The only question about the 7th annual Eastern Regional Masters Track and Field Championships was whether the facilities at the Manley Field House of Syracuse University were superior to the meet directors, Ed Stabler and Dick Fisher.

The worst thing that could be said about the meet is that you had to leave—particularly with the mild temperature outside. Applause must go to everyone connected with the meet—the Syracuse Chargers, Occidental Life of North Carolina and Syracuse University.

Short spikes were permitted for the Feb. 10 meet and the artificial surface track is one of the best indoor facilities in the country. This, plus the fact that it was the best administered meet in a long time, resulted in 30 meet records and quality performances throughout. Only 11 athletes were able to defend their championships.

7th ANNUAL EASTERN MASTERS AAU INDOOR CHAMPIONSHIPS, FEB. 10, 1979, MANLEY FIELDHOUSE, SYRACUSE, N.Y. (*=meet record; SA=30-34; SB=35-39; 1A=40-44; 1B=45-49; 2A=50-54; 2B=55-59; 3A=60-64; 3B=65-69.)

50 yd. dash
SA
Arthur Wright NYPC 5.6 *
Arnold Minkoff JAG 5.7
Tom VanAuker GRTC 5.8
Jasper Royal SYC 5.9
Richard Quivey GRTC 6.1
SB
Robert Stanford NYPC 5.8
Ed King GRTC at 5.0
Emie Gill NYPC 6.0 *
Kevin Kaderli SYC 6.3
Alfred Taule NYPC 6.3
1A
* Roosevelt Weaver NYPC 5.6
Richard Deere NYPC 5.8
Richard Barnes NYPC 6.0
Arthur Gaton NYPC 6.0
B. Bridgeman GRTC 6.3

50 yd. hurdles
SA
James Ackroyd BAA 6.8
John Vogler GS 7.2

B
B. Westfield AA 7.0

1A
Gerry Lanier SYC 8.3

1B
W. Clark NYPC 7.4

R. Enders PV 6.0

James Clark PM 6.3

George John AL 6.5

Tom Talbott NYPC 7.0

2A
* James Ryan NYPC 6.1

John Ulam WP 6.3

Rudy Valentine retained his titles in Div. 1B in the 50, 300 and 600, and set meet records in all three events (6.0, 35.1 and 1:22.7). To top this off, Rudy then ran on the record breaking New York Pioneer One-Mile Relay team (3:38.6) in which he turned in a leg of about 55 seconds. Rudy has been told that a 55-year-old has no business running such times but he just doesn’t listen. A review of Rudy’s career as a Master shows that he has slowed down less than three seconds in the 440 over the past seven years! With Rudy the big news will be when he doesn’t win a race.

The ‘new kid on the block,’ Oscar Moore of the Pioneers, ‘only’ ran 4:28.2 for the mile. Oscar passed the half in 2:10 breathing as hard as a sleepwalker. However, with three laps to go he went on the 200-meter track. Oscar left a cramp in his calves and slowed down to 2:18 for the second half. Oscar plans to compete in all of the major Masters meets. It’s worth the cost of going to the meet just to watch him run.

Ed Small of the Pioneers set two meet records in edging out teammate Mason O’Neal in the 1A 300 (34.1) and 600 (1:18.4). In 1B, Bill Clark of the Philadelphia Masters and Rudy Enders of Potomac Valley between them won six events. Hal Snyder, who won the mile a few years back, outkicked Ed Stabler to win the mile in 6:44.8. Ed was outkicked again by Don Farley, Finger Lakes, T.C., in the two mile (10:12.2). Ed’s times of 4:50.5 and 10:16.8 would have won most any other of the championship meets. Let’s pray that this won’t discourage Ed from being a meet director in the future.

George Braceland, Claude Hills, Sam Monastero, Max Pickl and Ray Edwards just about won every Division 3 event for the Philadelphia Masters. Philadelphia scored more points than all of the other teams combined for the 60-plus group.

The Syracuse Chargers won Division 1 by 35 points over the New York Masters, the newest Masters club in the region, who reversed things in Division 2 by besting the Chargers by 4 points.

Thanks to the cooperation of Syracuse University and Occidental Life of North Carolina (the National Masters T & F sponsor) entry fees were kept at the $3 level; top-flight officiating was provided and a free post-meet open house was provided.

Special thanks must go to Irv Black, who organized the shot put and weight throw at College, Conn. The ‘whales’ set seven meet records, led by Bob Backus’s 59 feet in the weight throw. Bob threw farther than any other competitor of any age in the meet.
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**THE NATIONAL MASTERS NEWSLETTER (409530)** is published quarterly from 102 W. Water St., Lansford, Pa. 18232. Address all correspondence to this address. Subscription price: $3.00 per year. Advertising rate: $1.50 per column inch.

Summer, 1979—9th Issue

Second class postage paid at Lansford, Pa. 18232.
The following is the 1979 Masters Sports Association's outdoor development meet schedule.

* Meets will be held every other Wednesday night starting April 25 and continuing to Aug. 15.

* These meets are open to members of the MSA for men and women over 30. All races are post entry with a $1 entry fee. All races start at 6 p.m. with the sprints getting started first. All meets will be held at Randall's Island, New York City.

There are locker facilities.

Short shots are permitted on the artificial surface. We try to be with the races by 7 p.m.

All races on Wednesday nights. A severe rainstorm will cancel meet.

PRIZES: In the scratch races there will be three medals. In all age and ten-year types of races there will be three trophies and two medals.

TYPES OF EVENTS

S—Scratch. Ten-year groups for men and women; 30-49, 50-59, 60-plus.

P—Predict your time. Prior to each race each competitor will be advised to meet the director as to estimated time. Prizes awarded based on accuracy of the prediction. No lap times or watches permitted. Age and sex will not be a factor.

H—Handicap. At check-in the competitor will advise the meet director as to estimated time. Age and sex will not be a factor.

A—Age grading. Points will be awarded based on age and computer performance using Ken Young's computer schedules. Women will have 22 years added to their age for computation purposes since there are no tables for women.

Men and women's scores will be combined; 5 points awarded for each age and five-year grouping. For example, if there are four five-year groups there will be given for each five-year group. For example, if there are five men between 30-34 and five men between 35-39, then prizes will be given to each five-year group. If there are four men 30-34 and six men 35-39, prizes will be given on a ten-year basis.

It is emphasized that these are "low-keyed" development meets. All competitors are requested to bring stopwatches and to assist in officiating in events in which they are not competing. The field event competitors will serve as their own officials.

The following is the 1979 Masters Weight Pentathlons for the East Coast. This is by far the best program of Masters throwing events ever put together anywhere," Phil reported.

The schedule for the seven events, which include discus, shot, javelin, hammer and weight throw, is:

The Big Apple Weight Pentathlon, Randall's Island, New York City, Sunday, April 22, starting at 10 a.m. Entry fee $6. Entries to Phil Partridge, 77 Columbia St., Apt. 17B, New York, N.Y. 10002.


Eastern Penn Relays, West Point, N.Y., May 5, 6. Entries to Harold A. Jackson, 260 Beach St., Reading, Pa. 19605.

1979 National Masters AAU Weight Pentathlon Championship at University of Vermont Sunday, June 17, starting at 10 a.m. Meet Director Coach Ed Kasik, c/o University of Vermont, Room 213, Patrick Gym, Burlington, Vt. 05405.

North American Weight Pentathlon Championship Sunday, July 15, 10 a.m., West Point Military Academy, West Point, N.Y. Entry fee $6. Entries to Phil Partridge, same address as above.

September Weight Pentathlon Championships, Boston College, Sunday, Sept. 15, 10 a.m. Entries to Coach Bill Gilligan, Boston College Athletic Assoc., Chestnut Hill, Mass. 02167.

Holiday Weight Pentathlon, University of Florida, Saturday, Dec. 29, 10 a.m. Entry fee $6. Meet Director Coach Roy T. Benson, University Athletic Association, Inc., 60 Box 14485, Gainesville, Fla. 32604.
8th Annual Metropolitan AAU Masters Track & Field Championships &
First Annual Metropolitan AAU Sub-Masters Track & Field Championships—AAU Sanctioned

PRIZES: 3 AAU Championships medals in each event.
TEAM PRIZE: Team trophy for Masters (40+) on 5-3-1 basis with all divisions added together.

ELIGIBILITY: Open to men and women over 30 registered in the Metropolitan AAU. If not registered obtain registration form from the Met. AAU, 15 Park Row, NYC 10038.

AT RANDALL'S ISLAND, NEW YORK CITY

WOMEN: Women will have the same events and prizes as men.

FACILITIES: Dressing facilities available. Spikes may not be allowed—bring flats also.

AGE GROUPS: Ten-year age groupings for men and women from age 30 to 79. If there are 5 competitors in each 5-yr. group within the 10-yr. division, then 3 medals will be given for that 5-yr. group, with scoring in that event by 5-yr. grouping. Example: if there are 5 competitors age 40-44 and another 5 age 45-49 in the 100-yr. dash, then 3 prizes will be given in both groups. If there are 6 competitors age 40-44 and 4 age 45-49 in the 100-yr. dash, then only 3 prizes will be given for ages 40-49. Separate groupings will not be held.

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I hereby waive any claim I or my heirs may have against the Met. A.A.U., Masters Sports Assoc., or the City of New York for any injuries sustained as a result of participation in the Eighth Annual Met. A.A.U. Masters Track & Field Meet.

SIGNATURE ________________________
NAME (Print) ______________________
ADDRESS ________________________
AGE: ____________________________
SEX: MALE FEMALE

MENTIONED: All National Masters
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ADDRESS ______________________
CITY ________ STATE ______ ZIP ______

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- detailed results, by age
- competent, useful training advice
- columns by sport physicians
- extensive race calendars and maps
- alert, perceptive coverage
- plenty of photo results
National AAU Postal Relay Championships for Masters

The National AAU Postal Relay Championships for Masters will be sponsored by the Occidental Life Insurance Company of North Carolina, Financial Fitness Inc., and the AAU National Masters Track & Field Committee.

The following relays will be held in two age divisions: Division 1 (40-49) and Division 2 (50+): 440, 880, 1 mile, 2 mile, 4 mile, sprint medley (440-220-880); distance medley (¼ mile, 440, 880, 1 mile). All distances will be in yards.

There will also be an age group medley 4 x 440 with a leadoff of a 40-49-year-old; 2nd leg, 50-59-year-old; 3rd leg, 40-49-year-old; anchor leg 60+.

These relays can be run as part of any track meet or on a time trial basis. We will operate on the honor system. The following rules will prevail:

1. All times must be run from page 5 National Masters Newsletter April 15 to Sept. 15.
2. An individual can run in more than one relay but not more than once in any one relay event. (Example: A competitor can run the 440 in the mile relay, sprint medley, distance medley and the age-medley. But can not run in more than one mile relay, sprint medley, etc.)
3. An athlete can go down in age but not up in age. A Division II athlete can compete in a Division I relay but a Division II athlete can not compete in a Division I event.
4. For the 440 and 880-yard relays, if 400 meters and 800 meters are run instead, an adjustment in the time will be made.
5. A separate entry form must be used for each relay.

No entry fees—thanks to the sponsorship of Occidental Life-Financial Fitness.

Prizes: Official AAU National Championship medals will be given to the first three teams in each relay, plus AAU National Championship Masters Team patches to the winning team.

Procedure to enter: John MacLachlan will coordinate these postal championships. All entries must be received by Oct. 1. The prizes will be mailed to the team director. All team members must be registered in the A.A.U.

Masters Sports Association’s 8th Annual Track & Field Championships

SUNDAY, MAY 27, 1979, RANDALL’S ISLAND, NEW YORK CITY

ELIGIBILITY: Open to any man or woman over 30 who is a member of the Masters Sports Assoc. or an affiliated club of the American Masters Athletic Assoc. The following is a partial listing of affiliated clubs: Boston AA, Capital TC, Garden State, Jersey Senior TC, North Jersey Masters, NY Pioneer Club, NY Athletic Club, Nittany Valley, Phila. Masters, Potomac Valley, Syracuse Chargers, West Penn, NY Road Runners, NY Masters. If you are not a member of an affiliated club you must join any of them or the Masters Sports Assoc. If not sure whether your club is affiliated phone 212-789-6622 between 7:30 and 9:30 p.m. New York time.

EVENTS AND THEIR ORDER: Seeded sections and combined age groups may be used at the discretion of the meet director.

- 6 mile run
- 100 yard trials
- 880 yard
- 1 mile run
- 440 yard dash
- 880 yard run
- 1 mile run

ENTRY FEE: $3.00 per event. $10.00 per relay with fee going to AAU Postal Relay Championship. Spikes may not be allowed—bring flats also.

PRIZES: 3 trophies per event, medals for the relays.

Assembly of Vermont will coordinate these events. Separate entry form will be necessary. Mail entry form to John MacLachlan, Box 7770, Marble Falls, Texas 78654.

RELAY EVENT TEAM NAME
TEAM MEMBERS:
NAME: ADDRESS
1st leg AGE: AAU #
NAME: ADDRESS
2nd leg AGE: AAU #
NAME: ADDRESS
3rd leg AGE: AAU #
NAME: ADDRESS
4th leg AGE: AAU #
TIME: TIME OF EACH LEG

MAILING ADDRESS FOR PRIZE: NAME ADDRESS
We certify that the above is a true time.
TEAM DIRECTOR CHIEF TIMER ADDRESS
Mail entry form to John MacLachlan, Horsethroat Bay, Box 7770, Marble Falls, Texas 78654.

POST ENTRIES: Post entries will be accepted but are strongly discouraged as they unnecessarily prolong the meet, upset seedings and cause needless additional work. There will be a $3.00 charge per event for post entries. Entries postmarked after May 22 will be considered post entries. Please cooperate. We would prefer to have you properly pre-enter than collect the $3.00 per event post entry penalty.

AGE GROUPING: Men—five-year groupings from age 30 to 75; women—10-year groupings from age 30 to 79.

FACILITIES: Locker facilities are available. Bring your own lock. Showers are available. Bring your own soap. Toilet facilities are available. Bring your own toilet paper. (This is a New York City facility—be happy that it is available.) This is a brand new surface. It should be good as it took over a year to put in the track.

I hereby waive any claim I or my heirs may have against the Masters Sports Assoc., the AAU and the City of New York, for any claims or injuries sustained by me in participating in the Eighth Annual Masters Sports Association’s Championships. Make checks payable to Masters Sports Association and mail to Gloria Fine, 77 Prospect Place, Brooklyn, N.Y. 11217.

Please Print
NAME ADDRESS
ZIP PHONE # AGE SEX: MALE FEMALE
List event(s), with predicted time for seeding purposes in the running events.

EVENT TIME EVENT TIME EVENT TIME
$3.00 per event.
If not a member of the Masters Sports dues are $6.00 per year.
A reminder from Masters Sports Association that renewals are due

The following are names of the 1978 members of the Masters Sports Association who have not renewed for 1979.

We publish this list not to embarrass anyone but in order to inform you of the fastest and least expensive way of contacting a large number of people. If you have paid your dues, please accept our apologies and advise John Popowich when you paid.

If you owe your 1979 dues, please remit same at once or we will have no choice but to remove you from the mailing list.

If it were not for MSA there would have been no Indoor or Outdoor 1978 Eastern Championships. We continue to sponsor more events for Masters than any other Masters group.

For your $6 dues you'll receive the Newsletter (retailing for $3) and the Track and Field News Age-Record Book (now retailing for $2). We continue to be the largest Masters club in the world.

Please renew now.

Stan Adams  R. Barnes Sr.
L. Aiello T. Basick
L. Alderson C. Beauty
Wm. Allen D. Bell
Wm. Andberg Wm. Benick
A. Ashhurst M. Bennett, Jr.
B. Audolensky H. Berberian
R. August J. Bessel
R. Austin F. Best
J. Aweshansly J. Bixler
W. Axness L. Blake
E. Baker R. Boul
J. Bals K. Boas
A. Bangs D. Bodine
C. Barg Wm. Boggs
H. Barkmeyer J. Bomer

J. Booras G. Carr
A. Boyce P. Carstensen
D. Boyle E. Casey
G. Bricleand H. Chapson
Wm. Brackney S. Chenette
B. Bradley V. Chaipetta
J. Bradley S. Chodnicki
R. Breedenback C. Christison
L. Brenner N. Cirulnick
Al. Briede R. Clarence
C. Brockman V. Croto Jr.
F. Brooks H. Colen
T. Brooks R. Condon
D. Brown R. Connelly
C.F. Brown T. Connolly
Matt Brown D. Conite
S. Buchanan F. Cooley Jr.
R. Buckes A. Cook Jr.
M. D. Burger Wm. Cooney
F. Burke B. Cooper
J. Burns Matt Conite
K. Burres F. Crichton
A. Buss Wm. Cunningham
R. Burt E. Cunnion
T. Burt N. Cypus
J. Calbro A. Dadagian
A. Campbell R. Damato
Kay Campbell Wm. Daniel Jr.
H. Cantor B. Daven

The Raleigh, N.C., meet will be held on May 4, 5 and 6. Contact Southeastern U.S. Masters Track & Field, Inc., Box 5576, Raleigh, N.C. 27607 or Phone: John Duncan, 919-755-6640 for entry forms. Entries close on April 30.

The Second North American Track & Field Championships will be held outside of Toronto, Canada, on June 9 and 10. Write to Brian Olexy, 66 Felicity Drive, Scarborough, Ontario, Canada M1H 1E3 for entry blanks.

The Fifth Hawaiian International Masters Track & Field Meet will be held April 13, 14 and 15 in Honolulu. For entry forms contact Jim Hart, 2114 Bancroft Dr., Kailua (Oahu) Hawaii 96724 (808-254-2354).

First North American Weight Pentathlon, Sunday, July 15, West Point, N.Y. For entry form send self-addressed stamped envelope to Phil Partridge, 77 Columbia St., NYC 10002.

Second North American Masters Track & Field Championships, June 9 and 10, Scarborough (Toronto) Ontario, Canada, New 400-meter Chevron facilities. Men 40 to 75+, women 35 and over. For entry forms and information write Eric Malmetile, Suite 16, 5584 Yonge St., Willowdale, Ontario, Canada M2M-5S2, phone: 228-9065.

The Memorial High School Relay Carnival will be held at 12 noon on Saturday, April 14, at Farleigh Dickinson University, Route 4, Teaneck, N.J.

This is a major high school meet. The meet director is adding a Masters Mile, with six prizes and a Masters Age-Medley Mile Relay (2 over 40, 1 over 50, 1 over 60) with five team prizes.

Entry fee is $2 for the individual mile and $8 for the relay. If there is a good response these can become permanent events, with the possibility of having additional Masters events.

V. A.C.T. Sports Division, 17 Chorley Old Rd., Bolton BL1,3AD, United Kingdom, for prices and all details.

A tour is being arranged by an English travel agency, Contact: A.C.T. Specialist Travel, Ltd., Sports Division, 17 Chorley Old Rd., Bolton BL1, SAD, United Kingdom, for prices and all details.

You can arrange to attend these road running championships and then continue on to Hanover for the Track and Field Championships. This would ensure you of two weeks of world class competition, exhaustion, probable injuries and a jolly good time.

The Raleigh, N.C., meet will be held on May 4, 5 and 6. Contact Southeastern U.S. Masters Track & Field, Inc., Box 5576, Raleigh, N.C. 27607 or Phone: John Duncan, 919-755-6640 for entry forms. Entries close on April 30.

The Second North American Track & Field Championships will be held outside of Toronto, Canada, on June 9 and 10. Write to Brian Olexy, 66 Felicity Drive, Scarborough, Ontario, Canada M1H 1E3 for entry blanks.

The Fifth Hawaiian International Masters Track & Field Meet will be held April 13, 14 and 15 in Honolulu. For entry forms contact Jim Hart, 2114 Bancroft Dr., Kailua (Oahu) Hawaii 96724 (808-254-2354).

First North American Weight Pentathlon, Sunday, July 15, West Point, N.Y. For entry form send self-addressed stamped envelope to Phil Partridge, 77 Columbia St., NYC 10002.

Second North American Masters Track & Field Championships, June 9 and 10, Scarborough (Toronto) Ontario, Canada, New 400-meter Chevron facilities. Men 40 to 75+, women 35 and over. For entry forms and information write Eric Malmetile, Suite 16, 5584 Yonge St., Willowdale, Ontario, Canada M2M-5S2, phone: 228-9065.

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1979 TFA/USA National Masters Outdoor Track & Field Championships


All events for Women and Men in 5-year age divisions starting with 30-34

Entry blanks are available by sending a self-addressed, stamped envelope to:

John Harwick
467 Beverly Road
Pittsburgh, Pa. 15216
412-561-0338
Philadelphia Masters Indoor Championships

John M. Sanders reported the results of the Philadelphia Masters Indoor Championships held on the 170-yard Tartan track at Widener College on March 1.

60-YD. HURDLES

30-34
J. Vogler 8.5
35-39
R. Ayton 8.6
40-44
N. Byrd 8.5
45-49
L. Judd 8.9
50-54
B. Stout

W. Clark 9.0
G. Taylor 10.9
R. Enders 15.2
55-59
H. Colen 10.4
R. Valentine 9.9

60-64
M. Picko 10.0
65-69
C. Hills 11.2

MEN'S 60-YD. DASH

30-34
F. Shabazz 6.4
A. Wright 6.8
J. Lafferty 6.8

50-54
J. Barrie 42.9
K. Neal 42.8

W. Tribou
M. Treoneze
L. Stout
R. Tucker
K. Tuinzing
J. Tyker
M. Uher
U. John
E. Useman
E. Uhor

R. Valentine 7.9
Van Asker
Van Meter
F. Vellardito
J. Viscozy
N. Voss
H. Wagner
H. Wall
J. Wall
G. Wallace
Wm. Walthos

D. Ward Jr.
A. Waterman
R. Waters
C. Weiderburn
D. Weiss
Wm. Welsh
H. West
R. Whilden
F. White
P. Whitehorse
R. Whiting
D. Weiderman
B. Williams
H. Willis
R. Middelton
C. Wilson
R. Winblade
E. Wold
G. West
N. Wortmann
A. Wright

W. Liddell 17.2
H. Colen 8.1
A. Harris 8.1

Women's 60-YD. Dash

55-59
Valentine 7.2
D. Harris 8.0
J. Manno 8.0

60-64
Picko 8.0
B. Wright 9.0
65-69
C. Hills 9.3

70-74
B. Till 9.4

M. Brennan 10.1

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ALL U.S. MASTERS TRACK ATHLETES, FAMILIES, FRIENDS COME TO GERMANY

FOR THE THIRD WORLD VETERANS GAMES

(Men aged 40-plus & women aged 35-plus)

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(1835 South Broad St., Philadelphia, Pa. 19148)

Assisted by The Philadelphia Masters T. & F. Association

(C. Joe Stefanowicz, PMT & FA Rep.)

For Information Call (After 6:30 p.m.): (215) 485-3870

Or write Falcon Travel for Details and Pamphlet
### Berkshire Masters

#### 10,000-Meter Road Race

Some of the age group results of the Berkshire Masters 10,000-Meter Road Race at Westfield, Mass., Sept. 10:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-44</td>
<td>10:49</td>
</tr>
<tr>
<td>45-49</td>
<td>11:12</td>
</tr>
<tr>
<td>50-54</td>
<td>11:50</td>
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<tr>
<td>55-59</td>
<td>12:25</td>
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#### Masters Newsletter

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>C. Howes</td>
<td>6:25</td>
</tr>
<tr>
<td>L. Gregory</td>
<td>6:35</td>
</tr>
<tr>
<td>P. Perry</td>
<td>6:45</td>
</tr>
<tr>
<td>M. Dulin</td>
<td>7:05</td>
</tr>
<tr>
<td>F. Fetter</td>
<td>7:15</td>
</tr>
</tbody>
</table>

#### News Note

Loo “Doc” Gregory, who may have amassed more running victories than anyone else in history, suffered a slight stroke on Feb. 10.

But that didn’t stop him long. The 76-year-old physician, who collected 54 first place age-group awards in 1978 alone, is running again.

He breezed through an eight-mile course in 76:32 to win the 50- and over class in a cold rain on Feb. 24 in the Pensacola Runners Association monthly road race.

Loo reported he’s sent his entry in for the Masters indoor meet to be held at Ann Arbor on March 17 and 18 and “I also plan to compete at the World Masters at Hanover, Germany, this summer.”

On Jan. 6, Gregory, former Pensacola Junior College track coach, established a new Senior Masters record with his time of one hour, 23 minutes and 45 seconds in the 22nd annual Troy 10-Mile Run at Troy, Ala.

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