

**THE IV TRACK & FIELD CHAMPIONSHIPS
EUROPEAN VETERAN ATHLETES
BRIGHTON · HOVE AND WORTHING 1984**

We've got a proven track record

- ★ Unlimited mileage
- ★ Full range of Ford cars
- ★ Competitive rates
- ★ Nationwide emergency service



POOL VALLEY
BRIGHTON
 28102

(2 minutes from Palace Pier)



The IV Track and Field Championships European Veteran Athletes

President Arthur Gold CBE: President European Athletic Association
20-25 August 1984 at Brighton, Worthing & Hove, England

Stadia

Brighton Sports Arena: Tongdean Lane, Withdean, Brighton, Sussex
Worthing Sports Centre: Shaftesbury Avenue, Worthing, Sussex
Hove Park: Old Shoreham Road, Hove, Sussex

Organisers

British Veterans Athletic Federation

European Veterans A.A. Committee

President: Cesare Beccalli, Italy
Vice President: Hans Axmann, West Germany
Treasurer: Giuseppe Galfetti, Switzerland
Statistics: Gijs Knoppert, Holland
Womens Representative: Imke Parlevliet, Holland
Technical Director: Wilhelm Koster, West Germany
Co-opted Members: Sylvester Stein, Great Britain Claude Hiver, France
Jury of Appeal: 5 Members from West Germany, France,
Italy, Sweden and Holland

Organising Committee

President: Arthur Gold CBE President European Athletic Association

Vice Presidents:

Marea Hartman CBE, Treasurer British Amateur Athletic Board
Nigel Cooper MA, LLB Secretary British Amateur Athletic Board
Ray Stroud ACIS, AIB

Chairman: Hazel Rider Hon. Secretary: Jack Fitzgerald
Hon Treasurer: Keith Whitaker Business Relations Officer: Sylvester Stein
Local Secretary: Mike Langmaid Officials Secretary: May Langmaid
Entries Secretary: Barbara Dunsford 71 Hillside Crescent, South Harrow HA2 OQU
All enquires to Sylvester Stein Tel: 01-637 4383 (Monday to Friday)



It gives me very great pleasure to extend to the British Veterans Athletic Federation a cordial invitation to stage the fourth European Veterans Track and Field Championships in Brighton during the month of August 1984

We in Brighton take pride in offering our services to a great and ever increasing multitude of visitors from both this country and countries overseas, and we look forward to this opportunity of playing a meaningful part in the explosion of popular participation in athletics now affecting all parts of the world

We are particularly gratified at the selection of our town as the venue for the first English based Championships, and it is with pleasure that the Borough offers the use of Withdean Stadium, including the recently re-constructed track. Also, we shall be happy to extend civic hospitality at the Brighton Centre; the town's prestigious conference and entertainment complex situated near all of the hotels; which may also be required for registration and office facilities during the period of the Championships.

I send to you and your colleagues most cordial wishes for an extremely happy and successful Meeting.

*Councillor Charles Jeremy
Mayor of Brighton*



It is with great pleasure that the Mayoress and I send our warm greetings on behalf of the people of Worthing, to the British Veterans' Athletic Association, on the occasion of their visit to Brighton in August 1984 to compete at the Withdean Stadium. To all who participate in the magnificent event, we wish you courage, prowess and, above all, a true sense of sportsmanship.

*Councillor Harry W Yates
Mayor of Worthing*



Dear fellow veterans

In many ways it seems strange that a country like England, with its longstanding tradition of sporting achievements especially in veterans' athletics, has never hosted an international veterans' championships. So after the Strasbourg Games of 1982, held in the heart of Europe, England seemed a natural choice for the fourth European Veterans' Championships. We have also achieved official recognition at the highest level for the first time this year, as Mr Arthur Gold, President of the European Athletic Association, has kindly agreed to be President of the Games and we thank him particularly for this. The British Organising Committee with the support of the EVAA Technical Committee, are doing an excellent job in organising this major event and have pleasure in inviting veteran athletes from all over Europe to compete in Brighton, Hove and Worthing. I am sure that the Championships will again be a very enjoyable occasion for all those taking part, as veterans come together in the spirit of international friendship that crosses state boundaries.

Cesare Beccalli
EVAA President

I was most delighted when I was asked to join with my Civic Colleagues from Brighton and Worthing in writing a brief message of greetings to the Members of the British Veterans Athletic Association.

The Association's Championship event is to be held in Brighton in 1984 and, on behalf of my Council and the Townspeople of Hove, I extend a hearty welcome to the very many athletes who will be visiting our area from the various Countries who have representatives taking part.

The Association can be assured of the utmost support of Hove Council and, as a keen 'jogger' myself, I sincerely hope the event will be a tremendous success.



David H. Barling
Mayor of Hove

Invitation/Invitation/Ausschreibung

Qualifications and Regulations

The 4th European Veterans Games are open to MEN born on or before August 20th 1944 and WOMEN born on or before August 20th 1949 who are physically fit and comply with the above age qualification.
Competitions are to be held on the basis of the IAAF/FFA Regulations, subject to any special rules laid down in this invitation.

Conditions de Participation et Réglement

Les 4èmes Jeux Europeans Veterans sont ouverts aux HOMMES nés le 20 août 1944 et avant ainsi qu'aux FEMMES nées le 20 août 1949 et avant qui sont en bonne condition physique et qui satisfont à la classification de catégories d'âge ci-après mentionnées. Les compétitions seront régies sur la base des règlements de la FIAF/FAA sous réserve des règles particulières figurant dans le présent bulletin.

Teil Nehmerberechtigung und Wettkampbestimmungen

An dem 4 Europäische Veteranentreffen können MÄNNER geboren am 20 August 1944 und älter und FRAUEN geboren am 20 August 1949 und älter, die in körperlicher Verfassung sind und die Altersbestimmungen erfüllen, teilnehmen.

Grundlage für die Durchführung der Wettkämpfe bilden die Regeln der IAAF/FFA sofern in dieser Ausschreibung keine speziellen Regelungen erlassen sind.

Age Classes/Catégories D'âge/Altersklasseneinteilung

Events are divided into the age groups below:

Les épreuves seront disputées dans les catégories d'âge suivante:

Für die Wettbewerbe gilt folgende Altersklasseneinteilung:

- M40 (40 - 44) Men born between August 19 1939 and August 20 1944
- M45 (45 - 49) Men born between August 19 1934 and August 20 1939
- M50 (50 - 54) Men born between August 19 1929 and August 20 1934
- M55 (55 - 59) Men born between August 19 1924 and August 20 1929
- M60 (60 - 64) Men born between August 19 1919 and August 20 1924
- M65 (65 - 69) Men born between August 19 1914 and August 20 1919
- M70 (70 - 74) Men born between August 19 1909 and August 20 1914
- M75 (75 - 79) Men born between August 19 1904 and August 20 1909

Age Classes/Catégories D'âge/Altersklasseneinteilung

Events are divided into the age groups below:

Les épreuves seront disputées dans les catégories d'âge suivante:

Für die Wettbewerbe gilt folgende Altersklasseneinteilung:

- W35 (35 - 39) Women born between August 19 1944 and August 20 1949
- W40 (40 - 44) Women born between August 19 1939 and August 20 1944
- W45 (45 - 49) Women born between August 19 1934 and August 20 1939
- W50 (50 - 54) Women born between August 19 1929 and August 20 1934
- W55 (55 - 59) Women born between August 19 1924 and August 20 1929
- W60 (60 - 64) Women born between August 19 1919 and August 20 1924
- W65 (65 - 69) Women born between August 19 1914 and August 20 1919
- W70 (70 - 74) Women born between August 19 1909 and August 20 1914

PROVISIONS FOR HANDICAPPED PARTICIPANTS

Handicapped competitors who need to be assisted by a guide can be admitted only if the assistance granted does not impede any other fellow-competitors.

DISPOSITIONS POUR PARTICIPANTS HANDICAPÉS

Les concurrents handicapés ayant besoin d'un guide sont autorisés à participer à condition que l'assistance donnée ne puisse gêner les autres concurrents.

BESTIMMUNGEN FÜR BEHINDERTE WETTKÄMPFER

Behinderte Wettkämpfer, die einer Unterstützung durch einen Führer bedürfen, werden nur zugelassen soweit die gegebene Unterstützung die anderen Wettkämpfer nicht behindert.

Transport/Transport/Beförderungs-Möglichkeit

Transportation tickets
will be available at
the Brighton Centre.



CALLING ROOM

For confirmation of participation competitors have to report to the Calling Room 60 minutes prior to the beginning of their event, without being particularly invited to do so.

For run-events, this measure is only applicable in heats and semi-finals.

CHAMBRE D'APPEL

Pour confirmer leur participation, tous les concurrents devront se présenter à la Chambre d'Appel 60 minutes avant le début de leur épreuve, sans y avoir été invités expressément.

Pour les courses cette mesure n'est toutefois applicable que pour les épreuves éliminatoires (séries et demi-finales).

MELDUNGEN AM STELLPLATZ

Alle Wettkämpfer haben sich unaufgefordert 60 Minuten vor Beginn ihres Wettbewerbes am Stellplatz einzufinden und ihre Teilnahme zu bestätigen.

In den Lauf-Wettbewerbe betrifft diese Massregel nur die Vor-und Zwischenläufe.

PRELIMINARY ROUNDS

One technical bulletin with the norms of qualification for the races, throwing and jump events will be given to each competitor on his arrival at the registration-office at Brighton Centre

EPREUVES ELIMINATOIRES

Un bulletin technique, avec l'indication des normes de qualification pour les courses et les concours sera remis à chaque concurrent à son arrivée au Brighton Centre.

TECHNISCHES BULLETIN

Die Teilnehmer erhalten in Brighton Centre mit ihren Startunterlagen ein 'Technisches Bulletin' aus dem alle Einzelheiten über Qualifikationen und das Weiterkommen zu entnehmen sind.

EQUIPMENT AND SPIKES

With the exception of vaulting poles all equipment is provided by the organiser. Those competitors wishing to use their own equipment may do so, but it must be certified by the implements supply depot 90 minutes before each event. Only spikes of 6 mm length are permitted on stadium tracks.

EQUIPEMENT ET MATERIEL

A l'exception des perches, tout le matériel sera mis à la disposition des athlètes par l'organisateur. Aucun concurrent ne pourra utiliser ses propres engins sans que ces derniers aient été contrôlés au préalable. Le contrôle du matériel est prévu 90 minutes avant chaque épreuve au dépôt de distribution du matériel sur le stade.

GERÄTE UND DORNNEN

Sämtliche Geräte, mit Ausnahme der Stabhochsprungstangen, werden vom Ausrichter gestellt. Unter der Voraussetzung einer vorherigen Prüfung ist die Benutzung eingener Geräte gestattet. Diese Prüfung erfolgt jeweils 90 minutes vor Beginn des Wettkampfes in den Geräteausgabestellen der Stadion.

Bei allen Lauf-und Sprungdisziplinen dürfen nur Laufschuhe mit kurzen Dornen (6mm) oder ohne dornen getragen werden.



Entry Form
Fiche D'inscription
Anmeldekarte

Please use Block Capitals (Prière d'écrire en Capitales d'Imprimerie -
Bitte schreiben Sie mit den grossen Druckschriften)

Surname - Nom - Name

Forename - Prénom - Vorname

Full address

Adresse -

Anschrift)

Country

(Pays - Nation)

Date of Birth

(Né (e) le.. -

Geburtstag)

Age Group

(Cat. d'Age -

Altersklasse)

By signing this entry form, I accept full responsibility in case of accident, injury or damage to myself or my property caused by my participation in the IVth Championships for European Veteran Athletes.

(En signant la formule d'inscription, je m'engage à accepter toute responsabilité en cas d'accident, blessure ou perte ou dommage sur personne et propriété du fait de ma participation aux IVèmes Jeux des Veterans Européens.

Wenn ich diese Anmeldekarte unterschreibe, annehme ich vollständige Verantwortung falls der Unfall die Verletzung oder die Verwundung dass die Folge der meine Teilnahme an den IV Meisterschaften für Europäischen Veteranen)

Signature _____

(Signature - Unterschrift)

All entries must be accompanied by a copy of the entrant's Birth Certificate.

(Les concurrents sont pries de joindre une photocopie de leur Acte de Naissance - Alle Teilnehmer müssen eine Photokopie ihrer Geburtsurkunde vorlegen)

Certification or Stamp of National Body

(Visa de l'Association National des Veterans -

Bestätigung des Nationalen Veteranen Organizations)

Stamp

(Cachet -

Stempel)

Signature _____

(Signature - Unterschrift)

<input type="checkbox"/>	Men — Hommes — Männer	Best Performance 1983 (Meilleur Perf. - Bestleistung)
1	100m	1
2	200m	2
3	400m	3
4	800m	4
5	1500m	5
6	5000m	6
7	10000m	7
8	80m Hurdles (Haies - Hürden)	8
9	100m Hurdles (Haies - Hürden)	9
10	110m Hurdles (Haies - Hürden)	10
11	400m Hurdles (Haies - Hürden)	11
12	3000m Steeplechase (Steeple - Hindernislauf)	12
13	High Jump (Hauteur - Hochsprung)	13
14	Pole Vault (Perche - Stabhochsprung)	14
15	Long Jump (Longueur - Weitsprung)	15
16	Triple Jump (Triple Saut - Dreisprung)	16
17	Shot Put (Poids - Kugelstossen)	17
18	Discus (Disque - Diskuswerfen)	18
19	Javelin (Javelot - Speerwerfen)	19
20	Hammer (Marteau - Hammerwerfen)	20
21	Track Walk 5 km (Marche/Piste - Gehen)	21
22	Road Walk 20km (Marche/Route - Strassengehen)	22
23	Pentathlon (Fünfkampf)	23
24	Marathon (Closing date for entry 31 May 1984)	24
<input type="checkbox"/>	Women — Femmes — Frauen	Best Performance 1983 (Meilleur Perf. - Bestleistung)
25	100 m	25
26	200 m	26
27	400 m	27
28	800 m	28
29	1500m	29
30	5000m	30
31	80m Hurdles (Haies - Hürden)	31
32	100m Hurdles (Haies - Hürden)	32
33	High Jump (Hauteur - Hochsprung)	33
34	Long Jump (Longueur - Weitsprung)	34
35	Shot Put (Poids - Kugelstossen)	35
36	Discus (Disque - Diskuswerfen)	36
37	Javelin (Javelot - Speerwerfen)	37
38	Track Walk 5km (Marche/Piste - Glehen)	38
39	Road Walk 10km (Marche/Piste - Strassengehen)	39
40	Pentathlon (Fünfkampf)	40
41	Marathon (Closing date for entry 31 May 1984)	41

ENTRY FEES/DROITS d'INSCRIPTION/MELDEGEBUHREN

£5.00	First event (Prem. épreuve - Erstwettbewerb)	£5.00
£5.00	Each additional event (Eprevue additionnelle für jeden weiteren Wettbewerb)	£
£5.00	Compulsory fee (Droit spécial - Sondergebühr EVAA)	£5.00
£15.00	Farewell party (Soirée - Schlussveranstaltung)	£
Total		£

Cheques or money orders to be made payable in sterling to:

**Organising Committee for the Championships
for European Veteran Athletes
(OCCEVA)**

and sent to:

**Mrs B Dunsford,
71 Hillside Crescent,
South Harrow,
Middlesex, HA2 OQU,
England**

Send by May 31st 1984

WAIVER CLAUSE

By signing the entry form, I hereby agree that the organisers shall not be liable for any accident, injury or loss or damage to any of my person or property as a consequence of my participation in the 4 th European Veteran Games.

Suggested and recommended (not officially ruled) performance standards

Liste des performances minima souhaitées (non obligatoire)

Empfohlener (aber nicht vorgeschriebener) Leistungsstand

MEN	M40	M45	M50	M55	M60	M65	M70 & +
100m	12.7	13.2	13.8	14.4	14.9	15.8	17.0
200m	26.4	27.5	28.8	30.5	32.0	34.0	37.0
400m	58.0	61.0	63.0	66.0	70.0	75.0	82.0
800m	2.17.0	2.23.0	2.28.0	2.33.0	2.42.0	2.52.0	3.12.0
1500m	4.48.0	5.00.0	5.15.0	5.30.0	5.45.0	6.00.0	6.30.0
5000m	18.00.0	18.45.0	19.30.0	20.20.0	21.40.0	23.30.0	25.00.0
10000m	39.30.0	41.30.0	43.00.0	45.00.0	48.00.0	51.00.0	55.00.0
110mH	18.8	20.0	21.5	22.5			
100mH					22.0	23.0	
400mH	69.0	73.0	76.0	81.0	85.0	90.0	
3000mST	12.00.0	12.30.0	13.00.0	13.45.0	15.00.0	16.30.0	(no event)
High Jump	1.50	1.45	1.40	1.30	1.20	1.10	1.05
Pole Vault	3.30	3.00	2.60	2.40	2.20	2.00	
Long Jump	5.40	5.00	4.75	4.30	4.00	3.75	3.50
Triple	10.75	10.00	9.50	8.50	8.00	7.50	
Shot Put	11.00	10.00	9.50	8.75	9.00	8.00	7.00
Discus	30.00	27.00	26.00	24.00	27.00	24.00	22.00
Hammer	38.00	35.00	30.00	25.00	28.00	25.00	25.00
Javelin	42.00	38.00	35.00	30.00	28.00	25.00	22.00

Marathon)
T. & R. Walk)
Pentathlon
Relays

} No recommendation/Pas de Minima/Keine Mindestleistungen

WOMEN	W 35	W 40	W 45	W 50	W 55	W 60	W 65 & +
100m	14.0	14.7	15.5	16.5	17.5	18.5	20.0
200m	30.0	31.5	33.0	35.0	38.0	41.0	45.0
400m	68.0	72.0	76.0	80.0	85.0	90.0	
800m	2.30.0	2.40.0	2.50.0	3.05.0	3.20.0	3.30.0	
1500m	5.15.0	5.40.0	6.00.0	6.30.0	7.00.0	7.30.0	
5000m	20.00.0	21.00.0	22.00.0	23.30.0	26.00.0	28.00.0	
High Jump	1.25	1.20	1.15	1.10	1.05	1.00	0.95
Long Jump	4.50	4.20	3.90	3.20	3.00	2.30	
Shot Put	9.00	8.00	7.50	7.00	6.50	6.00	5.50
Discus	28.00	24.00	22.00	20.00	18.00	16.00	15.00
Javelin	27.00	23.00	20.00	22.00	20.00	18.00	15.00

Marathon - Pentathlon - Relays - Hurdles and Walking Events, no recommended performance

AWARDS AND VICTORY CEREMONIES

The 3 first placed competitors in each event will be awarded by a gold-plated, silver or bronze medal.

Victory ceremonies take place immediately after finishing an event.

The medals will only be awarded if the standards performances figuring in this invitation are reached in the final events.

PRIX ET RECOMPENSES

Une médaille d'or, d'argent et de bronze sera remise aux 3 premiers de chaque épreuve dans chaque catégorie d'âge de 5 en 5 ans.

Les cérémonies de remise de médailles auront lieu immédiatement après chaque épreuve.

Les médailles ne seront décernées que si les minima figurant dans la présente invitation auront été atteint en finale.

AUSZEICHNUNGEN

Die 3 Erstplazierten eines jeden Wettkampfes erhalten Medaillen in Gold, Silber oder Bronze.

Die Siegerehrungen werden unmittelbar nach Abschluss eines jeden Wettkampfes durchgeführt.

Einen Anspruch auf eine Siegermedaille hat nur wer die in der Ausschreibung ausgedruckten Mindestleistungen im Endkampf/Endlauf erreicht.

RESULTS

The complete results will be published in the 3 months following the meeting and will be sent to each competitor who will have previously paid the cost of the book of results.

RESULTATS

Les résultats complets seront publiés dans les 3 mois suivant la rencontre et envoyés à chaque participant qui aura acquitté préalablement les frais afférents à leur impression et expédition.

ERGEBNISSE

Die Ergebnislisten werden innerhalb von 3 Monaten nach der Veranstaltung zum Versand gerbracht mittels Vorsahlung der entsprechenden Gebühr.

**Adopted by the Conference of European Ministers
responsible for Sport in Brussels (1975)**

Article I - Every individual shall have the right to participate in sport.

Article II - Sport shall be encouraged as an important factor in human development and appropriate support shall be made available out of public funds.

Article III - Sport, being an aspect of socio-cultural development, shall be related at local, regional and national levels to other areas of policy-making and planning such as education, health, social service, town and country planning, conservation, the arts and leisure services.

Article IV - Each government shall foster permanent and effective co-operation between public authorities and voluntary organisations and shall encourage the establishment of national machinery for the development and co-ordination of sport for all.

Article V - Methods shall be sought to safeguard sport and sportsmen from exploitation for political, commercial or financial gain, and from practices that are abusive and debasing, including the unfair use of drugs.

Article VI - Since the scale of participation in sport is dependent, among other things, on the extent, the variety and the accessibility of facilities, the overall planning of facilities shall be accepted as a matter for public authorities, shall take account of local, regional and national requirements, and shall incorporate measures designed to ensure full use of both new and existing facilities.

Article VII - Measures, including legislation where appropriate, shall be introduced to ensure access to open country and water for the purpose of recreation.

Article VIII - In any programme of sports development, the need for qualified personnel at all levels of administrative and technical management, leadership and coaching shall be recognised.

Article I - Chacun a le droit de pratiquer le sport.

Article II - Le sport, en tant que facteur important du développement humain, doit être encouragé et soutenu de façon appropriée par les fonds publics.

Article III - Le sport, étant l'un des aspects du développement socio-culturel, doit être traité, aux niveaux local, régional et national, en liaison avec d'autres domaines où interviennent des décisions de politique générale et une planification : éducation, santé, affaires sociales, aménagement du territoire, protection de la nature, arts et loisirs.

Article IV - Il appartient à chaque gouvernement de favoriser une coopération permanente et effective entre les pouvoirs publics et les organisations bénévoles, et d'encourager la création de structures nationales permettant de développer et de coordonner le sport pour tous.

Article V - Des mesures doivent être prises pour protéger le sport et les sportifs de toute exploitation à des fins politiques, commerciales ou financières, et de pratiques abusives et avilissantes, y compris l'usage de drogues.

Article VI - Etant donné que l'ampleur de la pratique du sport dépend, entre autres, du nombre des installations disponibles, de leur variété et des possibilités d'y accéder, la planification globale de ces installations doit être considérée comme relevant de la compétence des pouvoirs publics, doit tenir compte des besoins locaux, régionaux et nationaux, et doit comporter des mesures tendant à assurer le plein emploi des équipements existants ou à réaliser.

Article VII - Des dispositions, y compris le cas échéant des mesures législatives, doivent être prises pour assurer l'accès à la nature aux fins d'activités de loisirs.

Article VIII - Des cadres qualifiés à tous les niveaux de la gestion administrative et technique, de l'animation et de l'entraînement, doivent être reconnus comme indispensables dans tout programme de développement du sport.

Entries/Inscriptions/Meldungen

Entries must be sent to the Organising Committee via the National Federations or accredited Veterans Organisation, using the official entry form attached. Individual entries will only be accepted from countries where one of the above mentioned organisations does not exist.

Entries must be received by May 31st 1984 at the latest.

To identify competitors' ages entries must be accompanied by a birth certificate. Persons failing to meet this requirement are requested to present their passport to the Registration Office upon arrival.

Confirmation of acceptance will be made immediately.

Les inscriptions doivent être envoyées à l'aide du formulaire officiel en annexe au Comité d'Organisation par l'intermédiaire de chaque Fédération Nationale ou de l'Organisme Officiel de Vétérans reconnu par la EVAA. Des inscriptions individuelles seront toutefois acceptées pour les pays où il n'existe pas d'Organisme officiel de vétérans.

Date limite des engagements: jusqu'au 31 Mai 1984.

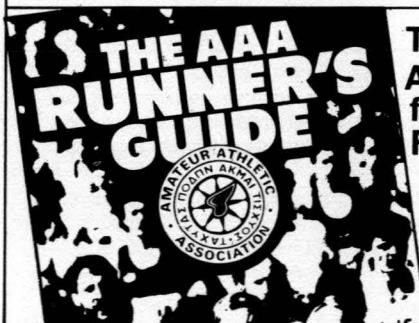
Un certificat de naissance doit être joint au bulletin d'engagement. En cas de non observation de cette formalité les participants sont tenus de présenter une pièce d'identité au Bureau d'Accueil à leur arrivée à Brighton.

Anmeldungen sollten mit dem beiliegenden Formular an das organisierende Komitee durch die nationale Federation oder akkreditierte Organisation erfolgen. Einzelanmeldungen werden nur dann akzeptiert wenn im Land keine von den obengenannten Organisationen vorhanden sind.

Anmeldungen müssen spätestens 31. Mai 1984 eintreffen.

Um das Alter der Teilnehmer zu bestätigen müssen den Anmeldungen eine Geburtsurkunde (oder Fotokopie) beigelegt sein. Teilnehmer die diese Anforderung nicht berücksichtigt haben sollten nach ihrer Ankunft mit ihrem Reisepass in das Anmeldungsbüro kommen.

Bestätigung der Annahme erfolgt gleichzeitig.



The AAA RUNNER'S GUIDE
All you need to know about running
from the top experts in their field.
Fully illustrated throughout.

Send Cheque/Money Order or P.O for £4.95 plus 50p postage payable to:

**SACKVILLE,
32 Great Titchfield Street,
London W.1. England.**

Entry Fees/Droits d'inscription/Meldegebühren

First event	£5.00
Each additional event	£5.00
Compulsory fee (EVAA)	£5.00
Entry for relays (per team)	£10.00
Premier épreuve	£5.00
Chaque épreuve additionnelle	£5.00
A cela s'ajoute le droit spécial EVAA	£5.00
Inscription pour les relais	£10.00
Erstwettbewerb	£5.00
Für jeden weiteren Wettbewerb	£5.00
Dazu kommt die Sondergebühr der EVAA	£5.00
Staffelmeldung pro team	£10.00

Payments must be made by cheque or
money order in sterling to:

Organising Committee for the Championships for
European Veteran Athletes

Send to: Mrs. B. Dunsford,
71 Hillside Crescent,
South Harrow, Middlesex, HA2 0QU
England

Closing date for entries: 31 May 1984

Height and distance between hurdles/weight of throwing equipment

Hauteurs et distances entre les Haies/Poids des engins de lancer

Hürdenabmessungen und Höhe/Gewichte der Wurfgeräte

MEN	110m Hurdles /Haies				400m Hurdles	Shot	Discus	Hammer	Javelin
M 40-49	99.6	13.72	8.90	16.18	91.4	35.00	7.26	2.00	7.26
M 50-59	91.4	13.50	8.60	19.10	84.0	35.00	5.50	1.50	7.26
100m Hurdles									
M 60-69	84.0	13.00	8.50	10.50	76.2	35.00	4.00	1.00	6.00
M 70+ (80m)	76.2	12.00	8.00	12.00			4.00	1.00	4.00
WOMEN	80m Hurdles/ Haies				100m Hurdles	Shot	Discus	Javelin	
W 35-39					76.2	8.50	4.00	1.00	
W 40-49	76.2	12.00	8.00	12.00			4.00	1.00	
W 50-59	76.2	12.00	8.00	12.00			3.00	1.00	
W 60-69							3.00	1.00	
W 70+							3.00	1.00	

BRIGHTON-EITHER WAY YOU WIN

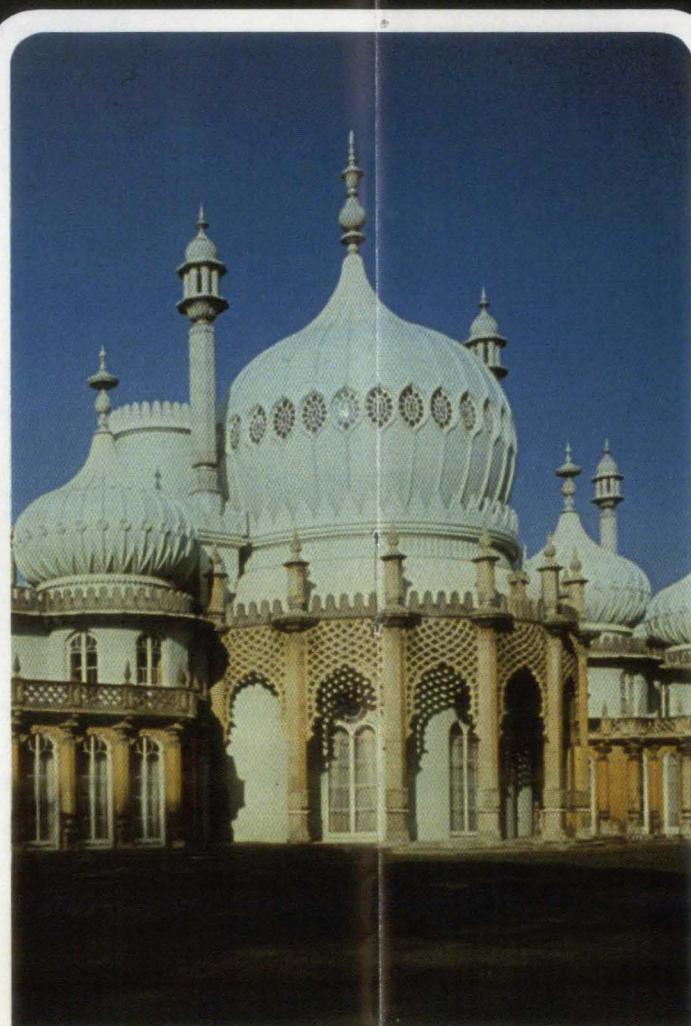
Whether you're coming to compete or just to look around you can't lose at Brighton.

The town is a colourful and fascinating collection of Regency architecture, Victoriana, old markets and smart shopping areas.

All tastes are catered for in Brighton's wealth of restaurants and there is entertainment aplenty at theatres, cabaret and clubs around the town.

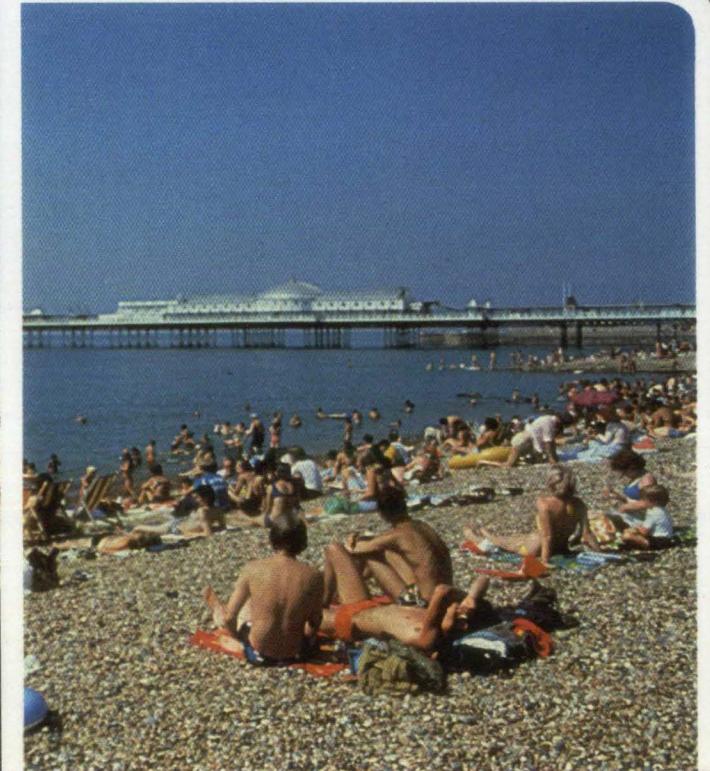


■ ■ ■ ■ ■
BRIGHTON



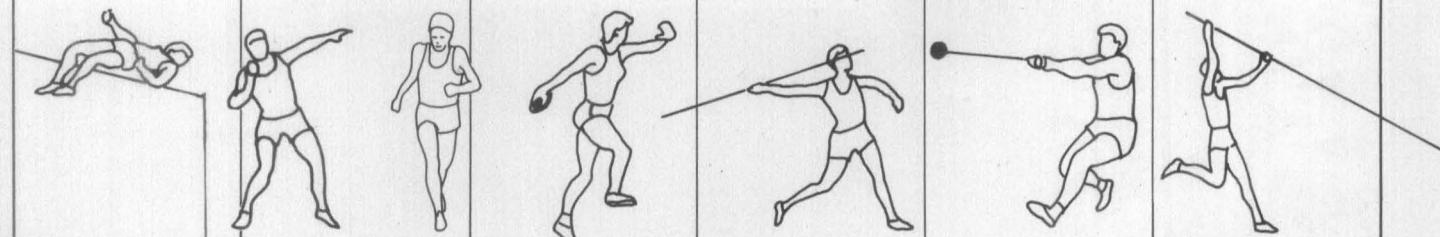
There's a prince's palace – the world famous Royal Pavilion, a Victorian pier and the maze of narrow streets called the 'Lanes'. Once the site of fishermen's cottages the 'Lanes' are now a bustling place to shop, eat or just browse among the many cafes and antique stores.

Brighton can enthral, excite and relax you. How can you lose?



The IV Track and Field Championships, European Veteran Athletes

PROVISIONAL PROGRAMME

Monday 20.8.83	Tuesday 21.8.83	Wednesday 22.8.83	Thursday 23.8.83	Friday 24.8.83	Saturday 25.8.83
Commencing 14.00	Commencing 09.30	Commencing 09.30	Commencing 09.30	Commencing 09.30	Commencing 09.30
100m M (Heats) 100m M (Semi-finals) 110m Hurdles M (Heats) 110m Hurdles M (Final) 5000m F Triple Jump M Discus F Hammer M Javelin M	100m F (Heats) 100m F (Final) 100m M (Final) 100m Hurdles F 80m Hurdles F 5000m M Long Jump M Javelin F Discus M High Jump F	200m M (Heats) 200m F (Heats) 200m M (Semi-Finals) 800m M (Heats) 800m F (Heats) 3000m Steeplechase 5000m Walk MF High Jump M Marathon Long Jump F Shot Put F Shot Put M	200m M (Final) 200m F (Final) 400m M (Heats) 400m F (Heats) 1500m M (Heats) 10000m M Pentathlon M M40 M45 Pentathlon F F35	400m M (Semi-Finals) 400m F (Final) 400m Hurdles M (Heats) 800m M (Final) 800m F (Final) Pentathlon M M50+ Pentathlon F F40+ 10km Road Walk M F 20km Road Walk M	400m M (Final) 400m Hurdles M (Final) 1500m M (Final) 1500m F (Final) 4 x 100 Relay M 4 x 100 Relay F 4 x 400 Relay M 4 x 400 Relay F Commencing 06.00 Marathon
					

Accommodation - Please read carefully

LIMO is holding accommodation in all categories. The prices quoted below reflect a saving to the individual. Prices valid from 19 to 26 August 1984 and are only available if booked through LIMO.

	Bed/Breakfast Inc. Service Charge & VAT*	
	Single	Half-Twin
A 4 Star with bath/shower	£27-£31	£25-£30
B 3 Star with bath/shower	£22-£26	£19-£24
C 2 Star with bath/shower	£17-£21	£14-£18
D 2 Star without bath/shower	£11-£16	£10-£13
E Guest House	-	£ 8-£11
F University	£11.50	-

Prices quoted are per person, per night. *VAT (Value Added Tax) included at current rate of 15%. Applications for provisional reservations should be made on the official form accompanied by the fee.

Reservation procedure

Please enclose the sum of £15.00 per person which is an administration fee and is non-refundable except in the event of LIMO being unable to make a provisional reservation. No contract in respect of the provision of accommodation exists until a completed booking form (which will be sent with the provisional reservation) has been completed and returned together with the full accommodation charge and has been completed by the hotel/guest house concerned. Any contract will be subject to conditions which will appear, or be referred to on the booking form. The administration fee will be deducted from the accommodation charges. Payment to be made by UK cheque or Sterling Bankers Draft.

The IV Track and Field Championships. European Veteran Athletes 1984



HOTEL ACCOMMODATION SERVICES FORM
(This form should be forwarded before 1st April 1984 to LIMO)

**LEP International Meeting Organisers Limited
20 Dudley Road, Tunbridge Wells,
KENT TN1 1LF. Telephone: (0892) 42011: Telex: 957451**

Surname

Title (Mr/Mrs/Ms)

Forenames

Address (for correspondence)

..... Telephone No:

Name of accompanying person(s)

Accommodation (for details please see page 19)

Date of Arrival Date of Departure No. of Nights

Single Room

A

B

C

1

1

**Please tick
preference**

Single Room

□

Twin Room

4

Please tick

No. of persons ...

Double Room

1

Special requests

Optional Tours. Please send details

Signature **Date**

*(Payment to be made by UK cheque or Sterling Bank Draft).

Before signing this form please read carefully details on page 19.



The House of Fraser

THE Army & Navy

HOVE'S ONLY
DEPARTMENT
STORE

*Four floors of
departments for
you and your home*



**Low interest rates
on credit sale
agreements up to
36 months**



BUDGET & CHARGE ACCOUNTS

Please ask for details



**STREET PARKING AROUND
THE STORE**

Church Road, Hove, Sussex
Tel: 739222

FOTOBAR

**The
fastest
colour
prints in
town**

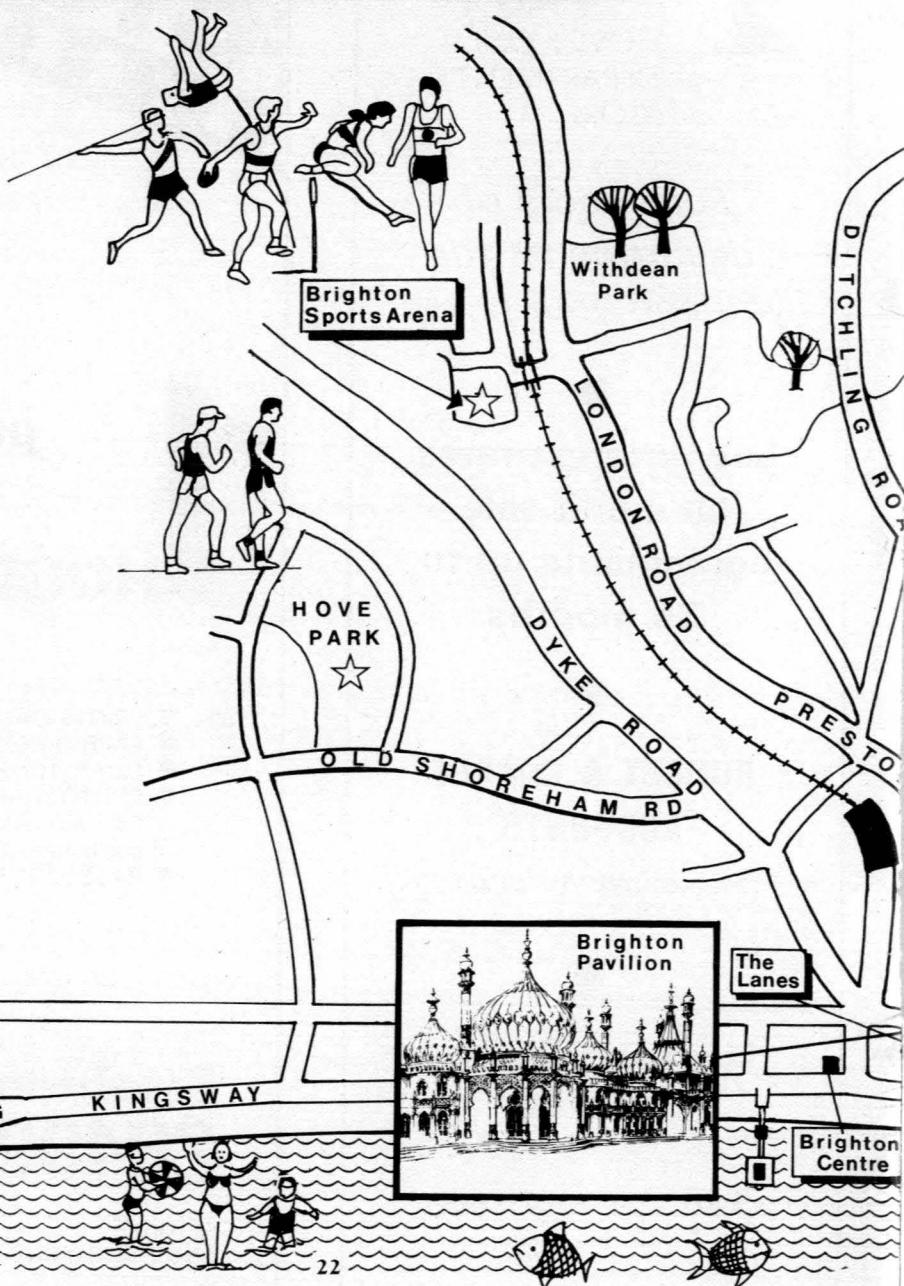
1 HOUR

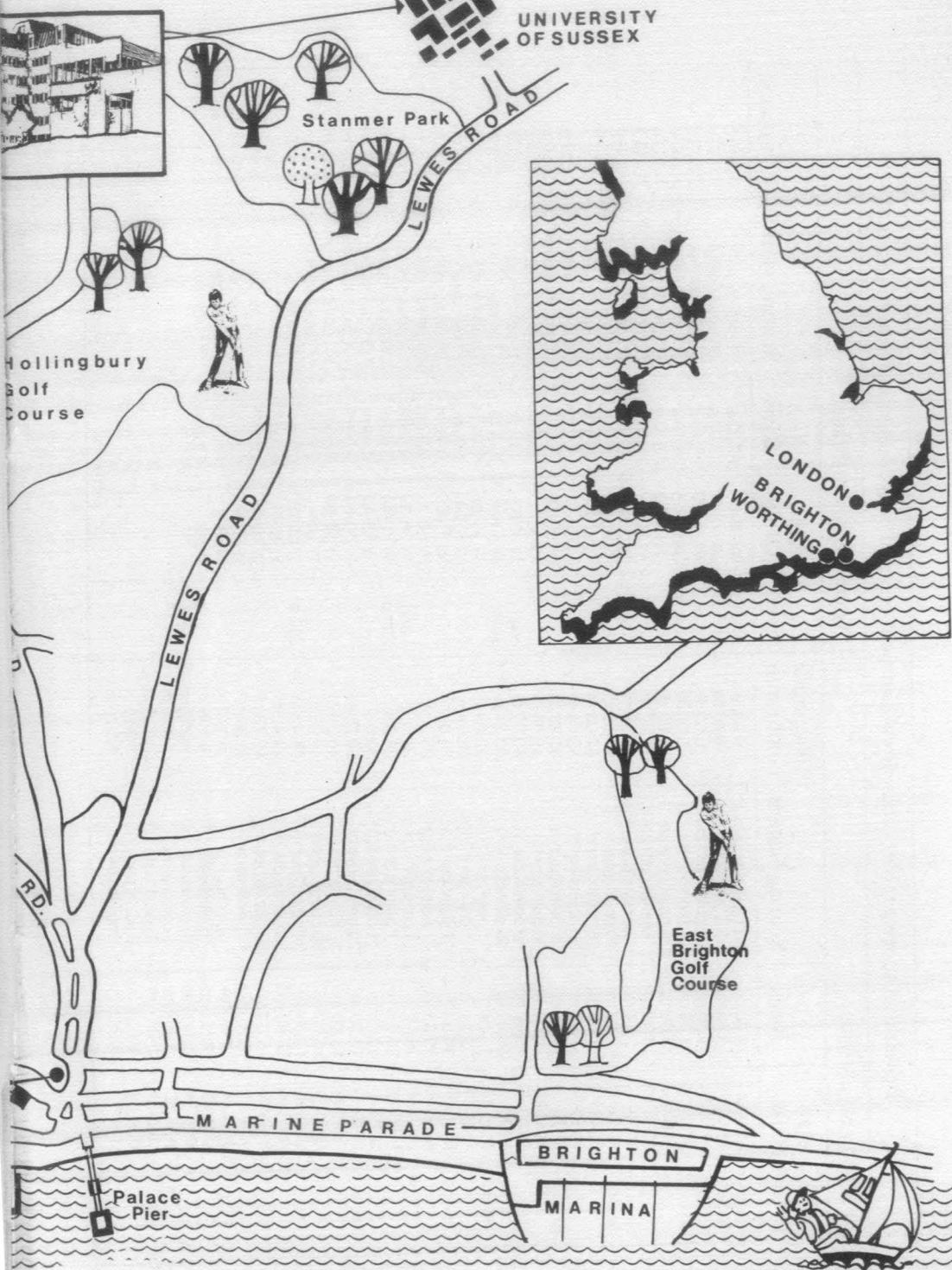
- also
- PRINTS FROM SLIDES
 - EXPRESS ENLARGEMENTS
 - QUANTITY PRINT RUNS
 - PHOTOGRAPHERS
for conferences & other
social functions
 - PASSPORT PHOTOS

**Brighton
28499** near the
Clock
Tower

FOTOBAR
6 North St. Quadrant, Brighton

BRIGHTON & HOVE

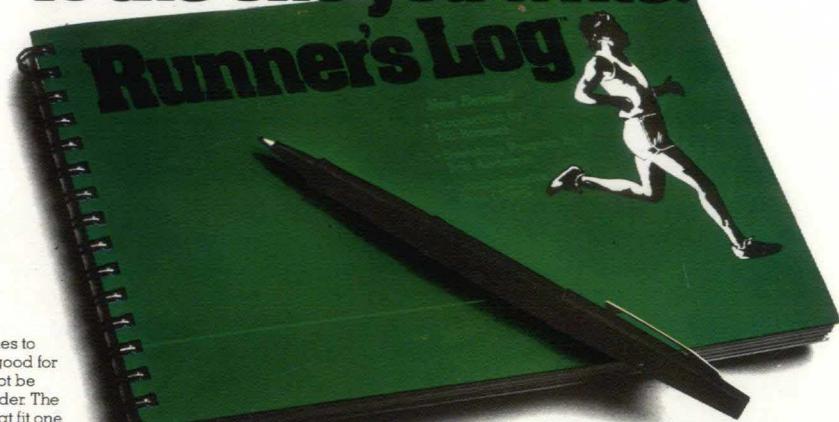




Pentathlon scoring table/Tables de cotation pour pentathlon/Wertungstabelle im Fünfkampf

Men/Hommes/Männer					Women/Femmes/Frauen				
Event	Age Group	Basis	Scoring system	1000 points conform to	Event	Age Group	Basis	Scoring system	1000 points
Long Jump	M 40-44	3.60 m	3 points per cm	6.93 m	Hurdles	W 35-39	27.33 s	75 points per s	14.00 s
	M 45-49	3.60 m	3.5 points per cm	6.46 m		W 40-44	27.33 s	80 points per s	14.83 s
	M 50-54	3.50 m	4 points per cm	6.00 m		W 45-49	26.10 s	75 points per s	13.33 s
	M 55-59	3.28 m	4.5 points per cm	5.50 m		W 50-54	26.10 s	80 points per s	13.60 s
	M 60-64	3.00 m	5 points per cm	5.00 m		W 55-59	26.10 s	90 points per s	14.98 s
	M 65-69	3.00 m	6 points per cm	4.67 m		W 60-	27.50 s	90 points per s	16.38 s
	M 70-	2.57 m	7 points per cm	4.00 m		Shot Put	W 35-39	3.50 m	80 points per m
Javelin	M 40-44	17.00 m	20 points per m	67.00 m	Shot Put	W 40-44	3.50 m	87 points per m	15.00 m
	M 45-49	17.00 m	25 points per m	57.00 m		W 45-49	3.50 m	90 points per m	14.62 m
	M 50-54	17.00 m	30 points per m	50.34 m		W 50-54	3.50 m	95 points per m	14.03 m
	M 55-59	17.00 m	35 points per m	45.60 m		W 55-59	3.50 m	100 points per m	13.50 m
	M 60-64	17.00 m	35 points per m	45.06 m		W 60-	3.00 m	100 points per m	13.00 m
	M 65-69	15.00 m	40 points per m	40.00 m		High Jump	W 35-39	1.01 m	15 points per cm
	M 70-	15.00 m	45 points per m	37.24 m		W 40-44	1.01 m	17 points per cm	1.68 m (1005) 1.60 m (1003)
200 m	M 40-44	32.4 s	1 point per 0.01 s	22.4 s	High Jump	W 45-49	1.01 m	20 points per cmn	1.51 m
	M 45-49	33.0 s	1 point per 0.01 s	23.0 s		W 50-54	1.00 m	22 points per cm	1.46 m (1012)
	M 50-54	34.0 s	1 point per 0.01 s	24.0 s		W 55-59	0.95 m	25 points per cm	1.35 m
	M 55-59	35.0 s	1 point per 0.01 s	25.0 s		W 60-	0.90 m	25 points per cm	1.30 m
	M 60-64	36.0 s	1 point per 0.01 s	26.0 s		Long Jump	W 35-39	2.66 m	3 points per cm
	M 65-69	38.0 s	1 point per 0.01 s	28.0 s		W 40-44	2.66 m	3.3 points per cm	6.00 m
	M 70-	40.0 s	1 point per 0.01 s	30.0 s		W 45-49	2.66 m	3.7 points per cm	5.70 m
Discus	M 40-44	15.00 m	28 points per m	50.72 m	Long Jump	W 50-54	2.66 m	4.5 points per cm	5.37 m
	M 45-49	15.00 m	32 points per m	46.26 m		W 55-59	2.66 m	6 points per cm	4.89 m
	M 50-54	15.00 m	30 points per m	48.33 m		W 60-	2.60 m	7 points per cm	4.33 m
	M 55-59	15.00 m	34 points per m	44.42 m		W 35-39	4 min 15 s	8 points per s	4.03 m
	M 60-64	15.00 m	34 points per m	44.42 m		W 40-44	4 min 22 s	8 points per s	2 min 10 sec
	M 65-69	15.00 m	36 points per m	42.78 m		W 45-49	4 min 29 s	8 points per s	2 min 17 sec
	M 70-	15.00 m	40 points per m	40.00 m		W 50-54	4 min 37 s	8 points per s	2 min 24 sec
1 500 m	M 40-44	6:46.6 m	6 points per s	4:00.0 m	800 m	W 55-59	4 min 45 s	8 points per s	2 min 32 sec
	M 45-49	6:56.6 m	6 points per s	4:10.0 m		W 60-	4 min 55 s	8 points per s	2 min 40 sec
	M 50-54	7:06.6 m	6 points per s	4:20.0 m					2 min 50 sec
	M 55-59	7:16.6 m	6 points per s	4:30.0 m					
	M 60-64	7:46.6 m	6 points per s	5:00.0 m					
	M 65-69	8:06.6 m	6 points per s	5:20.0 m					
	M 70-	8:36.6 m	6 points per s	5:50.0 m					

The most important running book you'll ever read is the one you write.



When it comes to running, what's good for the goose may not be good for the gander. The running shoes that fit one runner perfectly may cramp another runner's style. And the running book that some people swear by others swear at.

That's why we designed Runner's Log.

Runner's Log is not just another running book that teaches you to follow someone else's program. Instead it helps you design a running program of your own. It helps you see how far you've gone. How far you have to go. And what to do next if your running is at a standstill.

A record of your progress.

How often did you run last month? How far? How fast? And most importantly how does that compare to the previous month?

If you can't answer these questions, there's no way to tell if you're advancing or just running in place.

With Runner's Log you can record the date, time, and comments for every

Date	Course	Distance	Time	Comments
M				
T				
W				
T				
F				
S				
	Week's Total	Week's Average	Year-to-Date	

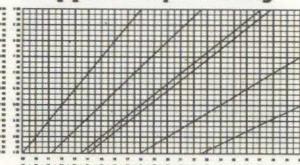
run. At the end of each week you can compute the totals and averages. And then analyze your running progress on a daily, weekly, monthly, and even yearly basis.

Graphs to chart your progress.

Then you can chart your progress using four specially designed graphs that record distance per week, time per course, time per mile, and yearly distance.

These graphs give you a closer look at your year's running performance. And also give you a birds eye view of the hills and valleys of your progress so you can select the training program you'll need to keep you running on the right track.

Keep pace with your running.



Runner's Log does more than let you plot your progress. It's the first running book that also lets you chart your pace.

With the Runner's Log comprehensive pace charts you can find what your pace was over a given course and what it must be to run that course in the time you're aiming for.

Unlike standard pace charts, these provide infinite flexibility for all paces from 4:30/mile to 11:30/mile. And for all standard race distances including metric, from 2 miles to marathon.

Introduction by Bill Rodgers

The Runner's Log also has an introduction by Bill Rodgers who tells why he believes that before you can break records you have to keep them. And why the Runner's Log is the record keeper he particularly likes.

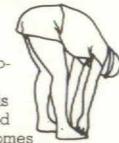
But that's not all. Included is Bob Anderson's special exercise program for runners, "The Right Way To Stretch." This fully illustrated before and after running program comes with tips that not only help you move more freely, but help you to avoid injury.

What's more the Runner's Log has an entire page devoted to your race records. So you can tell at a glance where you placed and how well you ran in competition.

With all this it stands to reason, that if you're into running, this is the one book you should be running after.

Runner's Log. Now available in the U.K. for just £3.25 including p & p. (Overseas readers please add £1.00 for each Log ordered). To order, send your name and address with payment to:

Runner's Log, B.E.L. Limited, P.O. Box 50, Market Harborough, Leicestershire, England. Cheques/P.O.s payable to B.E.L. Ltd. Please allow 21 days for delivery.



Runner's Log