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

National Masters Newsletter
14th issue October 1979 Published Monthly

3RD WORLD VETERANS CHAMPIONSHIP ISSUE

World Veterans movement coming of age

Viewed in perspective, the 3rd World Veterans Championships in Hannover, Germany, was a momentous event. Back home, weeks after the final event became history, the minor frustrations pale compared to what really took place.

Over 3100 men and women from 42 nations came together in a spirit of international friendship and competition. It was the largest single track and field meet in history, surpassing the 2700 at Gotenburg, Sweden, in 1977. Old acquaintances were renewed; new friends were formed. The bonds between peoples of different nations became a little closer. The enormous gaps in language and customs that have separated the world for centuries were narrowed just a little.

T-shirts and addresses were exchanged. Invitations to visit friends in other countries were extended. Many were excitedly already thinking ahead to the 4th World Veterans Championships in New Zealand in 1981. The level of performance was awesome. A serious re-evaluation of the capabilities of the human body is in order. Achievements dreamed of 10 years ago, are realities today.

World records of a decade ago are ordinary marks today.

In Hannover, a 60-year-old, John Gilmour of Australia, became the first person in history to run the equivalent of a 5-minute mile. Men in their mid-forties were running the 800 in 2 minutes. A 50-year-old, Peter Higgins of Britain, ran a 400 in 52.28, a time which would win most high school races and many college contests. A 49-year-old woman, Colleen Mills of New Zealand, broke one minute in the 400. Sixty-five year old Willi Rumig of Germany long-jumped nearly 17 feet.

The World Veterans movement is coming of age. It’s becoming big business. Hannover hosted over 3000 athletes. Many brought their families. If you assume that each athlete continued on page 2

Banned in 1981?

Why South Africans competed as Rhodesians

In an 11th hour compromise, 60 athletes from South Africa were permitted to compete in the 3rd World Veterans championships in Hannover, Germany.

But they were forced to compete as “Rhodeians,” not as representatives of South Africa.

The press and most of the other athletes were unaware of the true situation. In truth, few seemed to care.

So the South African saga continues to haunt and threaten the otherwise vigorous, forward-moving Veterans movement.

It’s like a runner with a tender hamstring; like a missing spark plug in an otherwise well-tuned car; like a sprawling Tolstoy epic where the French keep invading just as you’re heading off to the country for the hunt.

continued on page 18
spent $1000 on transportation, food and lodging (most Americans spent more), the meet brought in 3 million dollars.

Four nations bid for the 1981 World Championships. New Zealand spent over $25,000 on their successful bid. They brought a videotape of their country and movimiento movement forward and to encourage veterans to wear Nike gear.

The Occidental Life Insurance Co. of North Carolina has already committed $35,000 for 1979 to aid the program and to interest athletes in low-cost life insurance for the fit.

Other nations are even more liberal. Many athletes' expenses were paid to the Hannover meet, unlike the USA where nearly everyone paid his or her own way.

In this issue of NMN, we've tried to take the whole World Championships and divide it into some semblance of order.

So much happened in Hannover that it's impossible to appreciate it all at the time. One great race blurs into another. It's hard to digest. It's difficult to sort out and report. In the September issue, we listed the 28 new world 5-year age division records which were set. We listed the name, time and event of each American gold, silver and bronze medal winner.

In this issue is:

- Complete results of the 3rd World Veterans Championships.

- A report of the bi-annual World Veterans meeting.

- The story of why the South Africans competed as Rhodesians.

- A report of the North American regional meeting.

- The complete results of the first 8 places except the men's marathon.

- Hannover Diary, a day-by-day reporter's account of the events.

- Suggestions for 1981.

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### Results of 3rd World Veterans Championships—July 27-August 2, 1979—Hannover, Germany

Following are the results of the 3rd World Veterans Championships held July 27-Aug. 2, 1979, at Hannover, Germany.

<table>
<thead>
<tr>
<th>Nation</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>GBR</td>
<td>1:10.20</td>
<td>100 metres for 1979 to aid the program and</td>
</tr>
<tr>
<td>AUS</td>
<td>1:10.20</td>
<td>interest athletes in low-cost life insurance</td>
</tr>
</tbody>
</table>


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


continued

CLASS M 70 - 74
1 H Jenkinsom aus 69.76
2 P Llloyd fyu 71.14
3 J Hebbleton ausa 79.79
4 L Raftery aus 88.50
5 G Simpson aus 92.28

CLASS M 75 - 79
1 R Chappie usa 73.78
2 J Anderson usa 74.04
3 M Brennan can 82.68
4 F Kleinman engr 92.33

CLASS W 35 - 39
Final 29.07.79
1 K Holland aus 58.19
2 M Crocker fyu 59.32
3 T Schliephake fyu 60.78
4 J Rieber engr 61.58
5 H Vittman aus 61.60
6 C Martinetto fyu 63.60
7 Gun Eriksson sve 63.11
8 H Bernhaupt fyu 65.56

CLASS W 60 - 64
Final 29.07.79
1 P Ekers rno 59.59
2 G Green aus 61.77
3 J Chandler ml 62.75
4 J Parson aus 64.48
5 J Jansen nor 65.80
6 H Werner fyu 66.23
7 B J Brookes engr 66.49
8 A J Cook engr 75.61

CLASS W 75 - 79
Final 29.07.79
1 D M Killo ml 69.71
2 M Chers engr 71.00
3 H Cratz fyu 72.72
4 L Hebbert fyu 74.76
5 E Steidemr sve 76.65
6 D Goodwin aus 70.41
7 D Schilling fyu 72.62
8 J Mrozowska tch 77.09

CLASS W 50 - 54
Final 30.07.79
1 N Kyle fyu 66.66
2 J Hill fyu 67.00
3 B Vine ml 72.67
4 L Haubner fyu 74.28
5 G Lundkvist sve 74.99
6 J Sherwood fyu 77.65
7 A Ross sve 99.59

CLASS W 40 - 44
Final 29.07.79
1 N Du Plessis rno 78.94
2 M E Fairbairn us 89.46

CLASS W 60 - 64
Final 29.07.79
1 D Smith usa 2:03.65
2 D Burnham ml 2:04.06
3 E Brown nor 2:05.31
4 L Jagger nor 2:05.60
5 R Pleiss sve 2:09.28
6 R Haydon fyu 2:10.02
7 J Eley fyu 2:10.10
8 E Jackson sve 2:11.95

CLASS W 50 - 54
Final 28.7.79
1 D Smith usa 2:03.51
2 D Burnham ml 2:03.98
3 E Brown nor 2:05.12
4 L Jagger nor 2:05.50
5 R Pleiss sve 2:09.16
6 R Haydon fyu 2:09.41
7 J Eley fyu 2:10.02
8 E Jackson sve 2:10.62

CLASS W 75 - 79
Final 28.7.79
1 H Chappie usa 2:46.61
2 E Anderson usa 2:52.20
3 M Brennan can 2:55.38
4 E White engr 3:02.84
5 J Gregory usa 3:13.77

CLASS W 65 - 69
Final 28.07.79
1 M Greco rno 2:00.3
2 T Roberts aus 2:00.93
3 J Chappie ausa 2:01.57
4 E White onload 2:02.18
5 H Loennecke fyu 2:02.88
6 R Allen fyu 2:03.17
7 R Moore bel 2:04.45
8 H Kopczynski usa 2:11.77

CLASS W 75 - 79
Final 29.07.79
1 H Chappie usa 2:46.61
2 E Anderson usa 2:52.20
3 M Brennan can 2:55.38
4 E White engr 3:02.84
5 J Gregory usa 3:13.77

CLASS W 80 - 84
Final 29.07.79
1 J Shreger bel 3:00.32
2 P Leitner usa 3:03.19
3 J Schauer engr 3:09.12
4 J Schauer engr 3:11.90
5 T Schliephake fyu 3:15.10
6 J Bittman fyu 3:20.10
7 E Gallagher fyu 3:21.52
8 L Kopczynski usa 3:23.27

THE THRILL OF VICTORY (Bernie Hogan, Australia).

AND THE AGONY OF DEFEAT.
continued

CLASS M 45 - 69
Final 30.07.79

1. E Krzyzyski fra 55.48 4
2. J R Maguire fra 56.75 1
3. J H Van der Walt usa 60.03 5

CLASS M 50 - 64
Final 30.07.79

1. D Kock usa 19.59 4
2. M Bertram fra 20.07 1
3. F van der Walt usa 20.71 2

CLASS M 55 - 69
Final 30.07.79

1. D Kock usa 19.59 4
2. M Bertram fra 20.07 1
3. F van der Walt usa 20.71 2

5000 METRES

CLASS M 45 - 69
Final 30.07.79

1. F Nicolaus fra 17.44 0
2. J R Maguire fra 17.56 1
3. J H Van der Walt usa 18.55 3

CLASS M 50 - 64
Final 30.07.79

1. D Kock usa 19.59 4
2. M Bertram fra 20.07 1
3. F van der Walt usa 20.71 2

CLASS M 55 - 69
Final 30.07.79

1. D Kock usa 19.59 4
2. M Bertram fra 20.07 1
3. F van der Walt usa 20.71 2

continued
LID METER HUNTER: HEIGHT-SPACING

110 METER HUNTER: HEIGHT-SPACING

CLASS 40 - 49 39" 30"

1  J  Cechak  toc  15.04  
2  A  Henry  usa  15.39  
3  G  Otbennas  frg  15.65  
4  E  Neilsen  fra  15.93  
5  A  Hoivier  fra  16.04  
6  L  Lindhe  swe  16.24  
7  L  Stormhaug nor  16.94  
8  G  Widding  cag  18.76  

CLASS 50 - 59 39" 30"

1  V  Thoilarsson  isl  14.86  
2  L  Pettersen  nor  15.42  
3  D  Burger  swe  15.87  
4  J  Jackson  usa  16.11  
5  L  Trout  usa  17.41  
6  O  Tuoria  fin  17.51  
7  J  Schwarzner  fra  19.34  
8  J  Michaelsen  den  21.64  

CLASS 60 - 69 39" 30"

1  A  Findell  fra  17.08  
2  A  Petrella  usa  18.46  
3  B  Hunt  usa  19.14  
4  L  Hunt  us  20.56  
5  D  Cephas  tast  20.97  
6  M  Haffrath  21.21  
7  M  Buckman  usa  21.33  
8  F  Roland  swe  22.45  

LANE METER HUNTER: HEIGHT-SPACING

CLASS 35 - 39 29" 30"

1  C  Duve  fra  14.46  
2  P  Melbar  gbr  14.96  
3  H  Falhaim  den  16.55  
4  H  Houben  den  16.90  
5  M  Garces  cag  17.88  
6  I  Kichnor  cag  17.28  
7  E  Ogilvy  cag  17.39  
8  B  Hoepenla  den  18.92  

CLASS 40 - 44 39" 30"

1  C  Sherrard  usa  15.71  
2  C  Sowers  hil  17.74  
3  W  Schmidt  usa  21.19  
4  H  Maristallback  toc  21.55  

100 METER MILEAGE

CLASS 35 - 39

1  C  Duve  fra  14.46  
2  P  Melbar  gbr  14.96  
3  H  Falhaim  den  16.55  
4  H  Houben  den  16.90  
5  M  Garces  cag  17.88  
6  I  Kichnor  cag  17.28  
7  E  Ogilvy  cag  17.39  
8  B  Hoepenla  den  18.92  

CLASS 40 - 44

1  C  Sherrard  usa  15.71  
2  C  Sowers  hil  17.74  
3  W  Schmidt  usa  21.19  
4  H  Maristallback  toc  21.55  

ranney edges

Laird for National 50K walk title

SAN FRANCISCO, CALIF. Aug- ust 26, Bill Ranney of California's West Valley Track Club led Ron Laird of the New York Athletic Club to win the National Masters 50-kilometer walk championship.

Ranney clocked 4:48:53, Laird 4:52:47. Both broke the existing master's record, Ranney by more than nine minutes.

"It was a beautifully organized race," said the Golden Gate Walker Newsletter director Bill Ranney. Overall, there were 43 starters, 27 finishers."

Pearce, Rubin

Top Utica

10-milers
### CLASS M 45 - 49

**Final 29.07.79**

<table>
<thead>
<tr>
<th>Team</th>
<th>Final 29.07.79</th>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
<td>FRG I</td>
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<tr>
<td>3</td>
<td>FRG II</td>
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<tr>
<td>4</td>
<td>CAN</td>
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<tr>
<td>5</td>
<td>FIN</td>
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<tr>
<td>6</td>
<td>SUI</td>
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<tr>
<td>7</td>
<td>NOR</td>
</tr>
<tr>
<td>8</td>
<td>SWE</td>
</tr>
</tbody>
</table>

**Team:**
- **USA:** Anderson, Spaeth, Noble
- **FRG I:** Brouwer, Von den Barge, Schulte
- **FRG II:** Masting, Lieske, Wirth, Bitter
- **CAN:** Denault, McNeill, Lord, Stoddart
- **FIN:** Soininen, Mianne, Nevalainen, Jouppila
- **SUI:** Hofer, Schaffner, Frey, Kopsch
- **NOR:** Andersen, Brabrand, Sorensen, Torell
- **SWE:** Melin, Rosowski, Winter, Nyberg

**CLASS W 55 - 59**

**Final 29.07.79**

<table>
<thead>
<tr>
<th>Team</th>
<th>Final 29.07.79</th>
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<td>1</td>
<td>G</td>
</tr>
<tr>
<td>2</td>
<td>J</td>
</tr>
<tr>
<td>3</td>
<td>M</td>
</tr>
</tbody>
</table>

**Team:**
- **G:** Graham, White, English
- **J:** Johnson, Baker, Digance
- **M:** Maguire, Oates, English

**CLASS M 50 - 60**

**Final 29.07.79**

<table>
<thead>
<tr>
<th>Team</th>
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<td>GBR</td>
</tr>
<tr>
<td>4</td>
<td>SWE</td>
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</table>

**Team:**
- **USA:** James, Allen, Svensson
- **FRG:** Brouwers, Von dem Berge, Austerlitz
- **GBR:** Cushen, hallway, Cregg
- **SWE:** Hansson, Axelson, Lagerqvist

**CLASS M 60 - 66**

**Final 29.07.79**

<table>
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**Team:**
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**CLASS M 60 - 66**

**Final 29.07.79**

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**Team:**
- **USA:** James, Allen, Svensson
- **FRG:** Brouwers, Von den Berge, Austerlitz

**CLASS M 60 - 66**

**Final 29.07.79**

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<td>CAN</td>
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**Team:**
- **USA:** James, Allen, Svensson
- **CAN:** Denault, McNeill, Lord, Stoddart

**CLASS M 55 - 60**

**Final 29.07.79**

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<td>CAN</td>
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<td>4</td>
<td>SWE</td>
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**Team:**
- **USA:** James, Allen, Svensson
- **FRG:** Brouwers, Von den Berge, Austerlitz
- **CAN:** Denault, McNeill, Lord, Stoddart
- **SWE:** Hansson, Axelson, Lagerqvist

**CLASS M 60 - 66**

**Final 29.07.79**

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<td>CAN</td>
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<tr>
<td>3</td>
<td>SWE</td>
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**Team:**
- **USA:** James, Allen, Svensson
- **CAN:** Denault, McNeill, Lord, Stoddart
- **SWE:** Hansson, Axelson, Lagerqvist
## Class M 55 - 59

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<th>Name</th>
<th>Time</th>
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<tr>
<td>1</td>
<td>H Jones</td>
<td>22:21:52</td>
</tr>
<tr>
<td>2</td>
<td>A Poole</td>
<td>22:21:52</td>
</tr>
<tr>
<td>3</td>
<td>S Selmon</td>
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## Class M 60 - 64

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<th>Team</th>
<th>Name</th>
<th>Time</th>
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<tr>
<td>1</td>
<td>B Broders</td>
<td>22:20:13</td>
</tr>
<tr>
<td>2</td>
<td>L Maynard</td>
<td>22:20:13</td>
</tr>
<tr>
<td>3</td>
<td>N Stansley</td>
<td>22:20:13</td>
</tr>
<tr>
<td>4</td>
<td>Gregor Torn</td>
<td>22:20:13</td>
</tr>
<tr>
<td>5</td>
<td>Yvonne Smith</td>
<td>22:20:13</td>
</tr>
<tr>
<td>6</td>
<td>T Morris</td>
<td>22:20:13</td>
</tr>
<tr>
<td>7</td>
<td>Monika Trust</td>
<td>22:20:13</td>
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## Class W 50 - 56

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<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Class 1</td>
<td>22:20:13</td>
</tr>
<tr>
<td>2</td>
<td>Shirley Braamer</td>
<td>22:20:13</td>
</tr>
<tr>
<td>3</td>
<td>Margreta Olsen</td>
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## Class W 60 - 64

<table>
<thead>
<tr>
<th>Team</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>B Titling</td>
<td>22:20:13</td>
</tr>
<tr>
<td>2</td>
<td>L Gehre</td>
<td>22:20:13</td>
</tr>
<tr>
<td>3</td>
<td>H Jarvesen</td>
<td>22:20:13</td>
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### 10 km Road Walking

<table>
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<tbody>
<tr>
<td>1</td>
<td>PFG (Klaus, Kozmowski, Moser)</td>
<td>00:00:53</td>
</tr>
<tr>
<td>2</td>
<td>7 points</td>
<td></td>
</tr>
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World Veterans' President Don Farquharson welcomes athletes to 3rd World Championships.

John Gilmour, 60, Australia, wins 10,000 meters in 35.07.7, one of four new world records he set in 3rd World Games.

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Class M 55 - 59

<table>
<thead>
<tr>
<th>Team</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Alistair Johnston</td>
<td>01:07:12</td>
</tr>
<tr>
<td>2</td>
<td>A Karlsson</td>
<td>01:07:12</td>
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Class M 60 - 64

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<th>Team</th>
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<tr>
<td>1</td>
<td>M 60</td>
<td>01:00:29</td>
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<td>2</td>
<td>M 60</td>
<td>01:00:29</td>
</tr>
<tr>
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<td>M 60</td>
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Class W 50 - 56

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<th>Team</th>
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<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Class 1</td>
<td>01:00:29</td>
</tr>
<tr>
<td>2</td>
<td>Shirley Braamer</td>
<td>01:00:29</td>
</tr>
<tr>
<td>3</td>
<td>Margreta Olsen</td>
<td>01:00:29</td>
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Class W 60 - 64

<table>
<thead>
<tr>
<th>Team</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>B Titling</td>
<td>01:00:29</td>
</tr>
<tr>
<td>2</td>
<td>L Gehre</td>
<td>01:00:29</td>
</tr>
<tr>
<td>3</td>
<td>H Jarvesen</td>
<td>01:00:29</td>
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Class M 70 - 79

<table>
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<th>Team</th>
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<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>J Baboie</td>
<td>01:00:29</td>
</tr>
<tr>
<td>2</td>
<td>G Moser</td>
<td>01:00:29</td>
</tr>
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Class W 70

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<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>T A Westerin</td>
<td>01:18:22</td>
</tr>
<tr>
<td>2</td>
<td>E Keil</td>
<td>01:22:27</td>
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Class M 70 - 79

<table>
<thead>
<tr>
<th>Team</th>
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<th>Time</th>
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Gaylord Kalchschmid lines up in lane 8 for M45 800 heat in Hannover.
Hannover Diary

MON. JULY 23. Fly Laker to London to help support low cost fares. Only 80 of 345 seats filled. How will Sir Freddie survive?


There’s Danie Burger from South Africa. He tries to explain why the South Africans are wearing Rhodesian uniforms. (See separate story.)

In each competitor’s passport was a green pass to get into the stadium. What if you leave your pass at the hotel? Tough. The guard has his instructions. No one gets in without a green pass.

“But I’ve got a race in an hour,” a sweat-suited athlete protests. The guard does not understand and is not interested. “Niein.”

The problem is overcome by the subterfuge of a friend handing the green pass through the fence to the athlete, who now flashes the pass to get in.

continued
Olympics in Munich, when Miruts Yifter, one of the favorites in the 10,000, came to the wrong entrance gate. "They wouldn't let him in. It's that's my race starting there," he pleaded.

"Good God. Yifter didn't run.
Divisions are listed as M40, M45, W40, etc. rather than 40-44, 45-49, etc.
The world record-holder in the M40 800, Klaus Mainka, of Germany falls in his heat. Gets up, works hard to qualify in 2:02. Ernie Billups, U.S. champ, wins heat in easy 2:02. Jim Demma, Bill Mayer, Jack Kiebeall all qualify with good 2:02's. Tremendous looms, however. This group has to run a semi-final tomorrow AM; then a final tomorrow afternoon if they can survive.

"Why don't they spread it out a little," complains one who has just given everything he had just to make the semis.
The men's 10,000 is being run on a dirt track behind the main stadium. How come! There's nothing going on at all in the evenings. Why not run them then, on the main track, so everyone could watch?

"Because they want you to go out and spend your money in town at night," snorts a top runner who is changing to longer spikes.

"And"
They're all doing 2:02's. Our best guys do 2:07. Where's Kalschmied? Here he comes. What happened?

"They won't let me run," he says.

"Something about a red card."

Athletes are supposed to turn in a red card, which lists their name and official or protest a decision are in heats. Competitors who want to question an official's decision must turn in a red card before their event. Not everyone knows about it.
The language problems are severe. PA announcements in German: occasionally in broken English. Hard to understand. The French, Italians and others don't have a clue. Bi-lingual interpreters badly needed. Competitors who want to question officials or protest a decision are in trouble. No one speaks German except the Germans, who speak nothing else. Communications are non-existent.
By word-of-mouth, athletes learn about the red card. Some, like Gaylord, don't. But he has an edge. He speaks fluent German. He talks his way in, using energy he should be saving for the race.
He fails to qualify. Immediately after the race, without even changing out of his sweats, he leaves, saying "I'm through with this nonsense."

Later in the meet, Clarence Kilion and others who have paid their entry fee will fail to turn in their red card. They will not run in that event.

Tom Struck is reminded of the 1972 Western civilization. What's it like in Asia and Africa?

800 Heats. Going from oldest group to youngest. Good idea. More dramatic. Age 45 group is scary. They're all doing 2:02's. Our best guys do 2:07. Where's Kalschmied? Here he comes. What happened?

"They won't let me run," he says.

"Something about a red card."

Athletes are supposed to turn in a red card, which lists their name and event, to an obscure location, one hour before their event. Not everyone knows about it.
The language problems are severe. PA announcements in German: occasionally in broken English. Hard to understand. The French, Italians and others don't have a clue. Bi-lingual interpreters badly needed. Competitors who want to question officials or protest a decision are in trouble. No one speaks German except the Germans, who speak nothing else. Communications are non-existent.
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Tom Struck is reminded of the 1972 Western civilization. What's it like in Asia and Africa?
Barshikov in Swank Lake. Backstretch. Where'd that headwind come from? 3rd hurdle in 15 steps. Better shorten to 16 on 4 & 5. Now to 17 on 5.6 & 7 around turn. Pacing guys. This is fun. M-m. I'm 3rd. I'm also exhausted. #8 is tough. Clip #9 with trail knee. Ragged. Feel like stretching. Where'd that headwind go? Guys. This is fun. Hm-m. I'm 3rd. I'm Better shorten to 16 on 4

RESULTS OF MIKE-OREGON TRACK CLUB MARATHON -- SEPT. 5 --
EUGENE, OREGON

M40 1 Jack Foster 2:14
2 John Brennand 2:16
3 Skip Schaefer 2:17

M50 1 Alex Rastale 2:23
2 John Frey 2:21
3 Rich Bencen 2:21

M60 1 Alvin Grahn 3:24
2 John Linder 3:28
3 John Gustafson 3:38

W50 1 Marilyn Harbin 3:01
2 Sue Hutchinson 3:05
3 Lu Ann Bartholow 3:19

W50 1 Margaret Miller 3:05
2 Ruth Anderson 3:14

W35 1 Cindy Dalrymple 2:43
2 Sue Peterson 2:47

EIGHTH ANNUAL MASTERS SPORTS ASSOC., CROSS-COUNTRY CHAMPIONSHIPS
SATURDAY, OCTOBER 13, 1979; 12:00 NOON, VAN COURTLANDT PARK, BRUNSWICK, N.Y. 10,000 Meters

ENTRY FEE: $3.00 pre-entry; $5.00 post entry

PRIZES: Trophies to the first five men and the first five women in the following divisions:
M: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+
W: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

ELIGIBILITY: This is a non-A.A.U. sanctioned race closed to members of the Masters Sports Assoc., the American Masters Athletic Assoc., and the New York Road Runners. You must be a member of the Masters Sports Assoc., or an affiliated group. If you are not a member of the Masters Sports Assoc., the fees are $10.00 per year which will be credited to 1980 membership.

ADDRESS
AFFILIATION: MASTERS SPORTS N.Y. ROAD RUNNERS AFFILIATED CLUB

MASTERS SPORTS ASSOC.: 140 Oak Ave., Jersey City, N.J. 07306
AGE SIGNATURE
(MSA-KC)

Check makes payable to MASTERS SPORTS ASSOC. and send entry to Robert Fine, 77 Prospect Place, NYC 1217


Now it's my turn. Forget it. There's Burger, looking fit but strange with that green Rhodesian jersey on. Damned stupid politics. On the scoreboard is everyone's name, country, number and lane. Fantastic. I'm in lane 7. Leon Trout of New Jersey's in lane 3. Maybe he can get 2nd or 3rd. No one'll beat Burger. Rain coming down hard. With my glasses, I'll need windshield wipers to see the hurdles.

Each runner introduced. I wave to the crowd. Corny, but the movement needs a little showmanship.

Which is worse? Rain in Germany or smog in California? Off fast. What the hell. These are the World Championships. Move your ass. Up on my left comes Keith Whitaker. I've never beaten him. Maybe today's the day. And maybe there's an Easter Bunny. Hell, stay with him. #5 hurdle, still with the leaders. Oh-oh. There's the bear. Sobering thought: I'm their age, not far off Fitzgerald's age.

Can't be more than 60. Dig out the sweater. Riddick, Sanchez, Newton & Brown all win their heats. Could we go 1-2-3 in both the 100 and 200? No, too tough... but maybe.

Even lunch break, "Veteris" lives. Rumors of its demise premature. There's Barry Whittmore setting up the table. Good Magazine. British. Now combined with RACE, the British Track & Field News. Would America's T&F news want to combine our newsletter in THEIR magazine?

T&P thinks we've a bunch of aging jocks playing in the sand box. The British treat veterans running seriously. The British are beautiful. Great humor; quiet; stiff-upper-lip and we'll-muddle-through attitude. Also great runners. NMN will exchange issues and ads with Veterans. Wish the August newsletters had arrived in time; could sell hundreds; these are the hard core veterans here.

Women's 200 finals. Aileen Hogan matches husband Bernie with gold in W55. First husband-wife gold medallists ever.

Sue Peplow decimates competition in 28.04 in W50. Tells us she keeps in shape working at luxury center for people over 35 in Northern Ireland. U.S. record holder Irene Obara (26.3) up against tough Colleen Mills, a statueque 49-year-old from New Zealand. Mills wins it, 26.22 to 26.41. Sobering thought: I'm their age, not in bad shape, and I couldn't beat either of them.

Time to warm up for 400 hurdle final. Why don't they give us a day's rest between the heat and final? Who do they think I am? Ed Moses? I was all last yesterday just to qualify. Favorite Danie Burger and I check out the backstretch wind. I hold up a wet finger. Who am I kidding? 3 PM. Starting to rain. USA hurdlers going great. Herb Anderson and George Brassland both set world marks in M75 and M65 divisions.
60 meters

Kruzycki and 1:06 ahead of 3rd. Where’s Ed been hiding?


M50. Pete Mandle is one of the top Masters distance runners in the world. Lately, however, only a few close friends know this. Pete has perfected the art of becoming injured prior to each World Championships. He is the antithesis of Lasse Viren. He sets American records in obscure all-comers meets, then breaks down it. AI Guidet was right. At the North American meet, he pointed out that the entry form had listed the hurdle distance for over-50’s as 8.6 meters (29 feet) instead of the usual 8.7 meters (30 feet). Everyone except Al thought it was a typo, but now, here they were, setting the hurdles at 29 feet spacing. Who told them to do that? Not the WAVA. Who’s in charge?

People startling in disbelief. Everyone’s protesting. Greenwood will kil someone. “They’ve tried this in junior meets in Kansas, and some kid always gets hurt,” he says.

Will the Germans’ accommodate their Russians switch to capitalism?

Here they go. Hope no one gets hurt. Oh-oh. Three guys go down in the first two races. “I’m just not used to this spacing,” says a survivor. “I’ve run hurdles for 10 years, but never like this.”

Guidet, who’s cleverly been practicing at this spacing, looks like silk winning his heat by an embarrassing margin. Now the M50’s. Greenwood is lidd. “Move the hurdles to the right spacing.” The judge shows him a rule book. Jack swats it away angrily. The official retreats quickly. But it’s too late. Jack runs in the wrong way to build my speed. Also lots of stairs.”

TUES. JULY 31, 9 AM. Women’s 5000 at MKA track. Where’s that? “The other side of town.” Why are women relegated to boogies in early AM? Stock & Gorman win easily; Anderson second, but nobody sees it.

400 heats. Only five in M50 semi. Three who qualified didn’t show. Too tired? We need a day’s rest between close friends know this. Pete has heats. Favorites Grujic and Newton in M50 semi. Psych time? Grujic wins in 52.08. Looks strong.

3 PM. High-hurdle heats. Starting to rain. You can set your watch by the hurdles to the right again. Irene evens 12.78. Maeve Kyle in class by herself hurt.

Mills duel. Will the Germans’ be out there running,” says Bob Sieben. “There weren’t enough judges. It’s a joke.”

“Three Germans ran by me,” said a walker. “They thought it was funny. They’d do anything to win.”

“At best,” said Laid, diplomatically, “the officiating was inconsistent. They disqualified some women who looked okay to me.”

Joe Stefanowicz, an M55 10K walker, said of his division’s winner, Bruno Fait of Italy, “I didn’t see him lock either leg once. To give him the gold, plus the record, is not right.”

Fait was DQ’d in the 20K, which was small comfort to Joe and others. “Competitors had to walk two miles to the starting line,” Stefanowicz complained.

A long-jumper groused that Germans officials “were biased; had got called for a foul on a fair jump; the Germans were stepping past the board, but not getting called. It’s deliberate cheating.”

1500 finals for M70 & M75. Four in the 75 group. Good. There were none in Toronto, as I recall. Harold Chapson beats rival Sid Madden. Wins M75 gold.

Men’s 200 Finals. M75. Anderson wins in 32.92. Where’s Joe Packard? Joe ran 29.2 a month ago in the regionals. Only time in history a man over 75 has gone under 30. We learn that Joe is allegedly a confirmed alcoholic. Each year some people go to San Francisco’s skyrow, find him, dry him out and take him to the Masters’ meets. No one can beat him. The day before the Hannover flight, he talked them into giving him his ticket. He cashed it in and vanished into the San Francisco night.

Reminds me of Lincoln’s quote when told that General Grant drank too much. “Find out what brand he’s drinking and send a case to any of my other generals.”

BR’s in M70 & M65 by Reid (28.62) and Brunge (27.42). Both look excellent. Good form. Good leg action. At 70. When I was a kid, they told me you’d be legs were thru at 35.

M60. Asamy amazing. 27.42. “He’s being pulled along by his nephew, but I’m not complaining,” a competitor complains. Maybe, but Fritz adds a dimension to the meet that is awesome and inspiring. He runs in lane 8 in all races, so his nephew on outside of him doesn’t interfere with other runners. Congratulations to the meet directors for setting this up.

M55. Hogan doubles again. He and Asamy both double-gold medal winners in 100 & 200. What a team.


M45. USA going for unheard of double-sweep in 100 & 200. Photo. Takes an hour to decide. We did it. Same order as 100. 1) Riddick; 2) Sanchez; 3) Newton. Matt Brown 6th.

M40. Austin avenges 100 defeat, beating Hacker in 22.50.

Evening: WAVA meeting. (See separate story.)


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EIGHTH ANNUAL EASTERN MASTERS A.A.U. CROSS-COUNTRY CHAMPIONSHIPS & OPEN SUB-MASTERS (30-39)

NO-LIFELIBY RACE - A.A.U. SANCTIONED

SUNDAY, NOVEMBER 18, 1979; 12:00 NOON, VAN CORLANTfurt PARK, BRONX, N.Y. 10,000 METERS

ENTRY FEE: $5.00 per entry, $5.00 post entry

RIGIBILITY: 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, Allegheny Mt. & 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 A.A.U. 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 A.A.U. Championship patches given to the winners of each five year group in Masters competition and for winning team members (no more than one per person)

TEAM AWARDS: MEN: DIVISION 1 (60-69) 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 50-49 year old championship.

WOMEN: (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.

MAKE ADDRESS

AGE CLUB

For in consideration of acceptance of this entry I hold harmless the City of New York, the A.A.U. & 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 A.A.U-NC)
of 9:39.1 is 0.1 off Higdon's world record. 

"I wasn't really motivated." Hal says. "I shouldn't have run the 5000 if I was serious about the Steeple. I couldn't get into the race. I ran the 2nd half okay. My legs were stiff. I need more stepeechee training. I didn't run any in '78 and only 2 in '79. I've been running road races. It's the first time I've been beaten in the World Games' steeple. I'm almost glad to get the pressure off."

M40. Tecwyn Davies of Britain draws out steadily to big win in 9:03. Why are the British so good in long-distance running? Is it the English air? Their training? Temperament? Discipline? Club system?

Juan Pedevilla just got back from touring East Berlin. "Don't miss it," he counsels. Juan has things in perspective. A Southern Californian, he competes regularly without ever winning a thing. "I enjoy the fun of competition, and meeting new people. I met Germans one night. She's taking me out disco-ing tonight."


M40. Davies moves record 30' for M45's. Defending champion Dave Jackson runs well for 4th. Competition fierce. Athlone/Torlakos from Iceland runs record 3:46.8, but it's wind-aided.

Al Henry's been pointing for this M40 race for a year. Runs perfect race: 15:59. But loses to Jiri Cechak of Czechoslovakia's 15:04.

400 Finals. There's As Assy in lane 8 with his nephew. I didn't know he could run a 400. This would be 3 gold medals for him. How can the man train for the endurance he'll need? Can he win it? Yes. In 61.9. A well-deserved standing ovation.


M45. Newton in lane 4. Grujic in 3. Four years ago, in this same M45 400 in Toronto, Don Cheek in lane 4 beat a faster Hart Chandra in lane 3 by going out fast, wrapping Chandra and making him run faster early than he planned. Cheek hung on for the win. Newton's strategy, letting Grujic come up to his shoulder, then trying to stay with him around the last 200. Can't do it. Grujic draws out, but then tires as Nick closes in final 10 meters. A photo. Two hours to decide. Grujic wins. 52.12 to 52.14.


M40. Gary Miller the USA hope. Best this year is 51.4. Against Henry Fairbank and two weeks ago in South Africa. Also Gary has run 5 beats in 200 and 400 in two days. Must be exhausted. Finishes 7th. 52.26. Bianchi of Italy upssets in 49.87, with Hacker 2nd, Austin 3rd and Mathe 4th.

1500 Finals. Big day. Gilmour going for 4th WR. Record for M60 is 4:17.0. Don Longnecker of New Mexico. 1st lap: 70, a 4:40-per-MILE pace. Can he keep it up? Two laps in 2:23. Yes, he's amazing. The 1300 in 3:38. Finish in 4:31.7, destroying the old mark by 18 seconds. Projects to going for 4th WR. Record 3:38.6. Gilmour's never lost the 1500. How could he lose a mile? He knew he had it with the Germans. I'm getting out of this country and never coming back."

59.00. Smith, Sieben, Dawkins and Greenwood nip Germany, 3:40.9 to 3:41.3. Spencer, Messenger, Brown & Green are 6th.


Meet over. Will results be mailed to athletes? Yes, but it'll cost. How much? 10 marks ($5.00) when? Soon. By air or ship? Guess. "To 5 we never see any results," snaps a disgruntled Australian as he forks over the last of his marks. "I've had it with the Germans. I'm getting out of this country and never coming back."

Evening banquet. $18 ticket doesn't get you any food. Only gets you into the place. To eat, it's extra. There's someone with a sandwich and a drink. How much is that? 20 marks? That's $11 dollars! Think I'll pass. Wendy Miller is furious. "That's the final insult," he growls, "making us pay for a cold buffet." He turns on his heel and leaves. Tom Sturak comes in, looks around and leaves. Awards are passed out. Nice ceremony, but the main topic of conversation is that the Germans are continued.
FRI. AUG. 3. All heading home or sightseeing. Marathon results and access to typewriter promised. Go to stadium. No results, except one copy posted on wall. No typewriter. Everyone’s split. Sigh. Well, maybe they’re trying to get even.

Ron Scott of New Zealand makes mental notes of what not to do in 1981.


SUN. AUG. 5. Guided bus tour of East Berlin. Pretty. Lots of parks. Some new buildings, some old. Guide says 95% of business run by government. Average wage $500 a month. Only 4% goes for rent. Going soon from 45 to 40-hour week. Price & rent controls. Buildings standing. 64. Average tax is 20%. Free medical care. 36% of leading politicians are women; 36% of school heads; 46% of workers. 85% of women work. Child care $7 per month. Pre-school and school free. Compulsory for 10 years. Technical students spend some time each week in factory to learn on the job. Two foreign languages required: Russian, at age 11; then, at age 13, choice of English or French. No unemployment. Long wait for apartments. Trees of type which average $5 a month. Says 95% are owned. Guide used to live in West Berlin. Prefers East. No traffic. Streets very quiet. Where is everybody?

No way to justify wall. A frightening sight. 10-foot concrete wall between space, then high barbed wire. No pictures sold of wall anywhere.

Gas $2.25 in most of West Europe. Mostly taxes. Would be 70c without tax. Lots of activity in West Berlin, traffic, fast food outlets, like 7th Avenue. Clothing expensive. No parks. No one speaks English. Run into Maddens and Germans at Burger King.

MON. AUG. 6. Train to Amsterdam. What a contrast. Germans tend to be heavy and loud. Dutch are thin and soft-spoken. Everyone speaks English. Hundreds of bikes. Very helpful people. If a store doesn’t have what you want, they send you to their competitor. Liberal city.


Wed. AUG. 8. Train to Oslo. Never been to Norway. Hear the fjords are beautiful. But it’s cold ($2) and raining hard.

THURS. AUG. 9. Still raining, but let’s go anyway. Myrland, Flam, Gudvangen, Voss, Bergen. Rain stops. Beautiful, but not as magnificent as Switzerland or Yosemite. Decide to pass up trip to Arctic Circle when two travelers advise it’s even colder up there. Tooth comes loose. Too many rolls?

FRI. AUG. 10. Train to Stockholm to visit friends. Staying light till 10 p.m. He’s manufacturing solar energy panels. Ice cream seller every 100 feet. Gulls are brazen, confident and gorgeous. Great milk chocolate candy bars. 85c, but worth it.

SAT. AUG. 11. Train back thru Copenhagen. Forget sport coat on train. Train-travelling in Europe is fun, but you have to concentrate at all times, or you’ll leave your passport, tickets and pants behind. Have already lost comb, sun glasses and one sock. Now the jacket. Where is it? Let’s think. Three hours later at 1 a.m., 150 miles from Copenhagen, find it. Sherlock Holmes would be proud.

SUN. AUG. 12. Let’s visit Switzerland. Maybe it’ll warm up. It does. Beautiful weather as we go thru Germany and approach Alps. Train from Spiez to Brig the most exciting in the world. Like 10 giant roller coasters. Spectacular views.


MON. AUG. 13. Fun day of train riding through beautiful Rhone Valley along Rhone River between two ranges of Alps. Signs in German in West Switzerland; in French in East. Lunch at tiny Alp resort; dinner at friend’s in Bern. Look at that; an English newspaper. What’s happening in the world? Gold was down $30, now up a bit.


In the mood for another McDonald’s burger. 85c. Coke 85c. Used to it by now. Are Cokes really only 35c in Los Angeles? Only way to survive Europe’s high prices is by careful budgeting. Travelers eat bananas (25c) & shop at markets. ‘Restaurants too costly. One backpacker who’s been here two months says: “I’m averaging $5 a night on hotels & $3 a day on food.”

Traveling trains in Europe an adventure: a sub-culture of its own; meeting comrades, comparing hotel and food rates; where to go, how to get there. Not too many Americans anymore. Lots of Australians and New Zealanders. While trying to be charming to one, tooth falls completely out. She is not impressed.

THURS. AUG. 16. London. Rooms four times what they were in ’75. Average hotel with private bath: $45.

Good pension hotel with breakfast: $15. Was $4 in ’75. Subway is 88c. Used to be 20c. British inflation rate is 5.6%. It’s 80% and they’re living with it nicely. Could America’s go to 80%? Why not? Inflation feeds on itself. Probably can’t be stopped. Europeans will have to learn to live with it. Economists deplore it now, but anyday now someone will come along, say galaxies inflation and huge deficits are the way to go. He’ll be hailed as the new Keynes. People will believe anything if you tell it loud enough and often enough. Better buy some gold or silver when you get home and hang on.

British women are different than on the Continent. Shyer. Quieter. All wearing bras. Not flashy. A lifting quality in their voice. With the accent, it sounds like a Mozart symphony.

Store prices higher than USA, but lower than continental. Bus 58c. Pie 95c. Peas 60c. Coffee 50c. No refills. See dentist to patch up tooth. Most dentists on public health service, which would cost $2. This one isn’t and I fork over over $30. Four days later, the tooth will fall out again. British queue up politely for everything. Contrast to Germany where people push in from the right side.

FRI. AUG. 17. Rain. Londoners don’t miss a step. Just unfold the umbrella and move along smartly.

SAT. AUG. 18. Watching some TV. On only two channels, since 3rd one’s on strike. On Sunday 8 p.m. is scheduled a symphony on one and an old 1955 American movie on the other. What do people do? Read? Visit? Pub-crawl? Go to the concert? Maybe better off. Saturday afternoon all sports on both channels. Coke’s three world record races. Local Crystal Palace track meet. Horse races from Newbury and Plumpton.
Why South Africans competed as Rhodesians

continued from page 1

How did the curious "Rhodesian Compromise" come about?

Well, you remember in 1977 in Sweden, the World Association of Veteran Athletes (WAVA) passed a Constitution.

After a lot of hard work by a lot of people, it stated: "Masters competition shall be open to all men over 40 and women over 35. No competitor shall be barred from competition due to racial, religious, ethnic background or national origin.

In 1978, the International Amateur Athletic Federation (IAAF), the international governing body for track, field and long distance running, agreed, saying any man over 40 or woman over 35 could compete in Veteran's meets.

The Germans were the 1979 Champions on the clear understanding that all policy questions would be decided by the WAVA.

But on June 20, 1979, the German Athletic Federation was allegedly told: "By the way, how about those Africans or Rhodesians competing as a nation at Hannover, the Germans would have difficulty competing in the future if this happens."

On this basis, the Germans said "no South Africans" at Hannover.

Danie Burger, the South African representative to the WAVA, immediately flew to Hannover at his own expense to appeal the decision.

Burger told the NMN: "I learned that neither the Russians, the European Athletic Federation or the German Athletic Federation had anything to do with it. It was the meet organizer who decided, on his own, that the South Africans couldn't compete.

"For five days I was as polite and diplomatic as I could be. I pleaded with him to let us compete. He refused. When I asked "Why?" he simply said "It doesn't seem like a good idea."

"After getting nowhere, I stopped being a nice guy. I presented my resume, $500,000.

"So sue us," he said. "We'll cancel the meet."

"I told him if he cancelled the meet, the Americans, British and others would sue. He had signed a contract.

"So then he came up with the idea that we could compete as Rhodesians.

"I asked him what the difference was. He said it was just different. I accepted because the main thing was to compete and time was running out. We're participating mainly as individuals, not as members of a particular country."

"So the South Africans did compete, wearing Rhodesian uniforms, being referred to in the program, on the scoreboard, in the press and by the announcer as Rhodesians.

Why was Rhodesia acceptable and South Africa wasn't? Undoubtedly because of the recent Rhodesian elections which allegedly transferred some decision-making powers to blacks. Rhodesia's international image has improved.

But South Africa, clearly, has become a cheap political shot.

In Germany, it wasn't even an official politician who threw up the barrier, but the organizer of a track meet.

International athletics is a sensitive area. Officials and organizers who aim for higher position often treat war, taking care not to offend anyone.

"Letting South Africans compete might offend someone," an official rationalizes. "After all, they can't run in the Olympics. Why should I let them run here?"

So the WAVA couldn't control its own meet. We were, in effect, helpless to implement our own policy.

"International pressures are staggering. The Australians and New Zealanders are both people of good will and fair-mindedness. Both bid seriously for the 1980 World Veteran Games. Yet neither could guarantee that South Africans could compete in their country.

"It could be taken out of our hands by a government ban," said Sir Monty, the Mayor of New Zealand. He added: "It would be powerless to prevent it, even though our intent, at this time, is to permit everyone to compete."

Jack Fitzgerald of England, organizer of the 1979 British Veteran Championships, verified: "We also paid to have the meet at all than preclude the South Africans couldn't run in the meet but the council implied that if he wanted funding from it in the future, the South Africans must compete as representatives of their local club, not as South Africans.

Upon reflection, it all seems pretty hopeless.

Of course it isn't, but it's tougher than we thought.

The obvious solution is to let the South Africans compete in the Olympics. That would give them the "official" stamp of approval. But the International Olympic Committee isn't quite ready for that just yet.

So the problem is the South African government policy of apartheid. But that's not the issue.

It's not the South Africans who are not competing in athletic competition.

"Sport as an instrument of national policy is a spaghetti against a battleship," says Jim Murray.

"The world community accepts South African diamonds and gold," reasons Hal Higdon, "which are mined and exploited by black labor, but refuses to accept its athletes, despite athletics being one of the few areas of South African life where some integration occurs."

Zvy Yaroslavsky, a Los Angeles City Councilman and an important voice in the planning of the 1984 Olympics, says he wants to make it official city policy that all countries be allowed to participate in the 1984 Olympics in Los Angeles.

"The IOC hasn't been particularly sensitive to an individual country's mind-set in the past and has been used up for individual countries in the past, said Yaroslavsky, explaining why he thinks such a policy is needed in Los Angeles.

"As host for the 1984 games, we expect the IOC to respond to our city policies."

Meanwhile, what do the World Veterans do until 1984, even should Yaroslavsky's minority view some-how prevail?

U.S. Masters co-chairman and WAVA North American representative Bob Fine said, when he first learned of the German decision, "I told him we'd go damm what the Germans want. They're violating the decision of the IAAF...it's blackmail. If we gave in on this matter, we lose our independence. I feel so strongly about this that I would rather not have a meet at all than preclude any group.

Others agree. Otto Essig and Ed Lowell both boycotted the 1981 Games because some were permitted.

We've been had three times now, in Toronto, Gothenburg and Hannover. Each case, we've learn that organizers promised that everyone could compete. In each case, the promise was broken.
Harris tops Mueller in National Masters 15K

UTICA, NEW YORK, July 15. Brian Harris of Royal Oak, Michigan, won the National Masters 15-kilometer run for 40-44-year-olds by defeating world veteran’s marathon champion Fritz Mueller. Harris’ time was 50:58, good for 11th overall. Mueller clocked 52:06.

The championships were part of the Utica Boilermaker Road Race. Over 1200 started, but only 945 finished due to the heat. The temperature was 87 with high humidity on a certified course.

—FROM HOWARD RUBIN

DIVISION JUNIORS 10-14 MEN

217 5 61.23 (6.94)
218 2 63.61 (6.91)
219 4 64.06 (7.06)
220 5 64.39 (7.80)

DIVISION JUNIORS 15-18 MEN

23 1 51.44 (5.16)
42 2 53.29 (4.54)
43 3 53.32 (4.58)
78 5 55.34 (5.66)

DIVISION JUNIORS 15-19 WOMEN

524 1 73.29 (5.66)
532 1 73.36 (5.66)
557 3 74.47 (6.02)
698 4 76.15 (6.11)
699 5 77.00 (6.16)

DIVISION JUNIORS 15-19 MASTERS

15 1 51.25 (5.11)
75 1 52.30 (5.18)
71 4 57.74 (5.97)
169 5 57.10 (5.88)

DIVISION JUNIORS 20-24 WOMEN

459 1 73.17 (7.17)
523 1 73.76 (6.53)
549 1 74.88 (6.01)
607 5 76.08 (6.18)

DIVISION JUNIORS 20-24 MASTERS

11 1 50.56 (5.79)
73 1 52.21 (5.46)
63 3 52.29 (6.45)
45 5 60.28 (5.81)

DIVISION JUNIORS 25-29 WOMEN

458 1 70.48 (7.76)
472 2 71.21 (8.06)
854 4 70.17 (4.42)

DIVISION JUNIORS 25-29 MASTERS

49 1 64.06 (5.49)
107 2 66.63 (6.65)
119 4 57.39 (6.11)
126 5 62.67 (7.13)

DIVISION JUNIORS 30-34 WOMEN

570 1 75.07 (8.86)
570 1 75.27 (8.07)
960 3 102.45 (11.07)

DIVISION JUNIORS 30-34 MASTERS

67 1 66.45 (6.53)
68 2 65.02 (6.92)
308 3 68.06 (7.19)
611 4 70.16 (8.12)

DIVISION JUNIORS 35-39 WOMEN

172 1 66.07 (6.27)
172 1 68.07 (6.27)
390 1 68.02 (8.68)

DIVISION JUNIORS 35-39 MASTERS

414 1 68.46 (7.23)
415 2 68.60 (7.25)
488 6 72.27 (7.91)

DIVISION JUNIORS 40-44 WOMEN

487 1 71.57 (7.44)
766 2 83.08 (8.56)
910 3 90.13 (10.26)

DIVISION JUNIORS 40-44 MASTERS

732 1 82.10 (8.50)
890 1 94.41 (10.10)

DIVISION JUNIORS 75+ AND OVER WOMEN

DIVISION JUNIORS 75+ AND OVER MASTERS

DIVISION JUNIORS 10-14 WOMEN

DIVISION JUNIORS 15-18 WOMEN

DIVISION JUNIORS 15-19 MASTERS

DIVISION JUNIORS 20-24 WOMEN

DIVISION JUNIORS 20-24 MASTERS

DIVISION JUNIORS 25-29 WOMEN

DIVISION JUNIORS 25-29 MASTERS

DIVISION JUNIORS 30-34 WOMEN

DIVISION JUNIORS 30-34 MASTERS

DIVISION JUNIORS 35-39 WOMEN

DIVISION JUNIORS 35-39 MASTERS

DIVISION JUNIORS 40-44 WOMEN

DIVISION JUNIORS 40-44 MASTERS

DIVISION JUNIORS 75+ AND OVER WOMEN

DIVISION JUNIORS 75+ AND OVER MASTERS
**Meeting of World Veterans Athletic Association**

HANNOVER, Germany, July 31. The biannual meeting of the General Assembly brought out that the World Veterans Athletic Association was held in conjunction with the World Championships due to be held in Hanover.

The WAVA is a loosely organized group which is struggling successfully to bring a semblance of order to the vagaries of the veterans movement.

Although the meeting was open to any veteran athlete, the site (at the Hanover Stadthalle) was so far removed from either the stadium or the center of town that many who might have attended didn’t, either because they didn’t know where to go, or because they got lost trying to find it.

“They must still be trying to keep us rabbie out of the decision-making process,” said one athlete who got lost in the woods near the site.

Nevertheless, about 80 resolute souls found their way. Those entitled to vote were the four officers of the WAVA, six regional representatives (from North America, South America, Asia, Europe, Oceania and Africa), one member from each country, and an additional member from each country for every 500 competitors.

Each country determined its own number of competitors, a very loose and potentially divisive situation. However, there were no challenges to any voter. Indeed, voting became so loose that virtually anyone who cared to vote, did.

Official USA delegates were Bob Fine, Wendell Miller, Ruth Ander son, Bob Boal, Don Johnson and Irene Obers.

WAVA President Don Farquhar son chaired. Secretary Roland Jernedny took the minutes. The agenda:

1. By a vote of 38-13, the name of the organization was officially changed to “World Association of Veteran Athletes.” (WAVA)

2. English will be the official language of all WAVA meetings, with an interpretation in French immediately given. No dissent.

3. Decisions were made by delegations who wished to host the 4th World Games in 1981.

a. Yugoslavia withdrew, asking to be considered in the future.

b. Australia proposed the Games for Sydney in the summer of 1981, which is Australia’s winter. “Sydney is a fun city, with a new track and low prices,” was the pitch. “The weather will be cool but ideal for long distance runners.”

c. Japan proposed limiting the number of competitors, that is, too many to handle properly.

d. New Zealand advocated Christchurch in January, 1981, which is summer in the Southern Hemisphere. “A good climate, low prices, community support, and top facilities” were promised. The World Veterans Road Racing Championships are set for New Zealand at that time, so you can run both.”

Although the WAVA constitution mandates that all veteran athletes be allowed to compete, regardless of national origin, none of the potential hosts could definitely promise the South Africans could compete. “We are subject to the wishes of our government,” they all said. “We intend that everyone should compete, but if our government says no, it’s no.”

In a secret vote, New Zealand was awarded the 1981 Championships. (No vote was announced, but on August 24, Secretary Jernedny and Treasurer John Bevilaqua were in New Zealand 49, Australia 21, Japan 1.)

The preliminary schedule is:

- January 3-4, 1981: Palmerton North: Road Running 25km and 10km
- January 5, Christchurch, Executive Council Meeting
- January 6, Christchurch, Women’s meeting, Regional meetings and General Assembly meeting.
- Jan. 8-14, World Veteran Athletic Championships, including cross-country, marathon, road walk.

4. To resolve potential conflicts between two or more groups from one country, each claiming it is the ‘official’ delegation from that country, a motion was made that neither group could vote unless it represented at least 75% of all members of that country. Bob Fine explained that, because of the complexity of the question, it be referred back to the Executive Council. Motion passed.

5. A proposal to change the date of eligibility for all athletes from the date of birth to the year of birth was defeated, 27-44.

6. A lengthy discussion about ‘standards’ ensued. The Executive Committee had voted 8-2 to impose standards for awarding medals. If, for example, there was only one gold medal to be given, the athlete would have to meet a minimum standard to receive a medal. (That system had been used in the North American Championships on June 10 with mixed reviews.)

The motion, one woman was laughing at us as she jumped five feet just to get a gold medal,” said Harm Hendricks. “It’s ridiculous.”

Others felt that giving out medals was a good way to motivate participants in the movement; that an event with only one entrant today might see ten or twenty entrants tomorrow.

National USA Records Chairman Pete Mundie said it would be ‘very difficult, at this time, to set standards, particularly in the older age groups.

The motion to establish standards was defeated by voice vote.

7. John Hayward of Great Britain announced that an informal Statistical Committee had been formed, consisting of Pete Mundie, USA; Alastair Atkin, Great Britain; Gys Knoppert, Holland, and himself. Its purpose will be to coordinate world records. An official form will be published, and records will be used to submit new marks.

8. A proposed Constitutional Amendment was approved by the "Discipline Committee" to determine infractions, such as lying about one’s age or smoking. The motion was referred to a sub-committee to look into it further.

9. A motion was made to unanimously renominate all officers for an additional two-year period. By voice vote, the motion passed. It was an illegal vote, since the Constitution says officers "shall be elected by secret ballot." No one was given an opportunity to nominate anyone else, but no one protested the legality, either, so the outcome would likely have been the same even if the rules had been followed.

10. Jean O’Neil replaces Hazel Riker as women's representative of the WAVA.

11. Decathlon championships will be held every even year. A motion to award the event to Germany in 1980 and Britain in 1982 was approved. "Will the Germans ban the South Africans again," it was asked. The question was referred to the executive council.

12. If it is possible, the Championships shall be shifted among the six regions, with those regions not hosting the Championships being given preference. Motion passed.

13. All proposed amendments to the Constitution, all nominations for officers, and all nominations for hosting the world championships must be submitted in writing to the Secretary 90 days before the meeting of the General Assembly. Motion passed. That no one who want to run for anything or change the rules, you must submit it before October, 1980.

14. A motion by the North Americans to establish relay teams by region instead of by nation was tabled until 1981.

15. Ian Hume underscored a major problem: that of a shortage of officials who understand athletes' questions because of language barriers. He suggested bilingual athletes help out wherever possible.

**Budget report**

- **Eastern Outdoor Championships**—$1000
- **Midwest Outdoor Championships**—$1500
- **Mid-America Championships**—$500
- **Medals & patches**—$2000
- **AAA to Las Vegas AAU Convention**—$3000
- **Age-Group Directory**—$2000
- **AAA Mileage Records (National Data Running Center)**—$2000
- **National Outdoors Championships**—$3000
- **Total paid to date is $7550 and total unpaid is $27,000.

It’s not certain whether Financial Fitness, Inc. will again sponsor our program in 1980.

If it should not, we must support the newsletter and national and regional championships on our own. Starting in January, the subscription price for the newsletter will be $10 a year, payable each Jan.

1. To those who are registered with the AAA or with a participating Masters club, the price will be $8.

Each club will be asked to help solicit subscriptions from its membership. Any subscription so received will cost the member $8 rather than $10.

We’ll shortly provide each club with a subscription blank from which you can insert your own newsletter. Thank you in advance for your cooperation.
Suggestions to New Zealand for 1981

As we reported in September and in this issue's "Hanover Diary," not all was moonlight and roses in Hanover.

Although the Germans generally ran a tight, precise, well-organized meet with first-rate equipment and technology, a vital human element was noticeably missing.

The object of the New Zealand Veterans Championships is to have some fun. Someone in authority forgot that, or never knew it.

Athletes charged the Germans "cheated" and claimed the meet was a "rigid ripoff."

More than one Master cut short the trip and headed for home. Others promised they'd never return.

For specifics, see the "Hanover Diary" story.

Sir Ronald Scott, the New Zealand representative, vowed he wouldn't repeat the German mistakes. He asked for suggestions from the audience at the 1981 organizers.

Here are a few:

- The program and numbering system were superb. Don't change it.
- Don't charge for the program. It should be included as part of the entry fee.
- Provide a one-week free bus pass.
- Provide discounted tourist tickets to local sights.
- Don't charge for results.
- Schedule events one at a time, so a person doesn't have to choose between watching two fine events. Start early and finish at 10 or 11 p.m., not 5 p.m. as in Hanover.
- If a second track must be used, use it for the spring preliminaries, rather than for distance finals.
- Don't run heats and finals of an event on the same day. It's too exhausting. Preferably, skip a day between a heat and a final.
- Seed those races which are run in sections. (5,000 & 10,000)
- Get plenty of bi-lingual interpreters to solve problems, answer queries, etc.
- Get adequate judges for the walks.
- Provide a bouquet or get-together at reasonable cost.
- Try to arrange for low-cost housing near the track.
- On the final day, stage a relay carnival, featuring all standard relays (4 × 100, 400, 800, 1600, 8000, sprint medley, distance medley, 3200 and 4-mile).
- Share your thoughts and suggestions with:
  - Sir Ronald Scott, New Zealand Association of Veterans
  - P.O. Box 31-102
  - Ilam, Christchurch, New Zealand

North American meeting

Dear Diary

By BOB FINE

It happened after my usual evening run. I had just completed five miles, clutched my carotid artery for my pulse, checked my stop-watch for my time, rushed to my scale for my weight and then sat down to record it all in my diary. The fact that my family was kept waiting for my evening vitals, for some reason, seemed to irk my spouse.

"Just what is so important about that diary, anyway?" she inquired.

"You simply don't understand anything, woman!" I replied. "It is the cornerstone of all my training." The comment made her snarl, "You're damn sure wasting the time of the fabric of my conditioning."

Acting like the typical female who sees dinner is kept waiting, she snarted, "Your clothes won't help you. Show me the correlation between all your statistics and your performance." The challenge could not be ignored. After all, I spent seven years in recording such data as weight, heartbeat, intensity of effort, distance, type of workout, weather conditions, performance points (using Gardner and Purdy's tables) and age-grading points (using Ken Young's tables) plus color-coded bar graphs and monthly summaries. The fact that I was usually late for dinner was insignificant compared to the wealth of statistics I was compiling.

Accordingly, I gobbled my meal and set about correlating my seven years worth of data.

Eight hours later, with trembling voice, I awoke my beloved (it was now 3 a.m.) and announced, "I can't find any damn correlations!" Michaelangelo would have felt the same way. I did it if Sistine Chapel collapsed. My wife tried to console me but it was equivalent to finding out that your parents engaged in sex.

What to do? Since I am essentially lazy, I reasoned that if variations in my weight, effort, mileage and type of workouts had no discernible effect on my performance that I might as well relax and enjoy. Don't think it was easy to get up in the morning and give up my usual routine of seeking to eliminate the last ounce of waste from my body to cut down my weight. It was difficult to adjust my body balance to running without my stop watch. Not writing in my diary was saying "Goodbye" to a beautiful mistress. I now sneaked by my desk. It was easier to give up cigarettes.

The withdrawal symptoms lasted for over a month. I'm over it. After six weeks without the diary, weighing myself, timing myself, taking my pulse, and preparing my charts (except for keeping a record of my competitive performances) I'm doing just as good—or bad—as I did before. The advantage is that now I eat what I feel like and when I feel like. I no longer worry about having to accomplish another mile to meet my quota. I'm eating my meals on time.

Now don't get me wrong. After having run for 33 years, I have a good idea as to the training I should undergo. I still put in my miles and still work hard at getting the most out of myself. What I no longer do is to be concerned about how things will look on the charts I no longer keep. I am more subjective in my training. A diary can be of great value to a new runner, but for me it was becoming a burdensome obsession.

My wife has made all of my charts into a collage. Although they didn't tell me much they sure look pretty.

HANNOVER, GERMANY, July 29, Bob Fine, North American representative to the World Association of Veteran Athletes (WAVA), conducted a meeting of the North American region, one of six regions in the WAVA.

He proposed, and received approval, that the North Americans support, at the July 31 General Assembly meeting:

1. Eligibility based on date of birth, not year of birth.
2. South Africans and everyone else being permitted to compete.
3. Forming relays by region rather than by nation to diffuse the poten nationalism issue.
4. Rejecting "standards" as criteria for receiving medals in World Games.

Fine clarified the confusion that results from various meets being called "North American Championships" and "Pan-American Championships."

The Pan-American Masters Championships which are scheduled for San Juan, Puerto Rico on Labor Day, 1980," he said, "are not the same as the Pan-American Masters Championships which are held in Southern California." (Clearly, it's a popular name. The Puerto Rico meet will presumably have IAAF and AAU sanction.

The chairman of the Los Angeles Pan-Am meet, Hilliard Sumner, says: "We began calling our meet the Pan-American Championships in 1977. It's sponsored by Home Savings & Loan. We'll hold it each year in mid-August in Los Angeles. To avoid confusion, I'll call it the 'Home Savings Pan-American Championships.' We'll feature the complete track and field schedule in 5-year age groups for men over 30, and 10-year age groups for women over 30."

Fine said the "North American Championships" is a revolving event. In 1978, it was held in Raleigh, North Carolina, and was also known as the Southeastern Championships. In 1979, it was held in Toronto. In 1980, uncertain. The Southeastern Championships are an early-May staple in Raleigh. Director Bob Boal says: "It was the biggest Masters meet in America this year with 569 competitors.

It becomes confusing, but Fine explained the purpose of all these meets is to "give veterans the choice of many meets in various locales." The only downside to so many meets is that each becomes diluted. Athletes don't know which ones to point for. A meet-per-week is too much for the average Master. So each meet winds up with less competitors.

Worst, sometimes two major meets are scheduled for the same day. On June 10, 1979, both the North American Championships in Toronto and the TFA/USA Championships in Pittsburgh were held. Both meets suffered as athletes were forced to choose between them. Coordination of schedules is needed.


At the moment, none, really. The National Championships, by its very name connotes prestige, but there is no official hierarchy at this time.

The four nations bidding for the 1981 World Championships presented their case (Yugoslavia, Japan, New Zealand and Australia). No vote of preference was taken. Attendees were asked to convey their choice to one of the official American delegates, who would vote at the July 31 WAVA meeting.
POMONA, CALIF. July 21-22. A new star has entered the Masters Track and Field Circuit. Carol Cartwright, the U.S. women's 50+ marathon record holder (3:04:53) has been dominating the long-distance circuit for a couple of years. She's been featured in dozens of newspaper and magazine feature articles.

In the 3rd Annual Home Savings Pan-American Masters Track and Field Championships, she decided to try for a change of scenery. It suited her, as she outdistanced three American women's 50+ track records. She won the 10,000 in 39:25.2, the 5000 in 20:25.4 and 1500 in 5:45.0 to break the old marks of 46:17.0, 22:34.6 and 6:13.1, respectively, all held by Jan Newhart of Honolulu.

Interestingly, her 10,000 time, if divided into two 5000's, would be 19:42.7 each, faster than her new record—50:00. In Honolulu, 19:42.7 each, faster than her new record.

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Interestingly, her 10,000 time, if divided into two 5000's, would be 19:42.7 each, faster than her new record.

The popular meet attracted 264 entrants, including 34 from Mexico Club for only two years.

Bud Deacon, Walt Frederick, Tom Patalis, Al Henry, Bob Hunt, Gary Miller, Ed Oleata, Bob Humphreys, Dave Brown, Vic Cooke, Dave Jackson, Phil Conley, Bill Morales, Ron Laird and John Allen.

Sub-masters: Doug Wells and Sumner were voted best field and track performers in the meets. Wells won the 35-39 javelin in 201.6 and Shot in 53'2" and took 2nd in the Discus behind Ed Kohler in 153'8". Sumner won the age 30-34 400 in 48.98. and anchored the winning So. Calif. Strider 400 and 800 relay squads.

Running scholarships:

By TIM DYAS

The annual Ridgewood, New Jersey, Memorial Day runs of 5k and 10k organized by the South Jersey Masters Track and Field Club have grown from 300 in 1979 to over 1000 entrants last year. With an outstanding volunteer race director in the person of Manfred d'Elia, club president, and other club volunteers, the club has raised funds for scholarships.

The criteria for selection were that the senior had to letter in track and field or cross-country; plan to continue his college course work; show good financial need; and secure a letter of recommendation from a coach. Winners of the first $500 scholarship: Tom Bardzell, who ran the 400 and mile for Midland Park High School; Mike Alberse, a Ramsey High School miler, and two Ridgewood High School field standouts, Sarah Miles, who threw the shot for the girls' team, and Mike Shananhan, a javelin thrower on the boys' team.

Tom will attend Bergen County Community College; Sarah heads for New Haven College and Mike Shananhan has matriculated at Central College of Iowa.

It is planned to award scholarships on an annual basis.

The Thirteenth Annual World Championships in Road Racing will be held August 23-24, 1980, in Glasgow, Scotland, according to a recent announcement from the international Association of Veteran Distance Runners. The world championships alternate each year between a marathon and 25 kilometers and in 1980 it is the marathon's turn. There is also a change this year, 16,000 meters, also on the road.

The 1978 marathon was held in Berlin, and won by Peter Mueller of New York; the 1979 25-kilo was in Boston, England, one week before the World Veterans Championships in Hannover, Germany.

Next year's race will be organized by the Scottish Harriers Club in association with Glasgow Sports Promotion Council. Women over 35 and men over 40 on the day of the race can compete in five-year age classes.

The program will begin at 10:00 on Saturday, August 23, with a family jog over what sponsors call a "pleasant 6-kilometers trail." The 10,000 is the same day at 2 p.m. The marathon begins Sunday morning at 9:30. According to the organizers: "The whole weekend will be one of great fellowship, goodwill and festivity. An exciting one for all keen distance runners, their families, friends and support."
Cartwright sets 3 U.S. marks in Pan-Am

POMONA, CALIF. July 21-22. A new star has entered the Masters Track and Field Circuit for a couple of years. She's been featured in dozens of newspaper and magazine feature articles.

In the 3rd Annual Home Savings Pan-American Masters Track and Field Championships, she decided to try for a change of scenery.

The Thirteenth Annual World Veteran Championships in Road Racing will alternate each year between a marathon and 25 miles. The recent announcement by the National Association of Veteran Distance Runners, their paths warrant. The secret is to obtain a Warrant. The secret is to obtain a Warrant.

The Reseda 1st-grade school paths...as he obliterated the old marks of the 400 and 800. He could best be described as a gazelle suffering from Extreme Jock itch.

Rubes Whitney, who won the 800 in 10:03 and 200 in 22.32. 35-39. Avery Bryant, who garnered the 800 in 2:18.0, 1500 in 4:59.9 and Steele in 12:49. 60-64. Don Longnecker, winning the 800 in 2:28.7 and 1500 in 5:00.3. 65-69. John Satti, victorious in the 400-hurdles in 75.5, long jump in 16 2/4", and his long jump at 16 2/4". 2nd in the Hammer in 86 2/4, and first in the long jump at 9 2/4", shot put in 35 2/4", and discuss in 104 1/4".

Vets marathon next year in Scotland

The Thirteenth Annual World Championships in Road Racing will be held in August 23-24, 1980, in Glasgow, Scotland, according to a recent announcement by the Interational Association of Veteran Distance Runners. The world championships alternate each year between a marathon and 25 kilometers and in 1980 it is the marathon's turn. There is also a change in distance: 10,000 meters, also on the road.

The 1978 marathon was held in Berlin and was won by Alfred Muller of New York; the 1979 25-kilo was in Boulton, England, one week before the World Veterans Championships in Hannover, Germany.

Next year's race will be organized by the Scottish Veteran Harriers Club in association with the Scottish Amateur Athletic Association, 16 Royal Crescent, Glasgow G3 7SL.

Higdon says that his organization, Runners, might be interested in organizing a trip to Glasgow next August if interest warrants. The secret is to obtain enough people (minimum 15) to qualify for lower group fares. Anyone interested in a Scottish marathon holiday should communicate this with the Scottish Tourist Board, PO Box 46, St. Joseph, MI 49085.

Running scholarships

By TIM DYAS

The annual Ridgewood, New Jersey, Memorial Day run of 5K and 10K organized by the Ridgewood Masters Track and Field Club have grown from a form in 1976 to 9:30. There is also a Shot won by Ruben Whitney, who won the 800 in 2:18.0, 1500 in 4:59.9 and Steele in 12:49. 60-64. Don Longnecker, winning the 800 in 2:28.7 and 1500 in 5:00.3. 65-69. John Satti, victorious in the 400-hurdles in 75.5, long jump in 16 2/4", and his long jump at 16 2/4". 2nd in the Hammer in 86 2/4, and first in the long jump at 9 2/4", shot put in 35 2/4", and discuss in 104 1/4".

The Terrible Track Meet

This appalling event was held on Aug. 26 in the mystic East (Suffolk County) with the performances sinking to a pitiful low.

Tom Hoffman received the third place in a road race--the "Worst Performance" with a 13:3 in the 100-yard dash and an outstanding ten feet in the long jump. It was Tom's form, the proposed LAP. Just clinched the award for him. He could best be described as a gazelle suffering from Extreme Jock itch.

Glo Fine received the second place award based on her miserable throw of 12 feet 1 1/2 inches in the 12-pound shot (she thought the shot was thrown as one would toss a hand grenade) and her indescribable mile in 11:00:2.

Hiry West, who modestly tried to refuse the award, won first place with a toss of 16 feet 2 1/8" in the shot (he did it all on wrist motion). Hiry almost lost the trophy when he put on a furious finish in the mile with two yards to go and out-collapsed Glo Fine by two-tenths of a second in the time of 11:00:0.

Capt. Haig Bohgian couldn't control his competitive zeal so he competed in the 100-yard dash in 37.9 seconds, running backwards.

After the bruised and battered bodies were scraped off the track, everyone retired to Harold and Thelma Colon's house for wine, cheese, hot dogs, corn-on-the-cob, beer and a swim. Having caught our collective breaths, we then watched the World Cup on TV. If only our club had competed for the U.S. in that meet we would have set amateur athletics back 2000 years. However, our advice to the athletes who did compete was impeccable. Too bad they didn't listen to us.

A good time was had by all. Blessings to Harold and Thelma. All the participants vowed not to train for the next meet.
Scheduling coordination is needed

By FRANK FINGER

Competing for Masters talent with the international meet in Toronto on the same weekend, the 6th TVA/USA National Masters Track & Field Championships at Slippery Rock State College, Pa., June 8 and 9 was unfortunately poorly attended. One of the few "regulars" to show up was heard to mutter that every two-bit meet in the country now calls itself "national."

The scheduling foul-up certainly does point up the need for better coordination in the Masters program. I should hope that our greater maturity would be reflected in greater forbearance than that which characterized the open track and field situation over the past decade or two, and that a Congressional investigation won't be required to get the various factions together. Let's agitate for a master Masters schedule of meets!

The sparse turnout must have been particularly disappointing for the sponsors, because they had finally last been persuaded to expand the age groupings from the previous three (no kidding) to 10. As one who finds it a bit strenuous and frustrating to compete against 50-year-olds, I hope that they will not succumb to discouragement and revert to the more restricted format of previous years.

For those of us who did put in an appearance, there were some advantages in the relatively limited numbers. Thrown more closely together, we perhaps had a feeling of greater intimacy.

Thus I chatted with 76-year-old Floridian and ex-Olympian Lou Gregory about his amazing recovery from a recent stroke; as usual, he entered a dozen or so events. I had a chance to meet another 75-plus runner who turned out to be a fellow alumnus of my brother's Midwest college. John Woods, 61, recently retired from business to help in editing TrackMaster, reported that his times this year have been the best in his 12-year competitive career—a most encouraging bit of news to us neophytes.

Another advantage of small numbers was that several age groups were run together, so that I could count on somebody to be out in front when I needed help to pull me to a PR in the 440. And of course the lack of official competition made a national championship still within reach when a cramp forced me to jog the last lap of the 880—and who'll ever be so impulsive as to inquire about the winning time when I wear that gold medal on my lapel?

Running notes

JOGGERS ANONYMOUS

In their quest for fitness, many joggers endure shin splints; fallen arches and sore feet. But hospital emergency rooms around the country are encountering a much greater hazard for runners: anonymity. Out on lonely roads, wearing bright new shoes, trim shorts and warm-up togas, most runners leave their bulging wallets at home. If an accident occurs, doctors who must treat them often find no ID.

Two recent cases came in to the Valley Medical Center in Bristol, Pennsylvania: a jogging out-of-state businessman who suffered a cerebral hemorrhage on a back country road, and a jogger who was struck by a passing car. Both were brought to the emergency room in critical condition without ID's, which meant the staff was unable to notify relatives and had no information about possible allergies or other personal medical conditions. The doctors treated the patients as best they could, and eventually found their relatives through radio and TV appeals.

The doctors now recommend that joggers wear ID tags that include their vital medical information, particularly when running far from home or out of town.

The world's record for the treadmill marathon was broken in January, according to a story in Run Chicago. Forty-year-old Roger Rouiller completed the equivalent of 26.2 miles on a treadmill in 2:37:42, almost an eight-minute improvement over the old record. Over the last hour and a half, the report says, Rouiller had the treadmill room's doors open to the near-zero temperature outside. Roger was the third in the National Masters Marathon held last November in Orange, finishing in 2:29:34.

CHARLIE Southard, Past President of the Seniors Track Club of Southern California, died Saturday, May 12, after a five-mile run in his home town of Roswell, New Mexico. He reportedly had a "heart problem" and had been examined by a cardiologist recently. No technical details are available.

FEVER IN THE BLOOD

BY EARL RIPPEE

Have you ever felt like the kid with his nose pressed against the candy store window with no money to buy? Or have you walked by a bakery window with the pungently delicious odors tickling your nose, making your mouth water, but you're on a diet and can't indulge?

That gives you a small idea of what it feels like to be denied the privilege of running, after being accustomed to training with Laszlo Tabori for 12 years, averaging 60-90 miles each week. It is true that hard training and competitive running can be painful at times, but is nothing compared to being forced to stop running! Those of you that have, even temporarily, had to stop running know the feeling of withdrawal pains that seem to go with sudden forced inactivity. But, like completing a marathon, one cannot fully describe the feeling unless you have personally experien...
Letters to the editor

Wish to correct time listed in Sept. newsletter for my 110-meter hurdles (in Hannover), for you listed only my "hearth" time, which was listed as 19.81. My final time was 18.73 which, I think, is a 61-year age world record for "interest" hurdles.

I think the distance set between the 110-meter hurdles of 8.6 meters was excellent work for those age 60 and over. This is something that should be considered for future masters meets for this age group and older groups, because as we grow older, our strides shorten.

Where was Al Guildet for the U.S. Masters? He was nursing a torn knee cartilage and pulled ligament in his right knee, as he had most of the '79 season. If it were not for cortisone shots, he wouldn't have been able to compete in Hannover.

I am getting close to an age where I will undergo knee surgery for this trouble late in September with Bob Watanabe doing the surgery. P.S. Got a new world record at Senior Olympics for 30" 110-hurdles — 17.3.

Al Guildet
California City, Ca.

Since I have become a member of the J Set (Jogging Set—not Jet Set) last September, I have come to two major conclusions: 1. Running or jogging is hard work and so my respect for runners has increased tenfold. 2. My short career as a jogger would be even shorter if I had not sought out a variety of places to do my running.

I am getting close to an age where I can retire and one of my goals is to run in many different and exciting places, but I need help from you in order to attain this goal. Would you please, to the best of your ability, list your three favorite running places (non-competitive) in the U.S.A. for either fun or for training that may be near your home or even someplace where you might have travelled for work or for recreation. (Picturesque, not punitive please!)

Thank you for helping keep a lightweight light on his feet by adding variety to his jogging menu.

George Ker
[Ed. note: Send your ideas to George at 6220 Langdon Ave. #36, Van Nuns, Calif. 91406]

More gold

Omitted from the September newsletter were gold medal triumphs by Cherrie Sherrard in the W40 100-hurdles in 15.71, and Walt Frederick's M70 win in the 400 hurdles in 19.55.

Coming next month: Pete Mundle's detailed report on the 3rd World Veterans Championships in Hannover, Germany, listing the top performances by division and race for each mark, including heats, of every American who participated.

Mathe sets world hurdle mark in South African Championships

George Mathe, a black from the mines of South Africa, set a new world mark of 54.1 in the age 40-44 400-meter hurdles to highlight the 4th annual South African Championships June 30.

At that, he barely nosed out Leon Hacker, who was clocked in 54.2. The mark topped the old world standard of 54.3, set by Australia's Noel Clough in the 2nd World Championships in Gothenburg, Sweden, in 1977.

(Note: On July 29, 1979, at the 3rd World Games in Hannover, Germany, Hacker broke Mathe's world mark in 50.08. Mathe was third in 55.37.)

Hacker won the 400 in near-world record time of 49.7. (Clough's world mark is 49.5.)

The quality of competition was extraordinary.

"Conditions for our 4th South Africa Masters Championships were crisp," reports Danie Burger, "with a varying breeze blowing mainly down the back straight. As the official anemometer had been sent in for repairs, the excellent straight sprint time will unfortunately not be considered for record purposes."

Had there been an official "no-wind" reading, Hacker would have added a world 100 mark to his credit as he clocked 10.6, faster than Thane Baker's registered 10.7 world best.

Milojc Gruje tuned up for Hannover with wins in the 45-49 400 (52.5) and 100 (11.3). W. Roux won the 50-54 400 in 56.6. Burger took the 45-49 400 hurdles in 57.2, close to Jack Greenwood's world record of 55.7. Burger also won the 110-heights in 15.6.

J. Short shot-put 47" 1/4" in the 50-54 group.

Gold, silver and bronze medals were awarded only if competitors achieved minimum performance levels. Four winners and six who placed second did not receive medals.

USA Masters organization

The USA Masters are broken down into seven regions for Track and Field and six for Long Distance Running.

LDR is further broken down into 16 sections. There are no regional LDR championships. There are regional Masters track and field championships. In addition, in 1979, there were two indoor regional championships. (East, Midwest).

In five of the seven regions, the territories for T&F and LDR coincide. They are as follows, with the T&F chairman listed along with his home base: East, Rudy Clarence, New York; Southeast, Ken Kirk, Georgia; Mid-America, Alex Pappas, Kansas; Midwest, Ron Fox, Illinois; Southwest, Don Slocum, Texas.

There is a Northwest T&F region and a West LDR region, with Jim Puckett of Oregon as T&F chairman. Dick Straub of California is T&F chairman for the West T&F region.

One thing and another

Helen Pain informs she has been named the official representative in the USA for Air New Zealand in setting up charter tours for the 4th Annual World Veterans Championships in January, 1981.

Bob Fine reports that there's the "probability that Duke will not host the 1980 National Masters T & F Championships, and that Bridgeport, Conn., will take over the meet."

Dave Pain, founder of the Masters program in the 1960's, has remarried. Pain dropped out of the program in 1977 to pursue other interests.

The National Masters Newsletter is bigger and better than ever and it's still a bargain at $3 for the rest of 1979. Take advantage of the continued low subscription price and get aboard the publication that's going to be covering the Masters scene more thoroughly than ever. Subscribe now.

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