

Hans Axmann, President of the 3rd World Vetran Championships at Hannover, Germany presents the Pole Vault medals in the 50 - 54 class to Roger Ruth (silver) and Stan Egerton (gold) two of Canada's amazing pole vaulters (see Hans Warwas' account). Bronze winner is Lentini of Italy.



Start of Class 45 - 49 5000 metres at the Ontario Masters Indoor Championships.



Helen - See article p. 18. Don

the MASTERS

OF track
and
field *



THE CANADIAN MASTERS INTERNATIONAL TRACK TEAM

President	J. Alastair Lynn (416) 846-3508 & 924-5751	20 Davenrich Court, Brampton, Ont. L6Z 1N6
Vice-President	Kenneth Richardson (604) 291-9961	4156 E. Hastings St., N. Burnaby, B.C., V5C 2J4
Secretary-Treasurer	Dick Dear (416) 261-1792	Apt. 609, 45 Livingston Road Scarborough, Ont., M1E 1K8
Bulletin Editor	Norman Baum (416) 487-0204	225 Davisville Ave., Apt. 1001 Toronto, Ont., M4S 1G9
Team Captain/Manager	TO BE SELECTED	
Executive Members	Christine Walker (416) 284-0695	34 Rodda Blvd., West Hill, Ont., M1E 2Z6
	Stan Smith (416) 282-8339 & 449-2866	48 Ravine Park Cresc., West Hill, Ont., M1C 2M4
	Alex Woodhouse (416) 759-6034 & 925-3311	10 Tweed Crescent Scarborough, Ont., M1R 4A9
	George Gluppe (416) 223-9434 & 445-3440	30 Fashion Roseway, A-212E Willowdale, Ont., M2N 6B4
Alberta Director	Art Vondette (403) 594-8185	P.O. 1556, Medley, Alta., T0A 2M0
British Columbia Director	Clifford J. Hill (604) 922-8212 & 682-1868	4735 Rutland Road West Vancouver, B.C., V7W 1G6
Manitoba Director	John Houlden (204) 783-5493	1526 William Avenue Winnipeg, Man., R3E 1A6
New Brunswick Director	LeRoy Washburn (506) 357-2377 & 455-3337	St. Thomas University Fredericton, N.B., E3B 5G3
Nova Scotia Director	Keith Graham (902) 835-5927	134 Shore Drive Bedford, Halifax Co., N.S.
Ontario Director	Sajjad Butt (416) 270-5897 & 633-3700	600-31 Silvercreek Blvd. Mississauga, Ont., L5A 2B4
Prince Edward Island Director	Ewen Stewart (902) 894-5668 & 892-5461	159 Nassau Street Charlottetown, P.E.I., C1A 2X3
Quebec Director	Ian Hume (819) 826-5418	R.R. No. 1, Melbourne, Quebec.
Yukon Director	V.R. Wigen	P.O. Box 4321, Whitehorse, Yukon
Saskatchewan Director	Bob Polischuk (306) 527-6661	Y.M.C.A., 2400 13th Avenue Regina, Sask., S4P 0V9
Records -- Track	Danny Daniels (613) 820-2131; (819) 994-1240	1145 Ambleside Drive Ottawa, Ontario, K2B 8E2
-- Field	The Latvian Club	c/o V. Teteris, 17 Chester Hill Road Toronto, Ont., M4K 1X4

FRONT COVER: POLE VAULT STAR, VLADO KOSTRIC, SCARS TO THE HEAVENS!

Executive (Continued)

International Correspondent	Don Farquharson (416) 282-2555 & 929-0421	269 Ridgewood Road West Hill, Ont., M1C 2X3
Past President	Brian Oxley (416) 431-0123 & 694-3401	66 Felicity Drive Scarborough, Ont., M1H 1E3
Bulletin Sub-Committee	N. Baum/D. Farquharson/ J.A. Lynn	

This bulletin is sent periodically to members of CMITT, under whose auspices Canadian Masters (men aged 40 and over, women aged 35 and over) compete internationally. Membership in CMITT may be obtained by sending \$10.00 to Dick Dear, Secretary. Make cheques payable to CMITT and please include your date of birth and a few details of your athletic experience.

FROM THE PRESIDENT

DEAR MEMBERS:

As you will read in this issue, there has been much activity in the Masters' movement since our last Bulletin. The Ontario Masters' indoor meet, at the fine new facilities on the York University campus, attracted a record entry of men and women, with some fine performances. Other events, both indoor and outdoor, from across the country show that we certainly do not retire during the winter months!

The A.G.M. was a lively one, with a number of resolutions illustrating the growing interest being taken by our members in C.M.I.T.T. The A.G.M. minutes are in this Bulletin.

It is heartening that an increasing number of individuals, across the Provinces, are willing to take on tasks to extend our activities. It is only through the enthusiasm, and work, of its members that an organization such as ours will flourish.

Best wishes,

Alastair
Alastair Lynn
President
C.M.I.T.T.

BUREAU DU PRESIDENT

CHERS MEMBRES:

Dans ce numéro vous trouverez que nous avons été très occupés dans le mouvement des Maîtres depuis le dernier Bulletin. Les courses sur terrain couvert des Maîtres d'Ontario, qui ont cinq installations sur le campus de l'Université de York, ont attiré un nombre record d'hommes et de femmes, qui ont donné une très belle performance. D'autres courses sur terrain couvert et courses sur pistes à travers le Canada démontrent que nous n'arrêtons pas durant les mois d'hiver.

La réunion annuelle fut pleine d'entrain avec un nombre de résolutions montrant l'intérêt grandissant de nos membres concernant le C.M.I.T.T. Les minutes de cette réunion sont dans ce numéro.

C'est encourageant de voir d'ardeur de plusieurs membres, à travers le pays, qui s'occupent d'organiser de nouvelles courses. C'est seulement avec l'enthousiasme et le travail de ses membres qu'une organisation peut prospérer.

Meilleurs vœux,

Alastair
Alastair Lynn
Président
C.M.I.T.T.

OBITUARY

We are very saddened to hear of the death of Edna Taylor, Alan's wife. Edna accompanied Alan to Sweden for the World Masters Meet in 1977 and often attended our other events to cheer on the runners. We remember her with affection and extend to Alan and his family our deepest sympathy.

EDITORIAL

The 1980 season has opened with a bang as the Ontario Masters Indoor T&F Championships brought nine record performances.

It was the women who stole the show with almost a threefold increase in entries over last year and with fine new marks. But the meet as a whole was very successful in the superb new York University facility--a quantum leap from the South Industries Building of the CNE.

For the rest of 1980, we look forward to the biggest string of Masters Championships yet:

- March 29, U.S. National Indoor T&F, Syracuse, N.Y.;
- May 31/June 1, North American T&F, Mexico City;
- June 15th, Ontario T&F, Tilsonburg;
- July (late?), Ontario (& other Provincial) Pentathlon, site not fixed;
- August (16th or 17th), Canadian Inter-Club, possibly Northview, Toronto;
- August 30/31, Canadian T&F, tentatively Edmonton;
- Sept. 5(?), Pan American T&F, Puerto Rico.

In addition, there will be Canadian Marathon Champs. at Winnipeg, June 15; Women's 5k at Sunnybrook, Sept. 27; Canadian X/C Relay Oct. 5 and X/C at Sunnybrook Nov. 1.

And, to cap them all, the World Masters in New Zealand, Jan. 8-12, 1981.

With this kind of stimulus, we expect a mass of Provincial input for next Bulletin. Reports this edition are few. Let's hear from all the Provinces next time.

NOTES FROM HERE & THERE

Clare Williams, who came from Halifax to win the 400m and 800m (1A) at the Ontario Indoor Championships, reports the following performances for 1979:

Road Races:

Apple Blossom Festival, May 7, 8 miles	49:13
Liverpool Road Race, July 2, 5.1 miles	29:46
Bridgewater Road Race, June 23, 7 miles	39:50
Lunenburg Fisheries Exhibition, Sept. 15, 5 miles	29:26
Joseph Home Festival, Sept. 30, 8.1 miles	46:37
Mahoox Bay Oktoberfest, Oct. 6, 5 miles	29:46

Cross Country:

Atlantic C.C. Championships, Oct. 28, 5 miles	29:00
N.S. C.C. Championships, Nov. 3, 5 miles	28:59
Local C.C. Race, Oct. 10, 8000m	31:15

Track:

Midas Meet, Aug. 4, 1500m	4:15.02
N.S. T&F Meet, Aug. 17, 800m	2:01.0
" " " " 1500m	4:19.0

Clare Williams, (Continued)

All excellent times, particularly the 800m which is only .3 sec. short of Ed Whitlock's CNR, though Ed actually has a faster 1B record of 1:59.9 set in that magnificent race in Gothenburg, 1977.

Valdis Teteris sent the full results of the 4th West Coast Weight Pentathlon, Dec. 9, at Glendale, California, where Harold Parsons won the 60-69 class. Best results of the Masters are extracted as an interesting comparison with those of the Canadian Masters Weight Pentathlon Championships, published in Bulletin 59 (Sept. '79):

	16 lb. Hammer	16 lb. Shot	2 kg Discus	800 g Jav.	35 lb. Wt.	Total	Class
Stewart Thompson	46.15 748	12.43 628	42.0 725	26.75 272	15:03 790	3163	40-49
Carl Klehm	36.33 597	10.98 531	33.05 542	31.92 363	12.42 627	2660	40-49
Hal Smith	27.75 447	12.05 603	34.76 579	44.15 552	8.60 353	2534	40-49
Harold Parsons	27.06 434	9.45 419	28.54 441	28.15 298	9.44 418	2010	60-69
Bob Stone	25.61 406	8.87 375	28.20 433	34.37 403	7.80 289	1906	50-59
Jack Thatcher	19.63 282	9.82 447	27.74 422	29.07 313	5.70 102	1566	60-69
A. Redmond Doms	14.61 162	7.87 295	22.32 286	26.57 269	5.32 64	1076	70-79
John Whittemore	15.53 185	5.37 69	17.98 166	17.74 90	4.84 15	525	80+

As you can see, the weights of the implements are all Olympic class. Harold's point score was better than all the 50-59's too, but much less than his total at the CMITT Games.

Sverre Hietanen is once more in the news! The Vancouver Sun sports section gives a front page action shot 14" high and a full column by James Lawton (former Daily Express columnist?), the whole effect dwarfing items on Guy Lafleur & Chico Resch. Sorry we can't fit it into the Bulletin, or all the 1979 results sent by Sverre, most of which have appeared previously. But on Dec. 9 he ran his seventh Marathon of the year at Honolulu in 3:11.40 for 7th place in his class (55-59) and in the first 300 of 7500 entries. During the year, though, he had

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several times under 3 hours including a 2:55:33 on May 6 at the Vancouver International Marathon. His personal bests included:

1 mile, May 13, Corpus Christi track	5:16.0
1500m, July 7, Beer Creek Park track	4:51.2
10 km, July 10, Adidas Grand Prix track	36:24.4
5 miles, July 15, Sea Festival Road Run	26:41.0
20 miles, Oct. 6, Lion's Gate Road Race	2:07.23
6 miles, Nov. 4, Cunningham Memorial Seawall	33:42.2

Then, on Dec. 26 at New Westminster he did a one-hour run of 15,900 m which may be a world best for his age.

Sverre will soon be 60 and there's no saying what records he'll destroy this year. His achievements since he began running four years ago are phenomenal. Congratulations and good luck for your 8 planned Marathons and many other races in 1980!

Richard Graves, Etobicoke, Ontario, writes enthusiastically of enjoying his membership in CMITT (he joined in Spring, '79) and anticipation of receiving each Bulletin. We're glad, Richard, but don't always have records handy so please be sure to note age with results. (Everyone, please copy!)

But we do have the N.A. Champs. results which tell us Richard is Class 1B (45-49). Of several 10 km runs, his best time was 37:35 (Cadet, Sept. 30, '79), five minutes faster than his first 10 km effort, one year earlier.

A laconic note from Neil Campbell of Vancouver for rankings (age 41).

Sept. 23, 1979, Pepsi 10 km, Vancouver	34:39.0
Nov. 24, 1979, Seattle Marathon	2:39:01

Very impressive!

Whitey Sheridan tells us that John Wall, who used to drive from Baltimore for our 5 k & 10 k track races before his heart attack a few years ago, now walks in 2 to 12½ mile runs. He sends regards to Don F., John Young and all Canadian Masters.



My last report closed with the up-beat report of two Gold medal results in the walking events. In this my third and last report on Hannover, I would like to continue with the incredible performances of one particular group of our Canadian field performers: our Pole Vaulters, which outdid any other country. We entered 7 athletes and came home with 7 medals. Canada the land of pole vaulters??? (Shades of Bruce Simpson). Even the mighty U.S. squad got only 5 medals!!

In detail the story reads like this:

In class (M40+) V. Kostric with a 4.20m vault, won a Gold medal. G. Dumas with 3.70m a Bronze medal.

In class (M50+) S. Egerton won the Gold in a jump-off with no other than our perennial pole-vault champion Roger Ruth with a 3.40m vault. This time it was Silver for Roger.

In class (M60+) our iron man Ian Hume who forfeited the Pentathlon in order to gather

several individual medals, won Bronze with a vault of 2.70m. And last not least Albert Brosz in class (M70+) won Gold with 1.90m, and Arnold Ticmanis Silver with 1.70m.

In the High Jump we missed the Bronze medal only on the count-back when K. Hollingsworth (M45+) came in 4th with 1.78m. Same high as the Bronze medal winner. Roger Ruth's (M50+) 1.55m was good for 8th place, while F. Klassen's (M50+) 1.45m was 14th and G. Gilmour's (M50+) 1.35m good for 21th spot. Ian Hume's (M60+) Gold medal performance with a jump of 1.51m was sweet revenge on his old adversary E. Stai of Norway who had won the medal the last time around in Gothenburg 1977.

In Long Jump Ian Hume (again) missed the Bronze medal by a scant 2cm. His leap of 4.93m gave him 4th place in class (M60+). Roger Ruth's 5.35m in class (M50+) gave him 10th place while G. Gilmour's 4.48m was only good for 31st!!

Triple Jump in class (M60+) saw Ian Hume win his second gold with a leap of 10.33m, well over the 8.89m of G. Gilmour (M50+), good for 14th place.

In Shot-Put Jackson Tovell's (M40+) 9.13m gave him 22nd place while Peter Pientka's (M50+) 8.63m was good for 31st. Yours truly (M60+) 9.54m gave him 33rd in the largest class field of shot-putters. Albert White's (M75+) 5.52m gave him 11th spot.

In the Discus-Throw Jackson Tovell's (M45+) 29.30m throw gave him 27th place. Yours truly with a poor 23.62m throw in class (M60+) came in 32nd, Arnold Ticmanis' (M70+) 24.50 throw was good for 11th place. Albert White's (M75+) 11.78m throw gave him 10th spot in his class.

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HANNOVER continued...

Our Javelin Throwers best performance was given by Ian Hume (M60+); 39.76m was good for 4th place, while G. Gilmour's (M50+) 35.56m gave him 11th spot and Albert White's (M75+) 11.10m were good for 6th place.

In Hammer Throw our sole entry was Albert White (M75+) with a 12.36 throw, which gave him 4th place.

In the quest for the best all-round athlete, the Pentathlon, we had 5 entries. Lead by yours truly (M60+) with 2442 points for 11th place - a slip by two placings against Gothenburg- (due to a crummy discus performance). G. Gilmour (M50+) with 2625 points good for 13th place - G. Gluppe (M45+) with 2608 also 13th - k. Buchanan (M45+) with 1864 points in 28th place, and finally D. Stewart (M40+) with 2625 points placed 27th in his age class.

Our Field Competitors of the distaff-side were heavily outnumbered, yet we collected 2 medals. Gold for Isobel Saumier (W65) in the Javelin with 15.22m and Pat Kirkwood (W60) Bronze for her 13.40m throw.

Although we fielded a small group of competitors in the technical events I think they acquitted themselves very well. Considering that quite a few of our better throwers and Jumpers did not compete in Hannover the medal haul and placings were amazingly good.

I wish the competitors for Christchurch in 1981 the very Best Success all along the (finish)-lines!!

This being my last official "job"(?) I would like to congratulate one and all for their outstanding performances and say a hearty "Thank-You" for your co-operation.

Special Thanks to Ian Hume for his help in compiling the results on my first-part report.

Yours in Sport,

Hans Warwas.
Team Captain.

P.S. In report #2 I've missed Shirley Smith (W40) who came in 8th in her class in the C/C with a time of 49.39.8. Sorry about that.

RE: HOSPITALITY

We would like to express our appreciation to all of you who returned completed hospitality forms. We have received 23 replies to date from a good cross section of Canada. However, we would still like to hear from a few more of you. Please don't forget to mail in completed forms when mailing in your annual dues. It works both ways: you will become a receiver as well as a giver!

It was decided at the last executive meeting to send the list of people offering this service to the appropriate Provincial Director who, in turn, would control allocation of accommodation. Consequently, those wishing accommodation in a particular area would phone or write the Provincial Director and space would be allocated on a first-come basis.

7
Christine Walker

ANNUAL GENERAL MEETING held at Stong College, University of York at 7:15 p.m. on Saturday, 2nd February, 1980.

The Meeting was presided over by Alastair Lynn, President, supported by the Hon. Secretary/Treasurer, Dick Dear and the following members of the Executive Committee:-

B.W. Oxley, D.G. Farquharson, G. Gluppe, S.J. Butt, N. Baum, Chris. Walker, Hans Warwas and Alec Woodhouse.

Apologies for absence were received from Vice-President Ken Richardson and Lily Richardson.

1. MINUTES OF LAST MEETING. The Minutes of the last Annual General Meeting having been circulated to all the members were on the proposition of Gerry Ward seconded by Ian Hume taken as read and carried unanimously.
2. PRESIDENT'S ADDRESS. The President opened by exhibiting a foolscap size sheet of paper saying, "This is not written in elegant script on yellowed parchment but it is HISTORIC!" It was the first Bulletin issued by CMITT in March, 1972. In comparison with our latest Bulletin and even our last Executive minutes it is small, it may not be grand, but let us remember that everything we do today came from it. Our organization has grown from the 30 members in 1972 to about 600 today, and now includes members across Canada; the CMITT philosophy must be to try and get all Provinces in some way involved in the National events and to encourage all Provinces, large and small, to participate in the various Meets.

This year we have held the following major events:

North American Championship Track & Field at Birchmount; this included the Canadian and Ontario Masters Championships and was a successful meet. Our thanks are due to Pilkingtons who sponsored the event and Brian Oxley the Meet Director.

The Pentathlon at Etobicoke arranged by Hans Warwas, which included inter-club championship.

The Weight Pentathlon organized by the Latvian Club, an ever increasing element in CMITT.

The Canadian Marathon at Winnipeg, a successful part of the Manitoba Marathon.

The Canadian Cross Country Championship held at Ottawa; our thanks are accorded to Danny Daniels the Meet Director.

Canada/U.S.A. Cross Country held at Sunnybrook Park, Meet Director Don Farquharson to whom we give thanks. The Cup was won by Canada.

Finally the World Masters held in Hannover, at which many fine individual achievements, already reported in the Bulletin, were recorded by CMITT competitors.

Mention must also be made of the Women's 5 KM road race, restricted to Masters only, which was a Canadian first for women and proved a great success. Our thanks are accorded to Christine Walker for her help with this event.

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2. (Continued)

Canadian Masters Medals. A die has been made for this medal which is common to all meets organized by CMITT; the inscribed ribbon identifies the particular meet.

Provincial Directors. Two new Directors have been appointed. Art Vondette has taken over from Morris Aarbo, who has gone to Australia, in Alberta, and Bob Polischuk has been appointed for Saskatchewan.

A Register of Hospitality has been started; a number of members have already consented to accommodate visiting athletes to their respective Provinces. It is hoped this will increase the good fellowship between members and help with the cost of members competing in events a long distance from home.

A register of Rankings is being organized, a difficult task which needs the quick response to the questionnaire already sent out.

The relationship between CMITT and CTFA is gradually being strengthened and the CTFA director, Geoff Elliott, is one of our members. Ken Richardson attended the CTFA Annual General Meeting at Calgary in June on our behalf.

SPONSORS. Our thanks are given to Fleischmans, Alouette Travel, New Zealand Travel, and Addidas, who sponsored the Can./U.S.A. meet.

The Future. It is hoped during the year to draw up a Constitution for CMITT with rules based on experience over the past years.

3. MEMBERSHIP REPORT (Hon. Secretary)

The membership at the end of 1979 was 570. There was a loss of membership due to the non-renewal of members who joined in 1978 for O.T.F.A. membership only, about 142 members. However, there were 75 new members in 1979.

The membership in the various Provinces is as follows: -

U.S.A. 17, Nfld. 1, P.E.I. 2, N.S. 6, N.B. 2, Man. 11, Que. 25, Ont. 404, Sask. 1, Alta. 19, B.C. 81, Yukon 1.

The number of renewals to date for 1980 is 234 and it is good to report that so far we have 44 new members for 1980, with an increase in the number of women members (12 women).

4. HON. TREASURER'S REPORT

The Report on the Association's Finances is presented and a copy will be made to all members in the next Bulletin issue. The Statement of Income and Expenditure during the year will show the actual cash transactions. The Balance Sheet will show the final balances after taking into account sundry debtors and sundry creditors and other assets.

The cash balances are \$3,599.38 compared to \$2,417.19 at the end of 1978. The Balance Sheet balances are \$3,561.06 compared to \$2,435.16 at the end of 1978.

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4. Hon. Treasurer's Report (Continued)

A satisfactory year, largely due to the sponsorship we have received for Championship and other events, which have allowed us to make a profit on two major events. The Executive have opened a North American Deposit Fund of \$150.00 from this and made a grant of \$150.00 to Ontario Masters for their joint interest in the Canadian Outdoor Championship.

I hope the members realize that the improved balances have been achieved without any raising of membership fees despite large increases in postage, telephones and stationery in the year. This position has only been achieved by the amount of time the Executive have given to the Association. No sums have been paid for clerical work, apart from the typing of Bulletin material.

We have been able to bring in some extra income by putting some cash into a Deposit Account and earning interest. This can only be carried on if the membership renewal fees are paid promptly to allow the Treasurer to have sufficient balances in the chequing account to pay current expenses.

5. Bulletins. The compiling and dispatch of Bulletins entails a great deal of work and time by the Executive and certain other members and we record thanks to all concerned with this work, particularly for the assistance always given by Blain and Lillian Till in the work of dispatch.

6. Election Of Executive. Don Farquharson took over the Chair for this business.

Nominations had been received for the following posts: -

- | | |
|-------------------------|------------------|
| President | - Alastair Lynn |
| Vice-President | - Ken Richardson |
| Hon. Sec. and Treasurer | - Dick Dear |
| Bulletin Editor | - Norman Baum |

There being no other nominations, on the proposition of Ted Maidman, seconded by Mike Freeman, these people were unanimously elected.

Other present Executive members willing to serve--Christine Walker, George Gluppe, Alec Woodhouse--were re-elected with the addition of Stan Smith in lieu of Hans Warwas, who had resigned after excellent service on the Executive. A vote of thanks was given to Hans for his work, especially in the organization of the Field events.

The following would also be on the Executive: -

- | | |
|-----------------|--------------------------------|
| Brian Oxley | - Past President |
| Don Farquharson | - International Representative |

It was also unanimously agreed that Danny Daniels should be Keeper of the Records in lieu of Albert White.

On the proposition of Brian Oxley seconded by Norman Baum it was agreed on a suggestion from Ian Hume that the Latvian Club should be asked to undertake the keeping of Field Event records distinct from the Track records which would be done by Danny Daniels.

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7. PRESIDENT'S REMARKS

1981 A.G.M. Alastair Lynn reviewed reasons for allowing CMITT administration to devolve upon B.C. for a period. Holding the AGM in B.C., with a suitable slate of officers put forward, could bring this about. Before making such a move, a Constitution should be drawn up for CMITT. The possibility of moving the AGM to Vancouver would be put to a postal vote.

Brian Oxley supported this thinking. In discussion, it was apparent that many Ontario members might be reluctant to see such a radical shift in CMITT control and that the reasons for this and the future activity of CMITT administration would have to be fully explored in the documentation for the postal vote.

National Championships 1980. The Canadian T&F Championships are provisionally to be held in Edmonton, August 30/31.

New Inter-Club Championship. Details have been worked out this new event and will be published in the next Bulletin; Eric Malstrom had agreed to his trophy being a Canadian one.

World Championship New Zealand 1981. The Executive would try to obtain Federal Sponsorship.

8. TEAM MANAGER/TEAM CAPTAIN. A discussion took place on the appointment of a Team Manager. New Zealand had asked for this appointment. Ian Hume spoke on the lack of experience of some officials at International Meets, especially on the timing of Pentathlon events. A vote being taken, 9 members indicated a willingness to charge all athletes going to the Games say \$40 each as a Contribution to the Team Manager's costs on the basis that this person would have to work very hard. This vote was not considered as a final decision but was for the guidance of the Executive in their further consideration of the matter.

9. W.A.V.A. Don Farquharson reported on International business and gave a report on his visit to New Zealand and his meeting with the Championship organizers. He will publish a report in the February and later issues of the Bulletin.

10. ANY OTHER BUSINESS.

10.1 Ontario Masters. A vote of thanks to the Ontario Masters for having provided so enjoyable a day of sport and recreation, was passed by acclamation.

10.2 Mexico--Site Of 1980 North American T&F Championships. Don Farquharson expressed the thought how Canada, having hosted the previous North American Championships, should have some presence at the upcoming Games in Mexico, and should, if necessary, support at least one representative to attend. No motion was made or passed.

10. Any Other Business (Continued)

10.3 Olympic Games. The President raised the subject of participation in the Summer Olympics and the following motion was proposed by Brian Oxley, seconded by Gerry Ward:

The CMITT believes that either the Olympics should be withdrawn from the USSR or Canada should boycott the Olympic Games. This motion is moved in view of the intolerable danger to world peace brought about by Russian actions in Afghanistan.

It was felt that whilst we had previously resisted the mixing of sport and politics, a point had been reached where a stand should be taken. After some discussion, the motion was passed unanimously. It was agreed that the President should write on this motion to the relevant people in Ottawa and to the newspapers.

10.4 Sub-Masters. The following motion was proposed by Mike Freeman, seconded by Ben Macbereth, and passed by a large majority: -

"When not expressly prevented by I.A.A.F. rulings, Sub-Masters events should continue to be held in conjunction with both the Indoor and Outdoor Canadian Masters Championships, and that a Sub-Masters representative be involved in the selection of the Sub-Masters events."

10.5 Club Membership & Relay Races. The following motion was proposed by Norman Baum and seconded by Hans Warwas: -

"That in the case of relay races held at Masters Track Meets, an athlete who has represented his first Club of choice at a previous Meet in that season but whose Club has not entered a Relay Team in the subsequent Meet may then represent his second Club of Choice provided he is a member of the Second Club." The motion was carried.

There being no further business, the meeting closed at approximately 9:30 p.m.

IMPORTANT!!

PLEASE READ CAREFULLY

MEMBERSHIP FEES (\$10.00) WERE DUE ON JANUARY 1ST. WE HAVE SENT OUT THIS BULLETIN TO ALL 1979 MEMBERS BUT WE REGRET THAT IF YOU HAVE NOT RENEWED TO DATE OR WE DO NOT RECEIVE YOUR SUBSCRIPTION RIGHT AWAY, WE CANNOT FORWARD BULLETIN 62. SEND DICK DEAR A CHEQUE NOW TO BE SURE.

BLASER CRESTS ACCOUNT

Balance brought forward	204.00	Balance carried forward	204.00
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MEDALS ACCOUNT

Trophy Craft	290.67	Awarded Canada X Country	139.10
do	988.68	Awarded Can./US do	988.68
		Medals in hand	151.17
	<u>1,279.35</u>		<u>1,279.35</u>

SUNDRY DEBTORS

Balance B/F	1,180.50	Treasurer Training Log	
Sponsors Grants & Photos, U.S./Can.	250.00	Adverts.	370.00
	75.00	Written off	205.00
	<u>94.50</u>		<u>575.00</u>
	419.50	Blazer Crests	204.00
W.A.V.A. Telex	47.94	Wintario Grant (written off)	395.50
		Treasurer OTFA fee	6.00
		To Balance Sheet	467.44
	<u>1,647.94</u>		<u>1,647.94</u>

SUNDRY CREDITORS

Paid Ontario Sports	32.17	Brought forward	1,165.42
Provinces Grant balances	983.00	Running Calenders	132.25
J.A.Lynn - Cup engraving	3.00	Ontario Masters	150.00
Ontario Sports	15.00	Less	<u>53.75</u>
To Balance Sheet	855.12	Ontario Sports	434.37
			<u>1,838.29</u>
	<u>1,838.29</u>		

Hon. Sec./Treasurer - Petty Cahh

Per Treasurer	150.00	Per Postages	132.54
Due to Secretary	5.81	Telephones	19.26
		Stationery	4.01
	<u>155.81</u>		<u>155.81</u>

BALANCE SHEET

Sundry Debtors	467.44	Sundry Creditors	855.12
Blazer Crests	204.00		<u>5.81</u>
Medals	151.17		860.93
Bank Balances	798.85		
	2,650.33	Balance at year end	3,561.06
	<u>150.00</u>		
	3,599.38		
	<u>4,421.99</u>		<u>4,421.99</u>

The Balance at the year end of \$3,561.06 is an increase of \$1,125.90 over 1978.

CANADIAN MASTERS' INTER-CLUB TRACK & FIELD CHAMPIONSHIP

(by Alastair Lynn)

1. INTRODUCTION

In recent years the Ontario Pentathlon Championship has had a built-in club championship which consisted of the five pentathlon events plus a 5,000m. The performances in the pentathlon counted towards the inter-club score, points being awarded on the 1st, 2nd-----nth place principle, not on merit of performances as in the pentathlon. Individuals did not have to compete in the full pentathlon in order to score in the inter-club.

The competition for the 40s, 50s and 60s were regarded as separate events but the total scores for all age-groups were added together to determine the winning club which was awarded the Malmstrom trophy.

It is generally agreed that this inter-club competition provides a useful and appealing addition to Masters track and field activities. However, it has been observed that people who compete in only one or two of the pentathlon events--for the inter-club competition--can have an effect on the results of the pentathlon, particularly in the case of the 1500m. where a club runner may well set a pace such as to pull a pentathlon competitor to an unusually high performance, thus affecting his overall pentathlon score.

It has therefore been decided that the pentathlon and the Inter-Club should be held on separate dates.

2. INTER-CLUB FORMAT

2.1 EVENTS

In order to provide a balanced programme such that the winning club has to show an all-round strength, the following events are included:

- 100m, 200m;
- 1500m, 5000m;
- High and Long Jump;
- Shot and Discus; i.e. 2 sprints, 2 middle-distance, 2 jumps, 2 throws.

2.2 AGE GROUPS

Performances would be scored on merit tables (as in pentathlon/decathlon), taking the following age-groups:

- 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74.

Women can compete for their clubs and their performances will be scored as follows:

- 35-39 scored on men's 45-49, women's 40-44 scored on men's 50-54, and so on.

Such points tables were available for Masters performances for the above events, except for the 5,000m, which has been prepared and a copy is shown at the end of this article.

15 Continued

STATEMENT OF INCOME AND

	<u>INCOME</u>	
Membership Fees, 1979	\$5,600.00	
Renewals for 1980 (advance)	210.00	
New Members 1980 (do do)	180.00	
O.T.F.A. fees		5,990.00
Sale of Calendars		582.00
Sale of Crests & Badges		308.50
Arriving Log Adverts (Sundry Drs.)		107.00
National Championship - Sponsorship Fees etc.	\$3,000.00	395.00
Canada/U.S. Cross Country, Fees etc.	7,108.37	10,108.37
Canada Cross Country Fees etc.	2,121.23	2,121.23
Women's 5KM Race		269.00
Ontario Masters - Bulletin & Printing		110.00
Grant balance retd. from Alberta		1,198.00
Veteris Fees		14.55
Deposit Account Interest		291.00
Miscellaneous Income		292.11
		127.78
		21,913.54

	Total Income	21,913.54
Bank Balances brought forward from 1979.		
Chequing Account	754.70	
Deposit Account	1,662.49	
		24,330.73

EXPENDITURE 1979.

	<u>EXPENDITURE</u>	
Grants to Provinces for 1979	Gross \$3,059.50	
Less part cost of Insurance	200.00	
Grants to Provinces Balance of 1978		2,859.50
O.T.F.A. fees to Ontario Recreation		982.00
Membership refund		453.00
O.T.F.A. fees refunded to members		10.00
W.A.V.A. subscription		48.00
Refund of Training Log Advert. -contra		13.20
National Championships		25.00
Canadian Cross Country,		9,450.71
Canada/U.S.A. Cross Country		409.66
Brock Meet		2,094.23
Women's 5KM Meet		110.05
Insurance (see part recovery from Provinces)		51.50
Miscellaneous (contra to Misc. Income)		500.00
Secretary - Petty Cash A/C. Tels., postages etc.		20.00
Bulletin Expenses (Income from O.M.\$1,000)		150.00
Veteris payments		1,720.51
Sundry Debtor (EAGEN)		287.50
Postages, Tels., Staty., & other exp of Executive		50.00
Bank - Service charges		1,455.84
		12.55
		20,731.55

Bank Balances carried forward 31/12/79	798.85	
Chequing	2,650.53	
Deposit	150.00	
Special N/A		3,599.38
		24,330.73

2.3 COMPETITION

Each competing club will be allowed up to five competitors per age-group per event.

Each performance would be scored on the merit tables and for each club the two best scores would be taken. For example, Club A's best 1,500m. performances might prove to come from a 45-49 runner and a 65-69 runner. By using this method we get away from the effects of age-bias where one club might have virtually all the 50-59 competitors and hence obtain an enormous initial advantage.

The club total would be the total of the merit points scored by its competitors, i.e. the 1st, 2nd---nth place points principle would not be used. This would place some emphasis on quality of performance although ability to have at least two in each event would still be important.

2.4 PARTICIPANTS

The majority of the Masters' clubs are in Ontario; however, this is a Canadian Club Championship and we hope that clubs in other Provinces will try to set up this competition on the same weekend. The provisional date for the 1980 Championship is either August 16th or August 17th. In Ontario it will probably be held at the Northview track.

We realize that some areas may have better weather conditions on the day but that's the luck of the draw!

The Championship is restricted to Canadian Clubs only and all members competing must be members of CMITT and bona-fide members of the club they are representing.

2.5 AWARDS

Eric Malmstrom, who donated the present magnificent trophy, has generously agreed to it being the National Trophy for this new, broader-based competition.

In addition, there will be CMITT medals awarded to the three best performers (based on the merit points tables) in each event and track-suit "patches" to the participating members of the winning club.

2.6 FINANCE

As in other championship meets, a small entry fee per participant will be charged.

3.0 FINALLY ...

Details and entry forms will be issued nearer the date of the Championship.

..... Continued

POINTS TABLE for 5,000 metres:

Age	Basis	3 points/second	1000 points scored for a time of--
40	20.30	—————→	15.10
45	21.45	—————→	16.25
50	22.30	—————→	17.40
55	23.45	—————→	18.55
60	26.00	—————→	20.05
65	27.15	—————→	21.20
70	28.30	—————→	22.35

i.e., a runner in the 1A (40-44) age group must run 15.10 to score 1,000 points, whereas one in the 2A (50-54) group has to run 17.40 to score the same 1,000 points.

MANITOBA MARATHON

(by Alastair Lynn)

This race will be held on June 15 in Winnipeg. As noted in our Bulletin No.59 the organizers have generously agreed to subsidize selected Masters runners, one 40-49 (man or woman) and one 50 and over (man or woman) from each Province.

In order to qualify for the 50% air fare subsidy from the Provincial capital to Winnipeg, the runners must have achieved the following minimum standards:

40-49 must have run 2 hours 53 min. (men) or 3 hours 30 min. (women) or better,

50 and over must have run 3 hours 20 min. (men) or 4 hours (women) or better,

to be considered.

The performance must have been achieved between January 1st, 1979, and April 22nd, 1980, and the persons applying for subsidy must send in their application to the CMITT Provincial Director, with an assurance that the necessary level of fitness has been maintained.

The Provincial Director will send the names of those selected to the President, together with any other outstanding performances, as it is possible additional subsidies may be available from the organizers.

All applying for this subsidy must be current members of CMITT as of February 29th, 1980.

It is noted that all competing Masters will be able to enjoy special hotel rates.

As this race also includes the North America Masters Marathon Championship, we have made the Canadian Masters Championship closed, i.e. open only to Canadian nationals or residents.

THE INTERNATIONAL SCENE

By Don Farquharson

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Following meetings will be held in Christchurch in January 1981:

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

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

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

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

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

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

SUPPLEMENT

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Other dates and contacts:

April 25, 26, and 27

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

May 31, June 1st

North American Masters Track & Field championship, Mexico City, Mexico.
All events five year groups.
Contact Jose Tenreiro Rivero, Plaza de la Republica
7-60 2, Mexico D.F.

July 4 - 6 Charleston, West Virginia

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

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

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

The 1st World indoor Track & Field Championships for Masters

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

The W.A.V.A. Newsletter

It is hoped to publish the W.A.V.A. newsletter shortly. It will contain Veteran World Records, Rankings and much more of interest and will continue on a quarterly basis. You will hear more on this soon. Meantime, best wishes.

Organizer's address

The official address of the organizer of our World Championships January 8th - 14th 1981 is:

Fourth World Veteran Games
Executive Committee
P.O. Box 31-102 Ilam
Christchurch, New Zealand.

The address of the organizer of the IGAL Road Running Championships, January 3rd - 4th 1981 is:

Mr Maurie Brown
Secretary 14th IGAL Championships
P.O. Box 1216
Palmerstone North, New Zealand.

Travel

to and from New Zealand, address:
Mr Bill Davies
Group Tours Manager Air New Zealand
No. 1, Queen Street
Auckland, New Zealand

Invitations for 1981

The printed invitations to the WVAC will be ready in the middle of March 1980. You can immediately order wanted number of copies from the executive committee (see above address).

Accommodation and Travels

All accommodation is handled by Trans Tours New Zealand, address:

Mr Peter Wells
75 Gladston Ave.
Christchurch 4, New Zealand

European Championships, August 6th - 10th, 1980

The Finnish veteran athletes are organizing the second European Championships in Helsinki on August 6th - 10th 1980. The address of the president of the organization is:

Pekka Kautto
Finnish Periodical Publishers' Association
Mannerheimintie 18 A
00100 Helsinki 10, Finland

IGAL championships in roadrunning 1980

The IGAL will hold their championships in roadrunning in Glasgow on August 23rd - 24th, 1980. Address:

The Organisers, 1980 World Veteran Events
Scottish Amateur Athletic Association
16 Royal Crescent
Glasgow G3 7SL
Scotland

WAVA World Championships in Decathlon and Heptathlon 1980 cancelled

The first WAVA championships in decathlon (men) and heptathlon (women) which were planned to take place in Stuttgart have been cancelled. The German Athletic Federation has informed us that it has been impossible to find proper time for the championships.

We are now waiting for an invitation from our veteran friends in England and Loughborough College for 1982.

4th World Veteran Games - Tentative Programme Outline.

26

MEN.	Thursday		Friday		Saturday		Sunday		Monday		Tuesday		Wednesday	
	8-1-81		9-1-81		10-1-81		11-1-81		12-1-81		13-1-81		14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
40-49	10,000		400 Hurd F. 100 Hurd	400 Hurd F. 1500 H. 100 F	(Cross country)				5000	Steeple H 110 Hurd H 800 H 200 H	4x100 H 4x400 H 800 SF 200 F	Marathon Steeple F 110 Hurd F 800 F 4x400 F		
		Pole Vault	Shot Put	Long J	PENTATHLON	400 SF 1500 F 400 F			Hammer High J	Discus Triple J	Javelin			
45-49	10,000			Steeple F 800 H 200 F	(Cross country)		400 Hurd H 100 SF	800 F 100 F	5000	400 Hurd F 110 Hurd H 400 H 400 SF	1500 H 4x400 H 4x100 H 400 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		Shot Put	Hammer Pole Vault	High J	PENTATHLON				Discus Long J	Javelin Triple J				
50-54	10,000		400 Hurd H 100 H	400 Hurd F 1500 H 100 F	(Cross country)		400 SF 1500 F 400 F	800 H 200 H	5000	110 Hurd H 800 SF 200 F	4x100 H 800 SF 200 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		Long J	Discus Javelin	Pole Vault	PENTATHLON			High J Shot Put		Hammer	Triple J			
55-59	10,000			Steeple F 800 H 200 F	(Cross country)		400 Hurd H 100 H	800 F 100 SF	5000	400 Hurd F 110 Hurd H 400 SF 400 F 4x100 H	1500 H 110 Hurd F 4x400 F 4x100 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		High J	Hammer	Javelin	PENTATHLON			Long J Discus		Triple J Pole Vault	Shot Put			
60-64	10,000		110 Hurd H 200 H	Steeple F 800 H 200 F	(Cross country)	5000		800 F		400 Hurd F 400 H 400 SF 400 F 4x100 H	1500 H 110 Hurd F 4x400 F 4x100 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		Hammer	Javelin	High J	PENTATHLON			Long J Discus		Pole Vault Triple J	Shot Put			
65-69	10,000		400 Hurd H 100 H	400 Hurd F 800 H 100 F	(Cross country)	5000		200 F	110 Hurd H 1500 H 400 H	110 Hurd F 4x100 H 400 F	1500 H 4x100 F 4x400 F 4x100 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		Javelin	Long J	Shot Put	PENTATHLON			Discus Pole Vault		Triple J High J				
70-74	10,000			Steeple F 400 Hurd H 800 F 100 F	(Cross country)	5000		200 F 400 H	110 Hurd H 1500 H 400 H	110 Hurd F 4x100 H 400 F	1500 H 4x100 F 4x400 F 4x100 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		Shot	Long J	Javelin	PENTATHLON			Pole Vault Hammer		Triple J High J				
75-79	10,000		300 H 100 H	400 Hurd F 800 F 100 F	(Cross country)	5000		200 F 400 H	110 Hurd H 1500 H 400 H	110 Hurd F 4x100 H 400 F	1500 H 4x100 F 4x400 F 4x100 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		Shot	Long J	Javelin	PENTATHLON			Pole Vault Hammer		Triple J High J				
80+	10,000		800 H 100 H	800 F 100 F	(Cross country)	5000		200 F 400 H	110 Hurd H 1500 H 400 H	110 Hurd F 4x100 H 400 F	1500 H 4x100 F 4x400 F 4x100 F	Marathon Steeple F 110 Hurd F 4x400 F 4x100 F		
		Shot	Long J	Javelin	PENTATHLON			Pole Vault Hammer		Triple J High J				

4th World Veteran Games - Tentative Programme Outline.

27

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

REPORT FROM ALBERTA

16th Feb.--The Edmonton Journal Indoor International Games

This prestigious meet featured Masters twice in the one night. In the first event, an over 50's mile, Frank Haley ran a determined race to finish ahead of Stan Oracheski and John Cuthbertson.

OVER 50's 1 MILE:

- | | |
|---------------------|--------|
| 1. Frank Haley | 5:31.6 |
| 2. Stan Oracheski | 5:34.0 |
| 3. John Cuthbertson | 5:34.9 |
| 4. Don Thompson | 6:37.0 |
| 5. Doug Norton | 7:11.0 |

In the 40-49 event, also a mile, Peter Parker, who finished 2nd in this event last year, lopped 5 seconds from his time to win handily. On this occasion, however, he was pushed along by 53-year-old Arthur Taylor, who had foresaken the earlier race to run a strong 4:51.1, out-footing Ian Campbell for 2nd spot.

40-49's:

- | | |
|---------------------|--------|
| 1. Peter Parker | 4:45.2 |
| 2. Arthur Taylor | 4:51.1 |
| 3. Ian Campbell | 4:52.4 |
| 4. Neil Ziegfried | 4:52.5 |
| 5. John Bryan | 4:59.5 |
| 6. Bill Wyllie | 5:01.2 |
| 7. Marcel Brisebois | 5:06.0 |
| 8. Keith Stromsoe | 5:06.0 |
| 9. Jason Montgomery | 5:09.9 |
| 10. Art Vondette | 5:13.7 |

The following day at the Edmonton Huskies 7 KM Road Race, Arthur Taylor finished 4th overall, 1st Master. Overall winner was Peter Moore (open class), 23:06.

- | | |
|---------------------|-------|
| 1. Arthur Taylor | 25:08 |
| 2. Tony Craggs | 27:02 |
| 3. Jim Haddow | 28:18 |
| 4. Tom Tereszchakio | 33:14 |

ONTARIO

Previously unreported--

Oct. 14, 1979--Ottawa Half Marathon

1st Master (9th overall)--Wilfred Spencer, Napanee 1:25.07

REPORT FROM MANITOBA

(by John Houlden)

The preliminary meet of The Winnipeg Tribune International Indoor Games was held at the Winnipeg Convention Centre on Jan. 21-23.

Nine men and six women Masters competed in the 1500m compared with only 5 men and no women last year. This, said John, indicates progress and he thinks a total of 20 might have been enough to provide heats for a final on the big day, Feb. 9, when Debbie Brill broke the Canadian High Jump Record, Angela Taylor broke the 50m and 200m Records and such runners as Mike Boit, Filbert Bayi and Sulliman Nyambni won their events.

Masters results are: -

Women:

- | | | <u>Time</u> |
|----------------------|------------|-------------|
| 1. Alma Jabs | 1W (40-44) | 6:12.5 |
| 2. Jean Barkman | 1W | 6:26.4 |
| 3. Leslie Mesiman | 0W (35-39) | 6:52.6 |
| 4. Audrey McClelland | 1W | 7:44.8 |
| 5. Kris Madsen | 1W | 7:53.0 |
| Helen Miller | 0W | D.N.F. |

Men:

- | | | |
|--------------------|------------|--------|
| 1. John Thresher | 1A (40-44) | 4:16.4 |
| 2. Ray Elliot | 1B (45-49) | 4:53.9 |
| 3. John Houlden | 2B (55-59) | 5:08.0 |
| 4. Albert J. Toews | 1A | 5:12.3 |
| 5. Al Magnusson | 1A | 5:15.2 |
| 6. Dave Veitch | 1B | 5:24.4 |
| 7. Tony Valentine | 2A (50-54) | 5:39.2 |
| 8. Arnold Tweed | 1A | 5:43.4 |
| Anthony Miller | 1A | D.N.F. |

John says a 5 km run for Masters and Sub-Masters is planned for April 13 at Assiniboine Park (start 9:00 a.m.) and a 10 km in September. Also the Tribune 10 km is scheduled for Sunday, May 11.

REPORT FROM QUEBEC

(by Ian Hume)

I received official results from Hannover earlier this week and have a good start on the revision of point scales and addition of a 75-and-up age class. The 60-64 and 65-69 age groups particularly are getting much deeper and better in many events.

I went down to Boston on Sept. 30th to do a standard pentathlon and a weight pentathlon the same day. Unhappily it rained all night and the whole day of the competition, which caused a lot of mud, slippery surfaces and unpleasant delays, but there were some good athletes out.

..... Continued

REPORT FROM QUEBEC (Continued)

My results (in some cases, lack of them) were as follows:

Standard Pentathlon (ran last):

	Long.	Javelin	200M	Discus	1500	
3B	4.35M	37.82	30.4 sec.	28.46	D.N.F.	
	810 +	912 +	760 +	484 +	000 =	2966

14 participants ages 31-69

Weight Pentathlon (ran first):

	Discus	Shot	Javelin	Hammer	Wt. Throw	
3B	28.46M	10.99M	37.82M	17.88	8.82	
	484	699	912	276	675 =	3048
Int. Scoring	438	531	458	242	371 =	2040

23 participants, ages 31-73

Possibly these are Can. Records in the 3B pentathlons. In the Can. Champ. Pentathlon, Sept. 16, Latvian Club, I threw 40.02M in the Javelin, which is probably a 3B Can. Record.

The University of Sherbrooke has built a new indoor running facility which is supposed to be ready for use before the New Year. It should help to promote track in the area.

REPORT FROM B.C.

Provincial Director Cliff Hill sends a report by Stu Fall on the Baden-Powell Centennial Trail Run--a fascinating account. And Derek Ellis, meet director of the Annual Victoria one-hour run, sends results of the Dec. 26 event at Centennial Stadium, University of Victoria. First, the one-hour run (Masters results only).

Sanctioned Run:

G. Ellis (40?)	Prairie Inn Harriers	14.966 km	9.279 miles
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Fun Run:

P. Denby (40)	Unatt.	12.98 km	8.048 miles
A. Green (71)	Flying Y	12.565 km	7.790 miles
B. Haagensen (52)	Unatt.	12.27 km	7.607 miles
Parsons (54)	Unatt.	11.9 km	7.378 miles
J. Carson (56)	Flying Y	11.1 km	6.682 miles
J. Haagenon (W)	Unatt.	10.89 km	6.75 miles

Derek believes A. Green's distance is a World age record, beating R. Bredenbeck's (U.S.A.) mark of 7.626 miles (1977).

THE BADEN-POWELL CENTENNIAL TRAIL

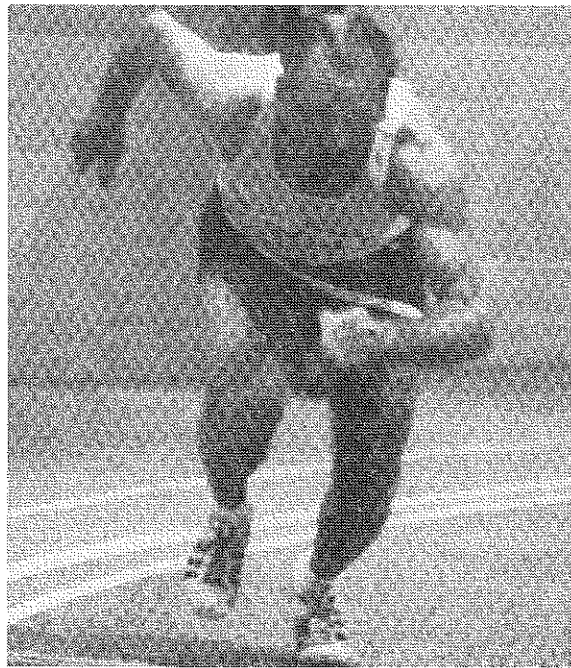
By Stu Fall

The idea of running this trail occurred to me several years ago, but, due to lack of maintenance and vandalism to bridges across the many creeks, the trail was not in good enough condition for such a trip to be enjoyable. However, a lot of work has been put into the trail over the past year or so, resulting in a well-marked trail with a good running surface for the most part at least. I had used sections of the trail in North Vancouver for training runs and knew them well, but, except for Black Mountain, had not covered the part in West Vancouver, though I had a good idea of the route from various trail guide publications. Last spring two of us, Jacek Bleszynski (West Coast Striders) and I decided the run should go and we should make a definite plan for it. So throughout the summer, Jacek and Dave Nielsen ran the "uncharted" sections and established the exact route. They drew up a map and written description and set the "run" date for Sept. 22. It was called a trek because there are many sections that cannot be run. Also, the intention was to complete the route rather than attempt to make a race of it.

The trail starts in the parking lot at the Eagleridge turnoff (from the Upper Levels Highway) near Horseshoe Bay. It first climbs Black Mt. (3992 ft.), then drops through Cypress Bowl and goes via Hollyburn Ridge and Westlake Lodge to Cleveland Dam. From there it goes up Nancy Greene Way, up the flank of Grouse Mt., skirting the top of Skyline Drive and Prospect Road, crossing Mt. Highway and following Lynn Creek to the Suspension Bridge. Continuing, it crosses Lynn Creek, Lillooet Rd., Seymour River, climbs to Hyannis Drive and on up Mt. Seymour almost to the power lines before dropping down to Deep Cove, ending in Panorama Park. The exact distance is not known but it is estimated to be about 28 miles, with some 6500 feet of uphill in the major grades.

So, on the morning of Sept. 22, 1979, thirteen of us assembled at Horseshoe Bay to "do" the trail. Black Mt. was easy though steep--we were fresh and eager to get going. The drop to Cypress Bowl was under the "Black Clair", fairly rough terrain, no trail--the construction road was no better. We regrouped and a number who wanted to run to Cleveland Dam only joined us there. The climb to Hollyburn Ridge is new trail and is not completely cut out so is a bit tough right now. It is a long downhill run all the way from there, past Westlake Lodge and under a power line across the top of the British Properties to Cleveland Dam. There we stopped for a granola bar and a drink, regrouped and headed up Nancy Greene Way, a bit stiff after the 35 minute stop. The climb from the Grouse Gondola is fairly steep and by this time we were starting to feel the effects, having been out for about 4 hours, so quite a bit was walked at a brisk pace rather than run. This section of trail is very pleasant slightly rolling in the trees, till the final drop to Mountain Highway, then to Lynn Creek. At Lynn Canyon we regrouped again, ate our second granola bar and had a drink--some even bought food or coffee at the concession there. By this time we had lost 3 members of the original group--they missed the trail and ended up on city streets--so we were down to 10. Heading off for the final leg I found myself very stiff--my 50 minute wait for the slower trekkers was far too long. It took the climb out of Lynn Creek to Lillooet Road to warm and loosen me up again. Also, by this time, now some 6 1/2 hours, I'm sure we were running entirely on fats--we had hit the wall, knocked it down and long since left it behind! The climb from the Seymour River crossing up the flank of Mt. Seymour was tough--a piece of trail I've run easily many times (but not with such a long "warmup"!)) before. I found myself "breaking into a walk" on the steeper sections. Then, finally, the long downhill lope to the Mt. Seymour Park road crossing and on down to Indian River Road and on down, down & down, except for one or two "surprises" (steep little canyons you go down into & back up out of all the way to Panorama Park in Deep Cove. I was alone for this last stretch but the others arrived in ones and twos over the next half hour or so. It was good to be finished and a dip in the ocean, followed by gallons of fluids made us feel like new, well almost like new.

I reached Deep Cove in 8 hours & 20 minutes time, of which I spent about 2 hours waiting ("regrouping"). I think the run can be done handily in under 6 1/2 hours and under 6 hours with some pushing (but you might regret it the next day!). It was a very enjoyable experience which I would be loathe to spoil by turning it into a grueling test against time. However, I'm sure the day will come when someone will run it with this in mind and the time will drop--maybe below 5 hours--who knows? In the meantime it will be an annual affair--maybe starting by forming into 7, 8 or 9-hour groups to avoid the long stiffening waits. Try it--sure as hell beats 6 hours on the roads! Plaudis to Jacek and Dave for map, trail description & organization. Cheakamus Lake to Garibaldi Station via Black Tusk Meadows next?



ALEX WOODHOUSE GETS A FAST START - Alex took 2 gold and 1 silver setting, a CNR at 400m.



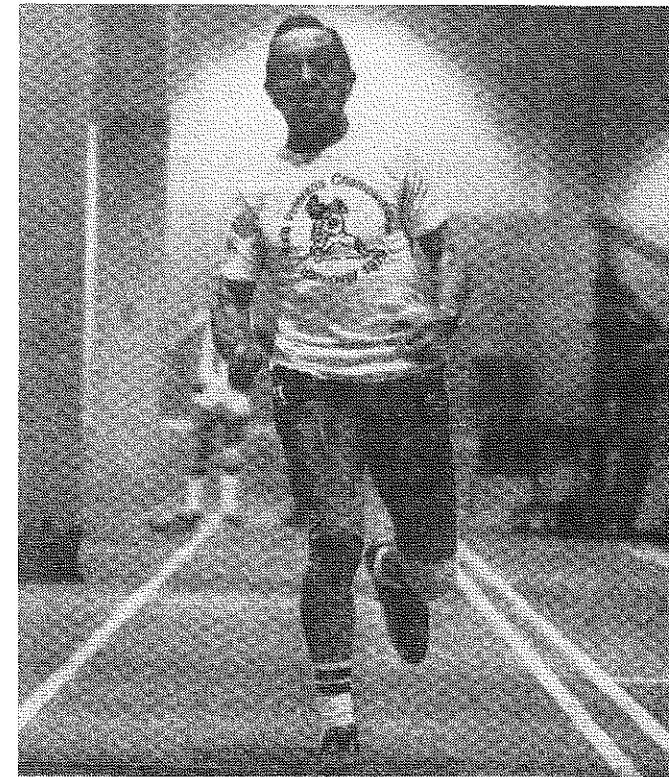
Evergreen George Gluppe leads past President Brian Oxley in a fast class 45 - 49 400 metres.



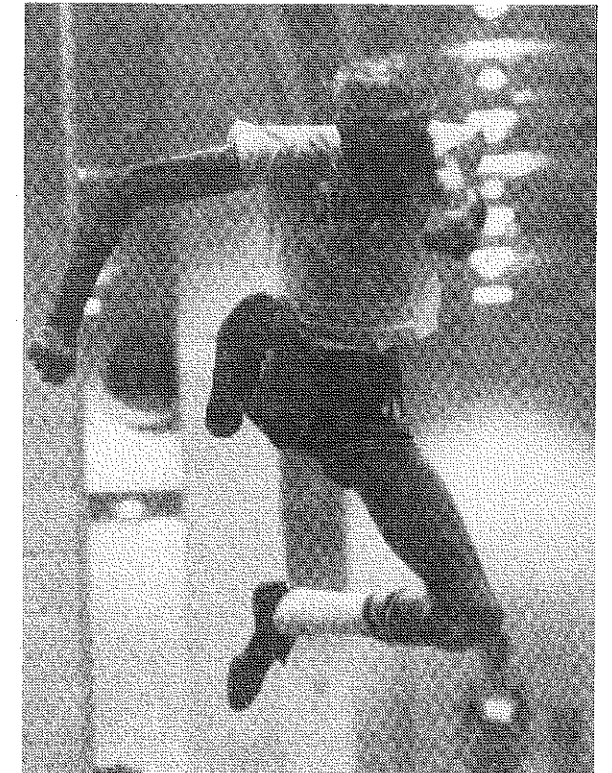
Norman Baum gives everything to win the 400m in class 50 - 54. Norman also won the 60m and 400m.



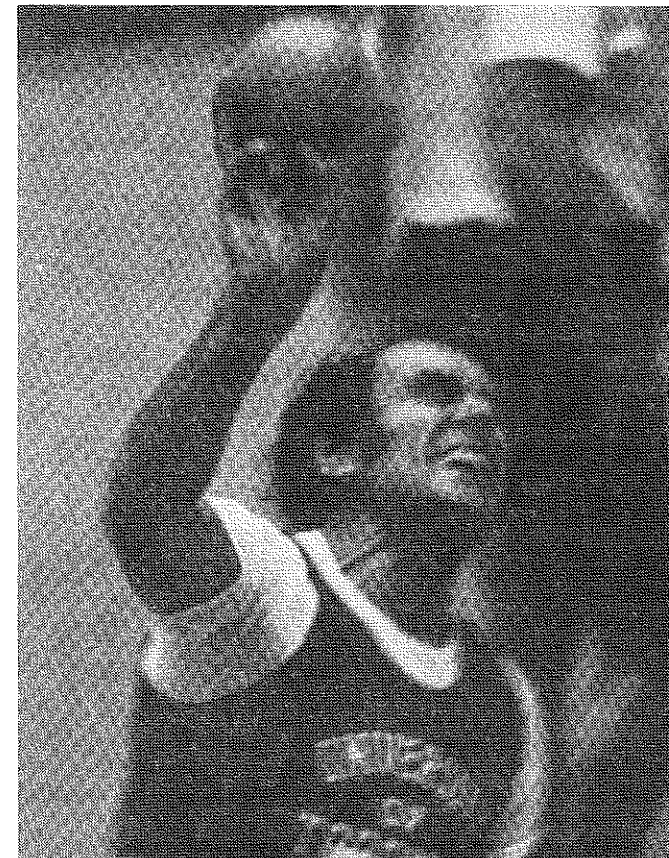
John Nolan made his debut in class 55 - 59 with 2 firsts and a second.



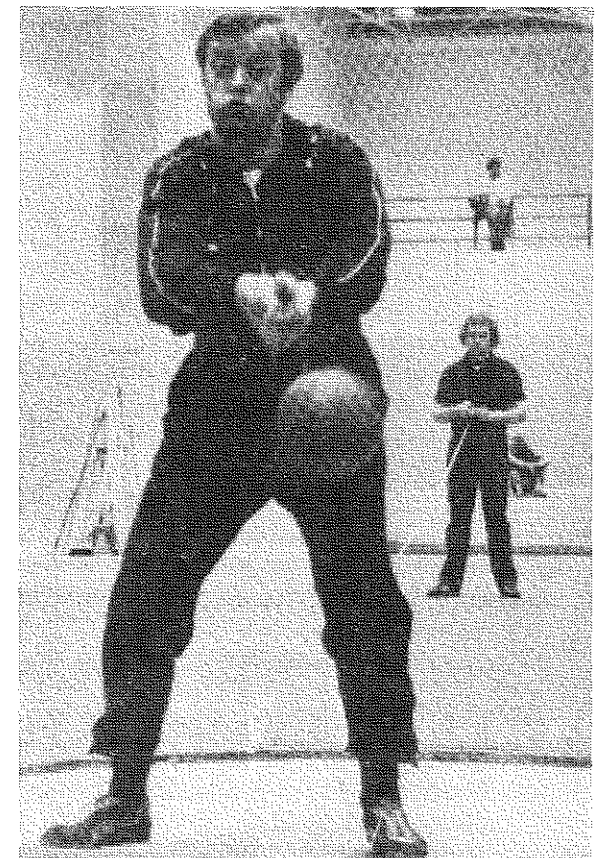
Hans Warwas retiring CMITT Captain before long jump take off.



IAN HUME - For a list of superlatives on this 65 year old World Champion read Hans Warwas' Hannover report.



Fred Klassen gets away a second place heave in class 50 - 54. Notice the good finger action.



The winning 35lb weight throw of class 40 - 44 by Fred Cechl.

Photographs from the Ontario Masters Indoor Championships. By Bill Howorth.

ANNUAL REPORT: B.C. MASTERS - 1979

The number and activity of Masters athletes continues to grow each year, and their support of both CTFA and CMITT is approximately 100%. The actual number of members is now close to 100.

A brief summary of the events for 1979 is as follows:

I. MASTERS ANNUAL GENERAL MEETING

This was held on Dec. 15/78 at Sports Federation Building at which time the following officers were elected:

Chairman	Cliff Hill
Vice Chairman	Bill Henderson
Treasurer	Art Porter
Secretary	Ed MacDonald

II. GRAND PRIX SERIES - CROSS COUNTRY

Overall Masters winner was Keith Mitchell, followed in total points closely by Don Trethewey and Garth Ball. Masters athletes participated in good numbers in all 8 events.

III. MASTERS GOLDEN EARS HANDICAP

The third annual running of this popular handicap event was won by Rick Whiting in the excellent time of 51:35, and thanks are due to the Richardsons for their usual fine organization of the event.

IV. VANCOUVER INTERNATIONAL MARATHON

Canadian Masters fared well in this event with Rick Whiting winning the over-40 category, Sverre Hietenan was second in the over-50, and Bob Cleator first in the over-60. In the women's section, Elizabeth McCoil placed first in the over-40 category.

V. GRAND PRIX SERIES - TRACK & FIELD

Masters participation in these 8 events was excellent, both from the standpoint of numbers and performances. In several of the events Sverre Hietenan established new Canadian age class records.

VI. B.C. MASTERS TRACK & FIELD CHAMPIONSHIPS

In view of the new categories of 5-year age groups, and awards therein, this two day event was well supported by Masters entries from both the Lower Mainland and the Island. Arnie Vennesland achieved excellent times in winning the 400 M and 800 M in the 1A category.

VII. WORLD MASTERS CHAMPIONSHIPS - HANNOVER, GERMANY

Fourteen B.C. Masters attended the World Track & Field Championships and of these, some also competed in the World Road Racing Championships in England the week prior. Medal winners in the Track & Field Championships were:

M2B - Sverre Hietenan - silver, 10,000 M and bronze in the marathon
M1A - Gerard Dumas - bronze - Pole Vault

VII. World Masters Championships - Hannover (Continued)

Financial assistance received by the athletes from B.C. Track & Field and the Provincial Government was much appreciated. Most athletes competed in two or three events and in all cases were in the top half of the standings.

VIII. B.C. CROSS COUNTRY CHAMPIONSHIPS

As in the case of the B.C. Track & Field Championships, this event drew a good attendance by Masters because of the 5-year age class awards. Don Trethewey, Shirley Smith, Al Fisher, Ivor Davies, Sverre Hietenan and Jean Cleator all performed well in winning their various categories.

IX. MASTER OF THE YEAR AWARD

The choice of the committee for the winner for 1979 of this "win-once" award is Andy Green of Victoria. Andy had an excellent overall season and placed 9th or better in his three events in the World Championships in Hannover. Previous winners of this award are:

1974	John Pavelich
1975	Stan Baldry
1976	Jim Conway
1977	Sverre Hietenan
1978	Naomi Miller

X. NATIONAL AND INTERNATIONAL EVENTS

In addition to the World Championships already covered under VII above, B.C. Masters competed in the following competitions, among others:

1. U.S. Masters Championships
2. North American Masters Championship
3. Canadian Masters Marathon
4. Cross Country - CANADA vs. U.S.A.

XI. FUNDING - 1980

We would suggest that consideration be given to budgeting for financial assistance to Masters Athletes to compete in national and international events, and we would request a meeting with your financial committee in this regard.

(Signed) C. J. Hill

Masters Chairman.

REPORT FROM NOVA SCOTIA

(by Frank Gervais)

1979 Alpine Marathon, Halifax

MASTERS MEN:

1.	Kerr, Wendell	41	Halifax, N.S.	2:46.04
2.	McIntyre, John	42	Sydney, N.S.	2:52.02
3.	Smith, Robert	42	Halifax, N.S.	3:05.15
4.	Reynolds, Moe	43	Halifax, N.S.	3:08.43
5.	Harris, John	44	Grand Bay, N.B.	3:13.47
6.	Slaven, Sydney	40	Sydney, N.S.	3:21.02
7.	Wheeler, Barry	48	Truro, N.S.	3:23.57
8.	MacInnis, Lawrence	59	Halifax, N.S.	3:26.45
9.	Blank, Gerard	44	New Glasgow, N.S.	3:30.37
10.	Porter, Eric	62	Lawrencetown, N.S.	3:33.17
11.	Kilroy, David	45	Dartmouth, N.S.	3:36.27
12.	Stoneman, Robert	40	Shearwater, N.S.	3:41.01
13.	Osmon, Ken	48	Halifax, N.S.	3:46.55
14.	Prechtl, Ambros	46	Dartmouth, N.S.	3:57.36
15.	Hoyle, Jim	45	Dartmouth, N.S.	4:19.20

MASTERS WOMEN:

1.	Harris, Laurette	43	Grand Bay, N.B.	3:48.29
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Frank also reports awards for the Masters Division of the Nova Scotia Grand Prix of Running: -

1.	Wendell Kerr	(41)
2.	Frank Gervais	(43)
3.	Clare Williams	(40)

And Frank has been invited to be Chairman for the 1980 Alpine Marathon, to be held in Halifax - Dartmouth, Oct. 12, 1980.

Good luck, Frank!

FIXTURES LIST

The 1980 fixtures list is just now being finalized, since the indoor season is just around the corner; I have included a list of all events (which I have received) for the months of March - April!

* Please note the meets at the Dalplex are not yet official but we have asked for one date a month as indicated.

..... Continued

REPORT FROM NOVA SCOTIA (Continued)

Fixtures List (Continued)

*March 1	Dalplex - Halifax	- Bob Book
March 2	Fredericton T.C. - Indoor	- Mel Keeling
March 7	Canada vs. Belgium	- Montreal
March 8, 9	Canada Indoor Junior	- Winnipeg
March 9	World Cross Country	- Paris
March 10	Canada vs. Belgium	- Quebec City
*March 14, 15	C.I.A.U. Championship	- Laval University
March 15	20 km Road Race - Kentville	- Ralph Williams
March 15	Dalplex - Halifax	- Bob Book
March 16	Moncton Kavaliers - Indoor	- Rod MacKenzie
April 5	Bunny Hop 10 K	- Charlottetown
April 6	Fredericton T.C. - Indoor	- Mel Keeling
April 6	Heart Marathon	- Fredericton
April 12	Dalplex - Halifax	- Bob Book
April 26	200 km Road Relay (Fredericton - Moncton)	- New Brunswick
April 26, 27	N.B.T.F. Indoor Championships	- Moncton

RESULTS FROM ONTARIO

RESULTS (MASTERS ONLY)--HAROLD WEBSTER MEMORIAL MEN'S 10 MILE OPEN ROAD RACE
 Wednesday, December 26th, 1979--Sponsored By The H.O.C.

Masters	Overall	Name	Club	Time
1.	36.	Gordon Dickson	Hamilton Athletic Club	57.50
2.	41.	Ian Atkinson	Waterloo County A.A.A.	58.32
3.	45.	Gordon Boyd	Brantford T.C.	59.10
4.	50.	Jack Reid	Waterloo County A.A.A.	60.21
5.	85.	Frank Stiller	Hamilton Y.M.C.A.	66.21
6.	92.	Whitey Sheridan	Hamilton Athletic Club	67.32
7.	107.	A.W.R. Willis	London Pacers	71.12
8.	117.	John Parr	Hamilton	73.36

REPORTED by JACK REID

A 38 mile Ultra Marathon was held in Waterloo on November 4, 1979. Organized by the Waterloo County Amateur Athletic Association, it is hoped that this will become an annual event. I believe this is the first Ultra Marathon road event to be held in Canada and it was the first attempt at more than 26.2 miles for most of the 15 starters.

The course consists of 9 laps of an out and back route from Seagram Stadium through a nearby park. Before the race some of the runners expressed concern about the possibility of boredom on a multiple lap course but after the finish all runners agreed that it was an interesting course and it was helpful to meet other runners on each lap and thus judge your relative position. This sort of course is also much easier on the race organizers, requiring only 1 water table and a small number of marshals.

..... Continued

RESULTS FROM ONTARIO (Continued)

Ultra Marathon - Waterloo (Continued)

RESULTS:

Place	Name	Age	Time
1.	Marc Roberts, London	29	4:09:39
2.	Jim Isenberg, Waterloo	31	4:15:38
3.	John Gaskin, London	47	4:38:23
4.	Dave Montieth, London	39	4:46:41
5.	Jack Reid, Waterloo	51	4:55:05
6.	Barry Ruhl, Barrie	36	5:13:55
7.	Rob Madeley, Toronto	28	5:13:57

Jan. 12 ALL COMERS MEET, YORK UNIVERSITY INDOOR TRACK

<u>400 m</u>	Ian Fraser	(40-44)	54.1 sec.
	Norm Baum	(50-54)	59.9 "
	Ron Chase	(40-44)	62.6 "
	Alex Woodhouse	(60-64)	64.2 "
<u>1500 m Walk</u>	Mike Freeman	(sub 35-39)	8:48.0 (Mile 9:24.4)
<u>50 m</u>	Ian Fraser		6.59
	Eric Malmstrom	(45-49)	6.6
	Norm Baum		6.9
	Peter Pientka	(55-59)	6.8
	Ken Morris	(45-49)	7.1
	George Horton	(45-49)	6.5
	Alf Sundin	(45-49)	6.5

Jan. 26 ALL COMERS, YORK UNIVERSITY

<u>300 m</u>	George Horton		38.7
	Alf Sundin		40.8
	Norm Baum		41.5
	Ken Morris		43.0
	Peter Pientka		46.0
<u>3000 m</u>	Christine Walker	(40-44)	11:27.0
<u>800 m</u>	Bill Cameron	(50-54)	2:24.0
	Alex Woodhouse	(60-64)	2:30.4 CNR
<u>Shot Put</u>	Alf Sundin		11.36 m.

Feb. 9 ONTARIO SENIOR CHAMPIONSHIPS, YORK UNIVERSITY

<u>3000 m</u>	Bob Daniell	(40-44)	8:47.2
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RESULTS FROM ONTARIO (Continued)

OSHAWA CIVIC DOME (INDOOR) ON DEC. 15, 1979

(Reported by Fred Sewell)

<u>50 m</u>	Alf Sundin	6.6 sec.	(1B)
	Fred Sewell	6.7 sec.	(1B)
<u>200m</u>	Alf Sundin	25.6 sec.	(1B)
	Fred Sewell	26.5 sec.	(1B)
	Harry Braaksma	29.8 sec.	(1A)
<u>5000</u>	Harry Braaksma	16:51.7	(1A)
	Mendal Smith	18:00.0	(1B)
	Jim Morrow	18:26.0	(2A)
	Stan Smith	19:27.3	(3A)

The following 1979 results have not previously been noted:

Peter Pientka	(2B)	200 m	26.67 (C.N.R.)
Peter Pientka	(2B)	100 m	12.6 (= C.N.R.)

Information on future meets follows: -

The Oshawa Legion Track and Field Club will once again sponsor All-Comers Meets at the Civic Dome in Oshawa.

1. All races will be timed finals.
2. Athletes are to come dressed to compete!
3. Registration and warm-up starts at 4:30. Events start at 5:00.
4. Cost per athlete for each meet is 50¢ for the first event and 25¢ for each subsequent event.

Thursday, Mar. 13--50m Hurdles, 50m, 1500m, 400m
Men's high jump, Women's long jump

Thursday, Apr. 10--50m, 3000m, 200m, 800m
Women's high jump, Men's long jump

For further information call Gord Banks, 728-7474.

NEW 1500 m RECORD AT OTTAWA GAMES

They're off! They're down!!

The first attempt to get the Masters 1500 metres underway at the Ottawa Citizen Indoor Games was short-lived. On the tight first bend of the small 12 laps-to-1500 m. track, two of the field of eight stumbled and fell and the starter wisely fired his second pistol and ordered a restart. On the second go, everyone was away safely, and both the pack, and the full-house crowd of 9,000 at Lansdowne Park, settled in for an exciting race.

The field included two former Canadian team members, Henry Glyde and Ron Wallingford. Henry, who was a member of Canada's 5000 m squad in the early 60s, and Ron, who has competed for us in Olympic, Commonwealth and Pan-American events, had the strongest previous backgrounds. Ron, associated with the staging of the 1st Games, was a specially invited out-of-towner from Sudbury, while Henry, now teaching at Ottawa U., had qualified with the rest of the local runners after a series of pre-Games trials.

Jim Howe, a medical advisor to the national swim team, went into the lead followed by former record-holder Bill Arnold, Henry, Ron, and the rest of the pack. Frank Roseman was also up with the leaders, but after two laps, Henry moved ahead, closely followed by Bill and Ron. By the half-way mark, however, Henry -- only recently back into training which has featured a strong emphasis on the use of weights -- was using his height and huge stride to great advantage, and beginning to pull away to a commanding lead. About 15 m back, Bill was still leading Ron, but it was becoming obvious that their duel would be for second place.

And so it proved. Henry continued to pour it on, running a very strong and convincing race to set a new meet record of 4:17.4 - 4 secs up of Bill Arnold's 1978 time. Ron had taken over from Bill with two laps to go and had opened up a 5 metre lead, but Bill, exhibiting his usual tenacity and strong finishing kick, blasted back over the last 100 metres to take the decision right on the tape.

All in all, it was a fine race, demonstrating the growing strength of Masters running in the Ottawa area. When it is remembered that in addition to the finalists on the night there are as many again of the same calibre available, then the future for Masters competition in the Valley looks really bright.

Final placings:	1.	Henry Glyde	1A	4:17.4	Ottawa U.
	2.	Bill Arnold	1A	4:25.0	O.K.H.
	3.	Ron Wallingford	1B	4:29.2	Sudbury
	4.	Jim Howe	1B	4:33.1	N.C.R.A.
	5.	Frank Roseman	1A	4:37.2	E.O.L.
	6.	Al Runnalls	1A	4:42.8	N.C.R.A.
	7.	Bob Rupert	1A	4:45.2	N.C.R.A.
	8.	Trevor Banks	1B	4:51.1	N.C.R.A.

Danny Daniels.

Ontario Masters Indoor Track and Field Championships

by Norm Baum

4 MEN'S & 5 WOMEN'S RECORDS SET AT SUCCESSFUL MEET

More than 140 athletes competed in the Ninth Ontario Masters Indoor Championships held on Feb. 2 at the magnificent, new Metropolitan Track and Field Centre, York University, and efficiently directed by Dave Welch with the assistance of several young volunteer officials.

New Masters who have reached the magic age of 40 for men and 35 for women helped swell entries for this meet to the record figure which, but for postal delays in delivery of entry forms, would have been bigger.

Regrettably, several members from beyond Ontario's borders couldn't attend the meet. From the west was missing 3000m steeplechase world record holder (50-54) Art Taylor, now in Calgary, while Art Vondette and Marcel Brisebois were both on duty at Cold Lake Canadian Forces Base, Alberta.

Quebec's Ed Whitlock, 1500m gold medallist (45-49) in last August's world championships at Hannover, didn't make it to Toronto this year; nor did his clubmates Harry Gregory and Clive Knee, nor Joggoline inventor Laurent Fortin.

Missing, too, were continental travellers Hylke van der Wal of Northern Saskatchewan and Ray Will of Newfoundland. Even Ontarians Reg Rollason, Cliff Hall, Tony Giblin, Heinz Brack, Ian Fraser, Kermit Hollingsworth and Carl Hall, all gold or silver medallists last year, failed to turn up while Max Gould, world champion walker, had a commitment out of town.

Yet the competition was as intense as ever.

Gerry Ward, at 66 fittest clergyman in Canada, fleet of foot and fast with a helping hand, journeyed from Calgary to renew rivalry with superstar Percy Duncan. Percy stretched out his famous stride to snatch victory in the 60m but Gerry took gold in the 200m and 400m.

From Halifax, N.S., came Clare Williams (40-44) to take gold in 400m (57.69) and 800m (2:06.6). Representing Quebec was that unique athlete Ian Hume, technical expert and international official, multiple gold medallist in all the world Masters championships since 1975. With no competition in his age group (65-69), Ian won five golds at the indoor meet;

but not one was a hollow victory as each result beat that of age groups much younger than his! Awesome is no hyperbole to describe the fluidity with which he moved his beanpole frame through the long, high, triple jumps, pole vault and shot put.

Though our old friend Claude Hills didn't make the journey this winter from Philadelphia, submaster David Winn of Rochester returned to the scene of his 1500m triumph last February and won both 1500m and 5000m where the absence of last year's winner, Bob Moore, left David free to win in 15:49.4, 4 seconds slower than his '79 time. Not so young Richard Bredenbeck (70-74) also crossed the border to enter the 5000m but ran the 800m, uncontested, in the remarkable time of 3:08.5.

LeRoy Washburn (45-49) came north to earn gold in the Pole Vault and Long Jump, silver in the High and Triple Jumps, bronze in the Shot Put and 35lb weight, a new event at this meet. And Pat Bessel (40-44) travelled from New York to establish a women's Canadian Open record of 11:11.3 in the 3000m, a new meet event.

Indeed this was a milestone in women's competition as nine women entered the 3000m, seven the 1500m, four the 60m, two the 400m and one each in 800m, 200m, Shot Put. At this exponential rate of growth, to use current economic jargon, it won't be long before women Masters equal the numbers of men.

Two disappointments were the absences of Diane Palmason, Ottawa, Canadian Open record holder (40-44) in the 800m and 5000, and Native holder of the 1500m; and of Joan Daviau, Toronto, a runner of great natural talent but presumably out of training as a result of an injury.

But Leith Drury Piper (35-39), winner of the Cadet 10km and several other fall runs, has now turned to track and demonstrated her versatility by establishing Canadian Native marks of 68.9 for 400m and 11:22.4 for 3000m.

Christine Walker (40-44), second to Pat Bessel in 1500m and 3000m, set a Canadian Native record of 11:23.3 in the latter. And World Games gold medallist Judith Kazdan (45-49), with wins in 1500m and 3000m, established a C.N.R. of 13:08.2 in the longer run.

Not long ago, a young lady named Judy Willmott, just

turned 35, excitedly entered the Masters ranks to enjoy running in company and to get fit. She's now a gold medallist for 1500m (5:42.0) and bronze for 3000m. Another young Master, Cheryl Hughes, won gold in a time of 2:59.8 for 800m and silver for 3000m.

Among the men, Bob Daniell, 1A (40-44), again proved he's the undisputed middle distance Masters champion by winning both 1500m (4:14.1) and 5000m (15:40.6) by clear margins in superb style, in each case at the expense of John Thresher.

In class 1B (45-49), the indomitable Johnny Johnston was also a double gold medallist in these events. He took the 1500m from Bill Armstrong with a typical late charge in 4:36.1 and handily won the 5000m in 17:15.2.

Doug Beatty, former Canadian open star, is back on track with wins in 2A (50-54): 4:35.5 for 1500m and 17:19.0 for 5000m.

Another double winner in these events was Stan Smith who has broken into class 3A (60-64) with a C.N.R. for 1500m of 5:22.0. He also won 5000m in the excellent time of 19:58.2 and barely lost a last lap struggle in 800m with Alex Woodhouse.

Alex, too, recently crashed into the 60 year class with C.N.R.'s at all comers meets. He came close to one at this meet in winning the 800m in 2:30.7 (record 2:30.4) and beat the other by .2 as he won the 400m in 64.0. These sliced over four seconds off Stan Smith's 800m mark and one off Hans Warwas' 400m record. In addition, Alex was second in the 200m. Hans settled for three silvers and a bronze at this meet.

Johnny Nolan celebrated his entry into class 2B (55-59) by winning both 400m and 800m. Gerry Bakker, a recent addition to our ranks, was second to John in the 400m but won the 1500m and came third at 800m.

An unusual double gold performance was that of middle distance runner Mendal Smith who won the 1B 800m in the good time of 2:14.3 and the Triple Jump with an excellent 10.70m.

One more multiple medallist in middle distance was Jim Morrow (2A) who won gold at 800m, silver at 1500m and just missed with a fourth at 5000m.

Ontario's, if not Canada's fastest current 1A sprinter, Ian

Fraser, failed to arrive. After brilliant times at recent all comers meets, Ian injured his leg. In his absence, Don Young won 1A 60m and 200m.

But fastest times of the day were run by an older man, George Horton, class 1B. With superlative style, George took the 60m final in 7.33 secs and the 200m in 24.3, both from last year's champion, Roy Cowell. Horton's 200m time equals the record of Rafe Melendez-Duke, Vancouver, and we're going to see more records come spring. If Eric Malmstrom can heal his achilles tendon and return to his recent spectacular form, competition in the 1B sprints will be intense.

George Gluppe once more showed he's Canada's best in his class (1B) at 400m but slipped to third at 200m and a tight fourth at 60m.

The 2A sprint treble by Norm Baum included the usual fierce contest with his great rival Stan Egerton at 60m and 200m. This time it was Stan's turn to go back to the drawing board; but he won the High Jump at 1.48m and the Pole Vault at 3.40m, the height at which he won the world championship in Hannover last August.

Peter Pientka won both 2B 60m and 200m in fast times. He owns at least a share of the C.N.R.'s at 100m and 200m and is ready to give Baum a hard time when the latter joins his class in June.

In class 3A, Art Obokata was in great form with golds in 200m, 60m Hurdles, silver in Long Jump and bronze in 60m behind John Grant and Hans Warwas.

Septuagenarian Adalbert Brosz collected his usual haul of medals. With his cheerful grin and determined power, he won 60m, Long, Triple and High Jumps, Pole Vault, Shot, 35lb weight. Only in the 200m was he beaten into second place by Blain Till, perennial gold medallist for gentlemanly demeanour.

Sharing stardom in 1A Field Events were Hugo Bain and Larry Judd, new to the scene. Hugo won Long and Triple Jumps and was second in 60m Hurdles. Larry won the Hurdles and High Jump, was second in Triple Jump and 35lb weight, third in Long Jump and at 60m.

That the Shot Put depends on a combination of power and speed was demonstrated by 1A winner Fred Cechl who also ran a fast fourth in the 60m.

Vlado Kostric, capable of winning other events, again restricted himself to his favourite -- Pole Vault -- which he won at the excellent height of 4.10m.

Outstanding in class 1B was Alf Sundin with wins in Shot and 35lb weight, second in Long Jump, third in 60m.

In class 2A, apart from Stan Egerton's victories, Alf Karklins won Shot and 35lb weight; Karl Pavasars won Triple plus a second in Long Jump, .03m behind Kurt Hering who was also second in 35lb weight and third in the Pole Vault, Shot and 60m not to mention fourth in 200m -- an indication of his pentathlon strength.

Tom Cole-Fitzpatrick won the 2A 60m Hurdles and was second in the Pole Vault, third in the 1500m for a versatile performance.

Valdis Teteris (2B), too, is an all round athlete. This meet he confined himself to field events and won three golds in the High and Triple Jumps and the Pole Vault in which he set a new C.N.R. of 2.38m.

Max Pickl was prominent in class 3A winning Long, High and Triple Jumps and taking second in 60m Hurdles.

Though in only one event, Harold Parsons (3A) deserves special mention for heaving the 35lb weight 9.98m, farther than every other competitor of all ages!

Other than Ian Hume's heroics in class 3B, James Young shone with wins in 60m Hurdles and 800m.

Of the Submasters (35-39) outstanding performances were those of Brad Hill in 400m (53.9) and of George Pachovsky in Long Jump (6.05m). Though competitive opportunities are limited for the under forties, they can look forward to breaking records as they hit that magic age when life begins again.

Thanks to Sajjad Butt, Ontario Masters President who made the arrangements, and to Dave Welch and his enthusiastic young crew for an excellent meet.

Masters and guests enjoyed the subsequent banquet, well worth the wait and walk through a bitter wind, followed by the C.M.I.T.T. Annual General Meeting, highlights of

which were Don Farquharson's report of his reconnaissance to New Zealand and a unanimous resolution to support an Olympic boycott of Moscow if the U.S.S.R. did not withdraw its troops from Afghanistan.

With the exception of Hans Warwas, who is taking a sabbatical from officiating, the C.M.I.T.T. Committee was reelected for another year, after which B.C. may be given the opportunity to form most of the Committee for a two year period.

FULL RESULTS OF THE MEET FOLLOW:

RESULTS FROM ONTARIO (Continued)

ONTARIO MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS (Continued)

3000M WALK:

1.	1A	Patrick Farrelly	13.52.3
2.	S	Mike Freeman	18.26.9
3.	4	Art Keay	22.21.7

60M:

1A	1.	Don Young	7.60	3A	1.	J. Grant	8.56
	2.	Brian Merrilees	7.72		2.	H. Warwas	8.56
	3.	Larry Judd	8.00		3.	A. Obokata	8.56
	4.	Fred Cechl	8.15		4.	Max Pickl	8.58
	5.	Yves Ameliac	8.34		5.	G.R. Jamieson	8.77
1B	1.	George Horton	7.48)	3B	1.	Percy Duncan	8.73
	2.	Roy Cowell	7.71)		2.	Gerald Ward	8.74
	3.	Alf Sundin	7.88)		3.	James Breslin	9.90
	4.	Fred Sewell	7.88)Heats		4.	Bill Rich	10.42
	5.	George Gluppe	7.98)	4	1.	A. Brosz	10.49
	6.	Ken Morris	8.19)	OW	1.	Bonnie Neill	10.61
	7.	Walt Mozewsky	8.50)	1W	1.	D. Carmichael	9.50
2A	1.	Norm Baum	7.87		2.	J. Sweeney	10.69
	2.	Stan Egerton	8.04	2W	1.	P. Kirkwood	11.97
	3.	K. Hering	8.30				
	4.	Karl Pavasars	8.34				
	5.	Fred Klassen	8.45				
2B	1.	Peter Pientka	8.19				

400M:

1A	1.	Clare Williams	57.69	2B	1.	Johnny Nolan	65.7
	2.	Edmund Andrade	57.96		2.	Gerry Bakker	69.01
	3.	David Morris	59.60	3A	1.	Alex Woodhouse	64.00 CNR
	4.	Ron Chase	61.05		2.	Hans Warwas	68.07
	5.	Karl Schott	108.0		3.	Jack Greenhill	77.53
1B	1.	George Gluppe	57.7		4.	Otto Leib	80.09
	2.	Brian Oxley	58.5	3B	1.	Gerald Ward	73.30
	3.	Ken Morris	61.3		2.	Bill Rich	84.30
	4.	Art Rappich	62.4	1W	1.	JoAnn Sweeney	126.84
2A	1.	Norm Baum	59.7	OW	1.	Leith Drury Piper	68.90 CNR
	2.	Karl Virkavs	61.0	SUB	1.	Brad Hill	53.90
	3.	Ralph Lang	61.72		2.	Bruce Mitchell	54.40
					3.	Ty Burch	58.20

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RESULTS FROM ONTARIO (Continued)

ONTARIO MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS (Continued)

TRIPLE JUMP:

1A	1. Hugo Bain	11.11	2B	1. Valdis Teteris	8.87
	2. Larry Judd	9.90			
1B	1. Mendel Smith	10.70	3A	1. Max Pickl	8.81
	2. LeRoy Washburn	10.41			
2A	1. Karl Pavasars	9.16	3B	1. Ian Hume	9.99
			4	1. Adalbert Brosz	3.76

60M HURDLES:

1A	1. L. Judd	9.41	3A	1. Art Obokata	11.19
	2. Hugo Bain	10.34		2. Max Pickl	11.79
2A	1. Tom Cole-Fitzpatrick	10.74	3B	1. James Young	13.17

3000W:

OW	1. Leith Drury Piper	11.24.4	CNR	1W	1. Pat Bessel	11.11.3	COR
	2. Cheryl Hughes	12.21.5			2. Christine Walker	11.23.3	CNR
	3. Judy Willmott	12.31.0			3. Audrey McCabe	12.48.6	
					4. JoAnn Sweeney	13.56.2	
					5. JoAnne Castle	14.12.3	
				2W	1. Judith Kazdan	13.08.2	CNR

SHOT PUT:

1A	1. Fred Cechl	10.35	2B	1. Peter Pientka	8.97
	2. Larry Judd	9.98			
1B	1. Alf Sundin	11.32	3A	1. Otto Leib	10.69
	2. Jackson Tovell	9.52		2. Hans Warwas	9.71
	3. LeRoy Washburn	8.98		3. Bert Jamieson	9.16
	4. Walter Mozewsky	8.34		4. Tony Jones	8.51
2A	1. Alfred Karklins	10.55	3B	1. Ian Hume	10.56
	2. Fred Klassen	10.13	4	1. Adalbert Brosz	7.27
	3. Kurt Hering	9.89			
	4. Bob Thompson	8.95	2W	1. Pat Kirkwood	5.00

SPRINT FINAL 60M:

1B	1. George Horton	7.33
	2. Roy Cowell	7.72
	3. Fred Sewell	7.79
	4. George Gluppe	7.79
	5. Ken Morris	8.18

..... Continued

RESULTS FROM ONTARIO (Continued)

ONTARIO MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS (Continued)

1500M:

1A	1. Bob Daniell	4.14.1	2A	1. Doug Beatty	4.35.5
	2. John Tresher	4.20.8		2. Jim Morrow	4.54.8
	3. Harry Braaksma	4.26.1		3. Tom Cole-Fitzpatrick	5.24.5
	4. Don Fergusson	4.26.5			
	5. Bruce Hill	4.48.1	2B	1. Gerry Bakker	5.13.6
	6. Bill Swan	4.55.2		2. Tom Hodgson	5.24.6
	7. Karl Schott	4.56.8			
	8. Derick Sweeting	5.20.0	3A	1. Stan Smith	5.22.0
	9. Edward Tucker	5.20.2		2. Whitey Sheridan	5.41.2
	10. Bruce Savage	5.28.7		3. Aaron Kazdan	5.43.3
				4. Tony Jones	7.26.6
SUB	1. David Winn	4.24.5	OW	1. Judy Willmott	5.42.0
	2. Morley Davidson	4.26.1		2. Marg Smith	7.09.5
1B	1. John Johnston	4.36.1	1W	1. Pat Bossel	5.12.0
	2. Bill Armstrong	4.36.2		2. Christine Walker	5.20.7
	3. Gordon Boyd	4.49.2		3. JoAnn Sweeney	6.32.5
	4. Vaine Kukkola	4.58.3		4. Sheila Moore	8.50.2
	5. Thomas Green	4.59.1			
	6. Ken Stevens	5.05.3	2W	1. Judith Kazdan	6.31.7
	7. Dave Black	5.17.0			
	8. Frank Stiller	5.25.1			

LONG JUMP:

1A	1. Hugo Bain	5.57	3A	1. Max Pickl	4.51
	2. Don Stewart	5.44		2. Art Obokata	4.46
	3. Larry Judd	5.28		3. Hans Warwas	4.03
	4. Edmund Andrade	5.19			
	5. Yves Ameline	4.13	3B	1. Ian Hume	4.34
				2. Gerald Ward	3.44
1B	1. LeRoy Washburn	5.00	4	1. Adalbert Brosz	2.78
	2. Alf Sundin	4.85			
2A	1. Kurt Hering	4.89	SUB	1. George Pachovsky	6.05
	2. Karl Pavasars	4.86			
	3. Fred Klassen	4.70			

HIGH JUMP:

1A	1. Larry Judd	1.55m	2A	1. Stan Egerton	1.48m
	2. David Morris	1.52m		2. Fred Klassen	1.40m
	3. Don Stewart	1.52m		3. Bov. Thompson	1.20m
1B	1. Walter Mozewsky	1.45m	2B	1. Valdis Teteris	1.30m
	2. LeRoy Washburn	1.35m			
			3A	1. Max Pickl	1.30m
			3B	1. Ian Hume	1.45m
			4.	1. Adalbert Brosz	1M

..... Continued

RESULTS FROM ONTARIO (Continued)

ONTARIO MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS (Continued)

800M:

1A	1. Clare Williams	2.06.6	2B	1. Johnny Nolan	2.29.1
	2. Earl Crangle	2.09.0		2. Tom Hodgson	2.33.6
	3. Harry Braaksma	2.16.2		3. Gerry Bakker	2.35.5
	4. Michael Preston	2.27.3	3A	1. Alex Woodhouse	2.30.7 CNR
	5. Bruce Hill	2.29.4		--(2:30.4 All Comers)	
	6. Karl Schott	2.30.0		2. Stan Smith	2.31.1
	7. Derick Sweeting	2.31.0		3. Jack Greenhill	3.22.9
1B	1. Mendal Smith	2.14.3	3B	1. James Young	3.26.1
	2. Alastair Lynn	2.26.1			
	3. Vaino Kukkola	2.28.9	4	1. Richard Bredenbeck	3.08.5
2A	Jim Morrow	2.25.8	OW	1. Cheryl Hughes	2.59.8

200M:

1A	1. D. Young	25.6	2B	1. Peter Pientka	27.2
	2. David Morris	26.1		2. Johnny Nolan	29.7
	3. Brian Merrilees	27.0		3. Gerry Bakker	32.4
	4. Bruce Savage	29.2	3A	1. Art Obokata	28.5
1B	1. George Horton	24.3 = CNR		2. Alex Woodhouse	29.5
	2. Roy Cowell	25.1		3. G.R. Jamieson	30.1
	3. George Gluppe	26.0		4. Hans Warwas	30.3
	4. Fred Sewell	26.1		5. Otto Leib	33.6
	5. Ken Morris	27.1	3B	1. Gerald Ward	31.3
	6. Brian Oxley	27.2		2. James Breslin	34.2
	7. Walter Mozewsky	29.1		3. Bill Rich	44.6
1W	1. JoAnn Sweeney	37.1	4	1. Blain Till	35.9
2A	1. Norm Baum	26.3		2. Adalbert Brosz	44.4
	2. Stan Egerton	26.3			
	3. Karl Virkavs	26.4			
	4. K. Hering	28.2			

5000M:

1A	Bob Daniell	15:40.6	1B	Johnny Johnston	17:15.2
	John Thresher	16:08.8		David Willett	17:50.4
	Don Fergusson	16:30.6		Richard Craves	17:59.6
	Harry Braaksma	16:43.2		Art Rappich	18:02.7
	Paul DeBiasi	17:09.0		John Perrins	18:12.0
	Fred Rayner	17:17.6		Mendal Smith	18:14.3
	Earl Crangle	17:28.3		Dave Black	18:45.1
	Bill Hill	17:32.5		Frank Stiller	18:55.0
	B.R. Wright	18:19.9		Ken Stevens	19:32.6
	Patrick Webb	19:37.8		Alec Saidak	19:34.2
	Joseph Watson	20:16.0		#57? Dave Wilson?	19:42.6
	Edward G. Tucker	20:39.9		Dave Arnold	19:53.7
	David R. Smith	21:07.4			
	#43? Evan Hughes?	21:27.7			

RESULTS FROM ONTARIO (Continued)

ONTARIO MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS (Continued)

5000M (Continued):

2A	Doug Beatty	17:19.0	3A	Stan Smith	19:58.2
	Bill Cameron	17:37.4		Elmer Phillips	20:33.7
	John Reeves	18:10.6		Whitey Sheridan	20:42.0
	Jim Morrow	18:50.8		Aaron Kazdan	22:04.5
	Ted Maidman	19:53.2	3B	H. Guy Poyton	22:53.0
	A. V. Bragg	21:24.0			
	Ron Carroll	22:07.6	SUB	David Winn	15:49.4
2B	Sam Groves	18:46.5		Ronald Wilkens	16:30.0
	Gerry Bakker	19:25.4		Ty Burch	18:11.7
	Allan Sinclair	21:02.8		#620 Krolow	19:29.1
	Archibald Jamieson	22:26.8			
	George Peterson	23:37.1			

35 LB. WEIGHT:

1A	Fred Cech	8.67m
	Larry Judd	8.14m
1B	Alf Sundin	9.69m
	Jackson Tovell	8.30m
	LeRoy Washburn	7.72m
2A	Alf Karklins	9.80m
	Kurt Hering	6.83m
	Bob Thompson	6.15m
	Fred Klassen	5.63m
3A	Harold Parsons	9.98m
4	Adalbert Brosz	4.08m

POLE VAULT:

1A	Vlado Kostric	4.10m
	Brian Merrilees	3.40m
1B	LeRoy J. Washburn	2.60m
	Walter Mozewsky	2.38m
2A	Stan Egerton	3.40m
	Thomas Cole-	
	Fitzpatrick	2.30m
	Kurt Hering	2.20m
2B	Valdis Teteris	2.38m CNR
3B	Ian Hume	2.50m
4	Adalbert Brosz	1.62m

U.S.A:

Runners World Indoor Classic -January 4, 1980 - Cow Palace

One Mile:

1st	H. Vanderwal	1A (Canada)	4.31.1
2nd	J. Thresher	1A (Canada)	4.35.9

Vanderwal's time was a new Cow Palace record, beating Peter Mundle's 1971 clocking of 4.34.2.

RESULTS FROM ONTARIO (Continued)

18 Nov. '79 -- MTRRA 30 KM -- Sunnybrook Park, Toronto

MASTERS

1. John Clarke	MTFC	16	1:56:04
2. Carl Hall	UTTC	17	1:56:26
3. Norm May	WCAAA	21	2:00:37
4. John Campbell	MTFC	26	2:05:30
5. Bruce Hill	Credit Valley MC	30	2:06:35
6. Ken Stuart	Unatt	43	2:14:46
7. Doug Wolfe	WCAAA	44	2:15:38
8. Richard Henderson	Unatt	48	2:21:12
9. Craig Allen	Unatt	51	2:24:53
10. Mike O'Toole	Unatt	54	2:28:58
11. Gerry Ziedenberg	Life Brand RR	62	2:39:09
12. Bob Fillmore	Vincent Massey CI	63	2:40:06
13. Ludwig Tookaram	Unatt	65	2:59:20

ESQUIRES

1. Jack Reid	WCAAA	20	1:58:22
2. Fred Pritchard	Hamilton AC	49	2:21:22
3. Alan Bragg	Unatt	57	2:32:29

MASTERS WOMEN

Junette Douglin	Ont. Hydro		2:30:15
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2nd Dec. '79 -- MTRRA 10 Miles -- Guildwood Village, Scarborough

For their last event of the year MTRRA enjoyed reasonably good weather despite occasional icy sections and a harsh headwind in one direction.

Bob Daniell continued his domination of the Master's category although Bill Allen's course record proved just out of his reach. Chuck Austin came through with another fine run to take the silver, with Fitzgerald, Johnston, and Wallace also breaking the 60 minute barrier. In the Esquire division Doug Beatty continued his string of successes with an excellent 61:06, some five minutes ahead of Jimmy Morrow. Don Farquharson who usually confines his efforts to the shorter distances, ran a strong race to take home a well-deserved bronze. High-school student Margaret Cawkwell led in a large field of women with a clear margin of victory over May Alizadah and Elaine Janes. Chris Walker had no problem running off with the Gold in the women's Master category.

..... Continued

MASTERS (40+)

1. Bob Daniell	Mississauga TC	15	55:44
2. Chuck Austin	Cambridge Club	22	57:45
3. Frank Fitzgerald	Oshawa Legion	32	59:46
4. John Johnston	MTFC	33	59:52
5. Dave Wallace	Unatt	35	59:57
6. Bob Glazier	Toronto Pacers	55	62:42
7. Ian Atkinson	Waterloo County AAA	56	62:49
8. Lorne Buck	MTFC	58	63:41
9. Bruce Hill	Credit Valley MC	64	64:28
10. Mike Harrington	Skyline Club	66	65:03
11. Evan Hughes	Unatt	74	65:26
12. Walter Blackwell	Unatt	80	66:04
13. Lawrence Gotzeler	Unatt	93	67:49
14. Mike O'Toole	Unatt	96	68:03
15. Derick Sweeting	Credit Valley MC	103	68:57
16. Gerhard Krolow	MTFC	105	69:47
17. Jeff East	Unatt	106	69:50
18. Cecil Thorne	Unatt	113	70:43
19. Hal Toogood	Life Brand RR	114	70:46
20. Ed Tucker	MTFC	123	72:00
21. Gunter Sauren	MTFC	124	72:01
22. Norm Abbott	Unatt	127	72:35
23. Dave Arnold	Unatt	137	73:13
24. Albert Gatrell	Bradford Harriers	138	73:16
25. Richard Henderson	Unatt	141	73:41
26. Doug Quarrington	Unatt	144	74:07
27. Merv Sheppard	WCAAA	149	74:42
28. John Huelshof	Credit Valley MC	150	74:51
29. Jim Gardner	Unatt	151	74:52
30. Rolph Laube	MTFC	159	77:25
31. Craig Allen	Unatt	164	78:45
32. Mike Abbott	Unatt	177	82:37

ESQUIRES (50+)

1. Doug Beatty	MTFC	41	61:06
2. Jim Morrow	Oshawa Legion	82	66:18
3. Don Farquharson	MTFC	108	70:01
4. Maurice French	MTFC	112	70:32
5. Stan Smith	MTFC	121	71:44
6. George Peteison	MTFC	168	80:01
7. Ron Armstrong	Oakville TC	170	80:19

WOMEN MASTERS

1. Christine Walker	U/A		68:56
2. Susan Hawkins	Unatt	183	95:03
3. Denny Hamilton	Unatt	184	95:03
4. Susan Gotzeler	Unatt	186	105:32

BERMUDA MARATHON from Bob Moore

January 27, 1980

This was a new course - less hard than previously but there were steep hills between 3-5, 10-15 and 22-24 miles. Weather conditions were good. There was a light drizzle during much of the race. The organization was first class and I could not fault it. The Bermudians were very encouraging and very many watched the race.

The start was fast. I was in the second group with Patterson and Trainor. At one mile we were thirty yards back in 5:01. Patterson broke away on the first steep hills and Trainor and I ran together to 15 miles. At the half we ran 1 hour, ten minutes, and were told that we were four minutes down on the leaders. Times were posted at five mile intervals. At five miles we overtook Peter Squires. Next to come back was John Vitale. He told me later that they went through ten miles at about 50 minutes, and then he fell off the pace. AT 21 miles I pulled back Trainor and went ahead decisively on the final hills.

The winner, Holden, ran a fast relaxed race. He said that he feared only Dingwall. This caused some chagrin among the Americans who were running. Ten men in the field had run sub-2:20 in the last year or so, and some wanted to achieve American Olympic Trial standard (2:21:54) early in 1980, so they were trying hard.

I ran cautiously because of the tough nature of the course. It is an experience I can recommend, but fast times are not likely.

1. Andy Holden	England	2:15:20
2. Jim Dingwall	Scotland	2:18:49
3. Louis Calvano	USA	2:19:39
4. Dave Patterson	USA	2:20:39
5. Bruce Robinson	USA	2:20:44
6. Anthony Kearns	England	2:24:03
7. Bob Moore	Canada	2:25:23
8. Peter Squires	USA	2:26:32
9. John Trainor	England	2:27:10
10. Raymond Swan	Bermuda	2:27:22 (First Master)
18. Carl Hall	Canada	2:41:53 (2 nd MASTER)
25. Patti Lyons	USA	2:46:52 (First Woman)
49. Patricia Donagomey	Canada	2:59:52 (2nd Junior Woman)
117. John Kelley (72)	USA	3:29:50

10 Kilometre race

1. Craig Virgin	USA	29:18
4. Herb Lindsay	USA	29:42
9. Garry Bjorkland	USA	30:27
24. Grete Waitz	Norway	32:03
27. Don Kardong	USA	32:28
30. Bob Legge	Canada	33:17

- Lorne Buck, guiding force behind the MTRRA for the first nine years of its existence, has stepped down reluctantly from the office of president. Outside interests, particularly his increasing involvement in the country music field, have forced him to take a lesser role in road running affairs. Fortunately Lorne will still continue to lend his expertise as a race director. Bob Moore, another of the original founders of the MTRRA, was elected unanimously to succeed Lorne as president. Bob Fahy, our reliable penny-pinching treasurer for the past six years has turned over the account books to the capable hands of Ron Flint. David Milne as vice-president and Mike Freeman as secretary were re-elected to their positions.

FRIDGEE-EIGHTER

Waterloo

January 20, 1980

Men 40-49

Men 50-59

1. Jerry Gonser	45:34	1. Doug Beatty	48:17
2. Bob Bowman	47:55		
3. John Gaskin	48:12	Men 60 and over	
4. Bob Lazenby	49:08		
11. Derek Sweeting	52:25	1. Whitey Sheridan	55:49
19. Cecil Thorne	55:43		
30. Merv Sheppard	56:47		

Women 40 and over - 1. Christine Walker 54:09

Finally, a plea to all future race directors: when an angry cop jumps out of his cruiser and demands to know who's in charge, don't all point to me at once: I had enough trouble raising bail this time.

MIKE FREEMAN

**ED. NOTE. BOB MOORE
WHO PLACED 7th IN THIS RACE
TURNS 40 IN NOVEMBER
THIS YEAR!!**

200 finishers

(First Master)
2nd MASTER.
(First Woman)
(2nd Junior Woman)

MASTERS

		O/A.	
1. Don Fergusson	TOC	34	54:54
2. Dave Wallace	Unatt	45	55:51
3. Mike Barry	MTFC	56	58:01
4. Bob Glazier	Toronto Pacers	57	58:04
5. Lorne Buck	MTFC	59	58:17
6. K. Druce	Unatt	60	58:30
7. John Campbell	MTFC	62	58:44
8. Bill Matthews	Oakville TC	65	59:11
9. Donald MacLachlan	Bradford Harriers	71	60:52
10. Bill Davies	Unatt	78	61:58
11. Jeff East	Unatt	81	62:16
12. Guy Robinson	Unatt	88	62:53
13. Derick Sweeting	Credit Valley MC	90	63:01
14. Dan Bereskin	Toronto FYW	93	63:05
15. Hal Toogood	Life Brand RR	99	64:05
16. Gunter Sauren	MTFC	105	64:48
17. Hugh Graham	YMCA Ottawa	109	65:29
18. Joe Kopu	Toronto Road Rugg.	110	65:36
19. Ron Belton	Oshawa Legion TC	111	65:48
20. Joe Watson	Unatt	119	66:40
21. John Huelshof	Credit Valley MC	121	67:37
22. Rolph Laube	Unatt	122	67:37
23. Jim Gardiner	Unatt	131	69:57
24. Len Eriks	Unatt	134	71:05
25. O'Toolu	Unatt	140	72:21
26. Hans de Groot	Unatt	144	73:20
27. John Moffat	Unatt	146	73:56
28. Frederick Roy	York Harriers	147	74:00
29. Joel Jeffries	Unatt	149	75:18
30. Irving Mandell	Unatt	150	76:25
31. Lou Koblinsky	Unatt	151	76:25
32. Harvey Sullivan	Unatt	154	77:45
33. Al Constable	Unatt	160	80:52
34. Ravi Bhalla	Unatt	162	84:16

ESQUIRES (50+)

1. Doug Laister	TOC	97	63:49
2. Keith Buchanan	Oshawa Legion TC	104	64:42
3. Harold Morrison	Unatt	118	66:29
4. Sid Pollock	Credit Valley MC	161	83:07

MASTERS WOMEN

(35+)

1. Judy Willmott	YUTC	129	69:46
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(40+)

1. Christine Walker	U/A	94	63:23
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(3) Flexibility

Exercises to improve flexibility are calculated on one hand to extend range of movement in joints and, on the other, to prevent injury.

Half an hour of stretching exercises should be done before each training session and, in any case, daily. These exercises consist of two types of movement: (a) Rotational around a joint axis and (b) Positional along a muscular line.

(a) Rotation in easy, rhythmic motions loosens joint strictures and temporarily breaks up stiffening deposits. The lower trunk is freed from standing, trunk forward and sitting positions as arms swing alternately through 180° in each of the three planes in turn. Sideways trunk bends provide lateral relief and shoulders are loosened by appropriate arm swinging. Neck and ankles are eased by circular movements. Hips are given mobility by alternately swinging legs back and forth using the grounded leg as a fulcrum on a rising and falling foot which simultaneously removes cricks from the ankle.

A further hip exercise consists of rotating the leg, with knee bent, around the hip joint.

(b) Muscle stretching is done in the yoga fashion by slowly taking a stretch position and just easing off from the point of strain. Gradually, the muscles under tension will relax and stretch until the position becomes comfortable. Never bounce into and out of a stretch position. Far from creating flexibility, this will not only make the muscle contract and tighten in response but will also tend to pull the muscle from the tendon.

The first exercise of the session should be simply to hand down loosely like a rag doll for half a minute with knees straight, hands dangling toward the floor. This stretches the hamstrings and spine--clearly demonstrated by the gradual dropping of the knuckles closer to the ground. Hamstrings can be further stretched by sitting with legs straight out, knees slightly bent to avoid back strain, by gripping the ankles and by pulling the head forward until, if possible, without straining, the chin rests between the knees. This is roughly the Paschimottanasana of yoga. Hold it for a minute or two.

Next exercise for general flexibility is the hurdle position with head on knee followed by the hurdle position with trunk leaning backward, keeping the bent knee on the ground. This is for the quadriceps (front thigh). The shoulder stand for up to five minutes, followed by lowering straight legs behind the head with toes on the ground will also test the stomach's lean condition.

Another semi-yoga posture is that of the Buddha, sitting with heels drawn in as close as possible to the crotch. This stretches the groin muscles as does another position which begins to resemble the splits but has the feet at right angles, the heel of the forward foot pointing to the instep of the rear foot. The forward shin must be exactly perpendicular to the ground to get the proper benefit.

..... Continued

SPRINT TRAINING (Continued)

Calf muscles and achilles tendons are stretched by leaning with both hands against a wall, one foot about a yard from the wall, the heel on the ground. Again, hold the position for each leg about a minute all told. Further loosen the achilles tendon by resting the weight on the sole of one foot on a step and dropping the heel for a few seconds at a time, several times.

After this programme of about half an hour, it's safe for the sprinter to begin his warm-up job without risk of injury. But several times during the training session it's advisable to repeat briefly some of the stretches.

(Next Bulletin--Strength, Training programme, Competition)

ADVANCE NOTIFICATION: LET'S SEE REALLY GOOD SUPPORT FOR THIS RACE ON AN EXCELLENT COURSE:

Re: 1980 Ontario Road Race Championships
Saturday, September 13th, 1980

Once again the Brantford Track and Field Club is hosting this meet which will be the 4th successive year.

Trophies will be awarded to the first three finishers and merchandise is awarded until supplies are used up.

The course is a 5km circuit with one hill which is 300 yards in length and quite steep for half that length. Part of the route is through the lonely grounds of the Ross Macdonald school for the blind with the remainder through very pleasant tree lined streets for the most part in an area of large stately older homes. Police and a citizens band radio club assist in traffic control as well as an adequate number of marshalls and officials.

(Gordon Boyd)

2 Harvest Lane,
Brantford, Ontario
(519) 753-8044.

Masters Sprint Club Championships

These will take place on March 23 (Sunday) at the Metropolitan Track and Field Centre, York University.

The facility will be reserved from 10am to 12 noon, enough time to run 60m, 200m, and 400m events for all classes, plus relays.

To help defray cost of renting, an entry fee of \$4 is set to cover all events.

All members of the Masters Sprint Club are urged to attend and Masters who are not yet members may join the club at this time (10 dollars annual membership) and take part in the meet.

On this occasion, no prizes will be awarded. Race experience and results should be considered sufficient reward!

There will be expert officiating

During the spring and summer, outdoor meets will be held at Northview Collegiate track (Bathurst and Finch) when awards will be made. The club will meet regularly there on Sundays at 10am as soon as weather permits.

Prepare for the NEW ZEALAND WORLD MASTERS' MEET by getting your smart Canadian Masters outfit.

TRAKSTUF equipment should be ordered now; specially made for Canadian Masters;

- All weather nylon rainsuit, crested Canadian Masters on back, with hood, zipper, pocket and protected back breathing mesh.
- Mesh, light singlet with Canadian Masters Cresting.
- Hi-cut running shorts with stripes in CM colours.
- New all Canadian made AIROFORM running shoes with air cushion for maximum running comfort and protection.

ORDER -- FORM

	Unit Price	Size	Quantity	Cost
1) Rain Suits	\$55.00			
2) Mesh Singlets	\$12.00			
3) Shorts	\$10.00			
4) Airoform Shoes	\$48.00			
Total Amount				\$
Sales Tax				
Shipping charge ...				2.00
Final Total				\$

Deadline for mailing order form, March 31, 1980. Expect delivery by mail by end of May. Enclose 10% advance by mail with order; make cheque payable to TRAKSTUF and mail soon to:

George Gluppe,
Trakstuf Co.,
13 Micmac Crescent,
Willowdale, Ontario,
CANADA. M2H 2K1

Nutritional Diet for the Athlete

Dr. Evan Mladenoff concludes his two part series on nutrition and the competitive athlete.

PART 2 PRE-COMPETITION DIET

In this issue I will be discussing preparation and goals of a pre-competition diet. Energy intake should be enough to ward off feelings of hunger or weakness during the entire competition. Pre race food intake contributes only a portion of immediate energy expended, it's necessary for support of adequate level of blood sugar and for avoiding the sensations of hunger and weakness.

Generally, an appropriate diet provides modest amounts of high-carbohydrate foods, taken at regular intervals from 2.5 to 3 hours before competition. Intake should be of easily digested foods to insure that the stomach and bowels are empty at the time of the competition. Food and fluid intake should insure an optimal state of hydration. Dr. Cichoke D.C., feels that the diet should include foods familiar to the athlete and food which he is convinced will help him win.

Coaches planning pre-race meals should insist that athletes not miss any meals, massive intakes of food shortly before competition be avoided and that food intake be on a regular basis.

Pre-Competition Foods to be Avoided

According to J.E. Councilman, the following foods should be avoided:

- 1) greasy or fried foods such as french fries and donuts; meats fried in grease eg. chicken, fish, breaded tenderloin, sausage, large amounts of cheese, whole milk, peanut butter, nuts of any kind.
- 2) highly seasoned foods like spaghetti, pizza, chili, highly seasoned meats, etc.
- 3) any food that may cause flatulence such as beans, sauerkraut, junk food such as candy, popcorn, pop, peanuts.
- 4) salads which include cucumbers, radishes, raw carrots, corn on the cob. These foods are relatively hard to digest and may cause stomach distress when the athlete is nervous.
- 5) foods that are too sweet - foods with large amounts of sugar, candy, dextrose or fructose, honey etc. These foods draw fluid into the intestinal tract and may lead to dehydration of the tissues. Excessive amounts of sugar in the blood may cause secretion of large amounts of insulin from the pancreas, which will cause the liver to take sugar out of the blood, leaving the athlete with a lower than normal level of blood sugar.
- 6) salt intake is determined by the time of year. Generally, food should be unsalted because salt causes water retention. However, salt can be added to food during hot weather.

Energy + Fluid Needs During Competition

These are important because the athlete is usually involved in a number of events over a period of several hours. A pre-competition meal should contain 2-3 glasses of water or juice. Also hourly intakes should be scheduled during the competition to maintain energy needs. Dr. Cichoke feels that drinks containing glucose are good sources of energy as long as glucose concentration is not too high. However, he warns that glucose drinks shouldn't be taken just prior to an event for clinical observation indicates that substances containing glucose and/or refined sugars have an almost immediate weakening effect on the muscles tested and can last from a short to undetermined length of time.

Whole milk isn't recommended due to its high fat content. Coffee, tea, coke, pepsi and other caffeine containing beverages present problems because caffeine stimulates and increases nervous tension and agitation prior to competition and is often followed by feelings of depression.

Pre-Competition Breakfast

- Performance shortly after breakfast (within 1/5 hours):
- 1) for short fast run more favourable following a small breakfast (400 kcal) rich in carbohydrates.
 - 2) best performance for the 100 metre sprint was after a large carbohydrate breakfast (800 kcal).
 - 3) as to 500m and long distance runs, studies indicate most favourable results are after large protein breakfast (800 kcal).

Three to four hours after breakfast performance proved significantly better after a large meal rich in carbohydrates than after a meal rich in protein and fat with the exception of the explosive tasks the sprints.

Performances 3-4 hours after breakfast in the 1500 metre run were significantly better when preceded by a large breakfast rich in carbohydrates rather than after a protein breakfast.

Final Pre-Competition Meal

For events of long or short duration, final pre-competition meal should be eaten 3 hours prior to the event. If there is one event in 3 hours and another 2 hours later, there may be hunger pains before the second event. Therefore more fluids would be necessary. A limited amount of water or fruit juice combined with electrolytes should provide the necessary fluids and relieve hunger pains, without causing distress.

Pre-Competition Meal Plan

J.E. Councilman has suggested a choice of the following 3 pre-competition meal plans:

Breakfast: Plan No. 1 - glass of orange juice or 1/2 grapefruit, dry cereal, skim milk, scrambled eggs, toast with margarine and jelly or jam, glass of skim milk.

Lunch: Plan No. 2 - hamburger patty (with grease absorbed on a napkin, as much as possible), bread roll or bun, tomato soup made with skim milk, fruit juice (orange, apple, pear), plain cookie or cake, skim milk.

Dinner: fruit salad, baked fish, vegetable, boiled potato, margarine, whole wheat bread, margarine, banana, skim milk. Athletes should strive to develop an ideal nutritional program with rational eating patterns as I have outlined. Vitamin supplementation is of extreme importance and demands more space than I have allotted here. I hope to prepare an article for the coaches technical bulletin in the near future.

COMING EVENTS

DATE	NAME OF COMPETITION	EVENTS	LOCATION	CONTACT/ADDRESS/TELEPHONE
Mar. 16	M.T.R.R.A.	10km run	Sunnybrook Park Toronto	Mike Freeman, 154 Cactus Ave., Apt. #57, Willowdale, Ont. (R) (416) 221-0802
Apr. 5	Toronto Spring Road Race	Including 20km & 5km Walk	Toronto - High Park	Ian Anderson, 29 Riverview Gardent, Toronto, Ont. M6S 4E6 (416) 787-3602
Apr. 13	Decew International Road Races		Brock University	R.A. Pedler, Brock University, St. Catharines, Ont. L2S 3A1 (416) 684-7201 Ext. 253
Apr. 19	North York Road Races	Including 5km walk, men 3km " , women	Toronto - York University	Dave Welch, 97 Church111 Ave., Willowdale, Ont. M2N 1Z2 (416) 225-0846
Apr. 20	7th Annual Forest Heights Road Races	10km	Kitchener	Jamie Hamber, 69 Larkspur Cr., Kitchener, Ont. N2M 4W8 (519) 745-1375
Apr. 20	Hamilton Downtown YMCA	Marathon	Hamilton	Peter Rhodes, Hamilton Downtown YMCA, 79 James St. S., Hamilton, Ont., (416) 529-7102
Apr. 27	M.T.R.R.A. 1/2 and 1/4 Marathon		Guildwood Village, Scarborough	Mike Freeman, Secretary, MTRRA, 154 Cactus Ave., #57, Willowdale, Ont. M2R 2V3 (R) (416) 221-0802
Apr. 27	Bert Life Memorial 10km Race Walk	men and women	Toronto	Stafford Whalen, 723-60 Southport St., Toronto M6S 3N4 (416) 762-1210
May 4	Eaton's 10km Road Race		Toronto	Public Relations, Dundas St. W., Toronto M5B 1C8 (416) 591-3512
May 10	Blossom Festival Road Race	20km	Niagara Falls	P.O. Box 213, St. David's, Ont. L0S 1P0 Bob Eby - (416) 262-4757
May 11	National Capital Marathon		Ottawa	Michael Kenney - City of Ottawa, Recreation Branch 111 Sussex Dr., Ottawa, Ont. K1N 5A1 (613)563-3222
May 11	Johnny Miles Marathon (12:30p.m.)		New Glasgow, Nova Scotia	Bud Brown, Recreation New Glasgow, P.O. Box 7, New Glasgow, N.S.

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DATE	NAME OF COMPETITION	EVENTS	LOCATION	CONTACT/ADDRESS/TELEPHONE
May 13	All Comers	800, 3000	Toronto	Malcolm Smith, King View Cres., R.R.#3, King, Ont. L0G 1K0 (416) 727-2165
May 14	North York All-Comers Throws		Metro Complex, York University	Dave Welch, 97 Churchill Ave., Willowdale, Ont. M2N 1Z2 (416) 225-0846
May 17	Mother's Day Road Race		Timmins	Vital Shank, 83 Bannerman, Timmins, Ont. P4N 2Y5 (705) 221-0802
May 17	"Whitey" Sheridan	15km & 2 mile Fitness Run	Mary Hopkins Public School, Waterdown	W.V. Sheridan, 174 Main St. S., Waterdown, Ont. L0R 2H0 (416) 689-6004
May 17	All Comers		Brantford	Gord Boyd, 2 Harvest Lane, Brantford, Ont. N3R 5R2 (519) 753-8044
May 19	Alviston to Watford 10 mile Road Race	10 Mile	Watford	Roy Caley, 41 Main St., Watford, Ont., N0M 2S0 (519) 876-2101

ONTARIO

N.S. MEMBERS

- WALLACE David 47 Wootten Way N., Markham. Age 44 years Secondary School Teacher & soccer coach. Has been running for two years. First marathon in 1979, time 2hrs 51.57.
- BETHUNE Donald 37 Kilbarry Cres., Ottawa. Age 49. Has been running for over 3 years. Run 2 marathons, best time 3.14.
- VAREY Jack 50 Osler Drive, Dundas. Age 71 years.
- ROTH Ernest 429 Norrie Cres. Burlington. Ages 50 and 42. Basically cross country skiers. Ernie is an instructor and coach of a group of youngsters of Halton Cross Country Ski Club. Cecilia loves road races, both enjoyed cross country race at Sunnybrook.
- ROTH Cecilia
- HUGHES Evan 55 - 8th Street, Etobicoke. Ages 43 and 36. Evan has run Star Trek in 1hr. 21.40 and Eatons 10KM in 37 mins 24secs. Cheryl has been running for 10 months. Took part in Canada/USA cross country - ran second in her age group.
- HUGHES Cheryl
- FITZGERALD Frank 964 Ritson Rd. Sth., Oshawa. Age 41. Has run 5 marathons, Labatts in 2.45. Last 10KM run in 34.45.
- SVAB Miro 1268 Lakeshore Rd., Sarnia. Age 40 on 13/3/80
- BRESLIN James 32 Emmeline Cres. Agincourt, Age 65. Has competed in many Track & field events in British Isles including Irish Championships. Came to Canada 1949.
- MORLEY Judith 238 East 11th Street, Hamilton. Age 37. Has been running for 2 1/2 years. First marathon in 4hrs.4mins. Enjoyed recent Cross Country.
- POLISCHUK Bob YMCA, 2400 13th Avenue, Regina, Sask. Age 28. New Saskatchewan Director.
- SAVAGE Bruce 5821 Major Mackenzie Dr., Woodbridge. Age 40.
- PIPER Leith Drury 365 Wellesley St., E., Toronto. Age 36. Likes running especially Cross Country. Did marathon in Ottawa in 3hrs. 12 mins.
- SWEENEY Jo Ann 1495 Stoneybrook Cres.S., London. Age 43. Has been running 2 1/2 years. 10 KM 49.59. 4 1/2 ms. in 31.40. and National Cap. Marathon in 4hrs. 41 mins.
- LAING Douglas 2540 Cliff Rd., Mississauga, Ont., Age 48. Has been running since 1974. Ambition, to run a full marathon.
- GRANTMYRE Innes 12 Corwin Blvd., Cambridge. Age 40. In 3rd year of running - aiming for marathon in 3hrs. 30.
- SEGUIN Arthur 34-241 Elm St. E., Sudbury. Age 46. Best time for marathon 3hrs. 35 mins.
- NAPIER John 255 Bold St. W., Hamilton. Age 44. Has run 10 KM in 45.40. 5 miles 34.34. 10 miles 72.18.

MOORE Sheila 1007 - 43 Thorncliffe Fk.Dr. Toronto. Age 46. Relatively new runner. Has run a mile race and hopes to increase distances and lessen times,

CARMICHAEL Doreen 105 Goulding Ave., Willowdale. Age 49. Takes part in track & field in High School, as well as skating, skiing and swimming.

LAMIESON Archie 212 Lockhart Dr., St. Catherines. Age 56. Only in last year run over 4 miles. Times for 10 mile runs in 1979. 83.51., 79.37., 73.26. Keep on running and improving Archie.

SPENCER Wilf. 35 Splinter Dr., Napanee. Age 44. Been running seriously for 3 year. Coach - Bill Allen. Times of some runs. Half Marathon 1. 25.06. 10 KM in 38.10. 25 KM 1.49.51. Full marathon 3.37.51.

GREEN Beverly 7080 Copenhagen Rd., Apt.17, Mississauga. Age 36.

MONTEITH David 1034 Brough Street, London. Age 39. Member of London Racers. Has run in last three Boston Marathons. Marathon Police Games 1979 in 2hrs.40. Has run 38 miles at Waterloo and 50 miles in Toledo.

CARTWRIGHT John 19 Sixth Street, Wards Is. Toronto. Age 40. Ran regularly in University and Inter-Club Meets. (Track and cross country in South Africa, in the late 50' & 60's. Only sporadic jogging last 10 years.

STODDART John 250 Russell Ave, Apt. 1, Ottawa, Age 40 (10th March 80.) Started running in 1970. Has run in several Marathons, best time 2.48 at Ottawa. Enjoys all events from 200 metres to Marathons.

PERRINS John 65 Ladyslipper Court, Thornhill. Age 49. Ran Cross Country with Small Heath Harriers, Birmingham, Eng. and R.A.F. 1945-54. Getting in shape for marathons.

MANITOBA

TOEWS Albert 42 Sayer Ave., Winnipeg, MAN. Age 40. Started running again 1 year ago. Done several 5 and 10 KM races and Manitoba Marathon in 5.03.

VEITCH David 799 Jubilee Ave., Winnipeg, Man. Age 47.

OSTAAFICHUK Mike 38 Cortez Bay, Winnipeg, Man. Age 52. Became very interested in running in 1968 after reading Ken Cooper's book. Joined a club, the M.R.A. in 1979.

NOVA SCOTIA

MACKIE Bill Apt.229, 1472 Tower Road, Halifax, N.S. Age 39.

ADAMS Douglas 6 Tartan Avenue, Halifax, N.S. Age 45.

KILROY David 40 Celtic Drive, Dartmouth, N.S. Age 46. Running competitively for 4 years. Runs 7 to 10 races a year. Alpine Marathon - 3.36.27 Oct.79.

P. E. I.

FREEMAN Stewart Rattenbury Rd., North Granville, P.E.I. Age 41. Started running Feb. 79. Has run 10 KM in 45.43. 10 mile race, June 79 in 1.08.54. 1/2 Marathon Sept. 1.33.06. P.E.I. Marathon 3.07.26.

SASKATC

SASKATCHEWAN

MOORE Robert 3131 Hill Avenue, Regina, Sask. Age 40.

ALBERTA

WILKINS Earl P.C. Box 2581, Medley, Alta. Age 46. Started long distance running in 1976. Also plays hockey, basketball downhill skiing.

LA PIERRE David Box 8207, Fort McMurray, Alta. Age 39. After 10 years absence from running in marathons he completed 4 last year. Best time Fiesta Bowl, Arizona, 2.41.

BRITISH COLUMBIA

PARSONS Vincent 8- 1344 Esquimalt Rd., Victoria, B.C. Age 55. Started 2 years ago with a 10 KM, then 2 more (each faster) then to a 1/2 Marathon. Hopes to improve. Ambition! Comrades Marathon, South Africa, 54 miles May 1980.

TOWE Alan 2988 King Richard Way, Nanaimo, B.C. Age 47. Ran first marathon in Seattle Nov. 79 in 3.24. Has been running 7 years in local races.

JOHNSON Bruce 1572 Greenmouth Ave., Pt. Coquitlam, B.C. Age 40. Runs 80 to 90 miles per week. Best times 5 miles, 28 mins. 5000 M 17.13. 10 miles 58 mins, and 6 miles 33 mins.

REYNOLDS Frank 306 - 960 Jervis St., Vancouver, B.C. Age 40. Competes for Vancouver Olympic Club, and is the Treasurer. Best times in 79. 1500M 4.22. 2000M 6.07. 18 miles 1.49.05. Marathon 2.45.31. Seattle.



Best Weather.

Helen - see article p. 18. Don

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and
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29th FEBRUARY, 1980