

The Veteran Athlete

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N°6

20 cents

FOR THE YOUNG IN HEART

FROM THE HEART OF THE NATION

PUBLISHER

MAX VAN APELDOORN

EDITORIAL

Jack Pennington

Mick Sheehan

Wally Sheppard

NATIONAL FITNESS IS OUR AIM

Best wishes
Jack P.

THE VETERAN ATHLETE NO.6

CONTENT:

Editorial
"Percy Cerutti M.B.E."
"Science and Exercise"
"Feed for thought"
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Results.

Editorial: Jack Pennington, Wally Sheppard and Mick Sheehan. Because of the absence of Jack Pennington (going overseas) from August - December 1972, please send all material, letters, results etc. to

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OVERSEAS TOUR

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Page 2 - Editorial

There is much talk of the Olympics becoming too big, too commercial, too this, too that. Is it wishful thinking to hope that it may revert to the good old days of athletics?

Whatever happens, this is an historic year for us, because in the week following the 1972 Olympics, there will be held the first World Track, Field and Road championships for veterans.

The Australian contingent will be part of the history making. Two men will see the culmination of their dreams and deserve honorable mention. They are David Pain of San Diego USA who promoted the Annual Track and Field championships in San Diego since 1967; and Meinrad Nagele, of Koln, Germany, who had promoted the "Association of veteran long distance runners", which has become an International movement.

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The editor will spend October and November in England, partaking of experimental work involving a study of respiration during maximal exercise. His offer to assist workers in this field, has been taken up by Dr John Brooke and Dr Peter Travers (the British Olympic medical officer).

Meanwhile Magazine No. 7 will be produced by Mick Sheehan for distribution in October.

Please send all material for that issue to Mick Sheehan: 7 Wilson Street, Curtin. ACT. 2605 - before October 1st. No. 7 should also contain a full report of the World Tour.

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Acknowledgements:

The team manager, Wally Seppard wishes to thank Ron Clarke and Arthur Hodson, for their valued help and advice, and on behalf of the team we tender a special thank you to ADIDAS Ltd for the donation of a high quality Australian Track Suit to every team member.

Seven late comers to the team wish to thank Max van Apeldoorn for the provision of their track suits.

Many other sponsors have helped the team and to them we are indebted, and for all of them we have a very warm regard.

"PERCY CERUTTY" M.B.E.

by Mick Sheehan

The first time I heard of him, was early in 1946, when he arrived at Olympic Park after a 60 miles run from Portsea. Percy was 49 and the announcer called him even then "the grand old man of athletics".

At the Australian Championships of 1948, Australia's leading distance runner Les Perry, collapsed from heat exhaustion (at the end of the 3 miles); Perry talked of retiring, but Percy Cerutti came on the scene and took Les under his wing.

Four years later at Helsinki, Perry placed 6th in the Olympic 5,000m; at last Australia had made the grade at distance running. Percy Cerutti never looked back, and greater successes came from his rejection of past methods of training.

Australian officialdom considered that the climate was unsuitable for the promotion of distance running; it never entered their heads that distance running was worth support, and that perhaps marathons could be run in the cool of the evening instead of in the mid-day sun. The whole approach to training was in the British tradition, "the taking part was more important than the winning"; "losers" were to be encouraged; "to train every day was to invite bad comment"; "marathons were harmful", and therefore they were suspended. Percy Cerutti, fought this attitude tooth and nail, and his fight started in 1939.

In 1939 Percy was retired from his work, pensioned off due to a breakdown in health which was considered permanent. However, he refused to accept this and delved into the libraries to read everything he could about man's condition and what was the purpose of life?

He was very impressed by the writings of Arthur Newton on running. Newton had been the World's freak of long distance running, setting records at a variety of distances, which included running across the USA and running for 24 hours in a circus ring for a distance of 154 miles. Newton did not start running until he was well into his forties.

Another who impressed Percy was Hackenschmidt, the World's strongest man (Percy was later to become a friend of both). Meanwhile he continued to study diet, discipline, and Physiology, and gradually evolved what was to be new philosophy for running, which he termed "The Stotan Creed". He first applied this to himself so that one day he ran 101 miles, he was now a marathon man and won the Victorian Marathon at the age of 51.

Percy's home at Portsea by the sandhills became a weekend training camp for distance runners and as some of the runners were tradesmen, the camp grew in size and scope, it also grew in reputation.

Percy was the first "Coach" (he prefers teacher) to pronounce the "complete" approach to running; it was "first become a man, and then do the training"; schedules and stopwatches were not for him, runners had to experience the "pain barrier" if they were not prepared to suffer, they were banished from the camp.

Camp life was a "get back to nature" experience, no one was allowed to smoke, food was of the natural variety, no processed food was available.

Cerutti insisted that there was only one way for man to get the best from himself, and that was to live and run like an animal, he attacked the "old-school-tie" athletic tradition, and instilled in many Australian runners that they were better "men" than their European Counterparts; he was downright contemptuous in public, of those who wished others "good luck" before a race, and of those who were content to be "good losers", his athletes had to discard all preconceived ideas, and accept that running is a primitive outpouring of hidden energy reserves, which could only be tapped by suffering. His most important creed was "to train without pain is to train without gain".

On the evening before Elliot won his Gold and World record at Rome, Percy showed Elliot how he wanted him to run, Cerutti ran the 1,500mts. at the age of 65 years, until "oblivion". When he had revived, he said "Herb, old son, you may run faster but never harder". Next day Elliot ran like an animal - never before had there been such a combination of mentor and man.

Later Elliot was to write his story and in "the Golden Mile" you can read about it first hand. Elliot was Cerutti's pinnacle of success, and he said there would never be another who so completely accepted Percy's way of life, no other could again produce the "Glory of Rome".

There is no doubt that Percy Cerutti brought Australian Athletics to the fore, he showed that a nation which could produce great tennis players and cricketers, could also produce great runners. Many top runners left Percy's camp shaking their heads, not knowing what they had learnt; the truth is they had not learnt to be men, or they had decided to train without pain. Percy goaded runners into World class, runners like Perry, Warren, Stephens, Landy and Elliot.

As far as this Magazine is concerned, Percy Cerutti blazed the trail for Veteran Athletics; he should be recognized as a founder of a new and fast growing sport.

The arguments Cerutti propounded 25 years ago were remarkably prophetic; as he forcefully pointed out, man in affluent society, is suffering from the disease of affluence and inactivity, Heart and diseases of the circulation have now reached epidemic proportions, men in early middle age were now dying of a disease which in the past was associated with slowing down of the circulation due to old age.

Percy Cerutti prescribed the antidote, and practised what he preached, and he was scoffed at. He travelled thw World and preached his "Statat Creed"; he was the complete extrovert, and he therefore, frightened many people who perhaps could have influenced others. However, there were many signs that Percy had reached some people, particularly in New Zealand and in the USA.

Cerutti and Elliot toured the USA at a time when there was no sign of a distance runner from the mile to the marathon; there was an absence of interest. Cerutti gave it to them "good and strong" and told the United States that there was a lack of "men", "they were fat and soft and on the way out". It is to that country's credit that Percy was given the headlines, and a revival began. Jim Ryun's training is based on Cerutti's "Stotan Creed" (see page 12, "the Jim Ryun Story by Cordner Nelson, Pelham Books 1968).

In 1964 the USA beat the World over 5,000m and 10,000m and they had a depth of sub 2 hrs 15 min marathon "men". What greater tribute could be paid to Cerutti; he had been the inspiration behind Three World Mile record holders, and indirectly, through Landy, had triggered off Bannister's attempt on the "First four minutes".

His influence has been world wide, and he has "sired" books, notably "Be fit or be damned", "Sport is my life", "Success in sport and life", "How to become a champion", "Middle distance running", "Schoolboy athletics" and others.

Graeme Kelly, of the "Australian" newspaper, wrote a book on Cerutti called "Mr Controversial" which shows the fuller side of the coin. What other "coach" has pulled himself out of the mire of illhealth, and by his own blood and tears, established a training camp and a way of life, of International repute. There are no two ways about him, you either accept his ideas or you hate the man. The only way to dismiss that "guilty" feeling is to rationalise and say, "He is nuts" and thereby shorten your own life span.

Percy was ahead of his time, and at 77 he is still writing and preaching, but the emphasis is now on eating nature's foods uncooked. Animal fat is regarded as a poison like nicotine; of course he has been saying this for more than 25 years.

"Science and Exercise"

The latest study is of great importance as far as we are concerned; it comes from: a paper presented to the conference in "Ergometry and Cardiology" at Frieburg in 1967 by Gunnar Grimby, from the Department of Clinical Physiology, Sahlgrens Hospital, University of Goteburg, Sweden.

In a study of middle-aged men in maximal exercise, there were 33 active and 29 non-active athletes in the age group 44 years - 68 years. The study was between active athletes, athletes who had retired and members of the community of the same age group who had never been involved in training for sport.

The retired athlete had a 20% lower (mean) Aerobic-capacity than the mean of those still in training, yet these ex-athletes had an aerobic capacity 15% higher than non-athletes. Regular training substantially reduces a decline in aerobic capacity with age. A lowered aerobic capacity is related to a lowered training pattern.

The mean value of Maximum oxygen uptake was 30% higher than that previously reported by I. Astrand in 1960.

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Editor's note: Until now it has been accepted that oxygen uptake during maximal work is reduced progressively by age (after the age of about 30).

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Melbourne: It is reported by a Director of Phys. Ed. of the YMCA that the majority of male office workers in Melbourne at 40 are less fit than the over 60 div. in Norway and Sweden. This comes from fitness tests on some hundreds of volunteers. The report says "the situation is quite alarming".

Forbes Carlile, the scientific coach of Australian swimming (who has in earlier days ended up in hospital after running a marathon) had this to say to a conference at Montreal, October 1971.

"We know little about training" - All too often unsatisfactory training methods have been advocated, clothed in elaborate scientific garb to give them respectability. "Much of our knowledge on swimming is not reliable" "I read Dr Van Aaken's article, "Speed through Endurance" with glee, as he demolished the advocates of rigid interval-training".

"The methods of training introduced by Percy Cerutti and refined by Arthur Lydiard using endurance methods, indicated that there were (in the 1960's) glaring gaps in our knowledge. Enthusiasm and empirical observations succeeded where science was falling short".

Predictive Tests:

The discussion of physiological testing leads me to observe that we should be balanced in our coaching. We should take care not to coach too much from our hobby-horses. Clearly the "just hard-training" man, or it's all in the style-man, is not adequately equipped to coach at any level. The world's best facilities will not produce the world's best and often not even good athletes. We have so little reliable knowledge, ~~that~~ I beg the question - "Where do we go from here?"

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"Food for thought"

by Jack Pennington

Just ponder this, all mankind on this earth are one and the same specie - ANIMAL - They are able to adapt to living in all environments. The Eskimo live mainly on fish and fat. The Massia tribe in Kenya live on blood and milk. Many of the inhabitants of Asia never eat meat. New Guinea tribes live mainly on vegetables. Some people live on fish and chips, and some on the good old meat pie. The latter group live in the urban areas of our modern, affluent society; of these the upper crust "survives" on high quality foods. It is the man in the modern society which is burdened by many things, including heart disease of epidemic proportions. Man in tribal society does not display any evidence of heart disease.

Men in tribal society are engaged in physical activities which are necessary for man's continued existence on this earth.

The closest group in modern society to this condition are the Veteran athletes. The leading expert on athletes and their food, Dr P.O. Astrand, says this:

"Athletes are high-caloric consumers and on a mixed diet they have a surplus of all nutrients, including protein. So except for a few days before an endurance event, they should stick to normal meals, as his diet is fully adequate. (The few days before an endurance event, meals should be biased in favour of carbohydrates.)

Ref: "Diet and Exercise" P.O. Astrand MD.

Modern Athlete and Coach - May/June 1972.

Editor: Jess Jarver for National Fitness

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"The effects of exercise on the aging process"

by Dr John L. Boyer MD
of the Human Performance Laboratory
San Diego, State College, San Diego. USA.

Dr Boyer has a great deal of experience in assessing the fitness of United States service personnel. He has also studied the participants in the Annual Veteran Track championships held in San Diego since 1968. What follows is an address given by Dr Boyer to the annual gathering of veteran athletes.

"What is aging?"

We now know that aging is a condition called atherosclerosis, a fatty deposit on the walls of the arteries, which carry blood to the heart, brain, kidneys, legs and other important parts of the body; this condition restricts the supply of oxygen and other cellular nutrients, causing the death of cells which are replaced by scar tissue. THIS IS THE AGING PROCESS. Just what does exercise do to your heart and blood vessels?

1. Exercise trains the heart muscle just as exercise trains and improves any muscle. It strengthens the muscle fibers of the heart and thus makes it more efficient organ. What kind of exercise does this best? Endurance exercise is best to improve the strength of the heart muscle. That's why running, jogging, swimming, cycling or any endurance work is so good. It

makes the heart stronger. To support this improved muscle there must be improved circulation -- the formation of new vessels and the dilation of existing vessels to improve the blood flow to the muscle fibres of the heart. Thus there is an actual increase of blood to the heart itself with exercise by this collateral system.

2. Secondly, exercise increases the size of the heart. Just as exercise increases the size of any muscle. This increases the output of blood by the heart with each heart beat. Since the heart is a volume organ, the size and capacity of the heart are very important. The better the volume capacity the better the stroke volume and cardiac output with each beat.
3. Thirdly exercise decreases the resting heart rate. The resting heart rate of the trained is such slower than the resting heart rate of the untrained. The heart rate tends to reflect the heart function. A slow resting heart rate is more efficient. Rates below 70 are optimal. A slow-beating heart with a large volume capacity results from endurance exercise. An additional benefit of exercise is that it tends to lower the blood pressure. Long endurance activity in particular does this by its dilating effect on the vessels so that the pressure within the vessel is reduced. Exercise may also lower the blood pressure by a direct effect on the body's other blood pressure regulating mechanisms.
4. A fourth benefit of exercise is called the peripheral benefit. This means that collateral vessels are also increased to other muscles of the body. This gives another reserve capacity and increases the overall efficiency of the cardiovascular system.
5. A fifth benefit is in the body weight and metabolic areas. How much body fat one has compared to lean body mass (muscle) is more important than overall body weight. Optimally one should have only 10-15% of his weight as body fat. Most sedentary Western men have 25 - 30% of the body weight as body fat. Exercise helps to convert the body fat to lean muscle mass and thus decreases the proportion of total body fat. In general, the more unfit and untrained the individual, the greater his per cent of total body fat.
6. Bone metabolism is also improved with exercise. There is an increase of both bone density and bone strength. The oxygen carrying components of the blood, the red blood cells, are also increased as a result of exercise.
7. There is also an endocrine benefit of regular exercise. It improves the metabolism of certain chemical substances called catecholamines. These are adrenalin-like products. These substances tend to waste the oxygen supply of the body. Exercise improves the efficiency of the way the body handles the catecholamines. This may also have something to do with the mood of an individual and it may explain why fit persons have less of a tendency toward depression and in general are happier than the unfit.

With this background of the physiological effects of exercise we can now answer some of the topic questions we raised earlier. It is easy to see now why running (actually alternating walk and jog) is used as the exercise rehabilitation for cardiac patients. Jogging is an ideal form of endurance exercise. It can be done anywhere and at any time and without any equipment. It does everything for the heart that exercise can do. However, other endurance activities do just as well such as cycling, swimming or long-distance hiking.

The results of our study of participants in the first US Masters Track and Field Championships were about as predicted. They were in the upper echelon of

adult fitness levels. In particular, the endurance runners, middle distance and beyond, were outstanding. Some of the field-event participants, although in great muscular shape, could have improved their cardiovascular condition. We have not published our data for a couple of reasons. One of which was we wanted to be certain that no one would get into trouble medically after we got ourselves out on a limb by stating how great these middle-aged athletes were. After three years of competition you might be interested to know that we have had no serious medical problems of any kind. As a matter of fact at this meet we have had fewer musculo-skeletal problems than at the last AAU National meet held at the same stadium.

What about running contrasted with other sports for conditioning? I'm sure you could all answer this yourselves. Conditioning occurs only with endurance sports - running, swimming, cycling, singles tennis, singles handball and so on. It does not occur with the non-endurance sports such as golf, bowling archery, and NFL football watching on the TV screen.

As far as competitive sports for men over 40 is concerned, over three years experience with the US Masters meets indicates that it is just great for the trained, conditioned year-around middle-aged adult. I think competition could be disastrous for the middle-aged man who tries to get ready for competition in a short period of time. The middle-aged competitive athlete must maintain his conditioning the year around. This probably is one of the most important points of my talk today. Competitive sports for men over 40 are fine provided year-around conditioning and cardiovascular fitness is maintained. It should be the responsibility of track and field clubs who have Masters competitors to encourage an over-40 athlete to withdraw from a meet unless he has maintained his fitness continually.

In regard to disabilities as the result of strenuous exercise, the same principles apply whether you are 20 or 40. The more fit you are the less chance you have of an injury.

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N.S.W. Results

The Second Annual 10,000m cross-country Championships were held on May 21st in Centennial Park, over the regular 5,000m lap. It was 9 am and windswept with some light rain and 53°F. The early start was to allow the New Zealand team to try and make the 10.30 am plane for Auckland, and it seems it was too early for many regular veterans.

A field of 26 got away smartly, and after a few 100 yds the lead was taken by John Eccles of NZ in the veteran section, junior Norm Cleverly was well away, and acted as a pilot for the course, which was some help to Eccles who was new to it, and Tony Visalli changed the lead a few times, and at the end of lap one it was Visalli and Eccles - 17m25, Peter Piper - about 17m30, and Jack Pennington - 17m42s; only Piper maintained the pace and came home a clear winner.

Meanwhile further back, there was an outstanding run by 67 years-old Syd Hesketh who, in a well paced effort, moved through to be well clear of younger men. In the over 50 division Arthur Gourlay did likewise.

Result 0/60y

1.	Syd Hesketh (b.1905)	43m30s
2.	Les Williams 1909	46m45s
3.	Fred Wrightson 1905	47m50s
4.	Arch Southwood 1911	48m33s

0/50y

1.	Arthur Gourlay (b.1919)	37m56s
2.	Vic Townsend 1919	42m09s
3.	Marc Tooley 1920	42m32s
4.	Clem Green NZ 1917	45m41s
5.	K. Gravine 1920	46m42s
6.	L. Frances NZ 1921	48m31s

0/40y

1.	Peter Piper 1927	35m16s
2.	Tony Visalli 1932	35m35s
3.	John Eccles NZ 1925	35m40s
4.	Jack Pennington 1922	36m05s
5.	Peter Versteegen 1932	37m35s
6.	J. Cooke NZ 1924	40m47s
7.	M. Browne NZ 1924	41m10s
8.	B. Jenkins NZ 1924	42m28s
9.	B. Rollo NZ 1925	47m57s
10.	G. Norton 1924	48m04s
11.	L. Rayner NZ 1924	50m06s
12.	H. Jagers X	50m20s

35-39y

1.	Norm Cleverly	34m56s
2.	Dennis Wilson	39m51s
3.	George Freeman	41m45s
4.	T. Ibbott	43m43s

All veteran winners set course records.

May 26th 5,000 track (grasstex)

1.	Peter Piper	17m51s
2.	George Freeman	17m52s
3.	Vic Townsend	19m32s
4.	G. Norton	21m12s
5.	R. Cartwright	21m43s.

June 1st - Centennial Park; 20K road walk Championships.

60 years - 1. Bert Jones (1903) 148m37s.

50-59 years - 1. R. Tarte (1920) 110m12s, 2. Vic Townsend 111m03s.

40-49 years - 1. Peter Waddell (1932) 114m22s.

35-39 years - 1. Logan Irwin 102m07s, 2. Bob Crawford 102m58s,
3. R. Byrnes 114m22s.

Perth May 31st - Perry Lakes track-waterlogged.

Veteran 10,000m	1.	John Gilmore (1919)	33m58s
	2.	Col Junner (1923)	36m10s
	3.	Cliff Bould (1916)	38m00s.

Stawell Gift, Easter meet:

Boxhill postie, Kevin Fisher, age 43 years ran off scratch to win the Promile handicap in 4m25s, which is claimed to be a World best.

The Veteran mile record is held by Peter Mundle USA, set in San Diego in 1969 at age 40 years, 4m26.2s, at 43 years Mundle ran 4m32.3s.

The best 50 year old mile is 4m47s by George Sheehan USA 1969.
 The best 60 year old is by William Andberg USA 5m18.8s, in 1971.
 The best 70 year old is by 72 years old Virgil Sturgill 6m32s in 1969.

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South Australian Results

8 April
 after 3 miles pack run

1 mile

1.	R. Clarke (1924)	5m03s
2.	G. Inwood 27	5m08s
3.	R. O'Neil 26	5m15s
4.	W. Caudle 21	5m15s
5.	M. Cubitt 30	5m35s
6.	J. Lovatt 21	5m36s
7.	A. Gottschalk	5m47s
8.	A. Digance 14	5m52s

25 April
 Anzac-veteran mile

1.	R. Clarke		4m56.6s
2.	L. Wohling	(1930)	5m02.2s
3.	G. Inwood		5m04.4s
4.	W. Caudle		5m08s
5.	R. White	25	5m35s
6.	J. Lovatt		5m39s
7.	A. Lampard		5m56s
8.	R. Ferris	30	6m02s
9.	A Digance		6m35s
10.	R. Fisher		7m10s

29 April
 3 miles

1.	W. Kirkwood	17m25s
2.	W. Caudle	17m36s
3.	R. Ferris	21m25s
4.	A. Digance	22m22s
5.	R. Fisher	26m28s

8 miles

1.	W. Beames	1922	47m40s
2.	R. O'Neil		48m54s
3.	R. Clarke		49m49s
4.	M. Cubitt		51m47s
5.	A. Gottschalk		55m02s

20 May
 5 Miles

1.	W. Kirkwood	29m10s
2.	A. Gottschalk	32m06s
3.	D. Kimber 1920	35m42s
4.	R. Ferris	37m33s

15 miles

1.	W. Beames	1hr 30m59s
2.	R. O'Neil	1hr 31m02s
3.	R. Clarke	1hr 31 50s
4.	J. Lovatt	1hr 44m04s

Gawler relay circuit 27 May

W. Beames	18m57s
G. Inwood	18m59s
R. O'Neil	19m22s
R. Clarke	19m34s
W. Kirkwood	19m47s
L. Wohling	20m19s
W. Caudle	20m23s

R. White	21m26s
J. Lovatt	21m33s
D. Kimber	23m21s
A. Lampard	24m16s
L. Snelling 1930	24m23s
R. Ferris	24m47s
W. Fisher	28m48s

Canberra 18 June
 half-time Essendon v ACT.
 Open mile
 6th Jack Pennington (1922) 4m55s.

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Victorian Results

10 mile (9.4.72)
 T. Kelly (31) 54.01
 N. Duff (31) 54.55
 H. Dalheim (17) 60.39
 S. Lanyon (28) 61.31
 W. Sheppard (22) 62.05
 W. Coyne (24) 62.06
 J. Conway (30) 64.26
 M. Skinner (23) 66.41
 R. Thomas (31) 68.07
 M. Porter (25) 68.19
 J. Fennant (22) 72.45
 G. Wilson (12) 84.21

25 km (6.5.72)
 T. Orr (24) 90.26
 M. Porter (25) 111.21
 A. Jones (25) 112.14
 I. Carter (27) 119.31
 G. Wilson (12) 143.45

12 km (30.4.72)
 "Fallen Comrades"

N. Duff (31) 39.43
 T. Orr (24) 41.35
 T. Kelly (31) 41.45
 R Young (31) 44.56
 H. Dalheim (17) 45.37
 S. Lanyon (28) 45.56
 W. Sheppard (22) 46.48
 J. Conway (30) 47.18
 W. Ford (26) 49.26
 A. Jones (25) 51.38
 G. Wilson (12) 61.59

32 km (13.5.72)

"King of Mts"

T. Orr (24) 127.05
 H. Dalheim (17) 127.20
 W. Coyser (24) 128.41
 J. Conway (30) 133.11
 K. Routhey (24) 134.40
 A. Jones (25) 152.16
 G. Wilson (12) 183.40

Masters over 40, 5,000 metres. Saturday, 29.4.72. Coburg

F.T.PI.	Name	Born	Club	Act.Time
1.	T. Kelly	1931	Box Hill	18.05
2.	B. Russell	1929	Mentone	18.53
3.	T. Orr	1924	Ringwood	18.54
4.	L. Hooper	1925	S.S.H.	19.43
5.	K. Routley	1924	Box Hill	20.00
6.	B. Croker	1931	Chelsea	20.07
7.	H. Dalheim	1917	S.S.H.	20.13
8.	M. Skinner	1923	Carlton	20.42
9.	J. Burke		Glenhuntly	20.52
10.	T. Turney		U.K.	20.57
11.	A. Lynch		Coburg	20.59
12.	R. Young	1931	S.S.H.	21.15
13.	M. O'Neil	1926	Mentone	21.16
14.	N. Anderson	1925	S.S.H.	21.23
15.	W. Ford	1925	Tasmania	21.32
16.	I. Carter	1927	Coburg	21.54
17.	J. Conway	1930	Glenhuntly	22.07
18.	T. Robbins		Malvern	22.13
19.	E. Gamble	1915	Malvern	22.15
20.	G. Brain	1931	Chelsea	22.40
21.	A. Tovey		Williamstown	23.00
22.	W. Bishop		S.S.H.	23.26
23.	G. Sarfaty	1927	Box Hill	23.38
24.	D. McNair		S.S.H.	23.41

25.	L. Jones	Chelsea	23.42
26.	W. Tatt	Coburg	24.46
27.	J. Tutton	Old Xav.	25.01
28.	H. Ward	S.S.H.	25.23
29.	J. Stevens	1916 S.S.H.	25.36
30.	J. Farrell	St. Bern.	25.58
31.	G. Burgoyne	S.S.H.	26.00
32.	W. Burke	Essendon	26.09
33.	H. Russell	Essendon	27.02
34.	R. Barrett	Carlton	27.38
35.	W. Bevan	S.S.H.	28.51
36.	G. Wilson	1912 S.S.H.	28.58
37.	G. Simpson	S.S.H.	30.20
38.	T. Coole	Essendon	30.47
39.	G. McKenzie	S.S.H.	34.27

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May 29th, Victorian 8000m CCC., at Stawell, perfect conditions. 244 finished.

Veteran placings:

74th Tom Kelly 28m27s. 100th Ron Young 29m17s. 125th Lin Hooper 30m09s
 (1931) (1931)

177th Stan Nicholls 32m43s. 199th W. Bishop 33m57s. 224th N. LeRossingnoi 35m21s.

235th J. Tutton 37m53s. 240th J. Stevens 39m09s. 241st H. Stevens 39m17s

243rd G. Wilson 44m58s. 244th G. Simpson 45m52s.

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Veteran Tour USA, UK, Germany August/September, 1972.

In San Diego the team meets the locals, this city is the home of Veteran athletics in America; the team is entered as follows; World Champs Cologne.

The Australian team of 35 will complete in two twilight meets at London on the Tartan of Crystal Palace. They will meet a contingent of 130 Americans, 35 Canadians and 100 from the UK.

In Cologne they will meet again plus a selected entry from Continental Europe, including Scandinavian countries.

40-49

<u>100m</u>	Hochreiter	<u>1,500 m</u>	Bonecker,	McCabe	<u>110H</u>	Brodie
	Liasces		O'Neill	Orr	<u>400H</u>	Brodie
<u>200m</u>	as above		Russel	Young	<u>10Km</u>	Walk
	Manning		Watson	Warren		Waddell
	Winred		Warren	<u>Steeple</u>		Smith
<u>400m</u>	Bonecker	<u>3 miles</u>	Bonecker	Coyne		Porter
	Winred		Duff	Freeman		Ford.
	Manning		Kelly	Orr		
<u>800 m</u>	McCabe		Ford	Ford		
	O'Neill		Freeman	Kelly		
			Hill	Watson.		

50-59
100m
 Lampard
 Stevens
200m
 Lampard
 Stevens
400m
 Lampard
 Stevens
800m
 Sheppard
 Stevens
1,500 m.
 Sheppard
 Pennington
3 miles
 Bould
 Caudle
 Gilmore
 Brain
 Dalheim
 Gourlay
 Junner
 McCaffrey
Steeple
 Caudle
 Dalheim
110H
 Lampard
400H
 Lampard

over 60 y.
100m
 Simpson

Jav. 0/40
 Bowles
L.J. 0/40
 Cotton
P.V.0/40
 Cook
50-59y
Ham.-discus
 Tesija

0/60y
3 miles
 Hesketh
 Simpson
 Southwood
 Wilson
 Wrightson
 Steeple
 Simpson
10Km Walk
0/60y
 Theobald

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London Match

International 5 miles CC.

40-49

Bonecker, Coyne, Duff, Ford
 Hill, O'Neil Orr, Porter Young.

50-59

Bould, Caudle, Gilmore
 Gourlay, McCaffrey

over 60

Hesketh, Simpson, Southwood
 Wilson Wrightson.

Track and Field

100m:	1. Hochreiter, Liasces.	2.	Lampard, Stevens.	3.	Simpson
200m:	Hochreiter, Liasces Manning, Winred		Lampard, Stevens		
400m	Bonecker, Manning Winred		Lampard, Stevens		
800m	McCabe		Sheppard, Stevens		
1,500m	Bonecker, Orr, Watson Pennington, Worrell Young, Coyne		Sheppard		Southwood, Wilson Wrightson

5,000m	Bonecker, Duff, Orr	Bould, Gilmore	Hesketh, Wilson
	Young, Ford Hill	Brain, Gourlay	Wrightson, Simpson
	Kelly, Worrell Pennington	Caudle, Junner	Southwood.
	Porter, Watson Coyne	Dalheim, McCaffrey	
Steeple:	Young	Caudle, Dalheim	Simpson
400mH	Brodie	Lampard, Sheppard	
15Km Walk.	Ford, Porter, Smith.		
P.V. Cook,	L.J. and Tripple Cotton.	Ham./Discus	Theobald Tesija.

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There is a possibility that Tours in 1973/4 will take in Russia and China, and that there will be a Veteran Olympics in Toronto in 1976.

Also David Paine of San Diego will organize a US team to tour Australia, New Zealand, Hawaii in the Christmas period 1973.

We suggest it would be a good thing for the Australian Veterans Championships of 1974 to coincide with the tour.

The main tour will leave on August 16th spending 5 days in USA. 5 days in London, 15 days in Munich taking in the Olympics, and wind up with a week in Cologne, on the final Sunday there will be a Peoples 15Km run all entrants who complete the distance will receive a commemoration medal.

The tour Manager is Wally Sheppard.

At Cologne the team will also compete in the World Champs 5,000m/10,000 and Marathon.

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Just received July 5 1972

World veteran distance rankings 1971

Top of the lists -

<u>3,000m</u>	40-49 years		50-59 years		
Stefani	1930	8m50s Paris	Bretch	1921	9m14s Berlin
Hugen	1930	9m05s Redrath	Jesefsson	1918	9m30s Sweden
Hardicker	1929	9m11s U.K.	Stober	1919	9m36s Germany
Geritz	1929	9m12s Germany	Gilmore	1919	9m40s Perth
Leusil	1926	9m13s Paris			
Fraund	1930	9m19s Germany			
<u>5,000m</u>	40-49		50-59		
Wood	1930	14m44s USA (S.D)	Brecht	1921	15m56s Berlin
Stoddardt	1930	15m11s UK	Strupp	1916	16m23s Csr
Geneve	1925	15m16s	Stober	1919	16m23s Germany
Fisher	1931	15m47s SanDiego	Sandstrom	1917	16m59s
Mundle	1928	15m58s " "	Gilmore	1919	17m17s Perth X
Lucas	1925	16m01s Paris	Beames	1917	17m10s Adelaide
Hugen	1930	16m03s Redrath	Oleson	1919	17m30s USA
Fraund	1930	16m04s Wesbaden	McCaffrey	1919	17m39s Sydney
Bede	1928	16m13s Bielfeld	Rogo	1919	17m56s Argen.
Kail	1929	16m18s Lux	Bould	1917	18m03s Perth X
Roberts	1927	16m18s USA (S.D)			in San Diego X
Sturak	1931	16m18s " "			

22 under 17 mins.

5,000m	60-69 years	
Anberg	1911	17m42s USA
Farrell		18m20s UK
Weber	1910	18m46s Germany
Berg	1909	19m16s Germany
Stelzenberg	1907	19m19s Germany
Frederick	1908	20m52s USA
Miller	1911	20m53s USA

10,000m	40-49 years	
Walsham	1930	31m09s UK
Stoddardt	1930	31m29s UK
Geneve	1925	31m31s Paris
Franklin	1928	31m41s UK
Nagelle	1925	31m41s Germany
Coxen	1929	31m42s UK
Hardicker	1929	31m56s UK
Bentley	1930	32m05s UK
Higden	1931	32m37s USA
Mundle	1928	32m38s USA
Deymeyer	1929	32m49s Belgium

	50-59 years		
Mimoun	1921	31m19s	Paris
Brecht	1921	33m03s	Berlin
Stober	1919	34m17s	Germany
Ashcroft	1917	34m52s	UK
Strupp	1916	34m58s	Cssr
Buckingham	1918	35m01s	UK
Gilmour	1919	35m42s	Perth X
Joseffson	1918	36m18s	Sweden
Rudolf	1919	36m38s	Cssr
Bould	1917	37m06s	Perth X

X in San Diego

Marathon	40-49 years		
Walsham	1930	2h21m38s	UK
Deymeyer	1929	2h24m57s	Belguim
Weba	1924	2h25m28s	Germany
Speckman	1930	2h27m06s	Germany
Taylor	1929	2h27m22s	Canada
Duff	1931	2h28m44s	Melbourne
Bentley	1930	2h29m37s	UK

50-59 years

Results missing

From Candition Material 1972.

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