



National Masters Newsletter



18th Issue

February 1980

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

HIGHLIGHTS

- Complete 1980 Masters Schedule
- Billups sets New U.S. 1500 Meter Mark
- Penn Mutual to Sponsor Masters
- Entry Blanks for Indoor Track & Field Meets

LATE FLASH

CUPERTINO, CALIF., January 27. Herb Lorenz and Sandra Kiddy won the 1980 National Masters Marathon Championships held in conjunction with the Annual Paul Masson Marathon. The course, due to a wrong turn, was found to be 334 yards short. Officials estimate that times were a minute fast.

Lorenz ran an outstanding 2:21:00, which would have broken the existing American mark. David Hambly was 2nd master in 2:27:12, and Kent Guthrie was 3rd in 2:31:08. Kiddy clocked 2:51:07 with Ruth Anderson the next over-40 female finisher in 3:14:35.

Complete details in March NMN.



Cherrie Sherrard (left) of Redding, California, and Irene Obera of Moraga, California. Photo by Bob Pates was taken at the World Championships where Sherrard won the Women's 40-44 100m (12.78) and 100m Hurdles (15.71); and Obera won the Women's 45-49 100m with an American record 12.62.

Lorenz and Gorman Named Best Masters

Runner's World Magazine has presented Herb Lorenz and Miki Gorman with Nurmi awards as the best male and female USA masters in 1979.

The annual awards are presented to "recognize outstanding running achievements during the calendar year."

Lorenz, of Willingboro, New Jersey turned 40 just before the Boston Marathon and set U.S. marks in the marathon, half-marathon and 20km. "His strongest competition," the magazine notes, "came from Ernie Billups, who set US masters records at 800 meters and 1500 meters; Fritz Mueller,

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Ali Indoor Meet

Billups Sets New U.S. 1500 Mark

LONG BEACH, CALIF., January 5. 1979 U.S. Masters Track & Field Athlete-of-the Year Ernie Billups opened the new decade with a resounding roar as he smashed his own American 1500 record for men over age 40.

The 42-year-old Chicago high-school principal clocked 4:02.5 to break his mark of 4:03.4 set July 7, 1979 in winning the National AAU Championship in Gresham, Oregon.

Billups set the mark in one of four Masters events at the 3rd Annual Muhammad Ali Invitational Indoor Track & Field Meet.

Outside of World Championship competition, it was the finest field of Masters middle-distance runners ever assembled. The Nike Shoe Co. helped to bring in Billups and Oscar Moore of the New York Pioneer Club to face California's top Masters runners.

Moore led through most of the 7-lap race, coming by the quarter in 61 (faster than the open 1500 an hour later) with Billups on his heels and the rest of the field 10 meters back. After a 2:08 800, Billups took the lead with a couple laps to go and gradually drew out, finishing fast as if he had a lot left. Moore held on to 2nd in 4:09.1, with Jack Knebel of the San Francisco area 3rd in 4:11.1. Much-improved Mel

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PENN MUTUAL TO AID MASTERS PROGRAMS

The Penn Mutual Life Insurance Company will allocate substantial funds in 1980 to support Masters sports programs throughout the United States.

The Philadelphia-based firm believes that identifying itself with the healthy, active, over-age-30 individual will be beneficial to its image, and will help the Masters to attract thousands more people to their athletic programs.

At a press conference held in Philadelphia January 31, officials of Penn Mutual announced that former Olympic Decathlon Champion Bill Toomey would represent the company on behalf of Masters athletes.

Toomey, now 41, will travel throughout the country to participate in and help promote Masters sports activities. He'll appear on television interviews, make radio spots, visit newspaper sports editors, work with local Penn Mutual agents, and work closely with local Masters athletes.

The 1968 gold medalist said: "I look forward to getting back into competition on the Masters level, and to working with Masters athletes to help promote the idea of continued fitness for all Americans."

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Billups 1500

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Elliot, 42, of Santa Monica took 4th in 4:11.3. The first four all broke John Brennand's meet mark of 4:13.8, set in 1979.

Ken Dennis, 42, back in top form after an injury-plagued 1979, won the age 40-49 60-meter sprint in 7.08, topping newly-turned-40 Doug Smith's 7.14.

Dennis' time compared favorably to Olympic-favorite Evelyn Ashford's new women's world mark of 7.04, breaking Marlies Gohr's old record of 7.12.

Payton Jordan, 62, won the 55+ men's 60-meter dash in 7.79, collaring Hannover long-jump gold-medalist Tom Patsalis, 58, at the wire.

Al Henry won the 60-meter hurdles in 8.2, Christa Rompannen won the women's master's 1500 in 5:10.2.

1500 Meters: 1. Ernie Billups 4:02.5; 2. Oscar Moore 4:09.0; 3. Jack Knebel 4:11.1; 4. Mel Elliot 4:11.3; 5. Frank Saiz 4:17.8; 6. Ray Hughes 4:18.3; 7. John Brennand 4:22.0; 8. Art Conro 4:23.4; 9. Skip Shaffer 4:27.3; 10. Joe Burgasser 4:33.4.

60 Meter 40-50: 1. Ken Dennis 7.08; 2. Doug Smith 7.14; 3. H. Lewis Smith 7.28; 4. Percy Knox 7.44; 5. Charles Fuller 7.45; 6. Nick Newton 7.46; 7. Ed Oleata 7.51; 8. Bruce Springbett 7.53.

60 Meter Hurdles: 1. Alvin Henry 8.2; 2. Dennis DeWitt 8.3; 3. Dave Jackson 8.4; 4. Charlie Fuller 8.4; 5. Hal Smith 8.8.

60 Meters 55+: 1. Payton Jordan 7.79; 2. Tom Patsalis 7.82; 3. Clarence Killion 8.06; 4. Bob Hunt 8.07; 5. Pete Fetter 8.22; 6. Raymond Spencer 8.23; 7. Wilbur Buchanan 8.29.

Women 1500 Meters: 1. Christa Rompannen 5:10.2; 2. Lolitia Bache 5:12.4; 3. Betty Wood 5:17.4; 4. Judy Ikenberry 5:26.1; 5. Joanne Wichary 5:36.9.

Lorenz and Gorman

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who ran a 2:21:29 at the Mardi Gras Marathon and a 2:26:00 at Boston; and Alex Ratelle, who continued to set age-group records at 10k, 10 miles and half-marathon with a 2:34:44 marathon for over-50."

Gorman, 43, of Los Angeles, won the 5000, 10,000 and marathon at the 3rd World Championships in Germany. "Other finalists," says RW, "were Toshiko d'Elia, who ran a 2:58 marathon at age 49 (she was the first masters woman at Boston with that time); Sandra Kiddy (who set a 50k record in open competition and ran a 2:56:14 marathon at Waldniel); and Mavis Lindgren (who, at 72 years old, turned in a personal best marathon of 4:35 in September.)"

Attention Running Stores!

Runner's Necktie available for resale in your store. Write: **Front-Runner**, Box 287, Bala Cynwyd, PA 19004.

11 MONTHS TO GO**COUNTDOWN TO NEW ZEALAND**

What: The Fourth World Veterans (or Masters) Athletics Championships....a track and field sporting event for men over 40 and women over 35.

When: January 1981 when the northern hemisphere will be in the grip of winter but it will be high summer in New Zealand.

Where: At the Queen Elizabeth II Stadium in Christchurch, the main city in New Zealand's spectacular South Island.

Details continue to be ironed out for the 4th World Veterans Championships.

The 14th World 10km and 25km Veterans Road Championships are set for Palmerston North (New Zealand's north island) on January 3-4, 1981. The 4th World Games will be held in Christchurch -- on the south island -- January 8-14.

Special low-cost accommodations and air fares are being planned by Sports Travel International, Running Tours and Simone Travel. More details next month.

Farmingdale Indoor One Mile Races

State University at Farmingdale

December 2:

1. SUBMASTERS: 1. James Sammon (38, Malverne) 4:38.6; 2. Joseph Quaderer (31, Floral Park) 4:38.7; 3. Ralph Epifanio (30, Amityville) 4:50.1; 4. Rick Lapp (30, W. Hempstead) 4:57.9; 5. Anthony LaConte (31, Syosset) 5:10.4; 6. Bob Festa (30, Amityville) 5:12.5; 7. Tom Broker (35, Huntington) 5:20.4; 8. Robert Christensen (37, New Hyde Park) 5:27.3; 9. Harold M. Hastings (33, Garden City) 5:32.4.

MASTERS: 1. Richard Rizzo (42, Shirley) 4:56.6; 2. Herb Zipper (45, Farmingdale) 5:03.5; 3. Art Dunn (42, Lindenhurst) 5:16.3; 4. Joseph Gorman (45, Levittown) 5:43.1; 5. Norman Ross (56, Woodbury) 6:26.8.

December 9:

SUBMASTERS: 1. Joseph Quaderer (31, Floral Park) 4:37.2; 2. Carl B. Struck (32, Merrick) 4:54; 3. Joel Dubow (36, Atlanta, Ga.) 5:28.

MASTERS: 1. Richard Rizzo (42, Shirley) 4:51; 2. Joe Cordero (41, N. Merrick) 4:52; 3. Herb Zipper (45, Farmingdale) 5:06; 4. Art Dunn (42, Lindenhurst) 5:18.4; 5. David Harris (46, E. Northport) 5:45; 6. Jim Casey (50, Nesconset) 6:10; 7. O. Sangesland (50, Plainview) DNF.

FOR MORE INFORMATION.....

- **Housing** - university or hotel
- **Transportation** - Air New Zealand. Choice of 4 different departure dates and 4 different returns.
- **stopovers, special tours, and parties.**
- **Entry forms, meet details.**

CONTACT: The Masters' Original Travel Agent**SPORTS TRAVEL INTERNATIONAL LTD.**4869 "B" Santa Monica Avenue
San Diego, CA 92107 (714) 225-9555

•Your keyway to New Zealand!

28 Masters in T.F.A. Decathlon

by ED OLEATA

GLENDALE, CALIF., December 1 & 2. Masters athletes were well represented at the "world's largest decathlon." The event was the U.S. Track and Field Federation National Championships held on December 1st and 2nd, 1979 at Glendale College. 118 athletes competed from high school on up. 28 of them were masters. Interestingly enough there were 23 non-finishers but all of the masters athletes completed the ten event grind.

Three meet records were set by John Whittemore (80), Redmond Doms (72) and Harry Hawke (50).

RESULTS: The marks for the ten events for each competitor are listed in the following order: 100m, LJ, SP, HJ, 400m, 110m, DT, PV, JT, 1500m. Field event marks are listed in meters.

Submasters 30-39: 1. Dennis Stempel (Bay Area Striders) 12.0, 5.94, 11.21, 1.70, 55.0, 17.9, 34.09, 4.00, 51.88, 5:06.6 5886; 2. Warren Wilke (Unat.) 12.3, 5.27, 11.33, 1.55, 54.8, 19.8, 37.75, 4.40, 61.43, 4:46.3 5843; 3. T.J. Henderson (Denver Track Club) 12.3, 5.57, 8.83, 1.65, 55.0, 19.8, 23.69, 3.80, 31.63, 4:54.4 4876; 4. James Ball (Better Late Than Never Track Club) 12.7, 5.08, 9.90, 1.60, 61.2, 19.8, 25.82, 2.50, 30.19, 5:22.7 4010; 5. Michael Barnes (San Luis Distance Club) 12.7, 5.26, 8.88, 1.50, 56.5, 23.0, 19.93, 2.10, 36.72, 4:45.0 3878; 6. Steve Boughton (Unat.) 13.3, 4.66, 8.4, 1.40, 62.5, 21.4, 17.19, 2.30, 27.31, 5:56.0 2899.

Masters 40-49: 1. Ed Oleata (San Diego Track Club) 11.7, 5.15, 10.88, 1.55, 53.3, 17.3, 29.52, 3.20, 34.34, 4:46.9 5258; 2. Leslie J. Weed (Denver Track Club) 12.3, 5.10, 10.20, 1.50, 59.2, 17.8, 30.90, 3.20, 46.19, 5:28.0 4769; 3. Gary Bane (S. Calif. Striders) 12.6, 5.47, 8.35, 1.60, 61.0, 17.4, 24.23, 3.40, 40.10, 5:27.5

4548; 4. Mark Bodley (N. Cal Seniors Track Club) 12.8, 5.21, 7.44, 1.55, 59.5, 20.7, 26.02, 2.90, 35.51, 6:07.0 3819; 5. Dave Douglass (S. Calif Striders) 14.0, 4.57, 9.59, 1.45, 63.0, 21.4, 26.22, 3.20, 35.30, 5:39.9 3585; 6. Hector Cisneros (Austin Runners Club) 12.6, 4.61, 7.85, 1.45, 57.0, 23.0, 20.47, 1.90, 33.24, 5:15.9 3304.

Masters 50-59: 1. Harry Hawke (San Diego Track Club) 13.3, 4.62, 13.90, 1.50, 63.0, 21.2, 41.52, 3.20, 45.49, 5:49.2 4506; 2. Al Brenda (Unat) 12.9, 5.14, 10.13, 1.35, 60.0, 20.5, 31.79, 3.30, 30.31, 5:38.4 4084; 3. Hal Wallace (Seniors Track Club) 13.8, 4.81, 11.43, 1.45, 64.0, 23.2, 34.23, 3.10, 36.10, 6:20.1 3680; 4. Martin Legett (Austin Runners Club) 13.8, 4.49, 11.10, 1.45, 66.0, 21.7, 31.04, 2.70, 40.42, 6:26.6 3475; 5. Bob Hunt (S. Calif Striders) 13.1, 4.51, 8.65, 1.35, 60.3, 18.0, 25.89, 2.10, 26.18, 5:47.2 3281; 6. Richard Parkinson (Unat) 13.9, 3.57, 10.34, 1.25, 67.0, 21.0, 28.43, 2.20, 34.41, 6:15.9 2717; 7. Raymond Spencer (San Diego Track Club) 13.6, 4.61, 7.95, 1.35, 62.4, 20.6, 21.53, nh, 24.02, 5:12.6 2710; 8. Chuck McFate (Unat) 14.4, 3.66, 8.45, 1.35, 75.0, 21.3, 19.10, 2.10, 17.73, dnf 1727.

Masters 60-69: 1. Jim Vernon (Seniors Track Club) 13.6, 4.66, 9.84, 1.35, 70.7, 20.4, 26.38, 3.30, 23.45, 8:42.9 3015; 2. Fay N. Steele (Unat) 14.1, 4.40, 11.60, 1.15, 67.0, 22.3, 35.73, nh, 34.46, 6:32.0 26163. Bill Burke (Corona del Mar) 15.4, 4.26, 11.63, 1.25, 81.0, 23.3, 34.21, 2.10, 34.52, nt 2413; 4. Art Vesco (S. Calif Striders) 15.5, 3.64, 10.40, 1.15, 90.0, 22.2, 29.63, 1.95, 25.21, 8:49.5 1767; 5. Stan Thompson (Hawaii Masters) 16.3, 3.77, 7.89, 1.25, 81.0, 23.5, 18.81, 2.50, 17.69, dnf 1399.

Masters 70-79: 1. Red Doms (S. Calif. Striders) 16.9, 2.94, 11.09, 1.00, 156.0, nt, 33.73, nh, 30.49, nt 1432.

Masters 80+: 1. John Whittemore (Club West) dnf, nm, 8.75, 1.00, dnf, dnf, 25.70, nh, 18.82, nt 851; 2. Walter Wesbrook (Unat) 19.6, 3.07, 8.20, 1.10, 2.00 dnf, 13.37, 1.7, 13.77, nt 425.

MASTERS 1980

schedule

The list below includes: 1) Most Masters Track and Field events in the U.S. in 1980; 2) National Masters Long Distance Running Championships; 3) National Race Walking Championships; 4) Indoor Track and Field Meets; 5) Major U.S. Long Distance Runs; 6) Major International Veterans Events; 7) Other events of interest to Masters.

Most exclusively Masters meets also offer at least limited events for "Submasters" (age 30-39). Submasters have official Athletics Congress USA Championship status.

On all levels of competition -- local, national, international -- all men and women over 40 (internationally, women over 35) are eligible to compete in Masters athletics. (i.e. no restriction of "professionals," et. al.)

Note that the meets marked with a star (☆) are Athletics Congress sanctioned, and therefore may be open only to athletes registered with the Congress.

Thanks to Dave Jackson for compiling much of the scheduling information.

Addresses of "contacts" are listed alphabetically.

Code: M = Masters events only; MS = Masters and Submasters events only; MO = Masters and open events combined; L = Limited Masters events (i.e. Masters events are scheduled in addition to open events); R = Restricted as indicated. 1 = dirt, clay or cinder track; 3 = artificial track (e.g. Tartan or Chevron); 5 = indoor track; 6 = road run; 7 = cross-country.

Please send any additions or omissions to Al Sheahan, Editor, National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401.

February 8 (Friday): Millrose Games, New York, Masters Mile. L-5. Contact: Ed Small, (212) MU 8-6083.

February 9 (Saturday): 3rd Annual City of Orange Masters Track and Field Meet. El Modena HS, Orange, California. 10 a.m. MS-1. Contact: Larry Sallinger.

February 9 (Saturday): TFA Weight Men's Pentathlon and All-Comers Meet, Northridge, Calif. L-3. Contact: Bill Webb.

February 9 (Saturday): Masters Sports Association races. Queens College Gym, New York City. 9 a.m. L-5. 50-yard & 1320 scratch.

February 9 (Saturday): Mason Dixon Games, Louisville, Ky. Open.

February 9 (Saturday): Knights of Columbus Games, Cleveland, Ohio. Open.

February 9 (Saturday): Winnipeg Journal Games, Winnipeg, Manitoba. Open.

February 10 (Sunday): Philadelphia Masters T&F Meet. Widener College. 9:30 a.m. MS-5.

February 10 (Sunday): Perrier Mardi Gras Marathon, New Orleans, La. MO-6. Contact: Jerry Lenfant, P.O. Box 2232, New Orleans, La 70176.

February 15 (Friday): West Los Angeles College All-Comers T&F Meet. 1 p.m. L-1. Contact: Chuck Holloway.

February 15 (Friday): Sunkist Invit-

ational T&F Meet, Los Angeles, Calif. Open.

February 16 (Saturday): Brooks Invitational T&F Meet, Houston, Texas. Open.

February 17 (Sunday): Midwest Indoor Masters T&F Meet. Highland Park HS, Highland Park, Illinois. 9 a.m. MS-5. Contact: Wendell Miller or Ron Fox.

February 18 (Monday): MSA Races, Queens College Gym, NYC. Age-grading 2-mile and 220. 9 a.m. L-5. Contact: Bob Fine.

February 22 (Friday): Jack-in-the-Box Invitational T&F Meet, San Diego, Calif. Open.

February 23 (Saturday): CDM Masters T&F Development Meet; Cal State University at Dominguez Hills, Carson, Calif. 10 a.m. MS-3. Contact: Tom Clayton.

February 23 (Saturday): Examiner Games, San Francisco, Calif. L-5. Contact: Bruce Springbett, 218 Bachman Ave., Los Gatos, Ca 95030.

February 24 (Sunday): Philadelphia Masters T&F Meet, Widener College. 9:30 a.m. MS-5.

February 24 (Sunday): 2nd Annual Metropolitan Masters Indoor T&F Championships. Rockland Community College, Viola, N.Y. 10:30 a.m. MS-5. Contact: Haig Bohigian. Entry form in this issue.

February 29 (Friday): ☆AAU Indoor T&F Championships, New York. Open.

March 1 (Saturday): ☆5th Annual Philadelphia Masters Indoor T&F Championships. Widener College, Chester, Pa., Schwartz Fieldhouse. 6 p.m. MS-5. No pre-entries. \$4.00 per event. 176-yard tartan.

March 1 (Saturday): All-Comers Meet, Cal State Northridge. L-3. Contact: Bill Webb.

March 8 (Saturday): CDM Masters Development Meet. 10 a.m. MS-3. (see above)

March 9 (Sunday): ☆Eastern Indoor Masters T&F Championships, Lehigh University, Bethlehem, Pa. Noon. MS-5. Contact: Bert Lancaster. Entry form in this issue.

March 14-15 (Friday-Saturday): NCAA T&F Championships, Detroit, Mich. Collegiate.

March 15 (Saturday): NY Masters Sports Club T&F Championships, West Point, NY. 10 a.m.. MS-3. Contact: Bob Fine. Entry form in this issue.

March 15 (Saturday): TFA One-hour-run championships, Odessa, Texas. MS-6. Contact: Jack Petty, 2735 East 8th, Odessa, Tx 79761.

March 16 (Sunday): ☆Midwest Masters Indoor T&F Championships, Highland Park HS, Highland Park, Ill. 9 a.m. Contact: Wendell Miller. Entry form in this issue.

March 17 (Monday): National Masters Indoor 2-mile walk, Syracuse, N.Y.

March 23 (Sunday): ☆National 30km Championships. 11 a.m. MO-6. Schenectady to Albany, N.Y. Contact: Bill Shrader, P.O. Box 588, Albany, NY 12201 (518) 463-5120. Entry form in this issue.

March 23 (Sunday): ☆National Masters 30km Walk, Houston, Texas.

March 29 (Saturday): USA Masters Indoor Track and Field Championships, Syracuse, N.Y. University. Noon. MS-3. Contact: Ed Stabler. Entries close March 22. Entry form in January issue.

March 29 (Saturday): National AAU Masters 15 km Road Racing Championship, Seward Park, Seattle, Washington. 11 a.m. MS-6. Contact: Carole Langenbach, Snohomish Track Club, 4261 S. 184th St., Seattle, Wa 98188. (206) 433-8868.

March 29 & 30 (Saturday & Sunday): New Zealand Veterans T&F Championships, Christchurch, New Zealand. Contact: Helen Pain.

March 30 (Sunday): Cherry Blossom 10-miler. Box 4771, Arlington, Va 22265.

March 30 (Sunday): Pacific (San Francisco) AAU 50km race-walking championships in conjunction with 50km road running championships. MO-6.

April 4-7 (Friday-Monday): Australian National Veterans and Pre-veterans T&F and Cross-Country Championships, Adelaide, Australia. Contact: Rowly Ferris, 44 Edwards St., Brighton, South Australia 5048. Entries close March 8th.

April 5 (Saturday): 21st Annual Sacramento Relays. Sacramento State University. 10 a.m.. L-3. Fully-integrated Collegiate-Masters meet. Contact: Bob Cooper, 30 College Park, Davis, Ca 95616.

April 5 (Saturday): National 50 km Masters walk Championships, New York City.

April 12 (Saturday): 2nd Annual Northeast Masters T&F Relays, Lincoln HS, Los Angeles. Noon. MS-1. Contact: Skip Loera.

April 13 (Sunday): F & M Bank Colonial Relays Half-Marathon, Williamsburg, VA. MO-6. Contact: Roy Chernock, P.O. Box 399, Williamsburg, Va. 23185. Entry blank in this issue.

April 19 (Saturday): Southeast Masters TFA Regional Championships (tentative), Orlando, Fla. All day. MS-? Contact: Ken Kirk.

April 20 (Sunday): Mt. San Antonio College Relays, Walnut, Calif. All day. L-3. Contact: Hal Smith.

April 21 (Monday): Boston Marathon.

April 23 (Wednesday): Development Meet, Randall's Island, NYC, 6 p.m. No spikes. Contact: Bob Fine.

April 27 (Sunday): Drake Relays / TFA National Marathon Championships.

L-6. Men 40+. Women 30+. Contact: Bob Ehrhart, Drake University, Des Moines, Ia 50311.

May 3 (Saturday): Herbert Hoover Relays, Menlo Park, Calif. All day. L-1. Contact: Van Parish.

May 3 (Saturday): 5th Annual Golden State Masters T&F Meet, Porterville, Calif. 4 p.m. MS-2. Contact: Allen Nelson.

May 4 (Sunday): Avenue of the Giants Marathon. Box 214, Arcata, Calif. 95521.

May 7 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.

May 10 (Saturday): 10th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, Calif. Noon. MS-1. Contact: George Ker.

May 10 (Saturday): ☆Southeast Masters Regional T&F Championships, Greenville, South Carolina. All-day. MS-?. Contact: Ken Kirk.

May 11 (Sunday): 11th Annual Senior Olympics Marathon, Irvine, Calif. MO-6. Contact: Warren Blaney.

May 11 (Sunday): Masters Sports Association T&F Championships, Randall's Island, New York City. No Spikes. Contact: Bob Fine.

May 17 (Saturday): 5th Annual Striders Relays; Cal Poly Pomona, Ca. Noon. MS-3. Contact: Ann Smith, 22736 Mulholland Dr., Woodland Hills, Ca. 91364. (213) 348-6352.

May 18 (Sunday): One-hour run. Dyche Stadium, Northwestern Univ., Evanston, Ill. Contact: Wendell Miller.

May 18 (Sunday): Bay to Breakers 7.6 mile run, San Francisco. Examiner, 110 5th St., San Francisco 94103.

May 21 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.

May 24 (Saturday): National 10km Walk, Chicago, Ill.

May 24 & 25 (Saturday & Sunday): University of Maryland Masters T&F Meet. (tentative)

May 26 (Monday): National Masters 25 km road run, Washington, D.C. M-6. Contact: George Vernosky.

May 31-June 1 (Saturday-Sunday): ☆North American Masters T&F Championships, Mexico City. All Day. MS-3. Contact: Jose Tenreiro Rivero.

May 31 (Saturday): Pacific District Masters T&F Championships, Los Gatos HS, Los Gatos, Calif. 8 a.m. MS-3. Contact: Bruce Springbett, P.O. Box 1238, Los Gatos, Ca 95030.

June 4 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.

June 7 (Saturday): ☆Southern Pacific District Masters T&F Championships, Cal State Northridge, Calif. 4 p.m. MS-3. Contact: Tom Sturak.

June 7 & 8 (Saturday & Sunday): Canadian T&F Championships (tent.)

June 14 & 15 (Saturday & Sunday): National TFA Masters T&F Championships, Atlanta, Ga. MS-? Contact: Ken Kirk.

June 15 (Sunday): Metropolitan Masters T&F Championships, Randall's Island, New York City. Contact: Bob Fine.

June 15 (Sunday): 2nd Annual Manitoba Marathon in aid of the Mentally Retarded. North American Masters Championships. Men 40+. Women 35+. Contact: Manitoba Marathon, P.O. Box 53, Wionnipeg, Manitoba, Canada R3C 2G1. (204) 453-0931. Entries close June 1.

June 18 (Wednesday): Development Meet, Randall's Island, NYC, 6 p.m.

June 21 & 22 (Saturday & Sunday): ☆Western Regional Masters Championships, San Diego State University (tentative). All day. MS-3. Contact: Dick Straub.

June 21-29 (Saturday-Sunday): Olympic Trials, Eugene, Oregon. Open.

June 23 - July 24 (Monday-Thursday): All-comers T&F meets, Los Angeles area. L-1. Mon-Gardena HS; Tues-Venice HS; Wed-Birmingham HS; Thurs-Bell HS. Contact: Chuck Brenner.

June 28 (Saturday): ☆Midwest Regional Masters T&F Championships, Northwestern University, Evanston, Illinois. Contact: Bill Smith. All day. MS-3.

June 28 & 29 (Saturday & Sunday): ☆USA Masters Decathlon Championships, Denver, Colorado. M-? Contact: Jim Weed.

June 29 (Sunday): ☆Eastern Regional Masters T&F Championships. New Britain, Conn. (tentative) MS-? Contact: Irving Black.

July 1-3 (Tuesday-Thursday): Athletics Congress Convention, Dallas, Texas (tentative)

July 2 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.

July 4 (Friday): Peachtree 10km, Box 11762, Atlanta, Ga. 30335

July 4 (Friday): Chicago 20km Distance Classic. Contact: Wendell Miller.

July 4 (Friday): ☆National Masters 5 km walk Championships.

July 4-6 (Friday-Sunday): ☆USA Masters and Submasters T&F and Pentathlon Championships, Charleston, West Virginia. MS-3. Contact: Henryk Kupczyk.

July 6 (Sunday): ☆National Masters 20 Km Walk Championships.

July 12 & 13 (Saturday & Sunday): 11th Annual Senior Olympics, University of Southern California, Los Angeles. MS-3. Contact: Warren Blaney.

July 19-August 3 (Saturday-Sunday): 1980 Olympics. Moscow.

July 26 (Saturday): Southern California Striders vs. Corona del Mar dual T&F meet. Noon. R-? Contact: Walt Butler.

July-August: ☆National 15km Walk Championships, (tentative), Niagara Falls, N.Y.

July 30 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.

August 1-November 30: Postal 1-hour walk. Jim Beam, director.

August 9 (Saturday): 8th Annual CDM "Don Palmer Memorial" Relays, Santa Ana College, Santa Ana, Calif. 10 a.m. MS-3. Contact: Dave Jackson.

August 13 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.

August 16 (Saturday): Masters Relay Carnival. Randall's Island, New York City. Contact: Bob Fine.

August 16 & 17 (Saturday & Sunday): 4th Annual Home Savings & Loan Pan American Masters and Submasters Games, UCLA, LA, Calif. All day. MS-3. Contact: Hilliard Sumner.

August 30-September 1 (Saturday-Monday): ☆Pan-American Masters Track & Field Championships, San Juan, Puerto Rico. MS-3. Contact: Miguel Rivera Veve.

August 23 & 24 (Saturday & Sunday): 13th Annual World Veterans Road Championships (IGAL) Glasgow, Scotland. 10km and Marathon. Men 40+. Women 35+. Contact: 1980 World Veteran Events, Scottish Amateur Athletic Assoc., 16 Royal Crescent, Glasgow G3756 Scotland.

August 27 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.

August 31 (Sunday): Midwest Masters 25km Championships. Lake Bluff, Ill. MS-6. Contact: Wendell Miller.

September 7 (Sunday): Nike-OTC Marathon, 99 W. 10th St., Eugene, Oregon 97401.

October 4 (Saturday): Brooks/TFA National Masters 20km, Chesterlan, Indiana. M-6. Contact: Hal Higdon.

October 4 (Saturday): 7th Annual Santa Barbara Masters T&F Meet, Univ. of Calif. at Santa Barbara, Goleta, Calif. 1 p.m. MS-3. Contact: George Adams

October 4 (Saturday): ☆National 100km Walk Championships, Longmont, Calif.

October ? (Sunday): ☆National Masters 15km Cross-Country Championships, New York City. M-7.

October 12 (Sunday): ☆National Masters 20km Road Championships, Washington, D.C. M-6.

October 18 (Saturday): ☆National 10km Masters Road Championships (tentative) NYC. M-6. May be switched to Miami in November if there's an AAU convention then.)

October 18 (Saturday): Skylon Marathon, Buffalo, N.Y. MO-6. Contact: (716) 881-2736.

October 19 (Sunday): America's Marathon, Chicago. MO-6. Contact: (800) 621-6940.

October 19 (Sunday): Brooks/TFA National Masters 15km, Arlington, Va. M-6. Contact: Hal Higdon.

October 26 (Sunday): New York Marathon. MO-6. Contact: (212) 580-6880.

November 1 (Saturday): ☆National 40km Walk Championships, Long Branch, N.J.

November 2 (Sunday): Marine Corps Marathon, Washington, D.C. MO-6. Contact: (202) 433-3238.

November 9 (Sunday): ☆National Masters 10km Cross-Country, Seattle, Wash. M-7.

November 9 (Sunday): Midwest Masters 5km Cross-Country, Veterans Park, Crystal Lake, Illinois, MS-7. Contact: Dick Kloepper (815) 459-5663.

November 29 (Saturday): Brooks/TFA National Masters 10km Champion-

ships, Monterey, Calif. M-6. Contact: Hal Higdon.

November 29 (Saturday): National Masters 5km Cross-Country Championships, San Diego. M-7.

November 30 (Sunday): Brooks/TFA National Masters 25km Championships, Monterey, Calif. M-6. Contact: Hal Higdon.

November 30 (Sunday): ☆National 25km Walk Championships, Miami Beach, Fla. (tentative)

December 6 & 7 (Saturday & Sunday): TFA and Senior Olympics Decathlon Championships, Glendale, Calif. College. All day. L-1. Contact: John Tansley.

December 13 (Saturday): Weightman's Pentathlon Championships, Glendale, Calif. College. All day. L-1. Contact: John Tansley.

December 14 (Sunday): Honolulu Marathon.

December 28 (Sunday): Midwest Masters 30km Championships, Lake Bluff, Ill. MO-6. Contact: Wendell Miller.

January 3 & 4, 1981 (Saturday & Sunday): 14th Annual World Veterans Road Running Championships, 10km and 25km, Palmerston North, New Zealand. M-6.

January 8-14, 1981 (Thursday-Wednesday): 4th World Veterans Track and Field Championships, Christchurch, New Zealand. M-3. (Men 40+. Women 35+.)

CONTACTS:

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Ron Fox: 3272 Western, Highland Park, Ill. 60035; (312) 432-3411.

Clem L. Green: 46 Hargreaves St., Wellington 2, New Zealand.

Hal Higdon: 2815 Lakeshore Drive, Michigan City, In. 46360; (219) 879-0133.

Chuck Holloway: 20223 Campaign Dr., Carson, CA 90746; (213) 774-0295.

Dave Jackson: (Corona del Mar TC; 1st Vice-Chairperson SPA Masters T&F Committee), 19103 S. Andmark Ave., Carson, CA 90746; (213) 638-7125.

George Ker: 8220 Langdon #36, Granada Hills, CA 91344; (213) 785-3770.

Shirley Kinsey: (Women's Representative, National T&F Committee), 5143 Boston Ave., La Crescenta, CA 91214; (213) 248-5532.

Ken Kirk: 3800 Stonewall Terrace, Atlanta, GA 30339; (404) 588-5677.

Henry Kupczyk: P.O. Box 346, Raleigh, NC 27602; (919) 872-5697.

Bert Lancaster: c/o Middle Atlantic AAU, 738 Land Title Bldg., Philadelphia, PA 19102.

Skip Loera: 3111 W. Ramon Rd., Alhambra, CA 91803.

Wendell Miller: (National T&F Chairperson), 351 Birkdale Rd., Lake Bluff, IL 60044; (312) 234-5936.

Pete Mundle: (Records Chairman, National T&F Committee), 4017 Via Marina, C-301, Venice, CA 90219; (213) 823-8804.

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Jose Tenreiro Rivero: Plaza de la Republica 7-602, Mexico D.F.

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Dick Straub: (Western Regional Chairperson), 7909 Blue Lake Dr., San Diego, CA 92119; (714) 465-0223.

Tom Sturak: (National T&F Vice Chairperson, SPA Masters T&F Committee), Box 1602, Santa Monica, CA 90406; (213) 455-2397.

Hilliard Sumner: (SC Striders), 4640 Degovia, Woodland Hills, CA 91364; (213) 884-1349.

John Tansley: Glendale College, 1500 N. Verdugo Rd., Glendale, CA 91208.

George Vernosky: (National T&F and LDR Treasurer), 5004 Glen Cove Pkwy., Washington, D.C. 20016.

Miguel Rivera Veve: Pres., Puerto Rico, Masters Association, Caparra Heights Station, San Juan, Puerto Rico 00922.

Jim Weed: 11672 E. 2nd Ave., Aurora, CO 80010; (303) 341-2980.

Bill Webb: California State Univ., Northridge, CA 91330. (213) 885-3205.

Brooks Shoes to Sponsor Master Runs

Running columnist Amby Burfoot commented this month: "Why in this era of corporate sponsorship hasn't a company come forward to put on a national series of 'For Masters Only' races?...It would stimulate masters competition just as the Bonne Bell races provided a local, grassroots impetus to women's running."

The Brooks Shoe Company of Hanover, Pennsylvania has anticipated that need, planning a national series of master runs for 1980.

The series will be called: "The Brooks Master Runs." It will be limited to male runners over 40 and female runners over 35. "There is no special 'masters' shoe," admits Brooks president Jerry Turner. "A good running shoe works for all ages. But obviously a lot of master runners wear our shoes. This is our way of saying thanks."

The 1980 Brooks Master Runs will be supervised by Brooks promotion director Dean Reinke aided by author/runner Hal Higdon. Higdon, a two-time masters world champion, will compete in the series.

Pellikan, Rouiller Run 1-2 in Midwest 30 Kilometer

LAKE BLUFF, ILLINOIS, December 30. Like the idea of running 30 kilometers off the windy shores of Lake Michigan in mid-winter? One-hundred-fifty-nine stalwarts do and did this December day, with submaster Michael Pellikan, 30, and master Roger Rouiller, 41, running 1-2 overall.

Masters Results:

Age 30-39

1 Michael Pellikan	30	1:44:10
14 Chuck Bradley	36	1:53:22
16 Craig Dean	31	1:54:17
17 Werner Mezgolits	38	1:54:18
18 John Nair	37	1:54:50

Age 40-49

2 Roger Rouiller	41	1:47:42
11 John Whitehouse	43	1:52:16
13 Bob Schrader	41	1:52:53
20 Bob Pates	43	1:56:12
34 Jack Coleman	42	2:01:10

Age 50-59

41 Edward Battey	50	2:03:18
45 Al Treichel	50	2:04:06
46 Ed McCarthy	51	2:04:28
52 Neil King	50	2:06:39
68 Bob Bruce	56	2:10:44

Age 60-69

96 Dale Isacs	61	2:18:41
146 John Williams	65	2:51:47

Women Age 40-49

105 Henny Volpe	40	2:21:40
127 Carol Davis	44	2:30:33
135 Nancy Bussa	41	2:37:31
140 Tish DuBow	44	2:47:02
144 Mary Cosentino	46	2:50:00

Women Age 50-59

123 Emily Weber	54	2:29:12
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"One of the problems we face as master runners," states Higdon, "is that while a lot of money gets spent on Olympic athletes and people with the potential to become Olympic athletes, too little is done for older runners. The Brooks Master Runs offer us an opportunity for top-level competition."

The three-event series will begin with a 20 kilometer road run in Chesterton, Indiana -- near Chicago -- on October 4th. It will be followed by a 15 kilometer run in Arlington, Virginia -- outside Washington, D.C. -- on October 19th.

The winners will travel to the climactic 10 kilometer and 25 kilometer road runs planned for November 29 and 30 in Monterey, California -- near San Francisco.

All four races will be the national masters championships of TFA/USA. (Track and Field Association of the USA).

Brooks will make available a free brochure, tentatively to be called "The Master Runner," written by Higdon which will "tell people everything they need to know about running over 40."

Reinke said: "Establishment of a Master road running series was long overdue. We hope that the Brooks Master Runs will be the start of a long relationship between Brooks Shoes and veteran athletes."

Mueller Tops Masters in Metro 30 Kilometer

New York, N.Y., December 22. National Masters AAU 30 km Champion Fritz Mueller topped all Masters runners in the Metropolitan AAU 30-kilometer run in Central Park in damp, overcast, mid-40-degree weather.

Mueller's 1:44:36 clocking placed him 10th overall behind winner John Mulligan's 1:38:48. 419 men out of 550 starters finished the race. 53 of 68 women starters finished.

Masters Results:

40-49

Pl.	Name	Age	Time
10	Fritz Mueller	43	1:44:36
24	Art Guerra	40	1:50:45
26	Cahit Yeter	44	1:51:18
32	Dan Caffrey	42	1:52:53
38	Joe Erskine	49	1:53:32

50-59

96	Evan Kane	54	2:03:36
103	Walter Brown	55	2:04:12
110	Frank Lorey	50	2:05:19
119	Bob Muller	54	2:06:17
123	Tom Cameron	50	2:06:47

60-69

411	Lester Rhoads	63	3:11:21
412	Joseph Stack	63	3:14:25
413	Irving Epstein	61	3:57:45

W40-49

14	Jill Martin	41	2:16:09
26	Margit Brosnan	40	2:24:53
21	Polly Schonfeld	40	2:21:18

W50-59

29	Janet Grenda	53	2:26:59
43	Mary Rodriguez	58	2:49:06
44	Audrey Jacobson	51	2:49:20

W60-69

53	Marion Epstein	61	3:57:44
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Second Annual Metropolitan Association Masters Indoor Track and Field Championships Sunday, February 24, 1980

Rockland Community College, Viola, New York

ELIGIBILITY: Open to all men and women 30 years of age and over who are registered in the Metropolitan Association of the AAU (under the Athletic Congress of the U.S.). The Metropolitan Association covers New York City, Long Island, Sullivan, Orange, Dutchess & Westchester Counties in New York State and Hudson County, east of the Hackensack River, in New Jersey.

DRIVING DIRECTIONS: The College is about one mile north of Spring Valley, New York, and south of Suffrin, New York. Get off at exit 14B on the New York Thruway. Take a right at Airmont Road for about two miles. Airmont Road becomes Highview Ave. At the 2nd traffic light take a left to College Road to the school.

DIVISIONS: Five Year Division for men and women from age 30 to 79.

PRIZES: Championship medals to the first three in each event, with a championship patch to the winner. Only one patch per individual. Team Trophy to the overall winner 30, 40, 50+.

FEES: \$4 per event (necessitated by rental fees) \$10 for each relay team.

FACILITIES: The track is a rubberized surface. NO SPIKES ARE PERMITTED.

RELAYS: Only members of the same club may compete on a team. Teams may be declared before the race. An athlete may go down in age.

SCORING: Scoring will be for the first five finishers in each event on the basis of 5-4-3-2-1. Trophy awarded by ten year groupings (men and women combined).

EVENTS & MEET SCHEDULE

EVENTS	MEET SCHEDULE
10:30	50 yd. high hurdles
11:00	50 yd. dash
11:30	1 mile run
12:15	600 yd. dash
1:00	1 mile walk
1:30	1000 yd. run
2:15	300 yd. run
3:00	1 mile run
3:35	1 mile relay
3:40	1 mile relay

FIELD EVENTS

10:30	Shot put
11:30	Long jump
1:00	High jump
2:30	Pole vault

NOTE: We are not sure what facilities are available for a weight throw. It would have to be held outside. We will schedule a weight throw for 12:00 with the understanding that a proper throwing circle may not be available. Entry fees will be refunded if requested.

ENTRY FORM - MET. MASTERS T&F 2nd ANNUAL CHAMPIONSHIPS, INDOORS

NAME _____ ADDRESS _____ ZIP _____
 AGE _____ SEX _____ CLUB _____ AAU # _____ * (Application forms available at meet)
 I hereby waive any claim I or my heirs may have against the AAU, Athletic Congress, Masters Sports Assoc. & Rockland Community College for any and all claims sustained by me in participation in the Metropolitan Masters Second Annual Indoor Championships on Feb. 24, 1980.
 SIGNATURE _____
 EVENT(S) _____
 Make check payable to MASTERS SPORTS ASSOC. and mail to Haig Bohigian, 223 Hunter Ave., North Tarrytown, N.Y. 10591.
 PLEASE have your application sent in by Feb. 19th. Post entries will be taken but post-entries delay the meet and cause a great deal of work in a short period of time.

8th Annual Eastern Masters Regional Indoor Track and Field Championships March 9, 1980

Lehigh University, Bethlehem, Penn.

ELIGIBILITY: Open to all men and women over the age of thirty registered in the A.A.U. and/or the Athletic Congress, U.S.A.

DIVISIONS: Five year divisions for men and women from age 30 to age 89.

DRIVING DIRECTIONS: Penn. Turnpike to Exit 26 (Ft. Washington) to route 304 going north. About 10 miles south of Bethlehem there will be signs for Lehigh University. Go to the Taylor Gym.

PRIZES: Championship medals to the first three in each age division, per event. Regional Championship patch to each winner with a limit of one patch per individual.

ENTRY FEES: \$3.00 per event. \$12 per relay.

FACILITIES: 220 yard track. PIN SPIKES ARE PERMITTED.

RELAYS: Only members of the same club may compete on a team. Teams may be declared before the race. An athlete may go down in age. Relays for 30-39; 40-49; 50+ for both men and women.

TEAM SCORING AND AWARDS: Scoring for the first five finishers in each event on the basis of 5-4-3-2-1. Team trophies for 30-39; 40-49; 50-59; 60+. Men and women combined by ten year groupings for team scoring.

EVENTS & MEET SCHEDULE

TRACK EVENTS

12:00	50 yd. high hurdles
12:30	50 yd. dash
1:00	1 mile run
1:30	600 yd. dash (Sections if needed)
2:00	2 mile walk
2:30	1000 yd. run (Sections if needed)
3:15	300 yd. dash (Sections if needed)
3:45	2 mile relay
3:55	1 mile relay

FIELD EVENTS

12:00	Shot Put
1:00	Long Jump
1:30	Weight throw
2:00	High Jump
2:30	Triple jump
3:00	Pole vault

NOTE: There will be a 2 mile run at 3:30.

NOTE: Age groups may be combined and seeded sections may be used at the discretion of the Meet Director.
NOTE: Due to limitation regarding rental time, there will only be four jumps or throws permitted in the shot, long jump, triple jump & weight throw.

ENTRY FORM: EASTERN REGIONAL MASTERS INDOOR T&F CHAMPIONSHIPS 3/9/80

NAME _____ AGE _____ SEX _____
 ADDRESS _____ ZIP _____ PHONE _____

CLUB _____ AAU# _____

RELEASE I hereby waive any claim I may have against the Athletic Congress, Lehigh University, Susse Chalet Inc., Phila. Masters and the A.A.U. caused by my participation in the Eighth Annual Eastern Masters Indoor Track & Field Championships to be held at Lehigh University on March 9, 1980. I certify that I am in good health and physically able to compete.

SIGNATURE

Make checks payable to the PHILA. MASTERS and mail to Bert Lancaster, c/o Middle Atlantic A.A.U., 738 Land Title Bldg., Phila. PA 19102

EVENT(S)

SUSSE CHALET
MOTOR LODGES & INNS

1979 NATIONAL POSTAL RELAYS

by BOB FINE

There was almost a 100% increase in participation in these events from twenty teams in 1978 to thirty-eight teams this year.

The Championships in Division 1 were split between Corona Del Mar in the 440, 880 and sprint medley; Potomac Valley in the one mile and distance medley; and West Valley in the two mile and four mile. West Valley set the only new National Record in the four mile relay with a time of 18:33.4, averaging under 4:40 per man. On the same day, their team of Pete Richardson, Jack Knebel, Tom Cathcart and Bob Welck came close to the National Record for the 2 mile relay.

In Division 2, 50+, the New York Masters took all four titles, setting meet records in all of them. Archie Messinger, a finalist at Hannover in the 800 and 400 meters, Jim Ryan, National Indoor 60 yard dash champion, Jim Dowling, Harold Colen, Arthur Bradley and Maurice Lentzer combined to the titles.

In the sprint relays the results were close with less than a second separating the first three teams in the 440, less than three seconds in the 880, and less than four seconds in the mile relay.

1979 NATIONAL POSTAL RELAY RESULTS

DIVISION 1 40-49

440			
* Corona del Mar	44.5	A. Henry, D. Jackson, G. Miller, P. Knox	
New York Masters	45.11	L. Riddick, A. Budd, R. Weaver, J. Moon	
* New York Pioneers	45.29	A. Gatton, R. Barnes, E. Small, M. O'Neal	
New York Masters	45.91	C. Bertrand, R. Deere, R. Rizzo, C. Pauling	
Potomac Valley	47.9	R. Enders, L. Colbert, J. Demma, W. Crutchfield	
* San Diego T.C.	50.1	B. Sieben, R. Spencer, F. Nacozy, E. Oleata	
880			
Corona Del Mar	1:34.3	K. Dennis, A. Henry, D. Jackson, D. Segal	
Potomac Valley	1:36.2	R. Enders, J. Bradley, J. Demma, L. Colbert	
New York Masters	1:37.1	R. Deere, R. Rizzo, H. Bohigian, A. Budd	
* San Diego T.C.	1:46.7	R. Wagner, F. Nacozy, B. Sieben, R. Spencer	
One Mile Relay			
Potomac Valley	3:35.7	J. Bradley, R. Enders, J. Demma, L. Colbert	
Corona Del Mar	3:38.9	D. Jackson, K. Dennis, A. Henry, G. Miller	
New York Pioneers	3:39.0	R. Valentine, R. Barnes, E. Small, M. O'Neal	
New York Masters	3:39.0	L. Riddick, H. Bohigian, C. Pauling, R. Rizzo	
Atlanta T.C.	3:41.1	L. Johnson, J. Casteel, S. Johnson, J. Brocksmith	
Two Mile Relay			
West Valley T.C.	8:31.8	B. Welck, T. Cathcart, J. Knebel, P. Richardson	
Potomac Valley	8:47.5	R. Enders, R. Elliott, J. Bradley, J. Demma	
* San Diego T.C.	8:56.3	E. Gookin, F. Saiz, B. Gookin, B. Porter	
New York Masters	9:03.0	J. Cordero, R. Kennedy, B. Krebs, C. Pauling	
New York Masters	10:12.7	W. McCarthy, J. Kernan, B. Fine, N. Wortmann	
Four Mile Relay			
West Valley T.C.	18:33.4	P. Richardson, J. Knebel, T. Cathcart, B. Welck	(NATL. RECORD)
* San Diego T.C.	19:48.1	E. Gookin, J. Cerveny, F. Saiz, B. Gookin	
New York Masters	21:06.8	R. Kennedy, B. Krebs, J. Cordero, W. McCarthy	
Sprint Medley			
Corona Del Mar	3:42.8	A. Henry, D. Segal, G. Miller, W. Mayer	
Potomac Valley	3:45.5	L. Colbert, W. Crutchfield, R. Enders, J. Demma	
New York Pioneers	3:57.0	M. O'Neal, R. Barnes, R. Valentine, E. Small	
New York Masters	4:01.0	R. Rizzo, A. Budd, C. Bertrand, H. Bohigian	
San Diego T.C.	4:02.3	E. Oleata, R. Wagner, F. Nacozy, J. Temples	
Distance Medley			
Potomac Valley	11:40.5	J. Demma, R. Enders, J. Bradley, R. Elliott	
San Diego T.C.	11:58.5	E. Oleata, F. Nacozy, B. Sieben, J. Temples	
New York Masters	12:32.6	J. Cordero, R. Rizzo, B. Krebs, R. Kennedy	

DIVISION 2 50+

* 440 New York Masters	53.3	Lentzer, J. Dowling, J. Ryan, H. Colen	
* 880 New York Masters	1:55.6	A. Messinger, M. Lentzer, A. Bradley, J. Dowling	
* 1 mile New York Masters	4:28.5	A. Messinger, M. Lentzer, A. Bradley, J. Dowling	
* Sprint Medley N.Y. Masters	4:15.3	J. Dowling, J. Ryan, W. Colen, A. Messinger	
San Diego	4:18.0	B. Sieben, J. Lafferty, R. Spencer, B. Holmes	
* Age Medley San Diego	4:04.5	B. Porter, B. Sieben, F. Nacozy, J. Lafferty	
N.Y. Masters	4:12.0	C. Pauling, A. Messinger, H. Bohigian, R. Lacey	

(**meters adjusted time to yards) (- = meet record)

Holiday Weight Pentathlon

from PHIL PARTRIDGE

DEL RAY BEACH, FLORIDA, December 30. Entries came from Michigan, New York and Puerto Rico for the Holiday Masters Weight Pentathlon today, as submaster Ed Hill led all finishers with 3547 points.

A weight pentathlon is being planned by Carlos Fraundorfer for late March or early April in the Tampa area.

Results: (Order of events in the results below are: discus, shot, javelin, hammer, weight throw)

1. Ed Hill (37) 42.98, 14.59, 49.61, 43.65, 13.57 **3547**; 2. Pete Hoyt (39) 33.73, 11.84, 36.38, 41.29, 13.87 **2975**; 3. Carlos Fraundorfer (47) 36.50, 12.89, 34.83, 38.66, 11.78 **2901**; 4. Ray Carstensen (47) 26.55, 11.14, 36.15, 32.95, 9.87 **2355**; 5. Randy Cooper (50) # 36.64, 12.84, 28.68, 20.35, 7.84 **2171**; 6. Gilbert Gonzales (66) 33.27, 11.45, 26.40, 23.99, 8.16 **2066**; 7. Robert Schanzle (67) 27.20, 10.30, 25.02, 17.98, 6.44 **1598**; 8. Philip Partridge (68) 36.46, 10.25, 32.18, 26.74, 8.05 **2198**.

= corrected for non-standard implements by conversion tables.



Al Henry sparks many Corona del Mar championship relay teams.

Canada vs USA Cross Country

TORONTO, Canada, November 17.

Class 1A (40-44):

1. Bob Daniell (Canada) 34:24; 2. Larry Heath (USA) 35:00; 3. Hylke Vanderwahl (Canada) 35:09; 4. Harry Gregory (Canada) 36:02; 5. Chuck Austin (Canada) 36:30.

Class 1B (45-49):

1. George Milne (Canada) 36:11; 2. Bill Armstrong (Canada) 36:50; 3. Richard Kendall (USA) 37:20; 4. Bob Bowman (Canada) 37:30; 5. John Johnston (Canada) 37:59.

Class 2A (50-54):

1. Arthur Taylor (Canada) 35:37; 2. Cliff Hall (Canada) 36:32; 3. Doug Beatty (Canada) 37:55; 4. Danny Daniels (Canada) 39:17; 5. Gordon Gilmour (Canada) 39:32; 6. Olcott Brown (USA) 40:00.

Class 2B (55-59):

1. Sam Groves (Canada) 42:48; 2. Gerry Barker (Canada) 43:28; 3. Ken Richardson (Canada) 43:48; 4. John Nolan (Canada) 45:15; 5. Bill Koopman (USA) 48:56.

Class 3A (60-64):

1. Jim Stokes (Canada) 42:58; 2. Harold Greenberg (USA) 44:17; 3. Whitey Sheridan (Canada) 45:07.

Class 3B (65-69):

1. Bill Andberg (USA) 47:00.

Class 4 (70+):

1. Blain Till (Canada) 68:13.

Class OW (Women 35-39):

1. Leith Drury Piper (Canada) 42:51; 2. Cheryl Hughes (Canada) 48:42; 3. Ruthe Mark Canada) 49:26; 4. Kathleen Lyden (USA) 51:17; 5. Caroline Murray (Canada) 51:31.

Class 1W (Women 40-49):

1. Sandra Knott (USA) 40:51; 2. Pat Bessel (USA) 41:39; 3. Christine Walker (Canada) 43:02; 4. Shirley Smith (Canada) 47:58; 5. Anne Berdahl (USA) 51:24.

Class 2W (Women 50-59):

1. Judith Kazdan (Canada) 52:57; 2. Liese Lowe-Wylde (Canada) 53:28; 3. Olga Flowers (Canada) 70:33.

Brennand Tops Masters in 20 Kilo

POINT MUGU, CALIF., November 18. John Brennand, 44, of Santa Barbara, California led all Masters in the Second Annual Lasse Viren Finnish Invitational 20K run in Mugu State Park.

Called "the best race we have to offer in Southern California" by former SPA-AAU Long Distance Running Chairman John Duhig, the event is a beautiful, long-distance run on trails that cross small streams, climb some hills and meander through small valleys bordered with sycamore, cottonwood, oak and walnut trees.

"It's easy to understand," says Fred Nagelschmidt, "why the Chumash Indians made this area their home for almost 7000 years."

Race-director Eino (he is known by his first name only) "works year round to make this the best," says Duhig, "and it is. He rounds up enough sponsors to ensure travel to bring in the stars, then provides outstanding awards for all age groups."

Kirk Pfeffer, 2nd to Bill Rodgers in the New York Marathon, won the race in 59:13. Defending champion Gary Tuttle took the sub-masters (30-39) competition in 1:00:22, with Frank Shorter 2nd in the 30+ group in 1:01:12.

Brennand's winning 40+ time was 1:09:48. He was followed by Skip Shaffer, 41, of Culver City, California in 1:10:00, and Ron Daws, 42, of Minneapolis in 1:10:53.

Fred Nagelschmidt, 55, was the first 50+ in 1:17:57 with Bruce Robinson, 53, second 50+ in 1:22:56.

Lauri Binder, 32, of San Diego, won the women's submaster category in 1:17:31. Jacqueline Hansen, 30, of Topanga Canyon was 2nd in 1:23:04.

Grete Waitz of Norway, top female distance runner in the world, won the women's open division in 1:08:20, finishing 35th overall.

Masters Race Walking

by ALAN WOOD

A Master won the National 35 Kilometer Walk in Houston, December 16. John Knifton was "first" in 2:55:47, though "ineligible" Canadian Marcel Jobin did a 2:37:15. Knifton bettered his Las Vegas 25 km time inroute with a 2:06:00. Other Masters were: 4th - Ranney, 3:07:20; 9th - Stowers, 3:30:46; 10th - Mimm, 3:36:56; 12th - Johnson, 3:52:57; 13th - Medeiros, 3:53:37; 17th - Balio, 4:10:15; 18th - Bradley, 4:10:15.

Lori Maynard has submitted women's American Records to Pete Mundle for nine distances. Ann Vanderhoff of Washington holds 9 of the age 40 and 41 marks. Maynard got active at 41, and holds 17 from 41-43. Lida Askew of Texas has 14 records from ages 50-53. Mary Byers of Wisconsin has 6 for 49-50. Ernestine Yeomans of Ohio also has 6 for ages 57-60.

LETTERS TO THE EDITOR

Address letters to:
National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401

EIGHTY YEAR OLDS

I receive the *Masters Newsletter* with a great deal of enthusiasm each month and can frankly say it is much improved. I read every article in it and find it very interesting. The masters movement means so much and especially to us old retired jocks who have found the meets and competition to be the greatest thing that has come along in our generation. There is one thing I was very disappointed in was in your summarization of the "World and American 5-year Division marks for men and women." Why did you not include the 80 year olds? This left a hollow feeling within me. Please give it just a little more effort and include the 80-year-old guys. I am sure they would appreciate it.

I am thinking of Peter Goic and his 111 ft. hammer throw. Duncan McClean and his wonderful performances in the 100 M. and 200 M. Walter Westbrook with his 11-7 in the broad jump and triple jump; John Whittemore in his 85' discus effort besides many others such as Dr. Spangler in the long distances and many others throughout the world. Please give this some thought, it takes very little room for this expression to be added on to the fine job you did in publishing this classification.

Buell Crane
Twin Falls, Idaho

OUTSTANDING JOB

Enjoyed your Hannover Diary so very much. You're doing an outstanding job with the newsletter. Keep up the good work. I tore a cartilage six months ago; had surgery last week; hope to have some competition this summer.

Fred Gallardo
Los Angeles, Calif.

KEEP UP THE GOOD WORK

The Newsletter is far and away the best source of masters news that I know of. Keep up the good work.

W.J. Seldon
San Antonio, Texas

SCHEDULE

I am writing to compliment you on your excellent January 1980 issue. It is full of the information that I find most important, which is the schedule of future meets. I particularly appreciate your probable dates for late 1980 and 1981 because this enables interested masters to plan vacation trips around some of these meets.

Schedule information is second only to results in my opinion.

Tom Sturak has suggested that the track and field schedule be moved further into the summer. I concur, as there are just too many meets crowded

into a short period of time in the early summer.

Lastly, I would like to respond to a number of the letters to the editor concerning the 3rd World Games in Hannover. My wife and I thought it was a marvelous trip and disagree with the many complaints reported in your *Newsletter*. We did not find the accommodations, food, or transportation costs out of line. There were some language problems, but on the whole the meet was superbly organized and we enjoyed our two weeks in Germany.

Your *Newsletter* is vital to the masters program. I have signed up several other subscribers and will continue to support your publication.

Sportswood B. Hall
Richmond, Va

UPSET WITH A.A.U.

Anne and I are renewing our subscription to your *Newsletter*, and our membership in the AAU because we think you are doing a great job of writing and editing, and because our 1980 check to the AAU had been sent off too soon to protest the sickening behavior of this association in the matter of President Carter's and our nation's problems with Russia.

To read in the daily paper that the AAU will scoff at our president and our country's overwhelming public opinion in the matter, and send boxers, welcome track & field athletes, as if nothing had happened is shameful, arrogant, and stupid.

Your brilliantly written account of the Las Vegas meeting further reflects the caliber of mind and spirit that apparently abounds in the AAU. It is such a shame, because all of us who have participated in AAU events in the past decade of the "Masters Running Phenomenon" have enjoyed so many well run events.

But if the AAU continues to behave irresponsibly, and against the national interest, we think that we will have to resign from it, and hope that large numbers of others would, too.

Anne and Jack Noble
Los Angeles, Calif.

CERTAIN SMUGNESS

Your recent Newsletter discussed the antipathy between T&F'ers and LDR's. This surprised me, until I reflected upon that certain smugness which even novice LDR's seem to have. And now I better understand the rationale of those passing motorists who plague the LDR's. Maybe they're really closer T&F'ers, like me.

Michael Conway
Santa Monica, Calif.

Midwest Masters Regional Indoor Track & Field Meet

DATE: Sunday - March 16, 1980
PLACE: Highland Park H.S., Highland Park, Illinois
ENTRY FEE: \$5 for one or all events
AWARDS: Entry fee entitles all entrants who place, one award. Placers may purchase additional awards for \$3 each.
PLACES: Sub-masters; 30-34, 35-39, Masters; 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 + men and women.

SCHEDULE OF EVENTS - Asphalt - no spikes.

9:00am	- 60 yard Dash trials	
9:20am	- 60 yard High Hurdle Finals	
9:30am	- 60 yard Dash finals	
9:40am	- 6 mile	9:30-12:00
11:20am	- 1000 yard Run	Shot Put, LJ
12:00pm	- One Mile Prediction - <u>Open to all</u>	Concurrently
1:00pm	- 300 yard Dash	
1:20pm	- One Mile Run	1:00-2:45
1:45pm	- 600 yard Run	HJ, TJ, Pole Vault
2:10pm	- 3 Mile Run	Concurrently
2:45pm	- Surprise!	

APPLICATION

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
BIRTHDATE _____ AGE _____ PHONE _____

Make checks payable to Midwest Masters and mail to Wendell Miller, 180 N. LaSalle Suite 2207 Chicago, IL 60601 (312) 236-1315.

Circle Event: 60, 60HH, 300, 600, 1000, 1 Mile, 3 Mile, 6 Mile, Shot, HJ, LJ, TJ, PV.

OMISSION

In the January list of National LDR winners, you omit Ray Sears, who won the M70 in the 20KM.

Gene Moll
Indianapolis, Indiana

MASTERS WEIGHT STATISTICIAN

I have been participating in masters competition for four years now and I am quite interested in the marks of weight men. I am becoming more and more aware of the continued rip-off the weight men get particularly in the hammer type events.

I am a hammer thrower and I find that Mr. Geza Feld has not and apparently is not interested in compiling statistics on the hammer and weight.

I am therefore offering my services as masters statistician for the following events: 16 lb. hammer, 12 lb. hammer, 8 lb. hammer, 6 kilo hammer, 56 lb. weight, 35 lb. weight, 28 lb. weight and 25 lb. weight. I will take all marks made in competition for the year Jan. 1, 1979 - Dec. 31, 1979 for masters. Please include the following: 1. First and last name of contestant, 2. Birth date and

age at the time mark was set, 3. Place and date mark was set, 4. Meet in which the mark was set, 5. Include only your best legitimate mark in each event for the year, 6. Do not include any marks with known illegal implements (example- the 56 lb. weight used at Raleigh, N.C. May 5, 1979 was illegal and overweight).

All meet directors should list the weight implements in the field events for each age group so we will know who throws what. It varies considerably from meet to meet.

As far as the rules, I am in favor of the following: 1. In National AAU and Regional Masters meets, use the International weight implements, as used in the alternate year international competition. 2. In all other U.S. meets the weight of implements should be up to the meet director.

You are doing an excellent job so far with the *Newsletter*. Just one biased request, however, --- Please keep the material in the *Newsletter* evenly distributed, there is a tendency for you western (California) editors to overload the material with western or California data. Let's give all regions of the country fair coverage.

Dave Batchelor
Pittsburgh, Pa

Athletics Congress

by BOB FINE

This article is written in the hope that some misconceptions about the Athletic Congress will be cleared up.

The U.S. Congress mandated that the A.A.U. give up jurisdiction over all sports except one. The A.A.U. wanted to retain "Athletics" (Track and Field, Race Walking & Long Distance Running) as the sport. However, when it

came to a vote at the 1978 Convention in San Antonio, the proposal was voted down, primarily because of the swimmers who feared that Athletics would receive special consideration. The Athletic Congress was then formed to be a totally independent organization.

The AC has contracted with the A.A.U. on a national level for the A.A.U. to provide necessary support services, such as a National Headquarters, registration, secretarial facilities, etc. The A.A.U. will receive a fee from the registration fee that goes to the

national AC (\$1.50 being the total fee). It will remain for the local AC Committees to contract with the local A.A.U. Associations out of the remaining registration fee (usually \$2.50) for the cost of services provided by each local Association of the A.A.U.

At the present time A.A.U. registration forms may be used but the monies received are to go to the AC. It will not be necessary to register twice for the A.A.U. and the AC.

The AC will provide two types of insurance. The first is optional for the

registrants at \$1.25. The second is automatic and will cover not only all sanctioned AC meets but all team practice sessions for AC clubs. The insurance alone makes it worthwhile to join the AC. Last year the insurance for the Eastern Outdoor Championships came to about \$1,000.

The AC has six standing sports committees of which the Masters Athletics is one. The Masters Committee can set its own technical and administrative rules, have final authority over site selection and its budget and have representatives on all of the operating committees of the AC. Thus, the Masters can have an input in all of the programs in Athletics, including the overall budget.

The AC has broadly expanded its base of support. The athletes now have mandated representation; the overall conduct of the sport is more open and responsive to the members of the AC, there is closer communication and rapport between the various disciplines within athletics; and an intensive effort to bring all of the various elements within athletics into the Congress has been made, particularly the TFA/USA (the college based group) with a high chance of success.

If there wasn't an AAU or an AC then a similar group would have to be created. Whatever disputes the Masters have been involved in are disputes amongst ourselves. We can not blame the AAU or AC for honest differences of opinions. Our program will be as good as the people involved. The key is to get as many people as possible involved in the local, regional and national operation of the Masters Athletic Committees. There are some delegates that attend the Conventions without having done much for the program locally or having really any knowledge of what has been going on. I think that these people should be commended for attending the Convention. It is the fastest way they can begin to understand the problems in the program and for them to make contributions. It is the people that don't attend the Convention and don't make their views known throughout the year that are hurting the operation. It is essential that opinions be voiced. The participants in the program should not hesitate to communicate with the leaders in the program. Ours is the only program where the athletes and administrators are indistinguishable. The program belongs to everyone.

Certificates From Hannover

National Masters Athletics Representative Bob Fine is holding certificates from the 3rd World Championships for the following: Anderson, Billups, Boal, Demma, Braceland, Deacon, Mayer, Henry, Chapson, Madden, Boas, H. Fairbank, Hills, Godfrey, W. Fairbank, Killion, Guidet, Morales, Greenwood, Dawkins, Schuler, Stein, Smit, Jackson, Green, Brown, Seiben, Spencer, McCafrey, Noble, English, White, Diamond. If you wish, send Bob a self-addressed 9x12 envelope and he'll mail them out. (Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217)

ENTER THE 1980 F&M BANK-COLONIAL RELAYS HALF MARATHON 13.1 MILES·WILLIAMSBURG, VA. SUNDAY, APRIL 13, 1980 1 P.M.

SPONSORED BY The College of William & Mary and First & Merchants National Bank in cooperation with the City of Williamsburg, James City County, The Colonial National Historical Park Service and The Peninsula Track Club.

DIRECTED BY The William & Mary Track Team, Coaches Roy Chernock & Dave Watson.

AID STATIONS: At the 4.7, and 10 mile marks. Split times at the one mile, 5 mile and 10 mile marks.

AWARDS: Souvenir tee-shirts to all competitors. Trophies to the top five places, the first 3 woman finishers, the first 3 submasters, and the first 3 masters. Merchandise awards will also be given to the top finishers and additional awards as the entry size warrants.

COURSE LAYOUT: One small loop on the W&M campus, one large loop outside of Williamsburg, partially along the beautiful James River on scenic Colonial Parkway plus one small loop on the campus. There are several hills along the course.

ENTRY DEADLINE: All entries must be received by March 30, 1980. LATE ENTRIES WILL NOT BE ACCEPTED. ENTRY FEE: A \$5.00 entry fee must accompany the entry application and is non-refundable.

Checks payable to The Half Marathon. LODGING: Motel/hotel reservations are the individual responsibility of each contestant and should be secured as early as possible as Williamsburg's tourist season begins in March.

TELEPHONE 800-446-9244 for toll free information.

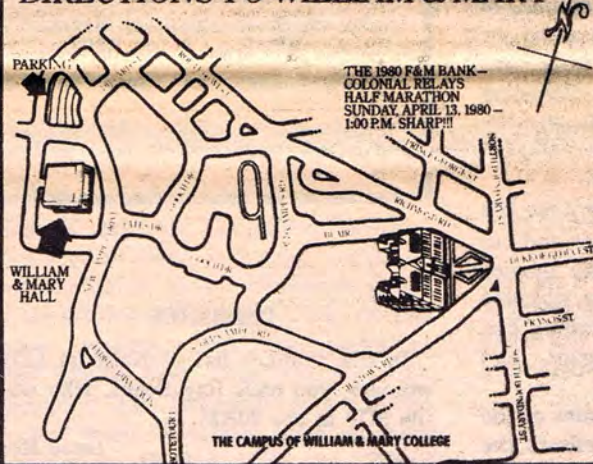
RACE HEADQUARTERS: William & Mary Hall on the W&M Campus near the Start/Finish line...PHONE-804-229-3111

RACE CHAIRMEN: Roy Chernock & Dave Watson—P.O. 399, Wmsbg., Va. 23185

CHECK-IN: Pick up race packets at Wm. & Mary Hall on the W&M Campus from 2 p.m. to 6 p.m. on Saturday April 12th or Sunday at least 30 minutes before race time at the Official table near the starting line. All competitors, with numbers pinned to shirt fronts should be at the starting line area 10 minutes before race time.

LOCKER ROOMS, SHOWERS & LAVATORY FACILITIES: All facilities will be available in Wm. & Mary Hall adjacent to the Start/Finish area.

DIRECTIONS TO WILLIAM & MARY



FROM RICHMOND AND NORTH:
Route 95 to 64 East to Route 60 East to Williamsburg. Route 60 becomes Richmond Road. Stay on Richmond Road past shopping center to Dillard Street—turn right to big parking lot.

FROM NORFOLK AND SOUTH:
Route 64 West to 2nd Williamsburg Exit—Route 132 to Lafayette Street (A&P). Turn right—continue across Richmond Road. Past shopping center and hospital—1st left after the hospital into wooded area to parking lot on left.

OFFICIAL ENTRY FORM

THE F&M BANK-COLONIAL RELAYS HALF MARATHON
13.1 Miles—Williamsburg, Virginia
SUNDAY, APRIL 13, 1980-1:00 P.M.

MAIL TO: HALF MARATHON-P.O. 399—WILLIAMSBURG, VA. 23185
DEADLINE: MARCH 30, 1980—SORRY, NO ENTRIES ACCEPTED AFTER THIS DATE OR WITHOUT MONEY AND SIGNATURE.

RUNNER'S NAME: last first
ADDRESS: street or P.O. Box city, state, zip code
AGE: DATE OF BIRTH: SEX: MALE—FEMALE (circle one)
OCCUPATION: (optional) TEE SHIRT SIZE: —S—M—L—XL
CLUB AFFILIATION:
PREVIOUS BEST TEN MILE OR MARATHON TIME: Hour Minutes Secs.

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the HALF MARATHON Committee and their representatives, successors and assigns, The F&M Bank, The City of Wmsbg., William and Mary, James City County, The Colonial National Park and The Peninsula Track Club for any and all injuries suffered by me in said event. I attest & verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a physician.

F&M

First & Merchants National Bank.

ENTRANT'S (or legal guardian's) SIGNATURE



Penn Mutual

continued from page 1

Anaerobic Sport and Health

by DR. TOM BASSLER

Penn Mutual will concentrate an advertising campaign around Masters sports programs. They'll contact indoor track meet directors immediately and sponsor Masters events within the open meets.

In addition to the efforts of Toomey and to the impact of the advertising campaign, Penn has also put up \$50,000. This \$50,000, according to early reports, was given to the AAU in Indianapolis as the price for "buying the Masters from the AAU."

Many Masters wondered at this, since they didn't know they were for sale. Or that they were "owned" by the AAU. "I feel like a 7th Avenue hooker," one said. "How much am I worth?"

There was a rumor that the \$50,000 went into the AAU building fund and would never be heard from again.

However, according to Wendell Miller, National AAU Masters Track and Field Chairman, the money will find its way to the Masters programs. Miller attended a meeting in Philadelphia January 23 with representatives of Penn, their advertising agency, and Mason Bell of the AAU.

"Half of the \$50,000," Miller said, "will go for a National Masters Administrator, yet to be determined. The other half will be given out by Bell to various Masters sports programs."

"I'm very enthusiastic about the whole idea," Toomey said, "I think the Masters can be a tremendous influence in American sports, and I'm anxious to get to work. I hope we can involve millions of people in your programs."

In addition, Penn may provide additional funds for the *National Masters Newsletter*, assist with the costs of putting on meets and races, help the National Running Data Center, etc. as the Occidental Life Insurance Company did in 1979. However, this may take time. When Toomey requested funds from Penn for the newsletter and to help sponsor a Masters indoor track and field meet in San Francisco, Penn told him they couldn't move quite so fast. They would "take it under consideration."

"Penn will order subscriptions for each of its 90-100 local offices," Toomey said. "They want to get their local people involved in the program as much as possible. It'll take a few months to get rolling into high gear, but I think Penn Mutual and the Masters will be a long-time partnership. When I competed, you had to give it up when you got to be about 35. Now, when you can't compete on an open level anymore, you can move right into the Masters events. I think it's terrific and it's going to grow."

In the January issue of *NMN* Jack Karbens of Hawaii asks if there are any physicians who support vigorous, anaerobic track and field competition. His concern is for the shrinking numbers of adults in these events while the fitness boom attracts everyone into marathon running. He credits Dr. Jack Scaff for encouraging the Honolulu marathon scene. Scaff is a cardiologist who has observed many many sportsmen enjoy their exercise for the "fun" of it while their hearts grow stronger or weaker. Some sports (aerobic, long-distance events) improve the heart, while other sports (anaerobic short events requiring great strength or speed) actually endanger the athlete. It takes an *exercising* cardiologist to make these observations; and he is quick to tell the public which types of exercise will help or hurt them.

I am a pathologist who agrees with Scaff. I have reviewed the autopsy reports on sportsmen who die in their events, and I can't help but worry about "vigorous, anaerobic track and field competition." These events require you to borrow oxygen to be competitive -- hence, the term "anaerobic" (without oxygen). This is very very dangerous if you have underlying heart disease. On the other hand, long, slow distance running, like the marathon is very safe -- and very good for you. It is certainly addicting, and I don't think anyone can combine it with another sport for long -- the time will soon be completely spent on the running.

The same issue of *NMN* carries the tragic report of the death of marathoner pilot Larry Marshall during a 10-K race. His heart disease, "calcific aortic stenosis" would make any anaerobic sport very dangerous; yet he survived several marathons. I know of several marathoners who are aware that they too have this type of heart problem. They run cautiously, following the advice of a cardiologist-coach, and they enjoy "fun runs" and social marathons. Perhaps all of us should think about that. We all could survive social marathoning; but it takes a very special type of athlete to survive "vigorous anaerobic track and field competition!"

Rose Bowl 10 Mile

PASADENA, CALIF., Dec. 22. On a gorgeous, cold morning, ideal for running, Mike Mahler took the 30-39 division of the 10-mile Rose Bowl Run in 52:51, Ray Hughes won the 40-49 class in 54:25, Tracy Brown topped the 50-59 category in 60:01 and Eddie Lewin led the 60-69 finishers in 65:10.

Pat Story won the Women's over-30 class in 59:33. Tom Bryant won overall in 48:44.

Masters Sports Association Outdoor Schedule

There will be development meets every other Wednesday night at 6:00 P.M. at Randall's Island beginning April 23rd as follows: 4/23; 5/7; 5/21; 6/4; 6/18; 7/2; 7/16; 7/30; 8/13; 8/27. We also have permits for the alternate Wednesdays if there is enough demand for holding a development meet every week. The details as to the events will be published next month. Anyone who wishes specific events or who wishes a meet every week, instead of every other week, please write to the Masters Sports Association, 11 Park Place, NYC 10007.

The Masters Sports Association Championships will be held on Sunday, May 11th.

The Metropolitan Masters Championships will be held on Sunday, June 15th.

The Masters Relay Carnival will be held on Saturday, August 16th.

Brennand Wins SPA-AAU 20 Kilo

NEWHALL, CALIF., December 15. John Brennand, 44, won the age 40-44 Southern Pacific Association AAU 20-kilometer Championships in 68:40, a 5:32-per-mile pace over an uphill-out, downhill-back course. He was 6th overall as Steve Brown, 27, won in 64:16.

Other division winners were John Botke (35-39) in 67:11; Hal Winton (45-49) in 72:56; Bill Winstanley (50-54) in 83:14; Dick Diener (55-59) in 88:01; Monty Montgomery (60+) in 89:39 (Montgomery is 73).

Yvette Tauzin topped the women's 40-49 group in 91:17; Ruby Taki was first 50+ in 98:46. Pat Story led the 30-39 class in 77:09.

Below is the entry blank for the National 30 Kilometer Championships: open men, masters men and women, invitational women's open and juniors. 11:00 a.m. Sunday, March 23, 1980. Schenectady to Albany, New York. Sponsors: Price Chopper, Athletic Attic Latham and Brooks Shoes. Trophies, medals, T-shirts, merchandise, awards buffet, free housing, age groups. There will also be a 10 Kilometer Fun Run.

Entry Blank: National 30 Kilo Championships

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Price Chopper, Athletic Attic of Latham, Hudson-Mohawk Road Runners Club, West Albany Striders, Albany YMCA, Capital Track Club, International Gazelles, East Valley Track Club, City of Schenectady, Town of Niskayuna, Town of Colonie, City and County of Albany, the National Guard, the Adirondack Association AAU, the Athletics Congress, their representatives, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race and my physical condition has been verified by a licensed medical doctor.

SIGNATURE IN FULL

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE

*Note: Current AAU Number must be on each entry or entry will be returned (see below)

Please Print

NAME AGE PHONE

STREET CITY & STATE ZIP

*AAU Number or Athletics Congress Number Room 105, 855 Central Ave., Albany, NY 12206 or call (518) 489-1603 If none, contact Adirondack Association Chairman, AAU Registration Committee.

Check Division Entered:

☐ Open

☐ Masters

☐ Junior

☐ Male

☐ Female

☐ Are You Taking Bus

☐ Yes ☐ No

T-shirt Size:

☐ Small

☐ Medium

☐ Large

☐ Extra Large

*Special Awards: Corporate Teams - Team trophy and medals for winning team. 3 member teams are required, separate entries for each member mailed together.

Send Entries To: Bill Shrader
PO Box 588
Albany, NY 12201

Enclose Entry Fee: \$4.00
Make check payable to Bill Shrader.
Your entry must be postmarked March 10, 1980. Post-dated entries \$5.00
For addition entries, entry blank may be Xeroxed

Entry Blank: 10,000 Meter Run-For-Fun

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Price Chopper, Athletic Attic of Latham, Hudson-Mohawk Road Runners Club, West Albany Striders, Albany YMCA, Capital Track Club, International Gazelles, East Valley Track Club, City of Schenectady, Town of Niskayuna, Town of Colonie, City and County of Albany, the National Guard, the Adirondack Association AAU, the Athletics Congress, their representatives, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race and my physical condition has been verified by a licensed medical doctor.

SIGNATURE IN FULL

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE

Please Print

NAME AGE PHONE

STREET CITY & STATE ZIP

Check Age and Category Below:

☐ Under 15

☐ 15-19

☐ 20-29

☐ 30-39

☐ 40-49

☐ 50-59

☐ 60 or Over

☐ Male

☐ Female

Special Categories: Separate entries for each, mailed together: to be eligible you must register by March 10, 1980.

Family Team:

☐ Mother & Daughter

☐ Mother & Son

☐ Father & Daughter

☐ Father & Son

☐ Sister & Sister

☐ Brother & Brother

☐ Brother & Sister

☐ Husband & Wife

T-shirt Size:

☐ Small

☐ Medium

☐ Large

☐ Extra Large

Send Entries To: Bill Shrader
PO Box 588
Albany, NY 12201

Enclose Entry Fee: \$3.00
Make check payable to Bill Shrader.
Your entry must be postmarked March 10, 1980. Post-dated entries \$5.00
For addition entries, entry blank may be Xeroxed

AS I SEE IT

by PHIL CONLEY

I read my first copy of the *National Masters Newsletter* and digested it between fits of laughter, horror and displeasure. I'm not at all sure the *Newsletter* or masters track, as I perceive it, is good for one's mental health.

Let me share a few of my feelings. First, the horror of the Las Vegas Athletics Congress meeting and finding a niche for the "Masters movement." The so-called "men of power" throughout all of trackdom have advanced themselves for personal ego reasons.

In my five years as a master, I have attended every National and World Track Championship, and only twice have I been able to attend procedural governing/public meetings because of conflicts in schedule with my events on the track. (Note: I am not a 10k runner or a walker.)

So there is point #1: dealing with power minded people on their home base is asking for frustration.

Point #2: No one cares about masters track except the people themselves. Remember how few people outside of relatives are in the stands? The TV crews which sometimes come for the hope of a "human interest" story don't regard it as "sports." There is very

little aesthetic appeal of a 60-year old steeplechaser doing 12:00, or a 43-year-old triple jumper doing 43', although they are great relative marks.

Point #3: Absence of personal relativity. Witness the letters column from Claude Hills and Ray Gordon. I don't know Ray but I feel very sorry for him. He had created rules in his mind which established his previous performance as great. There is nothing wrong with that, except he opened his mouth and told others about it. He and the majority of other masters' trackmen are egocentric bores. NOBODY CARES. NOBODY! It is wonderful that these people have aged less, have marshalled their resources, aided their vital medical signs, and achieved notable relative performances. It is nice that Pete and Kathy have collected and printed marks for comparison. But these marks, by way of this printing, have become larger than life in many people's minds. Very sad.

It seems to me the worst cases are those people who did not participate in track & field when young. They have not learned all the "rules" of the sport. (Or of life.)

Point #4: Let me talk on the subject of "another insurance company sponsor" and Bill Toomey. I know and admire Bill as an athlete (he even effectively

introduced me to Fran at Stanford). But I wonder why he let all this pent-up interest he suddenly demonstrates in becoming a spokesman for master's track & field to stagnate. I personally have not seen him at a track meet since 1968 except where he was a paid commentator. I don't believe he competed at all as a submaster.

Point #5: Finally, the poll on most outstanding athletes. Presumably this was taken at Las Vegas among those who attended. There were no criteria mentioned, but obviously attendance at National and World Meets weighed heavily. I can not conceive, despite my respect for the outstanding performances of Billups and Greenwood and the others, how people can fail to recognize Al Oerter's 1979 mark of 219-10 in the discus and high placing (5th) in the National AAU Open Championships with a 217-10. To downgrade it because Al chose to knock-heads with Olympians instead of buffoons at the master's meets is ridiculous. It is one of the top 10+ marks in world history and overwhelms a 1:56 800 meters. On the weekend of the World Games in Hannover, Al competed as part of the Colorado Springs Sports Festival National Open Meet. Do we, the masters, believe he should have sacrificed that expense-paid trip to pay his way to Hannover?

But, recall Al was the champ at Gothenburg, and always has been generous of his time in attending masters meets: Atlanta AAU 1978 National Championships and Bob Boal's Occidental T&F Meet in Raleigh, among

others. Moreover, he is generous in helping us mortals cope with technique and weight training questions while on the field.

Also on the poll, where was Payton Jordan's name? We, the masters movement, need the Oerters of this world. "Ignore them and they'll go 'way!" will certainly work. If I recall correctly, only U.S. masters Oerter and Larry Stuart in track and field produced marks for entry into the Open AAU's this last year. Al got a medal placing 5th. In walking, Laird, Ranney and Maynard were comparably excellent. These are absolutely herculean performances and we need to honor and attract them to our ranks.

Knerr Tops Masters in Culver City Marathon

CULVER CITY, CALIF., December 2. Second to the Boston Marathon in longevity, but not in quality, the Culver City Marathon attracted 700 runners on this crisp December morning.

Jim Knerr, 45, of Simi Valley, Calif. led all Masters in 2:39:05, 7th overall as the winner clocked a slow 2:30:06.

Southern California Report

by TOM STURAK

The 1980 Masters Track & Field Schedule incidentally reflects a significant change in the governance and administration of our sport. Public Law 95-606 (8 November 1978) mandated that each sport at that time governed by the Amateur Athletic Union (AAU) -- in this instance, Athletics (which embodies Track & Field, Long Distance Running, and Race Walking) -- be incorporated and hold its own international membership.

Thus, on 20 February 1979, the Athletics Congress of the United States of America was incorporated and -- since a formal organizational meeting at the National AAU Convention in Las Vegas, Nevada, 25 November 1979 -- has become the governing body for six disciplines (sports): Men's Track & Field, Women's Track & Field, Men's Long Distance Running, Women's Long Distance Running, Men's Race Walking, and Masters Athletics. Masters Athletics, in turn, embodies the disciplines of Track & Field (including Race Walking) and Long Distance Running for both men and women age-40 and over.

At the AAU Convention, representatives of both disciplines convened a

Masters Athletics Committee meeting. Bob Fine of New York was elected its representative to the Executive Board of the Athletics Congress USA. At this same meeting, SPA representatives Tom Sturak and Pete Mundle were appointed USA Delegates, respectively, to the World Veterans Road Running Association (IGOL) and the World Association of Veteran Athletics (WAVA/T&F).

(At separate meetings of the National Track & Field and National Long Distance Running subcommittees, SPA representatives Sturak and Mundle were elected or appointed to the following positions: T&F (Chairperson, Wendell Miller, Chicago) -- Sturak, Vice-Chairperson; Mundle, Delegate to WAVA. LDR (Chairperson, Ken Bernard, San Diego) -- Sturak, International Competition Committee; Mundle, Records Committee.)


Masters Athletics, in brief, has become autonomous and will no longer be governed by the AAU. The governing Athletics Congress USA, rather than the AAU, now holds the international franchise with the International Amateur Athletics Federation (IAAF). (We should note that in addition to Bob Fine, 3 of the 12 at-large Athletes Representatives to the Athletics Congress USA Executive Board are over 40 -- Jo Ann Grisson, Russ Hodge, Nina Kuscsik; and 4 over 30 -- Herman Atkins, Jacqueline Hansen, Don Kardong, and Jarvis Scott.)

On both the national and local levels, the AAU will continue to function but only as a service organization handling registrations and other administrative tasks and providing office facilities and staff. The Athletics Congress USA and

the local (association) Board of Athletics, if they so desire, may contract with the AAU to handle such services or they can decide to perform the duties themselves.

For the World Championships in New Zealand in January, 1981

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If you're just paging through a friend's or spouse's copy of this paper, perhaps you are wondering, exactly....

What are Masters?

by AL SHEAHEN

Every other Saturday in spring and summer, Jerry Wojcik, a 49-year-old English teacher from Granada Hills, California, becomes a track and field athlete.

He dons his running shoes and sweat suit, picks up his favorite discus, and drives a few miles to a local "Masters" track and field meet.

There he throws the discus, in competition with other men aged 45-49.

Occasionally he wins. More often he loses. But participation is what matters. To lose is to win.

Later in the day, he will try the triple jump. And maybe the 100-meter dash.

When he turns 50, Wojcik plans to compete in the 400-meter hurdles. "They lower the hurdles for the over-50's," he says. "I think it'll be fun."

At 6-0 and 170 pounds, Wojcik is not spectacularly fast or strong. Yet he is one of thousands who have adopted the hobby of competing in "Masters" track, field, long distance running and race walking events throughout the nation.

"Masters" are men and women over age 40. "Sub-Masters" are those aged 30-39.

Nearly every weekend, there is some kind of athletic competition for the over-age-30 individual...long distance runs, track meets, swimming. Masters competition is held in 5-year or 10-year age groups for both men and women (30-39, 40-49, 50-59, 60-69, and 70+).

Have you ever considered running the mile? Throwing the javelin? Long jumping? In competition with those your age? There are no qualifications needed to enter masters competition. Except to be over age 30.

Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group.

Masters competition is low-key. While everyone does his or her best, you rarely find the winning-is-the-only-thing attitude among masters. They help each other with advice, training tips, health suggestions. It is "friendship first, competition second."

The masters program includes the ex-track or long distance performer who desires the thrill of competition again, as well as the neophyte who wants to keep physically fit with the added spice of competition.

Many masters combine their vacations with trips to regional, national and international competition.

In 1979, 3126 people over age 35 -- including 438 women -- participated in the largest track and field meet in history -- the 3rd World Veterans Championships in Hannover, Germany.

In 1981, 2,500 are expected for the 4th World Veterans Games in Christchurch, New Zealand.

How did the masters program begin? In 1967, as a then-44-year-old, not-very-fit San Diego Lawyer, David Pain thought competing against 20-year-olds just didn't seem right. He organized a few mile runs for men over age 40. The idea seemed to appeal to a lot of people, so a group tried the concept in a full track meet, dividing the competitors into ten year age groups. The idea caught on.

A book of masters age-records is published each year. The book lists the world and American record for both men and women over age 35, for every event, at every age, from the 100-yard-dash through the marathon and all the field events.

Want to know the fastest 1500 meters ever run by a 57-year-old man? It's in the book. The best-ever long jump by a 43-year-old woman? It's in the book.

And the records are improving. Performances by veteran athletes have caused medical experts to take a new look at the potential capabilities of the human body. As more people enter the world of running, achievements undreamed of, 10 years ago, are realities today.

At the 3rd World Games, John Gilmour, an Australian, became the first 60-year old in history to run the equivalent of a 5-minute mile. A 50-year-old from England ran the 400 in 52.28, a time which wins most high school races and many college contests.

Ernie Billups, a 42-year-old Chicago school principal, was voted U.S. AAU Masters Men's Track & Field Athlete of the Year with a 1:56.0 in the 800 meters. A 49-year-old New Zealand woman broke one minute in the 400. A 65-year-old German long-jumped nearly 17 feet.

Two 83-year olds finished the marathon. In the 2nd World Games, Duncan MacLean of Great Britain competed in the 100 and 200 meters. At age 93.

The *National Masters Newsletter* is the bible of the sport. It's the only national publication devoted exclusively to track, field, long distance running and race walking for men and women over age 30. It contains schedules of upcoming events, results, age-records, rankings....anything important to the masters programs.

Subscriptions are available for \$10.00 a year (and the age-record book for \$3.00) by writing to the *National Masters Newsletter*, 6200 Hazeltine Avenue, Van Nuys, California 91401.

IN FOR REPAIRS

World age 55-59 pole vault gold medalist Dave Brown broke a bone in his foot while triple jumping in the Albuquerque Masters Track Meet September 2nd. He's back working out and is okay.

High jump age-record-holder Orval Gillette of Porterville, California, had hip replacement surgery and appears to be making good progress. He hopes to be able to compete again in 1980.

Twin hurdle gold medalist in Hannover Al Guidet of California City underwent knee surgery by Dr. Bob Watanabe. He appears to be making a good recovery.

Eddie Halpin was a top masters runner a few years ago and even competed, at age 59, on the Riverside College track team. His lung was removed, and the going is slow. We learn he moved to Irvine, California, to escape Riverside's smog. But he developed breathing problems. After several trips to the emergency room of the hospital for assistance, the doctors identified the problem as a fungus in his

lung. Latest report is Eddie had put on some of the weight he lost, was walking daily and able to run 10x100 in 15 seconds each.

Shot put age-record-setter Tom Montgomery, 65, suffered a heart attack and a stroke in early October. He was in intensive care for a month before returning home. Tom has a pace-maker to keep his heart-beat on schedule, and is undergoing therapy twice a week to help him regain his sense of balance to enable him to walk again. Fortunately, his speech and intellect were not impaired by the stroke. Tom would enjoy a card. His address is: 1104 W. 17th. St., Upland, CA 91786.

Pete Mundle's hamstring is improving, and he recently placed 2nd in the 40+ division in a 10k run in 34+ minutes. Mundle is 50.

Western Regional sprint champ Dick Marlin had both feet operated on. When he thought things were going smoothly after healing, he cracked a bone in the foot running repeat 220's. "By the time I could get my act together," Marlin says: "the season was over." Dick says he's healed now, turns 50 soon and hopes to return strong this year.



Nick Newton, Inglewood, California, winner of 2 silver and 2 bronze medals in 45-49 division at 3rd World Championships.

photo by Bob Pates

Masters Sports Association Indoor Development Meets

November 30:

60 Yard Dash: 1. Ron Johnson (34, NYPC) 6.8; 2. Roosevelt Weaver (42, NYM) 6.8; 3. Lloyd Riddick (45, NYM) 7.1.

1 Mile Run: 1. Ben O'Reilly (37, PP) 4:54.8; 2. Jim Aneshamsley (44, PP) 5:03.2; 3. Ron Salvio (31, SHR) 5:04.7.

440 Yard Dash: 1. Mason O'Neal (42, NYPC) 64.4; 2. Ed Small (42, NYPC) 64.6; 3. Cliff Pauling (45, NYM) 65.8.

60 Yard Dash 50+: 1. Jim Dowling (51, NYM) 7.9; 2. Maurice Lentzer (54, NYM) 8.3; 3. Leo Rothbart (65, NYM) 8.8.

600 Yard Run: 1. Glen Shane (40, NYPC) 1:20.9; 2. Ed Small (42, NYPC) 1:21.2; 3. Mason O'Neal (42, NYPC) 1:21.6.

2 Mile Run: 1. Ben O'Reilly (37, PP) 10:21; 2. Charles Kennedy (42, NYM) 10:29; 3. Ron Salvio (31, SHR) 10:36.

December 28:

60 Yard Dash - scratch: 30-39: 1. Ron Johnson (34, NYPC) 6.7; 2. Arthur Wright (33, PH.M) 6.9; 3. Ivan Black (30, NYAC) 6.9; 4. Michael DeJesus (35, NYM) 7.5; 5. Roy Pendleton (35, NYPC) 7.8. 40-49: 1. Roosevelt Weaver (42, NYM) 6.8; 2. Lloyd Riddick (45, NYM) 6.9; 3. Rick Deere (42, NYM) 7.0; 4. Richard Barnes (42, NYPC) 7.1; 5. Haig Bohigian (42, NYM) 7.2; 6. Tom Talbott (47, NYM) 8.1. 50-59: 1. Maurice Lentzer (54, NYM) 8.0. 60-69: 1. Harold Greenberg (60, SHR) 8.6. 70-79: 1. Fred D'Elia (71, NO.J) 8.9.

440 Yard Dash - scratch: 30-39: 1. Arthur Wright (33, PH.M) 54.3; 2. Greg Fabian (30, NYPC) 54.9; 3. Michael

DeJesus (35, NYM) 58.4; 4. Bill Hodge (30, WAG) 59.1; 5. Ivan Black (30, NYAC) 60.5; 6. Jim Barber (32, NYM) 65.1. 40-49 (2 sections on time): 1. Glen Shane (40, NYPC) 55.2; 2. Ed Small (41, NYPC) 55.4; 3. Lloyd Riddick (45, NYM) 56.4; 4. Cliff Pauling (45, NYM) 57.8; 5. Arthur Gaton (42, NYPC) 58.7; 6. Haig Bohigian (43, NYM) 59.9; 7. Richard Barnes (42, NYPC) 61.5; 8. Allan Silber (41, WS) 63.5. 50-59: 1. Jim Manno (59, NO.J) 64.6; 2. Eugene Kelly (52, Unat) 66.6. 60-69: 1. Harold Greenberg (60, SHR) 67.0. Women: 1. Sandy Pashkin (37, MFK) 67.2.

880 Yard Run - scratch: 30-39: 1. John Serrao (30, NO.J) 2:09.5; 2. Ron Sabio (31, SHR) 2:10.4; 3. Matt Cucchiari (34, WS) 2:11.3. 40-49: 1. Ed Small (42, NYPC) 2:09.6; 2. Charles Kennedy (42, NYM) 2:12.4; 3. Cliff Pauling (45, NYM) 2:13.4; 4. Sid Howard (40, CPTC) 2:14.6; 5. Thomas Jones (43, NO.J) 2:19.0; 6. Haig Bohigian (43, NYM) 2:22.2; 7. Lou Stern (45, PP) 2:24.1. 50-59: 1. Teddy Foy (50, MFK) 2:36.1; 2. Arthur Bradley (53, NYM) 2:39.6. Women: 1. Sandy Pashkin (37, MFK) 2:35.0.

January 2:

60 Yard Dash - scratch: 1. Ron Johnson (34, NYPC) 6.7; 2. Arthur Wright (33, PM) 6.9; 3. Rob Jackson (30, NYPC) 7.0; 4. Ivan Black (30, NYAC) 7.0; 5. Ray Alexander (35, NYM) 7.1; 6. Andre Grant (34, CNY) 7.2. 40-49: 1. Cliff Bertrand (43, NYM) 7.0; 2. Roosevelt Weaver (42, NYM) 7.1; 3. Lloyd Riddick (45, NYM) 7.2; 4. Haig Bohigian (43, NYM) 7.5; 5. Cliff Pauling (45, NYM) 7.6; 6. Tom Talbott (47, NYM) 7.8. 50-59: 1. Maurice Lentzer (54, NYM) 8.1. 60+: 1. Harold Greenberg (60, SHR) 8.7.

600 Yard Run - scratch: 30-39: 1. Ron Johnson (34, NYPC) 1:18.6; 2. Mastofa Ahmed (32, NYPC) 1:18.9; 3. Willie Overby (31, NYPC) 1:19.1; 4. Arthur Wright (33, PM) 1:20.1; 5. Matt Cucchiara (37, WS) 1:22.8; 6. Paul Jayson (33, WS) 1:26.7. 40-49: 1. Ed Small (41, NYPC) 1:20.5; 2. Mason O'Neal (41, NYPC) 1:20.9; 3. Cliff Pauling (45, NYM) 1:24.7; 4. Haig Bohigian (43, NYM) 1:27.4; 5. Joe Erskine (49, ML) 1:31.4; 6. Alan Silber (41, WS) 1:33.7; 7. Tom Talbott (47, NYM) 1:38.5. 50-59: 1. Joe Manno (59, NOJ) 1:34.2; 2. Arthur Bradley (53, NYM) 1:39.1; 3. Teddy Foy (51, MFK) 1:39.4. 60+: 1. Harold Greenberg (60, SHR) 1:36.3. Women: 1. Sandy Pashkin (37, MFK) 1:36.3.

One Mile - Age Grading: 1. Harold Greenberg (60, SHR) 5:38.2(837 points); 2. Matt Cucchiara (37, WS) 4:37.9(781); 3. Joe Erskine (49, ML) 5:12.9(775); 4. Brian Kivlin (31, WS) 4:34.3(739); 5. Arno Niemand (45, ML) 5:24.7(665); 6. Alan Silber (41, WS) 5:16.1(652).

January 5, West Point:

High Jump: 30-39: 1. Ivan Black (30, NYPC) 5-2; 2. Rob Jackson (30, NYPC) 5-0; 3. Don Pierson (32, NYM) 4-10. 40-49: 1. Haig Bohigian (43, NYM) 4-10; 2. Norm Cyprus 4-10.

Long Jump: 30-39: 1. Rob Jackson (30, NYPC) 19-1½; 2. Ivan Black (30, NYAC) 18-10; 3. Jim Barber (NYM) 15-7. 40-49: 1. Haig Bohigian (43, NYM) 17-4.

Shot Put: 30-39: 1. Jim Barber (NYM) 33-5½; 2. Don Pierson (NYM) 30-6. 40-49: 1. Goldstein 38-11; 2. Kurt Krastin 31-2; 3. Haig Bohigian (43, NYM) 29-3.

Weight Throw: 30-39: 1. Jim Barber 37-3; 2. Don Pierson 30-8. 40-49: 1. Kurt Krastin 31-3; 2. Haig Bohigian (43, NYM) 22-8.

January 9:

60 Yard Dash - scratch: 30-39: 1. Ray Alexander (35, NYM) 7.0; 2. Rob Jackson (30, NYPC) 7.0; 3. Roy Pendleton (35, NYPC) 7.2; 4. Andre Grant (34, CNY) 7.3. 40-49: 1. Roosevelt Weaver (42, NYM) 6.8; 2. Lloyd Riddick (45, NYM) 7.2; 3. Haig Bohigian (43, NYM) 7.3; 4. Tom Talbott (47, NYM) 8.5; 5. Gilman (47, Unat) 8.6. 50-59: 1. Tom Brooks (50, NYPC) 7.6; 2. Jim Dowling (52, NYM) 8.1; 3. Maurice Lentzer (54, NYM) 8.1. 60+: 1. Harold Greenberg (60, SHR) 8.7.

300 Yard Dash - scratch: 30-39: 1. Bill Overby (30, NYPC) 34.1; 2. Rob Jackson (30, NYPC) 35.9; 3. Paul Jackson (33, WS) 36.7; 4. Stan Daniels (38, Un) 37.4. 40-49: 1. Glenn Shane (40, NYPC) 35.3; 2. Mason O'Neil (41, NYPC) 35.3; 3. Ed Small (41, NYPC) 35.9; 4. Ken Baker (42, NOJ) 35.9; 5. Haig Bohigian (43, NYM) 37.2; 6. Cliff Pauling (45, NYM) 37.4. 50-59: 1. Rudy Valentine (56, NYPC) 39.4; 2. Jim Manno (59, NOJ) 40.2; 3. Eugene Kelly (52, Un) 40.4. 60+: 1. Harold Greenberg (60, SHR) 43.6. Women: 1. Sandy Pashkin (37, MFK) 42.7. **2 Mile Run - scratch:** 30-39: 1. Matt Cucchiara (37, WS) 9:53.8; 2. Ben O'Reilly (35, PP) 10:21.2; 3. Paul Fetcher (34, WS) 10:25.2; 4. William Hart (31, ML) 10:36.0; 5. Joe DeMaso (32, Un) 10:38.0; 6. Gene Garlepp (38, ML) 11:29.3. 40-49: 1. Ed Donough (40, Un) 10:39.0; 2. Alan Silber (41, WS) 10:56.8; 3. Bob Aromondo (40, Un) 11:02.8; 4. John Greenshield (44, NOJ) 11:26.3; 5. Tom Jones (43, NOJ) DNF 1 lap short. 45-49: 1. Vince Chiappetta (45, ML) 10:36.2; 2. Joe Erskine (49, ML) 10:49.7; 3. Bob Fine (48, NYM) 10:58.8; 4. Arno Niemand (45, ML) 11:06.6; 5. Tom Talbott (47, NYM) 12:03.4. 50-59: 1. Joe Kernan (50, NYM) 12:03.3; 2. Thomas Basick (52, WS) 12:53.4; 3. Art Bradley (53, NYM) 13:17.4. 60+: 1. Harold Greenberg (60, SHR) 12:04.4.

Team Code:

CYN = Club New York, NOJ = North Jersey Masters, ML = Millrose, NYM = New York Masters, NYPC = New York Pioneers, SHE = Shore Athletic Club, WS = Warren Street, CPTC = Central Park Track Club, MFK = Manhattan Flight Kin., NYAC = New York Athletic Club, PP = Prospect Park Track Club, PH.M = Philadelphia Masters Track Club.

New York Masters Sports Club Champs Saturday, March 15, 1980

West Point Field House Open to all men and women over thirty years of age
Sponsored by the New York Masters Sports Club

Divisions: 5 year divisions for men and women from 30-34 to 75-79.

Prizes: 3 awards for each event.

Fees: \$5.00 per event (necessitated by rental fees for the field house).

\$1.00 per event for post entries (we do this to discourage post entries although they will be accepted. We'd rather have pre-entries than the additional fee).

\$12.00 per relay. This fee may be paid at any time prior to the event.

Relays: Only members of the same club may compete on the relays. An athlete may go down in age. Separate prizes by ten year groupings, for both men and women (30-39, 40-49, and 50+). Teams may be declared at any time before the race.

Events and Meet Schedule:

TRACK EVENTS:

12:00 50 Yard High Hurdles
12:30 50 Yard Dash
1:00 1 Mile Run
1:45 600 Yard Dash
2:30 2 Mile Walk
3:00 1000 Yard Run
3:45 300 Yard Dash
4:30 2 Mile Run
5:10 1 Mile Relay
5:30 2 Mile Relay

FIELD EVENTS:

12:00 Shot Put
1:00 Long Jump
1:30 Weight Throw
2:30 High Jump
3:30 Pole Vault
4:00 Triple Jump

Note: Age groups may be combined and seeded sections may be used at the discretion of the meet director.

Pin spikes are permitted.

ENTRY FORM: New York Masters Sports Club Championships Indoors

Name: _____ Age: _____ Sex: _____

Address: _____ Zip: _____ Phone: _____

Club: _____ Event(s): _____

Release: I hereby waive any claim I may have against the Athletic Congress, West Point, and the New York Masters Sports Club caused by my participation in the New York Masters Sports Club Indoor Championships to be held on March 22, 1980. I certify that I am in good health.

Signature: _____ Date: _____

Make checks payable to: N.Y. Masters and mail to:
77 Prospect Place, NYC 11217

DEADLINE

Deadline for editorial material and advertising for the March issue of NMN is February 20th. Send to National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401.

and be a part of history

The Hon. Bud Jobin, Lt. Governor, Province of Manitoba
The Hon. Robert Banman, Minister of Sport
His Worship Mayor Bill Norrie, City of Winnipeg

are proud to announce
the running of the

2nd ANNUAL MANITOBA MARATHON

in aid of the Mentally Retarded

**Sunday,
June 15, 1980
Winnipeg,
Manitoba,
Canada**

Hosts for the North American
Masters Marathon Championships
and the Canadian Masters (closed)
Marathon Championships.

Take an Historic Route

Retrace the steps of the men and women of history who established Upper Fort Garry and ran the fur trade. Enjoy a scenic 26 mile route steeped in history.

Run one of the Fastest Courses

Your spirits will soar as you run along this aesthetically-pleasing course combining urban, suburban and rural roadways interspersed with miles of parklike surroundings. It may be one of the fastest courses you will ever run on; wide, flat [total elevation change 10' (el 770)] and 80% asphalt.

A Beautiful City, a Beautiful Season

Winnipeg will be in her prime during this exhilarating run; average temperature for the day of the race is 59 degrees fahrenheit, average relative humidity, 54%.

Set for a Second Success

Last year the Manitoba Marathon attracted 4,700 runners from 13 countries, 18 states and nine provinces. Chris Johansson set a new Swedish National Record and the five top male finisher runners all ran their personal bests.

**Come to Winnipeg in 1980
and be a part of history in the making!**

Race Information

Date: June 15th, 1980, 7:00 a.m.

Splits: Interval times (splits) will be provided at one and two miles then at 5 mile intervals. Large digital clocks will be used as well as amplified audio times. **LEADER BOARD** - At five mile intervals the name, place and times of the leaders will be posted on a large sign.

Eligibility: Special Divisions: cardiovascular, wheelchair, blind, etc. should request special entry form in advance.

The event is open to everyone. Youths under the age of 15 may run in a non-competitive capacity. Novices are advised to have complete medical check-ups.

Canadian Masters Championship: Any resident 40 years or older on June 15th (age 35 for females).

North American Masters Championship: Any North American Resident (including Central America, Mexico, Cuba, Puerto Rico and all other islands) 40 years or older on June 15, 1980 (35 for females).

Accommodations: All out-of-province runners will be assigned an official host who will contact the visitor directly upon request. Special rates and packages are available. Winnipeg has an international airport.

Entry Fee: \$7.00 (includes "Finisher" T-shirt)

\$4.00 (without T-shirt)

Fees are non-refundable. Make cheque or money order payable to: Manitoba Marathon.

How to Enter: Write Manitoba Marathon, P.O. Box 53, Winnipeg, Manitoba, Canada R3C 2G1. Phone (204) 452-7331.

9:00 a.m.-4:00 p.m. Central Time. Notification of acceptance will be sent within 10 days.

DEADLINE: JUNE 1, 1980.

Philadelphia Masters Track Association Indoor Champs

From PETE TAYLOR

PHILADELPHIA, PA., January 10. Fifty-eight year old "Boo" Morcom recorded the outstanding performance in this meet by pole-vaulting 13-0. George Braceland proved to be the most versatile athlete. The sixty-six year-old Braceland nailed down victories (65-69 class) in the 60 hurdles, 60 dash, 300 yards, 1 mile walk, shot put, pole vault, and long jump, and took second in the 600 yard run.

First place finishers were as follows:

60 hurdles

30-34	Ron Warrington	8.2
35-39	Bob Ayton	8.7
40-44	Jim O'Hara	8.1
45-49	Bill Clark	8.8
50-54	Frank Womer	9.9
55-59	NONE	
60-64	NONE	
65-69	George Braceland	9.9

60 dash

30-34	Art Wright	6.6
35-39	Bob Stanford	6.8
40-44	Larry Wilson	6.6
45-49	Stan Derry	7.0
50-54	Bert Lancaster	7.1
55-59	J.W. Pierson	7.9
60-64	NONE	
65-69	George Braceland	8.4
WOMEN	Anna Mapps (33)	8.2

1 Mile Walk

40-44	C.Joe Stefanowicz	7:41.6
65-69	George Braceland	9:05.1

300 Yards

30-34	Bob Whitehead	35.7
35-39	Robin Ficker	35.7
40-44	Larry Colbert	36.2
45-49	Rudy Enders	38.8
50-54	Earl Summers	40.5
55-59	J.W. Pierson	41.9
60-64	Wm Karavassily	43.3
65-69	George Braceland	47.0
WOMEN	Anna Mapps (33)	47.1

600 Yards

30-34	Art Wright	1:22.7
35-39	Dave Van Dusen	1:21.8
40-44	Larry Colbert	1:20.5
45-49	Phil McCloskey	1:37.8
50-54	Earl Summers	1:31.6
55-59	NONE	
60-64	NONE	
65-69	Casey Witkowski	1:44.1

1 Mile

30-34	John Grube	4:43.9
35-39	Reed Wiegler	5:06.3

40-44	Ed Hotham	5:08.3
45-49	George Vernosky	4:54.9
50-54	Gus Constant	5:59.0
55-59	P.E. Newell	6:00.0
60-64	Jay Sponseller	6:29.7
65-69	Sam Monastero	6:28.5

1000 Yards

30-34	Alfonso Jennings	2:31.2
35-39	Jim Flannery	2:33.8
40-44	Larry Harvey	2:39.1
45-49	Stan Brason	3:12.2
50-54	NONE	
55-59	NONE	
60-64	NONE	
65-69	Sam Monastero	3:20.4

2 Mile

30-34	John Winn	10:47.7
35-39	Bob Kirkner	11:15.2
40-44	NONE	
45-49	Walt Szmidt	10:50.8
50-54	Gus Constant	12:18.6
55-59	NONE	
60-64	NONE	
65-69	NONE	

SHOT PUT

30-34	Rich Goode	31' 7 3/4"
35-39	NONE	
40-44	Rich Deere	41' 4 1/2"
45-49	Stan Derry	33' 2 1/4"
50-54	Art Harris	30' 8"
55-59	Moon Mondschein	42' 11"
60-64	Herman Hand	36'
65-69	George Braceland	34' 6 1/2"
WOMEN	Anna Mapps (33)	24' 6"

POLE VAULT

30-34	NONE	
35-39	Bob Ayton	12' 2"
40-44	NONE	

Whittemore Snaps Marks

GLENDAL, Calif., Dec. 8-9. John Whittemore, a Santa Barbara resident, broke two national decathlon records over the weekend at the combined Masters and Senior Olympics Track and Field Decathlon at Glendale Community College. Whittemore won the 80-and-over division by totaling 851 points - a new U.S. record for his age group. His best event was the discus, which he heaved 85 feet to break yet another American mark.

He also competed in the weight pentathlon in the 80-over bracket. He set world records of 17-6 in the 16-pound shot put, 50-6 in the 16-pound hammer throw, 59-6 in the discus, 59-0 in the javelin and 16-0 in the 35-pound weight.

Whittemore also established a new world's record with a heave of 22-0 in the 12-pound shot put, which wasn't part of the pentathlon competition.

45-49	George Taylor	6' 0"
50-54	Frank Womer	8' 0"
55-59	Boo Morcom	13' 0"
60-64	NONE	
65-69	George Braceland	8' 0"

LONG JUMP

30-34	Frank Anthony	18' 1 1/2"
35-39	Bob Ayton	19' 2 1/4"
40-44	Glenn McCurdy	17' 1"
45-49	Herb Scott	16' 7 3/4"
50-54	Bert Lancaster	15' 8 1/2"
55-59	NONE	
60-64	NONE	
65-69	George Braceland	13' 6 1/2"
WOMEN	Anna Mapps (33)	14' 5"

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It's Official: Women in AAU Postal Walks

by HARRY SIITONEN

Women can now participate officially in the National AAU Postal One-Hour Race Walking Championships, conducted annually, according to unofficial reports. Heretofore, only males had been considered official entrants, although some women have walked in these on their own.

This should step up greater participation by women in our sport, as it's a national competition in which any AAU-registered athlete can participate without having to spend a fortune in travel and lodging expenses traipsing to meets in the far corners of the land. There are no qualifying times needed to enter. Just do it. The races are conducted in each AAU region, where there is demand for them. The distances covered in an hour or two hours are recorded and tabulated against similar scores from each region. First, 2nd and 3rd place winners from various age divisions -- now both men and women -- will receive appropriate medals.

760 in Central Park Season Opener

NEW YORK, N.Y., January 6. 632 men and 128 women (17% of total) competed in the Manufacturers Hanover 10-Mile-Run in partly cloudy, mid-30-degree weather.

Bill Rodgers' 1976 course record of 48:40 was unchallenged by winner Peter Squires 50:02.2. Top sub-master was Lawrence Torella, 30, 8th overall in 53:37. Top 40+ master was Art Guerra, 40, 37th in 57:37. Don Dixon, 52, led the over-50's in 59:36, good for 60th place. Wilfredo Rios took 60+ honors in 1:16:49 in 444th place.

Kathleen Horton, 31, led the women submasters in 7th place in 1:04:36. Polly Schonfeld, 40, topped all women masters in 1:11:11 in 23rd spot. Mary Rodriguez, 58, won first 50+ woman in 1:28:05 for 79th female overall. Eleanor Waite was the only over-60 woman, finishing 122nd in 1:40:52.

Profile on....

RALPH
'LEFTY'
YORK

In the heart of the Central California San Joaquin Valley, food harvester for much of the West, lies the not-so-sleepy town of Modesto.

Modesto, in proportion to its population, is a "hot-bed" of masters track and field competitors. National medal winners Ray Mahannah, Dick Marlin, Al Brenda, and Lamar Jackson call Stanislaus County their home. And in one Modesto household reside the owners of seven world track and field marks. Ralph "Lefty" York holds six of those records. His wife, Katherine, holds one.

Ralph has been throwing the hammer, discus and shot for about 50 years. Katherine got into masters competition only a year ago. Both are 66 and the sport of track and field has truly become a family affair.

Ralph has been active in athletics since his high school days in Taft, California. He had one of the best prep shot puts in the nation in 1932. He moved on to compete as a freshman at the University of Southern California,



but then was forced to quit school and go to work, following a good many of his relatives into the oil fields around Taft.

Leaving track behind, Lefty did a stint with the U.S. Coast Guard and the Taft police force before joining the California Highway Patrol and moving

north for assignments in the Modesto office. Three bullet wounds and three head injuries -- all incurred while arresting felons -- forced him to take a disability retirement. He stayed on in Modesto to raise hogs and cattle.

"About that time," he said, "I heard about the masters program. I thought I'd like it because I'd always stayed in shape by combining a little roadwork, lots of shadowboxing and raising hogs and cattle. That's pretty hard work."

Since 1975, Lefty has set three world-age-marks in the 16 lb. shot: 32-10 at 63, 31-0 3/4 at 64, and 30-9 at 65. He holds three world marks in the 12 lb. shot: 36-11 at 62, 36-1 1/2 at 64, and 34-10 1/2 at 65. He also owns two world bests in the 8 lb. shot: 44-5 at 65, and 44-5 1/2 at 66, set August 18, 1979 at the Senior Olympics in Los Angeles. That's also an American age 65-69 division record.

Although he likes to set records and win medals, "the camaraderie in the masters program is better than anything I've ever seen."

"We realize we're limited in what we can do -- Father Time takes care of that -- so we can't be serious about it. I can't wait for a new season to begin, go to the meets around the country, and see old friends. Of course, I want to win, too."

Katherine has always accompanied Lefty to his meets, but 1978 was her first taste of competition. Always a walker -- "I'd take her out to her sister's five miles away and she walks home," said York -- she finally took the plunge into race walking.

At the U.S. 1978 National Track and Field Championships in Atlanta, she walked 5000 meters in 38:41 to establish the women's age 65-69 standard.

A late-comer to sports, she said, "I'd like to be about 14 now and get in on the increased sports opportunities for women. I still feel strange competing. I don't do race walking on the street because people would say, 'Look at that crazy old woman.'" But women's competition in the masters program is increasing dramatically. Forty-four women (11% of the total) competed in the 1979 U.S. National AAU Track and Field Championships in Gresham, Oregon. 438 women (14% of the total) took part in the 3rd World Veterans Championships in Hannover, Germany.

Proud of her achievements, Katherine grinned and said, "they give us better awards than the people who can really do things." But the Yorks find time to do plenty. Both are active in the Special Olympics program, even though Lefty said: "Sometimes it's hard to keep your eyes from floodin' up." Lefty is also active in masters skill boxing. "Boxing is my real sport," he said. "I used to train boxers and I won a lot of amateur fights." Two years ago, he was named outstanding boxer in a tournament. He describes skill boxing as a lot like sparring, with points awarded for glove contact and style. "I'm better at that than track," he said.

Dwight Stones

by BOB FINE

As a member of the Board of Directors of the Athletic Congress and the A.A.U. I voted on the question of the reinstatement of Dwight Stones.

I had never had any contact with Mr. Stones prior to his appearance before our committee. I consider myself quite fortunate in this as I found him to be personally obnoxious, a liar and a hypocrite. Yet, I voted for his reinstatement (with tears in my eyes).

Dwight Stones tried to "lay it on" his prior lawyer. This is a college graduate who didn't know what he was signing and then violated what he did sign. This "sportsman" set up a dummy athletic club consisting of his mother and himself to which he turned over part of the prize money received in the Superstars. Of course his prior lawyer was not present to refute libelous remarks that Stones made. It was my impression that Stones' real reason for seeking to return the money was not his love of competition but the possibility that he could earn more money by returning to competition along the lines that Frank Shorter is now doing.

The only issue presented to the Board of Directors was reinstatement for monies improperly kept as a result of the Superstar's TV competition. Questions as to his personality, integrity,

intelligence, statements about receiving under the table payments for appearance was not the issue presented to us. The deciding factor in his reinstatement was that the two women who had also been suspended were reinstated when they returned the money and that a double standard could not be justified.

I doubt if anyone participating in the voting, based on our closed discussions, liked Mr. Stone or believed his defense. That fact that he was reinstated was a tribute to the integrity of those voting who overcame their personal feelings. Dwight Stones is in no way a martyr or a credit to athletics.

906 in Central
Park 10-Miler

NEW YORK, N.Y., December 16. 749 men, 143 women and 14 racewalkers completed the Central Park 10-mile run on a cold, overcast Sunday with temperatures in the high 30's.

Daniel Murray, 34, led the over-age-30 submaster competitors, placing second overall in 50:39 behind winning Peter Squires' 50:05. Robert Clerk, 42, was the top 40+ master, finishing 39th in 56:37.

Don Dixon, 52, led the 50+ contingent with 58:47, good for 74th place overall.

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