HIGHLIGHTS

- Special Supplement on 4th World Games
- Men’s and women’s world 5-year T&F age marks
- Conway, Kiddy win National 15KM
- Mueller, Stabler Win National 30KM
- Reports from Canada, Australia, Britain, New Zealand
- Stabler, Anderson, Storey, Hess set marks
- 1980 Masters Schedule
- Age-Record Books Now Available
- Davisson, Hume set World Marks

New Site

The 1980 U.S. National Masters Track and Field Championships have been switched from Charleston, West Virginia to Philadelphia’s Franklin Field. The date remains July 4-6. An entry form will be published in the June newsletter.

Dan Conway, left, and David Hambly battle for lead in U.S. Masters 15KM. Conway won with Hambly second.  photo by Athletic Feats

Davission, Hume Set World Marks in National Indoor Champs

SYRACUSE, N.Y., March 29. Shirley Davission and Ian Hume set new world age-division records as 400 athletes took part in the National Masters Indoor Track and Field Championships at the University of Syracuse.

Glen Shane and Wesley Ward established new American marks.

Davission, from Victorville, California, turned 50 on February 28 and promptly broke the age 50-54 world long jump standard of 20-3/4 with a leap of 20-8 1/2 to win the event by 3 feet. The old mark was set by Richmond Mercon of Philadelphia, who softened the blow of losing his world standard by winning 3 events of his own in the meet.

Davission also holds the world mark in the 45-49 age category of 21-11, set in 1972. His jump is also a new American Masters (40+) indoor record.

Ian Hume journeyed from Canada to pick up a new world record in the 65-69 high jump at 4-10 1/2, breaking the world mark of 4-10 set in the 1979 World Games by Britain’s Richard Rafferty.

Glen Shane smashed the American Masters indoor record in the 600, beating a tough field in 1:16.7. Shane had set the old mark of 1:19.0 in the New York Masters Sports Club meet March 15.

Wesley Ward high jumped 4-4 in the 70-74 competition to top the old U.S. mark of 4-2, held by Homer Van Gelder.

Entrants came from throughout the country for the annual event which was generally successful, even though too long for one day.

"The meet should be extended to two days," admitted meet director Ed

continued on page 4.

Anderson, Storey, Hess set Marks

Conway, Kiddy Win National 15KM

SEATTLE, WA, March 29. Newcomer to national masters competition, Dan Conway felt his trip from Chetek, Wisconsin was well worth it when he ran away from a field of 147 runners to win the U.S.A. Masters 15K Road Championships in 48:46.4.

Conway took the lead from Snohomish Track Club’s David Hambly at around the 10K mark just north of Seward Park on scenic Lake Washington, and drew out to a 21-second win.

Another surprise, even to his well-known fellow Californians just behind him, was Sal Vasquez, 40, from Alameda. Vasquez finished 3rd overall, just ahead of John Brennam and Ray Hughes.

Sandra Kiddy of Palm Springs took the women’s title in 58:03, beating Seattle Track Club’s Judy Groombridge. Kiddy thus added the 15K title to her national masters marathon and 25K titles which she won earlier this year.

Unlike the “youngsters” just mentioned, most older division winners were local runners. Derek Mahaffey, 45, a Snohomish Track Club runner from suburban Bellevue, finished 10th overall in 1:20:00, more than 3¼ minutes ahead of 2nd place. Also of STC was Howard Miller, 55, 2nd place in 1:27:30, nearly 3 minutes in front of his competition.

continued on page 16.

Working Copy

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

$1.00
SANDRA KIDDY
Palm Springs, California

No rankings were prepared by the NRDC. However, the U.S. All-time Masters Women's 50K mark is held by one Sandra Kiddy, 8:37.06, set April 24, 1979.

ONLY THREE ATTEMPTS

I attended the National Indoor Championships in Syracuse and thoroughly enjoyed myself. But I have a complaint, shared by many field event participants. We had only 3 attempts in the long jump (where I placed 4th as a submaster). We were divided into two 6-man flights, and the first flight took all 3 jumps and were done. Then the second flight, knowing they had to do, took their jumps. Four of us were over 21, and a final or at least 4th jump would have really made the experience worthwhile traveling hundreds of miles. Getting it together for a supreme effort is real tough in 3 attempts. Many of us felt disappointed. To me, national championships should mean QUALITY. I recommend either 3 trials and 3 final attempts, or 4 jumps (2 jumps for each flight, then two more).

LARRY LONG
Pittsburgh, Pennsylvania

1980 AAU National One Hour Run

The Snohomish Track Club of the Pacific Northwest Association of the AAU will host the 1980 National AAU One Hour Run Junior, Senior, and Master's Championships for both men and women. This meet is held on a postal basis. Any AAU-sanctioned race held between January 1, 1980 and August 31, 1980 qualifies for inclusion in the combined National Meet. The individual results and team entries of your local section must be received by September 22, 1980 in order to be included in the National results. In order to help us complete the tabulation by November 1, 1980, you are encouraged to send your results as soon as your section is run.

The entry fee is $2.00 per runner and must accompany your entry. Entries should be mailed to:
Al Huff
Snohomish Track Club
18127 - 1st Ave. N.W.
Seattle, WA 98117
Phone: 206-542-2900
**EAST**

May 7 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.


May 21 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.

May 24 (Saturday): Olympic Trials Marathon Buffalo, N.Y.

June 1 (Sunday): New Jersey Masters 10KM, Cedar Grove Reservoir 10 a.m.

June 4 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.

June 15 (Sunday): Metropolitan Masters T&F Championships, Randall's Island, NYC.

June 18 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.

July 2 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.


July 4-6 (Friday-Sunday): USA Masters and Submasters T&F and Pentathlon Championships, Philadelphia, PA.


July 16 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.

July 30 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.

August 13 (Wednesday): Development T&F Meet, Randall's Island, NYC, 6 p.m.

August 16 (Saturday): Development T&F Meet, Randall's Island, NYC, 6 p.m.

September 14 (Sunday): National Masters Marathon Championship, Cleveland State Univ., Cleveland, Ohio. Contact: Roni Starnoni (216) 862-3573.


September 21 (Sunday): National 10KM Walk, Chicago, Ill.


October 11 (Sunday): Midwest Masters T&F Championships, North Western University, Evanston, Illinois.

October 4 (Friday): Chicago 20KM Distance Classic. Contact: Wendell Miller.

August 24 (Saturday): Midwest Masters & Submasters Weightman's Pentathlon Championship and Weight Throw, U. of Illinois at Chicago Circle, 9 a.m. Entry form in this issue.

August 31 (Saturday): Midwest Masters 20KM Championships. Lake Bluff, Ill.

December 16 (Saturday): Masters 5KM Walk Championships, NECA, Goleta, CA.

December 20 (Sunday): Midwest Masters 30KM Championships, Lake Bluff, Ill.

**SOUTH**

May 10 (Saturday): Southern T&F/USA Masters T & F Championships, Greenville, S. Carolina. Contact: Ken Kirk, 3860 Stonewall Terrace, Atlanta, GA 30339.

May 17 (Saturday): Mid-Masters 20KM Championships, Washington, D.C.


**MIDWEST**

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


November: Canada/USA Cross Country Dual Meet, Buffalo, N.Y.

**ROCKY MOUNTAIN**

May 31-June 1 (Sunday-Sunday): Denver TC Deacathlon, Aurora Central High School. Contact: Jim Weed, (303) 341-2380.

June 7: All-Comers T&F Meets, same as above.

June 21: All-Comers T&F Meets, same as above.

June 22-29 (Saturday-Sunday): Western Regional Masters Championships, San Diego State University.

**WEST**

May 10 (Saturday): 10th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, Calif.


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

May 31-June 1 (Sunday-Sunday): 1990 Hawaii Masters T&F Championships, including 3KM, 10KM and Decathlon.

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

June 7 (Saturday): Southern Pacific District Masters T&F Championships, Cal State University, Northridge, Calif. 4 p.m. Contact: Tom Sturak (213) 394-0034.

November 16 (Saturday): National 10KM Walk Championships, Longmont, Colorado.

November 17 (Friday): Masters 5KM Cross-Country Championships, Seattle, Washington.


December 6-7 (Saturday & Sunday): TFA and Senior Olympics Decathlon Championships, Glendale, Calif. College.

December 13 (Saturday): Weightman Pentathlon Championships, Glendale, Calif. College.

December 14 (Saturday): Honolulu Marathon.

December 14 (Saturday): National 50 Mile Track Championships, Santa Monica, Calif.

**POSTAL & OUTSIDE U.S.**

May 31-June 1 (Saturday): North American Masters T&F Championships, Mexico City. Entry form is in this issue.

continued on page 4....
Fast Half-Marathon For Davies


Two of the South's top masters—Seminole Jim Ewing and Larry Fussell—battled in the Natural Light New Orleans half-marathon. Ewing prevailed, 1:00:46 to 1:11:57.

Stu O'Connor won the masters 20K in Washington DC in a fast 1:07:53.

Report From The National Running Data Center

Four NRDC books, new and improved, will be available over the next few months. These books will contain new features and statistical analyses. They will also be bigger because of increased running participation. Costs, relative to the material included, will be no higher. The books, in order of release, are:

Certified Road Running Courses lists the 830 road running courses certified by the National Standards Committee through early February, 1980. The location, date of measurement, and type of course are shown. Runners must meet certified courses to be assured that the distance they run is accurate, and have their performances recognized as national and age records. A run on a certified course is necessary to qualify for a performance for national ranking. The book includes suggestions to runners to assure that their race will qualify for ranking. The 800 courses listed is up from the 437 in last year's book.

U.S. Distance Rankings is a listing of the top men, top women, and age groups for all age groups for all standard long distance events. There are similar listings for all-time and for the year 1979. The all-time listings are in a first-time compilation in this book. Runners must meet certified courses to qualify for ranking, and a listing of the races included in the rankings is a part of the book. Performances on point-to-point courses are included and indexed in this book.

U.S. Marathoners is the largest listing of U.S. runners ever made. It ranks over 100,000 individual marathon finishers. Every marathon performance in 1979 on an official course that was reported to the NRDC is included. Since the vast majority of marathon finishers are on certified courses, the majority of marathoners will find their performances ranked in this book. Rankings are both on a national basis and according to age. The book contains a wealth of summary tables, providing hours of interesting reading for the marathon buff.

All of the books are available from NRDC Books, 1025 10th St. S.W., Washington, D.C. 20009, at the following prices, plus 75 cents per book shipping: Certified Courses $1.95, Age Records $3.95, Ranking List $4.95, and Marathoners $4.95. The Certified Courses book is available now. Age Records and Rankings will be available in April and Marathoners in June.

LATE FLASH!

John Gilmore of Perth, Australia, who set four world records in the 3rd World Veteran's Championships in 1979, is still at it. In the Australian Veteran's Championships in Adelaide April 6, he broke his own 800 meter world mark for men 60-64 of 2:19.13 by a full second to 2:18.2. He then broke his 5000 record of 16:54.9 with a 16:50.5. Details of the Australian meet next month.

There were no 50+ women's teams entered, but the Seattle Track Club captured the 60-69 title in 1:31:43 (3 runners) followed by Northern Ca. Seniors in 1:35:45 and Seattle TC (B) in 4:05:46.

from Carol Langebahk

RESULTS

Men 40-44:
1. Dan Conway (41) 46:46.4
2. Dave Hamby (40) 46:46
3. Sal Vasquez (40) 49:23
4. John Brennand (44) 49:53
5. Ray Hughes 56:32

Men 45-49:
1. Derek Mahaffey (45) 52:00
2. James Haight (45) 55:48
3. Keith Baker (45) 56:40
4. Jim Gaskely (47) 57:06
5. Robert Hunt (49) 57:22

Men 50-54:
1. Howard Miller (53) 57:38
2. George Lundin (50) 1:00:17
3. Robert Philips (54) 1:00:35
4. Jack Herring 1:01:10

Men 55-59:
1. Anders Jacobsen (55) 1:05:02
2. Norman Clark (55) 1:09:23
3. Paul Smith (55) 1:05:06

Men 60-64:
1. Frank Gray (60) 1:09:41
2. Victor Harkoff (60) 1:06:47
3. Lynn Brown (61) 1:07:41

Men 65-69:
1. Jerry Satterlee (65) 1:13:27
2. Eugene Hess (68) 1:20:57
3. Herbert Miller (68) 1:21:97

Men 70+:
1. Norman Bright (70) 1:22:37

Women 40-44:
1. Sandra Kidd (43) 59:65
2. Judy Grubinger (42) 1:00:23
3. Anne Vanderhoff (42) 1:00:35

Women 45-49:
1. Marsha Marie (46) 1:04:11
2. Ruth Clark (45) 1:06:48
3. Sue Boreham (49) 1:06:22

Women 50-54:
1. Nola Bruhn (50) 1:10:12
2. Nola Brunn (50) 1:11:09
3. Tami Mituse (50) 1:22:27

Norm Bright, winner of 70+ Division of 1980 National Masters 15KM Run in Seattle.
MOVING?

National Masters Newsletter is mailed third class bulk rate and is not<br>forwardable. When you move please let us know at least 3 weeks in advance.

---

Mueller, Stabler, Cullen Win National 30KM

ALBANY, N.Y., March 23. Fritz Mueller led the Masters men and Mary Cullen the Women in the National Masters 30.3-kilometer championships today, run as part of the 7th annual Albany-to-Schenectady Choppathon.


Led by Mueller, the Central Park Track Club won the men's 40-44 team title. The Potomac Valley Seniors won the 50+ crown.

RESULTS

Men 40-44

1. F. Mueller 1:40:57
2. K. Mueller 1:42:37
3. D. Wilkes 1:46:50

Men 45-49

1. B. Brock 1:50:13
2. J. Sullivan 1:51:57
3. J. Johnston 1:52:53

Men 50-54

1. F. Stabler 1:41:39
2. H. Chisholm 1:47:24

Men 55-59

1. D. McWilliams 2:07:92
2. R. Rogan 2:09:39
3. C. Iocedano 2:13:11

Men 60-64

1. R. Shatzberg 2:11:48
2. H. Greenberg 2:18:18
3. R. Williams 2:21:07

Men 65-69

1. R. Boal 2:18:56
2. B. Braithwaite 2:25:22

Men 70+: 2:35:42

Women 40-44

1. M. Cullen 2:19:26
2. H. Bartiee 2:11:54
3. W. Mark 2:22:04

Women 45-49

1. P. Heaton 2:17:18
2. M. Deckert 2:20:18
3. A. Stockman 2:28:21

Women 50-54

1. T. d'Ella 2:14:17

Team Results: (40+)

1. Central Park TC 2:40:57
2. F. Mueller 2:40:57
3. L. Duque 2:46:55
4. S. Howard 2:46:56

Total 2:56:52

2. Boston AA 2:45:27
3. K. Mueller 2:45:27
4. R. Pickering 2:45:27
5. W. Schew 2:56:45

Total 3:02:39

3. Capital TC 2:17:11
4. D. Wilkes 2:17:11
5. A. Urgharit 2:18:31

continued on next page....
110 Masters Compete
In Sacramento Relays

by Bob Roemer

SACRAMENTO, April 5. Rain prevented any dazzling performances during morning competition, but it cleared out by noon permitting the first SAC Relays to go into the record book as an unqualified success.

It was the meet’s maiden run as a fully integrated collegiate-masters track and field meet.

Masters and submasters fielded teams in all seven standard relay races and put eight teams on the track for the finale—a mixed-age, mixed-sex, handicap, medley relay.

Among world class marks were a javelin throw of 180 feet, 11 inches by Spencer Letcher, 48, Berkeley, and a 4 foot 6 inch high jump by 65-year-old Jim McCarlhcy of Sacramento.

The meet made this an international meet, Jan Versteeg of Vancouver, B.C., took two first prizes back to Canada. Competing in the 50-59 category, Versteeg won the hammer (192-7) and the shot (38-10).

The Southern California Striders and West Valley Track Club waged some exciting battles in the relays. The classic, perhaps, was the sprint medley, won by Hilliard Summer’s Striders in 3:36.0 to West Valley’s 3:34.6.

A pair of 40-49 sprinters topped all comers in the 100 meters. Lewis Smith of Los Angeles and Bill Knocke of Sacramento were clocked 1-9 in 11.5, a tenth of a second ahead of Clarence Corbin’s submaster time and three tenths faster than the winner in the college-open class.

And, that wild windup relay race: Carmine’s Cannons won it 421 (net 4:11, with 10-second handicap based on total ages), Captain Ken Carnine, 72, led off with a 52-second 220, Ed Mahany, 49, ran the 330 leg in 2:30, Bob Roemer, 54, legged the second 220 in 20 and Mike Akeley, 65, anchored with a 54-second 440.

10,000 METER
Mens 40-49:
1. Fred Forsburg 33:23.3
2. Roger Scott 33:53
3. Dick Herbs 34:12.5

Mens 40-49:
1. Wayne Meyer 36:33
2. Ken Schiawso 37:01
3. Bill Beckwh 37:28

HIGH JUMP
Mens 40-49:
1. Dick Letchkes 1:71.5
2. Mike Destafano 1:68
3. Don Rose 1:63

Discus
Mens 40-49:
1. Jim McCarthy 1:37

Sprint Medley
Mens 40-49:
1. Bill Henderson 44:18
2. Bill Wooten 33:58
3. Jerry Ebert 33:50

Sprint Medley
Mens 40-49:
1. Spencer Letcher 33:20
2. Ray Fitzhugh 27:23

continued on page 16

Davies Wins British Veterans Cross-Country Championships

from WJ Morgan


Four hundred and 37 women finished, the women running 3 miles.

D. Lawson was the last 45+ finisher in 30:34, while G. Rhodes led the 50+ runners in 32:19.

Times were remarkably fast by any standard.

RESULTS
Mens 40-49:
1. T. Davies (Aldershot) 29:21
2. M. Turner (Liverpool H.) 29:33
3. S. James (N.V.A.C.) 29:42
4. J. O’Briens (Brigden YMCA) 29:50
5. H. Kelly (E. Chesire) 29:55

Mens 45-49:
1. D. Lawson (Bingley) 30:34
2. Casely (Ealing H.) 31:09
3. J. Oliver (Cambridge) 31:15
4. M. Harrat (Ealing & S) 31:24
5. M. Morrell (Wirral) 31:54

Mens 50-54:
1. G. Rhodes (Newcastle) 32:19
2. E. Kirkup (Rotherham) 32:40
3. C. Simpson (Small Heath) 32:48
4. R. Franklin (T.V.H.) 33:12
5. S. Charlton (T.V.H.) 33:24

Mens 55-59:
1. N. Ashcroft (N.V.A.C.) 38:07
2. D. Bithy (Cambridge & C) 38:49
3. J. Slicein (MacClesfield) 39:27

Mens 60-64:
1. E. Whitehead (Lauriston) 39:57
2. E. Wallace (Warrilow) 40:31
3. W. Tyler (R. Kent) 41:10

Mens 70+:
1. C. Cooper (Dartford) 1:19
2. C. Cook (Stafford) 1:19

Womens 35-39:
1. B. Casley (Mitcham) 17:55
2. B. Robinson (Bury) 18:00
3. J. Kimber (Medway) 18:15

Womens 40-44:
1. H. Ryder (Cambridge) 19:47
2. B. Smith (Ruttering) 20:41
3. W. Macerfield (Hallamshire) 21:57

Over 30 Team Results:
1. Thames Valley 39
2. Small Heath 43
3. Liverpool 43
4. Clayton Le Moors 87
5. Cambridge H. 87
6. East Chesire H. 93

Womens Team Results:
1. Cambridge H. 49
2. Towbridge A.C. 55
3. Hallamshire H. 73
4. Halesowen A. & C.C. 98
5. Carlton Forum 99

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Total
5:29:14
Total
5:48:52
Total
6:26:29
Total
2:30:13
Total
7:24:52

1. T. Davies (Aldershot)
2. M. Turner (Liverpool H.)
3. S. James (N.V.A.C.)
4. J. O’Briens (Brigden YMCA)
5. H. Kelly (E. Chesire)
U.S. National Masters Newsletter

Special 9-page supplement on:

1981 WORLD VETERAN’S ATHLETIC GAMES
and
ROAD RACE CHAMPIONSHIPS IN NEW ZEALAND

8 MONTHS TO GO:

COUNTDOWN TO
NEW ZEALAND

by Al Sheahen

Pete Mundle and I flew to New Zealand March 20 as the guests of Air New Zealand to visit the facilities in Christchurch where the 4th World Veteran Athletic Games will be held in January, 1981.

We received superb treatment in the first-class section on the 27-hour, delayed, DC-10 flight with stops in Honolulu, Fiji and Auckland. (The return flights took only 16 hours)

You gain 4 hours as you fly west. When it’s 8 p.m. in Los Angeles, it’s 4 p.m. in New Zealand. But you also lose a day as you cross the international date line just west of Hawaii. So we left on Wednesday and arrived on what was Thursday in Los Angeles but Friday in New Zealand.

Friday, March 21 was spent continuing the trip and seeing the sights of Christchurch. Seventy miles north of Christchurch is Palmerston North, site of the 14th World Veteran’s Road Racing championships.

The main city in New Zealand’s spectacular South Island is Christchurch. Seventy miles north of Wellington is Palmerston North, site of the 14th World Veteran’s Road Racing championships.

The country is 1000 miles long and 156 miles wide at its widest point. It ranges from 34 to 47 degrees south latitude. It’s composed of two separate islands, separated by a ferry-boat ride across the Cook Straits.

Auckland is the largest city in New Zealand—850,000 people—and is located on the North Island. Christchurch is the 2nd largest city—360,000—located on the South Island at 44 degrees latitude, the same as Eugene, Oregon or Portland, Maine.

The two cities are about an hour’s flight away, about the same as Los Angeles and San Francisco. In between is the capitol, Wellington, almost as big as Christchurch. Seventy miles north of Wellington is Palmerston North, site of the 14th World Veteran’s Road Racing championships.

John MacDonald, President of 1981 World Veteran’s Games

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.

The jumps and the javelin and concrete surfaces for the weight events. Just outside the stadium a 400 meter grass track will be laid out on a soccer field. This track will be used for some of the five and ten kilometer races and some of the heats of the shorter running events. This will be the case if the expected number of entrants is 3000. If continued on page 8...
Robinson and MacDonals Star in New Zealand Championships

CHRISTCHURCH, New Zealand, March 29-30. Roger Robinson and the MacDonals brothers ran to outstanding triumphs in the New Zealand Veterans Track and Field Championships this weekend at Queen Elizabeth II Park.

"A splendid double," the Christchurch Press headlined Robinson's wins in the 5000 and 10,000 meter runs in the age 40-44 competition. Robinson clocked 15:10:5 and 35:40:10, respectively.

"I took it fairly quietly in the 10,000," Robinson said. "I had to work fairly hard in the 5000 and it was very hot out there today."

John MacDonals, gold medalist in the 10,000 at the 3rd World Veterans Championships in Hannover, Germany in 1979, won the 5000 in an exceptional 15:30:3 and the 10,000 in 33:15:4 in the 45-49 division.

His twin brother Jim won the 800 in 2:06:8 and the 1500 in a sensational 4:00:9, only 2.8 seconds off the world record set by Piet Majoor of Holland in Gothenburg in 1977.

Jim also won the 3000 steeplechase in 10:07, and took 2nd to his brother in the 5000 in 15:36:5. It was one of the few times the brothers have ever faced each other in competition. Usually, John runs the longer distances while Jim opts for the shorter events.

World medallists Judy Chandler and Derek Turnbull easily won their events, Chandler taking the women's 60-44 400, 800 and 1500, while Turnbull won the men's 50-54 400 in 2:10:8, 1500 in 4:21:7 and 5000 in 16:32:2. Arthur Grayburn threw the javelin 46.60, (159-7) farther than anyone else in any age category, to win his 50-54 competition.

The gold medal winner in the six milers at the 1950 Commonwealth Games, Harold Nelson, won the 55-59 steeplechase in 13:09.

The 1954 Commonwealth Games representative, Jim Daly won the 800 and 1500 in the 55-59 grade. Former rugby star Bruce McPhail won the 40-44 100 in 11:37, 200 in 24:26 and 400 in 54:52, and won the high jump and long jump.

Outlook for World Games continued from page 7

as few as 2000 enter (which is more likely) then all events will be staged in the main stadium. Women and men will share the same venues i.e. the women will not be shunted off to some isolated stadium.

There will be an electronic scoreboard and an electronic photo timer will be used to record the times. Also a computer linkup will be incorporated which will speed up the result summaries.

The marathon, cross country races and the walks will start near or in the stadium and will follow a flat and wide route through the area. And in fact it is very possible for the spectators to watch the stadium events and the above events outside the stadium at the same time from the top seats of the stadium (a very nice feature). The stadium has a covered area which holds 7000 people and includes an olympic size swimming pool, squash courts, and small restaurant and small changing room with showers.

The implement heights and weights will be the same as those at Hannover which unfortunately means that the very unpopular hurdle spacing for the 110 meter hurdles for the over 50 races will be the non-standard shorter distance. It was decided to change the event schedule from past world games. As before all 10,000 meter races will be run on the first day of competition and the 5000 meters on the last two competition days. Each of the other events will spread out over all the days depending on the division. An event such as the 1500 meters will not be run on the same day for all divisions. Division 1 might run it on the second day and division 2B on the last day. This might play havoc with anyone's itinerary. The Alps and the forests below with their lakes on the South Island contain some of the most breathtakingly beautiful places in the world. We hope to share this with you come January 1981. 

Countdown to New Zealand

Championships, which will be held January 8-4, a few days before the Christchurch Games get under way.

We were met in Auckland by Bill Davies, the energetic, promotion-minded group tour manager of Air New Zealand. Davies was one of the driving forces behind New Zealand's winning the 1981 Games.

There are two airline terminals in Auckland, one for international flights and one for domestic. So when you land in Auckland, you'll take a 5 minute bus ride over to the other terminal for the flight to Palmerston North or Christchurch.

New Zealand has a population of 3 million, even though it's about the same size as California, which has 23 million. It has 60 million sheep. The Pacific Ocean is on the east. The Tasman Sea is on the west. Across that and to the north is Australia. To the south are the snow and ice of Anarctica.

The first impression of the country is that it is very green and very flat. To the west of Christchurch is the lush, green, flat Canterbury plain. But farther west is the majestic, 13,000 foot Mount Cook. On the west coast are five major glaciers which move up to 18" a day.

Christchurch covers as much area as the San Fernando Valley, which houses over a million people. The tallest building, by law, is the downtown cathedral, which rises about 12 stories high. Physically, the city is very spread continued from page 7

continued on next page......
Countdown to New Zealand continued from page 8

We were the house guests of the very gracious John and Gillian MacDonald. John is a former 10,000 meter champion in the 45-49 division. He is President of the 1981 World Games, and a well-known aerial photography at the University of Canterbury. There are a hundred details of in a book like this, but MacDonald has overlooked few, if any.

The annual New Zealand Veterans Athletics Championships were being held in Christchurch March 29-30 at Queen Elizabeth II Park, the site of the 1981 World Games.

It is an outstanding facility. The track is bouncy and fast. A 50' by 26' electronic scoreboard flashes running time, entrants and results.

Officiating at the New Zealand Championships was excellent. Results were typed and mimeographed as the week was in progress, and complete results were given to each competitor at the end of the week.

No medals were given. "They're too expensive and everybody's got too much to win than in an American national championship. It had the flavor of a local 10K run. There were no losers. Those who finished up the track seemed to be enjoying themselves and were rightfully not embarrassed. A 10-year-old, with wisdom beyond his years, best expressed the mature and compassionate nature of the New Zealander: "Doing your best. as you enjoying yourself are what matters."

The amusing at the meet could have been better. The most amusing introduction to the week was given. No announcements were made as to which race was in progress. No contestants were given any on the running of a single race or field event. Even when an announcement was made, it was usually impossible to hear clearly.

"Something's been wrong with the P.A. system ever since they built this place," complained one veteran. "You can hear better when the stands are filled."

MacDonald promised a team of competent announcers--including bilingualists--for the World Games.

The games will be organized and staged by an all-volunteer crew of veteran New Zealand athletes. They're dedicated to the sport and will work long and hard to make the games a success. Ross Ferguson, for example, is selling his business to work virtually full-time on lining up sponsors for the event.

Participants will pay $6 for results to be mailed after the games. The program will be included in the entry fee of $15 for the first event, $5 for each additional event entered, and $10 for membership in the New Zealand Masters Track and Field Association. The banquet cost might be a little as $10.

In order to complete the program, events will run under floodlight during the late evening hours as necessary.

A series of evening seminars will feature 1) running training with speakers such as Arthur Lydiard, Arch Jelley and other notable New Zealand trainers; 2) field event training; 3) sports medicine; 4) sports administration.

The legendary Percy Snell will compete as a veteran for the first time in the games. Snell has been studying and teaching at the University of California at Los Angeles for several years, and agreed to make his veteran's debut at the games. His presence, plus that of Gordon Pirie and other former Commonwealth champions, guarantees tremendous interest in the Championships by local citizens and media.

Being a smaller town, Christchurch will treat the Games as a major event, unlike the big cities of Toronto, Gothenburg and Hannover. Mayor Hamish Hay has promised the full support of the city.

Problems, however, will arise.

The heights and distances of the hurdles will be the same as in Hannover. Male competitors will stride 29 feet between hurdles, not 30 feet as normal. When asked why such standards were being used after all the complaints in Germany, MacDonald said: "That's what the World Veteran's Committee told us to use. It's too late to change now."

Competitors from South Africa will not be permitted to compete in the World Games as a team. They will probably be allowed to compete as individuals if no reference is made to South Africa on their jerseys, in the program, on the scoreboard or in the results. Club uniforms, rather than national jerseys, may be urged on all competitors.

"We might ask athlete, to parade in the opening ceremony in age-groups, rather than in nation-group," said Victorian. Davies said.

A few athletes complained to us didn't know what was happening with arrangements. "I'd like to help out," said one Wellington veteran, "but the Christchurch people are running things and they don't tell me anything."

Judy Chandler won 3 events in New Zealand Championships

"There are a lot of personal rivalries here," admitted a Christchurch runner. "And all participants, were given a beautiful souvenir. In fact, MacDonald said they'll cost the committee $8 each."

"MacDonald said, "We wanted to come back to Christchurch, 45" in Auckland and 108" in the mountains. This compares to 12" a year in Los Angeles, 24" in Indianapolis, Seattle and New York City."

Rain falls an average or 110 days a year in Christchurch, 173 days in Auckland and 194 days in the mountains. By comparison, it falls an average of 34 days a year in Los Angeles, 121 days in New York City and 159 in Seattle.

The Shell Travel Guide says: "Feb.

uary, March and April are the most pleasant months of the year. In Christchurch, which is landlocked, weather swings in behind the hot northwest, temperatures may drop 30-degrees in a matter of hours."

"Day to day weather," according to the Guide, "is dictated by anticyclones moving eastward across the country, the low pressure and roughs between them bringing strong winds and unsettled weather. The mountains are responsible for the diversion which sends nor-westers blowing down upon the Christchurch area. New Zealand's situation makes settled weather, at any time of the year impossible to predict."

In Auckland, the weather was unusual by U.S. standards. The sun would be shining, and out of nowhere would come a driving, 20 or 30 minute rain. Then the sun would come out again. Then another downpour. And so on.

Depending on which table you read, the average Christchurch summer temperature is either 62 or 68 degrees Fahrenheit. The World Atlas classifies New Zealand weather as "warm summer, cold winter," the same designation as England, Canada, Germany, Sweden and the Oregon-Washington area. The rest of the United States, by contrast, is labeled "hot summer, cold winter."

One can understand why New Zeal

and runs many world class distance runners but few top sprinters.

PEOPLE, PRICES AND CUSTOMS.

Christchurch is a small town by American standards. People are soft-spoken and friendly, much like the British. To an American, the accent sounds British, but really isn't.

People go out of their way to help you. Many locals are planning to open their homes to visiting athletes in January for rooms, dinner and conversa-

Economic problems in New Zealand are similar to the United States.

The exchange rate is about one U.S. dollar to one New Zealand dollar. Coffee is 50 cents. A McDonald's hamburger is $1.00. A typical dinner at a good restaurant is $9.50.

The city is low-key, clean and relaxed. The center of the city is a mile-and-a-half square area. There is no subway or streetcars, and not much traffic. A good way to get around by bicycle. Surrounding the center of town is a green belt with parks. Throughout

continued on page 11
COMPETE IN NEW ZEALAND

INTERNATIONAL ASSOCIATION OF VETERAN DISTANCE RUNNERS
14th WORLD ROAD RACE CHAMPIONSHIP 10k & 25k
PALMERSTON NORTH JANUARY 3-4, 1981

WORLD ASSOCIATION OF VETERAN ATHLETES
4th TRACK & FIELD CHAMPIONSHIPS
CHRISTCHURCH JANUARY 7-14, 1981

Your Keyway to Kiwi Land is now available through the US Masters' 1st travel agent.

Sports Travel International
4869 Santa Monica Ave.
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1-714-225-9555
Countdown to New Zealand continued from page 9

the city are individual sections, each with its own shopping center and identity, much like London or Los Angeles, albeit on a smaller scale. Beyond the inner core are the suburban areas, where people live in pleasant, single-level homes which sell for a third of what they'd cost in Southern California.

The physical layout of the stores is identical to America. The displays in the supermarket and department stores are carbon copies of Chicago and Omaha. It's sometimes hard to believe you're in a foreign country. The language is the same, the prices are the same, the layout is the same. Only the left-side-of-the-street driving reminds you that you're not in Wooster, Ohio or Eugene, Oregon.

The police force is national, not local. Like in England and Denmark, they don't carry guns. Only in an extreme emergency is an armed squad called in. When they stop a car, police don't approach it. The driver must get out first.

There are two kinds of restaurants: licensed and unlicensed. A licensed restaurant can sell you alcoholic beverges. An unlicensed one cannot. Coffee is served after the meal, not during or before, unless you ask.

New Zealand is basically an agricultural country. Beet and potato society, much like the American Midwest. Steaks dominate the menus. Surprisingly, you don't see much lamb.

The country's prosperity has been won through sheer and often spectacular agricultural efficiency. New Zealand's farmers, at such gret a distance from their markets, can't afford to be other than low-cost, highly-mechanized producers.

"We use every bit of the sheep," says sheep farmer and veteran runner Derek Tavabull. "The wool, the skin, the liver, the brains, the meat."

Efficiency extends beyond farming. "We can sell concrete mixers to the American market," says manufacturer Lane Abel, "because we produce them better and cheaper, even with the shipping costs."

Salaries are substantially lower, even though prices are the same as in the U.S. One high school principal makes $10,000; a secretary earns $700; a mid-level businessman earns $18,000.

Car sales are the same as an American neighborhood grocery store. It's open 7 days a week, but not too late at night. Alcohol is open after midnight. The language is English, with variactions. "Footling" is walking. "Getout" is an excuse. "When will you ticket?" means when will you buy your ticket. "White or black?" means do you want cream in your coffee. In a news story, Mrs. Jones is "Miss" or "Mrs." Jones. never just "Jones." Women's lib seems years behind America.

Joggers are everywhere in New Zealand. You'll be very much at home if you'd like to see the city on the run. For information on the 10K Round-the-Bays run in Auckland in March.

Everything but the restaurants, tourist attractions and diets shut down, we're told, over the summer holidays from December 29 to January 16. New Zealanders, like Europeans, get a 4-week summer holiday.

New Zealanders are strong environmentalists. The air and water are clean and they want to keep it that way. There are no nuclear plants and not likely to be any. To conserve gasoline, drivers must give up driving one day a week. Each picks a day.

For warmth, New Zealand makes good sweaters out of its own wool. It has almost completely changed to the metric system. There's a $30 fine for not wearing seat belts. There's no sex education in the schools. There are few screens, but many mosquitoes and fleas. We're still scratching from the bites.

Bags aren't supplied by the supermarkets. You take your own bag, or they wrap it in old newspapers. In fact, you don't throw away your newspapers, or take them to the recycling center. You take them to the supermarket.

Unions are strong. Nearly everyone belongs to a trade union, including clerical and bank workers, unlike America where only 25% of workers belong.

Drivers are courteous. No one blows their horn. Parking is cheap. Men often wear Bermuda shorts to work. Social services are comparable to Europe. There is no poverty, no ssid rows.

There are two TV channels, both owned by the government, operating from noon to midnight. Old American TV shows and movies are the usual evening staples. News coverage is bland. This conversation and reading take the place of TV.

There are 30 daily newspapers to feed the reading appetite. The best do a better job of covering international news than most American papers.

In a way, New Zealanders are a paradox. They're avid travelers concerned with world events. Yet many are provincial. There seem to be two factions. One favors promoting tourist business and opening up the country to more population and investment. Some are even lobbying for legalized gambling to encourage tourism. Abel says the future is bright and unlimited.

Yet a second faction is trying to keep things just as they are. Many don't seem interested in tourists. Foreigners, with a few exceptions, aren't allowed to purchase land. The Labor party vows to confiscate all foreign land ownership when it returns to power. When I won the 400-meter hurdles in the track meet, I wasn't awarded first place because I was a foreigner. If you're over 45, you can't move to New Zealand. When we went to visit the Auckland museum on Friday, it was "closed for the Easter holidays."

We were supposed to fly back to Los Angeles from Auckland April 2, but our reservations got mixed up. We waited at the airport for 7 hours but couldn't get on either of two planes.

We weren't alone. "Hundreds stranded at airport," headlined the New Zealand Express on page one. It seems the airliners had oversold their flights. Many with confirmed reservations couldn't get on. "A group of ten Americans was treated appallingly," the paper reported.

continued on page 14...
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WORLD AGE GROUP BESTS as of March 20, 1980

Compiled by Peter Munsie
Simone Travel Bureau

is pleased to offer
Super Saver Air Fares, Car Rentals and Accommodations Exclusively for Participants and Friends Visiting New Zealand for the
FOURTH WORLD VETERANS CHAMPIONSHIPS
to be held January 7-15, 1981 - Track & Field - Christchurch and
14th ANNUAL WORLD CHAMPIONSHIPS IN ROAD RACING
to be held January 3-4, 1981 - 10km and 25km - Palmerston North

TO CHRISTCHURCH we have a Group Flight on Air New Zealand.
Los Angeles/Christchurch
January 4
Christchurch/Los Angeles
your choice of January 17 or 24

round trip fare ... $1,062 + $3

We have reserved space at the very fine Noahs Hotel, downtown in the heart of Christchurch, only minutes from the stadium.
January 4-17, 1981
TWIN ... $371 per person, sharing room
SINGLE SUPPLEMENT ... $74
Includes round trip transfers, porterage, service and tax.

TO PALMERSTON NORTH we have a Group Flight on Air New Zealand.
Los Angeles/Palmerston North
December 29
Palmerston North/Los Angeles
January 6 (or you may combine this with a stay in Christchurch for the Track and Field Events and return on January 17 for a slight additional charge)

Round trip fare ... $991 + $3

We have reserved rooms at the Riverhead Hotel, Palmerston North.
December 31, 1980 - January 6, 1981
TWIN ... $152 per person, sharing room
SINGLE SUPPLEMENT ... $44
Includes round trip transfers, porterage, service and tax.

You may combine your stay at Palmerston North for the Road Racing (Riverhead Hotel - Dec. 31, 1980 - Jan. 6, 1981) with a stay in Christchurch for the Track & Field events (Noahs Hotel - Jan. 6-17, 1981)

Fly/Drive Program: We have 7 night fly/drive programs available including unlimited mileage from $255 per person, based on sharing twin accommodations in first class motels and including a Chrysler Avis or Ford Escort with unlimited mileage. An added feature of New Zealand motels is that some have kitchen facilities with cooking utensils.
This program is available:
January 6-13, 1981
OR
January 17-24, 1981

MILFORD TRACK - Reserve now! Known as the "most beautiful walk in the world," the Milford Track is often sold out a year in advance. Departure is from Queenstown on Mondays, Wednesdays or Fridays. A $30 deposit per person non-refundable is required for a firm reservation. Complete details will be forwarded on request.

Optional extensions also available to Australia, Fiji and Tahiti.

All rates quoted are in effect February 1980 and are subject to change.

Reservations are limited, so please fill in the coupon and send it to us now. Entry forms will be sent upon receipt of your reservation.

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Enclosed is my check for $__________

Departure Date:__________
Return Date:__________

Hotel:__________

Names:__________,__________,__________

Address:__________,__________,__________,__________,__________,__________,__________,__________

City:__________,__________,__________,__________,__________,__________,__________,__________

Zip:__________,__________,__________,__________,__________,__________,__________,__________

Telephone:__________,__________,__________,__________,__________,__________,__________,__________

Hometown Airport:__________,__________,__________,__________,__________,__________,__________,__________

( ) Single ( ) Twin ( ) Traveling alone but willing to share (fee $10)

Triple accommodations are available, please ask for rates.

I need more information on:__________,__________,__________,__________,__________,__________,__________,__________

World Bests continued from page 13

Discus, Men

Discus, Men

[Continued from page 13]

Countdown to New Zealand continued from page 11

Touring in Christchurch, the Summit Road Drive offers a good view of the city on one side and Lyttleton Harbor on the other.

After the Games have been concluded you'll decide whether to tour New Zealand or head for Australia or home or points beyond. Weather and time permitting, the west coast of New Zealand's south island is beautiful and should not be missed.

Supercruiser coaches will leave Christchurch on 7-day, 10-day and 15-day tours. Be sure to go through Arthur's Pass, down the west coast to the glacier area, and perhaps take the airplane flight which lands directly on a glacier. Then down through the Haast Pass to the city of Queenstown.

If you are in a hurry time, take in the "New Zealand Authentic Track." The first thing to know about the Milford Track is that it is not a track. It's a 33-mile walking path of outstanding beauty, we're told, which most people cover in a 3-day walk. Rainier Carole MacArthur, however, says she often runs it in one day as a brisk workout. Bring rain gear.

On the southern tip is the city of Invercargill, where Derek Turnerbell is planning on staging a meet a week after the games.

History: The early history of New Zealand is blurred. According to the most popular folklore, the first Polynesian came to the land in 400-700 A.D. They were likely accidental voyagers blown off course by tropical storms. A tribe called the Moriori
Standards For Vets Championships
by Wilfred Morgan

There are murmurings about the World Track and Field Championships being too big and the need for selection or tougher standards to prevent the thing getting out of hand. True the meeting has proved to be extremely popular, some would say congested, but is the idea of curtailing the number of competitors in the best interests of the veteran movement? Most people are, I think a little dubious about tough at least for the track races are championships. We think we would be well contention there are too many and we would be better served by the 10 year group system that was used when our organization first went international. A brief study of the Gothenburg results show that had the classes been combined into 10 year groups there would have been fewer races, even allowing for the fact that more heats would have been necessary. Take for instance the mens 100m, 200m, 100+9 records in 9 classes, which with 9s, semi and finals produced 62 races. If the same number had been divided into 5 groups there would have been no more than 50 races and this total includes 4 second round heats in the 40-49 class where the number of competitors, 118, would have justified it.

If we take a look at the reasons for 5 as against 10 we find the sole argument is the obvious one, that a nine year difference in age is too big a handicap for the man. This is not necessarily so, there are a handful of athletes who would collect medals even given this age disadvantage. We don't of course legislate for a handful but for the majority, quite rightly.

Even so, let's consider the present B group men who would be affected by such a change. There are the potential medalists, some aspiring finalists, and the much larger number who aim to gain as high a place as possible. The probable medalists and finalists may not appreciate the move and would possibly claim that it deniles them a chance of a high placing under the present system. But really, this attitude would not do credit to our organization. We are all knowledgeable enough to know a good performance when we see one. A showing that would gain second place in a B final may only take sixth place in a 10 year group, why but why should that matters? If it does matter, then we are in danger of becoming like sensitive teenagers for whom one or two age groups are needed at a time of variable physical development. Yes, I know. In our case we are at the stage of gradual physical decline so somewhat similar groupings are necessary. Of course, but it seems the 5 year difference is too tight when we are dealing with a championship meeting as largely populated as this one.

Maybe reorganization of age groups is not the answer. One move worthy of consideration is to accept an entry for one track or field event without qualification, but ask the competitor to meet a standard of any further events are entered for.

Perhaps it's thought that I am making a meal over a matter that is but a slight irritation. If so, let's take a look at the format for the Hannover championships. It's noticeable that the athletic programme was extended to 7 days.

Gothenburg took 6 and Toronto 5. Perhaps that's it! Simply extend the meeting. However, at the rate of one day each week for a 100 year group run, it would take long before they take up the better part of two weeks. Not too bad for athletes, but what about officials? I fear we would wear out our welcome.

Another change from the format used in Sweden is the dropping of classes with less than 3 competitors. Had this been the case in Gothenburg it would have eliminated 42 classes in 31 events! Notably affected would have been H. Anderson (U.S.A.) who would have relinquished 5 of his 10 golds in the 48 class. If the 500m I took 4 golds competing alone in the 5A class throwing events.

It's evident the Hannover organizing committee did some trimming of their own, but is this method justified? It provides food for thought.

In truth, international track and field championships for veterans are still a fairly new innovation and it may take a few years to arrive at a format that works to the satisfaction of all concerned. Certainty there are far more favourable aspects than unfavourable ones. While the organization is still evolving it might be the time for all concerned to take a look at which way it should develop.

Clare Williams came from Halifax, Nova Scotia to win the 40-44 400 in 57.59 and 800 in 2:06.6. Hume won five golds in the 65-69 long, high, triple jumps, pole vault and shot. Submaster David Wren of Rochester, N.Y. won the 2000 in 16:49.4. Peter Besse1 of New York established a women's Canadian Open record of 11:13.3 in the women's 60-64 2000 meter run.

Bob Daniel easily won the 40-44 1500 in 4:14.1 and 1500 in 4:45.0. Doug Beatty won the same double in the 50-54 group in 4:35.5 and 17:19.0.

Vilaide Tuiton won 3 golds in the 55-59 high and triple jumps and set a Canadian record of 2.38 in the pole vault.

Harold Parsons heaved the 35 lb. weight 9.98 meters, farther than any other competitor of all ages.

At the banquet meeting, athletes voted unanimously to support an Olympic boycott of Moscow.

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Report From Canada

from Norm Beun

On February 16, in the Edmonton Journal Indoor Games, Peter Parker won the 40-49 mile in 4:45.2. Frank Haley won the 50+ mile in 5:31.6.

In the Winnipeg Tribune Games January 21-23, John Threasher won the Masters 1500 in 4:16.4. Alma Jabu took the women's 1500 in 6:12.5.

World Veterans Association Technical Chairman Ian Hume reports he has a surgery last September, but is now from Norm Baum

World Veterans gold medalist Ailene Frascone in Toronto.

Walt Sheppard

from Bernie Hogan

Australian Veteran's secretary Wal Sheppard has been awarded the British Empire Medal by the Queen for his service to veteran sports. Sheppard underwent a four-bypass, open-heart surgery last September, but is now back jogging 6 miles a day.

The 1980 Queensland Veterans Athletics Titles, held in Brisbane March 22-23, were the first ever staged on an open basis. This is a result of the Australian Amateur Athletic Union's decision to follow the international standards and admit former professionals to its ranks. Prior to this year, former professional runners such as Sheppard's gold medalists Reg Austin and Bernie Hogan were not allowed to participate in Australian meets.

Hogan won the 100 in 12.07, 200 in 24.82 and 400 in 52.7 in the 55-59 age division of the Queensland Games.

World veteran's gold medalist Allan Hogan, Bernie's other half, set a new women's world record in 31.1, breaking the 55-59 mark of 31.4 she set in April, 1979. She also won the 100 in 14.9.

Sheppard was not appreciative of the move and would possibly claim that it denies them a chance of a high placing under the present system. But really, this attitude would not do credit to our organization. We are all knowledgeable enough to know a good performance when we see one. A showing that would gain second place in a B final may only take sixth place in a 10 year group, why but why should that matter? If it does matter, then we are in danger of becoming like sensitive teenagers for whom one or two age groups are needed at a time of variable physical development. Yes, I know. In our case we are at the stage of gradual physical decline so somewhat similar groupings are necessary. Of course, but it seems the 5 year difference is too tight when we are dealing with a championship meeting as largely populated as this one.

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DISTANCE MEDLEY RELAY
Mens 60-69:
1. Buffalo Chips B
2. Migue l Ucovich 9.75 (32)

Mens 50-59:
1. J im Johnson 9.72
2. Bill Knocke
3. Bruce Springbett

Mens 40-49:
1. Ro y Cowell
2. Avery Bryant
3. Wilbur Buchanan

Mens 30-39:
1. L ewis Smith
2. Roy Wigginton
3. Richard Ellzarraras (52, Nor .)

Womens 50-59:
1. Maggie Herve y 9.27 (30-5)

Womens 40-49:
1. Nancy Moliter
2. Jennifer McFadden

Womens 30-39:
1. S. California Striders
2. Donna Ucovich 9.27 (30-5)

Women 30-34
1. Clifford Paul
2. Robert Bar new
3. Carole Beach

Women 25-29
1. Nancy Seidler
2. Diane Sweeney
3. Kathleen Anderson

Women 20-24
1. Linda Hoyle
2. Carol Ucovich
3. Joy Reif

Women 15-19
1. Janice Cook
2. Barbara Miller
3. Susanna Blessing

Women 10-14
1. Nancy Brueckner
2. Mary Hulme
3. Janet Peterson

Women 5-9
1. Joanne Howard
2. Marilyn Smith
3. Barbara Greene

Women under 4
1. Nancy Moliter

Other Events:

Valley News
Run of the Press
February 23, 1980, Van Nuys 10 KM.

Women's 10-K: 1. Melanie Salsbury 35:58
2. Susan Pollock 36:00
3. Joyce Weidner 36:02

Women's 5K: 1. Nancy Moliter 18:02
2. Jennifer McFadden
3. Maggie Herve y

Women's Mile: 1. Nancy Moliter 4:56
2. Jennifer McFadden
3. Maggie Herve y

Women's 800: 1. Nancy Moliter 2:17
2. Jennifer McFadden
3. Maggie Herve y

Women's 400: 1. Nancy Moliter 1:04
2. Jennifer McFadden
3. Maggie Herve y

Women's 200: 1. Nancy Moliter 25:02
2. Jennifer McFadden
3. Maggie Herve y

Women's 100: 1. Nancy Moliter 1:04
2. Jennifer McFadden
3. Maggie Herve y

Men's 10-K: 1. Bruce Springbett 32:50
2. Roy Wigginton 33:00
3. Wilbur Buchanan

Men's 5K: 1. Lewis Smith 14:05
2. Roy Wigginton
3. Richard Ellzarraras

Men's Mile: 1. Bruce Springbett 4:00
2. Roy Wigginton
3. Richard Ellzarraras

Men's 100: 1. Nancy Moliter 11.0
2. Jennifer McFadden
3. Maggie Herve y

Continued on next page
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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### Indoor Nationals Results

**Indoor Nationals Results continued from page 17**

<table>
<thead>
<tr>
<th>WEIGHT TOWED</th>
<th>NAME</th>
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<th>RECORD</th>
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<tbody>
<tr>
<td>25 lb</td>
<td>Nolan Fowler</td>
<td>41 1/2</td>
<td>43'5</td>
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<tr>
<td>20 lbs</td>
<td>Scott Ross</td>
<td>39 1/2</td>
<td>41'4</td>
</tr>
<tr>
<td>15 lbs</td>
<td>Norm Bonner</td>
<td>37 1/2</td>
<td>39'4</td>
</tr>
<tr>
<td>10 lbs</td>
<td>Frank Gross</td>
<td>37 1/2</td>
<td>36'6</td>
</tr>
<tr>
<td>5 lbs</td>
<td>John Neaves</td>
<td>35 1/2</td>
<td>32'7</td>
</tr>
<tr>
<td>2.5 lbs</td>
<td>Jack Miller</td>
<td>32 1/2</td>
<td>28'1</td>
</tr>
<tr>
<td>1.25 lbs</td>
<td>Steve Miller</td>
<td>30 1/2</td>
<td>25'8</td>
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**TRIPLE JUMP**

<table>
<thead>
<tr>
<th>NAME</th>
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<tbody>
<tr>
<td>Rip Dyer</td>
<td>22 1/2</td>
<td>18'9</td>
</tr>
<tr>
<td>Mike Carroll</td>
<td>22 1/4</td>
<td>17'8</td>
</tr>
<tr>
<td>Dick Quinn</td>
<td>22 1/2</td>
<td>16'6</td>
</tr>
<tr>
<td>Ivan Black</td>
<td>22 1/2</td>
<td>15'9</td>
</tr>
<tr>
<td>Bill Dozier</td>
<td>22 1/4</td>
<td>15'6</td>
</tr>
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</table>

**LONG JUMP**

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<tr>
<td>Rip Dyer</td>
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<td>18'9</td>
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<td>22 1/4</td>
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</tr>
<tr>
<td>Dick Quinn</td>
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<td>16'6</td>
</tr>
<tr>
<td>Ivan Black</td>
<td>22 1/2</td>
<td>15'9</td>
</tr>
<tr>
<td>Bill Dozier</td>
<td>22 1/4</td>
<td>15'6</td>
</tr>
</tbody>
</table>

**NOW AVAILABLE Masters Age-Records 1980**

Compiled by National AAU Records Chairmen Peto Mundle and Kathy Breiger, with Lori Maynard and Alan Wood.

- **Men's and Women's World and U.S. Age Bests for All Track & Field Events, age 35 and up, as of Jan. 1, 1980.**
- **U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan 1, 1980.**
- **Men's U.S. Masters Indoor & Outdoor Championship Records.**

**NOW AVAILABLE Masters Age-Records 1980**

**1600 METER RACE**

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE</th>
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<tbody>
<tr>
<td>Mike Carroll</td>
<td>60 1/2</td>
<td>6'0</td>
</tr>
<tr>
<td>Robert Jackson</td>
<td>60 1/2</td>
<td>5'4</td>
</tr>
<tr>
<td>Ivan Black</td>
<td>60 1/2</td>
<td>5'4</td>
</tr>
<tr>
<td>James A. Arndt</td>
<td>60 1/2</td>
<td>5'4</td>
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</table>

**1200 METER RACE**

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE</th>
<th>RECORD</th>
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</thead>
<tbody>
<tr>
<td>New York Pioneers</td>
<td>60 1/2</td>
<td>6'0</td>
</tr>
<tr>
<td>Tom Rauscher</td>
<td>60 1/2</td>
<td>5'4</td>
</tr>
<tr>
<td>John Neaves</td>
<td>60 1/2</td>
<td>5'4</td>
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<tr>
<td>George E. Kramer</td>
<td>60 1/2</td>
<td>5'4</td>
</tr>
<tr>
<td>Dick Lacy</td>
<td>60 1/2</td>
<td>5'4</td>
</tr>
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**WOMEN**

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE</th>
<th>RECORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>S. Evans</td>
<td>70 1/2</td>
<td>8'0</td>
</tr>
<tr>
<td>Mike Eberhaidinger</td>
<td>70 1/2</td>
<td>8'0</td>
</tr>
<tr>
<td>Alonzo Littlejohn</td>
<td>70 1/2</td>
<td>8'0</td>
</tr>
<tr>
<td>John Vogler</td>
<td>70 1/2</td>
<td>8'0</td>
</tr>
<tr>
<td>Don Pillion</td>
<td>70 1/2</td>
<td>8'0</td>
</tr>
</tbody>
</table>

**FINGER LAKES RUNNERS CLUB**

- **NEW YORK PIONEERS**
  - **3000 METER**
    -_hd_ 1:24.1
  - **5000 METER**
    -.hd_ 1:24.8
  - **10000 METER**
    -.hd_ 2:00:0
  - **1500 METER**
    - hd_ 3:31.4
  - **800 METER**
    - hd_ 1:22.2

- **NEW YORK MASTERS**
  - **3000 METER**
    - hd_ 1:19.6
  - **5000 METER**
    - hd_ 2:12.2
  - **10000 METER**
    - hd_ 3:15.6

**WOMEN**

<table>
<thead>
<tr>
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<td>8'0</td>
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</table>
IF YOU'RE OVER 30, YOU'LL WANT TO READ THE National Masters Newsletter

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**NATIONAL MASTERS & SENIORS MEET AT ILLINOIS UNIVERSITY - CHICAGO**

Please enter me in the following events, for which I have encroiled:

- Pentathlon
- Sprints
- Mile Walk

Print all information except for signature:

- Name:
- Address:
- Phone:

**NATIONAL MASTERS & SENIORS SEPTEMBER NATIONALS - CHICAGO**

Please enter me in the following events, for which I have encroiled:

- Pentathlon
- Sprints
- Mile Walk

Print all information except for signature:

- Name:
- Address:
- Phone:
NIKES FOR THE REST OF YOUR BODY.
Because runners cannot run in shoes alone.