**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 Kidd set the National Masters Marathon Championships record in conjunction with the Annual Paul Masson Marathon. The course, due to a wrong turn, was found to be 394 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 2:31:39. Kidd clocked 2:31:08. More and Anderson next over 40 female finisher in 3:14:35. Complete details in March NMN.

Cherrie Sherrard (left) of Necting, California, and Irene Obera of Moraga, California. Photo by Bob Parks was taken at the World Championships in Gresham, Oregon.

**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 Wellingboro, 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 record at 800 meters and 1500 meters. Fritz Mueller, continued on page 2..."

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 4:08.4 set July 9, 1979 in winning the National AAU Championship in Gresham, Oregon.

Billups set the mark in one of four Masters events in the 1st 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 1000 an hour later) with Billups on his heels and the rest of the field 10 meters back. After a 2:06 800, 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 6:09.1, with Jack Knebel of the San Francisco area 3rd in 6:11.1. Much-improved Mel

**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 1980 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."
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 20km Veterans Road Championships are set for Palmerston North (New Zealand) on January 9, 1981. The 4th World Games will be held in Christchurch – on the south coast – 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.

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 events.

Three most recent records were set by John Whittemore (80), Redmond Doms (72) and Harry Hawke (56).

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

Submasters 30-39: 1. Dennis Stempel (B.R. Striders) 19.5, 5.94, 7.00, 11.31, 1.70, 55.0, 17.59, 4.09, 11.1, 5.14, 59.668; 2. Warren Wilke (Unat) 12.3, 5.27, 11.33, 1.55, 11.13, 19.1, 19.75, 4.40, 61.43, 4.63, 58.843; 3. T.J. Hocderon (Denver Track Club) 12.3, 5.37, 8.6, 1.65, 50.9, 19.8, 39.89, 1.80, 51.14, 4.54, 48.76; 4. James Ball (Better Late Than Never Track Club) 12.7, 5.08, 60.0, 6.0, 16.3, 19.25, 25.82, 2.10, 30.19, 3.52; 27.46.010; 5. Michael Barnes (San Luis Distance Club) 12.7, 2.50, 8.88, 1.50, 20.6, 15.93, 21.0, 36.72, 4.40, 3879; 6. Steve Boughton (Unat) 12.3, 6.6, 1.64, 2.6, 21.4, 17.19, 2.70, 23.75, 5.10.0999.


Masters 60-69: 1. Jim Vernon (Sons Track Club) 13.4, 1.66, 3.64, 1.25, 60.0, 35.09, 2.10, 26.18, 5.47; 2. Richard Parkinson (Unat) 13.3, 3.97, 10.34, 1.25, 67.6, 23.0, 39.43, 2.30, 41.4, 6.15.

1727: International Travel: Sections (Seniors Track Club) 13.5, 6.41, 11.43, 1.64, 60.0, 23.2, 32.34, 3.10, 36.10, 6.92; 2. Martin Legett (Austin Runners Club) 13.8, 4.49, 11.10, 1.45, 60.0, 21.04, 2.70, 40.42, 6.26; 2. Michael Barnes (San Luis Distance Club) 12.7, 2.50, 8.88, 1.50, 20.6, 15.93, 21.0, 36.72, 4.40, 3879; 6. Steve Boughton (Unat) 12.3, 6.6, 1.64, 2.6, 21.4, 17.19, 2.70, 23.75, 5.10.0999.

Masters 70-79: 1. Red Doms (C. Calif. Striders) 13.6, 9.6, 11.09, 1.05, 160.0, 23.73, 34.01, 14.22.

55: Masters 80+: 1. John Whittenore (Club West) dnf, nn, 11.07, 1.00, dnf, dnf, dnf, dnf, dnf, 2. Walter Weasbook (Unat) 19.6, 3.97, 9.20, 1.10, 2.00, dnf, 13.37, 1.17, 13.77, nt 425.

FOR MORE INFORMATION:

- Housing - university or hotel
- Transportation - Air New Zealand. Choose 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.
4809 "B" Santa Monica Avenue
San Diego, CA 92107 (714) 225-9555

Your keyway to New Zealand!
Masters 1980

Schedule

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): Masters Indoor Track Meet. Queens College, Flushing, N.Y. 9 a.m. MS-5. Contact: Matt Stein.
February 9 (Saturday): Mason Dixon Games, Louisville, Ky. Open.
February 9 (Saturday): Knights of Columbus Games, Cleveland, Ohio. Open.
February 9 (Saturday): Winnipesaukee Games, Winnipeuseau, Minn. Open.
February 10 (Sunday): Philadelphia Masters & T&F Meet. Widener College. 9:30 a.m. MS-5.
February 10 (Sunday): University of New Orleans Invitational. New Orleans, La. 9 a.m. MS-5. Contact: Chet Holloway.
February 15 (Friday): Sunkist Invitational Track & Field Meet. Los Angeles, Calif. 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, Queen College Gym, NYC. Age-grading 50-yard dash and 220. 9 a.m. L-5. Contact: Bob Fine.
February 23 (Saturday): CDM Masters T&F Development Meet. Cal State University at Domingues Hills, Carson, Calif. 10 a.m. MS-5. Contact: Tom Clayton.
February 23 (Saturday): Examiner Games, San Francisco, Calif. L-5. Contact: Bruce Springthorpe, 216 Baldwin Ave., Los Gatos, Calif. 95030.
February 24 (Sunday): Philadelphia Masters & T&F Meet. Widener College. 9:30 a.m. MS-5.
February 29 (Friday): a AUA Indoor T&F Championships, New York, N.Y..
March 1 (Saturday): 5th Annual Philadelphia Masters Indoor T&F Championships. Widener College, Chester, Pa. Schwartl Fieldhouses, 8 p.m. MS-5. No pre-entries. $4.00 per event. 176-yard tartan.
March 8 (Saturday): CDM Masters Development Meet. 10 a.m. MS-5, see above.
March 15 (Saturday): NY Masters Sports Club T&F Championships, West Point, New York. 10 a.m. MS-5. Contact: Bob Cooper.
March 15 (Saturday): TPA One-hour run championships, Odyssey, Texas. MS-5. Contact: Jack Petty, 7785 East 8th, Odessa, Texas 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. Open.
March 23 (Sunday): a National 50km Championships. 11 a.m. MO-6. Schenectady to Albany, N.Y. Contact: Bill Shadrer, P.O. Box 396, Albany, NY 12201 (518) 463-5120. Entry form in this issue.
March 23 (Sunday): a National 30km Walk, Houston, Texas.
March 29 (Saturday): USA Masters Indoor Track and Field Meet. Syracuse, N.Y. University, Noon. MS-3. Contact: Ed Stabler. Entries close March 26th. Entry form in this issue.
March 30 (Sunday): Pacific (San Francisco) AAU 50km race-walking championships in conjunction with 50km road running championships. MO-6.
April 5 (Saturday): 21st Annual National Masters 50km Road Race (206) 223-6599. Contact: Tom Clayton.
April 5 (Saturday): National 50 km Masters walk Championships, New York, N.Y.
April 6 (Sunday): 2nd Annual Northeast Masters T&F Relays, Lincoln HS, Los Angeles, Noon. MS-1. Contact: Skip Loea.
April 19 (Saturday): Southeast Masters T&F Regional Championships (tentative), Orlando, Fla. All day. MS-5. Contact: Ken Kirk.
April 20 (Saturday): San Antonio College Relays, Wainaut, Calif. All day. L-1. Contact: Hal Smith.
April 21 (Sunday): Boston Marathon.
April 23 (Wednesday): Development Meet, Randall's Island, NYC, 6 p.m. No spikes. Contact: Bob Fine.
April 27 (Friday): Drake Relays / TPA National Marathon Championships.

May 3 (Saturday): Herbert Hoover Relays, Mepos 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 7 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.
May 10 (Saturday): Southeast Masters Regional T&F Championships, Greenville, South Carolina. All day. MS-7. Contact: Ken Kirk.
May 18 (Sunday): One-hour run, Drake Stadium, Northwestern Univ., Evanston, Ill. Contact: Wendell Miller.
May 18 (Sunday): Relay to Breakers. 7.6 mile-run, San Francisco, Examiner, 110 5th St., San Francisco 94103.
May 21 (Wednesday): Development Meet, Randall's Island, NYC. 4 p.m.
May 24 (Saturday): National 10km Walk, Chicago, Ill.
May 24 & 25 (Saturday & Sunday): University of Maryland Masters T&F Meet. Tentative.
May 31-June 1 (Saturday-Sunday): California Masters Outdoor Championships, Peninsula, Calif. MS-3. Contact: Jose Treanear Rivero.
May 31 (Saturday): Pacific District Masters T&F Championships, Los Gatos HS, Los Gatos, Calif. 8 a.m. MS-3. Contact: Bruce Springthorpe, P.O. Box 1236, Los Gatos, Calif. 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 (Friday & Saturday): Canadian T&F Championships (tent.)

August 17 & 18 (Saturday & Sunday): 4th Annual Home Savings & Loan Pan American Masters and Submasters Games, UCLA, LA. Calif. All day. MS-3. Contact: Bill Smith. All day MS-3.


August 23 & 24 (Saturday & Sunday): 13th Annual World Veterans Road Championships (IGALI) Glasgow, Scotland. 10k and Marathon Men 40-64 Women 30-64. Contact: 1980 World Veteran Events, Scottish Amateur Athletic Assoc., 16 Royal Crescent, Glasgow G2 0TT Scotland.

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


September 9 (Sunday): Nike-OTC Marathon, 99 W. 10th St., Eugene, Oregon 97401.


October 6 & 7 (Saturday & Sunday): T&F and Senior Olympics Decathlon Championships, Glendale, Calif. College. All day. L-1. Contact : John Sanley.

October 14 (Sunday): National 10k Walk Championships, Miami Beach, Fla. (tentative).

October 29 & 30 (Saturday & Sunday): National Masters 5k Cross-Country Championships, Chicago, Ill. Contact: Bill Cooper.

November 29 (Saturday): Brooklyn/TFA National Masters 10k Championship.


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

December 8 (Saturday): All-Comers T&F meets, Los Angeles Athletic Association, 16 Royal Crescent, Glasgow G20 7TT Scotland.

December 14 (Sunday): Honolulu Marathon.


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


CONTACTS:

George Adams (Club West, P.O. Box E, Goleta, CA 93117; (805) 687-3532
Ken Bernard (National LDR Chairperson), 5151 Mission Gorge Rd., San Diego, CA 92120; (714) 253-5044
Irving Black. 511 Sosoya Dr., New Britain, Conn. 06053; (203) 225-2183
Walter Blumkin (8255 Whislake Blvd., Los Angeles, CA 90006; (213) 928-5524
Hal Boonen: 225 Hunter Ave., North Tarrytown, N.Y. 10591
Bob Cooper: 1475 Meadowlark Lane, Santa Barbara, CA 93106; (800) 964-2491
Bill Smith: Box 514, Wilmette, IL 60091; (312) 256-2174
Bill Stabler: 1101 Hill, Syracuse University, Syracuse, NY 13210; (315) 423-4770
Dick Straus (Regional Chairperson), 7909 Blue Lake Dr., San Diego, CA 92119; (714) 465-0223
Tom Striker (National T&F Chairperson, SPA Masters T&F Committee), Box 1602, Santa Monica, CA 90406; (213) 455-2887
Bill Cooper: 1000 S. Arabian Ave., Goleta, CA 93117; (805) 687-2603
Bob Cooper: 30 College Park, Davis, CA 95616
Shirley Davidson: 2035 Gladden Ave., Davis, CA 95616; (714) 679-1072
John Sanley: Development Meets, Randall's Island, NYC. 6 p.m.


August 9 (Saturday): 8th Annual CDM "Don Palmer Memorial" Relays, Saddleback College, Mission Viejo, CA. 8 a.m. MS-3. Contact: Dave Jackson.

August 13 (Wednesday): Development Meet, Randall's Island, NYC. 6 p.m.
"One of the problems we face as master runners," states Higdon, "is that while a lot of money goes to 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 on mid-December. Indiana -- near Chicago -- on October 4th. It will be followed by a 15-kilometer run in Atlanta, Georgia -- on November 29th, and a 30-kilometer run in Monterey, California -- near San Francisco. -- 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 TFAM/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." Reineke said: "Establishment of a Master road running series was long over-due. We hope that the Brooks Master Runs will be the start of a long relationship between Brooks Shoes and veteran athletes."

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? Ask Brooks promotion director Dean Reineke sided by author/runner Hal Higdon. Higdon, a two-masters world champion, will compete in the series.

Mueller Tops
Masters in Metro
30 Kilometer


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Brooks Shoes to Sponsor Master Runs

Running columnist Amy 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 master 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, plans 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 shoes 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 supported by Brooks promotion director Dean Reineke sided by author/runner Hal Higdon. Higdon, a two-masters world champion, will compete in the series.

Animals Runs 1-2 Overall

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There was almost a 100% increase in participation in these events from twenty teams in 1976 to thirty-eight teams this year!

The Championship Women's Division 1 was won by the Coronado team 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 new National Record in the sprint relay with a time of 18:33.50, and were averaging under 4:40 per man. On the same day, their team of Pete Richardson, Jack Knebel, Tom Catheart and Bob Wallick came close to the National Record for the 2 mile relay.

In Division 2, the NorCal 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 Cohen, Arthur Bradley and Maurice Lenzner combined to take the titles.

In the sprint relays the results were done 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.

**Sprints**

- **Corona Del Mar** 44.1
- **New York Masters** 45.11
  - L. Holdick, A. Budd, R. Weaver, J. Noon
- **Potomac Valley** 45.26
- **New York Pioneers** 45.91
  - T. Herman, A. DeFeo, R. Higgin, C. Pauling
- **New York Turf** 46.75
  - D. Porter, J. DeFeo, R. Higgin, C. Pauling
  - **San Diego T.C.** 50.1
  - S. Streich, R. Spooner, F. Haas, E. Cleats

- **California Masters**
  - **Corona Del Mar** 1:12.2
    - N. Demas, A. Henry, D. Jackson, J. Segal
  - **Potomac Valley** 1:12.2
    - R. Enther, R. Bradley, J. Dema, G. Colbert
  - **New York Masters** 1:12.72
    - L. Cuomo, M. Azeez, W. Lofflin, A. Budd
  - **San Diego T.C.** 1:14.67
    - W. Wagner, F. Haas, E. Cleats, S. Streich

- **NorCal Relay**
  - **Corona Del Mar** 2:33.7
    - J. Bradley, R. Enther, J. Dema, G. Colbert
  - **Potomac Valley** 2:38.9
  - **New York Pioneers** 2:39.0
    - M. O'Neil, R. Bross, B. Vanalston, L. Small
  - **New York Turf** 2:40.75
    - T. Herman, A. DeFeo, J. Bradley, J. Dema
  - **San Diego T.C.** 2:41.63
    - R. Cook, T. DeFeo, A. Cooklin, S. Porter
  - **San Diego Masters** 2:41.90
    - J. Gostino, A. Kennedy, K. Smith, D. Bolling

- **San Diego T.C.** 2:53.34
  - F. Richardson, J. Kohel, T. Catheart, S. Vleck

- **Brenda Tops**
  - **Masters in 20 Kilo**
    - **TORONTO, Canada, November 17**
      - **Class A (60-49)**
        - 1. U.D. (Canada) 34:34; 2. Larry Heath (USA) 35:00; 3. Hyke Vanderwalt (Canada) 35:09; 4. Harry Gregory (Canada) 36:62; 5. Chuck Austin (Canada) 36:90.
      - **Class B (60-64)**
      - **Class C**
      - **Class D (65-69)**
      - **Class E (70+)**

- **Turner**
  - **Al Henry sparks many Corona del Mar championship relay teams.**

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**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 5347 points.

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

**Results:**

- Entry open in weights below are: discus, shot, javelin, hammer, weight throw:

  - *# corrected for non-standard implements by conversion tables.

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**Brennand Tops Masters in 20 Kilo**

POINt MUGU, CALIF., November 18. John Brennand, 46, of Sagita, Barbara, won the National Masters All Mind 20K网约 at the National Masters All Mind 20K网约 at the Annual Los Angeles Vires Athlete Invitational 20K run in Mugu State Park.

Brennand, a native of Chicago, is looking for another 20K in Southern California by former SPA-AAU Long Distance Running Chairman John Dahlgren, 47, the event is a beautiful, long-distance run on trails that cross small streams, climb some hills and meander through small valleys bordered with swanows, colourns, oak and walnut trees.

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

Brennand's winning 40+ time was 1:29:45. He was followed by Skip Shaffer, 41, Culver City, California in 1:31:00, and Ron Davies, 42, of Minneapolis in 1:31:53.

Fred Nagerschmidt, 55, was the first 50+ in 1:34:58 with Bruce Robinson, 53, second 50+ in 1:22:56.

Laurel Witzel of Big Bear, won the women's submaster category in 1:31:37. Jacqueline Hansen, 30, of Topanga Canyon was 2nd in 1:23:03.

Grete Waitz of Norway, top female distance runner in the world, won the women's open division in 1:08:20, finishing 5th overall.

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**Race Walking**

by ALAN WOOD


Lori NAYD despair submitted women's American Records to Pete Munde for nine distances. Ann Vanderhoff of Washington holds 9 of the age 40 and 41 marks. Knebel got average at 41, and holds 17 from 41-43. Lisa Askew of Texas has 14 records from ages 50-58. Mary Byers of Indiana listed 11 from ages 50-58. Ernestine Veenman of Ohio also has 6 for ages 57-60.
OUTSTANDING JOB
Enjoyed your Hanover Diary so very much. You're doing an outstanding job with the newsletter. Keep up the good work. I was a cartilage six months ago; had surgery last week; hope to have some competition this summer.
Fred Galindo
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 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 aid our nation's problems with Russia.
To read in the daily paper that the AAU will collect at our president and our country's overwhelming public opinion and in the matter, and send boxes, 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 are 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 spat between T&Fers 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 tongue-tied motorists who plague the LDR’s. Maybe they’re really close T&Fers, like me.
Michael Conroy
Santa Monica, Calif.

OMISSION
In the January list of National LDR winners, you omit Ray Sears, who won the M70 in the 20KM.
Gene Mall
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 rise 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 26 lb. weight. I will take all marks that come to me 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 slight request, however… Please keep the material in the Newsletter event 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 jurisdiction over sports except one. The A.A.U. wanted to retain "Athletics" (Track and Field, Bocce 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 A.A.U. 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.A. 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.A.

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 meets, but also any preliminary practice sessions for AC clubs. The insurance alone makes it worthwhile to join the AC. A.A.U. will receive the Eastern Road Championships to about $1,000.

The AC has six standing sports committees: Football, Men's Athletics, Women's Athletics, Junior Olympics, Masters Athletics, track.

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 a mandate: 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 A.A.U. or an AC then a similar group would have to be created. Whatever directions the Masters have been involved in are disputes amongst ourselves. We can not blame the A.A.U. or AC for honest differences of opinion. 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 first step 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 opinion and ideas of all the participants in the program should not hesitate to communicate with the leaders in the program. Our program is one where the athletes and administrators are indispensable. The program belongs to everyone.

Certificates From Hanover

National Masters Athletes Representitive Bob Fine is holding certificates from the 3rd World Championships for the following: Anderson, Bilups, Boaz, Dema, Branch, Desen, Mayer, Henry, Chapon, Benson, Boaz, L. Fairbank, Hilly, Godfrey, W. Fairbank, Killian, Guilet, Models, Greenwood, Dryden, Simon, Stein, Smith, Jackson, Green, Brown, Selben, Spencer, McAl- frey, Noble, English, White, Diamond.

If you wish, send Bob a self-addressed 9x12 envelope and he'll mail them out. (Bob Fine, A.F.U. Track Team, Coach's Room, Central High School, New York, N.Y. 11217)
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 AAI in Indianapolis as the price for “buying the Masters from the AAI.”

Masters wondered at this, since they didn’t know they were for sale. Or that they were “owned” by the AAI. “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 AAI building fund and would never be heard from again.

However, according to Wendell Miller, National AAI Masters Track and Field Chairman, the money isn’t 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 AAI.

“Half of the $50,000,” Miller said, “will go for a National Masters Administrators, yet 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 indoctrination and field meet, 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. I’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. It’s terrific and it’s going to grow.”

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**An aerobic sport and health**

**by DR. TOM BASSELER**

In the January issue of NMM Jack Karbon of Hawaii asks if there are any physicians who support vigorous, anaerobic track and field competitions. His concern is for the shrinking numbers of adults in these events while the fitness boom attracts everyone into marathons running. He credits Dr. Jack Seagull for encouraging the Honolulu marathon scene. Seagull is a coach who has observed many many sportsmen enjoy the 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 Seagull. I’ve 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 adding, and I don’t think anyone can combine it with another sport for long time the will soon be completely spent on the running.

The same issue of NMM carries the tragic report of the death of marathoner pilot Larry Marshall during a 10-K race. His heart disease “calculated aerobic stress” would make any anaerobic sport very dangerous, yet he survived several marathons. I know of several marathons 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 this. We all could survive social marathoning, and it takes a very special type of athlete to survive “vigorous anaerobic track and field competition.”

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**Masters Sports Association Outdoor Schedule**

There will be development programs every Wednesday night at 6:00 P.M. at Randall’s Island beginning April 20th and as follows: 4/23; 5/7; 5/21; 6/4; 6/18; 7/1; 7/15; 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 to 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 Championship will be held on Sunday, June 15th.

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

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**Entry Blank: National 30 Kilometer Championships**

In consideration of your accepting this entry, I, the undersigned, intending to legally bind, whereby, for myself, my heirs, executors, administrators, personal representatives and assigns, agree to: 1) the rules of the 1980 Open 30K held on Randall’s Island, 2) any other events held in conjunction with the Open 30K held on Randall’s Island, 3) the cancellation of any or all events for any cause.

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

To considerate of your accepting this entry, I, the undersigned, intending to legally bind, whereby, for myself, my heirs, executors, administrators, personal representatives and assigns, agree to: 1) the rules of the 1980 10,000 Meter Run held at Randall’s Island, 2) any other events held in conjunction with the 10,000 Meter Run at Randall’s Island, 3) the cancellation of any or all events for any cause.

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**Rose Bowl 10 Mile**


Pat Story won the Women’s over 30 class in 59:50. Trims Bryant won overall in 50:44.

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**Brennand Wins SPA-AAA 20 Kilo**

NEWHALL, CALIF., December 15. John Brennand, 44, won the age 44-49 Southern Pacific Association AAA 20-Kilometer Championships in 68:40, a 5:52-per-mile pace over an uphill-downhill back course. He was 6th overall as well as Steve Brown, 37, won in 64:16.

Other division winners were John Bolte (35-39) in 67:41; Hal Winton (45-49) in 72:26; Bill Watson (50-59) in 80:14; Dick Dieren (55-59) in 88:01; Mostly Montgomery (60+) in 99:39 (Monggomery is 73).

Yvette Tausin topped the women’s 40-49 group in 11:17. Ruby Taki was first 50-59 in 1:06:46. Pat Story led the 30-39 class in 1:07:59.

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**Below is the entry blank for the National 30 KIometer Championships: open men, masters men and women, invitational women’s open and juniors. 7:00 a.m. Sunday, March 23, 1980. Schenectady, New York. Sponsors: Price Chopper Athletic Attic LaThank and Brooks Shoes. Trophies, medals, t-shirts, merchandise, award banquet, free housing, age groups. There will also be a 10 Kilo Fun Run.**

**Entry Blank: National 30 KIometer Championships**

In consideration of your accepting this entry, I, the undersigned, intending to legally bind, whereby, for myself, my heirs, executors, administrators, personal representatives and assigns, agree to: 1) the rules of the 1980 National 30K held on Randall’s Island, 2) any other events held in conjunction with the National 30K held on Randall’s Island, 3) the cancellation of any or all events for any cause.
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. Pubic Law 96-806 (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, when 20 February 1978, 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 1978 - has become the governing body for six disciplines (sport): 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, Long Distance Running, and Long Distance Walking.

Masters Athletics Committee meeting. Bob Fice 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 Delegate, respectively, to 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); Walking, Vice-Chairperson, Mundle; Delegate to WAVA, LDR (Chairperson, Ken Berz, 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 Athletics Representatives to the Athletics Congress USA Executive Board are over 40 - Jo Ann Grissom, Russ Hodge, Nina Kuseck; and 4 over 50 - Herman Atkins, Jacqueline Hansen, Don Kar- ding, 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 off-site facilities. 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

We again offer:
• UNBEATABLE airfares with confirmed seats via Air New Zealand
• GUARANTEED accommodations in both Christchurch and Palmerston North
• POST COMPETITION fly/drive options ... and more
• ENTRY FORMS

Call Diana Schneider
(212) 541-9650
at SIMONE TRAVEL BUREAU
200 West 57th Street
New York, New York 10019
What are Masters?

by AL SIEHAN

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, packs 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.

Wojcik plans to compete in the 400-meter hurdles.

“They lower the hurdles for the over-50s,” he says. “I think it’ll be fun.” At 50 and 170 pounds, Wojcik is not spectaculularly fast or strong. Yet he is one of thousands who have adopted the hobby of competing in “Masters” track and 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 individuals—long distance runs, track meets, swimming. Masters competition is held in 5-year or 10-year age groups for both men and women (30-34, 35-39, 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 field’s and women’s age group.

Masters competition is low-key. While every other decade does its 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, and the neophyte who wants to keep his heart art 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, at a then-age-44, 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.


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 52.58, 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 1:56.9 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 68-year-olds finished the marathon. In the 2nd World Games, Duncan MacLean of Great Britain competed in the 100 and 200 meters. At age 63.

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—all 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, 6300 Hamilton Avenue, Van Nuys, California 91401.

IN FOR REPAIRS

World age 55-59 pole vault world 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 world-record holder Oral 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 world medalist in Hannover, Al Guidset of California City underwent knee surgery by Dr. Bob Watanabe. He appears to be making a good recovery.

Edie 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 Martin 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,” Martin says: “the season was over,” Dick says he’s healed now, turns 50 soon and hopes to return strong this year.
New York Masters Sports Club Championships
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
Pizes: $5.00 per event for 1st place, $2.50 for 2nd, $1.25 for 3rd
Fees: $5.00 per event (nonrefundable)
Relays: Only members of the same club may compete on the relay.
Note: Age groups may be combined and seeded sections may be used at the discretion of the meet director.
Pin spikes are permitted.

EVENT FORM: New York Masters Sports Club Championships

Name: 
Address: 
City: 
State: 
Zip: 
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 Championships to be held on March 22, 1980, and 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 JOMT is February 20th. Send to National Masters Newsletter, 6200 Eastbluff Ave., Van Nuys, CA 91411.

Masters Sports Association Indoor Development Meets

November 30:
60 Yard Dash: 1. Ron Johnson (NYM) 6.8; 2. Roosevelt Weaver (NYM) 6.8; 3. Lloyd Riddick (NYM) 7.1.
1 Mile Run: 1. Ben O'Reilly (NYM) 4:34.8; 2. Jim Azzahmades (NYM) 5:00.2; 3. Ron Salsito (NYM) 5:04.7.
440 Yard Dash: 1. Mason O'Neal (NYM) 64.4; 2. Ed Small (NYM) 64.6; 3. Cliff Pauling (NYM) 65.8.

600 Yard Run: 1. Glen Shone (NYP) 1:39.9; 2. Ed Small (NYT) 1:42.1; 3. Mason O'Neal (NYP) 1:42.6.

December 26:
60 Yard Dash 50+: 1. Ron Johnson (NYC) 6.8; 2. Ed Small (NYT) 6.9; 3. Lloyd Riddick (NYM) 7.1.
5:30 2: 1. Haig Boghigian (NYM) 59.9; 2. Richard Barnes (NYC) 61.5; 3. Alasstyne (NYE) 63.5.
6:30 1: 1. Haig Boghigian (NYC) 59.9; 2. Eugene Kelly (NYM) 60.6; 3. Harold Greenberg (NYM) 60.9.

January 20:
1 Mile Run: 1. Ben O'Reilly (NYM) 4:34.8; 2. Roosevelt Weaver (NYM) 4:34.9; 3. Ed Small (NYT) 4:39.6.

February 10:
1 Mile Run: 1. Ben O'Reilly (NYM) 4:34.8; 2. Roosevelt Weaver (NYM) 4:34.9; 3. Ed Small (NYT) 4:39.6.
5:30 2: 1. Haig Boghigian (NYM) 59.9; 2. Richard Barnes (NYC) 61.5; 3. Alasstyne (NYE) 63.5.
6:30 1: 1. Haig Boghigian (NYC) 59.9; 2. Eugene Kelly (NYM) 60.6; 3. Harold Greenberg (NYM) 60.9.

January 5, West Point:
High Jump: 30-39: 1. Ivan Black (NYC) 6.5; 2. Rob Jackson (NYM) 6.5; 3. Ron Salsito (NYM) 6.4.


January 6:
60 Yard Dash - scratch: 30-39: 1. Ray Alexander (NYM) 7.0; 2. Rob Jackson (NYM) 7.0; 3. Ray Pen- dency (NYM) 7.3; 4. Andre Grunt (NYC) 7.3; 5. Roosevelt Weaver (NYM) 6.8; 2. Lloyd Riddick (NYM) 7.5; 3. Haig Boghigian (NYM) 7.5; 4. Ron Tom (NYM) 8.5; 5. Gilman (NYM) 8.6; 6.50: 1. Harold Greenberg (NYM) 8.7.

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

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Divisions: 5 year divisions for men and women from 30-34 to 75-79
Pizes: $5.00 per event for 1st place, $2.50 for 2nd, $1.25 for 3rd
Fees: $5.00 per event (nonrefundable)
Relays: Only members of the same club may compete on the relay.
An athlete may go down in separate prizes by ten years, 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 Hurdles
1:30 300 Yard Dash
3:30 1000 Yard Run

FIELD EVENTS:

12:00 Shot Put
1:30 Weight Throw
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

Name: 
Age: 
Sex: 
Address: 
City: 
State: 
Zip: 
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

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Deadline for editorial material and advertising for the March issue of JOMT is February 20th. Send to National Masters Newsletter, 6200 Eastbluff Ave., Van Nuys, CA 91411.

Team Code:
CFPC = Central Park Track Cl
MFK = Manchester Field Kings
NYAC = New York Athletic Club, P = Prospect Park Track Club, PHL = Philadelphia Masters Track Club.
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.

The Hon. Robert Bariman,
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.

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 finishers 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 (split) 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: 204-452-2931.
9:00 a.m. – 4:00 p.m. C.E.S. 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-vaunting 136. George Braceland proved to be the most versatile athlete. The sixty-six year-old Braceland nailed down victories (62-69 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 Bresson 7.0
50-54 Bert Lancaster 7.1
55-59 J.W. Pieerson 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 Pickler 35.7
40-44 Larry Colbert 36.2
45-49 Rudy Enders 38.8
50-54 Earl Summers 40.5
55-59 J.W. Pieerson 41.9
60-64 Wa Karaisalii 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 Duren 1:21.8
40-44 Larry Colbert 1:20.5
45-49 Phil McCloud 1:37.2
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 Crabbe 4:43.9
35-39 Reid Nielson 5:06.3

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**Whittemore Snaps Marks**

GLENDALE, Calif., Dec. 8. John Whittemore, a Santa Barbara resident, broke two national decathlon records over the weekend at the combined Masters and Senior Olympics Track and Field Meet held 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 beat yet another American mark. He also competed in the weight pentathlon in the 80-over bracket. He set world records of 174-6 in the 16-pound hammer throw, 50-6 in the discus, 59-0 in the javelin and 16-8 in the 30-pound weight.

Whittemore also established a new world’s record with a heave of 220-0 in the 16-pound shot put, which wasn’t part of the pentathlon competition.

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**It’s Official:**  
**Women in AAU**

Postal Walks  
**harry sittonen**

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.

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**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 60:40 was unchallenged by winner Peter Squires 56:32. Top sub-master was Lawrence Torrelli, 50, 8th overall in 50:37. Top 40+ master was Art Guerra, 40, 57th in 57:37. Don Dixon, 52, led the over 50’s in 59:36, good for 60th place. Wilfredo Rio took 60+ honors in 1:16:49 in 444th place.

Kathleen Horton, 81, led the women submasters in 7th place in 1:04:36. Polly Schonfeld, 80, topped all women masters in 1:11:11 in 2nd spot. Mary Rodriguez, 59, won first 50+ woman in 1:28:05 for 79th female overall. Eleanor Waite was the only over 60 woman, finishing 112nd in 1:40:32.
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-steepy town of Modesto.

Modesto, in proportion to its population, is a “hotbed” of masters track and field competitors. National medal winners Ray Mahannah, Dick Marlin, Al Breeda, 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 cattile.

“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 10 lb. shot: 32-10 at 63, 31-0 at 64, and 30-9 at 65. He holds three world marks in the 12 lb. shot: 36-11 at 62, 36-11 1/2 at 64, 34-10 1/4 at 65. He also owns two world bests in the 8 lb. shot: 44-6 at 65, and 44-5 1/2 at 66, set August 4, 1979 at the Senior Olymics 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 really are limited in what we can do — Father Time takes care of that — so we can’t be serious about it. We 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 1979 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. 1979 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 (14% 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.

Profound 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 floating up.” Lefty is also active in masters 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 reinstallation 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. 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 athletes.

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 third in 50+ masters, finishing 38th in 56:37.

Don Dixon, 52, led the 50+ contingent with 56:47, good for 4th place overall.

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