



# National Masters Newsletter



12th Issue

August 1979

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## HIGHLIGHTS

- 413 compete in National T&F Championships
- Ernie Billups sets 2 American age 40-44 marks
- South Africans banned from 3rd World Championships
- Harry Koppel sets 2 world 65-69 records
- Ray Hatton cracks 45-49 5000 mark
- Irene Obera smashes 2 women's 45-49 standards
- Jack Foster wins National T&F 10K title
- Ralph Lee betters American 35-39 800 record
- Norm Bright runs 4 races in Nationals
- Percy Knox lowers world 45-49 100 mark
- Kinsey, Rose, Sherrard, Kolda set new women's records
- Joe Packard sets 3 world 75-79 standards
- Russ Meyer breaks world 75-79 hurdle mark

## Billups sets 2 American records as 413 compete in Track & Field Championships



Ernie Billups setting new U.S. mark in 800. Photo by Robert B. Pates.

GRESHAM, OREGON, July 6-8. Four hundred thirteen men and women athletes over age 30 competed in the 1979 National AAU Masters Track and Field Championships on a weather-perfect, beautiful weekend in Gresham, 15 miles east of Portland.

Meet Director Jim Puckett and his dedicated crew of volunteers put on what more than a few called "the best meet I've ever attended."

The meet was co-sponsored by Nike, Financial Fitness, Inc. and Mt. Hood Community College.

Ernie Billups of Chicago was one of the stars of the meet. Billups broke two American records in the 40-44 age division. He ran the 800 in 1:55.96, breaking his own American mark of 1:57.6 set in last year's national championships, and coming close to Klaus Mainka of Germany's world mark of 1:54.5. The first five runners broke 2:04.

In the 1500, Billups' 4:03.33 smashed Wilbur Williams of Los Angeles' mark of 4:05.9, which had held up since 1973.

### Jack Foster wins 1000 Norm Bright an inspiration to all

The legendary Jack Foster of New Zealand, now 47, graciously came to the meet at the invitation of Nike, which sponsored two informative clinics on the sport.

Foster, in a class by himself as an over-40 runner, easily won the 10,000-meter run in an amazing 30:48.5, better than a 5-minute-per-mile pace. Foster holds the world 40-44 and 45-49 marathon marks of 2:11:18.6 and 2:17:29 respectively.

He said he'd "laid off for a whole month in April and just rode my bike. When I train, I never run slower than a 6-minute-per-mile pace. I try to avoid injuries by stopping if I feel something isn't quite right."

Jack capped his weekend with a 400 in the 1600-relay as a member of the "Nike No-Nukes" team.

"It's the first relay I've ever run," said Foster, who ran a 60-second one-lapper after he and Tom Sturak exchanged a 2-bounce baton pass. "It was fun."

Sixty-nine-year-old Norm Bright was an inspiration to everyone. Bright is one of the pioneers of Masters running. He holds dozens of individual age records from the 800 to the marathon. He was the first person over 60 to run the 1500 in less

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## Packard sets 3 world marks; women break 14 U.S. records in Western Regionals

SANTA ANA, CALIF., June 23-24. Men's age-division records are getting harder to come by, but an assault on women's records is just getting underway.

At the AAU Western Regional Masters Track and Field Championships, 14 women's 5-year age

division marks were shattered as more and more women are starting to take Masters track and field seriously.

Two hundred thirty veteran athletes over age 30, including 21 women, competed on a windy, 75-degree, pleasant weekend.

Co-meet directors Rod Ferguson and Hugh Cobb of the So. California Striders, who rescued the meet at the 11th hour, put on a smooth, well-run event with top AAU officials and unusually competent volunteer help.

Perhaps the most outstanding



## Billups sets 2 American records

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than five minutes when he clocked a 4:59.8 in Toronto at the first World Championships in 1975.

Today Norm is legally blind. Yet he ran the 800, 1500, 5000 and 10,000, using "my eyes," Craig Coleman, a Seattle college student, to guide him around the turns. He ran the 800 in 2:49.52, (4th), the 1500 in 5:50.62 (2nd), and the 5000 in 23:03.7 (2nd).

Bright looks like he's in top physical shape. He wore his trademark, a tattered fisherman's cap with a narrow brim and an elastic strap. His scruffy white beard made him easy to spot.

He's very friendly and personable. "I can make out colors a little," he said, "like your yellow there; and shapes, but that's it. I run on my own course at home in Seattle. Still, I'm always bumping into trees, falling off curbs or running into walls."

Norm raised nearly \$300 from the participants in the meet in an effort to get to Hannover for the World Championships.

Complete results will be printed in the next newsletter. A few of the highlights:

—Ray Hatton of Bend, Oregon, holder of several world and American distance marks, cracked Pete Mundle's age 45-49 American mark of 15:36.8 in the 5000 with a time of 15:35.5. Hatton and Hal Higdon hooked up in a furious duel in the race, the lead changing hands several times before Hatton pulled away in the last 200. Higdon clocked 15:41.5. Hatton ran an outstanding 10,000 in 32:17.4, just 17 seconds off his age 40-44 winning time in the 1976 National Championships in Gresham. Yet with Foster in the race running 30:48, Hatton settled for second.

—Irene Obera of Oakland, Calif., demolished her own women's 45-49 400 mark of 64.6 with a 61.73.

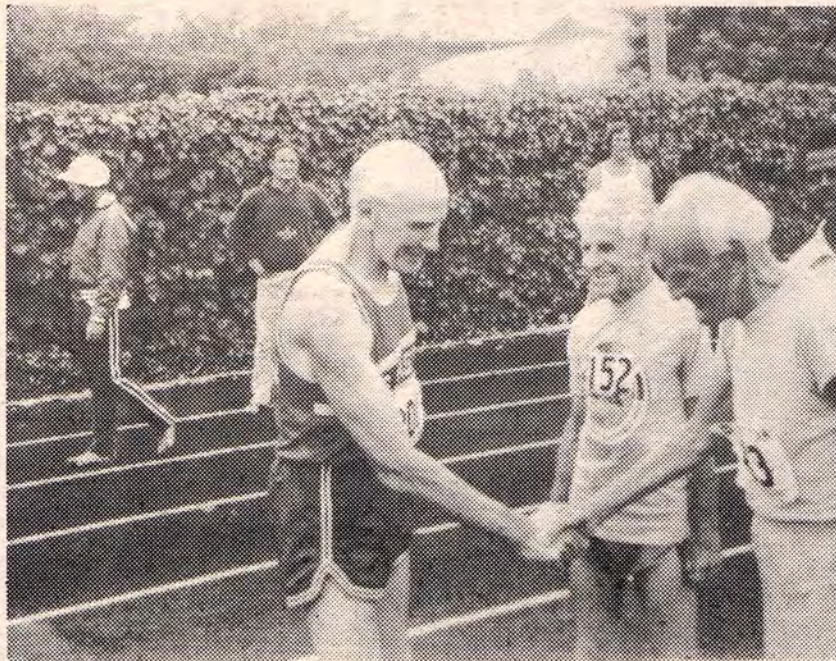
—Ellen Rose of Irvine, Calif., broke her own 800 mark for women 50-54 with a 2:56.72.

—Harry Koppel of Belmont, Calif., set two world 65-69 marks—a 63.88 400 and 27.48 200.

—Jack Greenwood of Medicine Lodge, Kansas, won five events—the 100, 200, 400, 110-hurdles and 400-hurdles, all in near-record time, as he continues to be one of the most amazing and successful Masters athletes of all time.

—The level of competition in the age 50-54 men's middle distance events was awesome. Bill Fitzgerald of Palos Verdes, Calif., beat the best 50-54 800 field ever assembled. In the race were the first 3 finishers in the 2nd World Championships in Sweden, Dean Smith, Bob Sieben and George Puterbaugh. Fitzgerald won it in 2:04.76 with Smith 2nd in 2:06.06, Kelsey Brown 3rd in 2:06:80, Sieben 4th in 2:09.11 and Puterbaugh 7th in 2:13.84, behind Don Jackson and Ian Jamison. In the 1500, Fitz's famous kick put away Brown, 4:21.94 to 4:25.54. Smith was 3rd in 4:30.12. Fitzgerald's time was only 3 seconds off his American 50-54 record of 4:18.5, set 4 years ago when he was 50.

—Ralph Lee ran 1:53.76 in the 35-39 800.



100 and 200 winners Alan Cranston (65-69) and Joe Packard (70-74) congratulate each other as Harold Chapson looks on at Western Regionals.

—Hal Higdon ran 10:20.4 in the 45-49 Steeplechase.

—Sandra Knott of Cleveland, Ohio, a 1964 Olympian in the 800, won the women's 40-44 1500, 5000 and 10,000.

—World class race walker Ron Laird, now 40, captured the 5000 walk in 22:26.9.

—Pete Mundle and Jim O'Neil matched up in a virtual replay of their classic 1978 National Championship 10,000-meter race. Last year, O'Neil won at the wire. This year, they ran together again for 24½ laps, then Mundle pulled away. With 20 meters to go, he was 10 meters in front. A certain winner. Then, disaster. A cramped hamstring, Mundle had to pull up, and O'Neil went by just at the wire again, 34:03.6 to 34:03.7. Mundle scratched from the 5000, naturally, but hoped to be ready for Hannover.

—Undefeated since 1977, Walt Butler of Altadena, Calif., kept his streak intact with 3 impressive wins in the 100, 200 and 110-hurdles in the 35-39 division in 11.16, 22.76 and 14.71.

—Hilliard Sumner won a classic duel with Matt Pruitt in the 30-34 400, 48:07 to 48.41.

—San Antonio's Ruben Whitney defended his 200 championship in the 30-34 group with a 21.80 to 21.85 win over Sumner.

—Gary Miller won the 40-44 400 in 52.28, ran a 49.0 relay leg, and won the 200 and 400 hurdles.

—Nick Newton won the 45-49 400 in 52.26, just .56 off the world record. He also copped the 200.

—Crafty Ozzie Dawkins went out like a shot from lane 7 in the 50-54 400, hoping to draw Jack Greenwood into a suicide pace. The equally-clever Greenwood was not fooled, lagged 30-40 meters behind, then caught a tiring Dawkins at the tape, 54.24 to 54.68.

—Clive Davies ran a 4:54.19 in the 60-64 1500, just 5 seconds off the world mark. He ran a 17:27.5 5000, only 4 seconds off the world best.

## Packard sets 3 world marks

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achievement was the incredible Joe Packard's three new world records in the 75-79 division.

For the first time in history, a human over-age-75 ran the 200 in less than 30 seconds.

Packard's 29.5 compares to his Gothenburg gold-medal time of 29.2 as a 73-year-old.

In the 100, his 14.3 broke Herb Anderson's division time of 14.6. The San Franciscan ran the 400 in 68.5 to also break Anderson's 69.9, set in Sweden in 1977.

"I work out 5 days a week at Edwards Stadium in Berkeley," Packard said, "with Irene Obera and coach Mark Grubi.

"At the start of the week, I'll run some 600's, then 300's and 150's during the week. I never do any LSD."

La Crescenta, California's Shirley Kinsey turned 50 a week before the meet and proceeded to obliterate 4 women's age 50-54 records from the books: the 200 in 32.7, shot put in 25'5¼", discus in 77'3" and javelin 61'2".

"Are they really records?" asked Kinsey in surprise.

"I guess that's because not that many are competing in that division. I had to scratch from the 100 'cause my leg is sore, but I'll run it in Gresham."

A pioneer in the women's masters track and field movement, Kinsey's time was 0.3 faster than her winning effort in this meet in 1978.

Josephine Kolda set 3 new American marks in the 60-64 women's group with a 16.3 in the 100, 35.2 in the 200 and 89.0 in the 400.

The amazing Irene Obera, Pack-

ard's workout companion, smashed her own 200 standards in the 45-49 class with a 26.3, compared to her 27.4 on April 7.

Like Packard, Obera does no long distance running.

"That'll kill ya," she said. "Why run slow when you're gonna race fast?" (Joe Henderson, take note.)

Ellen Rose set 2 U.S. marks in the women's 50-54 1500 in 6:13.3 and 400 in 76.4.

Cherrie Sherrard completed the women's record attack. The just-turned-40 4-time national open AAU hurdle champion (1961, 1962, 1965, 1966) high-jumped 4'6" to break Christel Miller's 4-week-old record of 4'2" for the 40-44 division. Sherrard's 91'11" discus throw broke Sharon Hansen's 84'9" mark, and her 37'7½" shot put topped Lucille Lignon's 30'4½" heave of a month ago.

In the always rugged men's 30-34 division, Hilliard Sumner, the Southern Pacific AAU champion in the 100, 200 and 400, turned back the best Northern California could offer to capture all three events in sensational time.

He won the 100 in 10.85, 200 in 22.22 and, in a thrilling duel with Pacific AAU champ Matt Pruitt in the 400, won it in 49.01.

Pruitt went to the starting blocks with a faster 1979 time (48.9) than Sumner's 49.5. They were head and head turning into the final straight.

Then Sumner used a bit of strategy.

"I slowed up just a shade," he said, "to make him think I was tiring. When he found himself a step in front of me, he thought he had me. He relaxed. That's when I turned it on and blew by him. Before he could accelerate again, I was gone."

Sumner always manages to win the big races, but it doesn't come easy. Wearing a huge Ace bandage to support a tender hamstring, Sumner "spent all morning in the hotel, alternating between the Jacuzzi and the pool to loosen up my muscles."

In the 35-39 category, national 100, 200 and 110-hurdle champion Walt Butler won his specialties in 10.95, 22.79 and a wind-aided 13.92.

Ralph Lee, who just recently set an American age 35-39 mark of 1:52.1 in the 800, used a guest "rabbit" to try to break his record. A 54-second 1st lap proved a bit too fast, however, as Lee finished in a still excellent 1:53.1.

American 400 record holder (50.8)

continued

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Gary Miller of Glendale won the 400 in 52.16 and the 400 hurdles (33") in a good 58.18 to lead the 40-44 group.

Percy Knox became the third man in six weeks to tie the 45-49 American 100 record of 11.2. In tying the record, Knox beat the other two holders, Bruce Springbett and Van Parish of Northern California.

The San Fernando Valley's Gaylord Kalchschmid won both the 800 and 1500 in the 45-49 division, in 2:13.4 and 4:35.4.

"The times were a little slower than I planned," he said, "but I wasn't pushed. I kept waiting for Tom Sturak to catch up with me.

"I'm almost on schedule. I've been doing LSD all winter and spring, but now I'm going to Coach Laszlo Tabori for some speed interval work to sharpen me up."

Kalchschmid has never before competed in international competition, but is heading for Hannover this year.

"I hope to do 2:04. I just want to make the finals."

Steward Thomson won the Shot, Discus and Hammer to lead the 45-49 field performers.

Dick Straub of San Diego led all 50-54 athletes with 3 wins in the Discus (119'), Long Jump (15'4½") and Javelin (134'11").

Bill Fitzgerald, his old self once again, defeated two tough rivals. He

bested Pete Mundle for the 3rd time in 3 meetings this year in the 1500, 4:26.7 to 4:28.7. In the 800, he took on San Diego's Bob Sieben. Racing to a 60.5 1st lap, he held Sieben off with a 2:08.2 to 2:10.3. Don Jackson wasn't far off with a good 2:13.1.

Avery Bryant and Tom Patsalis, both of Los Angeles, won 4 events each in the 55-59 competition.

Bryant notched the 1500, 10,000, Steeple and 800.

World champion Patsalis took the 110 hurdles, and added scores in the long jump, triple jump and 100.

Wilbur Buchanan doubled with wins in the 200 and 400.

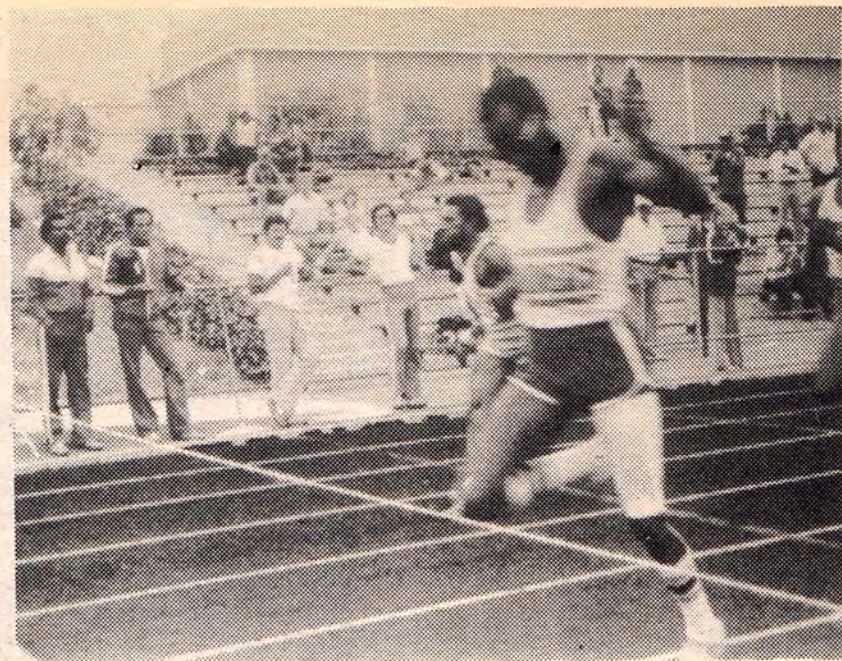
In the 60-64 division, George Polynis of Bakersfield won 4 and Irvine's Dan Aldrich took 3 as the competition thinned compared to the younger age groups.

Senator Alan Cranston won the 100 in 14.90 and 200 in 31.84 in the 65-69 category. Art Vesco entered eight events and won 4 of them.

Bob MacConaghy won the Pole Vault, Shot Put, Discus and Javelin to dominate the 70-74 division.

Christl Miller placed in 5 women's events, then left quickly to play center field in a fast-pitch women's softball league.

In 1980, the Western Regionals will be held in San Diego under Dick Straub's direction. Northern California will host in 1981, then back to the Los Angeles area in 1982.



Hilliard Sumner winning 30-34 200 in 22.22 in Western Regionals. Mike Jackson is 2nd.

#### 400 RELAY (Age 30-39)

Corona Del Mar	42.94
So. Calif. Striders	43.08
West Valley Track Club	43.80

#### 1600 RELAY (Age 30-39)

So. Calif. Striders	3:22.7
West Valley Track Club	3:28.5
Maccabi Track Club	3:41.5

#### MEN AGE 35-39

100			
Walt Butler	SCS	10.95	
Doug Smith	CDM	11.44	
Dan Fitzsimmons	WVTC	11.45	

200			
Walt Butler	SCS	22.79	
Doug Smith	CDM	22.96	
Dan Fitzsimmons	WVTC	23.02	

400			
Dan Fitzsimmons	WVTC	52.75	
Frank Little	SCS	53.10	
Doug Smith	CDM	53.70	

800			
Ralph Lee	SCS	1:53.1	
Mel Elliot*	SMT	2:03.2	

1500			
Ira Yawnick	BB	4:58.9	

5000			
Harvey Franklin	WVTC	15:42.0	

10000			
Frank Duarte	UN	32:59.4	
Bob St. John	OR	39:36.2	

110 HURDLES (39")			
Walt Butler	SCS	13.92w	
Theo Viltz	UN	14.77w	
Larry Sallinger	CDM	14.79w	

400 HURDLES (36")			
Larry Sallinger	CDM	58.67	
Rich LaTourette	SCS	75.32	

3000 STEEPLECHASE			
Ira Yawnick	BB	11:52.5	

HIGH JUMP			
Jim Brown	NCSTC	6'4½"	
Larry Sallinger	CDM	5'4"	

LONG JUMP			
Larry Sallinger	CDM	20' ½"	

TRIPLE JUMP			
Mike Smith	SCS	27'7"	

SHOT PUT			
Ed Kohler		50'10½"	
Doug Wells		49'9"	

DISCUS			
Ed Kohler		167'1"	
Doug Wells		161'11"	
Lloyd Higgins		154'	

5000 WALK			
Mike Smith	SCS	39:21.0	

#### MEN AGE 40-44

100			
Lewis Smith	SCS	11.51	
Tony Nasralla*	STC	12.01	
Charles Fuller	UN	12.05	

200			
Lewis Smith	SCS	23.72	
Chuck McKenney	SCS	23.92	
Tony Nasralla*	STC	24.83	

400			
Gary Miller	CDM	52.16	
James Thomas	UN	55.44	
Bill Mayer	CDM	55.68	

800			
Bill Mayer	CDM	2:06.0	
Bill Estes	SCS	2:12.2	
Steve Webb	CDM	2:13.2	

#### MEN AGE 30-34

100			
Hilliard Sumner	SCS	10.85	
Mike Jackson	UN	10.96	
Glen Johnson	CDM	10.96	

200			
Hilliard Sumner	SCS	22.22	
Glen Johnson	CDM	22.40	
Matt Pruitt	WVTC	22.52	

400			
Hilliard Sumner	SCS	49.01	
Matt Pruitt	WVTC	50.09	
Sam Pinterpe	CDM	51.21	

800			
John Perry	SCS	1:56.6	
Bob Browne	WVTC	1:59.2	
Steve Waggener	CDM	2:00.5	

1500			
Steve Waggener	CDM	4:17.8	
Warren Cummings	SDTC	6:59.1	

5000			
Harvey Franklin	WVTC	15:42.0	

110 HURDLES (39")			
Fred Johnston	SCS	15.25	

400 HURDLES (36")			
Roger Carlson	CTC	58.76	
Fred Johnston	SCS	61.72	

HIGH JUMP			
Charlie Rader	SCS	6'6½"	

POLE VAULT			
Wayne Lambert		15'6"	
Warren Wilkes		14'6"	
Warren Cummings		14'0"	

LONG JUMP			
Carl Flowers		22'3½"	
Craig Vaughan		21'7½"	
Fred Johnston	SCS	19'3"	

SHOT PUT			
Fred Johnston	SCS	38'8"	
Warren Cummings	SDTC	34'11½"	

DISCUS			
Dave Weber		167'10"	
Warren Wilke		123'1"	
Fred Johnston	SCS	115'0"	

JAVELIN			
Clyde Foreman		207'0"	
Warren Wilke		173'10"	
Fred Johnston		165'2"	

5000 WALK			
Roger Brandwein		25:14.0	

"It is not the critic who counts; not the one who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena; who strives again and again; who knows the great enthusiasm and the great devotion and spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." — Teddy Roosevelt



Ozzie Dawkins accelerates en route to win in 50-54 200 in 25.14 in Western Regionals.

1500			
Phil Cordero	SCS	4:54.8	

5000			
Truman Clark	SCS	16:07.0	
Joe Burgasser	STC	16:21.0	
Alan Dunkin	STC	16:42.5	

10000			
Joe Burgasser	STC	34:08.3	
Alan Durkin	STV	35:03.6	

110 HURDLES (36")			
Al Henry	CDM	14.78w	
James Thomas	UN	15.46w	
Charles Fuller	NCSTC	16.06w	

400 HURDLES (33")			
Gary Miller	CDM	58.18	
Ed Oleata	SDTC	58.49	
James Thomas	UN	60.44	

3000 STEEPLECHASE			
Ernie Portillo	SFVTC	13:59.1	
Earl Pearson	UN	15:56.3	

continued



continued

<b>HIGH JUMP</b>			
Kermit Walker	WS	5'4"	
Phil Conley	UN	5'2"	
Gary Bane	SCS	5'0"	

<b>LONG JUMP</b>			
Al Henry	CDM	21'2½"	
Kermit Walker		21'	
Gary Bane	SCS	18'8½"	

<b>TRIPLE JUMP</b>			
Kermit Walker		41'10½"	
Phil Conley	UN	35'2"	
Earl Pearson	UN	28'11"	

<b>SHOT PUT</b>			
James Hart		44'1½"	
Hal Smith	SCS	41'6"	

<b>DISCUS</b>			
Bob Humphreys	SCS	153'	
Jim Hart		136'6"	
Hal Smith	SCS	129'	

<b>HAMMER</b>			
Gordon Bobell	HC	153'10"	
James Hart	HM	120'2"	
Hal Smith	SCS	97'5"	

<b>5000 WALK</b>			
Ron Laird		23:10	
Earl Pearson	UN	32:43	

<b>400 RELAY (Age 40-49)</b>			
Corona Del Mar		45.19	
No. Cal. Seniors TC		45.42	
So. Cal. Striders		47.22	

<b>1600 RELAY (Age 40-49)</b>			
Corona Del Mar		3:46.7	

**MEN AGE 45-49**

<b>100</b>			
Percy Knox	CDM	11.48 AR	
Van Parish	NCSTC	11.59	
Phil Presber	NCSTC	11.72	

<b>200</b>			
Percy Knox	CDM	24.13	
Phil Presber	NCSTC	24.22	
Bruce Springbett	NCSTC	24.27	

<b>400</b>			
Hans Bruhner	NCSTC	54.22	
Percy Knox	CDM	55.22	
Jim Parks	STC	55.32	

<b>800</b>			
Gaylord			
Kalchschmid	SFVTC	2:13.4	
Tom Sturak	SCS	2:22.2	
John Harper	CDM	2:26.4	

<b>1500</b>			
Gaylord			
Kalchschmid	SFVTC	4:35.4	
Tom Sturak	SCS	4:48.5	
Jim McGinn	SFVTC	4:50.9	

<b>5000</b>			
Tom Sturak	SCS	17:52.0	
Frank Thomas	UN	18:16.0	
John Harper	CDM	20:05.0	

<b>10000</b>			
Frank Thomas	UN	37:21.1	
W.T. Francis	BBR	37:33.5	

<b>110 HURDLES (36")</b>			
Dave Jackson	CDM	15.72w	
Van Parish	NCSTC	16.40w	
Bill Adler	SCS	17.51w	

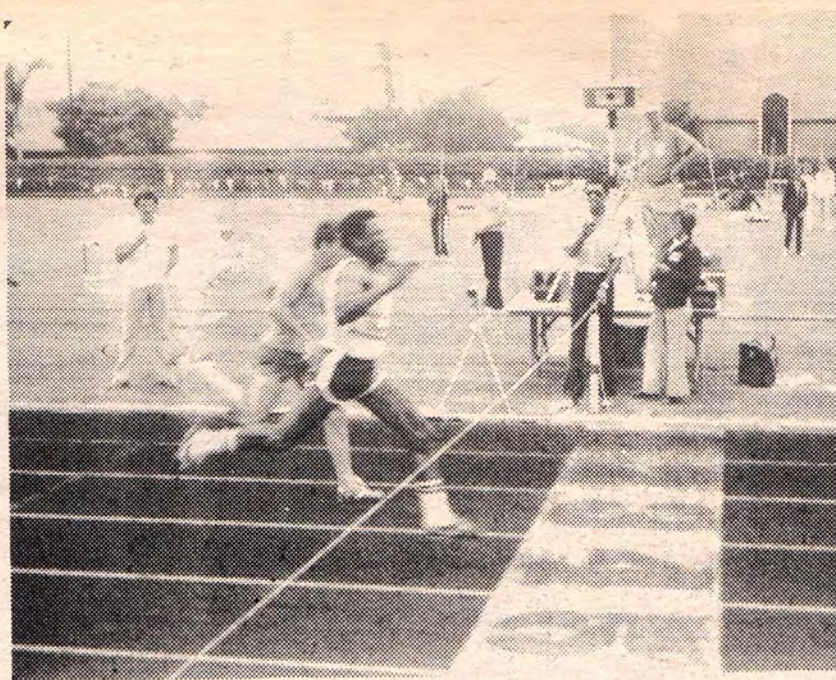
<b>400 HURDLES (33")</b>			
Al Sheahan	SFVTC	66.56	

<b>HIGH JUMP</b>			
Herm Wyatt	UN	6'0"	
Ed Austin	CDM	5'2"	
Burt Otzinger	SCS	4'10"	

<b>POLE VAULT</b>			
Vic Cook		13'1"	

<b>LONG JUMP</b>			
Dave Jackson	CDM	20'2"	
Shirley Davisson	CDM	19'11"	
Phil Schlegel		18'10½"	

<b>TRIPLE JUMP</b>			
Dave Jackson	CDM	40'2½"	
Tony Nasralla	STC	34'7½"	



Lewis Smith winning 40-44 200 over Chuck McKenney in 23.72 in Western Regionals.

<b>SHOT PUT</b>			
Stewart Thomson	SCS	41'5½"	
Dick Smith	CDM	32'1½"	
Clark DeVilbiss		28'8"	

<b>DISCUS</b>			
Stewart Thomson	SCS	143'5"	
Dick Smith	CDM	92'	
Clark DeVilbiss		90'1"	

<b>JAVELIN</b>			
Dick Smith	CDM	136'1"	
Jerry Wojcik	SFVTC	122'11"	
Clark DeVilbiss		120'4"	

<b>HAMMER</b>			
Stewart Thomson	SCS	157'7"	
Dick Smith	CDM	87'2"	
Jerry Wojcik	SFVTC	86'1"	

**MEN AGE 50-54**

<b>100</b>			
Bob Watanabe	STC	12.09	
Ozzie Dawkins	STC	12.16	
Huel Washington	NCSTC	12.28	

<b>200</b>			
Ozzie Dawkins	STC	25.14	
Bob Watanabe	STC	25.20	
Huel Washington	NCSTC	25.35	

<b>400</b>			
Bob Sieben	SDTC	55.99	
Don Jackson	NCSTC	57.15	
Huel Washington	NCSTC	58.96	

<b>800</b>			
Bill Fitzgerald	STC	2:08.2	
Bob Sieben	SDTC	2:10.3	
Don Jackson	NCSTC	2:13.1	

<b>1500</b>			
Bill Fitzgerald	STC	4:26.7	
Pete Mundle	SMTC	4:28.7	
Bob Holmes	SDTC	4:40.3	

<b>5000</b>			
Sam Nicholson	STC	17:20.3	

<b>400 HURDLES (30")</b>			
Bob Holmes	SDTC	67.43	
Tom Clayton	CDM	68.00	

<b>HIGH JUMP</b>			
DeLaine Wagner	STC	4'4"	
John Friesen	CDM	3'10"	

<b>POLE VAULT</b>			
Don Grosh		11'	

<b>LONG JUMP</b>			
Dick Straub	SDTC	15'4½"	

<b>TRIPLE JUMP</b>			
John Friesen	CDM	25'10"	
Harry Siitonen	NCSTC	19'9½"	

<b>SHOT PUT</b>			
Paul Evans	CDM	35'10"	
Emson Grimm	STC	22'6"	

<b>DISCUS</b>			
Dick Straub	SDTC	119'	
Paul Evans	CDM	99'5"	
Emson Grimm	STC	53'7"	

<b>JAVELIN</b>			
Dick Straub	SDTC	134'11"	
Harry Siitonen	NCSTC	46'5"	

<b>HAMMER</b>			
Paul Evans	CDM	107'9"	

<b>5000 WALK</b>			
John Allen		24:43.0	
Harry Siitonen		29:46.0	
John Friesen		30:47.0	

<b>400 RELAY (Age 50-59)</b>			
Corona Del Mar		49.94	

<b>1600 RELAY (Age 50-59)</b>			
Seniors Track Club		4:00.8	

**MEN AGE 55-59**

<b>100</b>			
Tom Patsalis	CDM	12.68	
Wilbur Buchanan	SCS	13.13	
Ray Spencer	SDTC	13.48	

<b>200</b>			
Wilbur Buchanan	SCS	26.74	
Bob Hunt	SCS	27.10	
Pete Fetter	CDM	27.78	

<b>400</b>			
Wilbur Buchanan	SCS	60.69	
Bob Hunt	SCS	61.64	

<b>800</b>			
Avery Bryant	STC	2:19.4	
Wilbur Buchanan	SCS	2:28.5	
Dave Lewis	CDM	2:32.1	

<b>1500</b>			
Avery Bryant	STC	4:40.0	
Dave Lewis	CDM	4:51.5	

<b>10000</b>			
Avery Bryant	STC	39:29.4	

<b>110 HURDLES (33")</b>			
Tom Patsalis	CDM	17.05	
Bob Hunt	SCS	17.72	

<b>400 HURDLES (30")</b>			
Bob Hunt	SCS	67.47	

<b>3000 STEEPLECHASE</b>			
Avery Bryant	STC	12:03.5	
Bob Holmes	SDTC	13:17.0	

<b>HIGH JUMP</b>			
Orval Gillett	CDM	4'6"	

<b>POLE VAULT</b>			
Dave Brown	CDM	10'	
Jimmy Johnson		9'6"	
Len Jillett		9'6"	

<b>LONG JUMP</b>			
Tom Patsalis	CDM	18'11½"	
Ray Spencer	SDTC	17'1½"	
Jim Johnson		16'4"	

<b>TRIPLE JUMP</b>			
Tom Patsalis	CDM	38'4½"	
Jim Johnson	NC	31'9½"	

<b>SHOT PUT</b>			
George Ker	CDM	42' ½"	
Bob Stone		34'4"	
Frank DeBernardi		30'2½"	

<b>DISCUS</b>			
George Ker	CDM	132'4"	
Bob Stone		115'	
Frank DeBernardi		95'3"	

<b>JAVELIN</b>			
Pete Fetter	CDM	143'11"	
Bob Stone		111'1"	

<b>HAMMER</b>			
Bob Stone		104'4"	
Frank DeBernardi		92'	

**MEN AGE 60-64**

<b>100</b>			
Clarence Killion	CDM	13.4	
Bill Morales	CDM	13.7	
Jim Vernon	STC	14.07	

<b>200</b>			
George Poloyinis	CDM	30.05	
Bill Burke	CDM	31.14	

<b>400</b>			
Clarence Killion	CDM	NT	
George Poloyinis	CDM	67.8	
Bill Fairbank	STAN	69.69	

continued

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continued

800			
George Poloynis	CDM	2:38.2	
Bill Fairbank	STAN	2:44.6	
Bob Long	SCS	2:59.8	
1500			
George Poloynis	CDM	5:42.5	
5000			
James Olesson	SFVTC	18:30.0	
10000			
James Olesson	SFVTC	39:30.3	
110 HURDLES			
Bill Morales	CDM	19.75	
Clarence Killion	CDM	19.78	
Bill Burke	CDM	21.08	
3000 STEEPLECHASE			
Bob Long	SCS	14:45.7	
HIGH JUMP			
Bob Ogle	CDM	4'10"	
Don Winton	CDM	4'4"	
Bill Burke	CDM	4'2"	
POLE VAULT			
Jim Vernon	STC	11'	
Bill Burke	CDM	7'6"	
Hugo DeGroot		7'	
LONG JUMP			
Bill Morales	CDM	15'8½"	
Bill Burke	CDM	13'6"	
George Poloynis	CDM	13'5"	
TRIPLE JUMP			
George Poloynis	CDM	25'10½"	
SHOT PUT			
Dan Aldrich	CDM	47'1½"	
Jack Thatcher	CDM	45'7½"	
Don Winton	CDM	45'3½"	
DISCUS			
Dan Aldrich	CDM	166'6"	
Jack Thatcher	CDM	135'3"	
Bill Burke	CDM	119'8"	
JAVELIN			
Bill Morales	CDM	162'0"	
Dan Aldrich	CDM	154'7"	
Jerry Siebert		143'0"	
HAMMER			
Dan Aldrich	CDM	116'9"	
Joe Sanz	CDM	109'10"	
Bill Burke	CDM	89'9"	
5000 WALK			
Bob Long	SCS	33:18	
MEN AGE 65-69			
100			
Alan Cranston	SFVTC	14.90	
200			
Alan Cranston	SFVTC	31.84	
400			
Chet Beach	CDM	69.37	
5000			
Ed Stotsenberg	SMTTC	19:08.5	
110 HURDLES			
Chet Beach	CDM	19.51	
HIGH JUMP			
Art Vesco	SCS	3'10"	
POLE VAULT			
Bud Deacon	HM	9'	
Art Vesco	SCS	6'	
LONG JUMP			
Art Vesco	SCS	10'1"	
TRIPLE JUMP			
Art Vesco	SCS	16'½"	
SHOT PUT			
James York	NCSTC	41'10"	
Art Vesco	SCS	33'4½"	
DISCUS			
Jim York	NCSTC	114'4"	
Art Vesco	SCS	95'5"	
JAVELIN			
Art Vesco	SCS	70'7"	
HAMMER			
Jim York	NCSTC	97'2"	
Art Vesco	SCS	83'7"	

5000 WALK			
Gordon Wallace		29:30	
100			
M75-79 Joe Packard		14.55 WR	
W35-39 Mimi Girard		13.88	
W40-44 Almeta Parish		12.84	
Cherrie Sherrard		12.96	
Chris Miller		13.92	
W50-54 Shirley Dietderich		17.07	
W55-59 Diana Smith		19.17	
W60-64 Josephine Kolda		16.49 AR	
Marjorie Hunt		20.9	
200			
M75-79 Joe Packard		29.70 WR	
Harold Chapson		32.91	
W30-34 Ann Jankowski		33.25	
W40-44 Cherrie Sherrard		27.63	
Chris Miller		28.87	
Almeta Parish		29.35	
W45-49 Irene Obera		26.37 AR	
W50-54 Shirley Kinsey		32.79 AR	
W55-59 Diana Smith		43.59	
W60-64 Josephine Kolda		35.69 AR	
400			
M70-74 Ray Neveau		86.25	
M75-79 Joe Packard		68.64 WR	
Harold Chapson		71.56	
W35-39 Miriam Girard		67.91	
W40-44 Almeta Parish		73.90	
W45-49 Irene Obera		65.56	
W60-64 Josephine Kolda		89.16 AR	
W55-59 Diana Smith		106.63	
W50-54 Ellen Rose		76.34 AR	
Shirley Dietderich		97.76	
800			
M75-79 Harold Chapson		2:45.6	
W35-39 Miriam Girard		2:36.7	
W45-49 Ruth Anderson		2:50.8	
W50-54 Ellen Rose		2:57.7 AR	
W55-59 Diana Smith		4:11.8	
1500			
W35-39 Miriam Girard		5:51.5	
W45-49 Ruth Anderson		5:44.8	
Carol Thomas		7:01.0	
W50-54 Ellen Rose		6:13.3	
5000			
W30-34 Barbara Rapp		25:45.0	
W35-39 Lynna Coomber		23:07.0	
Sue Thomas		27:00.1	
W45-49 Ruth Anderson		20:43.0	
10000			
W40-44 Anita Thomas		60:35.0	
W45-49 Ruth Anderson		42:33.7	
HIGH JUMP			
W40-44 Cherrie Sherrard		4'6" AR	
Chris Miller		4'0"	
POLE VAULT			
M70-74 Bob MacConaghy		8'	
LONG JUMP			
W40-44 Chris Miller		14'7"	
Lucille Ligon		14'1"	
W45-49 Irene Obera		14'½"	
SHOT PUT			
M70-74 Bob MacConaghy		35'4½"	
Randy Hubbell		30'2"	
M75-79 Stan Herrmann		32'6"	
W40-44 Cherrie Sherrard		37'7½" AR	
Lucille Ligon		30'4"	
Ursula Schreiber		25'5½"	
W50-54 Shirley Kinsey		25'5½" AR	

DISCUS			
M70-74 Bob MacConaghy		89'	
Randy Hubbell		81'2"	
M75-79 Stan Herrmann		90'1"	
W40-44 Cherrie Sherrard		91'11" AR	
Ursula Schreiber		70'2"	
Catie Burke		66'8"	
W50-54 Shirley Kinsey		77'3" AR	
W65-69 Herrmann		39'6"	
JAVELIN			
M70-74 Bob MacConaghy		112'2"	
Randy Hubbell		92'4"	
W40-44 Chris Miller		104'11"	
Ursula Schreiber		58'7"	
Catie Burke		50'1"	
W45-49 Irene Obera		56'10"	
W50-54 Shirley Kinsey		61'2" AR	
HAMMER			
M70-74 Randy Hubbell		91'4"	
M75-79 Stan Herrmann		88'11"	
5000 WALK			
M70-74 Ches Unruh		31:27	
W30-34 Diane Uribe		27:52	
Bonnie Dillon		27:58	
W55-59 Rose Kash		35:32	
W70-74 Elena Corala		43:46	
400 RELAY (			
W40-49 No. Cal. Seniors		54.06	
Corona Del Mar		61:91	
(Note: Pete Mundle, National Masters Age Records Chairman,			

uses hand times to determine records so as to be consistent with marks set during the past 30 years. Generally, automatic times are 0.24 seconds slower than hand times. In this meet, both hand and Accutrack automatic timing were used. For simplicity, only the automatic times are listed above. The records broken were determined from hand times, which are about 0.24 faster than the automatic times. It's confusing, but that's the way it works.)

\*Competed in lower age division  
W - Wind aided  
SCS - So. Calif. Striders  
CDM - Corona Del Mar Track Club  
STC - Seniors Track Club (So. Cal.)  
NCSTC - No. Cal. Seniors TC  
WVTC - West Valley Track Club (No. Calif.)  
SDTC - San Diego Track Club  
SFVTC - San Fernando Valley TC  
BB - Basin Blues  
OR - Orange County  
UN - Unattached  
HM - Hawaii Masters  
WS - Woodside Striders

## NORTHERN CALIFORNIA SENIOR POWER

By WALT STACK

An example of determination is Mark Askew, 55, a former alcoholic and diabetic with a belly of the size that makes you want to get him a periscope for Christmas. He ran 100 miles in the recent Woodside, Calif., 48-hour run.

Mark wears a T-shirt saying "I'm a fat old fart." He has run 5 marathons in the first 5 months of 1979.

Another example of Senior power is Ivor Welch, 84 years old.

Ivor has been running since February '78. (We usually let him start a half hour or more ahead of the 400-800 participants of our weekly club running, so he won't be all alone when he comes in.)

Ivor ran the Double Dipsea, the toughest XC run on the coast, 14½ miles, in 5 hours.

This is not speed at all, but an example of determination. His very first visit to the Dipsea, he was the oldest man in the race across the city with 18,000 other runners.

Four of our Dolphin South End over-50-year-old women have run 50-milers this year.

Marcy Trent of Anchorage, Alaska, 60, broke the world marathon record in the Avenue of the Giants.

## SIDELIGHTS

### Runner Lists Fast Food

Many sedentary persons scoff at the idea of running for slimming purposes. But Lou Ribman, president of the West Coast Metal Importers Assn., scoffs at the scoffers.

Ribman, 50, boasts that he holds more long-distance running records than any over-40 steel trader in the country. Each morning before breakfast, he logs 14 miles of running up and down the hills around his Palos Verdes home. His pulse rate, 45, is lower than his age.

Ribman notes that many persons complain that in order to lose one pound you have to burn up 3,500 calories, but during a one-mile run you only shed 100 to 200 calories, depending on your speed and weight.

Calculating from his running log, Ribman figures that in the 4-400 miles he clocked last year, he burned up 563,200 calories or 161 pounds, one more pound than he weighs.

He then calculated that to equal the caloric consumption from his running, he could have eaten 2,004 chocolate malted milks, 2,607 waffles, 1,522 pizzas, 1,701 spaghetti dinners, and 6,400 bananas.

[From "Second-hand Smoke," published by the American Lung Association].



## Only one AAU official shows up for California AAU meet

NORTHRIDGE, CALIF., June 10. Only one AAU official who had been guaranteed \$50, showed up for the 1979 Southern Pacific AAU Masters Track and Field Championships.

Eighteen AAU officials had promised to appear. But the thought of wearing a jacket and tie for 6 hours in 110-degree weather for no pay was clearly not as appealing as a cold beer in front of the TV, or a drive to the beach.

Tom Sturak, SPAAAU Masters Track & Field Chairman, said "I'm holding all entry fee checks (which were made out by athletes to the AAU) until I get a satisfactory explanation from the AAU. Maybe the time has come to set up our own organization."

Disgruntled athletes, who voluntarily worked the events for each other in between their own competition, wondered aloud why Masters pay dues to the AAU in return, as one put it, "for what?"

"How would the 100-meter dash men like to time themselves as they came across the line?" asked Jerry Wojcik, who was measuring for his fellow Javelin throwers.

"We should take the money we

pay for AAU dues and use it for some good officials."

On the track, which was so hot the heat came up through your shoes, athletes generally continued their improvement towards Hannover.

Among the top performances:

—Hilliard Sumner's triple in the 30-34 100 (10.7), 200 (22.1) and 400 (49.5).

—Percy Knox' 11.3 in the 45-49 100, which tied the old American record of Dick Stolpe, which was broken on May 12 by both Bruce Springbett and Van Parish at 11.2.

—Mel Elliot's 2:04.3 in the 40-44 800.

—Ralph Lee's 1:59 in the 35-39 800.

—Bill Fitzgerald's 2:10 in the 50-54 800.

—Gary Miller's 52.8 in the 40-44 400.

—A 44.6 400-relay by the 40-49 Corona Del Mar squad.

—Jim Carter's 4:30.2 1500 in the 40-44 class.

—Woody Studemand's 14:12 in the 30-34 5000.

—Bob Ogle's 4'10" 60-64 high jump.

—John Dobroth's 6'7½" 35-39 high jump.

### WINNERS:

#### 100

30-34 Hilliard Sumner	10.7
35-39 Walt Butler	10.9
40-44 Ken Dennis	11.5
45-49 Percy Knox	11.3
50-54 Ozzie Dawkins	12.2
55-59 Tom Patsalis	12.6
60-64 J. Rawls	13.9
Women Chris Miller	14.0

#### 200

30-34 Hilliard Sumner	22.1
35-39 Walt Butler	22.3
40-44 Ken Dennis	23.1
45-49 Nick Newton	23.9
50-54 Ozzie Dawkins	24.8
55-59 Bob Hunt	27.7
60-64 J. Rawls	29.5
Women A. Jankowski	33.3

#### 400

30-34 Hilliard Sumner	49.5
35-39 R. Burseson	51.4
40-44 Gary Miller	52.8
45-49 Percy Knox	55.5
50-54 Ozzie Dawkins	58.5
55-59 Wilbur Buchanan	61.8
60-64 George Poloyanis	78.0
Women A. Jankowski	81.4

#### 800

30-34 Steve Waggener	2:03.0
35-39 Ralph Lee	1:59.0
40-44 Mel Elliott	2:04.3
45-49 Ga'd Kalchschmid	2:13.1
50-54 Bill Fitzgerald	2:10.0
55-59 Avery Bryant	2:19.0
60-64 George Poloyanis	2:52.0
65-69 Chester Beach	2:56.0

#### 1500

35-39 Norm Towers	4:26.5
40-44 Jim Carter	4:30.2
45-49 Jim McGinn	4:58.7
50-54 L. Walts	4:59.2
Women Barbara Terhune	5:14.0

#### 5000

30-34 Woody Studemand	14:12.0
35-39 D. Weeks	15:56.0
40-44 Dave Reisbord	17:19.0
45-49 Dave Parker	18:30.0
60-64 J. Garcia	21:23.0

#### 10000

30-34 M. Chamblis	32:39.9
35-39 Jim Murphy	36:38.0
40-44 Joe Burgasser	35:24.0
50-54 Pete Mundle	37:05.0
60-64 E. Klan	45:12.0

#### 110 HURDLES

35-39 Walt Butler	14.2
40-44 Al Henry	15.2
45-49 Dave Jackson	16.1
55-59 Tom Patsalis	16.8
60-64 J. Rawls	20.3
65-69 Art Vesco	22.1

#### 400 HURDLES

40-44 Gary Miller	61.3
45-49 Tony Nasralla	65.8
50-54 Tom Clayton	68.5
55-59 Bob Hunt	66.6

#### 3000 STEEPLECHASE

50-54 Jack Noble	12:35.1
------------------	---------

#### 400 RELAY

30-39 So. Cal. Striders	43.3
40-49 Corona Del Mar	44.6
50-59 Corona Del Mar	49.9

#### HIGH JUMP

30-34 Charles Rader	6'5½"
35-39 John Dobroth	6'7½"
45-49 Nick Newton	5'6"
50-54 Delanie Wagner	4'8"
60-64 Bob Ogle	4'10"
65-69 Chester Beach	4'4"
70-74 Art Reiser	3'6"
75-79 Wal Wesbrook	3'6"
Women Chris Miller	4'6"



John Dobroth clearing 6'7" in 35-39 high jump.

#### POLE VAULT

40-44 G. Bane	12'0"
45-49 Vic Cook	13'0"
50-54 Don Grosh	10'6"
60-64 B. Burke	7'6"
65-69 Art Vesco	6'6"
70-74 Bob MacConaghy	9'0"
75-79 Walt Wesbrook	6'6"

#### LONG JUMP

30-34 C. Flowers	21'9"
35-39 Larry Salinger	20'2½"
40-44 Al Henry	20'8½"
45-49 Dave Jackson	20'8"
50-54 Ted Vick	16'7½"
55-59 Tom Patsalis	18'4"
60-64 B. Burke	14'11½"
65-69 Art Vesco	9'9"
75-79 Walt Wesbrook	11'0"
Women Chris Miller	13'8½"

#### TRIPLE JUMP

45-49 Shirley Davisson	37'5½"
50-54 Ted Vick	34'5½"
55-59 Tom Patsalis	38'3½"
60-64 George Poloyanis	23'1"
65-69 Art Vesco	21'2½"
75-79 Walt Wesbrook	22'1½"

#### SHOT PUT

35-39 Doug Wells	52'9½"
40-44 Hal Smith	40'10"
55-59 Bill Bangert	45'6½"

50-54 Hal Wallace	39'0"
60-64 Jack Thatcher	46'4½"
75-59 Stan Hermann	33'3"
Women Edith Mendyka	27'8"

#### DISCUS THROW

35-39 Doug Wells	161'1"
40-44 R. Marenin	112'9"
45-49 E. Van Pelt	135'3"
50-54 Hal Wallace	116'1"
55-59 George Ker	134'8"
60-64 Jack Thatcher	132'4"
75-79 Stan Hermann	95'9½"
Women Shirley Kinsey	75'9"

#### HAMMER THROW

40-44 Hal Smith	107'6"
45-49 Jerry Wojcik	88'7"
55-59 Fred DeBernardi	99'11"
60-64 J. Sanz	104'11"
65-69 Art Vesco	94'7½"

#### JAVELIN

30-34 F. Johnston	171'1"
35-39 Doug Wells	181'9"
40-44 R. Millis	164'9"
45-49 D. Smith	135'9"
50-54 Paul Evans	114'10"
55-59 Pete Fetter	145'2"
60-64 B. Burke	115'8"
65-69 Art Vesco	74'0"
70-74 Bob MacConaghy	104'3"
75-79 Walt Wesbrook	49'10"
Women Chris Miller	100'7"

## Oerter on schedule

WALNUT, CALIF., June 16. Al Oerter, 43, placed 5th in the 1979 AAU National Track and Field Championships with a 217'8" Discus throw, just 2' off his world over-40 mark of 219'10" set April 7 this year. Mac Wilkins won the event with a 231'10" 3rd best throw of all time.

The 219'10" toss is the best of Oerter's career. His four Olympic gold medals in 1956, 1960, 1964 and 1968 were won with respective throws of 184'11", 194'2", 200'1" and 212'6".

"Generally, this has been my best year for marks," said the 6'4", 270-pound Oerter, who admitted he

is in his finest shape ever. "I think I've had my first, third and fourth best throws."

After the 219-10 toss, however, he developed a bad bladder infection, halting his careful training schedule for 6 weeks.

It's a rigid program: bicycling exercises in the morning, throwing for two hours each afternoon and lifting weights for 1½ hours at night.

He's also on an extensive vitamin nutrition program.

A computer engineer for Grumman data communications, Oerter is analyzing his progress through computer printouts.



# Lorenz wins masters 20-k road championship

WASHINGTON, D.C., May 28. Herb Lorenz of Willingboro, New Jersey, won the 1979 U.S. Masters National 20-kilometer road running championship this Memorial holiday.

Lorenz, the first Master in this year's Boston Marathon with an American over-40 record of 2:24:11, covered the Haines Point course in 65:54, a fast 5:18-per-mile clip.

Eighty-nine of the 97 starters finished the run, organized by George Vernosky and the Potomac Valley Seniors Track Club.

Vernosky managed to finish 3rd overall in 70:11. Charles Ross was 2nd in 68:03.

Trudy Rapp won the women's age 40-44 crown in 80:07. Nicki Hobson, the American women's 45-49 record holder in the 2-mile (12:24.4) and 5000 (18:55.4) journeyed from San Diego to capture her Division in 86:23.

Tony Diamond (74:02), Glen Coleman (77:11), John Woods (85:43), Bill Andberg (84:42), and Ray Sears (97:30) were other division winners.

The host Potomac Valley Seniors Track Club garnered all three team awards, in the men's 40-49, 50-59 and women's 40+ divisions.

U.S. MASTERS NATIONAL 20K  
ROAD CHAMPIONSHIP—HAINES  
POINT, WASHINGTON, D.C.—May  
1979

## Final Results

### OVERALL Finish

Place	Name	Age	Time
*1.	Herbert J. Lorenz	40	65:54
2.	Charles Ross	41	68:03
*3.	George Vernosky	49	70:11
4.	Jack Tuttle	41	70:44
5.	Jerry Clark	42	71:24
6.	Ralph Bowles	42	71:39
7.	Otis Williamson	42	71:45
8.	Fred Best	43	72:15
9.	Glynn Wood	45	72:25
10.	Fay Bradley	41	72:46
11.	Courtney Riordan	41	73:08
12.	Al Marcy	43	73:19
13.	Tom Ward	42	73:20
14.	Chan Robbins	41	73:45
*15.	Tony Diamond	50	74:02
16.	Ed Anderson	43	74:17
17.	Roland L. Anspach	53	74:30
18.	Ken Baker	42	74:34
19.	Herb Chisholm	52	74:34
20.	Tom Kurihara	43	75:16
21.	Bill Kerakos	47	75:50
22.	Richard Packard	51	76:29
*23.	Glenn Coleman	55	77:11
24.	Al Lewton	42	78:46
25.	Francis J. Kelley	57	78:54
26.	Thomas H. Kirkpatrick	44	79:22
27.	Rudy Nimmons	58	79:30
28.	Gordon Gerson	42	79:56
29.	Frank R. Ruliffson	53	80:07
30.	Sherm Everett	42	80:08
*31.	Trudy Rapp	42	80:09
32.	Frank Lambdin	46	81:43
33.	Rolland Elliott	43	81:56
34.	Carleton Brower	51	82:02
35.	Garland R. Green	42	82:31
36.	Dick Spencer	42	82:39
37.	Jack Gray	41	83:11
38.	Joseph Dugan	40	83:14
39.	John P. McIntyre	58	83:49
40.	Dave Wieseman	41	84:09
41.	Roger Davis	41	84:29
*42.	William Andberg	67	84:42
43.	Clifton Evans	56	85:28
44.	Rod Johnson	53	85:35
45.	Wayne Welch	46	85:38
*46.	John Woods	61	85:43
47.	Thomas Faw	51	85:48
48.	Joseph O'Connor	45	86:08
49.	Jerome Kerkhof	52	86:20
50.	Mel Klein	51	86:22
*51.	Nicki Hobson	48	86:23
52.	Robert Carlson	43	87:33
53.	Edward E. Rutledge	40	87:54
54.	Stephen Saperstone	50	88:13
55.	Hank Barksdale	50	88:47
56.	Jack Boldt	55	89:27
57.	Bob Boal	67	89:34
58.	R. N. Lemieux	43	91:22
59.	Don Gerson	45	91:36
60.	George Robertson	53	92:18
61.	Joe Norbury	53	93:14
62.	Coleman McCarthy		93:59
63.	Willard Douglas	47	94:10
64.	David D. Byars	51	94:12
65.	Jack McKee	54	94:15
66.	Alvin Gutttag	60	94:50
67.	William A. Hillman Jr.	49	95:49
68.	Walter Hubbell	50	95:55
69.	Richard A. Giebel	54	96:42
*70.	Ray Sears	72	97:30
71.	John Cordona	42	99:02
72.	Lawrence R. Hubbard	45	1:42:40
73.	Bill Shrader	63	1:43:07
74.	Egon Kafka	56	1:43:19
75.	Joanne M. Mallet	45	1:46:33
76.	Richard E. Lukes	60	1:49:47
77.	Norm Locksley	64	1:50:24
78.	Barry Shelkin	50	1:52:26
79.	Mary Margaret Goodwin	42	1:52:51
80.	J. Sandison	41	1:53:24
81.	Robert Zimmerman	53	1:53:52
82.	John Newdorp	69	1:54:25
83.	Lou Roberts	75	1:57:29
84.	Helen Jo Hillman	42	1:57:32
85.	Gillbert Amyot	46	1:58:15
86.	Joan Timony	42	2:02:05
87.	Ted Brandhorst	46	2:03:04
88.	Jane Brandhorst	45	2:03:04
89.	Diane Stone	47	2:04:50

\*Age group winners.

### AGE GROUP WINNERS

#### 40-44

- \*1. Herb Lorenz (65:54)
2. Charles Ross (68:03)
3. Jack Tuttle (70:44)

#### 55-59

1. Glen Coleman (77:11)
2. Francis Kelley (78:54)
3. Rudy Nimmons (79:30)

#### 70 and Over

1. Ray Sears (97:30)
2. Lou Roberts (1:57:29)

### MEN

#### 45-49

1. George Vernosky (70:11)
2. Glynn Wood (72:25)
3. Bill Kerakos (75:50)

#### 60-64

1. John Woods (85:43)
2. Al Gutttag (94:50)
3. Bill Shrader (1:43:07)

#### 50-54

1. Tony Diamond (74:02)
2. Roland Anspach (74:30)
3. Herb Chisholm (74:34)

#### 65-69

1. William Andberg (84:42)
2. Bob Boal (89:34)
3. John Newdrop (1:54:25)

\*Course and Age Group record.

### WOMEN

#### 45-49

1. Nicki Hobson (86:23)
2. Joanne Mallet (1:46:33)
3. Jane Brandhorst (2:03:04)
4. Diane Stone (2:04:50)

#### 40-44

- \*1. Trudy Rapp (80:07)
2. Mary M. Goodwin (1:52:51)
3. Helen Hillman (1:57:32)
4. Joan Timony (2:02:05)

\*Course and age group record for women.

### TEAM WINNERS

#### 40 and Over

1. Potomac Valley Seniors TC 'A' (Vernosky, Tuttle, Williamson, G. Wood, Bradley)
2. National Capitol T.C. (Ross, Clark, Ward, Robbins, E. Anderson)
3. Potomac Valley Seniors 'B' (Riordan, Kerakos, Lambdin, Elliott, Green)

#### 50 and Over

1. Potomac Valley Seniors T.C. 'B' (Chisholm, Brower, Kelley, Boldt, McKee)
2. Potomac Valley Seniors T.C. 'C' (Coleman, Ruliffson, McIntyre, Faw, Robertson)
3. Potomac Valley Seniors T.C. 'A' (Diamond, Johnson, Barksdale, Byars, Hubbell)

### WOMEN

#### 40 and Over

1. Potomac Valley Seniors T.C. (Mallet, Goodwin, Timoney, Brandhorst, Stone)

### CLUB DESIGNATIONS

- |            |                                   |
|------------|-----------------------------------|
| 1. BAA     | Boston Athletic Association       |
| 2. ITC     | Island Track Club                 |
| 3. HRR     | Hoosiers Road Runners             |
| 4. MR      | Millcreek Runners (N.J.)          |
| 5. NCTC(1) | National Capitol Track Club       |
| 6. NCTC(2) | Niagra Capital Track Club         |
| 7. POAC    | Pentagon Officers Athletic Club   |
| 8. PVSTC   | Potomac Valley Seniors Track Club |
| 9. SAC     | Shore Athletic Club               |
| 0. TCTC    | Minnesota                         |
| 1. WRC     | Washington Running Club           |
| 2. SDTC    | San Diego Track Club              |

## THE FIT ARE THICKER SKINNED

Finnish researchers compared the skin of 50 men who run 30 miles per week to 50 healthy non-running men and found the runners' skin to be thicker and more flexible. They theorize that exercise may slow down the aging of skin, but that theory, they add, is unproven. For runners, however, a look in the mirror may be proof enough.

From "Prevention," 5/79

## Note

There are three addresses to keep in mind involving the Masters Newsletter.

Editorial material should go to Al Sheahen, Editor; 6200 Hazel-tine Ave., Van Nuys, Calif. 91401. Subscriptions and advertising material should be sent to Masters Newsletter, 102 W. Water St., Lansford, Pa. 18232. Membership dues or renewal of memberships in the Masters Sports Association should be sent to John Popowich, 24-11 23 Ave., Long Island City, N.Y. 11105.



# Olson, Backus set marks in weight pentathlon

NATIONAL AAU MASTERS WEIGHT PENTATHLON -- UNIVERSITY OF VERMONT, JUNE 10, 1979

BURLINGTON, VERMONT, June 10. Len Olson and Bob Backus set meet records in the National AAU Masters Weight Pentathlon at the University of Vermont's Post Field.

In the age 45-49 competition, Olson piled up 3147 points in the 5 events: discus, hammer, shot, weight and javelin. Backus tallied 3502 points in winning the 50-54 category.

Other division winners were John Polhemus, Greg Battick, Harold Parsons, Phil Partridge, Ray Connolly, Bob Mead and Carl Wallin.

Olson, in setting his record, threw the discus 38.41 meters (126'), hammer 39.22 (128'7½"), shot 12.82 (42'), 35-lb.-weight 12.40 (40'8") and javelin 45.43 (149').

Backus threw the discus 38.70 meters, the hammer 54.32, the shot 13.54, the weight 17.70 and the javelin 30.48 for his record-shattering performance in the 50-54 class.

For the first time, weight competitors in the 30-34 and 35-39 submasters groups were allowed to officially compete for AAU championship medals.

Olson's total of 3147 points broke his own record of 3133½ set in 1977 in New York. Backus erased the mark of Herb Cantor, who finished 2nd. Cantor had scored 2639 in 1977 in New York.

NAME/DIVISION	AGE	METERS	PTS.	METERS	PTS.	METERS	PTS.	METERS	PTS.	METERS	PTS.	POINT TOTAL
40-44		DISCUS 2K		HAMMER 16#		SHOT 16#		WEIGHT 35#		JAVELIN 800gm		
John Polhemus	44	27.25	410	23.18	358	10.20	475	8.94	381	37.80	458	2082
Larry Judd	40	27.86	425	21.98	333	9.49	422	7.42	257	32.84	318	1815
45-49		2K		16#		16#		35#		800gm		
*Len Olson	47	38.41	654	39.22	644	12.82	653	12.40	626	45.43	570	3147
Ed Helmes	45	34.79	580	36.92	607	9.76	442	11.90	592	39.10	478	2699
John Reider	45	29.09	453	30.44	497	12.03	601	9.38	414	52.00	660	2625
Pay Carstensen	47	26.83	400	32.74	537	11.41	560	10.22	476	30.10	332	2305
Jackson Tovell	47	28.04	429	27.48	442	9.58	429	9.24	403	36.22	433	2136
Paul Meyer	46	29.72	468	33.24	546	9.50	423	10.34	486	21.76	176	2099
Mathew Boyle	48	29.02	452	26.02	415	9.70	438	9.70	438	31.21	351	2094
50-54		1.6K		16#		12#		35#		800gm		
*Bob Backus	52	38.70	660	54.32	862	13.54	699	17.70	943	30.48	338	3502
Herb Cantor	54	36.49	615	25.16	398	12.25	616	9.84	448	37.47	453	2530
55-59		1.6K		16#		12#		35#		800gm		
Greg Battick	58	27.10	406	26.52	424	10.98	531	10.14	471	28.26	299	2131
Dave Batchelor	58	24.63	346	30.98	506	10.78	517	9.10	393	28.00	295	2057
Al Selig	58	27.70	421	21.90	331	9.90	453	8.36	334	37.42	452	1991
John Ulam	56	26.06	381	19.12	271	10.98	531	7.82	291	37.30	450	1924
Richmond Morcom	56	30.92	495	22.24	339	9.62	432	6.30	158	31.09	349	1773
Robert Peter	55	29.20	451	20.18	294	10.37	488	6.64	189	24.34	227	1649
60-64		1K		12#		8#		25#		600gm		
Harold Parsons	60	37.42	452	31.98	524	12.53	634	12.52	634	32.05	365	2609
Bill Gilligan	61	38.57	470	28.30	458	13.21	678	11.18	544	29.83	327	2477
Ian Hume	63	32.86	370	18.12	248	11.34	555	8.30	330	39.78	487	1990
65-69		1K		12#		8#		25#		600gm		
Phil Partridge	68	38.92	475	27.40	441	10.56	531	9.72	439	34.23	401	2257
John Bruce	65	25.24	399	20.44	300	9.35	412	8.70	362	23.55	211	1684
Warren Pike	69	23.61	320	19.12	271	9.95	457	7.32	249	19.19	122	1419
70-74		1K		4K		8#		25#		600gm		
Ray Connolly	71	24.88	352	25.64	407	10.41	490	7.94	301	21.02	160	1710
Arnold Ticmanis	74	23.50	317	24.96	394	10.12	469	7.66	277	19.67	132	1589
30-34		2K		16#		16#		35#		800gm		
Robert Mead		41.95	724	52.00	831	15.36	810	17.10	910	50.75	643	3918
James Barber		26.50	392	21.52	323	9.41	416	7.60	272	36.16	432	1835
35-39		2K		16#		16#		35#		800gm		
Carl Wallin	36	35.43	603	45.64	741	16.42	871	16.22	860	47.42	598	3673
Rich Kurnik	35	38.43	659	0	0	14.00	728	9.68	436	50.50	640	2463

\*New National Meet Record

(1962 IAAF Tables)

## Top marks in Raleigh meet

RALEIGH, N.C. May 4-6. Outstanding performances were commonplace at the Southeastern U.S. Masters Track and Field Championships.

Full, competitive fields in most events—even in the ladies' divisions—made this meet one of the top Masters events of the spring.

Veteran athletes from over a dozen states and Canada turned in these noteworthy efforts:

—Rudy Valentine's wins in the 55-59 100 (12.5), 200 (25.2) and 400 (55.5), the latter only 0.7 off his own world mark.

—Henry Fairbank's wins in the 100, 200 and 400 (62.4) in the 60-64 group.

—Hike VanDerWal of Canada's 2:01.1 in the 40-44 800.

—Glynn Wood's 4:16.6 in the 45-49 1500, only 6.2 seconds off Bill Fitzgerald's American record.

—George Vernosky's 9:39.4 in the 45-49 3000.

—Jim O'Hara's 15.4 in the 40-44 110-hurdles.

—Russ Myer's new world over-70 mark in the 75-79 110-hurdles in 21.9, breaking Ralph Higgins' old record of

22.7, set June 23, 1973.

—Bob Youngs' 58.87 (193'1") Javelin toss in the 45-49 group, only 8' short of Bud Held's American 45-49 record.

—Herb Anderson's 8 triumphs in the 75-79 division, including a new world triple jump record of 25'8¾ in the 70-74 category.

—Paul Fairbank's 5 victories in the 70-74 competition.

—Nolan Fowler's new world mark of 127'5" in the 65-69 Hammer.

OA=30-34; OB=35-39; 1A=40-44; 1B=45-49; 2A=50-54; 2B=55-59; 3A=60-64; 3B=65-69; 4A=70-74; 4B=75-79.

### 100 METERS

Men:			
OA Mike Jackson	30	11.0	
OB Bob Sanford	38	11.4	
1A Richard Barnes	41	11.4	
1B Matt Brown	45	11.7	
2A Ed Schuler	51	11.9	
2B Rudy Valentine	55	12.5	
3A Henry Fairbank	60	13.8	
3B Fred White	66	13.8	
4A Al Brosz	72	16.0	
4B Herb Anderson	76	16.3	

### Ladies:

OA Elizabeth Holmes	30	15.8	
OB Carrie McIntosh	35	15.2	
1A Anna Cirulnick	44	16.0	
2A Josephine Tober	51	18.5	
2B Martha Fairbank	57	20.2	

### 200 METERS

Men:			
OA Mike Purinton	31	23.0	
OB Bob Stanford	38	23.0	
1A Ed Small	40	23.4	
1B Matt Brown	45	24.1	
2A Ed Schuler	51	25.7	
2B Rudy Valentine	55	25.2	
3A Henry Fairbank	60	27.5	
3B Fred White	66	26.3	
4A Al Brosz	72	37.4	
4B Meyers Russell	76	32.4	

### Ladies:

OA Lena Williams	32	30.0	
1A Anna Cirulnick	44	33.5	
2A Josephine Tober	51	40.7	
2B Martha Fairbank	57	41.6	

### 400 METERS

Men:			
OA John Danforth	31	50.8	
OB Bob Stanford	38	51.3	
1A Bob Lida	42	52.6	
1B Rudy Enders	47	54.7	
2A Kelsey Brown	51	57.5	
2B Rudy Valentine	55	55.5	
3A Henry Fairbank	60	62.4	
3B George Braceland	65	70.3	
4B Meyers Russell	75	80.6	

### Ladies:

OA Elizabeth Holmes	30	78.5	
2A Josephine Tober	51	94.3	
2B Martha Fairbank	57	95.8	

### 800 METERS

Men:			
OA Edward Daw	34	1:55.2	
OB Maurice McDonald	38	1:59.6	
1A Hike VanDerWal	41	2:01.1	
1B Henryk Kupczyk	46	2:08.1	
2A Kelsey Brown	51	2:08.9	
2B Archie Messenger	55	2:19.3	
3A Henry Fairbank	60	2:27.4	
3B Bud Deacon	68	2:38.3	
4A Paul Fairbank	72	2:59.8	
4B Herb Anderson	76	3:22.6	

### 1500 METERS

Men:			
OA Arthur Morris	33	4:06.4	
OB Lew Faxon	39	4:08.4	
1A Rolland Elliott	43	4:33.0	
1B Glynn Wood	45	4:16.6	
2A Kelsey Brown	51	4:44.4	
2B Archie Messenger	55	5:03.0	
3A Marcellus Miller	63	7:14.3	
3B Chen Ling Wang	67	5:58.2	
4A Paul Fairbank	72	6:14.3	
4B Chia Hsieh Tung	76	7:26.8	

### Ladies:

OA Lena Williams	32	5:34.1	
1A Jeanie Cavender	40	7:58.6	
1B Anne Boyd	45	6:12.2	
2A Josephine Tober	51	7:30.5	
2B Martha Fairbank	57	8:04.2	

continued



continued

## 3000 METERS

Men:			
OA Wallie Jones	31	9:01.1	
OB Thomas Hare	35	9:38.7	
1A Tom Regan	40	10:43.4	
1B George Vernosky	49	9:39.4	
2A Roland Anspach	53	10:17.8	
2B Newlin Hewson	56	11:31.1	
3A John Woods	61	11:28.8	
3B Chen Ling Wang	67	12:47.9	
4A Paul Fairbank	72	13:17.0	
4B Chia Hsieh	76	16:16.9	

## 5000 METERS

Men:			
OA Paul Rogers	33	15:28.4	
OB James Deni	36	16:30.7	
1A George Conn	43	17:35.9	
1B George Vernosky	49	16:58.8	
2A Richard Packard	51	17:45.1	
2B Newlin Hewson	56	21:33.2	
3A John Woods	61	19:39.2	
3B Chen Ling Wang	67	21:57.3	
4A Paul Fairbank	72	23:17.0	
4B Lou Gregory	76	35:48.3	

## 10000 METERS

Men:			
OA Randy Cook	31	33:42.6	
OB William Hall	38	32:34.9	
1A Guy Spear	41	36:27.0	
1B George Vernosky	49	35:07.1	
2A Kelsey Brown	51	37:59.7	
2B Newlin Hewson	55	46:24.3	
3A John Woods	61	41:00.0	
3B Chen Ling Wang	67	46:24.3	
4A Paul Fairbank	72	51:23.2	
4B Lou Gregory	76	54:56.6	

## Ladies:

OA Carol Miedema	34	43:41.6	
OB Paula Few	35	46:16.6	
1A Martha Klopfer	43	40:44.4	
1B Rachel Bourn	49	45:29.0	

## 110-METER HURDLES

Men:			
OA Jim Ackroyd	34	16.3	
OB Tom Cronan	36	16.0	
1A Jim O'Hara	40	15.4	
1B Bill Clark	46	17.6	
2A Roy Chernock	51	16.4	
2B Rudy Valentine	55	19.2	
3B George Braceland	65	19.9	
4A Walt Frederick	71	30.8	
4B Russell Meyers	75	21.9	

## 400-METER HURDLES

Men:			
OA Dave Watson	31	57.7	
OB Tom Cronin	36	58.4	
1A Hike VanDerWal	41	61.8	
1B Bill Clark	46	65.8	
2A Dixon Hemphill	54	78.3	
2B Joe Martin	58	71.6	
3B George Braceland	65	75.6	
4A Walt Frederick	71	110.8	
4B Russell Meyers	75	94.2	

## 3000 METER STEEPLECHASE

Men:			
OA Allan Lichtman	32	11:04.8	
OB Lew Faxon	39	10:48.6	
1A Hike VanDerWal	41	10:14.5	
1B Charles Howard	46	14:45.7	
2A Roland Anspach	53	11:38.3	
2B Paul Gabriel	55	14:25.6.3	
3B Bob Boal	67	13:21.3	
4A Walt Frederick	71	16:50.0	

## HALF MARATHON

Men:			
OA Carl Hereford	31	1:13:39.5	
OB Dave Vandenb'k	37	1:16:23.6	
1A Dick Berryman	44	1:24:34.8	
1B Tony Diamond	49	1:22:42.1	
2A Roland Anspach	53	1:22:07.7	
2B Paul Gabriel	55	1:42:56.3	
3A Alvin Guttag	60	1:43:23.9	
4A Walt Frederick	71	2:14:21.9	

## MARATHON

Men:			
OA Henry Lewis	34	2:53:28.0	
OB Jim Melanson	35	2:56:36.0	
1A Dave Eden	41	2:46:03.0	
1B Clarence Boyd	45	2:59:19.0	
2A Bruce Woodward	50	3:16:09.0	
3A Herb Keller	60	4:04:12.0	

## Ladies:

OA Judy Melton	31	3:48:05.0	
OB Joan Ardern	36	4:27:25.0	
1B Nancy Ballenger	47	5:23:25.0	

## 5K WALK

Men:			
OA John Walker	33	29:10.7	
OB Jim Dent	36	25:16.6	
1A Ron Chandross	44	34:32.7	
1B Andy Briggs	48	28:01.9	
2A Bob Mimm	54	25:51.6	
2B Egon Kafak	56	34:20.7	
3A Don Johnson	62	28:06.7	
3B John Wall	66	35:06.3	
4A Warren Ling	73	42:42.9	

## 20K WALK

Men:			
OA Alan Price	32	1:49:36.5	
OB A. Jermundson	36	2:10:30.0	
1B Wayne Nicoll	46	1:55:09.0	
2A Bob Mimm	54	1:52:30.0	
2B Harry Canfield	59	2:26:05.0	
3A Don Johnson	62	2:06:33.0	
3B John Wall	66	2:38:58.0	

## PENTATHLON

Men:			
OA Michael Riddle	30	3539	
OB Tom Cronan	36	2714	
1A Sammy White	41	2684	
1B Rudy Enders	47	2450	
2A Dixon Hemphill	54	1929	
2B Max Goldsmith	56	1790	
3A C. Johannesmeyer	61	2708	
3B George Braceland	65	2359	
4A Al Brosz	72	1087	
4B Herb Anderson	76	1880	

## HIGH JUMP

Men:			
OA Ron Purdum	31	2.03	
OB Al Littlejohn	38	1.67	
1A Tom Langenfeld	43	1.77	
1B Walt Hutchins	47	1.72	
2A Spotswood Hall	54	1.57	
2B Floyd Simmons	56	1.52	
3A Bill Patterson	63	1.20	
3B George Braceland	65	1.32	
4A Walt Frederick	71	1.17	
4B Herb Anderson	76	1.29	

## LONG JUMP

Men:			
OA Ken Brauman	32	6.23	
OB Bob Taylor	37	6.37	
1A Roy Bradley	41	5.45	
1B Bill Clark	46	5.45	
2A Roy Chernock	51	5.24	
2B Max Goldsmith	56	4.78	
3A Hans Schneider	64	4.61	
3B Fred White	66	4.33	
4A Al Brosz	72	3.23	
4B Konrad Boas	75	3.07	

## TRIPLE JUMP

Men:			
OA Ken Brauman	32	13.37	
OB Al Littlejohn	38	11.58	
1A Rusty Hamilton	43	10.40	
1B Phil Mulkey	47	11.64	
2A Ed Schuler	51	9.77	
2B Max Goldsmith	56	9.88	
3A Hans Schneider	64	9.35	
3B Fred White	66	9.51	
4A Arnolds Ticmanis	73	6.74	
4B Herb Anderson	76	7.84	

## POLE VAULT

Men:			
OA John Green	31	4.16	
1A Ed Zuraw	40	4.16	
1B Phil Mulkey	47	3.48	
2A Dixon Hemphill	54	2.74	
2B Joe Shy	58	1.17	
3A Bill Patterson	63	2.49	
3B Bud Deacon	68	2.74	
4A Al Brosz	72	1.77	
4B Herb Anderson	76	1.49	

## DISCUS

Men:			
OA Jim Ackroyd	34	32.46	
OB Ed Hill	36	41.76	
1A Henry Davenport	43	36.98	
1B C. Fraundorfer	47	39.60	
2A Herb Cantor	53	35.38	
2B Floyd Simmons	56	32.92	
3A Harold Parsons	60	39.66	
3B Phil Partridge	68	34.90	
4A Ray Connolly	72	25.90	
4B Herb Anderson	76	23.80	

## JAVELIN

Men:			
OA John Piatek	32	64.75	

OB Dick Kurnik	35	50.14	
1A John Gilmore	44	44.01	
1B Bob Youngs	45	58.87	
2A Herb Cantor	53	36.61	
2B Floyd Simmons	56	42.38	
3A Hans Schneider	64	41.62	
3B Phil Partridge	68	32.45	
4A Walt Frederick	71	23.91	
4B Herb Anderson	76	25.55	

## SHOT PUT

Men:			
OA John Vogler	30	11.35	
OB Howard Williams	36	14.23	
1A Lynn Newcomb	44	10.51	
1B C. Fraundorfer	47	12.46	
2A Herb Cantor	53	11.25	
2B Floyd Simmons	56	12.14	
3A Hans Schneider	64	13.72	
3B George Braceland	65	10.10	
4A Arnold Ticmanis	73	9.57	
4B Herb Anderson	76	8.35	

## HAMMER

Men:			
OA Jim Ackroyd	34	27.75	
OB Jim Banks	35	39.66	

## WEIGHT PENTATHLON

Men:			
OA John Vogler	30	2736	
OB Ed Hill	36	3114	
1A Lynn Newcomb	44	2351	
1B Len Olson	47	3095	
2A Bill Brackney	50	2446	
2B John Ulam	55	1979	
3A Harold Parsons	60	2666	
3B Phil Partridge	68	2127	
4A Ray Connolly	72	1567	
4B Arthur Wright	76	587	

(Note: To translate meters into feet, multiply by 3.28)

## Report from Australia

The Australian Veterans Championships were held in Sydney April 14-15, with 332 competitors.

As usual, the Australian middle-distance runners were outstanding. Tony Roberts will be tough in Hannover with a 2:03.7 in the 45-49 800, and 4:20.1 1500.

N. Windred will challenge Gothenburg gold-medalist Dean Smith with his 2:09.7 800 in the 50-54 class. His 4:30.3 1500 makes him a serious contender in that event as well.

J. Bowers' 4:11.9 in the 40-44 1500 ties the best known American time this year of Tom Cathcart. It's close to Bill Baille's New Zealand Championship time of 4:10.7.

Wal Sheppard's excellent 2:16.9 in the 55-59 800 gives the Aussies a formidable middle-distance contin-

gent for Hannover.

"One or two well known names are missing from the results," says Sheppard, the Secretary of the Australian Veterans Association.

"John Gilmour, for example; but they intend to compete in Hannover, and the double expense of traveling to Sydney was a bit too much.

"At Hannover, we'll have a fairly strong team, although perhaps not as strong overall as previously. The high cost of flying to Europe makes it difficult for athletes to continue competing overseas.

"In 1981, it may be different, as both New Zealand and Australia intend to bid for the 4th World Championships. So they may be 'down under' in 1981."

## AUSTRALIAN VETERANS CHAMPIONSHIPS -- APRIL 14-15, 1979

AGE	ENTRIES	COMPETITORS	200
M35	130	40	M35 H. Giles 22.7
M40	185	68	M40 G. Page 23.7
M45	147	53	M45 P. Pearson 23.7
M50	102	39	M50 R. Hochreiter 24.7
M55	64	22	M55 J. Tennant 27.0
M60	71	20	M60 C. Masters 27.5
M65	45	18	M65 W. Stubbings 29.3
M70	24	6	W30 H. Steadman 26.5
M75+	5	2	W35 J. Byrnes 28.0
TOTAL	773	268	W40 M. Dunbar 27.9
W35	46	13	W45 H. Doherty 31.3
W40	57	19	W50 B. Sherlock 36.0
W45	34	8	W55 A. Hogan 31.4
W50	35	8	
W55+	11	9	
TOTAL	203	64	
GRAND			
TOTAL	976	332	
WINNERS:			
100			
M35	H. Giles	11.2	W30 H. Steadman 61.6
M40	B. Primrose	11.5	W35 J. Byrnes 62.8
M45	J. Liacos	11.7	W40 M. Dunbar 67.7
M50	R. Hochreiter	12.0	W45 C. McKerr 74.0
M55	J. Tennant	12.7	W50 B. Newman 75.3
M60	C. Masters	13.1	
M65	W. Stubbings	14.3	
M70	G. Simpson	15.0	
800			
W30	H. Steadman	13.1	M35 H. Giles 2:03.7
W35	H. Searle	13.1	M40 G. Coburn 2:03.5
W40	M. Dunbar	13.0	M45 T. Roberts 2:03.7
W45	H. Doherty	14.7	M50 N. Windred 2:09.7
W50	B. Sherlock	16.7	M55 W. Sheppard 2:16.9
W55	A. Hogan	15.0	M60 J. Stevens 2:26.5
			M65 F. Burgoyne 2:33.5

continued



## continued

M70	M. Jenkinson	2:42.4
M75	T. Millard	3:45.0

W30	H. Steadman	2:25.8
W35	J. Byrnes	2:34.5
W40	M. Thunig	2:41.0
W45	J. Smith	2:46.8
W50	S. Brasher	2:49.9

## 1500

M35	I. Graves	4:19.1
M40	J. Bowers	4:11.9
M45	T. Roberts	4:20.1
M50	N. Windred	4:30.3
M55	W. Sheppard	4:46.2
M60	T. McDonald	5:09.7
M65	S. Nicholls	5:24.0
M70	M. Jenkinson	5:48.3
M75	T. Millard	7:37.0

W30	E. Gould	5:42.0
W35	L. Pisch	5:20.7
W40	M. Thunig	5:26.9
W45	C. McKerr	5:30.2
W50	S. Brasher	5:19.2

## 5000

M35	K. Mayhew	15:24.6
M40	T. Vincent	15:04.9
M45	R. Morgan-Morris	15:54.4
M50	D. Power	16:20.6
M55	G. McGrath	17:39.0
M60	T. McDonald	19:36.0
M65	S. Nicholls	19:32.6
M70	S. Hesketh	22:33.0

W30	E. Gould	22:00.0
W35	E. MacFarlane	22:42.0
W40	S. Beisty	19:21.3
W45	S. Young	21:29.0
W50	S. Brasher	19:53.0

## 10000

M35	J. Hennessy	34:25.0
M40	T. Vincent	32:53.0
M45	R. Morgan-Morris	34:16.8
M50	P. Piper	34:41.0
M55	G. McGrath	37:31.0
M60	T. McDonald	40:28.7
M65	S. Nicholls	42:06.0
M75	T. Millard	60:25.0

W35	E. McFarlane	49:00.0
W40	S. Beisty	42:07.0
W45	S. Young	45:07.2
W50	S. Brasher	43:47.0

## 110 HURDLES

M35	H. Giles	15.6
M40	K. Priestley	16.5
M45	L. Schaefer	17.3
M50	G. Bartlett	18.5
M55	F. Bruckner	20.9
M60	H. Logan	20.7
M70	G. Simpson	25.7

W40	G. Richards	17.8
W45	H. Doherty	19.6

## 400 HURDLES

M35	H. Giles	59.8
M40	D. Williams	63.0
M45	N. Fletcher	65.8
M50	H. Meiselbach	64.0
M55	F. Bruckner	76.6
M60	A. Lampard	77.8
W40	J. Wines	106.0

## 3000 STEEPLECHASE

M35	I. Graves	10:03.1
M40	J. Bowers	9:50.3

## 1500 STEEPLECHASE

M50	G. Inwood	5:24.5
M55	C. Cavill	6:16.3
M65	S. Nicholls	5:54.2

## 3000 WALK

M35	A. Salter	14:51.9
M40	J. Smith	13:26.5
M45	L. Irwin	15:08.0
M50	K. Coster	15:32.0
M55	G. Cavill	16:16.0
M60	H. Jones	15:38.0
M65	J. Daintry	15:25.0
M70	W. Grierson	21:01.0

W35	E. MacFarlane	21:58.0
W40	J. Russell	15:47.0
W50	S. Brasher	17:13.0

## 5000 WALK

M35	A. Salter	25:28.0
M40	J. Smith	22:34.0
M45	L. Irwin	25:05.0
M50	S. Jones	26:23.0
M55	G. Cavill	27:34.0
M60	H. Jones	26:58.0
M65	J. Daintry	26:23.0
M70	W. Grierson	33:27.0

W40	M. Stanway	26:57.0
W50	S. Brasher	28:23.0

## HIGH JUMP

M40	B. Primrose	1.62
M45	P. Leane	1.59
M50	R. Hochreiter	1.50
M60	H. Logan	1.30
W40	U. Krenkels	1.50

## LONG JUMP

M35	P. Greene	5.95
M40	J. Christian	5.55
M45	J. McGrath	5.86
M50	G. Brown	5.32
M55	F. O'Connor	4.57
M60	A. Lampard	4.20

## TRIPLE JUMP

M35	L. Mitchelson	11.85
M40	J. Christian	12.30
M45	J. Sturzaker	11.86
M50	K. McConnell	11.82
M55	F. O'Connor	10.25
M60	H. Logan	9.70
W45	H. Doherty	8.13

## POLE VAULT

M40	G. Powell	3.50
M45	J. McGrath	3.50
M50	G. Brown	3.50

## SHOT PUT

M35	K. Readwin	10.07
M40	G. Nicol	12.07
M45	B. Van Weenen	12.17
M50	A. Pavulins	13.77
M60	J. Fraser	12.17
M65	A. Hayes	10.15

W30	M. Thomas	11.18
W35	H. Searle	11.29
W40	J. Preece	10.47
W45	H. Doherty	10.10
W50	L. Renalson	10.05

## JAVELIN

M35	L. Mitchelson	44.40
M40	G. Nicol	57.16
M45	P. Leane	53.90
M50	J. Achurch	53.82
M55	F. O'Connor	30.39
M60	H. Logan	26.02
W45	H. Doherty	38.16

## DISCUS

M35	K. Readwin	33.14
M40	H. Vann	36.94
M45	L. Manes	34.68
M50	J. Achurch	40.64
M60	R. Foley	42.36
M70	P. Barnes	24.44
W35	H. Searle	25.74
W40	J. Hallett	29.10
W45	S. White	32.76

## 1979 annual Masters Track and Field meeting

GRESHAM, OREGON, July 8.-The annual Masters Track & Field Meeting was held in Gresham on Sunday afternoon prior to the final day's events.

National Masters AAU Track & Field Co-Chairman Bob Fine presided. Co-Chairman Wendell Miller was unable to attend, but sent his best regards.

Fine expressed confidence that Miller would take over the chairmanship exclusively for 1980.

Fine announced that Duke, North Carolina, has bid for the 1980 Outdoor Masters Championships. Syracuse, New York, has bid for the 1980 Indoor Championships. Sites will be determined at the 1979 AAU Convention in Las Vegas this autumn.

Tom Sturak, Southern Pacific Association AAU Masters Chairman, said Los Angeles will likely bid for the 1981 Championships. "The city of LA is celebrating an anniversary that year, and is looking for events such as this to promote the city. We're hopeful the city will underwrite some of the costs."

Jim Hershberger of Wichita, Kansas, is interested in hosting the 1982 Outdoor Championships.

Sturak is exploring the possibility of Los Angeles bidding for the 1983 World Veterans Championships. Just as Canada did in 1975, when it hosted the 1st World Masters Games one year prior to the Olympics as a

"warm-up" for their officials, so could the U.S. use the 5th World Veterans Championships in Los Angeles in 1983 as a prelude to the 1984 Olympics, now firmly set for Los Angeles.

Fine said "There are now 7 committees in the AAU with jurisdiction over our sport: Men's Track & Field, Women's Track & Field, Men's Long Distance Running, Women's Long Distance Running, Race Walking, Masters Track & Field, and Masters Long Distance Running. Masters Women are included in the Masters committees with the men.

"The Masters Track & Field people are willing to merge with the Masters Long Distance Running Committee. An unofficial poll showed 60% favor merger. But the LDR Committee seems to be opposed."

At the 1978 AAU Convention, the vote was 13-9 (both T&F and LDR voting) to keep the committees separate.

Merger would mean the LDR could participate in the funds offered by Financial Fitness, the Occidental Life Insurance Co. of North Carolina affiliate which is providing \$35,000 in 1979 to support the Masters Track & Field Program.

Merger would also mean greater coordination of events between T&F and LDR.

Fine said the LDR Committee, however, wanted to go its own way

since it has far more members than T&F and a greater treasury balance (\$6000 vs. \$600) than the T&F committee.

Fine suggested a "behavior code" be written into our constitution to provide specific action and/or penalties when a competitor, for example, lies about his or her age, or strikes an official in the heat of a disagreement.

At the moment, anyone lying about age is given a 2-year suspension, plus the forfeiture of all medals illegally won. Two incidents have occurred so far. One has returned the medals. One has not.

Everyone approved.

A discussion of team championships in major meets ensued. Should a competitor who lives in, say, Nebraska, be allowed to run for a team from California? Or should the Nebraska competitor be permitted only to compete for a club in the Nebraska district?

If there were team championships, would a competitor who might finish only 6th be more likely to compete, because his 6th place finish could give a point to his team? Would there be more camaraderie because of team competition? Would more people compete?

Jim Puckett said team championships would be "a cancer" on the movement. Tom Sturak and others said recruitment would get out of hand; that ugly incidents and ill-will would result, which is exactly what the Masters program tries always to avoid.

The proposal for team championships was defeated, 38-6.

Fine announced Geza Feld, national ranking chairman, is compiling 1979 bests in all events, in all age categories. Send him your best performance for 1979. He'll compile the results which will be printed in the newsletter. Certificates for the top 5 will be awarded.

Fine encouraged clubs to participate in the annual postal relays. You get a relay team together, run it anywhere, anytime, and submit your result. Best team in the U.S. wins. Everyone's on the honor system.

Feld, Pete Mundle (national records chairman) and Ken Young of the National Data Running Center in Tucson, are working on age-graded tables for each event. One purpose: If only ten people are entered in an event in all divisions (common for the steeplechase), instead of breaking it up into eight or nine divisions as is done now, and giving everyone a gold medal, one competition could be held using the tables. If a 60-year-old ran a better race, according to his age and the performance level of the table, he would win, even though he might finish a lap or two behind the 38-year-old. It would make a gold medal more meaningful.

The New York Masters Association will publish the age-record book in the future, not Track & Field News as before.

As long as we have a sponsor, the maximum entry fee for national and regional championships will be \$3. John Bevilacqua, AAU Masters T&F Treasurer, has resigned as Executive Director of Financial Fitness. FF is still committed to the \$35,000 for us in 1979, and may well continue the grant in 1980.

Fine said a complete accounting of

continued



continued

the funds will be published in the newsletter.

A National Masters Directory will be published by Financial Fitness, Inc., listing all registered Masters in the U.S. When you're in a strange area on business or traveling, you can call a member to learn of local events, the best place to run, etc.

The most important thing, said Fine, is the National Masters Newsletter. Al Sheahen and Ed Gildea have been hired to edit and publish, respectively, the paper.

Sheahen asked for suggestions and comments. We need 2500 subscribers to make it work. At present, we have a bit over 1000. Everyone is encouraged to talk up the paper. Get your friends to subscribe. A

subscription blank is in this issue. It's only \$3 for the rest of 1979; probably \$10 in 1980, depending. It will serve as the main form of communication for Masters athletes.

Fine announced the disturbing news that the South Africans, once again, will be barred from competing in the 1979 World Veterans Championships in Hannover. (See separate story.)

Citing the confusion that has developed with changes to implement weights and hurdle heights, Fine asked for and received unanimous approval to make the U.S. standards conform to international standards. Thus, for a veteran who plans to compete abroad, he or she can now plan on the same conditions applying here in the U.S. as will be encountered overseas.

## Athletes from 18 states compete in TFA/USA meet

SLIPPERY ROCK, PA., June 9-10. Athletes from 18 states and the District of Columbia took part in the annual TFA/USA Track and Field Championships at Slippery Rock State College in Western Pennsylvania.

States were North Carolina, Oklahoma, Michigan, New York, Pennsylvania, Ohio, Minnesota, New Jersey, Maine, Texas, Florida, Georgia, Virginia, West Virginia, Maryland, Delaware, California and Connecticut.

The meet expanded this year to

5-year age divisions starting with 30-34 for both men and women.

Three former U.S. Olympians competed. They were Sandra Knott (1964), Billy Reilly (1968) and Lou Gregory (1932).

"I think this was our best meet yet," said organizer John Harwick, head of the West Penn Track Club. "I hope we can develop into one of the major meets each year. I think TFA/USA has a super executive director in Berny Wagner, and I think we will be making progress at all levels."

### OLSON AWARDS (Outstanding Performers)

1979

45-49--Ann Ruth/Western Pennsylvania TC  
40-44--Sandra Knott/Un./Cleveland/Ohio  
35-39--Paulette Krause/Western Pa. TC  
30-34--Kathy Marsh/Southeast (Ohio) RC

1979

75-79--Lou Gregory/Pensacola Runners Assn.  
65-69--Bob Detweiler/Philadelphia Masters  
60-64--Charles Beaudry/S. Texas Striders  
55-59--Bob Peters/Western Pennsylvania TC  
50-54--Ray Lister/Western Pennsylvania TC  
45-49--Pay Carstensen/New York Masters  
40-44--Ed Zuraw/Potomac Valley Seniors  
35-39--Bob Stanford/Philadelphia Masters  
30-34--Norm Bower/Cleveland Weight Throwers

## WOMEN

TEAM SCORES (10/8/6/4/2/1)

1. Western Pennsylvania Track Club.....160	5. Grand Island (N.Y.) Track Club..... 18
2. Southeast (Ohio) Running Club..... 40	6. Bard (Pa.) Track Club..... 10
3. Cleveland Women Running..... 24	Unattached..... 50
4. New York Masters..... 20	

45-49 WOMEN/June 9 (Each first-place performance establishes a meet record)

2-Mile--Ann Ruth/Western Pennsylvania Track Club/15:28.8  
1J--Helga Carstensen/New York Masters/9:10.4  
SP--Helga Carstensen/New York Masters/19-8

45-49 WOMEN/June 10 (Each first-place performance establishes a meet record)

44OR--Western Pennsylvania Track Club (Beck/Campbell/Kucherer/Ruth)/1:22.3  
88OR--Western Pennsylvania Track Club (Beck/Campbell/Kucherer/Ruth)/3:05.11  
1-Mile R--Western Pennsylvania Track Club (Beck/Campbell/Kucherer/Ruth)/6:57.8  
2-Mi R--Western Pennsylvania Track Club (Beck/Campbell/Kucherer/Ruth)/16:21.6

40-44 WOMEN/June 9 (Each first-place performance establishes a meet record)

220--Grace Butcher/Un./Chardon/Ohio/32.7  
440--Grace Butcher/Un./Chardon/Ohio/1:11.9; Annette Power Johnson/Cleveland Women Running/1:29.0  
880--Pat Beasel/Grand Island (N.Y.) Track Club/2:33.8  
1-Mile--Sandra Knott/Un./Cleveland/Ohio/5:23.3; Pat Beasel/Grand Island (N.Y.) Track Club/5:25.23  
2-Mile--Sandra Knott/Un./Cleveland/Ohio/12:03.9; Annette Power Johnson/Cleveland Women Running/13:56.8

40-44 WOMEN/June 10 (Each first-place performance establishes a meet record)

6-Mile--Sandra Knott/Un./Cleveland/Ohio/38:30.0; Annette Power Johnson/Cleveland Women Running/44:51.0  
44OR--Bard (Pa.) Track Club (Beasel/Johnson/Knott/Marsh)/5:23.5

35-39 WOMEN/June 9 (Each first-place performance establishes a meet record)

440--Paulette Krause/Western Pennsylvania Track Club/1:22.39  
2-Mile--Paulette Krause/Western Pennsylvania Track Club/14:28.0

35-39 WOMEN/June 10 (Each first-place performance establishes a meet record)

6-Mile--Paulette Krause/Western Pennsylvania Track Club/47:36.0  
44OR--Western Pennsylvania Track Club (Brandenstein/Henderson/Krause/O'Toole)/1:11.0  
88OR--Western Pennsylvania Track Club (Brandenstein/Henderson/Krause/O'Toole)/2:47.4  
1-Mile R--Western Pennsylvania Track Club (Brandenstein/Henderson/Krause/O'Toole)/6:02.15  
2-Mi R--Western Pennsylvania Track Club (Brandenstein/Henderson/Knott/Krause)/13:24.4

30-34 WOMEN/June 9

440--Kathy Marsh/Southeast (Ohio) Running Club/1:14.5 (Marsh breaks record of 1:17.3 set by Cascades/Atlanta Track Club/1977)  
880--Kathy Marsh/Southeast (Ohio) Running Club/2:39.3 (Marsh establishes record)  
1-Mile--Kathy Marsh/Southeast (Ohio) Running Club/6:02.5 (Marsh establishes record)  
2-Mile--Kathy Marsh/Southeast (Ohio) Running Club/13:11.8 (Marsh establishes record)

30-34 WOMEN/June 10 (Each first-place performance establishes a meet record)

44OR--Western Pennsylvania Track Club (Baker/Bower/Kaharick/Quinlan)/1:21.0  
88OR--Western Pennsylvania Track Club (Baker/Bower/Kaharick/Quinlan)/2:51.3  
1-Mile R--Western Pennsylvania Track Club (Baker/Bower/Kaharick/Quinlan)/6:15.4  
2-Mi R--Western Pennsylvania Track Club (Baker/Bower/Kaharick/Quinlan)/14:53.4

## MEN

TEAM SCORES (10/8/6/4/2/1)

1. Western Pennsylvania Track Club.....617	West Virginia Track Club..... 28
2. Philadelphia Masters.....220	15. Clear Spring (Md.) Track Club..... 26
3. New York Masters.....170	16. Alliance (Ohio) RRC..... 25
4. Garden State (N.J.) Track Club.....158	17. Lake Erie (Ohio) Walkers..... 20
5. South Texas Striders.....103	Syracuse Chargers..... 20
6. Potomac Valley Seniors.....100	Youngstown (Ohio) Road Runners..... 20
7. Pensacola Runners Association..... 89	20. Lightfoot (Ct.) Runners..... 18
8. Cleveland Over-the-Hill..... 80	New York Athletic Club..... 18
9. Ann Arbor Track Club..... 74	22. Nirgra (Ohio) Frontier..... 16
10. Atlanta Track Club..... 48	23. Delaware Track Club..... 10
11. Corona del Mar (Ca.) Track Club..... 42	24. Erie (Pa.) Runners Club..... 8
12. Cleveland Weight Throwers..... 40	25. Philadelphia Pioneers..... 6
13. Charlottesville Track Club..... 28	Unattached..... 343

75-79 MEN/June 9 (Each first-place performance establishes a meet record)

880--Lou Gregory/Pensacola Runners Association/3:57.4  
1-Mile--Lou Gregory/Pensacola Runners Association/7:42.0; Paul Hobe/Alliance (Ohio) RRC/8:45.9  
3-Mile--Lou Gregory/Pensacola Runners Association/24:28.0; Paul Hobe/Alliance (Ohio) RRC/29:19.0  
1-Mile RW--Lou Gregory/Pensacola Runners Association/10:04.7  
SP--Lou Gregory/Pensacola Runners Association/18-3  
D--Lou Gregory/Pensacola Runners Association/42-1  
J--Lou Gregory/Pensacola Runners Association/40-6.4

75-79 MEN/June 10 (Each first-place performance establishes a meet record)

6-Mile--Tie between Lou Gregory/Pensacola Runners Association/59:50.0 and Paul Hobe/Alliance (Ohio) RRC/59:50.0  
6-Mi RW--Lou Gregory/Pensacola Runners Association/1:12.26

65-69 MEN/June 9 (Each first-place performance establishes a meet record)

1J--Bob Detweiler/Philadelphia Masters/9-10.4  
HJ--Bill Dunham/Un./Manchester/Maine/4-0; Bob Detweiler/Philadelphia Masters/3-8  
SP--Bob Detweiler/Philadelphia Masters/33-0  
D--Bob Detweiler/Philadelphia Masters/64-8.4  
J--Bill Dunham/Un./Manchester/Maine/97-2; Bob Detweiler/Philadelphia Masters/77-4.4

65-69 MEN/June 10 (Each first-place performance establishes a meet record)

TJ--Bob Detweiler/Philadelphia Masters/20-4  
H--Bob Detweiler/Philadelphia Masters/124-7.4  
V--Bob Detweiler/Philadelphia Masters/31-5

60-64 MEN/June 9 (Each first-place performance establishes a meet record)

100--Charles Beaudry/South Texas Striders/11.8; Charles Lukens/Un./Hamilton/Ohio/14.9  
220--Charles Beaudry/South Texas Striders/29.0  
440--Frank Finger/Charlottesville Track Club/1:03.8  
880--Frank Finger/Charlottesville Track Club/3:10.9  
3-Mile--John Woods/Potomac Valley Seniors/19:36.0  
1J--Charles Beaudry/South Texas Striders/15-3.4  
HJ--Charles Beaudry/South Texas Striders/4-6; Frank Finger/Charlottesville Track Club/4-4; Alonzo Littlejohn/Un./Jackson/Mi./4-0; Charles Lukens/Un./Hamilton/Ohio/3-6  
SP--Charles Beaudry/South Texas Striders/42-7; Alonzo Littlejohn/Un./Jackson/Mi./28-8  
D--Charles Beaudry/South Texas Striders/119-4 3/4  
J--Charles Beaudry/South Texas Striders/115-8

60-64 MEN/June 10 (Each first-place performance establishes a meet record)

6-Mile--John Woods/Potomac Valley Seniors/40:40.0

55-59 MEN/June 9 (Each first-place performance establishes a meet record)

100--Ray Bower/Western Pennsylvania Track Club/11.7; Walker Pielson/Un./Cherry Hill/N.J./12.0; Frank Mallick/Western Pennsylvania Track Club/13.4  
220--Ray Bower/Western Pennsylvania Track Club/27.6  
440--Woody Lumsford/Lightfoot (Ct.) Runners/1:03.7  
1-Mile--Don Greenwood/Ann Arbor Track Club/5:31.7; Woody Lumsford/Lightfoot (Ct.) Runners/5:38.9; Frank Mallick/Western Pennsylvania Track Club/6:04.6  
3-Mile--Don Greenwood/Ann Arbor Track Club/19:11.0; Frank Mallick/Western Pennsylvania Track Club/21:38.0  
1-Mile RW--Herb Mulkerin/Lake Erie (Ohio) Walkers/10:36.9; Ed Miller/Western Pennsylvania Track Club/10:39.8  
1J--Ed Lukens/Syracuse Chargers/17-3.4  
HJ--Bob Peters/Western Pennsylvania Track Club/4-8; Tom DeVaughn/Corona del Mar (Ca.) Track Club/4-4; Paul Eberhardinger/Philadelphia Masters/4-0  
SP--Bob Peters/Western Pennsylvania Track Club/35-10.4; Dave Batchelor/Western Pennsylvania Track Club/34-2.4; Paul Eberhardinger/Philadelphia Masters/28-8.4; Walker Pielson/Un./Cherry Hill/N.J./27-11 3/4  
D--Bob Peters/Western Pennsylvania Track Club/102-9; Dave Batchelor/Western Pennsylvania Track Club/81-6.4; Paul Eberhardinger/Philadelphia Masters/74-5 3/4  
J--Bob Peters/Western Pennsylvania Track Club/87-10.4; Paul Eberhardinger/Philadelphia Masters/80-8; Tom DeVaughn/Corona del Mar (Ca.) Track Club/79-3

55-59 MEN/June 10 (Each first-place performance establishes a meet record)

6-Mi RW--Herb Mulkerin/Lake Erie (Ohio) Walkers/1:10:30.0; Ed Miller/Western Pennsylvania Track Club/1:10:33.0  
TJ--Ed Lukens/Syracuse Chargers/36-4; Tom DeVaughn/Corona del Mar (Ca.) Track Club/25-10  
PV--Bob Peters/Western Pennsylvania Track Club/7-6; Tom DeVaughn/Corona del Mar (Ca.) Track Club/7-0  
H--Dave Batchelor/Western Pennsylvania Track Club/124-6; Bob Peters/Western Pennsylvania Track Club/104-3; Tom DeVaughn/Corona del Mar (Ca.) Track Club/98-1.4  
V--Bob Peters/Western Pennsylvania Track Club/36-5; Dave Batchelor/Western Pennsylvania Track Club/32-8.4; Tom DeVaughn/Corona del Mar (Ca.) Track Club/29-3

50-54 MEN/June 9

100--Bob Eazor/Western Pennsylvania Track Club/11.7; Charles Olson/Un./Nevis/Mn./12.1  
220--Bob Eazor/Western Pennsylvania Track Club/28.1; Charles Olson/Un./Nevis/Mn./1:31.1  
440--Bob Eazor/Western Pennsylvania Track Club/1:03.2  
1-Mile--Ray Lister/Western Pennsylvania Track Club/5:29.6; Nick Duda/Western Pennsylvania Track Club/7:16.0  
3-Mile--Ray Lister/Western Pennsylvania Track Club/19:01.0; Nick Duda/Western Pennsylvania Track Club/24:41.0  
HJ--Charles Olson/Un./Nevis/Mn./4-8 (Olson breaks record of 4-5.4 set by Peters/Un./Groveport/Ohio/1977)

50-54 MEN/June 10

6-Mile--Ray Lister/Western Pennsylvania Track Club/39:50.0  
TJ--Charles Olson/Un./Nevis/Mn./26-9

45-49 MEN/June 9 (Each first-place performance establishes a meet record)

120H--Bill Clark/Philadelphia Masters/17.5  
440H--Bill Clark/Philadelphia Masters/1:06.9  
300OS--John Harwick/Western Pennsylvania Track Club/13:30.0  
100--Jesse Johnson/New York Masters/11.3; Bill Marinelli/Potomac Valley Seniors/11.5; Bill Clark/Philadelphia Masters/12.07  
220--Bill Marinelli/Potomac Valley Seniors/26.4; Jesse Johnson/New York Masters/26.42; Bill Clark/Philadelphia Masters/26.8

continued



continued

LJ-----Bill Clark/Philadelphia Masters/16-11 3/4; Pay Carstensen/New York Masters/16-6 1/2  
 HJ-----Bill Clark/Philadelphia Masters/4-6  
 SP-----Pay Carstensen/New York Masters/35-8; Rudolf Bredenbeck/Un./Sagamore Hills/Ohio/  
 33-3 1/2  
 D-----Rudolf Bredenbeck/Un./Sagamore Hills/Ohio/92-7 1/2; Pay Carstensen/New York Masters/  
 83-3  
 J-----Pay Carstensen/New York Masters/118-2; Rudolf Bredenbeck/Sagamore Hills/Ohio/  
 92-9 1/2

45-49 MEN/June 10 (Each first-place performance establishes a meet record)

TJ-----Pay Carstensen/New York Masters/32-6  
 H-----Pay Carstensen/New York Masters/90-3  
 W-----Pay Carstensen/New York Masters/35-5

40-44 MEN/June 9

1200H-----Lawrence Judd/New York Masters/17.9  
 440IH-----Jim Bradley/Potomac Valley Seniors/1:08.8  
 3000S-----Phil Snyder/West Virginia Track Club/13:51.8 (Snyder establishes record)  
 100-----Rick Deere/New York Masters/11.0; Ray Boyd/Western Pennsylvania Track Club/11.4  
 220-----Richard Rizzo/New York Masters/24.6; Dawson Pratt/Philadelphia Masters/24.7;  
 Rick Deere/New York Masters/26.2; Ron Anderson/Western Pennsylvania Track Club/  
 26.2; Ray Boyd/Western Pennsylvania Track Club/26.5 (Rizzo breaks record of  
 25.4 set by Summers/Potomac Valley Seniors/1975 and Enders/Potomac Valley Sen-  
 iors/1978)  
 440-----Dawson Pratt/Philadelphia Masters/54.9; Lawrence Harvey/Philadelphia Masters/  
 55.0; Jim Bradley/Potomac Valley Seniors/56.8; Ron Anderson/Western Pennsyl-  
 vania Track Club/57.8; Ray Boyd/Western Pennsylvania Track Club/58.7 (Pratt  
 ties record of 54.9 set by Clarence/New York Pioneers/1974)  
 880-----Lawrence Harvey/Philadelphia Masters/2:10.0; Jim Bradley/Potomac Valley Seniors/  
 2:46.3  
 Mile-----Morton Gurtin/Western Pennsylvania Track Club/4:58.0; Phil Snyder/West Virginia  
 Track Club/6:09.0  
 3-Mile-----Phil Snyder/West Virginia Track Club/20:56.0  
 LJ-----Lawrence Judd/New York Masters/18-5; Ray Boyd/Western Pennsylvania Track Club/  
 17-6 1/2  
 HJ-----Ed Zuraw/Potomac Valley Seniors/5-6; Lawrence Judd/New York Masters/5-4; Ron  
 Anderson/Western Pennsylvania Track Club/5-4  
 SP-----Rick Deere/New York Masters/33-11 1/2; Tom Jackson/Garden State (N.J.) Track Club/  
 33-8; Lawrence Judd/New York Masters/32-5 1/2  
 D-----Tom Jackson/Garden State (N.J.) Track Club/94-8 1/2; Lawrence Judd/New York Masters/  
 93-3  
 J-----Tom Jackson/Garden State (N.J.) Track Club/119-5; Lawrence Judd/New York Masters/  
 115-3 1/2

40-44 MEN/June 10

6-Mile-----Ralph Bowles/Un./Pleasant Hill/Ca./12:0; Doug Moorhead/Erie (Pa.) Runners  
 Club/38:00.0  
 440R-----Western Pennsylvania Track Club (Anderson/Boyd/Breault/Summers)/1:52.6  
 880R-----Western Pennsylvania Track Club (Anderson/Boyd/Breault/Summers)/1:53.6  
 Mile R-----Western Pennsylvania Track Club (Anderson/Boyd/Breault/Summers)/4:08.5  
 2-Mi R-----Western Pennsylvania Track Club (Boyd/Breault/Summers)/10:21.7  
 TJ-----Ed Zuraw/Potomac Valley Seniors/38-4  
 PV-----Ed Zuraw/Potomac Valley Seniors/13-6; Ed Hoyle/Western Pennsylvania Track Club/  
 12-0 (Zuraw ties record of 13-6 set by Davenport/Un./Charles Town/Wa./1978)  
 H-----Tom Jackson/Garden State (N.J.) Track Club/67-4  
 W-----Tom Jackson/Garden State (N.J.) Track Club/29-9 1/2

35-39 MEN/June 9 (Each first-place performance establishes a meet record)

1200H-----Bryan Westfield/Ann Arbor Track Club/17.0  
 440IH-----Bryan Westfield/Ann Arbor Track Club/59.0; Alonso Littlejohn Jr./Ann Arbor  
 Track Club/1:12.64  
 3000S-----John Shaw/Un./Davidson/Mi./13:22.5  
 100-----Bob Stanford/Philadelphia Masters/10.5; Rich D'Amato/Un./Raleigh/N.C./10.9; Tom  
 Randolph/Philadelphia Pioneers/11.4; Alonso Littlejohn Jr./Ann Arbor Track Club/  
 11.6  
 220-----Bob Stanford/Philadelphia Masters/23.8; Tom C'Hora/Western Pennsylvania Track  
 Club/24.2; Rich D'Amato/Un./Raleigh/N.C./26.8; John Shaw/Un./Davidson/Mi./27.3  
 440-----Bob Stanford/Philadelphia Masters/53.1; Tom C'Hora/Western Pennsylvania Track  
 Club/53.8; John Shaw/Un./Davidson/Mi./1:07.0  
 880-----Mike Holbrook/Western Pennsylvania Track Club/2:09.1; John Shaw/Un./Davidson/Mi./  
 2:49.29  
 Mile-----Billy Reilly/New York Athletic Club/4:28.5  
 3-Mile-----Ralph Zimmerman/Un./Kenmore/N.Y./15:11.8; Billy Reilly/New York Athletic Club/  
 15:30.0  
 LJ-----Ray Bury/Garden State (N.J.) Track Club/19-11 1/2; Rich D'Amato/Un./Raleigh/N.C./  
 19-2; Mike Dean/Un./Cincinnati/Ohio/17-3; Alonso Littlejohn Jr./Ann Arbor Track  
 Club/16-10; Palmer Sweet/Western Pennsylvania Track Club/16-3 1/4; John Shaw/Un./  
 Davidson/Mi./15-10  
 HJ-----Alonso Littlejohn Jr./Ann Arbor Track Club/6-1; Ray Bury/Garden State (N.J.)  
 Track Club/6-1; Palmer Sweet/Western Pennsylvania Track Club/4-7  
 SP-----Ed Hill/Atlanta Track Club/43-8 1/2; John Allardice/Western Pennsylvania Track Club/  
 38-4 1/2; Palmer Sweet/Western Pennsylvania Track Club/35-3; Ray Bury/Garden State  
 (N.J.) Track Club/34-7 1/2  
 D-----Ed Hill/Atlanta Track Club/138-0; John Allardice/Western Pennsylvania Track Club/  
 124-10; Palmer Sweet/Western Pennsylvania Track Club/107-9; Ray Bury/Garden State  
 (N.J.) Track Club/103-3; Abe Sheinker/Western Pennsylvania Track Club/94-1

J-----Ray Bury/Garden State (N.J.) Track Club/151-3; Ed Hill/Atlanta Track Club/138-5;  
 Palmer Sweet/Western Pennsylvania Track Club/126-8

35-39 MEN/June 10 (Each first-place performance establishes a meet record)

6-Mile-----Ralph Zimmerman/Un./Kenmore/N.Y./31:59.3; John Delaney/Western Pennsylvania Track  
 Club/39:27.0  
 TJ-----Ray Bury/Garden State (N.J.) Track Club/40-3; Alonso Littlejohn Jr./Ann Arbor  
 Track Club/35-6; Palmer Sweet/Western Pennsylvania Track Club/33-5; Rich D'Amato/  
 Un./Raleigh/N.C./26-1  
 H-----Ed Hill/Atlanta Track Club/110-11; Abe Sheinker/Western Pennsylvania Track Club/  
 109-1; John Allardice/Western Pennsylvania Track Club/96-8; Palmer Sweet/Western  
 Pennsylvania Track Club/82-4  
 W-----Ed Hill/Atlanta Track Club/37-8 1/2; John Allardice/Western Pennsylvania Track Club/  
 36-10; Palmer Sweet/Western Pennsylvania Track Club/30-4 1/2

30-34 MEN/June 9

1200H-----Dev Lemster/Western Pennsylvania Track Club/17.52; John Vogler/Garden State  
 (N.J.) Track Club/18.2; Dan Wykoff/Western Pennsylvania Track Club/18.6  
 440IH-----Dev Lemster/Western Pennsylvania Track Club/1:02.2; John Vogler/Garden State  
 (N.J.) Track Club/1:08.61  
 3000S-----Greg Owings/Un./Norman/Ck./11:06.3; Joel Liles/Un./Clayton/N.C./13:27.8  
 100-----Stan Gay/Cleveland Over-the-Hill/10.6; Mike Slywka/Cleveland Over-the-Hill/10.9;  
 Don Price/Cleveland Over-the-Hill/10.9; Bob Contreras/South Texas Striders/  
 10.95; Brad Lewis/Cleveland Over-the-Hill/10.95; Dennis Galloway/Western Penn-  
 sylvania Track Club/10.98  
 220-----Mike Slywka/Cleveland Over-the-Hill/24.4; Don Price/Cleveland Over-the-Hill/  
 24.9; Dev Lemster/Western Pennsylvania Track Club/25.1; Bob Contreras/South Tex-  
 as Striders/25.3; Vince Allcorn/Western Pennsylvania Track Club/25.6; Dennis  
 Galloway/Western Pennsylvania Track Club  
 440-----George Jenkins/Un./Detroit/Mi./52.8; Mike Slywka/Cleveland Over-the-Hill/53.2;  
 Vince Allcorn/Western Pennsylvania Track Club/56.6; Dennis Galloway/Western Penn-  
 sylvania Track Club/59.2  
 880-----Jim Fox/Youngstown (Ohio) Road Runners/2:03.5; George Jenkins/Un./Detroit/Mi./  
 2:06.6; Ron Wiser/Western Pennsylvania Track Club/2:10.4; Cortez Austin/Potomac  
 Valley Seniors/2:17.25; Jeff Gerson/Cleveland Over-the-Hill/2:27.6  
 Mile-----Jim Fox/Youngstown (Ohio) Road Runners/4:25.9; Greg Owings/Un./Norman/Ck./4:29.5;  
 Wayne Vaughn/Clear Spring (Md.) Track Club/4:38.2; Ron Wiser/Western Pennsylvania  
 Track Club/4:45.3; Charles Seay/Western Pennsylvania Track Club/5:08.0; Henry  
 Paris/Western Pennsylvania Track Club/5:12.0  
 3-Mile-----Wayne Vaughn/Clear Spring (Md.) Track Club/15:45.8; Greg Owings/Un./Norman/Ck./  
 16:48.6; Bill Weichsel/Western Pennsylvania Track Club/17:36.0; Glen Sickels/  
 Potomac Valley Seniors/17:39.0; Henry Paris/Western Pennsylvania Track Club/  
 17:48.0; Kip Quinlan/Western Pennsylvania Track Club/18:46.0  
 LJ-----Larry Long/Un./Pittsburgh/Pa./20-6 1/2; Joel Liles/Un./Clayton/N.C./20-1; Bob  
 Contreras/South Texas Striders/19-2; Charles Seay/Western Pennsylvania Track  
 Club/18-1 1/2; John Vogler/Garden State (N.J.) Track Club/17-8 1/2; Billy Creel/Un./  
 Cary/N.C./17-5 1/2 (Long breaks record of 20-2 1/2 set by Taylor/Potomac Valley Sen-  
 iors/1977)  
 HJ-----Jim Littlejohn/Delaware Track Club/5-9; Billy Creel/Un./Cary/N.C./5-9; John  
 Vogler/Garden State (N.J.) Track Club/5-5; Dennis Galloway/Western Pennsylvania  
 Track Club/5-3; Mike Truss/Western Pennsylvania Track Club/5-3; Joel Liles/Un./  
 Clayton/N.C./5-2 (Littlejohn and Creel break record of 5-8 set by Russell/Tampa  
 Track Club/1975)  
 SP-----Norman Bower/Cleveland Weight Throwers/42-2; John Vogler/Garden State (N.J.)  
 Track Club/39-3; Bob Contreras/South Texas Striders/31-10; Dev Lemster/Western  
 Pennsylvania Track Club/31-1  
 D-----Norman Bower/Cleveland Weight Throwers/138-10; Dev Lemster/Western Pennsylvania  
 Track Club/107-9; Tom Teplica/Western Pennsylvania Track Club/95-2; John Vogler/  
 Garden State (N.J.) Track Club/93-3; Bob Contreras/South Texas Striders/78-6;  
 Andrew McNeil/Western Pennsylvania Track Club/75-8  
 J-----Larry Long/Un./Pittsburgh/Pa./164-6; John Vogler/Garden State (N.J.) Track Club/  
 151-6; Billy Creel/Un./Cary/N.C./151-5; Dev Lemster/Western Pennsylvania Track  
 Club/148-4; Tom Teplica/Western Pennsylvania Track Club/126-6; Bob Contreras/  
 South Texas Striders/124-5

20-24 MEN/June 10

6-Mile-----Wayne Vaughn/Clear Spring (Md.) Track Club/31:38.2; Greg Owings/Un./Norman/Ck./  
 33:50.4; John George/Western Pennsylvania Track Club/37:12.0; Kip Quinlan/Western  
 Pennsylvania Track Club/39:07.0  
 440R-----Western Pennsylvania Track Club (Allcorn/Galloway/Lemster/Wykoff)/1:48.1; Cleveland  
 Over-the-Hill (Bell/Gay/Lewis/Price)/1:51.0; Western Pennsylvania Track Club  
 (Green/McNeil/Quinlan/Seay)/1:55.7  
 880R-----Cleveland Over-the-Hill (Bell/Green/Price/Slywka)/1:39.5; Western Pennsylvania  
 Track Club (Allcorn/Galloway/Lemster/Wiser)/1:39.92  
 Mile R-----Western Pennsylvania Track Club (Allcorn/Galloway/Lemster/Wiser)/3:42.2; Cleveland  
 Over-the-Hill/3:52.0  
 2-Mi R-----Western Pennsylvania Track Club (Lemster/Paris/Quinlan/Seay)/9:54.6; Western Penn-  
 sylvania Track Club (Bowles/George/Green/Wiser)/10:01.23  
 TJ-----Bob Contreras/South Texas Striders/38-12; Billy Creel/Un./Cary/N.C./37-3 1/4; Joel  
 Liles/Un./Clayton/N.C./36-1 1/2; John Vogler/Garden State (N.J.) Track Club/35-4  
 (Contreras breaks record of 38-0 set by Marracini/Un./Pittsburgh/Pa./1974)  
 PV-----Terry Green/Nixra (Ohio) Frontier/12-0; Joel Liles/Un./Clayton/N.C./8-6 (Green  
 ties record of 12-0 set by Likovich/Western Pennsylvania Track Club/1977 and  
 Zuraw/Un./Sagamore Hills/Ohio/1978)  
 H-----Norman Bower/Cleveland Weight Throwers/102-3; John Vogler/Garden State (N.J.)  
 Track Club/95-8; Billy Creel/Un./Cary/N.C./79-8  
 W-----Norman Bower/Cleveland Weight Throwers/38-4; John Vogler/Garden State (N.J.) Track  
 Club/35-4 1/2; Terry Green/Nixra (Ohio) Frontier/28-0

## Top performances at 8th annual Met meet

NEW YORK, N.Y., June 30. The 8th Annual Metropolitan AAU Masters Track & Field Championships saw these top performances:  
 —A near world 50-54 mark in the 100 meters by J. Ryan, whose 11.5 nearly tied Alphone Jullian's 6-year-old record of 11.4.  
 —Lloyd Riddick's 23.6 220 and 53.4 440 in the 45-49 division.  
 —Rudy Valentine's triple in the 55-59 100 meters (12.6), 220 yards

(26.8) and 440 (59.6).  
 —Herb Zipper's 2:08.7 in the 45-49 880.  
 —Archie Messenger's 2:18.2 in the 55-59 880.  
 —J. McGuinness' 16:14.7 in the 40-44 three-mile run.  
 —L. Judd's 16.5 in the high-hurdles.  
 —L. Blake's 19'7" in the 45-49 long jump.

METROPOLITAN A.A.U. MASTERS TRACK & FIELD CHAMPIONSHIPS, JUNE 30, 1979  
 RANDALL'S ISLAND, NEW YORK

### 100 METERS

30-34  
 R. Pendleton 34 PC 11.7  
 D. Bray 34 NY 12.2

35-39  
 G. Ballard 37 UN 11.6  
 E. Gil 38 PC 11.9  
 A. Taule 37 NY 12.0

40-44  
 J. Moon 41 NY 11.3  
 L. Riddick 45 NY 11.4  
 R. Barnes 41 PC 11.6  
 R. Rizzo 42 NY 11.7

45-49  
 J. Johnson 47 NY 12.3  
 R. Clarence 46 PC 12.4

100 YARDS  
 50-54  
 J. Ryan 51 NY 11.5  
 J. Dowling 52 NY 12.2  
 M. Lentzer 52 NY 12.4  
 H. Colen 51 NY 12.4

### 55-59

R. Valentine 55 PC 12.6  
 60-64  
 D. Lawyer 60 PC 12.4  
 L. Rothbart 64 NY 13.0

WOMEN  
 A. Cirulnick 44 NY 14.3  
 C. McKenzie 47 NY 13.4

### 220 Yard dash

30-34  
 R. Pendleton 34 NY 24.0  
 A. Minkoff 32 JG 24.1  
 D. Bray 34 UN 25.2  
 R. Koloski 31 NY 28.1

35-39  
 G. Ballard 37 UN 24.7  
 E. Gil 38 PC 25.1  
 A. Taule 37 NY 26.0

40-44  
 A. Budd 43 NY 24.1  
 R. Barnes 41 PC 24.6

45-49  
 L. Riddick 45 NY 23.6  
 H. Bohigiah 43 NY 25.0  
 R. Clarence 45 PC 28.0

50-54  
 J. Dowling 52 NY 27.4  
 M. Lentzer 52 NY 28.8  
 H. Colen 51 NY 29.3

55-59  
 R. Valentine 55 PC 26.8  
 60-64  
 D. Lawyer 60 PC 28.1

### WOMEN

30-34  
 V. Lee 31 NY 33.5

40-44  
 L. Black 40 NY 30.3  
 A. Johnson 42 FK 31.6

### 220 yards- women

40-44 (continued)  
 A. Cirulnick 44 NY 33.2

45-49  
 C. McKenzie 47 NY 30.4

### 440 yard run

30-34  
 R. Koloski 31 NY 65.2

35-39  
 E. Gil 38 PC 56.5

40-44  
 R. Rizzo 42 NY 53.4  
 M. O'Neal 41 PC 53.4  
 C. Pauling 43 NY 54.7  
 H. Bohigiah 43 NY 55.0  
 R. Barnes 42 PC 57.6  
 W. Peck 40 UN 68.1

45-49  
 L. Riddick 45 NY 53.4

50-54  
 D. Spitzer 50 PC 60.3  
 A. Bradley 53 NY 69.1

55-59  
 R. Valentine 55 PC 59.6  
 A. Messenger 56 NY 62.0

WOMEN  
 40-44  
 L. Black 40 NY 67.4  
 A. Johnson 42 FK 72.3

### 880 yard run

35-39  
 B. O'Reilly 35 PP 2:17.2  
 M. Weinless 39 PC 2:19.3

40-44  
 C. Pauling 44 NY 2:08.7  
 M. O'Neal 41 PC 2:10.6  
 W. Peck 40 UN 2:43.1

### 45-49

H. Zipper 45 NY 2:08.7  
 J. Erskine 48 ML 2:21.1  
 J. Kernan 49 NY 2:23.6

### 50-54

D. Spitzer 50 PC 2:34.6  
 A. Bradley 53 NY 2:42.3

### 55-59

A. Messenger 56 NY 2:18.2  
 WOMEN  
 C. McKenzie 47 NY 2:47.0

### One Mile Run

35-39  
 B. O'Reilly 35 PP 4:53.4  
 M. Weinless 39 PC 5:13.6

40-44  
 C. Pauling 44 NY 5:44.9  
 W. Peck 40 UN 5:56.6

continued



continued

One Mile Run

45-49	
V. Chiappetta	45 ML 4.51.7
L. Stern	45 PP 5.03.4
W. McCarthy	46 NY 5.10.8
J. Kernan	49 NY 5.15.5
J. Erskine	48 ML 5.23.4

Women

30-34	
V. Lee	32 NY 6.08.4
35-39	
S. Pashkin	36 FK 6.11.5

Three Mile Run

35-39	
B. O'Reilly	35 PP 17.57.9
40-44	
J. McGuinness	40 ML 16.14.7
A. Dunn	42 NY 18.04.1
W. Peck	40 UN 19.47.9
45-49	
V. Chiappetta	45 ML 16.30.8
L. Stern	45 PP 17.27.1
J. Erskine	49 ML 18.08.4
D. Zinman	48 NY 19.09.3
50-54	
R. Gregory	52 PP 18.34.1
60-64	
W. Westerholm	64 ML 21.48.5
Women	
V. Lee	32 NY 21.05.5

Six Mile Run

30-34	
M. Tand	30 NY 46.56.2
40-44	
W. Peck	40 UN 39.51.4
45-49	
J. Erskine	48 ML 35.58.3
G. Feld	46 NY 37.35.6
50-54	
J. Simonte	50 CP 37.39.9
R. Gregory	52 PP 37.49.4
B. Jablon	52 NY 38.12.0
60-64	
F. Burke	60 CP 47.22.1
70-74	
G. Jacobs	72 FL 48.44.8

High Hurdles

30-34 42"	
I. Black	30 AC 18.6
N. Griffith	32 NY 19.3
40-44 36"	
L. Judd	40 NY 16.5
50-54 33"	
H. Colen	51 NY 18.88
A. Bradley	53 NY 22.05

Two Mile Walk

30-34	
I. Black	30 AC 21.36.6
40-44	
B. Kaufman	44 IS 21.54.4
45-49	
H. Jacobson	48 ES 16.08.4
R. Fine	48 NY 16.59.9
50-54	
M. Lentzer	52 NY 24.56.7

Long Jump

30-34	
N. Griffith	31 NY 19' 8
35-39	
E. Gil	38 PC 17' 1/2
A. Taule	37 NY 15' 2"
40-44	
L. Judd	40 NY 18' 3 1/2
J. West	42 UN 16' 2 1/4
G. Best	40 PC 16' 2
T. Thompson	40 UN 16' 1
R. Tobias	42 UN 16' 0
45-49	
L. Blake	46 NY 19' 7
H. West	46 NY 16' 4
50-54	
J. Ryan	51 NY 16' 2 1/4
H. Colen	51 NY 15' 1

Javelin

30-34	
J. Barber	31 NY 115' 5
I. Black	30 AC 114' 7
N. Griffith	32 NY 111' 7
D. Pierson	32 NY 96' 2
35-39	
M. Schimmenti	36 AC 106' 2
40-44	
L. Judd	40 NY 114' 6 1/2
V. Coiro	44 NY 107' 11
H. Bohigian	43 NY 103' 6
45-49	
T. Brooks	49 PC 110' 4
50-54	
H. Cantor	54 NY 116' 2
H. Colen	51 NY 98' 4
M. Lentzer	52 NY 80'
65-69	
W. Eipel	66 AC 109' 11
J. Bruce	65 AC 67' 11

Women

B. Messinger	51 UN 41' 4
Discus	30-34
J. Barber	31 NY 85' 6 1/2
D. Pierson	32 NY 81'
N. Griffith	32 NY 76' 8
35-39	
M. Schimmenti	36 AC 111' 2

40-44

L. Judd	40 NY 102'
H. Bohigian	43 NY 99' 6
R. Deere	42 NY 86' 10
S. Barnett	41 UN 86' 1/2

50-54

H. Cantor	54 NY 112' 1.5
C. Wedderburn	50 BV 88' 9
J. Ryan	50 NY 81' 4.5

60-64

P. Sereghy	63 NY 111'
65-69	
W. Eipel	66 AC 113' 11.5
J. Bruce	65 AC 84' 3.5

Women

40-44	
A. Cirulnick	44 NY 72' 8.5
45-49	
C. McKenzie	47 NY 57' 6

Hammer

30-34	
N. Griffith	32 NY 83' 11
J. Barber	31 NY 69' 1
D. Pierson	32 NY 61' 2

35-39

M. Schimmenti	36 AC 89' 6
A. Taule	37 NY 63'

40-44

L. Judd	40 NY 86' 1
A. Magna	41 AC 80' 8
R. Deere	42 NY 67' 8

45-49

P. Carstensen	47 NY 108' 8
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50-54

G. Phillips	50 114' 2
H. Cantor	54 NY 100' 9
C. Wedderburn	50 BV 66' 6

60-64

P. Sereghy	63 NY 67' 9
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65-69

W. Eipel	66 AC 63' 2
J. Bruce	65 AC 60' 9
J. McCluskey	67 AC 46' 0

Weight Throw

30-34	
D. Pierson	32 NY 30' 9
N. Griffith	32 NY 29' 11
J. Barber	31 NY 28' 7
35-39	
M. Schimmenti	36 AC 33' 10
A. Taule	37 NY 26' 1

40-44

R. Deere	41 NY 32' 6
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45-49

A. Magna	41 AC 24' 2
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50-54

P. Carstensen	47 NY 33' 9
G. Phillips	50 35' 7
H. Cantor	54 NY 32' 8
C. Wedderburn	50 BV 27' 4

60-64

P. Sereghy	63 NY 36' 6.5
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65-69

W. Eipel	66 AC 31' 10
J. Bruce	65 AC 29' 5
J. McCluskey	67 AC 29' 1

Triple Jump

30-34	
I. Black	30 AC 39' 1/2
J. Barber	31 NY 31' 4

35-39

A. Taule	37 NY 32' 9 1/4
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40-44

H. Bohigian	43 NY 34' 3 1/4
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45-49

P. Carstensen	47 NY 33' 2 1/4
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50-54

H. Colen	51 NY 28' 5
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High Jump

30-34	
I. Black	30 AC 5' 6
N. Griffith	31 NY 4' 8

40-44

L. Judd	40 NY 5' 6
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45-49

C. Bertrand	43 NY 4' 10
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50-54

H. Bohigian	41 NY 4' 6
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55-59

W. Eipel	66 AC 4' 4
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Shot Put

30-34	
N. Griffith	31 NY 32' 0
J. Barber	31 NY 30' 9 1/2

35-39

D. Pierson	32 NY 28' 4
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40-44

R. Koloski	31 NY 25' 4
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45-49

M. Schimmenti	36 AC 36' 5
---------------	-------------

50-54

A. Taule	37 NY 29' 9 1/2
----------	-----------------

60-64

R. Deere	41 NY 34' 7
----------	-------------

45-49

P. Carstensen	47 NY 36' 9 1/2
---------------	-----------------

50-54

H. Cantor	54 NY 39' 6
-----------	-------------

60-64

C. Wedderburn	50 BV 26' 5
---------------	-------------

65-69

P. Sereghy	63 NY 36' 1/2
------------	---------------

Women

W. Eipel	66 AC 38' 3 1/2
----------	-----------------

40-44

A. Cirulnick	44 NY 25' 8
--------------	-------------

45-49

C. McKenzie	47 NY 24' 2 1/2
-------------	-----------------

TEAM SCORE

313 NY	New York Masters
55 PC	New York Pioneers
50 AC	New York Athletic Club
19 ML	Millrose
14 PP	Prospect Park Track Club
10 CP	Central Park Track Club
8 BV	Breevort 6 PM-Manh. Flight Kings



Wilbur Buchanan accelerates in 50-54 400 in Grandfather Games May 12. Buchanan finished 3rd in a season-best 59.3, behind Dean Smith and Louis Beadle.

## Don Palmer Memorial Relays

SANTA ANA, CALIF., May 26. The 1978 U.S. National Team Champion Corona Del Mar Track Club won the unofficial 30-39 and 40-49 age divisions of the annual Don Palmer Memorial Relays at Santa Ana College.

The Seniors Track Club of Southern California won the 50-59 crown.

The event is named after the late Don Palmer, a fine 400 and 800 runner for Corona Del Mar in the mid-1970's.

Palmer exemplified the spirit of the Masters movement with his outgoing friendliness, tough competitiveness and enthusiasm for running.

## Hawaii report

The Hawaiian Masters Championships will be held the first week of June, 1980.

The Senior Olympics Fall Championships are set for December 29-30, 1979.

A Masters competition will be held nearly every weekend from September thru December, 1979, usually at Kaiser High School, or the U. of Hawaii.

For more info, contact J.P. Karbens, 3140 Waialae Ave., Honolulu, Hi 96816, who was recently elected President of the Hawaii Masters Track Club.

4-MILE RELAY

30-39 Mixed team	21:39
40-49 SFVTC	21:22
50-59 STC	25:33

DISTANCE MEDLEY RELAY

30-39 Mixed team	12:13.5
40-49 SFVTC	12:08.2
50-59 SMTTC	12:25.5

880 RELAY

30-39 CDM	1:30.5
40-49 CDM	1:37.5
50-59 CDM	1:50.0

2-MILE RELAY

30-39 CDM	9:44.8
40-49 SFVTC	9:23.3
50-59 STC	10:04.6

440 RELAY

30-39 Striders	42.9
40-49 CDM	46.0
50-59 CDM	51.8

SPRINT MEDLEY RELAY

30-39 Striders	3:39.5
40-49 CDM	3:48.8
50-59 STC	4:37.0

MILE RELAY

30-39 CDM	3:41.2
50-59 STC	4:17.7

SFVTC-San Fernando Valley TC  
STC -Seniors Track Club  
CDM -Corona Del Mar TC  
SMTTC -Santa Monica TC  
Striders-So.Cal.Striders

Points: 1st-5; 2nd-3; 3rd-1

30-39 CDM 21; Striders 19  
40-49 CDM 21; SFVTC 18  
50-59 STC 23; CDM 10,  
Striders 6, SMTTC 5

A. 11 PM 22  
A. 11 PM 12  
A. 11 PM 12  
A. 11 PM 12



## South Africans banned from Hannover

Once again, the unwelcome face of politics has intruded upon the Masters Track and Field world.

Bob Fine, North American Representative to the World Veterans Athletic Association, received a letter dated June 20 from Roland Jerneryd, Secretary of the Association, stating that the South Africans have been barred from competing in the 1979 World Veterans Track and Field Championships in Hannover, Germany.

As you remember, the International Amateur Athletic Federation (IAAF), the governing international body for track, field and long distance running, last October told the World Veterans Athletic Association (which we belong to) that we could let anyone we choose compete in our meets. As long as a man was over 40 and a woman over 35, the IAAF said their rule against "professionalism" and South Africans didn't apply to Veterans meets.

It was a battle hard fought and, it appeared, hard won.

But "The European Athletic Association," Jerneryd writes, "in concord with the host of the Olympic Games next year, the Soviet Union, do not accept the IAAF decision as valid for South African veterans. Danie Burger has been in Germany and discussed this question with Wilhelm Koster. The German Athletic Federation has been forced not to accept entries from our friends from South Africa. If they do, they risk the German start in Moscow next year. I am so sorry that our international veteran family has been once again involved in sport political plots. I can't see how to solve this problem before Hannover, because it is a question of interpretation who are included as 'ineligible.'"

Fine replied that "I am angered and shocked about not accepting South Africans, for two basic principles of our organization have been violated: First, the WVAA ALONE decides who does or does not compete in the WVAA meetings. Second, any man over 40 or woman over 35 can compete regardless of race, religion, nationality or ideology.

"I don't give a damn what the Russians want or the German Athletic Federation or the European Athletic Association. They are all violating the decision of the IAAF. How dare the open competitors be blackmailed regarding the Olympic Games regarding a Veterans Meet that the Russians, German Federation and European Association have no jurisdiction over? If we give in on this matter, we lose our independence. I, for one, urge the South Africans to attend the meet. I feel so strongly about this that I would rather not have the meet at all than preclude any group. I dare the Russians to bar anyone because of our meet.

"There is also the question as to who made the decision to refuse having the South Africans. As a member of the World Executive Council, no one contacted me. The Germans were given sponsorship of the meet on the clear understanding that all policy questions would be

decided by the WVAA.

"This matter must be brought up again. These athletes are competing as individuals, not as representatives of any country. I accordingly, ask my fellow members of the Executive Committee to adopt the position that the South Africans, and any other human being of prescribed age, can compete.

"Regards, Robert G. Fine, North American Representative."

Fine asked the support of those at the Gresham National meeting. It was unanimously given.

So the worst fears of everyone are confirmed. Despite all the talk,

despite all the proclamations that 1979 would see the spirit of total open competition in Hannover, despite the promises that everyone would be allowed to compete regardless of race, sex, political affiliation or where you happen to live, it won't happen. In 1977, many, who perhaps are now saying, "I told you so," felt that the international pressures were too great; that the political forces were too strong; that if we wanted all men over 40 and women over 35 to compete, we would have to set up our own organization; that we'd have to stay totally clear of the IAAF and AAU.

The AAU said, "Do what you want." Then the IAAF, after two years of work by Fine and others, said, "Do what you want." And STILL not everyone is allowed to compete.

So what we thought would be a pleasant, friendly, open 3rd World Veterans Championships appears to be disintegrating into a sour, moody, political football. The fun simply isn't there when you have to worry about politics. So why worry? How can you not worry when some of your fellow athletes, who want very much to compete, are denied the opportunity? How can you compete in your own event without feeling a tinge of guilt because someone who belongs in your event is not there? What could

*continued*

### MASTERS—TRACK AND FIELD 2<sup>nd</sup> ANNUAL SOUTHWESTERN OPEN CHAMPIONSHIPS

Men and Women  
Albuquerque, New Mexico  
Sunday, September 2, 1979

- AGE GROUPS:** Submasters (30-39), I (40-49), II (50-59), III (60-69), IV (70+)  
5-year age groups will be used if each subgroup has three or more entries prior to August 24.
- EVENTS:** Men  
100, 200, 400, 800, 1500, 5K, 10K, 5K walk, 110 HH, 400 IH, pole vault, high jump, long jump, triple jump, shot put, discus, javelin, hammer  
Women  
100, 400, 1500, 5K, field events if interest warrants
- FACILITIES:** Milne Stadium (near UNM stadium) for running events, jumps, and shot put. Hammer, discus, and javelin to be held at UNM throwing field just SE of football stadium. Newly surfaced synthetic track and runways. Brushed concrete circles, grass runway for javelin.
- AWARDS:** Olympic-style medals for first, second, and third places.
- ENTRY FEES:** \$5 first event, \$4 second event, \$3 third, fourth, fifth, or more events. Make checks payable to D.L. Douglass.
- DEADLINE:** August 24, 1979. Late entries will have a \$2 surcharge per event.
- SANCTION:** New Mexico AAU. Participants must have AAU cards from any region.
- DIRECTOR:** Dave Douglass, 5804 Greenly Rd. NE, Albuquerque, N.M., 87111  
Phone: office (505) 264-8940; home (505) 293-0225
- HOUSING:** A block of rooms has been reserved at the Hilton Inn, 1901 University Blvd. NE, with special rates of \$22 single, \$28 double, \$30 three, and \$32 four. The Inn has a free shuttle service from the Albuquerque Airport and is located about 5 minutes by car from the stadium.
- SCHEDULE:**
- | UNM Throwing Field |                                       | Milne Stadium |         | Milne Stadium |                          |
|--------------------|---------------------------------------|---------------|---------|---------------|--------------------------|
| 8:30               | Hammer: SM, I<br>Javelin: II, III, IV | 10:00         | 10K     | 10:30         | Shot Put: SM, I          |
| 9:00               | Hammer: II, III, IV<br>Javelin: SM, I | 11:00         | 1500    | 11:00         | Shot Put: II, III, IV    |
| 9:30               | Discus: SM, I                         | 11:30         | 100     | 12:00         | Pole Vault: all          |
| 10:00              | Discus: II, III, IV                   | 12:00         | 400     |               | High Jump: all           |
|                    |                                       | 12:30         | 110 HH  | 1:00          | Long Jump: SM, I         |
|                    |                                       | 1:00          | 200     |               | Triple Jump: II, III, IV |
|                    |                                       | 1:30          | 800     | 2:00          | Long Jump: II, III, I    |
|                    |                                       | 2:00          | 400 IH  |               | Triple Jump: SM, I       |
|                    |                                       | 2:30          | 5K      |               |                          |
|                    |                                       | 3:00          | 5K walk |               |                          |

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_ AAU NUMBER \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Please enter me in the following events: (give best times or estimates for seeding)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

In consideration of my entry, I do hereby for myself, my heirs, and administrators waive and release all claims I may have against the New Mexico AAU, the meet director, the University of New Mexico, the Public School System of Albuquerque, their representatives for any and all injuries suffered by me in any event or the sports facilities connected with the meet.

Further I certify that I have no physical defects that would prevent me from competing. I take full responsibility for personal equipment owned by me and possible breakage or loss of said equipment.

\_\_\_\_\_  
signature



continued

you have done about it? Nothing? Maybe. But there's always *something* that can be done. It's too late to boycott the whole damned thing. Maybe a miracle will happen and everything will be okay.

But this is the last year that many Masters are going to participate in a movement which denies basic human rights. It's like belonging to a country club which discriminates. For a while, you try to change it from the inside. If you can't, you take a bunch of members who feel as you do, and open up your own country club.

We went on faith in 1977. We trusted that if we joined forces with the IAAF and others, we could help break down the barriers.

Well, there's an old saying: "Fool me once, shame on *you*. Fool me twice, shame on *me*."

LATE FLASH: Bob Fine, through World Veterans President Don Farquharson, reports: "It seems the European Association had nothing to do with the matter. It was strictly the Russians indicating that if the South Africans or Rhodesians compete as a nation, then the Germans would have difficulty competing in the Olympics. On this basis the German federation indicated that the South Africans couldn't compete as a nation. We'll have to wait until we get to Germany for a meeting of the executive committee to see what can be done. I want no subterfuge this time. It now seems they can compete as individuals but not as a country. It's always been my position that Masters compete as individuals. I believe we must take a strong stand on this with the basic issue being that we run our own show."

## Jackson, Kinsey top athletes

Dave Jackson was named outstanding male Masters track and field athlete for 1978 in the Southern Pacific District of the AAU.

Shirley Kinsey won the outstanding female award. Both run for the Corona Del Mar Track Club.

Jackson, of Carson, Calif., was the 1978 U.S. triple jump champion in the 45-49 division at 40'4½", and runnerup to South Africa's Danie Burger in the 110-hurdles in 16.3.

He won the Western Regional triple jump in 43'6" and the 110-hurdles in 15.4.

In 1977, Jackson was the gold medalist in the 110-hurdles in the 2nd World Championships in Gothenburg.

Kinsey, of La Crescenta, California, has been a regular participant at most West Coast meets, and is constantly encouraging other women to enter the Masters program.

She won the 45-49 Discus at the 1978 Western Regionals at 76'1", as well as the 200 in 33.0, and took 2nd in the Javelin at 56'3".

In 1978, she threw the shot 21'11" and ran the 100 meters in 16.1.

### MASTERS SPORTS ASSOCIATION'S FIELD EVENT RELAYS

Held in conjunction with the Relay Carnival for runners.

SATURDAY, AUGUST 11, 1979 - DOWNING STADIUM, RANDALL'S ISLAND, NEW YORK CITY  
A.A.U. SANCTIONED.

ELIGIBILITY: OPEN TO ALL MEN AND WOMEN REGISTERED IN THE A.A.U. OVER THIRTY. COMPETITION MUST BE BY A.A.U. CLUBS ONLY.

ENTRY FEE: \$4.00 PER EVENT PER TEAM.

DIVISIONS: SUB-MASTERS (30-39) MASTERS I (40-49) MASTERS II (50+) FOR MEN AND WOMEN.

PRIZES: 2 1/2" MEDALLIONS TO THE FIRST FIVE TEAMS IN EACH CATEGORY

TEAM TROPHY TO THE TEAM SCORING THE MOST POINTS ADDING ALL OF THE RELAY RESULTS ON THE BASIS OF 5-4-3-2-1.

EVENTS: 1) LONG JUMP RELAY 2) TRIPLE JUMP RELAY 3) DISCUS RELAY 4) SHOT PUT RELAY

Each team will be composed of two competitors (from the same club and in the same age and sex bracket; a competitor may compete in a younger age group). Each competitor will have four jumps or throws. The two best jumps or throws of each competitor will be added together with that of the teammate for the total distance. The teams with the highest distances win.

All of these events will be held within the Stadium. Competitors are to be prepared to help with their own officiating

SCHEDULE: LONG JUMP 11:00 A.M.

DISCUS 12:00 noon

TRIPLE JUMP 1:00 P.M.

SHOT PUT 2:00 P.M.

PLEASE MAKE OUT A SEPERATE ENTRY FORM FOR EACH RELAY

RELAY EVENT	CLUB			
TEAM MEMBERS: NAME	AAU#	AGE	SEX	
NAME	AAU#	AGE	SEX	

MAKE CHECK PAYABLE TO: MASTERS SPORTS ASSOC. (\$4.00 for each relay)

MAIL TO: HAIG BOHIGIAN, 225 Hunter Ave., No. Tarrytown, NY 10591

### MASTERS SPORTS ASSOCIATION'S RELAY CARNAVAL

SATURDAY, AUGUST 11, 1979 - DOWNING STADIUM, RANDALL'S ISLAND, NEW YORK CITY

A.A.U. SANCTIONED. ALL RELAY RESULTS WILL BE SUBMITTED FOR THE A.A.U. POSTAL RELAY CHAMPIONSHIPS FOR MASTERS ONLY. (There are no postal relays for sub-masters)

ELIGIBILITY: OPEN TO ALL MEN & WOMEN REGISTERED IN THE A.A.U. OVER THIRTY. COMPETITION

MUST BE BY A.A.U. CLUBS ONLY

ENTRY FEE: \$8.00 PER EVENT PER TEAM.

DIVISIONS: SUB-MASTERS (30-39) MASTERS I (40-49) MASTERS II (50+) FOR MEN AND WOMEN.

PRIZES: MEDALS TO THE FIRST FIVE TEAMS IN EACH CATEGORY. (2 1/2" Medallions.)

TEAM TROPHY TO THE TEAM SCORING THE MOST POINTS ADDING ALL OF THE RELAY RESULTS ON THE BASIS OF 5-4-3-2-1.

EVENTS: (IN YARDS) 440; 880; 1 mile; 2 mile; 4 mile; agemedley 1 mile (40-50-40-60+)

Distance Medley (3/4-440-880-1 mile) Sprint medley (440-220-220-880)

TO ASSIST IN THE ADMINISTRATION OF THE MEET PLEASE PRE-ENTER. THE SPECIFIC TEAM MAY BE DECLARED PRIOR TO THE EVENT. ALL TEAM MEMBERS MUST BE IN THE A.A.U. AN ATHLETE CAN COMPETE IN A YOUNGER AGE GROUP.

SCHEDULE: S=Sub-masters I=40-49 II=50+

4 mile relay - all sections	11:00 A.M.	880 yd. relay	S	1:30
440 yd. relay	S		I	1:40
	I		II	1:50
	II	Distance Medley	all section	2:00
1 mile relay	S			
	I	Sprint Medley	S	3:00
	II		I & II	3:15
2 mile relay	S			
	I & II	Age Mile Medley		3:30

Note: We have intentionally left as much time as possible between the various relays to permit sufficient rest for doubling purposes.

PLEASE MAKE OUT A SEPERATE ENTRY FORM FOR EACH RELAY

RELAY EVENT	TEAM		
TEAM MEMBERS:			
FIRST LEG: NAME	AAU #		
SECOND LEG: NAME	AAU #		
THIRD LEG: NAME	AAU #		
FOURTH LEG: NAME	AAU #		

MAILING ADDRESS FOR PRIZE: NAME ADDRESS  
(FOR POSTAL RELAY) ZIP

TIME:

MAKE CHECK PAYABLE TO: MASTERS SPORTS ASSOC. (\$8.00 for each relay)

MAIL TO: HAIG BOHIGIAN, 225 Hunter Ave., No. Tarrytown, NY 10591



# Master of the Month

Each Masters athlete has a story worth telling.

One of the best is the story of Percy Knox.

Knox, 45, competes out of Lancaster, California, 60 miles north of Los Angeles.

He holds the world age 40-44 100-yard record of 9.8, set July 11, 1975, at age 41.

He has a pending world 45-49 mark of 10.9 for 100 meters.

In 1978 and 1979, at age 44 and 45, he successfully competed as a member of a college track team.

It started in 1946 at a Seattle YMCA. As a high school senior, Knox won the Seattle All-City 100-yard and long jump championships. His best marks were 9.8, 21.7, 49.1, 22'7", extraordinary high school marks 28 years ago.

While in the Air Force from 1955 to 1963, he had bests of 9.5, 10.4m, 21.1, 49.9 and 24'2".

"A persistent hamstring injury retired me in 1963," said Knox, "but I kept in shape by lifting weights and jogging from 1964 to 1967."

In 1968, he tried a 100 and 220 against some high school sprinters and placed 2nd in both in 10.5 and 23.8.

"Later that year, shortly after my 35th birthday, I ran a wind-aided 9.8, which put my ego in high orbit.

"In 1969 and 1970, I ran more races against the kids at Desert High and clocked several 10.2's.

"1971 was my official return to competition. I got down to 9.9 by the end of the season."

In 1972, ace recruiter Shirley Davisson garnered Percy for the Corona Del Mar Track Club. Knox responded with a 9.7 at age 38.

As a Master in the mid-70's, Knox

ran bests of 9.8, setting his world mark and winning most of the southern California championships.

While he was registering for spring classes at Antelope Valley College in Lancaster in 1978, the coach asked him to try out for the team. He was 44 at the time.

"I decided to give it a try," Knox recalls.

"The time trials consisted of 120 yards from the blocks around a turn. The 4 fastest would make the relay team.

"I won my heat in 12.0. The fastest time was 11.8. My time was 2nd best, so I was selected to run the 2nd leg. The team won 7 straight races before injuries shot us down. Our best time was 42.9, fastest in the conference."

Knox' efforts in the open 100 were hampered by injuries. Still, he just missed making the conference finals by .003.

"My best marks were 10.1w and several 10.2's. I had several relay legs in the 9.5 range, the best being 9.4. During the summer I lowered my times to 10 flat and 10.9 (100m).

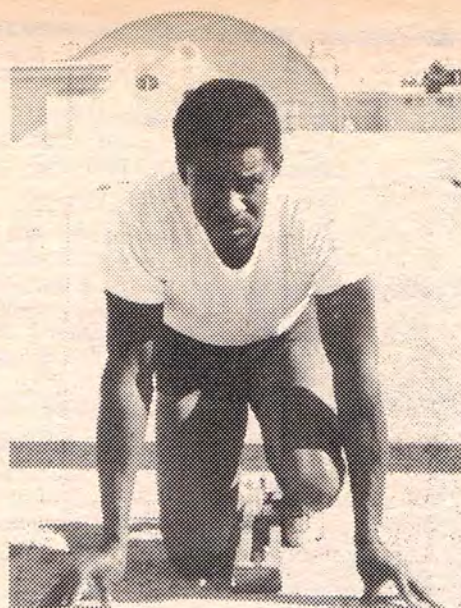
"In 1979, the coach asked me to come out again. I jumped at the chance, because I felt I could do better than I had the year before."

The time trial this year was 100 yards. The outcome surprised everyone.

"At about 40 yards," Knox remembers, "I took the lead and won by 0.2 in 10.4 into a stiff cold headwind. A few of the youngsters were disappointed. But they didn't ask for a re-run."

Percy finished 4th with a 10.1 in the 1st meet. In the 2nd, he ran a 9.7 relay leg and took 4th in the 100 meters in 11.1 after "a slow start."

A 9.6 relay leg and a 2nd place in



PERCY KNOX

the open 100-yard in 10.0 followed.

"Our team won the Hancock Invitational relay in 43.9. After another slow start in the 100 meters, I moved up from dead last to 3rd with a 10.9"

This pending record smashed George Rhoden's world 45-49 division 100 mark of 11.1, set June 17, 1972.

"In spite of a few disappointments, I still feel fortunate to have had the opportunity to compete at the college level at my age."

Knox was voted captain by both the 1978 and 1979 teams.

"They were a fine group of youngsters," Knox said.

Percy made the Dean's List in 1978 with a 3.67 average and in 1979 with a 4.0. His major was electronics.

In the 1979 Grandfather Games on May 12, he won the 40-49 100M in 11.51.

He won the Southern Pacific AAU Championship 100 and 400 in the 45-49 competition on June 10 in 11.3 and 55.5.

## Yearly progression after age 35:

Year:	Age:	Time:
1968	35	9.8w (10.2)
1969	35	10.2
1970	36	10.2
1971	37	9.9
1972	38	9.7
1973	39	10.0
1973	40	9.8
1974	40	9.8
1975	41	9.8
1976	42	9.9
1977	43	9.9 (9.7 practice)
1978	44	10.0
1979	45	10.0

On June 23-24, he captured the Western Regional 45-49 100 in 11.48 and 200 in 24.13.

On July 6-8, he won the National AAU Masters 100 in 11.63 and placed 2nd to Nick Newton in the 200 in 23.98.

"One of my prime goals is to run 10 flat or faster each year. So far, I've made it every year since 1971. I've broken it 16 times since turning 40 in 1973."

Although he hates to lose, Knox is not hung up on winning at all costs.

"Sometimes I just like to fool around and compete, without the winning syndrome on my back. I'm in this program mainly for the fun and whatever health benefits I can derive from it.

"I can't say enough about all the fine friends I've acquired since becoming a Master. I could use words like magnificent, terrific, wonderful, etc., but they don't quite cover the whole picture of what most of these people are all about."

The same can be said about NMN's Master-of-the-Month, Percy Knox.

## North American Masters Council meeting

Dear Master,

The following is a report of the actions of the North American Council at our meeting in Toronto on June 9th.

1. The enclosed Constitution was adopted.
2. It was voted that 1/3 of all profits from the North American Championships be turned over to the Council.
3. It was decided that we explore the possibility of having a North American Cross-Country and Marathon Championship. Anyone interested in hosting such an event(s) please contact me.
4. Unanimously supported Puerto Rico's bid to host the 1980 Pan American Masters Championship. We expect to discuss this with the South Americans at a joint meeting in Hannover.
5. Supported a proposal for the World Veteran's Constitution that athletes can only be barred if they lied about their age or had engaged in unsportsmanlike conduct and that National franchises be awarded, with the understanding that an individual can not be barred from competing if he does not belong to the recognized national group.

The following matters were tabled for determination after the World Championships:

1. Election of officers. This will be done by mail. It was felt that after Hannover we'll get to know each other better. The election will be held in Fall.

2. Whether minimum performance standards will be necessary in order for a contestant to receive an award, if there are less than three contestants in an event. Since our Constitution provides that we will follow the International Rules, it was felt that we first would have to see what happens in Hannover. If nothing is done regarding this point then we will take a poll of our members.

3. Whether we should hold a North American Outdoor Track and Field Championship if a Pan American Championship is held the same year.

There was concern that if there were two Championships held the same year then we might not get that large a turnout for a North American Championship. There were about 250 athletes in Toronto, primarily from Canada and New York City. The counter argument was that the more competition the better and since the athletes are paying their own way it would give them a better chance of competing in an international meet if there are separate North American and Pan American meets. Three options were proposed. Please complete the enclosed poll and return it to me.

Poll regarding whether a North American Championship should be held the same year a Pan American Championship is being held.

### OPTION 1

If the Pan American Championship is being held in North America then combine the two meets, so that a competitor from North America would be eligible for a prize from the Pan-Am and also from the North American Council. In effect, two prizes for the same performance. It was felt that this would help to insure a larger turnout for the meet.

### OPTION 2

If the Pan-Am Championship is in North America then drop the North American Championships that year. The theory is that there would be a larger turnout for the meet and that it is better to have one meet well attended than two meets poorly attended.

### OPTION 3

If the Pan Am Championship is in North America then continue to have a separate North American Meet. The argument for this is that the more races the better; people are paying their own way to attend and may not be able to attend a Pan-Am meet because of travel costs but could possibly attend a NA meet, nearer to their home; by having more meets local programs will be encouraged; if you drop the NA Championships if the Pan-Am meet is in NA you can run into a situation where you may not have a NA Championship for a number of years. In addition, meets in South America would probably take place during the North American winters, so that there shouldn't be too much of a conflict.

I SUPPORT OPTION \_\_\_\_\_

COMMENTS: \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

COUNTRY \_\_\_\_\_

Please also include any comments you have about having minimum performance standards in NA Championships. At Toronto, some of the women won their events unopposed but received no award as they did not meet the standard.

PLEASE RETURN TO: ROBERT FINE, 77 PROSPECT PLACE, NEW YORK, N.Y. 11217, U.S.A.



## Schedule of Events

(Note: Due to many requests we are printing the known schedule for the remainder of 1979, so you can plan accordingly. Please send omissions and changes to the Editor.)

Fri. July 27 thru Thurs. Aug. 2. 3rd World Veterans Championships, Hannover, Germany. Men over 40. Women over 35.

Wed. Aug. 1 & 15 6 p.m. Masters All-Comers meets, Randall's Island, New York City.

Sat. Aug. 18 and Sun. Aug. 19. Senior Olympics, University of Southern California, Los Angeles. Men and women. 5-year age divisions from age 25. Contact: Warren Blaney, 5225 Wilshire Blvd., Los Angeles 90036. 213-938-5548.

Sat. Aug. 25. National AAU Open and Masters 50K Walk Championships, San Francisco. Contact: Dr. Dean Ingram, 507 Cobb Bldg., Seattle 98101.

Sun. Aug. 26. (Provisional) British Veterans Athletic Federation 10K Track Championships; 5K Track Walk Championships at the Dell, Brierly Hill.

Sat. Sept. 1. 2nd British Veterans Athletic Federation Decathlon Championships at Loughborough. Contact: David Williams, 19, Highfields Dr., Loughborough LE11 3JS, England.

Sun. Sept. 2. 2nd Annual Southwest Masters T&F meet; Univ. of New Mexico, Albuquerque. Entry form in this issue.

Sun. Sept. 16. National AAU Masters 50K Road Championships, Brattleboro, Vermont. Contact: Kurt Steiner, 1660 E. 21st St., NYC 11210.

Sat. Sept. 29. National AAU Masters 25K Road Championships, Tulsa, Okla. Contact: Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Ok. 74136.

Sun. Sept. 30. 1st British Veterans Athletic Federation Marathon Championships at Stoke-on-Trent. Contact: P. Hoon, I.C.L. Sports & Social Club, Westfield, Kidsgrove, Stoke-on-Trent, England.

Sat. Oct. 6. 6th annual Santa Barbara Masters T&F meet; Univ. of Calif., Santa Barbara, Calif. Contact: George Adams, P.O. Box K, Goleta, Ca. 93017.

Sat. Oct. 13. National AAU Masters Marathon Championships, Niagara Falls, N.Y. (Skylon Marathon). Contact: George Bailey, Skylon Tower, 5200 Robinson St., Niagara Falls, Ontario, Canada, L2 kG2 A3.

Sat. Oct. 13. New Zealand Road Championships, Northland. Contact: Clem Green, 46 Hargreaves St., Wellington 2, New Zealand.

Sun. Oct. 21. British Veterans Athletic Federation 20K Road Walk Championship (Men) and 10K (Women). Coventry, England. Contact: Eric Horswill, "Pevensey," 79, Enville Road, Wall Heath, Brierley Hill, West Midlands. DY6 07X. England.

Sun. Oct. 28. National AAU Masters 15K Cross-country Championships, New York City. Contact: Kurt Steiner, 1660 E. 21 St., NYC 11210.

Sun. Nov. 4. National AAU Masters and Open 40K Walk Championships, West Long Branch, N.J.

Sun. Nov. 11. National AAU Masters 10K Cross-country, Belmont, Calif. Contact: Roger Bryan, 950 E. Hillsdale #210, Foster City, Ca. 94404.

Sat. Nov. 17. National AAU 50-mile Open and Masters Track Championships, Los Angeles. Contact: Tom Sturak, Box 1602, Santa Monica, Calif. 90406.

(Thank you for your response to the survey in the June newsletter. We'll publish the results in the September issue. Meanwhile, here are a few of the comments we've received.—Ed.)

I think it's important that you get out an early tentative schedule of major meets. Many of us have family and business commitments, and if we knew what the tentative schedule was, we could plan on attending the major meets.

I would also comment that the Newsletter would be more effective without too much emphasis on long-distance running. The long-distance runners have various magazines that cover the topic in detail. There is full coverage of long-distance running, but very limited coverage of track and field.

I would also like to suggest that you make a reasonable profit so the Newsletter will survive. Anything from \$3 to \$15 a year would be satisfactory.

Spotswood Hall  
Richmond, Virginia

Especially liked the Spring Highlights box and the good balance between results, human interest stories, Bob Fine's articles, entry forms and the comic relief article on the back page concerning the Mexican fist fight. The Californians do things with an added flair.

Marlene Miller  
Lake Bluff, Illinois

Sat. Nov. 24. National AAU 5K Cross-country Championships, San Diego, Cal. Contact: Ken Bernard, c/o AAU, 1124 Garnet, San Diego 92109.

Sat. Dec. 1 and Sun. Dec. 2. Glendale College Decathlon Championships (Open & Masters), Glendale, Calif. Contact: John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale, Ca. 91208.

Sat. Dec. 8. Weightman's Pentathlon Championships (Open & Masters); Glendale College. Contact: John Tansley, above.

Sun. Dec. 16. National AAU Open and Masters 35K Walk Championships. Houston, Texas.

Sat. Dec. 29. Holiday Weight Pentathlon, Univ. of Florida. Contact: Roy Benson, Univ. Athletic Assn., Box 14485, Gainesville, Fla. 32604.

Sat. Dec. 29 and Sun. Dec. 30. Hawaiian Senior Olympics. Contact: J.P. Karbens, 3140 Waialae Ave., Honolulu, Hi. 96816.

Sun. Jan. 27. 1980 National AAU Masters Marathon Championships, Saratoga, Ca. (Paul Masson Marathon). Contact: Dan O'Keefe, 20032 Rodrigues, Cupertino, Ca. 95014.

Keep it pure without junky advertisements.

John Fuller  
Tacoma, Wash.

The NMN is an excellent publication.

Earl Watson  
Pensacola, Fla.

Don't ignore race walking.

D. Lakritz  
Roosevelt, N.Y.

Many people consider the old folk in the Masters programs to be very presumptuous to call themselves Masters. Many people associate veterans with the armed services. Use "Seniors."

John Wittemore  
Santa Barbara, Calif.

Cover both Track and Field and Long Distance Running.

Tim Dyas  
Ridgewood, N.J.

Cover mostly Track & Field.

Tom Fridley  
Elizabethtown, Pa.

Cover as much as time and space permits.

J. Scott  
Joliet, Ill.

Address letters to: Al Sheahen,  
Editor, NMN, 6200 Hazeltine Ave.,  
Van Nuys, Cal. 91401.

## Letters to the Editor

Tremendous improvement over last issue which was all Eastern coverage. Try, try to cover all geographic areas.

J.J. Stewart  
Cincinnati, Ohio

Feature mostly track and field. Use "Masters." All have poor connotations. Masters implies mastery. Veterans implies a seasoned athlete. Seniors implies old age. Schedules very important.

Tom Woodring  
Santa Barbara, Calif.

Especially liked schedules, entry blanks, results.

Dean Smith  
Lombard, Illinois

Don't try to be another *Runner's World*. Cover what they don't cover. Serve as a communications piece.

Hal Higdon  
Michigan City, Indiana

This is the first copy I've seen or heard about. I'm very excited about its format and content.

Bob Hunt  
Anaheim, Calif.

Use "Masters." Veterans sounds like the Army.

C. Joseph Stefanowicz  
Boothwyn, Pa.

## When you're in Hannover...

A revolutionary new concept in mass transportation is being tested by the Germans in the Wunsdorf section of Hannover.

It's called "personalized bus service." You should plan to try it if this kind of social innovation interests you.

The system works like this: You go to the bus stop and check the map on display. Find the number that corresponds with your destination. Insert a 20-pfennig coin (about 10 cents) into an electronic call box. Punch in the number.

The date is relayed to a computer center. The computer sends back to the call box the time the bus will pick you up. The call box dispenses a ticket. You pay a fare to the driver.

The bus that is generally closest to the call box will pick you up. The bus then takes you by the most direct route to your destination. The route may vary, depending on calls from other boxes.

Buses can also be summoned by telephone.

The experiment is being closely monitored by West German transit experts, and has attracted worldwide attention.

A Hannover city official described it as "very successful," and added: "The population accepted it at once, and it will be expanded next year."



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OF NORTH CAROLINA**



## Uncle Larry's show and tell

Do you hanker for the good old school days of show-and-tell? Like to relive some memories of days gone by?

No problem. Just attend a local AAU meeting.

Tom Sturak, Masters T&F AAU Chairman in the Southern Pacific Association, went to the monthly meeting of the AAU on July 2 to

question why only one AAU official had shown up at the local AAU Masters T&F Championships on June 10. And why only 5 had appeared for the AAU Western Regional Masters Championships on June 23-24.

Before he could pose the question, however, Larry Houston, presiding officer, conducted what one visitor

described as "an hour-and-a-half of uncle Larry's show and tell."

Houston called upon a dozen or so club representatives to tell why their club should be permitted to join the AAU. Sample: "The Monterrey Park Water Polo Club is a group of fine people dedicated to the high principles of sportsmanship." (Yawn).

Next, the other club reps got up to say how well their team had done in recent competition. "The Downey Aquatics won 3 first places in the Long Beach Swimming Championships." Applause. Ho-hum.

One who is accustomed to the usual pace of American business meetings could barely believe what was happening. It was like something out of the Wizard of Oz. Not quite real.

Finally Sturak got to speak. The mood changed.

"Why," he asked, "don't AAU officials show up when they promise to? Eighteen officials said they'd be there. One showed up. 150 athletes had to work their own meet. My people are furious."

The answer was that Masters should arrange for officials "from within your own committee. It's not the province of the whole SPAAAU."

Recalling that the main purpose of the Masters program joining up with the AAU a few years ago was to provide competent officiating at meets, your editor said:

"The Masters have tried to keep good faith with the AAU. We wouldn't let a single athlete compete in that meet until they paid their AAU dues."

"But if you're telling us to arrange for our own officials, what's the point in Masters paying \$4.50 annual dues to the AAU? What are we getting for it?"

The answers:

"So the AAU can officially accredit you as an amateur when you compete overseas under IAAF rules."

"So we can make sure you don't have to compete against professionals."

"To pay for the office space and typewriters."

Less than ten minutes later, we learned where some of our dues go besides office space and typewriters.

"I propose," said Houston, "that we allocate funds for a mini-suite at Caesar's Palace during AAU Convention week in Las Vegas."

The motion passed easily.

We left, secure with the knowledge that our money was being well spent.

## WORLD VETERANS ATHLETIC ASSOCIATION

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## track

### AAU MASTERS CHAMPIONSHIPS AT Mt. Hood CC

**Men's Finals**  
200 Meters — (30-34) Ruben Whiteney 21.80; (35-39) Walt Butler 22.76; (40-44) Gary Miller 23.56; (45-49) Nick Newton 23.69; (50-54) Jack Greenwood 24.29; (55-59) Bob Cooper 24.95; (60-64) Bill Bowers 28.96; (65-69) Harry Koppel 27.08; (70-74) Ken Carline 31.36; (75-79) Josiah Packard 31.08; (80-84) Paul Spangler 39.50. 400 Meters — (30-34) Hilliard Sumner 48.07; (35-39) David Romain 49.64; (40-44) Gary Miller 52.58; (45-49) Nick Newton 52.26; (50-54) Jack Greenwood 54.24; (55-59) Jim Upham 58.73; (60-64) Bill Bowers 1:03.96; (65-69) Harry Koppel 1:03.88; (70-74) Mel Shino 1:12.07; (75-79) Josiah Packard 1:11.13. 110-Meter High Hurdles — (30-34) Chuck Holt 16.29; (35-39) Walt Butler 14.71; (40-44) Lew Thorne 16.22; (45-49) Van Parish 17.08; (50-54) Jack Greenwood 15.57; (55-59) Bob Hunt 17.08; (60-64) Bill Morales 20.23; (65-69) Chet Beach 19.37; (70-74) A.J. Puglizevich 29.12; (75-79) Herb Anderson 27.36. 1,500 Meters — (30-34) Steve Waggener 4:08.36; (35-39) Jack Petty 4:02.12; (40-44) Ernie Billups 4:03.33. High Jump — (50-54) Hal Buck 4-10 1/4; (55-59) Burt Gist 5-0 1/4. Long Jump — (50-54) Freeman Marr 13-10 1/4; (60-64) Bill Morales 15-4 1/4; (65-69) John Sattl

15-8 3/4; (70-74) Winfield McFadden 13-0 1/4; (75-79) Herb Anderson 10-2 1/2; (85-89) Collier Wheeler 8-3 3/4. Hammer — (30-34) Bill Henderson 75-8; (35-39) Edward Hill 112-0; (40-44) Gordon Bobell 149-8; (45-49) Stewart Thomson 159-5; (50-54) Phil Walden 58-0; (55-59) David Batchelor 111-1; (60-64) C.R. Collins 117-3; (65-69) James York 123-6; (70-74) Randolph Hubbell 124-3; (75-79) Herb Anderson 64-3. Pole Vault — (40-44) Gerard Durmas 12-0; (45-49) Vic Cook 13-9; (50-54) Don Grosh 10-6; (55-59) Dave Brown 11-0. Javelin — (50-54) Harry Hawke 133-0; (55-59) Bob Stone 115-11; (65-69) Philip Henn 71-10 1/2; (70-74) Winfield McFadden 108-9.

**Women's Finals**  
400 Meters — (35-39) Miki Hervey 1:04.07; (40-44) Almata Parish 1:04.48; (45-49) Irene Obera 1:01.73; (50-54) Ellen Rose 1:14.81; (55-59) Edith Leibv 1:28.13; (60-64) Josephine Kolda 1:32.25; (65-69) Polly Clarke 1:24.60. 200 Meters — (30-34) Janice Henderson 31.78; (35-39) Miki Hervey 29.16; (40-44) Almata Parish 28.71; (45-49) Irene Obera 26.57; (50-54) Shirley Kinsey 32.82; (55-59) Edith Leibv 40.85; (60-64) Josephine Kolda 38.08; (65-69) Polly Clarke 35.56. 1,500 Meters — (30-34) Ramsey Husney 7:22.5; (35-39) Judy Groombridge 5:23.52; (40-44) Noel Murchie 5:32.65; (45-49) Ellen Rose 6:20.17; (50-54) Edith Leibv 7:14.47. Shot — (30-34) Janice Henderson 24-11 1/4; (40-44) Cherrie Sherard 36-7; (45-49) Marjorie Fox 15-8 1/2; (50-54) Shirley Kinsey 24-4; (55-59) Dorothy Donnelly 19-2.

## track

### AAU MASTERS CHAMPIONSHIPS AT Mt. Hood CC FINALS

**Men**  
SHOT PUT — (40-44) Doug Smart, 46-6; (45-49) Phil Brady, 45-0; LONG JUMP — (40-44) Kermit Walker, 20-4 1/2; HIGH JUMP — (30-34) Dennis Olafson, 6-1; JAVELIN — (30-34) Ken Johnson, 192-5; (35-39) Doug Wells, 200-10; (40-44) Larry Stuart, 212-2; (45-49) Spencer Lecher, 181-0; (70-74) Ken Carline, 113-10; (75-79) Herb Anderson, 92-5; SHOT PUT — (30-34) Fred Johnston, 39-0; (35-39) Wells, 49-9 1/2.

**Women**  
JAVELIN — (30-34) Janice Henderson, 71-6; (40-44) Chris Miller, 102-0; (45-49) Marjorie Fox, 51-10; (50-54) Shirley Kinsey, 66-7; LONG JUMP — (30-34) Ramsey Husney, 19-0; (40-44) Miller, 13-10 3/4; (45-49) Shirley Davisson, 20-1 3/4.

## Tips for Europe

Going to Hannover? If you've been to Europe before, you know what to expect. If not, here are a few pointers:

1. Like to shop? Do it in the daytime or before 2 p.m. on Saturday. Everything shuts down in the evenings, Saturday PM and Sundays except the restaurants and tourist attractions.

2. How to change money? Get some deutchmarks before you leave the U.S. from a bank or Deak & Co. In Europe, rates are better in banks than hotels or stores. You'll also get a better exchange rate with a traveler's check than with cash.

3. What to do if you run out of cash? Your Master Charge or Visa card is good for several hundred dollars at certain European banks. Check with your bank before you leave for a list of banks which will give you cash if you need it.

4. Lose your traveler's checks? Don't be fooled by Karl Malden's slick pitch for American Express. Contrary to his promise, you cannot get new checks the same day, unless it's Monday-Friday 9 a.m. to 5 p.m.,

and you're in a city with an American Express office. If it's a weekend, don't expect help from AE until Monday.

5. What's the temperature? Forget fahrenheit. Europe runs on centigrade. 59F=15C. 68F=20C. 77F=25C. 86F=30C. It's a 9-5 ratio.

6. What time is it? Europe never heard of "PM." 8 p.m. is 20:00. 5 p.m. is 17:00. 2:45 p.m. is 14:45.

7. Save \$50-\$100 before you leave. If you'll be in Europe a few weeks, you can temporarily cancel your automobile insurance. (All except comprehensive, which you still need.) Check with your agent.

8. Train, anyone? Trains are superb in Europe. A pleasure to ride; a cheap, efficient way to get places. In Switzerland, they're absolutely breathtaking through the mountains.

9. Eternal youth? Not quite, but Europeans swear the pill KH-3 prolongs life, increases energy, sex drive and circulation. Sold only in Germany. OK to use in Europe, but illegal in U.S.

Have a nice trip.



## The joy of injury

By BOB FINE

Dr. George Sheehan, both the medical and spiritual guru for the running community, wrote an article extolling the joy of pain. A non-Irish Catholic friend of mine explained this attitude as the Irish-Catholic way of exculpating guilt (which is one of the alleged reasons that the Irish are such good runners). Not being Irish or Catholic, I have no personal experience to comment on that explanation. Until recently I would have disagreed with George, but then again I am the one who told George to either run 200 yards ahead or behind me (due to the almost obscene noises he makes during a race) or take up silent meditation.

However, a recent experience has caused me to reconsider my objection to finding joy in pain.

My background and attitudes play a part in the efficacy of my conclusion, so please bear with me. I am a 48-year-old, dedicated middle distance runner, who can be classified as a little bit above average but nothing special. My best times are 2:13 for 800 meters; 4:27 for 1500 and 10:35 for two miles. I also engage with some success in race walking but don't train for the event. I don't enjoy running very often. Perhaps 10% of the time do I obtain pleasure from it, usually when I'm doing intervals. LSD for me is a drag. I'd much rather cuddle close to my wife's warm and succulent body than drag my ass out of bed at 6:00 a.m. for my morning workout. Most of my training gives me as much pleasure as defecating; it is something that one has to do and it is a joy when you are finished. I've never experienced a

runner's high and put it in the same category as the Holy Grail. I am happy for all those that make running a spiritual experience and I wish them well. I run for the challenge (to myself) of competition, for good health (I'm so lazy that I wouldn't jog unless I had the goal of competition) and the camaraderie. I don't like pain. I don't even like discomfort. Discomfort I expect as part of the price to pay for competitive effectiveness. Pain is an enemy that will reduce my effectiveness and it also hurts! If I could train in bed by reading track publications I'd surely do so.

It was at the 1979, North American Championships, in Toronto, Canada, that I experienced the "joy of injury." My mother was undergoing major surgery that weekend. She had requested that I bring her home a medal ("Win this one for the Gipper"). Being duly inspired I entered the 5000-meter walk, an event I was sure I could win a medal in, since I was the only one in my age group in the event. My local club, the New York Masters Sports Club, entered a team in the club 800-meter relay. It turned out that I was the only one available to fill out the relay team. Two hundred meters for me is as difficult to run as cleaning their rooms is for my children. Worse yet, the relay was scheduled right after the walk. I competed in the walk, finishing fourth overall and just had enough time to change from flats to spikes for the relay. Since I was the slow man on the team, I felt that everything depended on how badly I performed. I got the stick in second and actually made up two yards on the lead runner! Our team ultimately won the event. The only problem was that 20 meters into my stint I felt my ankle separate itself from the rest of my leg.

I wasn't really in much pain, provided I kept my foot off the ground and stopped breathing. Since I was the unknown quantity for the team and since we won the event, my teammates were ecstatic about my performance. My limp was obvious (besides I saw no reason to hide my battle scar.) I was soon surrounded by solicitous teammates inquiring about my condition. In one of those flashes of genius, I remembered General MacArthur's farewell address to the cadets at West Point in which he ended his speech with the words, "...to the Corps, to the Corps, to the Corps." All I did was substitute "team" for "corps" in my mind to become an instant hero. I responded to all inquiries by saying that whatever happened to me it was worth it because, "I did it for the



Nick Newton beats American 40-44 400 record holder Gary Miller and Chuck McKenney in 51.99 in Grandfather Games May 12.

team." For you younger cynical readers this might seem like pure corn, but for those of my generation brought up on Westerns, World War Two movies and comic book heroes it was true grit.

Naturally, I had to be helped off the field with my arms draped around two teammates. I was quickly able to synchronize my grimace with each step. I was as brave as Errol Flynn in "Custer's Last Stand," as impervious to pain as Gunga Din as he blew his bugle, riddled with bullets, to warn the company of attack. When asked if I needed anything, I replied through clenched teeth, "A little ice to ease the pain," delivering the sentence slowly with my voice trailing off towards the end. After being packed in enough ice to turn my lips blue, making me look even worse, I was carried to my car. God, it was wonderful. The Pope never had a better trip through the streets of Rome. My wife, who has always been very cooperative and understanding about my running, became even more concerned. I didn't have the heart to tell her that I could undress myself. I overplayed it a bit when I told her that it wouldn't be fair for her to sleep in the other twin bed in the hotel room—I really wanted her next to me. However, she felt that if she innocently turned in her sleep it might aggravate the injury and that she would make the sacrifice. I could not refuse the offer.

The injury made it impossible for me to compete the next day. That was alright also since I was not going to deny my teammates' assertions that I could have won the 800-meter if my leg was not injured while running for the team. In fact, I couldn't have won the 800 on a bicycle, but I didn't want to destroy their illusions. I learned to graciously accept the plaudits of the other athletes as I hobbled around. I made sure that the Ace bandage was a thick one. In accepting congratulations I developed the technique of shyly looking towards the ground and saying something to the effect, "It was the least that I could do."

I received more attention than if I had set a world's record. I was the wounded war veteran marching, no hobbling, down Main Street being welcomed home. I was the cowboy riding off into the sunset and the Marines storming the Pacific atoll.

My problem now is that I am recovering. I had no garbage detail for a week until my family noticed that I wasn't limping any more. My teammates no longer ask how I feel. They now treat me like any ordinary person.

But I remember the joy of my injury. My self-indulgence. The concern of my peers. My Walter Mitty fantasies about my accomplishment. In a few weeks there will be the Regional Championships in which I'm scheduled to run another relay. One can always hope for the worst.

### METRIC CONVERSION

1 centimeter = .3937 inches  
1 meter = 3.2808 feet  
1 meter = 1.0936 yards  
1 kilometer = .6214 miles

1 inch = 2.5400 centimeters  
1 foot = .3048 meters  
1 yard = .9144 meters  
1 mile = 1.6093 kilometers

10 kilometers = 6.214 miles  
100 meters = 109.36 yards  
200 meters = 218.72 yards  
400 meters = 437.44 yards  
800 meters = 874.88 yards  
36 inches = .9144 meters  
39 inches = .9906 meters  
33 inches = .8382 meters  
30 inches = .7620 meters  
5000 meters = 3.107 miles

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subscription price and get aboard the publication that's going to be covering the Masters scene more thoroughly than ever. Subscribe now.

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