



National Masters Newsletter



15th issue

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The only national publication devoted exclusively to track, field and long distance running for men and women over age 30

HIGHLIGHTS

- Each American's performance in 3rd World Veterans Championships
- AAU Convention preview
- Berkshire 10K results
- 220-mile run thru Sierra Nevada
- Albuquerque meet results
- Masters vs. Father Time
- Schedule thru 1979
- A hatchet job on the President?
- New women's world 40+ marathon mark

Anderson breaks sex barrier

LONDON, ENGLAND, Sept. 30. Another discrimination barrier fell to the forces of equality this overcast autumn day.

No, it wasn't the Pope giving his okay for women to join the priesthood. It wasn't the 38th state ratifying the Equal Rights Amendment.

It was Ruth Anderson, 50, of Oakland, California, breaking the sex barrier by becoming the first woman ever allowed to enter the prestigious London-to-Brighton road race.

The 54.25-mile race had been an all-male event throughout its 30-year history.

The breakthrough wasn't easy.

Anderson and others waged a 6-month mail and telephone cam-

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American 400-meter hurdle medal winners at World Games in Germany. From left: Leon Trout, Bud Deacon, George Braceland, Herb

Anderson, Claude Hills, Walt Frederick, Al Guidet, Bob Hunt, Jack Greenwood and Ray Spencer. Photo by Bob Pates.

Americans shine in 3rd World Veterans Championships

Ed. note: National Masters Record Chairman Pete Mundle compiled each mark of each American who competed in the 3rd World Veterans Championships in Hannover, Germany, July 27-August 2. Here is his report:

By PETE MUNDLE

These games, as the two that preceded them, were well organized. The host country, West Germany, did a splendid job of keeping all events on time. The facilities were excellent. The main stadium had up to six separate areas for each field event. In the huge area outside the stadium, there were even more sprint runways and field event areas, all with tartan surfaces.

A new feature was added to these games. An electronic scoreboard was used to provide running times, lane assignments, finish results (within minutes after each competition) and announcements. Many athletes felt a special thrill to see their name flashed on the scoreboard. It gave the games an Olympic flavor.

There were exciting races galore in both the men's and women's competition. A cinder track adjacent to the main stadium was used for the

1500-meter heats in all five and ten thousand-meter runs. Many new faces appeared on the scene to challenge the previous games' heroes. West Germany had many excellent athletes as their presence was felt everywhere. The weather was kind (it was just cool enough for the distance runners and warm enough for the sprinters and field

eventers) with just a few short showers.

To the Americans, Europe was very expensive. Most were shocked at the prices of food. The weakness of the dollar really hits home when one is in Europe. Not all of the top Americans could afford the trip, but those who did competed well. This

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Breaks women's world Vets mark

41-year-old wins Women's International Marathon

WALDNIEL, GERMANY, Sept. 22. Forty-two-year-old Joyce Smith of Great Britain won the Avon Women's International Marathon today over a world-class field of open women marathoners.

In doing so, she smashed the women's over-40 world marathon record with a time of 2:36:27, breaking Miki Gorman's mark of 2:39:11, set October 24, 1976.

By defeating the best women marathoners in the world, Smith gave

added proof that athletic abilities can continue at top level well into the forties. Her triumph is the women's equivalent of Jack Foster winning an Olympic marathon.

Smith was a 1972 Olympian for Britain, running the 1500 meters in 4:09. She is a former British national cross-country champion, and clocked 8:55 for 3000 meters in the early 70's.

Two hundred fifty runners from 25 nations started the annual event in

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Americans shine in 3rd World Veterans Championships

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meet saw 27 world five-year age-group records broken. This contrasts with the previous games at Goteborg where 44 world age-group records were broken with 19 of these Americans, and 29 American age-group records were broken. Only exact age records were kept at Toronto for the First Games. The total number of exact age records were: Toronto 102, Goteborg 204 and Hannover 167. This means that the age records are now of such good quality that it is more difficult to better them.

The number of competitors has been increasing in each games. In Toronto there were 1500; in Goteborg it was 2500 and at this meet there were 3100. Much of this is due perhaps to the increase in the number of women competing. There were about twice as many women at these games as compared to the Goteborg Games. The quality of the performances improved markedly and many of the top international stars of the past have added the the prestige of these games. For the first time, 800-meter runners had to run two heats in the 1A division. In the summary that follows, the highlights of the men's events will be given first, followed in a separate story by the highlights of the women's results.

SUMMARY OF THE RESULTS OF THE THIRD WORLD GAMES

Results will be given by division. Each division is headed by American performances with track club and age after name. Then the event, the marks (including heats) and positions in parentheses follow. Sometimes abbreviations will be used for field events (i.e., LJ for long jump). 110h and 400h will mean the 110-meter hurdles and 400-meter hurdles. Sometimes heat is abbreviated as "h."

In the pentathlon, point scores in the meet results were determined by using Ian Hume's tables. For record purposes, point scores must be determined from the IAAF decathlon tables which are always lower than Hume's system. The point scores given in the summary are the IAAF tabulated ones. Only in this way is it possible to compare results with records. Results of Div. IV shot put were missing.

Division 1A (40-44)

U.S. results

Warren Crutchfield (PVT, 44) 100 11.49(6) heats: 11.51(2), 11.74(1); 200 heats: 23.96(2), 24.05(2).
Clifford Pauling, 44: 100 heat: 13.27(7); heat: 2:09.5(4), 1500h. 4:32.2(6).
Gary Miller (CDM, 41): 200 23.62(7) heats: 23.60(3), 23.86(2); 400 52.26(7) heats: 51.72(3).
Phil Cordero, 40: 200 heat: 26.82(8) 800 heat: 2:25.2(7)
James Demma (PVT, 40): 400 heats: 53.63(7), 53.81(3); 800 2:01.2(6), heats: 2:01.9(5), 2:01.4(1).
Ernie Billups (CTC, 42): 800

1:56.6(1), heats: 1:59.9(1), 2:02.4(1); 1500 4:03.7(4), heat: 4:09.4(1).
Jack Knebel (Cal, 40): 800 heats: 2:09.2(8), 2:02.5(1); 1500 heat: 4:28.1(6).
Bill Mayer (Tex., 42): 800 heats: 2:05.3(7), 2:02.1(2) 400 heat 55.78(5).
Bob Welck (NCS, 41): 1500 heat: 4:23.3(3), 5000 16.09.5(16), 10,000 33:29.0(28)
Dudley Siprelle, 44: 1500 heat: 4:59.2(12), 10,000 33:51.5(31), XC 44:49.6(104).
M. Brekeller: 5000 16:24.5(19), 10,000 34:02.2(33).
Al Henry (CDM, 41): 110h 15.59(2), heat: 15.83(2), long jump 21-7½(2); triple jump 37-2½(17).
Ed Oleata (SDTC, 42): 400h 58.85(8), heat: 58.46(2), pen. 2367(9).
Tom Langenfeld (Minn. 44): high jump 5-9½(5), long jump 14-5¼(34), triple jump 33'11½"(20).
Henry Davenport (WVA, 43): pole vault 12-5½(2), discus 114-8(20).
Bob Humphreys (CDM, 43): discus 156-10(4).
Phil Conley (NCS, 44): pentathlon 2262(15), javelin 200'4"(4).
Cliff Pauling: 1500 heat: 4:32.6(6), 100 heat: 13.23(7), 800 heat: (2:04.5. Bert Botta: XC 38:00.8(44), 5000 16:52.2(29).
Don McDonald: 1500 heat: 4:40.0(10), 5000 17:06.7(35).
Roger Daniels: XC: 37.28.4(35), 10,000, 34.41.1 (46).
Ray Menzie: XC: 38.12.5(48)
Charles Hill: 800 heat 2:15.3(6), Steeple 11:36.8(15).
Phil Cordero: 200 semi: 26.82(8).
Wendell Miller: marathon, 3:04.
Ron Laird: 10K walk 45:48.7(3).
Bill Ranney: 20K walk 1:39:33.4(6).
Martin Brekeller: 10,000 34:02.2 (33).

In this division a lot of new faces showed up (mostly from West Germany). The star of this division was Leon Hacker of South Africa who got a world record in this group with a 54.08, erasing Noel Clough's mark of 54.3 made at the Goteborg Games. Leon also had very good marks in second place finishes in the 100 (11.17), 200 (22.60) and 400 (50.21). Reggie Austin of Australia, winner of the 100 and 200 sprints, in Goteborg and the 200 in Toronto, came back to win the 200 (22.50) and placed third in the 400 (50.67). Ernie Billups of



Downtown Hannover.

Chicago was the top American, garnering a victory in the 800 with a time of 1:56.6 (just off his American mark made in the nationals a few weeks prior of 1:56.0) and a fourth in the 1500. Ernie started off both finals with fast laps (56.1 in the 800 and 58.3 in the 1500). This led to his downfall in the 1500 as he led the field into the final stretch, faltering in the final 100 meters to let three runners go by. His lap times were 58.3, 65.9, 68.8 and the last was equivalent to a 71-second 400. Ed Oleata bettered the American record in the 400-meter hurdles, as his second place time of 58.46 bettered Gary Miller's mark of 59.1. On a slow track D.F. Macgregor's 10,000 mark of 30:04.2 was notable. It broke the championship record. In the steeplechase Tecwyn Davies (GBR) had a good mark of 9:03.5 (only Roelants has better marks) to win. Godfrey Swakala (S. Af.) had a fantastic triple jump of 47-3 to come within ¼" of the world record. Fred Schladen (WG) had wins in the shot put (60-½) and discus (171-4), both good performances. Al Henry had

two good come-through performances as he collared second places in the 110-meter hurdles and the long jump.

Division 1B (45-49)

U.S. results

Nick Newton (SCS, 45): 100 11.65(3) heats: 11.76(1), 11.77(1); 200 23.68(3) heats: 23.94(1), 23.71(1); 400 52.14(2) heats: 52.66(2), 52.96(1); high jump 5-11¼(2).
Marion Sanchez (Cal, 47): 100 11.35(2) heats: 11.77(1), 11.78(1); 200 23.65(2) heats: 23.70(1), 24.15(1); high jump 5-5½(7); 110h heat: 19.64(4).
Lloyd Riddick (NY, 45): 100 11.25(1) heats: 11.59(1), 11.63(1); 200 23.55(1) heats: 23.36(1), 23.46(1).
Matt Brown (NY, 45): 100 11.69(4) heats: 11.90(2), 11.99(1); 200 24.23(6) heats: 24.16(2), 24.46(1).
Leon Trout (NJ, 45): 100 heats: 12.63(3); 110h 17.43(5), heats 18.05(4); 400h 61.83(3) heat: 62.04(2), pen 2222(5).
Juan Pedevilla (CDM, 47): 100 heat: 14.07(7); 200 heat 27.82(7); 400 heat: 63.08(7).
Richard Richardson (Ill., 46): 100 heat: 12.97(5); high jump 5-11¼(1).
Al Sheahen (SFV, 47): 400 heat: 59.55(6); 400h 64.82(7), heat:

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I certify that the statements made by me above are correct and complete. Edward Gildea, publisher, Oct. 16, 1979.

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64.18(3).
 Henry Kupczyk (Tenn. 46): 800
 2:11.7(10) heat: 2:07.7(1); pen 1909
 (20); 1500 4:22.6(11), heat: 4:23.0(1).
 Tom Sturak (SCS, 48): 800 heat:
 2:19.4(6), XC 39:00.4(22).
 Gaylord Kalchschmid (SVF, 46): 800
 heat: 2:12.0(5).
 George Vernosky (PVTC, 49): XC
 38.42.2(20).
 Bill Browning: XC 44.18.0(48).
 Geza Feld: 5000 18.47(40).
 Hal Higdon (Ind., 48): 5000
 15:50.5(4); 10,000 32:32.0(2); steeple
 9:55.0(2).
 Dave Jackson (CDM, 47): 110h
 16.11(4); heat: 16.19(2); LJ 20-1/2(2);
 TJ 43-3/4(2).
 Herm Wyatt (Cal. 47): JH 5-10 1/4(3).
 Vic Cook (Cal., 47): PV 13-1 1/2(3).
 Len Olsen (NYAC, 48): SP 42-1/2(8);
 DT 130-8(10); HT 134-4(12); pen
 1608(26).
 Irving Black (CT, 48): HT 158-4(5).
 Bob Fine: 10K walk 58.14.4(28).
 John MacLachan: 10K walk
 1:00:23.3(31).
 Bill Stock: XC 39:47.8(27); 10,000
 36:59.0(35).
 Jim Jacobs: 5000 17:36.8(22); 10,000
 36:27.0(27).
 Pete Klopfer: 10,000 37:07.6(36);
 5000 17:53.0(30)

There was one world record in this division and that went to Valbjørn Thorlaksson of Iceland. His IAAF table point score of 2778 in the pentathlon bettered the record by over 100 points. His long jump mark would have won the individual long jump competition and his 200-meter time would have been good enough for a second. He also won the pole vault competition so this versatile athlete had a super meet. The U.S. swept the sprints with Riddick (11.25, 23.55), Sanchez (11.35, 23.65), Newton (11.54, 23.68) and Brown (11.61, 24.23) in that order leading the rest of the world in the 100 and 200-meter races. Nick Newton was just edged by Miloje Grujic of South Africa in the 400, 52.12 to 52.14. Nick also had a high jump duel with Richard Richardson of Illinois. Richardson won on the countback rule as both negotiated a height of 5-11 1/4. Grujic also won an exciting race from Tony Roberts in the 800, both getting 2:00.3 times. Ed Whitlock of Canada who has been one of the top 800, 1500-meter runners in both previous World Games but never a winner finally made it to the victory stand with a masterful wait-and-kick race to edge Tom Roberts, 4:09.6 to 4:10.0. Likewise Laurie O'Hara of England turned the tables on Manuel Alonso of Spain by winning his first World Games event, putting on a super kick to win over both Alonso and Alfons Ida of West Germany, 15:34.1 to Ida's 15:36.3 and Alonso's 15:43.9. Alonso just edged O'Hara twice in Goteborg. Ida, who moved up to the 1B division this year, gave Hal Higdon his first steeplechase defeat in World Games competition, winning 9:39.1 to 9:55.0, just missing Hal's world age record by a tenth. Hal also got a second in the 10,000 (32:32.0) and fourth in the 5000 (15:50.5). Hermann Strauss (WG) defeated Dave Jackson in the long jump, 20-2 1/2 to 20-1/2, and in the triple jump, 44-2 1/2 to 43-3/4, as both

Sun. Oct. 28. National AAU Masters 15K Cross-country Championships, 12 noon, Van Cortlandt Park, Bronx, N.Y. Send self-addressed stamped envelope to: National Masters 15K-XC, NYRRC, Box 881, FDR Station, NYC 10022, Attn: Vince Chiappetta.

Sun. Oct. 28. Canadian Masters National Cross-Country Championships, Ottawa, Ontario, 1 p.m. Contact: CMITT, 160 Vanderhoof Ave., Toronto, Ontario, Canada, M4G 4B8.

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

Sat. Nov. 10. Third annual TFA/USA National Masters Cross-Country Championships, Green Valley, Arizona. Contact: Steven Myers, P.O. Box 587, Green Valley, Az. 85614. 602-625-4441.

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. Con-

tact: Tom Sturak, Box 1602, Santa Monica, Calif. 90406.

Sat. Nov. 17. Third Canada vs. USA Masters International Cross-Country Match, Sunnybrook Park, Toronto, Canada, 2 p.m. Men over 40. Women over 35. Contact CMITT, 160 Vanderhoof Ave., Toronto, Ontario, Canada M4G 4B8, or Richard Kendall, 1306 Statlet Bldg., Buffalo, N.Y. 14202.

Sun. Nov. 18. Eighth Annual Eastern Masters AAU Cross-Country Championships and Sub-Masters Non-Championship Race, 12 Noon, Van Cortlandt Park, Bronx, N.Y. 10,000 Meters. Contact: Masters Sports Association, c/o Bob Fine, 77 Prospect Place, NYC 11217.

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

Sun. Nov. 25. National AAU Masters 10K Road Race Championship, Sunset Park, Las Vegas, Nevada, 9 a.m. Contact: John Clark, c/o The Running Store, 602 South Maryland Parkway, Las Vegas, Nevada 89101.

Sun., Nov. 25, to Sat., Dec. 1. National AAU Convention, Las Vegas, Nevada. Contact: Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217.

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. 91203.

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.



3126 veteran athletes from 42 nations.

battled jump for jump with Strauss prevailing on the last jumps. Hans Poetsch had a tremendous hammer throw of 200-7 to win.

Division IIA (50-54)

U.S. Results

Jack Greenwood (CDM, 53): 100
 12.24(4) heats: 12.10(2), 12.25(1); 200
 24.23(2) heats: 24.66(1), 27.68(1);
 400 53.52(2) heats: 55:02(1),
 55.07(1); 110h 15.94(1) heat:
 17.62(1); 400h 59.04(1) h. 62.13(1).
 Ozzie Dawkins (STC, 51): 100
 12.25(5) heats: 12.30(1), 12.42(1); 200
 25.04(5), heats: 24.62(2), 25.07(1);

400 heat: 56.47(2).
 Ed Schuler (Fla. 52): 100 12.40(9)
 heats: 12.11(3), 12.35(2); 200 heats:
 25.92(4), 25.59(1); long jump
 16-3/4(21).
 Harold Green (RTC, 50): 100 12.36(8)
 heats: 12.30(2), 12.31(1); 400h
 93.19(7) heat: 65.64(3).
 Don Jackson (NCS, 52): 400 heat:
 57.02(2); 800 2:11.8(8) heat:
 2:11.6(4).
 Dean Smith (Ill., 53): 400 57.34(7)
 heats: 56.80(3), 56.99(3); 800
 2:03.5(1) heat: 2:08.2(1); 1500 heat:
 4:36.4(4); 400h 69.14(5) heat:
 63.18(1); steeple DNF.
 Bob Sieben (SDTC, 53): 400 heats:
 57.0(5), 57.38(3); 800 2:07.1(5) h.

2:09.2(2)); pentathlon 1985(8).
 Kelsey Brown (NJ, 51): 800 2:05.3(3)
 heat: 2:08.2(1); 1500 4:30.3(9) h.
 4:31.7(2).
 Jim O'Neil (Cal, 53): 10,000
 33:54.4(5); marathon DNF.
 Don Pickett (SF, 50): 5000 17:50.8;
 10,000 36:49.6(19); 1500h 4:57.5(12).
 Tony Diamond (NY, 50): 10,000
 35:02.3(9), XC 38:57.7(11).
 John Noble (SRC, 53): steeple
 11:40.2(12), XC 44:07.2(40).
 Al Brenda (Cal. 51) high jump
 4-7/4(17); pole vault 9-10 1/4(5); LJ
 16-1/4(26); triple jump 37-3(5);
 pentathlon 2148(4).
 Spotswood Hall (RTC, 54): high jump
 5-4 1/2(2); discus 101-11(22).
 Roger Ruth (Can., 51): pole vault
 11-2(2); long jump 17-6 1/2(.
 Novica Milicevic (CDM, 51): long
 jump 19-1 1/2(3); triple jump
 38-3/4(2).
 Dick Straub (SDTC, 50) discus
 127-9(11); javelin 130-11(9).
 Bob Backus: hammer 157.10(1).
 Les Trubey: 200 heat: 27.39(6), 100
 heat: 13.58(7).
 John Friesen: 200 heat: 31.90(8); 10K
 walk 59:34.9(25).
 Gordon English: XC 44:07.5(41).
 Pat White: XC 44:25.6(45); 10,000
 40:21.5(50).
 Seth Warner: XC 44:29.2(46);
 10,000 38:39.6(39), 5000 18:55.3(33).
 Jim Waste: XC 46:46.3(57), 400 heat:
 73.40(8), 10,000 43:23.3(62); 5000
 21:12.0(51).
 Bill McCaffrey: XC 39:06.7(12).
 Emson Grimm: 100 heat: 16.78(8);
 HJ 46-2 1/4(12), DT 53-7(28).
 Pete Mundle: XC 40:33.5, 5000
 18:32.2(26); 10,000 36:17.8(14).
 Rod Johnson: 800 heat: 2:36.8(8).

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Don Kardok: 4-11(11).
Bob Mimm: 10K walk 50:44.6(6),
20K walk 1:49:26.2(5).
John Allen: 10K walk 50:50.2(7), 20K
walk 1:46:26.9(4).
Hans Roenau: 10,000 38:40.4(40),
5000 18:48.9(30).
Gordon English: 5000 19:50.5(43).

Another unbeaten string in World Games has been broken. The world has finally caught up with Jack Greenwood, the prolific gold medal winner of past competitions. He is still the hurdles king, as none has ever come close to him in these events. Cliff McPherson, a very fast small-statured sprinter from Guyana, swept the field in the 100 and 200-meter races with good times of 11.69 and 23.99. Then in the 400, Peter Higgins from England ran a very strong race to nip Greenwood 52.28 to 53.52. Higgins's mark is a world record in this division, bettering Greenwood's mark of 52.9. Jack still had plenty left to take the 110 hurdles (15.94) and 400 hurdles (59.04). Dean Smith ran a courageous front-running race to stave off all contenders to get his PR and second victory in a row in Games competition with his scintillating win in 2:03.5. Derek Turnbull of New Zealand took two races with wins in the 1500 (4:17.0) and 5000 (16:10.4). Art Taylor took the steeplechase in a world record time of 10:18.4 and was third in the 5000 (16:20.6). Harold Green had an unfortunate time in the 400-meter hurdles. He was second going into the last hurdle but ended up last as he hit the last hurdle, felling him completely. Jim O'Neil ran his best race of the year and still couldn't medal. His time of 33:54 was only good enough for fifth. This is his first games without a medal. Carlos Vera-Guardia had a super meet. He got a world record in the triple jump with his 42-9½ mark, two feet better than his previous record. The just-turned-50 Venezuelan also won the high jump (5-7) and got a second in the long jump (19-10¼) where Wolf Reinhardt of West Germany nipped him (19-11½). Bob Backus of Pembroke retained his hammer crown with a mark of 157-10, down from his prodigious heaves of the past in the 180 range. Yet another victory string of two has been snapped. Vaclav Bartl (Sweden) slipped to third in the pentathlon as his 2322 points were inferior to the good performances of winner Werner Kruecker (WG) 2553 and runnerup Pierre Hecq (Belgium) 2441. In the shot put Hermann Hombrecher (WG) in a class by himself joins Greenwood as a three-time winner with his easy victory of 52-2½.

Division IIB (55-59)

U.S. Results

Tom Patsalis (CDM, 57): 100 12.78(5) heats: 12.69(3); 110h 18.46(2); long jump 19-4¼(1); triple jump 39-8(1).
Bob Hunt (SCS, 59): 200 heat: 27.26(4); 400 59.70(2) heat: 60.40(1); 110h 19.14(3); 400h 64.92(1).
Archie Messenger (NY, 54): 400-62.55(5) heat: 64.02(4); 1500 4:56.6(9) heat: 4:46.5(5).
Avery Bryant (STC, 55): 800 2:19.4(7) heat: 2:19.3(3); 1500 4:46.0(9); 5000



Getting acquainted at opening ceremonies.

17:36.3(6); steeple 11:17.8(3).
Bob Poet (STC, 55): 800 heat: 2:24.6(2).
Chet Peters (MTC, 56): 800 heat 2:28.7(7).
Mel Bushman (Ill., 58): 110h 21.23(7); 400h heat: 76.90(5); LJ 14-8¼(19); triple jump 31-6(11); pentathlon 1581(9).
Ray Spencer (SDTC, 56): 400h 68.95(2) heat: 70.51(1); LJ 16-1½(9); TJ 35-1(4); pentathlon 1766(6).
Dave Brown (CDM, 56): high jump 4-9¼(5); pole vault 10-2(1); long jump 16-10(6); triple jump 35-10½(3).
Bob Stone (NCS, 59): discus 111-0(12); HT 85-0(16); JT 112-9(10).
Bill Walmroth (Miss., 55): shot put 46-10½(1); discus 139-1(3).
Allen Phillips: 200 heat: 29.84(7), 1500h 5:11.8(13).
Merle Knox: XC 43:23.5(18).
William Tuinzing: XC 51:07.0(42); 1500 h. 5:49.0(15).

Tom Patsalis didn't match the three golds he won at Goteborg but he did get two. He still was one of the best performers in this division with wins

in the long jump (19-4¼) and triple jump (39-8) second in the 110-meter hurdles and fifth in the 100-meter dash. Andre Findeli of France is another Games campaigner from the past. He took the measure of the 110-meter hurdle field with a fine 17.08 clocking. He was shocked in the 400-meter hurdles as two Americans, Bob Hunt (64.92) and Ray Spencer (68.95) rolled past him (69.01). Bernie Hogan of Australia retained his 100 and 200-meter crowns as he powered to wins in 12.32 and 24.92. The ubiquitous Australian would have been a three-time winner had he been allowed to compete in Toronto. The amazing Mexican steeplechaser Eligio Galicia smashed his own world record of 11:05.8, winning with a fantastic time of 10:39.0. This is 38 seconds better than anyone else in the world has done in his division. In this same event Avery Bryant picked up an American record with his third place time of 11:17.8. Avery, as busy as ever, picked up a seventh in the 800, a ninth in the 1500 and a sixth in the 5000. Bill Walmroth topped a great javelin and discus thrower in

Las Vegas to host annual AAU convention

The annual AAU Convention will be held at Caesar's Palace in Las Vegas, Nevada, from Sun., Nov. 25, to Sat., Dec. 1, 1979.

Important business concerning the future of the Masters program will be conducted. All interested Masters are urged to attend.

To kick off the Convention, the National AAU Masters 10-kilometer road race will be held in Las Vegas at 9 a.m. on opening day. On Sat., Nov. 24, the National AAU 5-kilometer cross-country championships will be held in San Diego, which is an hour's flight or six-hour drive from Las Vegas.

So an ambitious Masters runner can compete in two national championships in one weekend, then settle down to a few days of serious convention work, while at the same time partaking of the heady Las

Vegas atmosphere. (See Schedule of Events for whom to contact).

The AAU is expected to announce its new organizational structure, mandated by the U.S. Congress last year. The Masters will, once again, argue over whether Track & Field should remain separate from Long Distance Running, or whether the two should join forces in one all-encompassing Masters program.

Sites for all national AAU championships will be determined. Policies voted on by athletes at the 1979 Masters Track and Field meeting in Gresham will be officially implemented. Awards for outstanding U.S. Masters athlete and administrator will be voted. (See poll in this issue). The future direction of the U.S. Masters program will be thoroughly discussed.

the shot as he put the ball 46-10½ to better Kauko Jouppila's heave of 45-1½. Bill also got a third in the discus (139-1) to Jouppila's 161-10. Kauko was just four feet off his world mark.

Division IIIA (60-64)

U.S. Results

Clarence Killion (Cal., 61): 100 13.12(3) heats: 13.18(2), 13.36(2); 200 27.42(3) heat: 26.78(2); 400 66.13, h. 63.10(2); 110h 20.44(4) heat: 21.11(3); 100 13.39(6) heats: 13.63(3), 13.42(2); 400 63.55(5) heat: 62.25(1); 110h 18.73(1), h. 19.04(1); 400h 70.78(1); LJ 14-6(10); SP 30-5½(27).
Henry Fairbank (NC, 60): 200 28.32(7) heat: 28.13(2); 400 62.94(3); 800 21:25.9(4) heat: 2:27.8(3).
'Ole' Oleson: 1500 4:49.8(5) heat: 5:02.0(2); 5000 18:24.4(5); 10,000 37:54.7(7); marathon 2:59:28(2).
John Woods (PVT, 62): 5000 20:14.6(11); 10,000 41:00.6(13).
Orval Gillett (CDM, 60): high jump 4-9¼(6); pole vault (9-6¼(2).
Tom McDermott (NYAC, 61): shot put 45-5¼(4); DT 146-9(3); HT 137-3(2).
Bill Morales (CDM, 62): javelin 160-4(2); pentathlon 1812(1).
Bill Fairbank: 400 heat 68.38(4); 800 heat 2:43.3.
Elias Castaneda: SP 44-9¼(6).
Oguss Murray: SP 39-9(11); DT 102-7½(19).
Don Johnson: 10K walk 57:05.5(5), 20K walk 2:03:44.8(7).

This division produced the finest performances of this games. John Gilmour of Australia methodically cut each field to pieces with his fabulous controlled running. This superb athlete was forced to get in condition in a short time. An injury kept him from training until a short time before the meet. Running cautiously and well within himself, four world records became his in the 800 (2:19.3), 1500 (4:32.5), 5000 (16:54.9) and 10,000 (35:07.7). He also had to run heats in the 800 (2:26.9) and 1500 (4:58.4), both of which he won in what would be great times for any other in his division. On the last day he threw in a big win in the marathon (2:52:28). That is seven high quality races in seven days. Unlike sprinters, running that many races is much tougher. This has to be one of, if not the greatest, masters one-meet performances ever. John has run in all three World Games and the only race he lost was to the great marathoner Erik Ostbye in the marathon at Goteborg. Another runner who overcomes great odds is the blind runner from West Germany, Fritz Assmy. Fritz, as he did in Goteborg, thrilled the crowd as he skirted to wins in the 100 (12.75), the 200 (26.51) and 400 (61.30). Another world record was broken in the steeplechase. Sweden's great Olle Elvland brought his record down by ten seconds as he won with ease in 11:41.6. Al Guidet of California City, who earlier in the year had cardiac problems, came to Hannover with only a few meets under his belt this year, but he looked better than ever. He carted off golds in both hurdle events. As he did in the two previous

continued

continued

games, he competed in every event he could reach. He got a sixth in the 100, a fifth in the 400, a tenth in the long jump and a 27th in the shot. Ole Oleson of Santa Monica got his best position yet in three games with a second in the marathon. Ole also got a 1500 PR, going under five minutes for the first time with his 4:59.8 fifth place mark and he picked up a fifth in the 5000 and seventh in the 10,000. Ian Hume battled Erik Stai of Norway for the long jump laurels. Both got to 4-11½, Ian winning on the countback. Ian also won the triple jump (33-10½) got second in the 110 hurdles (19.68), third in the pole vault (8-10¼) and fourth in the long jump (16-1½). Bill Morales injured his shoulder throwing the javelin but still retained his pentathlon crown, winning for the third time as he eked out a win over Walter Rennschuh, 1812 to 1801. He lost the javelin match to Dusan Vujacic (Yug.), 169-6 to 160-4.

Division IIIB (65-69)

U.S. Results

George Braceland (Pa., 65): 100 14.77(3) heat; 110h 19.81(1) heat; 21.13(2); 400h 73.22(1); PV 7-10½(4); DT 92-1(26).
Tony Castro (Cal. 69): 100 heat: 15.20(5).
Bud Deacon (HN, 68): 400 68.32(4) heat; 69.03(3) 800 heat: 2:46.6(6); 400h 77.31(2).
Bill Andberg (Minn., 68): 800 2:30.1(1) heat: 2:37.0(1); 5000 20:17.8(7); 1500 5:11.6(3) heat: 5:35.0(2).
Bob Boal (NC, 67): 800 2:44.5(6) heat: 2:44.8(4); steeple 13:22.2(1), XC 46:07.9(5).
Norman Bright (Wash., 69): 800 heat: 2:48.2(8); 10,000 41:17.9(5).
Ed Stotsenberg (Cal., 65): 1500 5:08.1(2) heat: 5:20.1(1); 5000 18:44.3(2); 10,000 39:43.6(3).
Claude Hills (Pa., 67): 110h 20.12(3) heat: 22:05(2); 400h 79.57(3); JH 4-1¼(10); PV 7-2½(6); DT 96-1(24); pen 1218(3).
Vince Godfrey (SDTC, 65): 110h 21.72(5) heat: 24.00(4); 400h 81.42(4).
John Dick (Cal. 67): steeple 16:55.6(5); HJ 4-1¼(6); TJ 23-1½(9); DT 99-6(. . 20); JT 89-4(8); pen 677(13).
Wes Ward (Ind., 69): 100 heat: 16.15(6); 200 heat: 32.46(6); HJ 4-3¼(4); PV 5-11(8); LJ 11-10¼(10); TJ 28-6½(4); SP 31-2(27); JT 77-3(11); DT 84-8(30); pen 731(12).
Nolan Fowler (Tenn. 65): hammer throw 123-4(2).
Gordon Wallace: 10K walk 59:49.7(7), 20K walk 2:03:57.5(4).
Otto Wenk: 10K walk 1:04:43.7(13); 20K walk 2:16:55.3(12).

Ten world records were bettered in this division. Yngve Brange of Sweden picked up two for the 200 and 400-meter events. His 200-meter time of 27.24 broke Harry Koppel's mark of 27.48. In this race he just edged a good performance by Willi Rumig (WG) of 28.24. In the 100 these two had a much tighter race with Brange prevailing, 13.10 to 13.27. His 400 record of 63.19 also came at Koppel's expense whose record of 63.88 he broke. Eric Kruzycki (WG) won again in the 5000

41-year-old wins Women's International Marathon

continued from page 1

which Avon virtually spares no expense to bring together the finest female distance runners in the world.

Through a series of Avon-sponsored local and national competitions throughout the year in several countries, top finishers achieve points. Those with the most points are invited to the International Championships. Also invited are women with recent top times, plus the leading runner from each of 25 nations. In 1978, the race was held in Atlanta. In 1974, 1976 and 1979, Waldniel, home of Dr. Ernst Van Aaken, was host.

One hundred eighty-eight finished the 4-loop course as inclement weather took its toll.

"It was cold," reported Tom Sturak. "Temperature was in the forties with a stiff head wind. The wind-chill factor was a real problem. Times would have been faster under better conditions."

As it was, 36 finishers broke 3 hours. Kim Merritt of the USA was 2nd in 2:39:43. Thirty-five-year-old Carol Gould of Britain took 3rd in 2:40:37. Elizabeth Hassal of Australia, also 35, was 4th in 2:42:04. Beth Guerin of Reading, Pa., placed 5th as the 2nd American in 2:42:44. Karen Doppes of Cincinnati was 3rd American in 2:46:38.

Sandra Kiddy of Palm Springs, California, was 2nd over-40 finisher (27th overall) in 2:56:14. Gorman was 3rd Master (32nd) in 2:56:55.

"I was disappointed," Gorman said. "I just didn't have the speed. It's hard to peak. Maybe I've run too many races." (Gorman won 3 gold medals in the 5000, 10,000 and marathon in the 3rd World Veterans Championships in Hannover, Germany, seven weeks ago.)

Lydia Bakkes of Germany took the over-age-50 crown in 3:30:24. Oldest finisher was Alfreda Falke, 59, of Germany, who placed 180th in 4:28:38.

Dr. Joan Ulliot, 39, ran 2:54:50, her 2nd best ever. Sue Peterson, 35, clocked 2:53. Liane Winter, 35, winner of the 35-39 marathon gold medal in Hannover, ran 2:54:49, just nipping Ulliot.

Former world record holder Jacqueline Hansen reported: "Avon organizer Kathy Switzer really worked hard to get 25 nations involved. Even the Ivory Coast in Africa was represented. The IAAF and IOC have said they won't schedule a women's marathon in the Olympics until 25 nations have held a women's national marathon championship. This was a step in that direction."

IAAF President Adrian Paaullen couldn't make it to the race, but Vera Searle of the IAAF Women's Committee showed-up. Searle was the women's 400-meter record-holder in 1926 and is now chairperson of the women's committee of the British Athletic Association.

"She was impressed," said Sturak. "I think we may have made some progress. She said she would informally invite the race to be held in England next year."



Start and finish area for athletes at Hannover.

and 10,000-meter races to repeat his Goteborg performances. He also won the 1500 this time. In the past Bill Andberg has been his close pursuer but a newcomer out of Santa Monica, Ed Stotsenberg, gave him a scare. Eric won with a time of 18:38.7 over Ed's PR of 18:44.3 in the 5000 and with a 38:11.9 over Scotland's Gordon Porteous's 38:39.2 and Ed's 39:43.6 (another PR) in the 10,000. He won the 1500 in 5:06.4 over Ed's fast finishing 5:08.1 (his third PR). Andberg was third in the 1500 (5:11.6). Bill Andberg did win the 800 in a close race over Henry Stranhage (SWE) 2:30.1 to 2:30.9. George

Braceland picked up a world record in the 400-meter hurdles (73.22) and tied one in the 110-meter hurdles (19.81). He was hard-pressed by the talented athlete from West Germany, Robert Reckwardt, who was a yard behind. Richard O'Rafferty (Ireland) easily won the high jump as he scaled to a world record height of 4-10. In the long jump Willi Rumig got off a leap of 16-11¼ to better the world record broken only a few months earlier by John Satti with 16-1. Not to be outdone, Heikki Simola of Finland, who was third to Rumig in the long jump (15-3), came back with a leap of his own for a world record in

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the triple jump of 34-7. Konstanty Maksimczyk (GB) unleashed a tremendous discus throw (165-5) to better Olav Reppen's world mark by seven feet. Earlier in the day he heaved the shot 46-3½ for another world record, this time upping the record by a foot. Reppen saw another of his world marks go as Aarne Miettinen of Finland threw the hammer 140-0 to top Reppen's mark by two and a half feet. Willi Rumig again made news as he captured the pentathlon with an IAAF point score of 1473. In other action Bob Boal captured the Steeplechase (13.22.2) and West Germany's unbeatable vaulter Herbert Schnidt took the vault in 10-10.

Division IVA (70-74)

U.S. Results

Paul Fairbank (PTV, 72): 400 78.64(3); 800 2:49.1(3); 10,000 47:33.7; 400 79.98(5); 800 2:51.4(4); 1500 5:46.4(5); 5000 21:40.8(7); 10,000 44:22.6(4).
Walt Frederick (STC, 71): 1500 6:50.7(10); 5000 25:12.5(17); 10,000 51:19.5(14); 110h 24.21(2); 400h 93.55(1); steeple 17:24.9(1); DT 68-11(16); JT 69-7(6).
Paul Carmichael (SF, 71): steeplechase 18:40.3(3).
Homer Van Gelder (Cal., 74): JH 3-9¼(7); LJ 11-5(7); TJ 26-6½(2).
Lewis Peresenyi (NCS, 71): HT 65-10(5).
Emery Curtice (Cal., 72): JT 121-6(1).

Fred Reid of South Africa joins

continued

Letter to the Editor

Geza Feld's rankings at 10K are indeed a splendid achievement. It was especially heartening to see 100 entries for us 60+ people.

Two comments: First, the listings would be even more interesting if we could have the home state noted for each runner.

The second concerns the validity of the performances. I know that some were made on the track and some on the road. Track distances are usually highly accurate, but road distances may not be. Race sponsors are often quite unaware of the skill needed for accurate measurement of 10K. Laying out a road course with an uncalibrated car speedometer, for example, can easily give an error of 0.1 mile, or about 40 seconds.

What's the solution? One possibility is to accept only track times. A problem here is that 10K is not often run on a track, and if so, only in discouragingly hot weather. A second possibility is to accept both track and road times, but two road times would have to be submitted. The slower would be used for ranking. This practice would rule out freak times on short courses.

For 5K and lesser distances, I would suggest that track times only be accepted.

Max Quackenbos
Westfield, N.J.



Ole Oleson takes 7th in 60-64 10,000 in 37:54.7 in 3rd World Veterans Championships.

Josiah Packard as the only over-70 athletes to dip under 14 seconds in the 100 meters. His new world record of 13.80 came as a result of winning the 100 meters over a fast Heinrich Killing (WG) who ran 14.34. Packard's record was 13.9. And then he outdid himself by doing even better in the 200 by becoming the only over-70 athlete in the world to go under 29 seconds. In fact, only Packard, who had the record (29.2) and Killing, who followed Reid into the tape with a fine time of 29.40, have ever gone under 30 seconds. Marv Jenkinson of Australia won the 400 (69.76) and 800 (2:37.4) with near-record times and then lost tough battles to John Farrell of Great Britain in the 1500 (5:28.5 to 5:24.2) and in the 5000 (21:07.2 to 20:22.9). Farrell also won the 10,000 in 42:32.8. Josef Sahlmann of West Germany prevailed over Gunner Tang-Holbek (Den.) in the high jump (4-7¼ to 5-5¼) and upped his world mark by 2 inches. Tang-Holbek and record-holder Tormod Resell of Norway and this time he took Resell's record with a tremendous 15-0 jump. Tang-Holbek then took the triple jump in 29-1, just four inches off the record. So there was some fantastic jumping among this trio. Emery Curtice of California won his specialty, the javelin, with a sling of 121-5. In the pentathlon Karl Willms of West Germany upped the record 517 points to 1020, mainly due to his fine discus throw of 120 feet.

Division IVB (75-79)

U.S. Results

Herb Anderson (Colo., 77): 100 15.60(2); 200 32.92(1); 400 74.04(2);

800 3:13.0(2); 110h 27.15(1); 400h 90.65(1); JH 4-1¼(1); LJ 10-8(3); TJ 24-7½(1); DT 83-1(6); JT 90-8(1); pen. 625.
Harold Chapson (HM, 77): 100 16.07(4); 200 34.35(4); 400 73.78(1); 800 2:46.3(1); 1500 5:43.0(1).
Konrad Boas (NY, 76): 100 15.97(3); 200 33.65(2); JH 3-7½(2); LJ 11-9½(1); TJ 20-5(2); pentathlon 301(2).
Lou Gregory (Fla., 77): 800 3:33.7(5); 10,000 47:17.9(4).
Stan Herrmann (Cal., 75): DT 99-10(2); HT 98-3(2).

As in previous games it was mostly a Herb Anderson show. Herb had six golds, three silvers and one bronze. Hawaii's great middle distance runner Harold Chapson got victories in his events: 400, 800 and 1500 and picked up places in the sprints. Konrad Boas came through with a good long jump of 11-0½, not far off the record. Friederich Duchene of Australia beat this American trio at the 100 (15.59) and came in third in the 200 (34.08). Stan Herrmann got an American record in the discus. His 99-10 throw upped the record from 95-5. Alex Renk of West Germany just missed Herrmann's world record in the hammer as he topped Stan 96-1 to 89-3.

There were a couple of athletes in the eighties competing in the field events. One, Sven Falk, an 82-year-old from Sweden, broke the record in the high jump, topping Ted Mumby's record of 3-2 with his 3-3½ clearance. Sven also triple jumped 17-2. The other oldster, Peter Goic from Yugoslavia, an 83-year-old, threw the discus 83-3, and the hammer 78-7 and the javelin 60-10, all fine performances.

More Hannover results

Here are the results of the men's 45-49 javelin, omitted from the October issue. Thanks to Bob Young for sending them:

Smiding's throw of 212'3¼" is a new world age-division mark, breaking the record of 212'2" set by Olavi Kauhanen of Finland on August 27, 1972.

1	J Smiding	swe	64.70
2	J Kopitar	yug	57.76
3	H Engels	frg	57.12
4	H Heckman	frg	55.10
5	R Youngs	usa	54.58
6	M Hoffman	frg	53.08
7	J Schwankner	frg	51.04
8	S Helminen	fin	50.50

Anderson breaks sex barrier

continued from page 1

paign to convince the organizers to let her run. In pushing the point, she opened the door for several other women who had wanted to run, one of whom had gone to London using the identity of a man.

"It was one of my all-time goals," Anderson said, "one of my dream races."

The event began at 7 a.m. with the first gong of Big Ben and proceeded across Westminster Bridge and along the Thames River toward the sea. Anderson finished 7 hours, 46 minutes and 16 seconds later in the coastal resort town of Brighton, perched on the seacliffs overlooking the English Channel.

"I knew I could go the distance," the nuclear chemist said. "I had run 50 miles from Marysville to Sacramento in March in 7:25."

Anderson said she wrote to the organizers after that run, asking permission to enter.

"I had heard you had to run a 50-miler under 8 hours to qualify," she said, "but I learned the only qualification you needed was to have run a 3:30 marathon, which I'd done."

"They told me the Women's Committee wouldn't allow ladies to enter. But I talked to all of them, and finally they all signed letters saying it was okay with them."

Anderson said the men then objected. But people began to write letters and made phone calls in her behalf.

"Rob Sanders of the Road Runners Club of America sent a beautiful letter," she said. "The meet directors felt there were hardly any women who could do it, let alone who

wanted to do it.

"Finally, they held a meeting, and decided to not only invite me, but other women, as well."

Leslie Watson finished in 6:55:11, 43rd overall. Lydia Kirk ran 7:29.

"I was happy they were there," she said.

It was Anderson's second trip to Europe this year. In July, she won both the 10-kilometer and 25-kilometer runs in the women's 45-49 division of the World Veterans Road Racing Championships in Bolton, England.

Then, turning 50 just prior to the 3rd World Veterans Championships in Hannover, Germany, she won gold medals in the marathon (3:15:32) and cross-country (44:32.1) and took 2nd in the 5000 (20:15.9) in the women's age 54-54 division. She also set a new women's American 50-54 mark of 2:45.4 in the 800.

The grueling London-to-Brighton classic has a dropout rate of one-third. The final assault up the cliffs to Brighton has broken more than one runner.

"I enjoyed the run," Anderson enthused. "My biggest worry was getting hit by a car. We ran on the left side of the road with the traffic."

A native of Nebraska, Anderson "fell in love with California" during two years at Stanford. She graduated from the University of Nebraska, but returned to California soon after.

An American won the event. A.R. Kirik of the Central Park Track Club of New York City ran 5:32:37 to win by over 12 minutes. The Millrose Athletic Association of New York took the 2nd place team trophy.

One hundred forty-one, including five women, started the race with 106 completing the course within the time limit of 8 hours, 23 minutes.

Teutonic debriefing or monetary aftershock, etc.

By WENDELL MILLER

I mean don't get me wrong, I'm not one of those weirdos who thinks everything is unclean, but Europe would be a great place to visit if you could just get home every day for a shower. By the way, remember those showers in Europe? For the first week, I expected it to ring. Very ingenious of those Germans, using old telephones for shower heads.

Here in the Midwest it's getting time to button things down for another few months of fun and games in the white fungus. Never mind all those winter running photos that look so exhilarating or whatever Higdon says on the subject: once the football foolishness is over, it's bad news until sometime next year. You do learn some valuable lessons in survival, just in case survival on the North Pole ever presents itself. Taking a leak on the move at 10 below and thawing your big toe by sucking on it (also great for flexibility) are a couple of instances that come to mind. And, of course, if you could get Grandma to knit you a little something for you know what, it couldn't hoit.

So much for our problems in the Midwest. Let's get back to a more pleasant subject—overcast Germany. I feel being a success as a travel agent would be rather simple. Regardless of anyone's eventual destination you'd book your travelers into Germany for a few days and then whatever happened would be good by comparison. Take it from a Miller who used to be a Mueller. After I'd escaped into the world, I learned why my dear ol' mom always said cooking was so easy. She just followed Grandma Dusseldorf's lead and put it all in a pot and boiled hell out of it. I came away with probably a simplistic point of view, but take it from a three-week expert: the world is really second rate, and, after all, whoever heard of a language like German. I don't think it's really a language at all, I mean the expression, "I love you," sounds like someone clearing their throat. Because we drove from one end of Germany to the other, one scene from the autoban remains uppermost in my mind—the Mercedes going 90 mph in the left lane with another Mercedes right on his bumper

continued

blowing his horn. Ah, nothing like a fine breakfast of lunch meat and bread. Gave you that good feeling of being nice and greasy early in the morning.

I guess none of us should be surprised by the high threshold of pain of the Europeans. After all, in a nation where the dentists don't use novocain, what's a little breathing hard to complain about. As Tom Sturak, onetime good runner who is pretty much into straight shoes at the moment, said to me, "You see, son, they're missing the one ingredient that has always hampered Americans—nerve endings."

Whoever heard of a toilet bowl with a built-in reviewing platform?

After spending time in Italy it's difficult not to admire their approach to life. Life seems to be enjoyed, nothing seems to work too well but everyone in the meantime is having a high old time—laughing, arguing, singing, yelling and having what appears to be a thoroughly enjoyable experience. I couldn't help but wondering what being allied with the Italians did to the German personality during World War II.

Can you imagine some German officer trying to get a bunch of Italians to fix bayonets and attack those 5,000 swine over the hill? I can almost see the gestures and hear the invectives that officers would have received. Reminds me of the time I asked former runner-author Hal Higdon, "Hal, if you had it to do all

over again, who would you do it all over?"

Of course, I still find the facility in Hanover hard to believe, especially the practice area adjacent to the stadium. There isn't anything that approaches it in the entire U.S. The clock alone made places like Naperville and Atlanta seem somewhat modest. Oh, what the hell, we had more laughs.

Which brings to mind one of the world's most overrated possessions,



Wendell Miller after 3:04 marathon in M40 group in Germany.

the Eurail pass. The pure pleasure of spending time hanging around the 1980 version of the Black Hole of Calcutta—a European railway station. Enhanced, I might add, by the grubbiest array of young people (including many Americans) ever assembled. It looked so contrived I thought at first it was a Hollywood set. Young people aren't supposed to smell. Talk about pure enjoyment, try standing in the change line for an hour or so with people with no more

foresight than you, out of money and full of laughs. The best, of course, is yet to come: a ride on the train. For longer than a day I recommend Orkin as your simplest solution. Otherwise, any good fumigation will suffice.

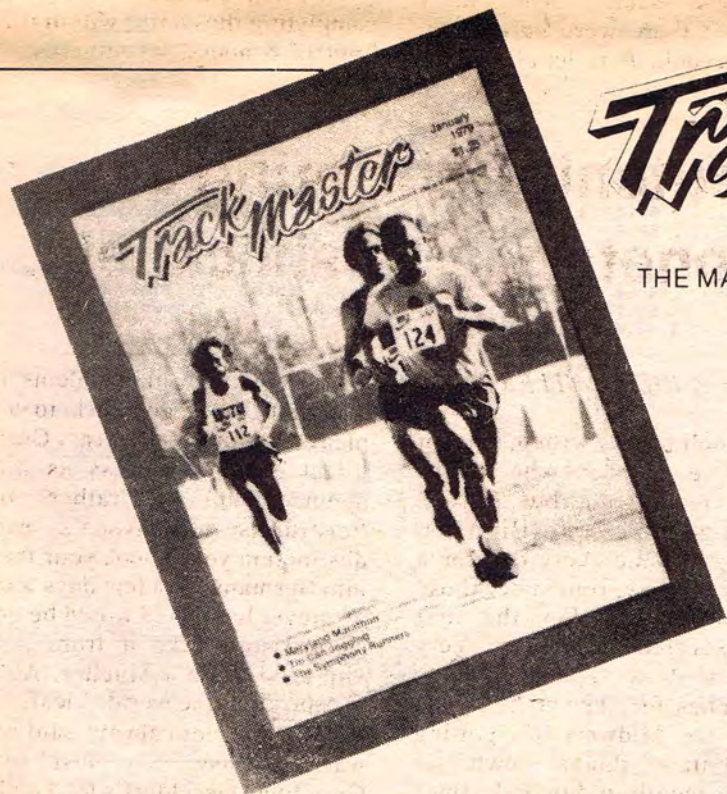
My only really serious complaint about the way the Germans conducted their meet: it had a tendency to change the prevailing spirit and mood of an encounter like this from good fellowship and competition to a "I wish we had uniforms all the same color like those Swedes, then we could really smash 'em."

It was fun; we're all better for it, and even though it's getting harder to win a dozen gold (damn pushy foreigners) we really should do it again sometime.

As that notable West Coast AA member, Pete Mundle, once said: "Show me a man drinking beer at 10 in the morning and I'll show you a man who needs a have." Actually, Jimmy Cannon said that.

Note

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September 2, 1979

100 METERS

Submasters A (30-34)
1. Herman Franklin, 31, Los Angeles, Cal. 10.9
2. Ron Beadle, 30, Pasadena, Cal. 11.6
3. Joe Powdrell, 32, Albuquerque, NM 11.7
4. Chuck Ploen, 33, Albuquerque, NM 12.4

I (40-49)
1. Bob Lida, 42, Wichita, Kan. 12.4
2. Bob Weeks, 42, Los Alamos, NM 12.4
3. Bill Gillmore, 44, Albuquerque, NM 14.3

III (60-69)
1. John Satti, 65, San Francisco, Cal. 13.5
2. Jim Vernon, 62, W. Covina, Cal. 13.6
3. Richard Taylor, 65, Tucumcari, NM 20.7

Women (Submasters 30-39)
1. Rita Powdrell, 33, Albuquerque, NM 15.7

Women II (50-59)
1. Ellen Rose, 51, Irvine, Cal. 15.6
2. Shelley Ammons, 50, Denver, Col. 17.1
3. Billie Moreshead, 57, Albuquerque, NM 19.5

Submasters B (35-39)
1. Paul Dungan, 35, Portland, Ore. 11.4
2. Randy Jones, 38, Los Alamos, NM 12.1

II (50-59)
1. Alex Pappas, 50, El Dorado, Kan. 12.5
2. Novica Milicevic, 51, Scottsdale, Ari. 12.7
3. Max Goldsmith, 56, Lewisville, Tex. 13.1
4. Delaine Wagner, 52, Chino, Cal. 13.5
5. Bruce Lefler, 55, Albuquerque, NM 14.9

IV (70-79)
1. Herb Anderson, 77, Bellvue, Col. 15.5
2. Boyd Stout, 71, Alamogordo, NM 21.7

Women I (40-49)
1. Betty Pappas, 44, El Dorado, Kan. 15.2

200 METERS

Submasters A (30-39)
1. Herman Franklin, 30, Los Angeles, Cal. 22.6
2. Ron Beadle, 30, Pasadena, Cal. 23.6
3. Bill Knipmeyer, 31, Col. 23.8

I (40-49)
1. Bob Lida, 42, Wichita, Kan. 25.1
2. Norm Pittenger, 42, El Paso, Tex. 29.5
3. Al Gallegos, 48, Espanola, NM 29.9

III (60-69)
1. John Satti, 65, San Francisco, Cal. 28.0
2. Warren Johnson, 63, Albuquerque, NM 38.5
3. Richard Taylor, 65, Tucumcari, NM 49.4

Submasters B (35-39)
1. Paul Dungan, 35, Portland, Ore. 22.4
2. Randy Jones, 38, Los Alamos, NM 24.3
3. Jim Joule, 38, Denver, Col. 25.0

II (50-59)
1. Alex Pappas, 50, El Dorado, Kan. 26.6
2. Lewis Beadle, 52, Los Angeles, Cal. 26.8
3. De Laine Wagner, 52, Chino, Cal. 27.0
4. Max Goldsmith, 56, Lewisville, Tex. 27.4

IV (70-79)
1. Herb Anderson, 77, Bellvue, Col. 32.5

400 METERS

Submasters (30-39)
1. Bill Knipmeyer, 31, Denver, Col. 53.8
2. Randy Jones, 38, Los Alamos, NM 54.2
3. Phil Gregory, 36, Belen, NM 58.4
4. Larry Azevedo, 31, Albuquerque, NM 64.0

II (50-59)
1. Louis Beadle, 52, Los Angeles, Cal. 59.6
2. Alex Pappas, 50, El Dorado, Kan. 59.7

IV (70-79)
1. Boyd Stout, 71, Alamogordo, NM 2:06.9

Women (50-59)
1. Ellen Rose, 51, Irvine, Cal. 78.7
2. Shelley Ammons, 50, Denver, Col. 81.4

I (40-49)
1. Bob Lida, 42, Wichita, Kan. 54.9
2. Norm Pittenger, 42, El Paso, Tex. 59.2
3. Richard Khanlian, 40, Albuquerque, NM 59.8

III (60-69)
1. John Satti, 64, San Francisco, Cal. 66.8
2. Warren Johnson, 63, Albuquerque, NM 90.1
3. Richard Taylor, 65, Tucumcari, NM 1:49.4

Women (30-39)
1. Rita Powdrell, 33, Albuquerque, NM 80.7

800 METERS

Submasters (30-39)
1. George Linn, 37, Santa Fe, NM 2:10.7
2. Patrick Blanchard, 30, Wichita, Kan. 2:32.5

IB (45-49)
1. Bill Gaedke, 48, Clovis, NM 2:13.4
2. Jim Schirber, 48, Albuquerque, NM 2:18.9
3. Al Gallegos, 48, Espanola, NM 2:39.6

III (60-69)
1. Don Lonrecker, 63, Silver City, NM 2:31.3
2. Richard Taylor, 65, Tucumcari, NM 4:51.4

IA (40-44)
1. Robert Packard, 43, Flagstaff, Ari. 2:10.2
2. Ray Graham, 42, Farmington, NM 2:24.8
3. Dave Saylor, 43, Albuquerque, NM 2:25.6
4. Norm Pittenger, 42, El Paso, Tex. 2:50.3
5. Laurence Posey, 44, Albuquerque, NM 2:51.3

II (50-59)
1. Ray Gil, 55, Lompoc, Cal. 2:32.7

IV (70-79)
1. Herb Anderson, 77, Bellvue, Col. 3:27.5

1500 METERS

Submasters (30-39)
1. George Linn, 37, Santa Fe, NM 4:24.8
2. Gordon Sarrent, 32, Albuquerque, NM 4:34.6
3. Patrick Blanchard, 30, Wichita, Kan. 4:41.0
4. Laurence Ruggles, 30, Tijeras, NM 4:57.4
5. Larry Azevedo, 31, Albuquerque, NM 5:47.8

II (50-59)
1. Ray Gil, 55, Lompoc, Cal. 5:16.2

Women Submasters (30-39)
1. Arlene Weeks, 34, Los Alamos, NM 5:44.0

Women II (50-59)
1. Ellen Rose, 52, Irvine, Cal. 6:38.0
2. Adelheid Milicevic, 52, Flagstaff, Ari. 6:59.5
3. Billie Moreshead, 57, Albuquerque, NM 7:38.1

I (40-49)
1. Robert Packard, 43, Flagstaff, Ari. 4:22.2
2. Jim Schirber, 48, Albuquerque, NM 4:41.1
3. Skip Dougherty, 42, Albuquerque, NM 4:53.2
4. Ray Graham, 42, Farmington, NM 5:09.0
5. Norm Pittenger, 42, El Paso, Tex. 6:09.4

III (60-69)
1. Don Lonrecker, 63, Silver City, NM 5:02.8
2. Mick DeLollis, 62, Albuquerque, NM 7:34.4
3. Sam Keith, 67, Albuquerque, NM 8:56.5

Submasters (30-39)

1. Mike Mittelstaedt, 37, Albuquerque, NM 16:30.6

II (50-59)

1. Ray Gil, 55, Lompoc, Cal. 20:07.7

Women Submasters (30-39)

1. Arlene Weeks, 34, Los Alamos, NM 22:11.6
2. Wanda Snell, 39, Albuquerque, NM 23:05.8

Submasters (30-39)

1. Mike Mittelstaedt, 37, Albuquerque, NM 33:38.3
2. Larry Azevedo, 31, Albuquerque, NM 44:54.5

II (50-59)

1. Larry Johnston, 59, Albuquerque, NM 43:38.1
Ed Meidel, 57, Albuquerque, NM DNF

II (50-59)

1. Howard Barnes, 54, Roswell, NM 32:17.5

Submasters (30-39) 30"

1. Fred Johnson, 33, Foster City, Cal. 15.6
2. Mike Kious, 31, Albuquerque, NM 19.9

IV (70-79) 30"

1. Herb Anderson, 77, Bellvue, Col. 25.2

300 METERS

Submasters (30-39)

1. Jack Patson, 31, Roswell, NM 47.9
2. Jim Joule, 38, Denver, Colo. 50.6

II (50-59)

1. Delaine Wagner, 53, Chino, Cal. 48.8

IV (70-79)

1. Herb Anderson, 77, Bellvue, Col. 76.8

Submasters (30-39)

1. Joe Powdrell, 32, Albuquerque, NM 13-7
2. T.J. Henderson, 33, Denver, Col. 12-6

II (50-59)

1. Dave Brown, 56, Whittier, Cal. 10-0

IV (70-79)

1. Bob MacConaghy, 71, Redondo Beach, Cal. 5-2

Submasters (30-39) 2 kg.

1. Bob Pfeiffer, 30, Littleton, Col. 142-5
2. Bill Forsyth, 33, Pecos, NM 110-2
3. Fred Johnson, 33, Foster City, Cal. 107-5
4. Chuck Ploen, 33, Albuquerque, NM 100-2
5. Jim Joule, 38, Denver, Col. 89-8

II (50-59) 1.6 kg.

1. Jim Minah, 59, Santa Barbara, Cal. 95-3
2. Don Kardok, 54, Colo. Sprs., Col. 94-9
3. Novica Milicevic, 51, Scottsdale, Ari. 91-7

IV (70-79) 1 kg.

1. Bob MacConaghy, 71, Redondo Beach, Cal. 87-10
2. Herb Anderson, 77, Bellvue, Col. 80-9

Submasters (30-39) 16 lbs.

1. Bob Pfeiffer, 30, Littleton, Col. 155-7
2. Bill Forsyth, 33, Pecos, NM 77-0
3. Robert Martinez, 31, Albuquerque, NM 70-4
4. Chuck Ploen, 33, Albuquerque, NM 54-11

II (50-59) 12 lbs.

1. Jim Minah, 59, Santa Barbara, Cal. 114-4

Submasters (30-39) 800 gms.

1. Fred Johnson, 33, Foster City, Cal. 161-1
2. Bill Forsyth, 33, Pecos, NM 150-11
3. Chuck Ploen, 33, Albuquerque, NM 133-5
4. Jim Joule, 38, Denver, Col. 115-11

IB (45-49) 800 gms.

1. John Otts, 46, Albuquerque, NM 122-3
2. John Brown, 49, N. Kansas City, Mis. 121-0
3. Dave Douglass, 47, Albuquerque, NM 116-6

III (60-69) 600 gms.

1. Wayne Griffith, 66, Colo. Sprs., Col. 91-1
2. Warren Johnson, 63, Albuquerque, NM 64-10

Women Submasters (30-39) 600 gms.

1. Susan Skerke, 34, Woodstock, Ill. 63-8

Women II (50-59) 600 gms.

1. Shelley Ammons, 50, Denver, Col. 45-4

METERS

e: 95°F)

I (40-49)

1. Robert Packard, 43, Flagstaff, Ari.	17:11.9
2. Skip Dougherty, 42, Albuquerque, NM	19:02.9
3. Dale Coering, 49, Santa Fe, NM	20:29.0
4. Norm Pittenger, 42, El Paso, Tex.	23:00.7
5. Lawrence Posey, 44, Albuquerque, NM	23:16.5

METERS

e: 95°F)

I (40-49)

1. Norm Pittenger, 42, El Paso, Tex.	43:11.4
2. Charles Wood, 41, Albuquerque, NM	43:20.2
3. Al Switendick, 47, Albuquerque, NM	49:18.3

METERS WALK

I (40-49) 39"

1. Jim Weed, 42, Aurora, Col.	16.7
2. Gary Bane, 41, Anaheim, Cal.	17.4
3. Dave Douglass, 47, Albuquerque, NM	21.9

METERS 30"

I (40-49)

1. Jim Weed, 42, Aurora, Col.	44.6
2. Dave Douglass, 47, Albuquerque, NM	52.1

III (60-69)

1. John Satti, 65, San Francisco, Cal.	55.5
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VAULT

I (40-49)

1. Jerry Donley, 49, Colorado Springs, Col.	13-0
2. Garry Bane, 41, Anaheim, Cal.	11-0

III (60-69)

1. Jim Vernon, 62, W. Covina, Cal.	11-0
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METERS

I (40-49) 2 km.

1. Phil Brady, 45, Littleton, Col.	144-9
2. Jim Weed, 42, Aurora, Col.	109-9
3. Vern Spencer, 44, Greeley, Col.	98-10
4. Carl Klehm, 40, Arlington Hts., Ill.	93-10
5. Dave Douglass, 47, Albuquerque, NM	89-11
6. Lawrence Posey, 44, Albuquerque, NM	88-10
7. Gary Bane, 41, Anaheim, Cal.	80-6

III (60-69) 1 km.

1. Wayne Griffith, 66, Colorado Springs, Col.	85-4
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Women Submasters (30-39) 1 km.

1. Susan Skerke, 34, Woodstock, Ill.	63-10
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Women I (40-49) 1 km.

1. Ursula Schreiber, 41, Indio, Cal.	65-7
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THROW

I (40-49) 16 lbs.

1. Carl Klehm, 40, Arlington Hts., Ill.	109-1
2. Dave Douglass, 47, Albuquerque, NM	103-2
3. Vern Spencer, 44, Greeley, Col.	56-2

IA (40-44) 800 gms.

1. Jim Weed, 42, Aurora, Col.	144-9
2. Bob Weeks, 41, Los Alamos, NM	125-10
3. Gary Bane, 41, Anaheim, Cal.	122-10
4. Vern Spencer, 44, Greeley, Col.	108-9
5. Carl Klehm, 40, Arlington Hts., Col.	92-11

II (50-59) 800 gms.

1. Max Goldsmith, 56, Lewisville, Tex.	103-10
2. Don Kardok, 54, Colorado Springs, Col.	94-3
3. Novica Milicevic, 51, Scottsdale, Ari.	86-5

IV (70-79) 600 gms.

1. Bob MacConaghy, 71, Redondo Beach, Cal.	119-0
2. Herb Anderson, 77, Bellvue, Col.	95-2

Women I (40-49) 600 gms.

1. Ursula Schreiber, 41, Indio, Cal.	66-4
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HIGH JUMPSubmasters (30-39)

1. Bill Forsyth, 33, Pecos, NM	5-8
2. Jack Batson, 32, Roswell, NM	5-6
3. Chuck Ploen, 33, Albuquerque, NM	5-0

II (50-59)

1. Don Kardok, 54, Colorado Springs, Col.	5-4
2. Novica Milicevic, 51, Scottsdale, Ari.	4-10
3. Dave Brown, 56, Whittier, Cal.	4-8
4. Jim Minah, 59, Santa Barbara, Cal.	4-4
5. DeLaine Wagner, 52, Chino, Cal.	4-0

LONG JUMPSubmasters (30-39)

1. Joe Powdrell, 32, Albuquerque, NM	20-4 1/2
2. Bill Forsyth, 33, Pecos, NM	19-7
3. Chuck Ploen, 33, Albuquerque, NM	19-1 1/2
4. Mike Kiou, 31, Albuquerque, NM	17-10

IB (45-49)

1. Shirley Davisson, 49, Victorville, Cal.	19-7 1/2
2. John Brown, 49, Kansas City, Mis.	16-11
3. Dave Douglass, 47, Albuquerque, NM	16-2 1/2

III (60-69)

1. Jim Vernon, 62, W. Covina, Cal.	17-0
2. John Satti, 65, San Francisco, Cal.	16-7 1/2 ***

Submasters (30-39)

1. Bill Forsyth, 33, Pecos, NM	40-3
2. Chuck Ploen, 33, Albuquerque, NM	37-1

II (50-59)

1. Novica Milicevic, 51, Scottsdale, Ari.	36-3
2. Dave Brown, 56, Whittier, Cal.	34-2 1/2
3. Max Goldsmith, 56, Lewisville, Tex.	30-11 1/2

IV (70-79)

1. Herb Anderson, 77, Bellvue, Col.	24-2
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TRIPLE JUMPI (40-49)

1. Kermit Walker, 43, Redwood City, Cal.	42-2 1/2
2. Shirley Davisson, 49, Victorville, Cal.	38-6
3. Jack Orlandi, 41, Englewood, Col.	35- 1/2
4. John Brown, 49, N. Kansas City, Mis.	34-2 1/2

III (60-69)

1. John Satti, 65, San Francisco, Cal.	25-3
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SHOT PUTSubmasters (30-39) 16 lbs.

1. Fred Johnson, 33, Foster City, Cal.	39-11
2. Bill Forsyth, 33, Pecos, NM	35-4
3. Chuck Ploen, 33, Albuquerque, NM	34-5
4. Jim Joule, 38, Denver, Col.	31-5 1/2

IB (45-49) 16 lbs.

1. Phil Brady, 45, Littleton, Col.	44-2
2. John Otts, 46, Albuquerque, NM	32-7
3. Dave Douglass, 47, Albuquerque, NM	31-6 3/4

III (60-69) 8 lbs.

1. Wayne Griffith, 66, Colorado Springs, Col.	31-1
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Women Submasters (30-39)

1. Susan Skerke, 34, Woodstock, Ill.	22-11 1/2
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Women I (40-49)

1. Ursula Schreiber, 41, Indio, Cal.	24-8
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Women II (50-59)

1. Shelley Ammons, 50, Denver, Col.	18-1
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IA (40-44) 16 lbs.

1. Carl Klehm, 40, Arlington Hts., Ill.	38-2
2. Jack Orlandi, 41, Englewood, Col.	32-7
3. Jim Weed, 42, Aurora, Col.	31-2

II (50-59) 12 lbs.

1. Novica Milicevic, Scottsdale, Ari.	37-4
2. Jim Minah, 59, Santa Barbara, Cal.	36-5

IV (70-79) 8 lbs.

1. Bob MacConaghy, 71, Redondo Beach, Cal.	35-4
2. Herb Anderson, 77, Bellvue, Col.	30-0
3. Boyd Stout, 71, Alamogordo, NM	26-4 1/2

 * Meet Record
 ** Ties Meet Record
 *** American Age-Group Record (65-69)
 # American Record, 57 Year-Old Women
 ## Ties World Record for 49 Year Men



Hannover railroad station.

Results of Berkshire 10,000-meter road race

OFFICIAL RESULTS - BERKSHIRE 10,000 METER ROAD RACE - SEPTEMBER 9, 1979

MEN CLASS 1 (40-44)

Age	Time
41	33:31
41	:35
41	34:18
42	:25
44	35:26
41	:51
40	:54
40	36:06
42	:18
40	:21
44	:46
43	:57
40	:58
43	37:00
44	:11
41	:47
43	:49
40	38:02
44	:09
40	:13
41	:31
40	:35
43	:38
43	:40
44	:43
43	:48
41	:52
41	39:22
44	:24
43	:31
43	:36
44	:43
41	:50
41	:53
42	:55
42	40:00
41	:15
41	:18
44	:34
42	:45
43	:50
43	:59
41	41:02
43	:08
43	:20
44	:21
42	:33
44	:36
43	:37
43	:50
42	:53
44	:54
43	:56
42	42:13
43	:21
40	:28
40	:34
41	:36
40	:52
42	43:01
44	:04
41	:07
44	:18
41	:23
43	:25
44	:27
44	44:02
43	:49
42	:54
44	:58
43	45:00
44	:22
42	46:04
42	:11
41	:24
43	:38
42	47:10
44	:24
41	:49
40	:55
41	48:04
44	:10
43	:39
44	:44
44	49:25
42	50:21
44	51:05
40	:09
40	54:16
43	:55
43	55:13
44	:16
44	:35
43	57:38
41	59:01

MEN CLASS 2 Age 45 - 49

Age	Time
47	34:38
49	:55
46	35:58
48	36:02
48	:09
49	:16
47	:27
49	37:03
46	:05
46	:09
46	:17
48	:35
45	:38
47	:55
45	:57
46	38:17
46	:23
45	:29
45	:30
47	:33
46	:46
49	39:04
45	:05
49	:07
47	:12
46	:15
49	:19
46	:33
49	:37
46	:41
46	:46
46	:51
48	:57
47	:59
45	40:10
47	:16
46	:24
46	:38
46	:39
48	:41
45	:42
48	:51
47	41:04
45	:06
45	41:11
46	:17
45	:24
46	:39
45	:46
49	42:00
45	:12
49	:16
47	:25
47	:29
46	:47
48	:50
46	43:16
46	:20
45	:30
48	:40
45	:51
49	:56
49	:59
46	44:04
46	:09
46	:13
45	:19
46	45:02
49	:19
46	:28
45	:43
46	:46
48	:56
47	46:15
48	:20
48	:32
48	:41
47	47:03
48	:21
48	:42
49	48:12
45	:41
47	:58
45	49:10
46	:12
45	:29
49	:57
49	:57
45	50:10
46	:43
46	51:15
49	52:51
47	53:10
48	56:04

95.	D. Gussak	45	58:34
96.	J. Williamson	45	60:10
97.	T. Digan	48	61:38
98.	F. Hano	46	62:59
99.	D. Dougherty	47	68:02

MEN CLASS 3 (50-54)

Age	Time
51	34:58
53	35:26
50	:34
51	37:25
50	:48
50	:57
50	38:08
50	:39
51	:51
51	39:03
53	:24
50	:37
51	40:12
54	:14
51	:26
53	:30
50	:36
53	:56
53	41:18
50	:19
51	:31
54	:37
54	:47
50	42:30
53	:31
53	:33
53	:41
53	:47
52	43:18
50	:21
53	:24
51	:48
54	:50
52	:51
53	:58
51	44:02
50	:09
54	:14
51	:25
52	:53
53	:54
50	:57
50	45:06
53	:11
54	:24
50	46:06
51	:16
53	:40
53	:48
54	47:05
51	:40
53	:54
51	48:04
51	:32
54	:37
53	:45
52	49:03
54	:11
52	:17
50	50:12
52	:16
54	51:33
50	:49
51	:58
53	52:00
52	53:05
54	:11
50	:12
51	:19
52	54:26
53	55:02
50	:06
50	
54	58:03

MEN CLASS 4 Age 55 - 59

Age	Time
55	37:33
57	:45
55	38:53
56	39:22
55	40:41
59	
57	41:05
59	:32
59	:39
55	:52
55	:59
57	42:09
57	:43
59	
57	43:00
58	:07
56	:10
55	:26
56	44:08
57	:18
55	:23
56	:27

23.	H. Nickless	55	:36
24.	H. Luetjen	57	:45
25.	M. Radwanski	59	:48
26.	R. Walker	58	45:16
27.	D. Parr	59	:20
28.	T. Kolzak	57	:21
29.	G. Ward	58	:44
30.	A. Shepard	59	46:08
31.	P. Chamberlain	58	:21
32.	J. Hewitt	57	:22
33.	L. Ricardi	55	47:12
34.	E. Whitney	58	48:20
35.	A. Miller	59	:35
36.	L. Schwartz	55	:38
37.	R. Price	58	50:11
38.	T. vonToerne	57	:20
39.	J. Wiley	56	:50
40.	F. Allen	58	51:11
41.	C. Glenney	55	:14
42.	V. Wilkinson	59	:28
43.	G. Glover	55	:35
44.	R. Moak	56	53:07
45.	W. Ward	55	54:58
46.	J. Valenti	56	55:25
47.	R. Mueser	56	:58
48.	D. Cody	56	56:42
49.	K. Dille	57	61:42

MEN CLASS 5 (60-64)

Age	Time
61	39:09 *
60	40:31
61	41:03
60	:46
64	42:02
61	:22
61	:54
64	43:55
62	44:00
60	:07
61	:32
64	45:29
61	:42
64	46:31
61	:56
64	47:08
61	:27
64	:33
60	:59
62	48:24
61	:51
62	49:42
61	:44
60	50:54
61	51:05
63	55:54
62	58:49
62	60:19
62	61:20

MEN CLASS 6 (65-69)

Age	Time
67	44:05
65	46:04
66	48:43
66	49:55
65	52:34
66	53:08
65	:14
65	55:08
69	:30
67	:37
66	:40
65	56:12
65	:28
65	64:38
68	80:31

MEN CLASS 7 (70-74)

Age	Time
72	43:06 *
74	48:31
72	:49
70	49:38
71	53:17
72	54:43
73	56:16
71	58:22
70	61:39
71	62:42
73	70:46
72	71:26

MEN CLASS 8 (75-79)

Age	Time
75	57:26
78	70:10
76	71:14

MEN CLASS 9 (80 & Over)

Age	Time
82	71:19 *
80	76:32

continued

stern OS

5000 METERS (Temperature: 95°F)

Submasters (30-39)

1. Mike Mittelstaedt, 37, Albuquerque, NM 16:30.6

II (50-59)

1. Ray Gil, 55, Lompoc, Cal. 20:07.7

Women Submasters (30-39)

1. Arlene Weeks, 34, Los Alamos, NM 22:11.6
2. Wanda Snell, 39, Albuquerque, NM 23:05.8

I (40-49)

1. Robert Packard, 43, Flagstaff, Ari. 17:11.9
2. Skip Dougherty, 42, Albuquerque, NM 19:02.9
3. Dale Coering, 49, Santa Fe, NM 20:29.0
4. Norm Pittenger, 42, El Paso, Tex. 23:00.7
5. Lawrence Posey, 44, Albuquerque, NM 23:16.5

10,000 METERS (Temperature: 95°F)

Submasters (30-39)

1. Mike Mittelstaedt, 37, Albuquerque, NM 33:38.3
2. Larry Azevedo, 31, Albuquerque, NM 44:54.5

II (50-59)

1. Larry Johnston, 59, Albuquerque, NM 43:38.1
Ed Meidel, 57, Albuquerque, NM DNF

I (40-49)

1. Norm Pittenger, 42, El Paso, Tex. 43:11.4
2. Charles Wood, 41, Albuquerque, NM 43:20.2
3. Al Switendick, 47, Albuquerque, NM 49:18.3

5000 METERS WALK

II (50-59)

1. Howard Barnes, 54, Roswell, NM 32:17.5

110 METERS HURDLES

Submasters (30-39) 39"

1. Fred Johnson, 33, Foster City, Cal. 15.6
2. Mike Kious, 31, Albuquerque, NM 19.9

IV (70-79) 30"

1. Herb Anderson, 77, Bellvue, Col. 26.2

I (40-49) 39"

1. Jim Weed, 42, Aurora, Col. 16.7
2. Gary Bane, 41, Anaheim, Cal. 17.4
3. Dave Douglass, 47, Albuquerque, NM 21.9

300 METERS HURDLES 30"

Submasters (30-39)

1. Jack Patson, 31, Roswell, NM 47.9
2. Jim Joule, 38, Denver, Colo. 50.6

II (50-59)

1. DeLaine Wagner, 53, Chino, Cal. 48.8

IV (70-79)

1. Herb Anderson, 77, Bellvue, Col. 76.8

I (40-49)

1. Jim Weed, 42, Aurora, Col. 44.6
2. Dave Douglass, 47, Albuquerque, NM 52.1

III (60-69)

1. John Satti, 65, San Francisco, Cal. 55.5

POLE VAULT

Submasters (30-39)

1. Joe Powdrell, 32, Albuquerque, NM 13-7
2. T.J. Henderson, 33, Denver, Col. 12-6

II (50-59)

1. Dave Brown, 56, Whittier, Cal. 10-0

IV (70-79)

1. Bob MacConaghy, 71, Redondo Beach, Cal. 5-2

I (40-49)

1. Jerry Donley, 49, Colorado Springs, Col. 13-0
2. Gary Bane, 41, Anaheim, Cal. 11-0

III (60-69)

1. Jim Vernon, 62, W. Covina, Cal. 11-0

DISCUS

Submasters (30-39) 2 kg.

1. Bob Pfeiffer, 30, Littleton, Col. 142-5
2. Bill Forsyth, 33, Pecos, NM 110-2
3. Fred Johnson, 33, Foster City, Cal. 107-5
4. Chuck Ploen, 33, Albuquerque, NM 100-2
5. Jim Joule, 38, Denver, Col. 89-8

II (50-59) 1.6 kg.

1. Jim Minah, 59, Santa Barbara, Cal. 95-3
2. Don Kardok, 54, Colorado Springs, Col. 94-9
3. Novica Milicevic, 51, Scottsdale, Ari. 91-7

IV (70-79) 1 kg.

1. Bob MacConaghy, 71, Redondo Beach, Cal. 87-10
2. Herb Anderson, 77, Bellvue, Col. 80-9

I (40-49) 2 kg.

1. Phil Brady, 45, Littleton, Col. 144-9
2. Jim Weed, 42, Aurora, Col. 109-9
3. Vern Spencer, 44, Greeley, Col. 98-10
4. Carl Klehm, 40, Arlington Hts., Ill. 93-10
5. Dave Douglass, 47, Albuquerque, NM 89-11
6. Lawrence Posey, 44, Albuquerque, NM 88-10
7. Gary Bane, 41, Anaheim, Cal. 80-6

III (60-69) 1 kg.

1. Wayne Griffith, 66, Colorado Springs, Col. 85-4

Women Submasters (30-39) 1 kg.

1. Susan Skerke, 34, Woodstock, Ill. 63-10

Women I (40-49) 1 kg.

1. Ursula Schreiber, 41, Indio, Cal. 65-7

HAMMER THROW

Submasters (30-39) 16 lbs.

1. Bob Pfeiffer, 30, Littleton, Col. 155-7
2. Bill Forsyth, 33, Pecos, NM 77-0
3. Robert Martinez, 31, Albuquerque, NM 70-4
4. Chuck Ploen, 33, Albuquerque, NM 54-11

II (50-59) 12 lbs.

1. Jim Minah, 59, Santa Barbara, Cal. 114-4

I (40-49) 16 lbs.

1. Carl Klehm, 40, Arlington Hts., Ill. 108-1
2. Dave Douglass, 47, Albuquerque, NM 102-2
3. Vern Spencer, 44, Greeley, Col. 56-2

JAVELIN

Submasters (30-39) 800 gms.

1. Fred Johnson, 33, Foster City, Cal. 161-1
2. Bill Forsyth, 33, Pecos, NM 150-11
3. Chuck Ploen, 33, Albuquerque, NM 133-5
4. Jim Joule, 38, Denver, Col. 115-11

II (45-49) 800 gms.

1. John Otts, 46, Albuquerque, NM 122-3
2. John Brown, 49, N. Kansas City, Mis. 121-0
3. Dave Douglass, 47, Albuquerque, NM 116-6

III (60-69) 600 gms.

1. Wayne Griffith, 66, Colorado Springs, Col. 91-1
2. Warren Johnson, 63, Albuquerque, NM 64-10

Women Submasters (30-39) 600 gms.

1. Susan Skerke, 34, Woodstock, Ill. 63-8

Women II (50-59) 500 gms.

1. Shelley Ammons, 50, Denver, Col. 45-4

I (40-49) 800 gms.

1. Jim Weed, 42, Aurora, Col. 144-9
2. Bob Weeks, 41, Los Alamos, NM 126-10
3. Gary Bane, 41, Anaheim, Cal. 122-10
4. Vern Spencer, 44, Greeley, Col. 108-9
5. Carl Klehm, 40, Arlington Hts., Col. 92-11

II (50-59) 800 gms.

1. Max Goldsmith, 56, Lewisville, Tex. 105-10
2. Don Kardok, 54, Colorado Springs, Col. 94-3
3. Novica Milicevic, 51, Scottsdale, Ari. 86-6

IV (70-79) 600 gms.

1. Bob MacConaghy, 71, Redondo Beach, Cal. 119-0
2. Herb Anderson, 77, Bellvue, Col. 96-2

Women I (40-49) 600 gms.

1. Ursula Schreiber, 41, Indio, Cal. 66-4

Submasters B (35-39)

Portland, Ore. 11.4
Los Alamos, NM 12.1

II (50-59)

El Dorado, Kan. 12.5
Scottsdale, Ari. 12.7
Lewisville, Tex. 13.1
Chino, Cal. 13.5
Albuquerque, NM 14.9

IV (70-79)

Bellvue, Col. 15.5
Alamogordo, NM 21.7

Women I (40-49)

El Dorado, Kan. 15.2

Submasters B (35-39)

Portland, Ore. 22.4
Los Alamos, NM 24.3
Denver, Colo. 25.0

II (50-59)

El Dorado, Kan. 26.6
Los Angeles, Cal. 26.8
Chino, Cal. 27.0
Lewisville, Tex. 27.4

IV (70-79)

Bellvue, Col. 32.5

I (40-49)

Wichita, Kan. 54.9
El Paso, Tex. 69.2
Albuquerque, NM 69.8

III (60-69)

San Francisco, Cal. 66.8
Albuquerque, NM 90.1
Tucumcari, NM 1:49.4

Women (30-39)

Albuquerque, NM 80.7

IA (40-44)

Flagstaff, Ari. 2:10.2
Farmington, NM 2:24.8
Albuquerque, NM 2:25.6
El Paso, Tex. 2:50.2
Albuquerque, NM 2:51.3

II (50-59)

Lompoc, Cal. 2:32.7

IV (70-79)

Bellvue, Col. 3:27.5

I (40-49)

Flagstaff, Ari. 4:22.2
Albuquerque, NM 4:41.1
Albuquerque, NM 4:53.2
Farmington, NM 5:09.0
El Paso, Tex. 6:09.4

III (60-69)

Silver City, NM 5:02.8
Albuquerque, NM 7:34.4
Albuquerque, NM 8:56.5

WOMEN
CLASS 1 (35-39)

1. C. Bravakis	35	38:12 *
2. M. Bart	37	40:19
3. J. White	38	44:26
4. C. Sunderman	39	45:26
5. S. Cohen	37	:31
6. V. Thomas	37	:51
7. P. Lewis	37	49:00
8. H. Goulet	38	50:22
9. P. Caron	39	51:03
10. N. Ellison	35	54:14
11. J. Hall	39	:47
12. R. Stratton	39	55:47
13. N. Gardzina	36	61:44
14. S. McGloin	36	66:15
15. C. Gelina	36	:37

WOMEN
CLASS 3 (45-49)

Age	Time
1. R. Johnson	47 42:51 *
2. P. Schwartz	46 44:44
3. D. Aronson	47 46:41
4. C. Hellman	46 47:42
5. E. McCarthy	46 55:36
6. P. Collins	46 62:40
7. J. Penoyar	46 63:39
8. N. Roy	48 64:12
9. J. Williams	48 66:45

* denotes new course record.

WOMEN
CLASS 4 (50 & Over)

1. B. Paine	50	43:27 *
2. R. Webber	51	44:41
3. L. Eiben	53	45:18
4. H. Fosse	51	:36
5. J. Grenda	53	46:02
6. J. Price	59	53:37
7. R. Kurpiel	59	54:36
8. L. Rossetti	58	57:31
9. J. Graham	52	:50
10. J. Hall	55	58:36
11. J. Christo	53	64:05
12. R. Stern	53	67:30
13. R. Reyes	58	80:28

Fine replies to hurdlers

WOMEN
CLASS 2 (40-44)

1. S. Redfield	43	40:39
2. M. Cushing	41	41:55
3. M. Atamanvik	41	42:35
4. K. Popp	41	:59
5. G. Berghuis	42	45:46
6. J. Rasmussen	43	:47
7. G. Daniels	43	48:41
8. S. Otto	43	49:12
9. J. Matlack	41	:57
10. L. Klaber	44	50:13
11. M. McColgan	44	53:10
12. J. Buni	41	:31
13. J. Sanderson	40	54:31
14. C. Jack	41	:38
15. A. Atwood	44	60:30
16. M. Carr	43	62:41
17. C. Guere	42	65:56
18. H. Chartier	44	68:19
19. T. Ridgeway	43	71:11

I am sending this letter to all those that have written to me regarding the hurdle heights for the high hurdles. I am responding in this fashion as I simply do not have the time to write to each individual.

There are two questions to be answered:

1. Should American Masters train and compete with the same height hurdles and throwing weights as the rest of the world?

2. If Americans are to use different heights and weights than the rest of the world, what should those

standards be?

The question of heights and weights has been a recurrent one for the American Masters. For the weights there are the "lightweight" throwers relying on technique and "heavyweight" throwers relying more on strength. I see no need to recite the various arguments presented.

We are now having a similar problem regarding the hurdle heights. I doubt if this problem will ever be resolved to everyone's satisfaction. When the matter was

presented to the National Committee at our last meeting in Gresham, attended primarily by those athletes from the West Coast, it was decided that we would use weights and heights that will be adopted, as the International Standard. I, personally, being a middle distance runner, have no strong feelings about the height and weight question. I would think that it would be foolish for American athletes to compete in international competition without using the heights and weights in practice and in U.S. meets that will be used in international competition. When the Masters program started, Americans all too often had the attitude that we'll go it alone and the rest of the world be damned. This was particularly true regarding registering non-Americans in the AAU. Such actions made it very difficult for us to expect cooperation from non-Americans. I am concerned that if we use different weights and heights than the rest of the world we will put ourselves not only at a competitive disadvantage but also make it more difficult for us to get the rest of the world to cooperate with us in other areas of the program. In short, to me it is more important that we have a unified worldwide movement than the particular hurdle heights and implement weights. Ian Hume, R.R. #1, Melbourne, Quebec, Canada, is the chairman of the International Technical Committee. He is the one to be contacted regarding the international standards.

If the strong feelings persist that we should set our own standards, then I can only suggest that a poll be taken, via the National Masters Newsletter and the various clubs and National Committee as to proposed heights. I certainly don't think that this matter could properly be taken up at this year's convention. It could be placed on the agenda for the outdoor meeting (July 4) or for the next convention.

I would suggest that all concerned athletes contact Ian Hume. If no satisfaction is received and the overwhelming sentiment is to set our own standards then a poll can be taken. Polls have been taken before with varying results. If we are going to go this route again it will be for a final determination as the matter is confusing to all and adversely affecting our performance level internationally.

As of this moment, based on the vote in Gresham, we will follow the international standards for all Regional and National championships.

Dave Jackson indicated that he would conduct such a study. I suggest that we wait until the end of the year to see what Ian comes up with (everyone should contact him) and then advise me whether you wish a study made.

The last thought about this subject is that we make our own rules. This matter has been discussed at the last four National Committee meetings. Nothing has been done without consultation and discussion. One can certainly disagree with the decisions made but not the way in which they have been made.

Regards,
Robert G. Fine

NATIONAL AAU MASTERS AND MET AAU MASTERS 15 KM X-COUNTRY CHAMPIONSHIP

Sponsored by

THE NEW YORK ROAD RUNNERS CLUB

SUNDAY, OCTOBER 28, 1979 at 11:00 AM

in

VAN CORTLANDT PARK

Broadway at 250th St.
Bronx, NY

FOR MALES AND FEMALES AGE 40 AND OVER ONLY. NO ONE UNDER 40 YEARS OF AGE IS ALLOWED TO COMPETE. IN THIS RACE.

Awards: National AAU and Met AAU individual and team masters awards in all divisions, male and female.

Course: The course is certified. Start in front of mountain, by the rocks, then 3 loops of 3 mile loop.

Check-In: Check in on the flats of the cross-country course between 9:00 and 10:45 AM. If the weather is bad, check in at the locker room of the Van Cortlandt Park Stadium at Broadway and 242nd St. Locker room will be open at 9:30 AM. Bring your own lock and towel.

Entry Fee: \$2.00. Entries close at 10:30 AM on October 28th, the day of the race.

Make checks and money orders payable to: New York Road Runners Club

Mail completed entry with \$2.00 fee to: 15 KM
Kurt Steiner
1660 E. 21st Street
Brooklyn, NY 11210

15 K Champ, October 28, 1979

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the New York Road Runners Club, the Road Runners Club of America, and the City of New York and their agents and representatives for any and all injuries suffered by me during this event.

Print Name _____ Sex _____ Age _____

Signature _____

Address _____

City _____ State _____ Zip _____

Team _____ AAU No. _____

A political hatchet job?

A well-known Masters runner participated in his first competitive 10K road race over the tough, hilly course of Catoctin Mountain Park, Maryland, September 15.

Competing in the 50-54 age division, Jimmy Carter became the first U.S. President to run in an official long-distance running event. Unthinkable ten years ago.

Carter got a ton of bad press because he pushed too hard early and had to drop out after about 4 miles.

Yet knowledgeable runners said the President got a bad rap. "On a scale of 1 to 10, the course ranks 10," says Race Coordinator David Theall, who laid it out. "Carter simply tried too hard and broke down in the gutsy process."

Is the press doing a hatchet job on the President?

Tom Sheahan reports: "The Washington Star reported the facts, but the Post did a smear-job on the President, implying that because Jimmy dropped out of a 10K footrace, he ought to drop out against Ted Kennedy, too. This was not an editorial or 'other opinion' column; it was front page crap disguised as news reporting. A Post columnist named Colman McCarthy (a decent Masters runner who has gained some respectability for occasionally devoting a column to running) joined in the race, padded alongside the President until he dropped out, and then wrote a dreadfully distorted piece for the Post, dumping on the President."

Indeed, McCarthy's comments strongly suggest Carter pushed the panic button and is therefore not to be trusted with the nuclear button.

"Sudden physical collapse is never pleasant to behold in an athlete," McCarthy wrote, "but when intense pain brings low an athletic president, the sight is alarming."

"...Carter had ignored the cardinal rule obeyed by every experienced and intelligent runner: listen to your body. He shouldn't have had to collapse to know that the race was too much for him...it is no disgrace to pull out of a race. But it is decidedly poor form to push on bullheadedly, collapse and then need all kinds of frenzied attention in a medical emergency."

"...The political symbolism of Carter's collapse is obvious enough: a weak president bombs out in mid-course and must be removed from the action by those who know better..."

Time Magazine was equally harsh. Under a photo of a struggling Carter, Time captioned: "Knees sagging, a gasping Carter is caught by Secret Service man."

"A Catoctin mountain brought Jimmy to his knees," sub-headlined the Time piece. Calling him ed," Time said: "Some aides feared he had suffered a heart attack...The incident raised questions about the President's well-being...It appears running may actually bring on heart attacks among a few people."

Runners in the Washington area saw things differently. Eight of nine published letters to the Post were critical of the coverage. "106 column inches," railed Roy Neel, "Count 'em. The most extensive coverage ever devoted to a man running four miles and dropping out of the race because he was tired. How many 54-year-old men can run even 4 miles? Politically embarrassing? Only because the Post chooses to hype such an insignificant event far beyond any justifiable degree. If the Post is going to turn serious political coverage into a kind of journalistic Gong Show, we can look forward to a murky election year."

"My finishing time of 45:39 was in the range President Carter had hoped to run," wrote Richard Kaplan. "But that pace put quite a strain on this 28-year-old, relatively well-trained body. Bravo to President Carter for getting out there."

Veteran runner and participant in the race Everett Rice wrote: "I'd like to take issue with the Post's reporting of the president's difficulties in the event. A major disservice was rendered by implying that anyone who did not complete the run was somehow not worth his salt as a runner. The race featured a very rugged course, certainly one of the most demanding in the area."

Theall said: "The race was run on a course that is described by runners as a 'roller coaster,' i.e. just up and down. According to one world-class participant, Bruce Robinson, who finished 9th, it was the toughest course he'd ever competed on. The President just didn't have the competitive experience to maintain the brisk pace and ambitious goal he set out for himself in his first race since his cross-country days at the Naval Academy. There'll be other opportunities."

A poll to pick the outstanding Masters of 1979

By PETE MUNDLE

We wish to involve the newsletter readers in the selection of the outstanding masters of this year. The results of this poll will determine who will receive awards as the outstanding male and female masters (age 40 and over) in the four categories defined below. Those selected will be presented awards at the AAU convention in late November in Las Vegas. There will be eight awards; the best women and the best man in each of the following four categories: 1) Administrator, 2) walking events, 3) track & field events and 4) road

racing (including cross-country). An administrator is one who has contributed to the masters program in a non-athletic discipline (i.e., meet director, official, announcer, office holder, medical practitioner, etc.).

Would you please help us determine the top masters by picking up to three persons in each category and in as many categories as you wish.

Your picks should be in our hands by Nov. 5. Send your picks to: Pete Mundle, 4017 Via Marina, Venice, Ca. 90291, Apt. C-301.

We greatly appreciate any help you can give.

EIGHTH ANNUAL EASTERN MASTERS A.A.U. CROSS-COUNTRY CHAMPIONSHIPS & OPEN SUB-MASTERS (30-39)
NON-CHAMPIONSHIP RACE - A.A.U. SANCTIONED
SUNDAY, NOVEMBER 18, 1979; 12:00 NOON, VAN CORTLANDT PARK, BRONX, N.Y. 10,000 meters

ENTRY FEE: \$3.00 pre-entry, \$5.00 post entry

ELIGIBILITY: Open to men and women registered in any of the following A.A.U. Associations: Maine, New England, Conn. Adirondack, Metropolitan, New Jersey, South Atlantic, Potomac Valley, Virginia, Alleghany Mt. and Niagara.

PRIZES: SUB-MASTERS: Awards to the first five men and first five women in both the 30-34 and 35-39 age divisions.

MASTERS: Eastern Regional AAU Championship medals to the first five finishers in each five year group from 40 to 89 for both men and women

CHAMPIONSHIP PATCHES: Eastern Regional AAU Championship patches given to the winners of each five year group in Masters competition and for winning team members (no more than one patch per person)

TEAM AWARD: MEN: DIVISION I (40-49) Medals to the first three winning teams, plus a team trophy to the winner. Cumulative times for the first five on each team determine the winners.

MEN: DIVISION II (50+) Medals to the first three winning teams, plus a trophy to the winner. Cumulative times for the first three on each team determine the winners.

NOTE: A competitor can only compete on one team. A competitor 50+ can elect to compete on a team for the 40-49 year old championship.

WOMEN: (40+) Medals to the first three winning teams, plus a trophy to the winner. Cumulative times for the first three on each team determine the winners.

NAME _____ ADDRESS _____
AGE _____ CLUB _____ AAU# _____ AAU ASSOCIATION _____

In consideration of acceptance of this entry I hold harmless the City of New York, the AAU & the Masters Sports Assoc. for any injuries sustained.

SIGNATURE _____ Make checks payable to: MASTERS SPORTS ASSOC. and
mail to Robert Fine, 77 Prospect Place, NYC 11217 (EASTERN AAU-XC)



Masters runner Carmen Hagelgans of Bethlehem, Pa., nears the finish line in a 9-mile run from Hazleton to the historic miner's village of Eckley,

Pa., May 20, placing first in the over-40 division in 53 minutes, 10 seconds. Photo by George Harvan.

'I am getting older. I am running slower'

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This article is part of a much larger article by Higdon which appears in the November issue of *The Runner*. Many four-color photographs of masters competitors in Gresham and Hanover as well.

By HAL HIGDON

Shortly after my return from the World Veterans Championships in Hanover, I saw a plaque in a shopping mall with the motto: "What Mother Nature Giveth, Father Time Taketh Away." It was not the sort of plaque I would expect to find hanging in the homes of any of the men or women who had competed with me in West Germany. Yet it is unquestionably true. During our tour of East Berlin, I had talked with 68-year-old Bud Deacon about an enforced layoff caused by a leg injury he suffered in 1975 when he fell off a motorcycle. A world record-holder and virtually unbeatable until that point, Bud has

taken nearly four years to regain what he considers an acceptable competitive level.

"You have to stay continuously in shape," Bud told me, "otherwise it's like climbing a rope and letting go with both hands. You slide to the bottom and have to start all over again."

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

Masters athletes, clutching our ropes, are in a continuous battle with Father Time. It is a battle that we can't win. If anyone doubts it, all they need to do is consult Peter Mundle's and Katharine Brieger's *Masters Age Records*, which documents the steady decline in performance by athletes as they age. Oh, there will be occasional outstanding off-the-curve achievements by a supergeriatric in some upper-age category—a Jack Foster, a Bill Fitzgerald, an Al Oerter—that seem to defy the laws of aging, but the general direction is clearly down.

Several years ago while researching the book *Fitness After Forty*, I consulted with Peter Mundle, who has studied the steady and predictable decline in performances by athletes as they age. Mundle identified a deterioration of 0.2 seconds per 100 meters per year at distances from 100 yards to the mile, and 0.3 seconds per 100 meters per year from two miles to the marathon. This means a 1,500-meter runner loses, on average, three seconds a year, and a marathon runner about two minutes a year. These are strictly theoretical computations based on statistical analysis.

Ken Young, director of the National Running Data Center, made a similar study specifically for that book on athletes in the 100 meters, mile and marathon. Young discovered a rate of decline in the mile somewhat less than that indicated by Mundle. A miler who runs the "magic" time of four minutes at 25, the optimum age for this event, will

see his performance deteriorate to 4:07 by age 35, to 4:37 by age 50, and to 6:20 by age 80.

Mundle and Young's figures seemed consistent with studies on swimmers and on pulmonary function, which suggested a 1% decline each year in capacity. And talks with athletes seem to confirm this. "I seem to lose two or three seconds a year in the shorter distances," acknowledges 68-year-old Bill Andberg, a medal winner at 800 and 1,500 meters in Germany.

The question of why people age is both complex and not fully understood by physiologists, according to Dr. David L. Costill, director of the Human Performance Laboratory at Ball State University. Dr. Costill suggests that as we age the building of tissue in the body fails to keep pace with the tearing down of tissue, and we lose muscle fiber. Costill says that runners do not necessarily "deteriorate" at a slower rate than do inactive people, but as runners lose the cherished speed and strength of youth, they do so from a higher level of fitness and therefore the descent is more glaring, even more frightening.

But physiologists are still learning and statisticians are only as accurate as their statistics. I always believed their figures were biased, because only recently have athletes begun to compete well into their 40's. Some sorting out seems necessary before records reflect the true athletic potential of people who remain permanently in shape. I looked at the impressive string of sub-2:00 800's by Bill Fitzgerald through his upper 40's. Olympian George Young was running sub-4:00 miles at age 35 and said he planned to be the first master under that time. I compared my best times for various distances and realized I was running almost as fast as two decades ago. Fitzgerald, Young, myself, and others would confound the statisticians as we refuse to decline.

But recently Fitzgerald dropped out of international competition for several seasons and this year was running the 800 "only" around 2:04. Young gave up track for tennis and cigars. While doing repeat 220's this spring to get myself in shape for the fast track events, I suddenly realized I no longer could run them under 30 seconds. What Mother Nature Giveth, Father Time Taketh Away.

This should come as no surprise to me or other master athletes, whether or not we want to admit it. I need stronger eyeglasses now. My hair is greying. Wrinkles. I think as I age I become a better man in many ways, but physical ability is not one of them. I am getting older; I am running slower.

One of the advantages of veterans athletics with its graded competition in five-year categories is that as we age, our competitors age with us. God willing, I hope I have the opportunity someday to break the record by a 95-year-old man for the marathon—6:42 by Christos Iordanidis of Greece—if someone does not beat me to it. If I never get a chance to do so, that is all right too. It is enough to know that I do the best I can with what I have while I am here. Perhaps that is the motto for a plaque that masters athletes should hang in their homes.

National rankings

By GEZA FELD

We are again compiling a ranking of the top 100 runners, hurdlers, jumpers and throwers in all master age groups (40-49, 50-59, 60+) in the following events: 100, 200, 400, 800, 1500 (mile times converted), 5000, 5

miles, 10,000, 10 miles, half-marathon, marathon, 110-hurdles, 400-hurdles, long jump, high jump, shot put, discus, javelin.

The computerized list will include only 1979 results, and will be available around March 31, 1980.

If you're interested in receiving a copy, please send a stamped, self-addressed envelope and \$1.00 per event to me before Feb. 1, 1980. Your name, of course, will be included if you made the top 100 list. If not, it will show you the improvement needed to get up there.

We ask all athletes, race directors and organizers who have Masters race results for 1979 to send us a copy, with the age of each competitor

listed.

We also ask athletes to send your best marks, races, dates and age so we can make sure the rankings are complete.

Rankings for 1978 are still available at 50c per event.

Make your check payable to: Geza Feld, National Rankings Chairman
33 Center Drive
Syosset, N.Y. 11791

AAU MASTERS NATIONAL 5000 METER

CROSS COUNTRY CHAMPIONSHIPS

BALBOA PARK SAN DIEGO, CALIFORNIA

NOVEMBER 24, 1979

You -- provided you are 40 years or older on November 24, 1979 and are able to show proof of 1979 (or 1980) AAU registration -- are invited to run in the National AAU Masters 5000 Meter Cross Country Championship. The races will be held in Balboa Park in San Diego, starting at Sixth and Laurel on November 24, 1979 at 10:00 A.M.

The Pacific Southwest Association District Masters 5000 Meter Cross Country Championships will be decided concurrently on the basis of the final results of PSA-AAU registrants competing in the National Championship races. An additional entry fee and pre-race sign-up is required for those who wish to be eligible for both National and District awards. Out-of-district people will not be eligible for the Pacific Southwest Association awards.

Finally, we will have separate 5000 Meter sub-masters races for men and women who are 30 years or older on November 24, 1979 and who are able to show proof of 1979 (or 1980) AAU registration. These races are not limited to PSA-AAU registrants.

All age divisions are determined on the basis of the age of the competitor on November 24, 1979.

Race Schedule:

Race #1	Sub-Masters Men	Start 8:30	Award Divisions: 30 - 34; 35 - 39
Race #2	Masters Women Sub-Masters Women	9:15 "	40 - 44; 45 - 49; 50 - 54; 55 - 59; 60-69; 70 & Over 30 - 34; 35 - 39
Race #3	Masters Men	10:00	40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

Team Championships:

1. Team championships -- only awarded in the National Masters over-40-divisions -- will be decided on a "total-time" basis unless, in the opinion of meet management, conditions favor the "finish-place" method of scoring. Team declarations, acceptable only from AAU-chartered clubs will not be accepted after 9:00 A.M. of race day and must be accompanied by additional fees (beyond the individual entry fee) of \$2.00 per declared member.

2. Team competition will take place as follows:

Men 40 - 49 -- 5 people scoring; maximum of 8 declared
Men 50 - 59 -- 5 people scoring; maximum of 8 declared
Men 60 & over -- 3 people scoring; maximum of 5 declared

Women 40 - 49 -- 5 people scoring; maximum of 8 declared
Women 50 - 59 -- 3 people scoring; maximum of 5 declared

Awards:

A. Individuals:

Official AAU Masters Championship Medals for the first three places in each division over 40 years of age, except where fewer than four individuals start in a division, the number of awards will be reduced to a number one less than the total number of starters in that division, except that if only one person starts, and finishes in a division, that person will receive a gold medal.

In Sub-Masters races PSA AAU District Championship medals will be awarded for the first six places in each division.

B. Teams

Official National Masters AAU Team Championship medals will be awarded to each scoring member of the winning team in each division contested. In the 40 - 49 Men's and Women's divisions second and third place teams will receive medals for each scoring member. In the 50 - 59 Men's division, second place team scoring members will receive medals. Should team entries exceed those anticipated additional awards will be made in the over-50 division.

Entry Deadline:

Entry deadline is November 18; late entry fee is \$1.00.

For entry form send stamped, self-addressed envelope to: P.S.A.,
1135 Garnet, San Diego, Ca. 92109.

Motels:

Within 1 mile; Airport Travelodge (714) 232-8931; Balboa Park Travelodge (714) 234-8277

Meet Management: Ken Bernard and Bill Stock (714) 281-6984 or 488-3960. Meet Director: Alan Olson.

Ratelle: A Good Doctor Possessed of His Senses

By Leo Zainea

Dr. Alex Ratelle, the ambling anesthesiologist from Edina, is a wonder in American running.

He is, at 54, the premier distance specialist in the United States for his age-group, 50 and older.

He trains as much as 150 miles a week in his hometown, a western suburb of Minneapolis, and has put over 100,000 miles on his exercise bike. He is often gone weekends to run and has shelves overflowing with trophies in his den, and a box containing more than 160 medals.

"Really, they're all junk," he says. "But the cleaning lady thinks they're great. More work!"

He used to be an intense race-car driver and entered the big events at Sebring and Elkhart Lake. He keeps both his cars — a 1966 aluminum GTB Ferrari and a 1952 Barchetta 212 Ferrari that belonged to Henry Ford —



Dr. Alex Ratelle

in his basement garage.

He weighed 174 pounds and smoked as many as nine cigars a day. No more of that nonsense. He is now a lean 5-foot-8 and 128 pounds, and the pipe rack on his desk is empty.

"I found an alternative that was as exciting as car racing," he says of his conversion to serious running in 1965. "I decided there was something better to do than get killed."

"One of the really neat things about the marathon is that nobody gets crushed on the first corner of the race."

Ratelle, who established and developed the Department of Anesthesiology at Methodist Hospital in Minneapolis and served on Minnesota's State Committee on Automotive Injuries, will be one of the top challengers to Grand Rapids' Greg Meyer in Saturday's 25-kilometer Old

continued

From the Woodbury, N.J., Times

Pagan finds fulfillment in marathon

By CHARLIE SPRANG

Of The Times Staff

WOODSTOWN — If you wanted to cast Tom Pagan in a movie, you'd take one look and figure he would be perfect for the elderly family patriarch in one of those cute little situation comedies. The kindly only gentlemen who hears only about half of what is said and ignores the rest, turning off his hearing aid for some peace and quiet. Doesn't do much anymore but spin a few tales.

Pagan does spin some tales, but the narration is strictly subjective and very much in the present tense. He's a walking public relations firm, informant and subject wrapped into one. Therefore, the impression his appearance suggests is as far from reality as hair on Kojak. His gait is cautious yet determined; his speech spews

confidence. And while most people his age spend their time merely existing between social security checks, puttering around the garden or sitting on a park bench somewhere, Pagan is thriving and running and running and running.

He will turn 81 in August, has been running for two years, a fact that never ceases to amaze his family and friends, let alone his doctor. Just two years ago, you see, Pagan had one foot in the grave and the other balancing on a bed of marbles. A life-long sufferer of asthma, he never had time for exercise. For over a decade he was totally consumed by his construction business in this area and then, when he retired, he says he drank and smoked like a fool.

Even though he was forced to retire

for health reasons, it didn't even faze him so, when his heart decided it couldn't take any more, he wasn't prepared. He was visiting his daughter, Betty Merrell of Woodstown, when the old ticker began to flutter like a broken badminton shuttlecock and he spent a good portion of the next two weeks in an intensive care unit. He was diagnosed as having coronary artery disease, acute coronary insufficiency, nocturnal angina, chronic bronchial asthma and chronic obstruction lung disease. In other words, it was time to place the final bets and Pagan was next to bid. Even when he returned home, which is now in Hillsboro Beach, Fla., he needed around the clock care.

"I was an invalid and I couldn't be left alone," said Pagan who visited the Times office Monday after stopping at

Sports East to submit an entry for the four mile race this weekend in Gloucester City. "Dr. Park (Steven, a Salem internist) only gave me six months to live, (he) told me my next asthma attack would be it."

"I was always too busy trying to make a living, I was never active in any sport, but I knew if I had to live this way I'd rather be dead. I was seriously thinking about suicide, but instead it worked the other way."

It did because you don't spend a major portion of your life building a business to scratch out a decent living, then chuck the hard work ethic that was responsible for your success just because you retire. You don't change a lifestyle over night. Despite what he was thinking at the time, Pagan

responded from something innate, an unsurpassed will to live that pushed him forward.

"My wife became ill and I needed somebody to take care of me because I was absolutely helpless," he explained. "They sent for my daughter, but I will against it. I was contemptible and I wouldn't let her do anything for me. But I learned to do things my way."

Determined not to waste away, steps came slowly to Pagan. First it was just a few, then over to a chair and back, then around the room. Each new venture pushed him to the limit, but he never gave up. In half a year, he walking up and down the beach in front of his home, a month later he was into some light jogging.

"The first time I jogged I konked out," he related. "I was sitting on a log when a young couple walked by and I heard the girl say, 'Is he all right.' The fella came back and asked me, but I was just fine. At first they were all worried, so was the doctor, but now I've got it made. Now I'm a hero instead of pushing up daisies."

He kept going, jogging and walking the two and a half mile distance from his house to the lighthouse, and in awhile found himself being attracted to competition. His first race, an 18-mile test, ended on a football field and when he entered the stadium the people gave him a standing ovation.

He has since run in the Orange Bowl Marathon in Miami, setting an American age group record of 6:33.2. And he has his sights set on the world record which is an hour faster and he also wants to be the oldest person to have run a marathon, but he'll have to live 17 more years.

"People read about me and they're under the impression I have all the answers," he explained. "I would never advise somebody else to do what I did and no doctor would advise it."

"I just never think of dying. I could live forever that's how I feel right now. It's just like being born again. Everybody wants to go to heaven, but nobody wants to die. You see I've never entered a race I didn't finish."

The biggest he's been running for the past 80 years. It knows no record times and its distance can't be measured. But you have to figure, after what he's been through and what he's accomplished, Tom Pagan will come out on top.

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An open letter to East Coast Masters runners

During previous years we have been left out of many of the larger meets. During 1979, however, we in the East have convinced many meet directors to include an event in their meets for Masters. Events were added to the Philadelphia Classic, the Iona Relays, the West New York Relays, The Penn Relays, and the Freedom Games.

If you saw the Masters 4x100 meter relay at the Penn Relays this year, you know how successful our races can be. We fielded eight teams without difficulty. The race was exciting and, many say, one of the most enjoyable of the day.

This Indoor season we are shooting for the Millrose Games and the Olympic Invitational. These are both big meets at Madison Square Garden. We would like them to add a one mile relay at each of these meets. We feel that this is the most logical distance for the time of the year and

that it won't be difficult to field enough teams to make the race successful.

Experience has shown that letter writing campaigns are most successful, especially as in the Penn Relays where everything else had failed. We are requesting that you write to Howard Schmertz, meet director for the Millrose Games at 2428 Kagr Lane, North Bellmore, N.Y. 11712 and to Edward Mosler, U.S. Olympic Committee, Statler Hilton Hotel, 33rd St. and 7th Ave., New York, N.Y. 10001. Please, when you write, mention the meets that saw fit to add us to their schedules during the past year. Our program is growing by leaps and bounds and we should be represented in every major meet in this country. Ask your friends to write also.

Sincerely,
Edward R. Small
New York Pioneer Club



Larry Reddin pauses during 8-day, 220-mile run over John Muir Trail in rugged Sierra Nevada Mountains.

Masters of the John Muir Trail

continued

Kent River Bank Run.

Ratelle was 23rd last year in 1:29.01, about 11 minutes behind the second-place Meyer and 12 minutes in back of the winner, Bill Rodgers.

Rodgers is not here this time. But Meyer, a standout at West Catholic and the University of Michigan, has been honored with the No. 1 to wear on his chest and is the favorite to win.

Ratelle was the fastest in the 40-and-over bracket here by more than seven minutes, and this year won the 50-and-over laurels at the Boston Marathon, his 12th appearance in the 26-mile, 385-yard classic.

Ratelle, you see, is obsessed with running but remains an interesting and appealing person. He is not one-dimensional.

As a boy, he wanted to paint, play violin, build a sailboat and an airplane and run. He ended up doing all those things by the age of 41, but he hadn't run a marathon.

"I hadn't done a thing in 25 years except get fat," he told Runner's World. "I don't know what might have happened to me at 41 if I had not found this."

He is deeply philosophical about the role of running in his life, how it has changed his thinking and cleared his head and buoyed his self esteem.

"I think that the thing that frightens people as they get older is not that the dreams aren't realized or weren't possible," he says. "It isn't the aging process, but the very, very sad feeling that the dream is dying...the dream is dead. The possible no longer exists. You've accumulated money and position; you've accomplished your dream."

"In my case, I could have gone on into advanced research in medicine or whatever. But the day-to-day realization of the dream frightened me when I was 40. And now I find that the dream is continuing to be alive. The thing that you're dreaming about at 15 or 30, I still have it."

Reliable source

—Payton Jordan, 62, Masters multi-age-record-holder in the 100 and 200, announced his retirement after 23 years as track coach at Stanford University in Palo Alto, Calif. He'll take a year's sabbatical and then return to the university to work in public relations. Jordan's been unbeatable in the 60-64 age group, but hasn't competed in national or international meets. Up till now, that is.

—Stan Cottrell, 36, set a 24-hour, world record of 167¼ miles running 669 laps around an Atlanta track. The old record, set in 1973, was 161 miles, 545 yards. His swollen feet looked like "a package of hamburger" and he had blisters the size of a

silver dollar. "I know I've been running," he said, "but otherwise I feel terrific." An ultramarathoner, Cottrell last year ran 400 miles across Georgia in 5 days. He said he alternated 3 miles of running with a 440-yard walk in his record-breaking effort. Every 25 miles he cooled his feet in a pail of ice water for 2 minutes to reduce swelling, then rubbed on Vaseline and put on dry socks and shoes. He sipped salt-sugar water and ate sugar tablets. "People are capable of greater physical achievements than they give themselves credit for," Cottrell said. "The majority of the public just sits on their duffs and gets fatter."

Three veteran California runners spent their 1979 vacation running the 220-mile length of the famous John Muir Trail in the rugged Sierra Nevada Mountains.

Bill Stock, 49, and Larry Reddin, 40, both of San Diego, and Hal Winton, 46, of Harbor City each ran from Whitney Portal near Lone Pine, Calif., to the floor of Yosemite Valley in Yosemite National Park, Calif.

During the 8-day run from August 18-25, they scaled 11 mountain passes, six above 12,000 feet.

"The only time we didn't run," said Stock, "is when it was very rocky or when it was so steep that it was just humanly impossible."

The run took a year of training and preparation.

"It was my idea," Stock said. "I've been a backpacker for 15 years and a competitive runner for 10 years, and I was thinking one day, 'Why not combine these sports?'"

A battalion chief for the San Diego fire department, Stock recruited 28 people to make up five support teams that packed in supplies for the runners at various points along the trail.

"We averaged 27.8 miles a day by running 8 to 11 hours," he said. "We changed into a fresh pair of Nike shoes each day and carried only about 8 pounds of survival gear apiece in day packs."

Toward the end, Stock developed a swollen ankle which he kept under control with soaking in cold mountain streams and with an ankle brace.

The three trained for 6 months, gradually increasing their distances to 100 miles a week. Then they began running 25 miles in local mountains at 5000 feet.

Finally, a week before the run, they went into the Sierra to get used to the altitude by taking runs to the top of 14,494-foot Mt. Whitney.

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