National Masters Newsletter

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A questionnaire of importance to the Masters movement

By ROBERT G. FINE, Chairman, A.A.U. Masters Track & Field Committee

The questionnaire printed below is of prime importance to the Masters movement. It involves the question of jurisdiction within the A.A.U. of Masters.

The hallmark of the Masters movement has been the fact that the competitors are also adminis­trators. In no other program in amateur athletics have the athletes been so totally involved. Because of this, it is felt that the final decision should be made by the athletes.

This is not a matter of the A.A.U. decreeing what the Masters should do. The A.A.U. has been most understanding and cooperative. It is a matter of the A.A.U. doing what the Masters wish to have done for themselves. These questions may seem unimportant to the athlete who may feel that all that has to be done is to show up for a race and no more. However, these ques­tions of jurisdiction are important as they determine who will direct the program, who will make the rules and who will select the championship sites.

Towards a final determination of this question, which has been unresolved for the past four years, I request that all Masters complete this questionnaire and return it to me. Comments on this problem would be appreciated. Any recommendations by a club are also welcomed.

It is requested that this questionnaire be published in local club newsletters. If extra copies are needed, then please contact me.

TO ALL MASTERS: Should the Masters have separate commit­tees for track & field & long distance running? Should there be just one Masters athletic committee? Or, should the Masters long Distance Running Committee be placed under the jurisdiction of the Open Long Distance Running Committee?

Background: The Masters originally were only sub-committees of the four standing committees in athletics (Track & Field Men; T & F Women; LDR, Race Walking) in 1976. Masters F & F became a separate standing committee. Ther­after the A.A.U. Law Chair­man interpreted the change to give Masters T & F jurisdiction over all of Masters athletics. This was challenged by the chairman of the LDR Committee in 1976. A compromise was reached in which all parties agreed to the creation of a separate Masters LDR Committee with the understand­ing that Masters T & F and Masters LDR could, if they wished to do so, merge in the future.

The purpose of this inquiry is to determine what the Masters would prefer.

1. Against merger: The integrity of the LDR movement can be better maintained. The majority of the Masters compete in LDR and their dues (50 cents) should stay in the LDR program. The program is too expensive that a separate committee is justified.

2. Returning the Masters to the Open LDR Committee: The Masters is really an age group program, and, as such, belongs under LDR. There is no need for a separate committee.

3. For merger: Separate committees serve to split the move­ment; besides, many Masters compete in both T & F LDR and it would be difficult to separate their interests. The dues check-off system will be easier to maintain and potential national sponsors would more readily deal with one than with two committees. A unified committee is needed to deal with the IAAF. Since most of the active individuals and clubs are involved in both LDR & T & F separate committees would inhibit the development of the overall movement.

One thing has become clear in getting out the first issue of the National Masters Newsletter: If we’re going to publish detailed meet results with the names and times of all competitors we need original reports of the meets. This means results typed with carbon ribbon typewriters, so we can use your copy instead of having to type the whole thing over again. We just don’t have the facilities to tackle the monumental job of reworking meet results.

Copies of meet results done on copying machines usually aren’t of sufficient quality to reprint. We need the originals. They’ll be returned to you if you desire.

Some of the results received for publication in this issue weren’t even readable, let alone being of sufficient quality for reprinting. So to guarantee that your results will appear in print, send us the best possible copy. Send results, and any other material of interest to Masters, to National Masters Newsletter, 102 W. Water St., Lansford, Pa. 18232.

Results sought for national rankings of Master athletes

A note to meet directors of Masters meets from Bob Fine, chairman of the Masters Track and Field Committee:

The National AAU Masters Track & Field Committee has established a program of National Rankings for all Masters (men and women over 40) by five-year groups up to age 89 in all track and field and race walking events.

In order to make this program meaningful we must have the largest possible input of results, regardless of whether it be in a major championship or a “fun run,” and regardless of the quality of the performance.

Tom Hoffman, 6150 148th Place, Flushing, N.Y. 11307, will be compiling the results.

We need the last name, first initial, club affiliation, age and year of performance. For the field events and hurdles we need the weight or height of the implement.

The National Masters Newsletter will publish representative results.

Please send the results of your meets to Tom and also a copy of same to me, Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217.

We believe that such a program will serve as a stimulus to Masters competition.

Send original copy of meet summaries

Please complete this form and mail to Robert Fine, 77 Prospect Place, Brooklyn, N.Y. 11217

(Please print)

NAME __________________________________________

ADDRESS _______________________________________

AGE ________

1. I vote to maintain two separate Masters Committees (T & F - LDR)

2. I vote to merge the Masters Committees into one committee (Masters Athletics)

3. I vote to have Masters LDR returned to the Open LDR Committee

SIGNATURE ________________________________________
The Sixth Annual Metropolitan A.A.U. Masters Track and Field Championships, held at Randall’s Island on June 19, 1977, saw five world age-group records broken. Dick Lacey, 67, of the New York Pioneer Club accounted for three of them. Dick, the World Masters Division 3A 400-meter hurdle filist, is clearly in top shape to defend his title. Dick ran the 220-yard dash in 28.8, the 440 run in 66.7, and the 120-yard hurdles in 20.0.

Rudy Valentine, 53, of the Pioneers, who probably has set more Masters age-group records than any other athlete from the Metropolitan area and who was ranked second in the world in 1976 in the 100-meter, 200-meter and 400-meter, set two records. Rudy did the 220-yard dash in 25.0 and the 440-yard run in 54.6. Lloyd Riddick, 42, of the Pioneers won the 100-yard dash in 10.0 and set a meet record in the 220-yard dash in 22.8.

John Connors won the 440 in 54.4 and the 880 in 2:11.7 in Division 1. Augustus Prince, 53, of the Long Island Athletic Club won the six-mile in 38:10.3 and the three-mile in 18:10.9, both meet records. It was 90 degrees air temperature when these records were set. Prince also won the one-mile run in 5:22 over Archie Messinger of the Pioneers (5:23.2) in one of the closest races of the day. Archie previously won the 880 in meet record time in 2:19.7.

Vince Chiappetta, 42, of the Millrose A.C. won the three-mile in 16:12.4; Marcus Neufol, 61, of the Pioneers won the 100 in 12.1 and Conrad Boas, 73, N.Y. Pioneers, and the oldest competitor in the meet, won the 100 in 12.2 of all of these were meet records.

Al Oerter, 40, of the New York Athletic Club came close to his American record in the discus with a toss of 202’6”. The New York Pioneer Club won 27 of the 42 individual titles awarded and scored more team points than all of the other teams combined.

O’Neal, M 39
O’Smith, R 41
Riddick, J 42
Rizzo, R 40
Boas, C 73
Feinstein, M 72
Women 30-39
Fennell, B 34 UN 31.0

ONE-MILE RUN

40-49
Chiappetta, V 42 MI 16:12.4

30-39
Knapp, A 34 5:28.4

200-YARD DASH

30-39
Minkoff, A 31 JG 10.2
Harris, J 34 JG 10.8
Perry, W 35 UN 10.8

40-49
Riddick, L 42 PC 10.0
Barnes, R 40 PC 10.7
Smith, R 41 JG 10.4
Kendrick, J 46 UN 10.9
Rizzo, R 40 PC 10.9
Brooks, T 47 PC 12.3

50-59
Valentine, R 53 PC 10.9
Jack, K 56 PC 11.1
Lentzer, M 51 PC 11.5

60-69
Neuhof, M 61 PC 12.1 MR

70-79
Boas, C 73 PC 14.2

MR

Feinstein

72 PC 16.0

Women 30-39
Fennell, B 34 UN 13.1

880-YARD RUN

30-39
Johnson, M 33 JG 22.9
Minkoff, A 31 JG 23.5
Perry, W 35 UN 24.9

40-49
Riddick, L 42 PC 22.8 MR
Barnes, R 40 PC 23.0
Gaton, A 40 PC 24.1
Smith, R 41 JG 24.5
Rizzo, R 40 PC 25.6

SIX-MILE RUN

30-39
Knapp, A 34 OC 39:55.7

50-59
Prince, A 53 LI 18:10.9 MR

60-69
Westerholm, W 62 ML 23:01.2

SHOOT PUT

Gonzales, B 44 UN 13.6
Carstenson, B 45 PC 13.2
Brooks, T 47 PC 9.32

JAVELIN

Gonzales, B 44 UN 36.58
Carstenson, B 45 UN 36.65
Brooks, T 47 PC 31.19
Knapp, A 42 UN 30.78
Boas, C 51 PC 27.37
Lentzer, M 51 PC 27.23
Boas, C 64 AC 37.49

PC=Pioneer Club
JG=Jacquier T.C.
LI=Long Island TC
AC=New York A.C.
MR=meet record
WR=world age-group record

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**Walking—the ideal Masters sport**

By ALAN WOOD

We all know that walking is excellent exercise for improving physical fitness. Because it lends itself to moderation, walking is advocated as a starting point for any running program. This is particularly true for older people who are out of condition.

Medical evidence documented below indicates that walking may also be the best form of fitness for the older well-conditioned competitor because he can more closely approximate the times of his younger counterparts and thus maintain a strong motivation.

Walkers over 40 have been highly successful in open competition, and there is a reason for this. In the Nov. 1971 Runner's World booklet, "Running After 40," Dr. George Sheehan states that "the key to performance is the maximum pulse rate. This declines 5-10 beats a decade (from 200 beats at age 25 to 182 beats at age 40, etc.) so heart rate is a key because it controls the oxygen that pumps through a racing body. The faster a man goes, the more he needs. But the older he grows, the less he gets." One could add to that that the slower he goes, the less he needs. The oxygen needs are less in walking races than in running races of the same distance.

A chart of running time comparisons by age in the same booklet is quite revealing. The 50 and 100-mile run records for both 40-49 and 50-59 were just 5% to 6% slower than the world record, while six out of seven faster runs were anywhere from 13% to 15% slower in 40-49 and 20% to 31% slower in 50-59. Clearly, the slower the event, the better chance the master athlete has of keeping up.

Since the walker is making fewer sudden movements and moving at a slower pace than a runner, injury is less likely to occur. This becomes more important the older we get. In the same booklet, Dr. Tom Waddell, an Olympic decathlete in 1968, says, "The cellular changes which occur with aging are very real. As one gets older, there is less protein in the cells. There is less water in the body. The well-differentiated cells which aren't replaced when injured, like tendons, ligaments and muscles, receive less blood and are very slowly replaced by fibrous tissue. So you don't have a viable, stretchable, workable tissue."

Runner's World surveyed over 80 age 40-plus runners prior to the booklet and "general similarities came out of the answers. The vets as a group show considerably less raw speed than their younger brothers, but more staying power. They are perhaps more susceptible to injuries and they heal slower, but they display wisdom and caution which helps them avoid these problems. They're limited by family and occupational obligations, but they also have the financial means to explore the running world. In short, the years have taken from the veterans, but time also has provided compensations."

Walking may get at muscles that running doesn't. "Exercises For Runners," R.W. booklet, Nov. 1973, states, "Running develops the legs, but in a very narrow way...the leg is never fully straightened...Fingering walks lend themselves to more diversification than the runs. We walkers mostly try all distances, while runners specialize more. This allows us more chances for personal best times, which are quite rewarding at our age. (And if you miss your best time, you can always rationalize that after all, you are older.)"

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59 records set

**NJAAU ’77 Masters Outdoor Championships**

Fifty-nine meet records were set at the New Jersey AAU 1977 Masters Outdoor Track & Field Championships at Bergen Community College on June 5.

The record setters were:

**100-YARD SASH**

**220-YARD SASH**

**400-YARD SASH**
- SB-N. Quinn, JSTC, 59.3; IB-S. Thompson, 57.9.

**880-YARD SASH**
- SA-J. Acciarri, Central Jersey Track Club, 2:18.5.

**ONE-MILE SASH**

**TWO-MILE SASH**
- SA-D. Shonta, Shore AC, 16:31.8; IA-H. Henriques, JSTC, 18:57.0; IW-D. Wiedeman, Shore AC, 22:43.5; SB-S. Scully, Shore, 18:47.1; IB-W. McConnell, JSTC, 17:17.6; IIB-M. Quackenbos, JSTC, 19:21.

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**SIX MILE RUN**

**1500**
- SA-Gonzales, 4:28.5; IW-D. Heldrich, shore AC, 4:30.8; IIB-R. Bury, Shore, 4:30.5.

**JAVELIN**
- SA-Gonzales, 44.0; IW-D. Heldrich, shore AC, 44.0; IIB-R. Bury, Shore, 44.0.

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**OUTDOOR CHAMPIONSHIPS**

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$3 enclosed for year’s subscription (4 issues).

Name

Address
Victorious 600. Outstanding performances abounded. Glynn Wood raced to a double meet record victory in the mile 4:26.7 and in the two-mile (9:48.0). His mile time was only two seconds off his world record. Jim Hersberger, who flew in from Kansas with a medical history that made people wonder how he could even walk, proceeded to outkick both George Zipper and Carl McEwen in the last 150 yards for the victory and a meet record in the 1B mile in 4:38 flat.

Riza Ishman, 62, traveled all the way from Turkey to defend his history that made people wonder how he could even walk, proceeded to outkick both George Zipper and Carl McEwen in the last 150 yards for the victory and a meet record in the 1B mile in 4:38 flat.

Riza Ishman, 62, traveled all the way from Turkey to defend his world age-group record. Herb Zipper, who had won the 1000 in Division 1A earlier, topped up a ten-yard deficit on the anchor leg to catch Art Conroy, who had previously won the 600 in the same division. Art had less than 20 minutes to recover from his

**Records fall as 220 compete in 3rd annual meet in Conn.**

Records fell by the dozens and the field itself was a record with 220 competitors on hand for the third annual National AAU Masters Track & Field Championships at Southern Connecticut State College, New Haven, Conn., March 13.

Thirty-three world records were broken, one American AAU Masters record, four American age-group records and eight world age-group records. The New York Pioneer Club's world record-holding two-mile relay team was pushed to the limit by the Boston Athletic Club as both teams broke the world two-mile relay record. Herb Zipper, who had won the 1000 in Division 1A earlier, topped up a ten-yard deficit on the anchor leg to catch Art Conroy, who had previously won the 600 in the same division. Art had less than 20 minutes to recover from his

**POLE VAULT**

1B

- Giaquinto, N 66
- Wallace, J 49
- Hill, T 47
- Olson, L 45
- Wemer, F 47

2A

- Wall, F 52
- Heflin, D 52

2B

- Morcom, R 55
- Hutchinson, J 55

3A

- Hume, J 62
- Hills, C 64

3B

- Buechele, R 66
- Pikes, W 66
- McCluskey, J 65

300-YARD DASH

1A

- Bertrand, C 41
- Hartshorne, H 42
- Raynak, R 40
- Rizzo, R 40
- Glueg, K 44

1B

- Giaquinto, N 46
- Brooks, J 46
- Seelig, R 45
- Wallace, J 49
- Brown, K 49

2A

- Valentine, R 53
- Laim, J 52
- Harris, D 54
- McEvoy, G 53
- Goldsmith, M 53

2B

- Edwards, R 63
- Sorrlien, R 60
- Witkowski, C 63
- Hills, C 64
- Hanna, W 63

3B

- Lacey, R 66
- Elia, M 80
- McCluskey, J 65

600-YARD RUN

1A

- Conroy, A 40
- Connor, J 42
- Lida, B 40
- Glueg, K 44
- Owen, K 40

1B

- Connelly, T 46

2A

- Treworthy, J 51
- Parsons, R 51
- Messinger, A 53
- Mills, I 52
- Bradley, A 50

2B

- Greenberg, H 57

3A

- Witkowski, C 63

3B

- Kline, C 66

1000-YARD RUN

1A

- Zipper, H 42
- Kupczyk, H 42
- Connor, J 42
- Sommer, M 42
- Hurley, J 40

1B

- Brown, K 49
- Fine, R 45
- Fandetti, V 45

2B

- Cherniak, R 50
- Treworthy, J 51
- Messinger, A 53
- Prince, A 52
- Napoli, J 51

2B

- Geer, D 57
- Greenberg, H 57
- Popowich, J 59
- Hills, C 61

3A

- Hills, C 64

3B

- McCluskey, J 65

ONE-MILE RUN

1A

- Wood, G 42
- Doherty, P 42
- Butler, R 44
- Thomas, R 41
- Mueller, K 40
- Tersaw, G 41

1B

- Hershberger, J 45
- Vernosky, G 46
- Genovese, C 45
- Ruben, H 48

2A

- Schneider, L 50
- Garvas, G 50
- Prince, A 52
- Cavanaugh, J 50
- McRae, J 53

2B

- Robbins, C 56
- Hassock, S 55
- Greenberg, H 57
- Popowich, J 59
- Geer, D 57

3A

- Ishman, R 62
- May, H 61
- Johnson, D 60

 Winners of other events:

**TWO-MILE RUN**

1A

- Wood, G, 42
- Pettit, W
- Vosmer, K, 46
- Muller, K
- Brown, K

2B

- Rizzo, R
- Surratt, R
- Murphy, M
- Negro, M
- Pope, M

3B

- Ryan, J
- Howard, M
- Groves, M
- Fahey, J
- Lacey, R

**WEIGHT THROW**

35-lb

1A

- Hall, G, 42
- Greenberg, H
- Lai, B
- Muller, K
- Abboud, M

3B

- Shaw, R
- Greenberg, H
- Fahey, J
- Lacey, R
- Mankarious, M

2A

- Eagle, P
- Harris, D
- Wood, G
- Greenberg, H
- Lai, B

2B

- Eagle, P
- Harris, D
- Wood, G
- Greenberg, H
- Lai, B

**HIGH JUMP**

1A

- Langfield, T, 41
- Truitt, J
- Day, J
- Day, J
- Greenberg, H

2A

- Eagle, P
- Harris, D
- Wood, G
- Greenberg, H
- Lai, B

2B

- Eagle, P
- Harris, D
- Wood, G
- Greenberg, H
- Lai, B

3A

- Eagle, P
- Harris, D
- Wood, G
- Greenberg, H
- Lai, B

**LONG JUMP**

1A

- Langfield, T
- Day, J
- Eagle, P
- Harris, D
- Wood, G

2A

- Langfield, T
- Day, J
- Eagle, P
- Harris, D
- Wood, G

*continued*
Mt. San Antonio Relays

MT. SAN ANTONIO RELAYS
APRIL 23 & 24, 1977 80

100-METER DASH
40-49
Dave Segal 11.4
Ted Cain 11.5
Nick Newton 11.6
Perry Knox 11.6
Leo Waterman 11.6
Van Parish 11.7
Tony Nasrala 11.8
Ted Vick 11.8
Jim Parks 11.8
50-59
Wayne Ambrose 12.5
Pete Fetter 12.6
Clarence Kilson 12.7
Al Guidet 12.8
Emmon Grimm 15.8
Bill Burke 16.4
60 plus
Payton Jordan 13.2**
Bill Bartell 13.5
Joe Caruso 14.0**
Tony Castro 14.3
Hugo DeGroot 15.5
Don Mowrer 16.4

5000-METER RUN
40-49
Truman Clark 16:25.4
Jerry Smartt 17:21.1
Tom Strukr 17:27.6
Pete Munde 17:31.7
Jim Davis 17:50.6
Ray Archibald 18:40.8
50 plus
Mauro Hernandez 17:23.1
Avery Bryant 18:33.5
Ray Gill 18:42.9

POLE VAULT
40-49
K.C. Keefer 11'8"
Hal Wallace 11'0"
Duane Tellano 11'0"
Doug Ditmar 11'0"
Ray Fitzhugh 11'0"
50-59
Dave Brown 11'7"**
Bob Dlany 10'0"
Ory Gillett 10'0"
Tom DeVaughn 9'6"

*Meet Record

1500 METERS
40-49
Nick Newton 5'10 1/2**
Leon Frankam 5'4"
Ray Fitzhugh 5'2"
Doug Dittmar 4'10"
Hal Smith 4'10"
Hal Wallace 4'10"
Bob Perry 4'7"

*New Meet Record

50 plus
Jim Vernon 10'8"
Bob McNally 9'9"
Hugh DeGroot 8'6"

*World Records

400-METER RELAY
40 plus
Corona Del Mar "A" 45.27*
Tom Clayson 45.10*
Bill Hackett 45.88*

*New Meet Record

Southern Pacific AAU
District Meet

The South Pacific AAU Championships were held at Northridge in the Los Angeles, Calif., area on June 11 with the temperature at 80 and a slight breeze. Among the winners were:

Division I
100-yard dash-D. Segal, 10.3; 220-yd. dash—D. Dennis, 23.4; 440—T. Caiin, 51.2; 880—E. Portillo, 2:07.7; Mile run—E. Fields, 4:56.0; 2-mile run—W. Williams, 12:05; 100-yd. hurdles —T. Caiin, 15.1; 440-yd. relay—CDM. 4:46; Mile relay—STC. 3:50.5; Pole vault—K. C. Keefer, 11'7"; High jump—N. Newton, 5'8"; Triple jump—S. Davison, 39'4"; Long jump—D. Jackson, 20'11"; Hammer throw—G. Boblew, 164'2"; Shot put—B. Humphreys, 44'5 1/2"; Discus—B. Humphreys, 148'9"; Javelin—H. Wallace, 147'5".

Division II
100-yard dash—B. Watanabe, 11.1; 100-yard dash, heat 2—T. Patsalis, 11.2; 220—B. Watanabe, 25.1; 440—D. Waggener, 57.2;...
Southern Pacific continued

59.8; 880—Ray Gil, 2:25.0; Mile run—A. Bryant, 5:00.7; 2-Mile—Ray Gil, 11:18.5; 120-yd. hurdles—T. Patsallis, 17.0; 440-yd. relay—CMD, NT; Pole vault—D. Brown, 11'1"; High jump—O. Gillette, 4'10"; Long jump—T. Patsallis, 18'11 3/4"; Triple jump—T. Patsallis, 55'; Hammer throw—T. DeVaughn, 101'6"; Discus—G. Ker, 132'6"; Javelin—Pete Fetter, 151'11".

Division III

100—J. Caruso, 12.6; 220—F. Stjordal, 2.82; 440—F. Stjordal, 63.1; 880—Sjordal, 2:35.0; 120-yd. hurdles—J. Dick, 26.0; Pole vault—J. Vernon, 11'11"; High jump—J. Vernon, 4'10"; Long jump—J. Vernon, 15'7/8; Triple jump—J. Vernon, 30'10 1/2"; Hammer throw—R. Hubbell, ND; Shot put—J. Thatcher, 48'10"; Discus—Thatcher, 141'7"; Javelin—H. DeGroot, 143'11".

Women

100—C. Miller, 12.5; Javelin—C. Miller, 101'6"; Long jump—C. Miller, 147'3/4".

Division IV

100—B. Blakely, 15.5; 220—Blakely, 37.5; Long jump—Blakely, 9'8"; Shot put—B. DeGroot, 31'10"; Javelin—B. DeGroot, 67'7".

Tony Gissworld won the Bill Ellis Memorial Pentathlon with 2627 total points in the open division. Phil Conley took the 40-49 division with 2554 points; Pete Fetter won the 50-59 group with 1690 points. Conley set a new meet record and Fetter tied the meet record. Winner in the high school class was Brian Davis with 1147 points. The competition was held July 4 at Southwestern College with the temperature at 72 degrees.

News notes continued

The top PVs finisher with a 2:52. He was also the top 40-49 finisher in the Virginia 10-Miler and in the Raleigh Southeastern Masters half-marathon. He was runnerup in the three-mile and one-mile runs there. He ran an 89:58 in the Charleston 15-miler. He also was tops in his age group in the Shamrock Marathon and won two masters events in the YMI Winter Relay—an indoor mile in 4:52 and a 440 in 60.3 seconds.

John Davenport was the PVS runner of the year in the 50's age division. In the Virginia 10-miler, he won the 50-plus division in the Cherry Blossom 10-miler with a 6:24 for the first time, all winning performances constitute meet records. Runnerup for the award was the oldest competitor in the meet, Arthur Wright, 75, unattached from Connecticut. Arthur won the hammer throw, shot put, discus and javelin.

Double winners included Harold Green, 48, of Richmond who won the 100 in 11.9 and the 200 in 24.7. Ruby Valentine, 53, of the N.Y. Patriots, 24.9 in the 800 and 57.0 in the 400. Ruby suffered a rare defeat in the 100 when Larry category of the Philadelphia Mastersipped him in 12.5. George Vernouky, 47, of Potomac Valley continues to improve in running the 1500-meter in 4:24:8 and the 5000 in 16:31.1. Cherniak, 50, of the Central Jersey T.C. continues to dominate the middle distances in Div. 2A, in winning the 800 in 2:17.5 and the 1500 in 4:40.0.

J. Edwards, 41, of Potomac Valley won the discus (34.94 meters), shot (11.48 meters) and the hammer (30.58 meters) in addition to taking third in the javelin.

178 compete at Bethesda, Md., in 9th Eastern Masters event

A total of 178 competitors from the Eastern states competed in the 9th annual Eastern Masters Track & Field Championships at the Walter Johnson High School in Bethesda, Md., June 25 under sponsorship of the Potomac Valley Senior Track Club.

The host club won overwhelming team victories in divisions (40-49) and II (50-59). A three-way point tie for the championships in Div. III and IV was awarded to the New York A.C. based on the greatest number of first placers.

Warren Crutchfield, 42, of Potomac Valley was named the outstanding athlete after winning three-walks in the 500, 1000 and 2000-meter in 23.4 and the long jump in 18 feet. 11 inches. Since the first time, all winning performances constitute meet records. Runnerup for the award was the oldest competitor in the meet, Arthur Wright, 75, unattached from Connecticut. Arthur won the hammer throw, shot put, discus and javelin.

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Two other outstanding individual performances were turned in by members of the Potomac Valley, who won the discus (34.94 meters), shot (11.48 meters) and the hammer (30.58 meters) in addition to taking third in the javelin.

The Outstanding Women's Runners Award went to Martha Fairbanks of the North Carolina Track Club. Martha won the 100, 200, 400 and long jump.
News notes continued

a new U.S. record for age 54. He also set another national record for his age with an 82:04 in the Hains Point 20 Km AAU Masters, Paul Fairbank, who turned 70 in October, was the club’s top over-60 runner. He ran a 6:15 mile last July and completed his first marathon in the Maryland Marathon in December in 3 hours, 58 minutes. In September he took 20 seconds off the existing national 3000-meter record for age 60 with a time of 12:36. At Bowie four days before his 70th birthday, he ran six miles in 44 minutes.

The PVS Outstanding Runner of the Year Award went to George Vernosky, 46, the national 15 Km champion in his 45-49 age group with a time of 54:21 over three hilly laps of Van Cortlandt Park in New York City. He did a 2:55 in the 1976 Boston Marathon. In the Southeastern Masters meet at Raleigh he won the 880, mile, two-mile and 10 Km. He set a new U.S. record for age 49 in the 20 Km National AAU Masters Championship at Hains Point with a 69:56.

Previous winners of the club’s top award were Gwynn Wood in 1975, Tony Diamond in 1974 and Bob Horman in 1973.

Wood’s 29:28 in the Marine Reserve Marathon was a national age-42 record and only one second off the over-40 record. He also set a 20 Km record of 69:56 for age 42. Harry Bratt set an age-48 record of 68:28 in the same 20 Km race.

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If you have any ideas, stories, or photos to share, send it to National Masters Newsletter, 102 W. Water St., Lansford, Pa. 18232.

17 meet records set

**Eastern Masters AAU meet draws record number of entries**

The fifth annual Eastern Masters AAU Eastern Indoor Championships had the largest number of entries—200—in the history of the meet.

Seventeen meet records were set; three were tied; one American AAU record was broken; one American record was tied and one world age-group record was established.

The meet was held Feb. 27 at the Peddie School, Hightstown, N.J. The top series of performances were turned in by George Vernosky of the Potomac Valley Senior Track Club. At age 46 he set meet records in Division IB mile in 4:43.6 and in the two-mile in 10:10.6. These times would have won Division IA laurels. To top off these performances Vernosky took a 10-minute rest after the two-mile run and ran 57.4 for the 440 on his club’s mile relay team.

Larry Colbert, 40, of Club East established himself as the outstanding Division IA sprinter. He ‘warmed up’ by taking sixth in the 50-yard dash and then winning the 300-yard dash and the 600-yard run. In winning the 600 he fought off a challenge by Billy Krebs, the Pioneer Club national record holder, with a lap to go and won by two-tenths of a second.

The Gaquinotto, 46, now competing for the Pioneers, repeated his last year victories in the 50 and 300. Pete Dougherty, 42, not only defended his mile title but edged defending 1000-yard titlist Herb Zipper of the Pioneers by a half second in the 1000. Rudy Rudolph of the pioneers defended his 50-yard dash title, tying his meet record with a 6.2 and his 300-yard dash championship in Division 2A. Valentine Brame ended the meet by running the fastest quarter mile leg of anyone in the mile relay in 55.6.

**Pioneer Club’s relay team breaks three world records**

On July 20 at Randall’s Island, New York City, the New York Pioneer Club’s Masters relay team set world Masters records in the 400-meter, 440-yard, 800-meter and 880-yard Masters relays.

The team was led off by Floyd Riddick, runnerup in both the Eastern and Outdoor Sprint Championships, Arnold Bosh. Eastern Indoor 1976 300-yard Champion, followed. Dr. Robert Thomas, former World Masters 100-yard record holder and 1975 Outdoor National 440-yard Champion, was next. Cliff Bertrand, winner of five National Indoor titles over the past two years, was anchor.

The Pioneers did 44.1 for the 440-yard relay, besting the old record set by Corona Del Mar, of 44.4. The 400-meter relay was run in 44.0 and breaking the record also set by Corona Del Mar of 44.2. Corona Del Mar had broken the existing 800-meter and 880-yard record this year in the times of 1:32.2 and 1:32.9 respectively. The Pioneers ran the 800-meter in 1:32.0 and the 880-yard in 1:32.8.

**Far Western AAU meet in Calif.**

We received a very bad copy of the results of the Far Western AAU meet held at Santa Ana, Calif., on June 18 and 19 in 80-degree, breezy weather, but here are some of the winners: 100-meter dash, women, 35-39—Cherrie Sherrard, 12.7; 40-44—Judy Shirley of Claude Kinsey. 15.2; 50-54—Shirley Dietricher. 16.3; 55-59—Josephine Kolda, 17.7; Men, 30-34—John Cattois. 10.8; 35-39—Walt Butler, 11.0; 40-44—Ken Dennis, 11.1; 45-49—Dick Martin. 12.0; 50-54—Dick Stolpe. 11.8; 55-59—Pete Petrie, 21.9 (new record); 60-64—Payton Jordan, 12.2; 65-69—Joe Caruso, 14.1; 70-74—Sing Lum, 15.4. The same women who won the 100-meter dash in their age group also won the 200-meter.

Men 30-34—Hilliard Sumner, 21.4 (new record); 35-39—Walt Butler, 21.9 (new record); 40-44—Ken Dennis, 22.6 (NR); 45-49—Dick Martin, 24.5; 50-54—Dick Stolpe, 24.8; 55-59—Pete Petrie, 27.6; 60-64—Payton Jordan, 24.9 (NR); 65-69—Anthony Crosby, 29.5 (NR); 70-74—Joseph Packard, 29.6 (NR).

In the 440-meter dash Shirley Dietricher set a new record for 50-54-year-old women with an 80.20 clocking and Hilliard Sumner did the same in the 300-meter with a group’s 49.4, along with Ted Cain, 44.0; Dick Stolpe, 45.0; Dick Stolpe, 55.5, and Joseph Packard, 70-74, 64.7.

Record setters in the 800-meter run were Mike Ekk, 30-34, 1:56.8; Ray Mahannah, 60-64, 2:26.3 and Paul Spangler, 75-79, 3:41.3 Women winners in the 1500-meter run were Cynthia Dalrymple, 35-39, 4:40.2, and Valerie Endres, 40-44, 6:28.3. Men winners were Mike Ekk, 30-34, 4:02.4; Tom Richards, 35-39, 4:13.3; Dan Welden, 40-44, 4:22.1; Tom Sturak, 45-49, 4:31.3; Mauro Hernandez, 50-54, 4:36.3; Jim Correll, 55-59, 5:07.9; Ray Mahannah, 60-64, 5:40.3; Wade Colphon, 70-74, 5:38.9, and Paul Spangler, who set a new record for the 75-79 age group at 6:37.2. Record setters in the 3000-meter
## AAU Weight Pentathlon Championships

### NATIONAL MASTERS AAU WEIGHT PENTATHLON CHAMPIONSHIPS

**RANDALL'S ISLAND New York City June 19, 1977**

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</table>

**Far Western AAU meet continued**

- run were Cynthia Dalrymple, 35-39, women, 15.39; 0; Lori Maynard, 40-44, women, 20:11.4; Alice Werbel, 60-64, women, 23.22.3.
- Male record setters in the 5000 were William Kelly, 30-34, 15:38.4; James Murphy, 35-39, 15:42.7.
- Record setters in the 10,000-meter run were Cynthia Dalrymple, 35-39, women, 36:25.3; Alice Werbel, 60-64, women, 54:59.8; John Rupp, men, 30-34, 33:55.8; James Murphy, 35-39, 34:06.3, and Paul Reese, 60-64, 39:02.8.

**AAU Weight Pentathlon Championships Stand. Impl. over age 60 Hammer 8 lbs. Wt. Throw 26 lbs. *Conversion tables not used in this meet.**

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**Go Gazette!**


**RUNNER’S GAZETTE**