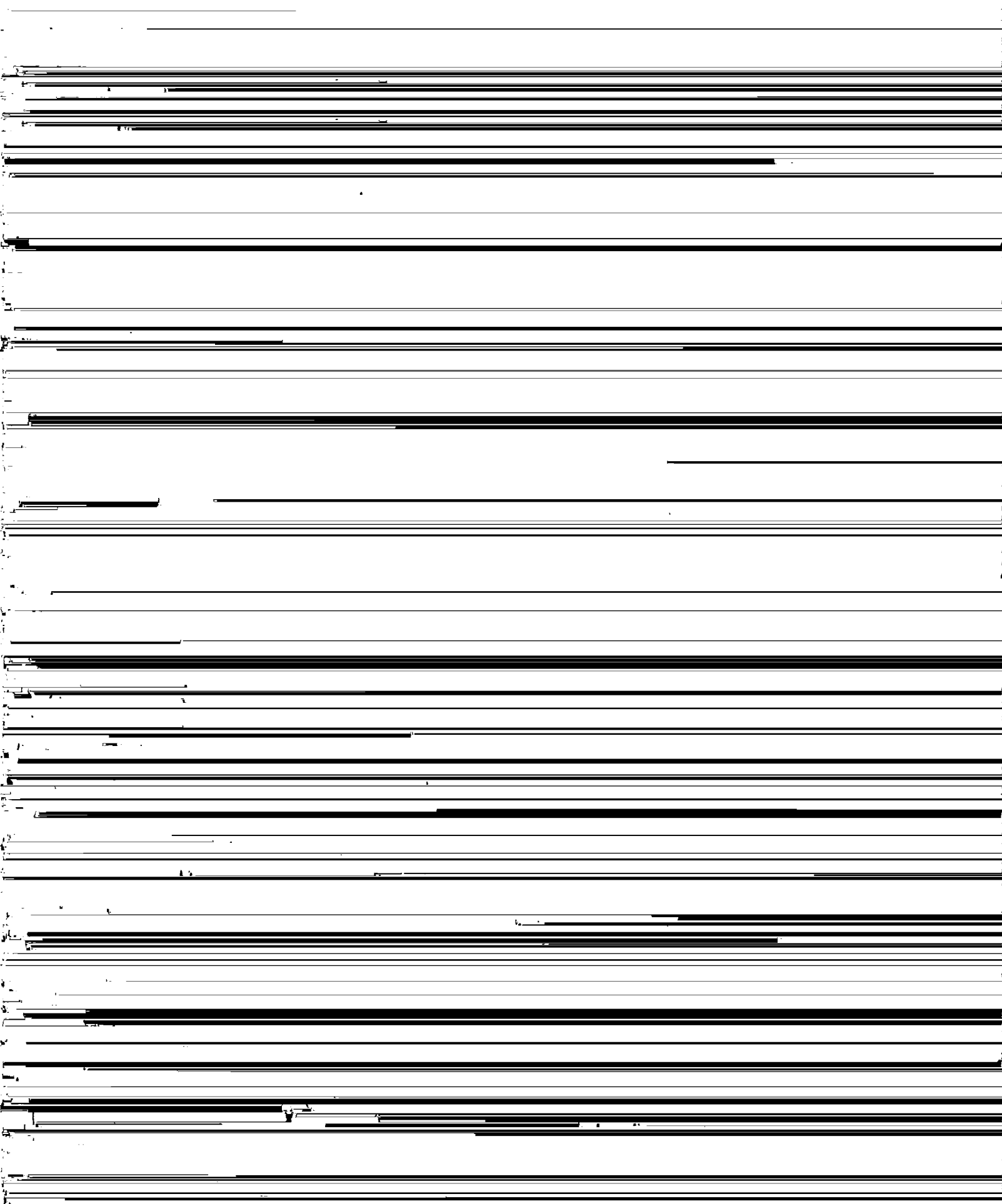
1.	R. O'Neil	33 39	
2.	R. O'Leary	37 10	
3.	D. Kimber	40 18	

LATE NEWS from W.A. Cliff Bould and John Gilmore have gone to U.S.A. Masters Meet, July 2nd/3rd. They had some help from the new W.A. Mara. Club.

SOUTH AUSTRALIAN CROSS COUNTRY CHAMPIONSHIP

19/6/71

1.	R. O'Neil	30 04	
2.	G. Inwood	30 20	
3.	R. White	31 49	
4.	R. Clarke	32 17	
5.	J. Lovatt	35 24	
6.	M. Cubitt	36 45	



1972 TOUR: THE AUSSIE TEAM SO FAR

Col. Junner	(W.A.)	5,000, 10,000 and Marathon
Bill Ford	(Tas.)	Walks & Marathon
Jack Pennington	(A.C.T.)	1500 m, 5000 m, 800 m
Max Van Apeldoorn	(A.C.T.)	5,000 m, 10,000 m, Marathon
A. Tesija	(A.C.T.)	Hammer, Discus Shot
Don Brodie	(N.S.W.)	400 m, 400 m Hurdles
Syd Hesketh	(N.S.W.)	5,000 m, 10,000 m
Les Cotton	(N.S.W.)	Triple & Long Jumps
Frank McCaffrey	(N.S.W.)	5,000 m, 10,000 m, Marathon
Wal Sheppard	(Vic.)	800 m, 1500 m (Manager)
Ray Smith	(Vic.)	Walks (Ex Aust. Rep.)
J. Stevens	(Vic.)	100 m - 1500 m (Ex Aust. Mile Champ.)
T. Orr	(Vic.)	800 m, 1500 m, 5000 m
Hal Dalheim	(A.C.T.)	5000m, 10,000 m, S/C Marathon
Norm Duff	(Vic.)	5,000 m, 10,000 m, Marathon
M. Porter	(Vic.)	Walks, Marathon
E. Gamble	(Vic.)	400 m, 800 m, 1500 m, 1500 m Walk
Tom Kelly	(Vic.)	5,000 m, 10,000 m, Marathon
Max O'Neill	(Vic.)	S/C, 5,000 m
L. Hill	(Vic.)	1500 m, 5,000 m, Marathon
R. Young	(Vic.)	Steeple, 1,500 m
Stan Nicholls	(Vic.)	Walks
Jim Liascos	(S.A.)	100 m, 200 m
John Bowles	(Vic.)	Javelin, Relay
Dr Bill Warr	(Vic.)	10,000 m, Marathon
Tom Worrell	(Vic.)	300 m, 1500 m, 5,000 m
George Wilson	(Vic.)	5,000 m, 10,000 m, Marathon
Frank Bonnecker	(Vic.)	5,000 m, 10,000 m

Last six on list to join the Team in Cologne.

Supporters etc. Mrs E. Brodie (Sydney)
 Mr & Mrs George Freeman (Sydney)
 Mrs L. Cotton (Sydney)
 Mr N. Fletcher (Sydney)
 Mr Les Bateman and Trevor Lonard (Sydney)
 Mrs J. Stevens, Mrs Dalheim (A.C.T.)
 Mr & Mrs Twinning, Mrs M. O'Neill (All Victoria)

Footnote:

It should also be borne in mind that less affluent people eat less, and are free of the tensions which oppress modern city dwellers.

J.P.