Hans Axmann, President of the 3rd World Veteran 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 Warms' account). Bronze winner is Lentini of Italy.

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

BULLETIN 61

29th FEBRUARY, 1980
The Canadian Masters International Trace Team

President: J. Alastair Lynn
(416) 867-3506 & 934-5751
22 Havenrich Court,
Brampton, Ont. L6Z 1N6

Vice-President: Kenneth Richardson
(604) 291-3661
4156 E. Hastings St.,
H. Burnaby, B.C., VEC 2A4
Apt. 604, 45 Livingstone Road,
Scarborough, Ont., M1E 1K8

Secretary-Treasurer: Dick Dear
(416) 261-1792
225 Davisville Ave., Apt. 1011
Toronto, Ont., M4S 1J9

Bulletin Editor: Norman Bean
(416) 487-0204

Team Captain/Manager: TO BE SELECTED

Executive Numbers:
Christine Walker
(416) 204-0635

Stan Smith
(416) 282-8339 & 440-2866

Alex Vandenhouse
(416) 759-6304 & 925-3331

George Giuppo
(416) 223-5434 & 445-1440

Art Bendette
(403) 592-5195

Clifford J. Hill
(604) 322-6212 & 682-1888

John Houliden
(204) 783-5491

Roy Voschurn
(506) 357-2377 & 455-3337

Keith Graham
(902) 835-5927

Sajjad Bux
(416) 270-5897 & 633-3700

Ewen Stewart
(306) 894-5688 & 892-5461

Ian Hume
(819) 826-5418

V.R. Wigen

Bob Polischuk
(306) 527-6661

Denny Daniels
(613) 290-5131 (819) 994-1240

Rob MacBeth

Records -- Track: 1145 Ashdale Drive,
Downtown, Ont., K2B 2E2

Records -- Field: The Latvian Club,
17 Chester Hill Road,
Toronto, Ont., M6A 2X4

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 its activities. It is only through the enthusiasm, and work, of its members that an organization such as ours will flourish.

Best wishes,

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

BUREAU DU PRESIDENT

CHEFS MEMBRES:

Dans ce numéro vous trouverez que nous avons été très occupés dans le mouvement des Masters depuis le dernier Bulletin. Les courses sur terrain couvert des Masters d'Ontario, qui ont cing installations sur le campus de l'Université de York, ont attiré un record 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 évoquent 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'audace 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.

Bienveux,

Alastair Lynn
President
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 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, Tiltonburg;
July 16th, Ontario (6 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. 5/7, 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 man 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 (IA) 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 Fishersles Exhibition, Sept. 15, 5 miles .......... 29:26
Joseph Home Festival, Sept. 30, 8.1 miles ...................... 46:37
Mahone Bay Oktoberfest, Oct. 6, 5 miles ....................... 29:46

Cross Country:

Atlantic C.C. Championships, Oct. 28, 5 miles .............. 25:00
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
NOTES FROM HERE & THERE (Continued)

Clare Williams, (Continued)

All excellent times, particularly the 800m which is only .3 sec. short of Ed Whitlock's CAN, though Ed actually has a faster 10K 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):

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<th>Weight (lbs)</th>
<th>Hammer</th>
<th>Shot</th>
<th>Discus</th>
<th>Jav</th>
<th>Weight (kg)</th>
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<td>46.15</td>
<td>12.43</td>
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<td>531</td>
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<tr>
<td>2000 g</td>
<td>Carl Klehm</td>
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<td>12.05</td>
<td>34.75</td>
<td>44.15</td>
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<td>Hal Smith</td>
<td>447</td>
<td>603</td>
<td>579</td>
<td>552</td>
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<tr>
<td>16 lb.</td>
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<td>9.45</td>
<td>28.54</td>
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<td>2010</td>
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<td>419</td>
<td>441</td>
<td>298</td>
<td>418</td>
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<tr>
<td>2000 g</td>
<td>Harold Parsons</td>
<td>25.61</td>
<td>8.87</td>
<td>28.20</td>
<td>34.37</td>
<td>7.80</td>
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<tr>
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<tr>
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<td>14.61</td>
<td>7.87</td>
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<tr>
<td>4000 g</td>
<td>John Whittmore</td>
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<td>17.98</td>
<td>17.74</td>
<td>4.84</td>
<td>525</td>
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</table>

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, much less than his total at the CMIT Games.

Swerre Vietnam 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 & Chicco Resch. Sorry we can't fit it into the Bulletin, or all the 1979 results sent by Swere, 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... Cont'd

NOTES FROM HERE & THERE (Continued)

several times under 3 hours including a 2:55:33 on May 6 and 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 12, 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.

Swerre 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 CMIT (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 M.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 & 10K 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.

Cont'd
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 Vaulter, 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. team got only 2 medals!!

In detail the story reads like this:

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

In class (M50+) E. Egerton won the Gold in a jump-off with no other than our perennial pole-vault champ 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 Bross in class (M70+) won Gold with 1.90m, and Arnold Tismnits Silver with 1.70m.

In the High Jump we missed the Bronze medal only on the count-back when K. Hollingsworth (M60+) came in 4th with 1.70m. Same height as the Bronze medal winner. Roger Ruth's (M50+) 1.55m was good for 8th place, while F. Klause'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 1.55m was sweet revenge on his old adversary K. 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 4.68m was only good for 31st.

Triple Jump in class (M60+) saw Ian Hume winning his second gold with a leap of 10.93m, well over the 8.80m of G. Gilmour (M50+), good for 14th place.

In Shot-Put Jackson Tovell's (M40+) 9.13m gave him 2nd place while Peter Pieniska's (M50+) 8.63m was good for 31st. Yours truly (M60+) 9.34m gave him 3rd in the largest class field of shot-putters. Albert White's (M75+) 5.52m gave him 11th spot.

In the Discuss-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 Tismnits' (M70+) 24.50 throw was good for 11th place. Albert White's (M75+) 11.78m throw gave him 10th spot in his class.

HANOVER continued...

Our javelin throwers both 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 discs performance. G. Gilmour (M50+) with 2625 points good for 13th place - G. Gluppe (M65+) with 2608 also 13th - K. Buchanan (M65+) 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 Isabel Saurier (M65) in the Javelin with 15.22m and Pat Kirkwood (M60) 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 cooperation.

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

Yours in Sport,

Yours Warms,
Team Captain.

P.S. In report #2 I've missed Shirley Smith (M40) 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.

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 Bear and the following members of the Executive Committee:


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 Etoilecote 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 Summer 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.

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.

Continued
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 our 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 Maldman, seconded by Mike Freeman, these people were unanimously elected.

Other present Executive members willing to serve—Christine Walker, George Gillespie, 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.

...... Continued

7. President's Remarks

1981 A.C.W. Alastair Lynn reviewed reasons for allowing CHITT administration to devolve upon B.C. for a period. Holding the AGM in B.C., with a suitable slate of officials put forward, could bring this about. Before making such a move, a Constitution should be drawn up for CHITT. 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 CHITT control and that the reasons for this and the future activity of CHITT 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 Inte-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, 3 members indicated a willingness to charge all athletes going to the Games $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.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 that 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 CMIT believes that either the Olympics should be withdrawn from the USSR or Canada should boycott the Olympic Games. This motion is 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 Varvasz:

"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.

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**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 CHECK NOW TO BE SURE.

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**MASSACHUSETTS ACCOUNT**

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The Balance at the year end of $3,561.06 is an increase of $1,255.90 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---n-th place principle, not an overall result 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 Halmstrom 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:


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


Such points tables were available for Masters performances for the above events, except for the 5000m, which has been prepared and a copy is shown at the end of this article.
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 50-59 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 CMIT and bona-fide members of the club they are representing.

2.5 AWARDS

Eric Malstrom, 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 CMIT 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
The International Scene

By Don Farquharson

All International events for Masters this year are really in the nature of a countdown for the 4th World Association of Veteran Athletics Championships to be held in Christchurch, New Zealand January 8th - 14th 1981 and heralded, a few days earlier by the I.G.A. 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 Mandle but no luck. Then I went for a thirty minute bus ride to Redondo Beach, an historic 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 round to my dismay that all the passengers had been picked 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 elation 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 Māori. 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 see 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 remember the 4th 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 26°C. the wind remained 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 half mile square area through which the River Avon meanders. There is no subway, streetscars 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 them are the suburb 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 Jermynd 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, woolen goods, carpets and clothing. Very attractive were the leather sheep skin coats, chamois like outside with warm woolen linings which are often custom made on the premises at prices much below those elsewhere.

Meal prices seemed on a par with Toronto and definitely 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 Jermynd, W.A.V.A. Secretary accompanied by Hans Axmann, Executive member and President at Harrower 1979 arrived after a 12,000 mile trip - Gochtewurt, Frankfurt, Bombay, Singapore, Jakarta, Sydney, Christchurch. Roland had not reset his watch which showed the correct time now
(twelve hours difference). Jean O'Neill W.A.V.A. Women's representative from Auckland 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 what 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 Palmerston 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 W.A.V.A. Monday 5th 1981 at 12:00 o'clock a.m.
2) Women's meeting " Tuesday 6th 9:30 "
3) Regional meetings " Wednesday 7th 9:00 "
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.

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 on 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 $17.00NZ$l 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 cross-country 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 Quayes and Moorcroft and Kip Ron 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 leisurely 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 Aomann, with his long professional knowledge of Track and Field was very valuable, Hideko 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 stirle Cesare Beccalli and finished up with "It's 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 Serrups 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 NZ. this time via Hawaii. Auckland to Honolulu took eight hours on the wide bodied jet not first class this time but comfortable. The flights 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 1/2 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
760 2, Mexico D.F.

July 4 - 6

Charleston, West Virginia

U.S.A. Masters and Submasters Track & Field and Pentathlon Championship Henry R. Kuczyk P.O. Box 346.
Raleigh, N.C. 27602 Tel (919) 972-5697

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 1980. 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 5th - 14th 1981 is:

Fourth World Veteran Games
Executive Committee
P.O. Box 32-102 Ilen
Christchurch, New Zealand.

The address of the organizer of the IGAL Road Running Championships, January 3rd - 4th 1981 is:
Ms. Mervyn Green
Secretary 14th IGAL Championships
P.O. Box 1256
Palmersone North, New Zealand.

Travel

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
Oxhildshemtie 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 Organizers, 1980 World Veteran Events
Scottish Amateur Athletic Association
16 Royal Crescent
Glasgow G8 7AL
Scotland

WA.V.A. World Championships in Decathlon and Heptathlon 1980 cancelled

The first WA.V.A. 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 Laughborough College for 1982.
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 foreseen 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 4:55.9
6. Bill Wyllie 5:01.2
7. Marcel Brisebois 5:06.0
8. Keith Stromoske 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 Tereshchaklo 33:14

ONTOARIO

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 Milliken broke the Canadian High Jump Record, Angela Taylor broke the 50m and 200m records and such runners as Mike Bolt, Filbert Bayl and Sullman Nyambe won their events.

Masters results are:

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<td>3. Leslie Meselman OW (35-39)</td>
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<td>4. Audrey McClelland 1W</td>
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<td>5. Kris Madsen 1W</td>
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<td>2. Ray Elliot 1B (45-49)</td>
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<td>3. John Houlden 2B (55-59)</td>
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<td>5. Al Magnusson 1A</td>
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<tr>
<td>7. Tony Valentine 2A (50-54)</td>
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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):

<table>
<thead>
<tr>
<th>Long.</th>
<th>Javelin</th>
<th>ZOOM</th>
<th>Discus</th>
<th>1500</th>
</tr>
</thead>
<tbody>
<tr>
<td>3B</td>
<td>4.35M</td>
<td>37.82</td>
<td>30.4 sec</td>
<td>28.46</td>
</tr>
<tr>
<td>810</td>
<td>+ 912</td>
<td>760</td>
<td>+ 484</td>
<td>000</td>
</tr>
</tbody>
</table>

14 participants ages 31-69

Weight Pentathlon (ran first):

<table>
<thead>
<tr>
<th>Discus</th>
<th>Shot</th>
<th>Javelin</th>
<th>Hammer</th>
<th>Wt. Throw</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>28.46M</td>
<td>10.99M</td>
<td>17.88</td>
<td>8.82</td>
</tr>
<tr>
<td>484</td>
<td>699</td>
<td>912</td>
<td>276</td>
<td>575</td>
</tr>
</tbody>
</table>

Int. Scoring 43B

| 531    | 456    | 242    | 371    | 2040   |

23 participants, ages 31-73

Possibly these are Can. Records In the 38 pentathlons. In the Can. Champ. Pentathlon, Sept. 16, Latvian Club, I threw 40.02M in the Javelin, which is probably a 38 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 Fell on the Baden-Powell National Trail Run—a fascinating account. And Derek Ellis, now 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 (407) Prairie Inn Harriers
14.966 km 9.279 miles

Fun Run:

P. Denby (40) Unatt.
12.98 km 8.068 miles

A. Green (71) Flying Y
12.565 km 7.790 miles

B. Haagenes (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 6.852 miles

J. Haagenes (M) Unatt.
10.89 km 6.752 miles

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

THE DUNN-POWELL COUNTRY TRAIL

By Stu Fell

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, there was not 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 of the trail at least. I had used sections of the trail in North Vancouver, thus I knew what to expect for training runs and now 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, Jack Blassmaks(Mount West and Stillicell) and I decided the run should go and we should make a definite plan for it. So throughout the summer, Jack and Dave Maples 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 turnover(from the Upper Levels Highway) near Northshore Way. It first climbs Black Mtn.(3992 ft.), then drops through Cypress Bowl and goes via Holybrook Ridge and Westlake Lodge to Cleveland Dam. From there it goes up Nancy Greene Way, up the flank of Grouse Mt., skirt the top of Skyline Drive and Prospect Road, crossing Mt. Highpoint and following Lynn Creek to the suspension bridge. Continuing, it crosses Lynn Creek, Lillooet Rd., Seymour River, climbs to Hyannis Drive and 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 26 miles, with some 5000 feet of uphill in the major grades.

So, on the morning of Sept. 22, 1979, thirteen of us assembled at Northshore Way to "do" the trail. Black Mtn. was easy though steep—we were fresh and eager to get going. The drop to Cypress Bowl was under the "Black Cloud", fairly rough terrain, no trail-technology was no better. We regrouped and a number who wanted to run to Cleveland Dam only joined us there. The climb to Holybrook Ridge is new trail and is not completely cut out as 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 stiffer 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, time to Lynn Creek at Lynn Canyon our second group, 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 a side street so we were down to 13. Heading off for the final stretch I found myself very stiff—by 50 minute wait for the slower trekkers was far too long. It took the clutch out of Lynn Creek to Lillooet Road to warm and loosen me up again. Again, by this time, now at 6 hours, I'm sure we were running entirely on fate—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 but not with much easy times (but not with much easy times) but not with much easy times. I found myself "breaking into a walk" on the steeper sections. Then, finally, the long downhill into the Mt. Seymour Park then crossing and down to Indian River Road and an obvious drop down, enough little fun—can do it in two or three "surprises" (steep little canyons) get down into the next, and back up out of all the way to Panorama Park in Deep Cove. I was alone for this last stretch but the other arrived in ones and twos or over the next hour or so. It was good to be finished and a dip in the ocean, followed by gallons of fluids made us feel 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 handy in under 6 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 love to do by myself or in a group one day. 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'll be an annual affair—maybe starting by forking into 7 or 9 hour group, to avoid the long waits. Try it sure as hell—it's 6 hours on the roads! Planula to Jack and Dave for map, trail description & organization. Grousepeak to Grousepeak Station do Black Peak Round trip 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.

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.

Norman Baun 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.

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

The winning 35lb weight throw of class 40 - 44 by Fred Cech.
REPORT FROM B.C. (Continued)

ANNUAL REPORT: B.C. MASTERS - 1979

The number and activity of Masters athletes continues to grow each year, and
their support of both CFTA 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. 15/79 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 Richardson's 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 Hietanen was second in the over-50, and Bob Cleator first in
the over-60. In the women's section, Elizabeth McColl 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 Hietanen estab-
lished 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 Vennestad 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 Hietanen - silver, 10,000 m and bronze in the marathon
M1A - Gerard Dumas - bronze - Pole Vault

...... Continued

REPORT FROM B.C. (Continued)

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 Hietanen 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 Balkey
1976 Jim Conway
1977 Sverre Hietanen
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.

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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.  2:55.15
4. Reynolds, Moe  43  Halifax, N.S.  3:05.43
5. Harris, John  44  Grand Bay, N.B.  3:23.76
6. Slevan, Sydney  40  Sydney, N.S.  3:21.02
7. Wheeler, Barry  48  Truro, N.S.  3:22.57
8. MacInnis, Lawrence  59  Halifax, N.S.  3:26.46
11. Killroy, David  45  Dartmouth, N.S.  3:36.27
12. Stoneham, 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.  4:19.26

MASTERS WOMEN:

1. Harris, Lauretta  43  Grand Bay, N.B.  3:46.29

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---
RESULTS FROM ONTARIO (Continued)

Ultra Marathon - Waterloo (Continued)

RESULTS:

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Jim Isenberg, Waterloo</td>
<td>31</td>
<td>4:15:30</td>
</tr>
<tr>
<td>5.</td>
<td>Jack Reid, Waterloo</td>
<td>51</td>
<td>4:55:05</td>
</tr>
<tr>
<td>7.</td>
<td>Rob Madeley, Toronto</td>
<td>28</td>
<td>5:13:57</td>
</tr>
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</table>

Jan. 12

ALL COMERS, YELF, YORK UNIVERSITY INDOOR TRACK

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>400 m</td>
<td>Ian Fraser</td>
<td>(40-44)</td>
<td>54.1 sec.</td>
</tr>
<tr>
<td></td>
<td>Norm Baum</td>
<td>(50-54)</td>
<td>59.3 ''</td>
</tr>
<tr>
<td></td>
<td>Ron Chase</td>
<td>(40-44)</td>
<td>62.6 ''</td>
</tr>
<tr>
<td></td>
<td>Alex Woodhouse</td>
<td>(60-64)</td>
<td>64.2 ''</td>
</tr>
<tr>
<td>1500 m Walk</td>
<td>Mike Freeman</td>
<td>(sub 35-39)</td>
<td>8:48.0 (Mile 9:24.4)</td>
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</tbody>
</table>

Jan. 26

ALL COMERS, YORK UNIVERSITY

<table>
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<th>Distance</th>
<th>Name</th>
<th>Age</th>
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<tbody>
<tr>
<td>300 m</td>
<td>George Horton</td>
<td></td>
<td>38.7</td>
</tr>
<tr>
<td></td>
<td>Alf Sundin</td>
<td></td>
<td>40.8</td>
</tr>
<tr>
<td></td>
<td>Norm Baum</td>
<td></td>
<td>41.5</td>
</tr>
<tr>
<td></td>
<td>Ken Morris</td>
<td></td>
<td>43.0</td>
</tr>
<tr>
<td></td>
<td>Peter Pientka</td>
<td></td>
<td>46.0</td>
</tr>
<tr>
<td>3000 m</td>
<td>Christine Walker</td>
<td>(40-44)</td>
<td>11:27.0</td>
</tr>
<tr>
<td>800 m</td>
<td>Bill Cameron</td>
<td>(50-54)</td>
<td>2:24.0</td>
</tr>
<tr>
<td></td>
<td>Alex Woodhouse</td>
<td>(60-64)</td>
<td>2:30.4 CNR</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Alf Sundin</td>
<td></td>
<td>11.36 m.</td>
</tr>
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Feb. 9

ONTARIO SENIOR CHAMPIONSHIPS, YORK UNIVERSITY

<table>
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<th>Name</th>
<th>Age</th>
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</thead>
<tbody>
<tr>
<td>3000 m</td>
<td>Bob Danielle</td>
<td>(40-44)</td>
<td>8:47.2</td>
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</table>

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

(Reported by Fred Sewell)

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

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.
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 17-lap-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 Clyde 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 last Games, was a specially invited out-of-town 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 Roseann 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 had featured a strong emphasis on the use of weights -- was being 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. Ron set a new 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, than the future for Masters competition in the Valley looks really bright.

Final placings:

1. Henry Clyde 4'17.4 Ottawa U.
2. Bill Arnold 4'17.5 B.K.H.
3. Ron Wallingford 4'22.2 Sudbury
4. Jim Howe 4'33.1 N.C.R.A.
5. Frank Roseann 4'37.2 C.D.L.
6. Al Runnelle 4'42.8 N.C.R.A.
7. Bob Reuter 4'45.2 N.C.R.A.
8. Trevor Henke 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, 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 clubmate Hal Gurney, nor Joggeline inventor Laurent Poirice.

Missing, too, were continental travelers Myke van der Wiel of Northern Saskatchewen and Ray Will of Newfoundland. Even Ontarians Reg Rollason, Cliff Hall, Tony Giblin, Heinz Bruck, Ian Fraser, Kemel Hollingsworth and Carl Hall, all gold or silver medallists last year, failed to show 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 Duncun. 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 (45-46) 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 351b weight, a new event at this meet. And Pat Bessel (40-46) 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 Palaszewski, Ottawa, Canadian Open record holder (45-46) in the 800m and 5000m, 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 (40-46), second to Pat Bessel in 1500m and 3000m, set a Canadian Native record of 11:22.3 in the latter. And World Games gold medallist Judith Kazian (45-46), 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 15, 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 2:15.8 for 800m and silver for 3000m.

Among the men, Bob Danell, 1A (40-44), again proved he's the undisputed middle distance Masters champion by winning both 1500m (4:14.1) and 5000m (15:04.6) by clear margins in superb style, in each case at the expense of John Threshner.

In class 1B (45-46), 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 2:10.9 (record 2:10.4) 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. Jerry 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 18 800m in the good time of 2:16.3 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 Hinton, 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 was the record of Rafe Melendez-Duke, Vancouver, and we’re going to see more records come spring. If Eric Wilmot can heal his achilles tendon and return to his recent spectacular form, competition in the 1B sprints will be intense.

George Culppe 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 Eggerton 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 3/4 of the C.N.R.’s at 100m and 200m and is ready to give Baus 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 Kostrić, capable of winning other events, again restricted himself to his favourite -- Pole Vault -- which he won at an 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 Eggerton’s victories, Alf Karkling won Shot and 35lb weight; Karl Pavesars won Triple plus a second in Long Jump, 10m 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-Pitts Patrick won the 2A 60m Hurdles and was second in the 1A 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 400 (53.9) and of George Faschoy 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 Saljah But, Ontario Masters President who made the arrangements, and to Dave Wock 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 Parquharson'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.N.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:

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<tr>
<td>2</td>
<td>5</td>
<td>Mike Freeman</td>
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<td>Fred Cech</td>
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<td>Yves Amellac</td>
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<td>6</td>
<td>3A John J. Grant</td>
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继续
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<td>1B 1. Mendel Smith</td>
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<td>2A 1. Karl Pavasars</td>
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<td>1A 1. L. Judd</td>
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<td>2W 1. Judith Kazdan</td>
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<td>Shot Put</td>
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<td>2A 1. Alfred Karklins</td>
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<td>Sprint Final 60m</td>
<td>1B 1. George Horton</td>
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RESULTS FROM ONTARIO (Continued)

ONTARIO MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS (Continued)

5000M:

2B 1. Johnny Nolan 2:29.1
2. Tom Hodgson 2:33.6
3. Gerry Bakker 2:35.5

2A Jim Morrow 2:25.8
OW 1. Cheryl Hughes 2:59.8

35 LB. WEIGHT:

1A Fred Cecheli 8.67m
   Larry Judd 8.14m
1B Alf Sundin 9.60m
   LeRoy J. Washburn 8.30m
   Walter Mozewski 7.72m

2A Alf Karklins 9.80m
   Stan Egerton 8.15m
   Thomas Cole
   Fred Klassen 5.63m

3A Harold Parsons 9.96m
   Valdis Teteris 8.80m

4 Adalbert Brosz 4.06m
   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 IA (Canada) 4:31.1
2nd J. Thresher IA (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. 179 -- MTRA 10 KM -- Sunnybrook Park, Toronto

MASTERS

1. John Clarke MTPC 16 1:56:04
2. Carl Hall UTTC 17 1:56:26
3. Norm May WCMA 21 2:00:31
4. John Campbell MTPC 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 WCMA 44 2:15:38
9. Craig Allen Unatt 51 2:24:53
10. Mike O'Toole Unatt 54 2:28:58
11. Gerry Ziedenberg Life Brand RR 62 2:30:09
12. Bob Fillmore Vincent Massey CI 63 2:40:06
13. Ludwig Tokaran Unatt 65 2:59:20

ESQUIRES

1. Jack Reid WCMA 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

2nd Dec. '79 -- MTRA 10 Miles -- Guildwood Village, Scarborough

For their last event of the year MTRA 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 Larkwell led in a large field of women with a clear margin of victory over May Allazadah and Elaine James. Chris Walker had no problem running off with the Gold in the women's Master category.

Masters (40+)

1. Bob Daniell Mississauga TC 15 55:44
2. Chuck Austin Cambridge Club 22 57:04
3. Frank Fitzgerald Oshawa Legion 32 59:46
4. John Johnston MTPC 36 59:52
5. Dave Wallace Unatt 36 59:57
7. Jan Atkinson Waterloo County AAA 56 62:49
8. Lorna Buck MTPC 58 63:41
9. Bruce Hill Credit Valley MC 64 64:28
10. Mike Harrington Skyline Club 66 65:03
11. Evan Hughes Unatt 79 65:26
12. Walter Blackwell Unatt 80 66:04
13. Lawrence Gotzeler Unatt 96 68:03
14. Mike O'Toole Unatt 98 68:57
15. Derick Sweeting Credit Valley MC 107 69:47
16. Gerhard Krow MTPC 105 69:47
17. Jeff East Unatt 106 69:50
18. Cecil Thorne Unatt 113 70:43
19. Hal Toogood Life Brand RR 116 70:46
20. Ed Tucker MTPC 123 72:00
21. Gunter Sauren MTPC 124 72:01
22. Nora Abbott Unatt 127 72:15
23. Dave Arnold Unatt 137 73:13
25. Richard Henderson Unatt 141 73:41
26. Doug Quarlington Unatt 144 74:07
27. Merl Sheppard WCMA 149 74:42
28. John Huebsch Credit Valley MC 150 74:51
29. Jim Gardner Unatt 151 74:52
30. Ralph Laube MTPC 159 77:25
31. Craig Allen Unatt 164 78:45
32. Mike Abbott Unatt 177 82:37

Esquires (50+)

1. Doug Beatty MTPC 41 61:06
2. Jim Morrow Oshawa Legion 82 66:18
3. Don Farquharson MTPC 108 70:01
4. Maurice French MTPC 112 70:32
5. Stan Smith MTPC 121 71:44
6. George Feteison MTPC 166 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
BERNUDA 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 consternation among the Americans who were running. Ten men had run sub-2:10 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 21:51:20
2. Jim Dingwall 21:51:49
3. Louis Calvano 21:51:39
4. Dave Patterson USA 21:52:07
5. Bruce Robinson 21:52:44
7. Bob Moore 21:56:03
8. Peter Squires 21:57:23
10. Raymond Swan Bermuda 2:00:32
11. Carl Hall Canada 2:01:53
12. Fatti Lyons 2:04:52
13. Patricia Dompney Canada 2:09:52
14. John Kelley (Mc) USA 3:29:16

10 Kilometre race
1. Craig Virgin USA 29:18
2. Herb Lindsay USA 29:42
3. Garry Bjorklund USA 30:27
4. Oreste Salmi Norway 32:03
5. Don Kardong USA 32:28
6. Bob Legge Canada 33:17

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FRIDGE-EIGHTER Waterloo January 20, 1980

Men 40-49
1. Jerry Griner 45:34
2. Bob Bowman 47:55
3. John Gaskin 48:12
4. Bob Lalonde 49:08
5. Derek Sweeting 52:12
6. Whitey Sheridan 55:49
7. Cecil Thorpe 55:43
8. Merv Sheppard 56:47

Women 40 and over - 1. Christine Walker 54:10

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 hell this time.

MIKE FREEMAN
### Masters

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<td>67:37</td>
</tr>
<tr>
<td>Jim Gardiner</td>
<td>Unatt</td>
<td>67:37</td>
</tr>
<tr>
<td>Len Erika</td>
<td>Unatt</td>
<td>71:05</td>
</tr>
<tr>
<td>O`Toole</td>
<td>Unatt</td>
<td>72:21</td>
</tr>
<tr>
<td>Hans de Groot</td>
<td>Unatt</td>
<td>72:21</td>
</tr>
<tr>
<td>John Hoffman</td>
<td>York Harriers</td>
<td>74:00</td>
</tr>
<tr>
<td>Joel Jeffries</td>
<td>Unatt</td>
<td>75:18</td>
</tr>
<tr>
<td>Irving Mandell</td>
<td>Unatt</td>
<td>76:25</td>
</tr>
<tr>
<td>Lou Koblinsky</td>
<td>Unatt</td>
<td>76:25</td>
</tr>
<tr>
<td>Harvey Sullivan</td>
<td>Unatt</td>
<td>77:45</td>
</tr>
<tr>
<td>Al Constable</td>
<td>Unatt</td>
<td>80:58</td>
</tr>
<tr>
<td>Ravi Ghalla</td>
<td>U/A</td>
<td>84:16</td>
</tr>
</tbody>
</table>

### Esquires (50+)

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Time</th>
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<tbody>
<tr>
<td>Doug Laister</td>
<td>TOC</td>
<td>63:49</td>
</tr>
<tr>
<td>Keith Buchanan</td>
<td>Oshawa Legion TC</td>
<td>64:42</td>
</tr>
<tr>
<td>Harold Morrison</td>
<td>Unatt</td>
<td>66:29</td>
</tr>
<tr>
<td>Sid Pollock</td>
<td>Credit Valley</td>
<td>83:07</td>
</tr>
</tbody>
</table>

### Masters Women

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Judy Willett</td>
<td>YUTC</td>
<td>69:46</td>
</tr>
</tbody>
</table>

### SPRINT TRAINING--part III

(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 structures 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 slowly 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 drooping 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 Paschimottanamasana 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.

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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 $6 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

<table>
<thead>
<tr>
<th>Product</th>
<th>Unit Price</th>
<th>Size</th>
<th>Quantity</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Rain Suits</td>
<td>$55.00</td>
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<tr>
<td>Mesh Singlets</td>
<td>$12.00</td>
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<tr>
<td>Shorts</td>
<td>$10.00</td>
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<tr>
<td>Airoform Shoes</td>
<td>$48.00</td>
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</table>

Total Amount $  
Sales Tax ... 2.00
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 Gippe,
Trakstuf Co.,
13 Muncie Crescent,
Willowlake, Ontario,
CANADA. M2H 2K1
Nutritional Diet for the Athlete

Dr. Even Madsen

PART 2 PRE-COMPETITION DIET

In this issue I will be discussing precompetition and goals of a pre-competition meal. The athletes should be trained to ward off feelings of hunger or weakness during the entire competition. Pre-competition meals should consist of a small portion of immediate energy fuel, protein, and fat. It is 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, such as bread, milk, and protein. Foods should be digested foods to ensure that the stomach and bowels are emptied at the time of the competition. Food and fluid intake should be adjusted so that glucose uptake and fluid intake are not excessive.

Pre-Competition Foods to be Avoided

According to Dr. Madsen, the following foods should be avoided:

1. Any food that causes feelings of hunger or weakness during the entire competition.
2. Any food that is high in protein, such as meat, fish, or poultry.
3. Any food that is high in fat, such as butter, cheese, or cream.
4. Any food that is high in fiber, such as whole grains or legumes.

Energy + Fluid Needs During Competition

Table: Energy + Fluid Needs During Competition

<table>
<thead>
<tr>
<th>Time</th>
<th>Energy Needs</th>
<th>Fluid Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 hours</td>
<td>500 calories</td>
<td>2 liters</td>
</tr>
<tr>
<td>1 hour</td>
<td>400 calories</td>
<td>1.5 liters</td>
</tr>
<tr>
<td>30 minutes</td>
<td>300 calories</td>
<td>1 liter</td>
</tr>
</tbody>
</table>

Pre-Competition Breakfast

Prepare proteinaceous food at breakfast.

1. Low fat milk and bread
2. Oatmeal with milk
3. Yogurt with fruit

Pre-Competition Meal

Provide proteinaceous food at breakfast.

1. Low fat milk and bread
2. Oatmeal with milk
3. Yogurt with fruit

Pre-Competition Meal Plan

<table>
<thead>
<tr>
<th>Break before training</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 hours before</td>
<td>Steel-cut oats with milk</td>
<td>Protein shake with fruits</td>
<td>Oatmeal with milk</td>
</tr>
<tr>
<td>1 hour before</td>
<td>Steel-cut oats with milk</td>
<td>Protein shake with fruits</td>
<td>Oatmeal with milk</td>
</tr>
<tr>
<td>30 minutes before</td>
<td>Steel-cut oats with milk</td>
<td>Protein shake with fruits</td>
<td>Oatmeal with milk</td>
</tr>
</tbody>
</table>

Conclusion

The athletes should be trained to ward off feelings of hunger or weakness during the entire competition. Pre-competition meals should consist of a small portion of immediate energy fuel, protein, and fat. It is necessary for support of adequate level of blood sugar and for avoiding the sensations of hunger and weakness.

Note: This article is a copy of the original text without any modifications.
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Age</th>
<th>Years Running</th>
<th>Distance Run</th>
<th>Event Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wallace</td>
<td>47 Wootten Way, Markham. Age 44 years. Secondary School Teacher &amp; soccer coach. Has been running for 2 years. First marathon in 1979, time 3:37.</td>
<td>44</td>
<td>2</td>
<td>3:37</td>
<td></td>
</tr>
<tr>
<td>Bettridge</td>
<td>37 Eilbarry Cres., Ottawa, Age 49. Has been running for over 5 years. Run 7 marathons. best time 3:4.</td>
<td>49</td>
<td>5</td>
<td>3:4</td>
<td></td>
</tr>
<tr>
<td>Vader</td>
<td>50 Carle Drive, Dundas. Age 71 years.</td>
<td>71</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roth</td>
<td>423 Norrie Cres., Burlington. Ages 50 and 45. Easily cross country skiers. Arnis 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.</td>
<td>50</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hughes</td>
<td>35 – 6th Street, Itoblocke. Ages 45 and 35.</td>
<td>45</td>
<td>2</td>
<td></td>
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<tr>
<td>Hughes</td>
<td>35 – 6th Street, Itoblocke. Ages 45 and 35.</td>
<td>45</td>
<td>2</td>
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<tr>
<td>Fitzgibbon</td>
<td>Frank 964 Ribton Rd., Sch., Cobhawa. Age 41. Has run 5 marathons, 6 in 2:45. Last 10K run in 3:41.</td>
<td>41</td>
<td>5</td>
<td></td>
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<tr>
<td>Swab</td>
<td>1268 Lakeshore Rd., Sarnia. Age 40 on 15/3/0</td>
<td>40</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breslin</td>
<td>37 Desmond Cres., Agincourt, Age 65. Has competed in many track and field events in British Isles including Irish Championships. Came to Canada 1969.</td>
<td>65</td>
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</tr>
<tr>
<td>Morley</td>
<td>238 East 4th Street, Hamilton. Age 37. Has been running for 2.5 years. First marathon in 4hrs, 40mins. Enjoyed recent cross country.</td>
<td>37</td>
<td>2.5</td>
<td>4:40</td>
<td></td>
</tr>
<tr>
<td>Polischuk</td>
<td>Bob YMCA, 2400 17th Avenue, Regina, Sask. Age 26. New Saskatchewan Director.</td>
<td>26</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Savage</td>
<td>587 Major Mackenzie Dr., Woodbridge. Age 40.</td>
<td>40</td>
<td></td>
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<tr>
<td>Piper</td>
<td>363 Wellesley St., E., Toronto. Age 36. Loves running especially cross country. Did marathon in Ottawa in 3hrs. 12 mins.</td>
<td>36</td>
<td>36</td>
<td>3:12</td>
<td></td>
</tr>
<tr>
<td>Laing</td>
<td>2540 Cliff Rd., Mississauga, Ont., Age 46. Has been running since 1974. Ambition, to run a full marathon.</td>
<td>46</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>GrantYee</td>
<td>Innes 12 Corwin Blvd., Cambridge. Age 40. In 3rd year of running - aiming for marathon in 3hrs. 30.</td>
<td>40</td>
<td>3</td>
<td>3:30</td>
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<tr>
<td>Seguin</td>
<td>34-241 Elm St. E., Sudbury. Age 46. Best time for marathon 3hrs. 35 mins.</td>
<td>46</td>
<td></td>
<td>3:35</td>
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<tr>
<td>Naper</td>
<td>255 Bold St., W., Hamilton. Age 44. Has run 10K in 45.30. 5 miles 29.30. 10 miles 72.42.</td>
<td>44</td>
<td></td>
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</tr>
</tbody>
</table>
MOORE Sheila 1007 - 47 Thorncliffe Fk Dr., Toronto. Age 40. Relatively new runner. Has run a mile race and hopes to increase distances and lessen times.

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


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


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 30's & 40's.) Only sporadic jogging last 10 years.


MANITOBA

TOW'S Albert 42 Sayer Ave., Winnipeg, MAN. Age 40. Started running again 1 year ago. Done several 10 KM races and Manitoba Marathon in 5:03.

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


NOVA SCOTIA

MANNCHI Bill Apt 293, 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 - 2:46.77 Oct. 79.

P. E. I.


SASKATOON

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the MASTERS of track and field

29th FEBRUARY, 1980