27th Issue

November 1980

$1.00

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

☆ Highlights ☆

• Results of National 20k
• Results of National 50k
• Results of Berkshire 10k
• T&F marks set by Assmy, Kyle, Gilmour, Haule, WVTB 2-mile relay squad
• LDR bests set by Lorenz, Higdon, Rouiller, Stock, Hargus, Sipprelle, Nimmons, Salazar, Benham, Cochran, O'Neil
• Results of Brooks 20k
• Poll to find Top 1980 Masters
• Results of European T&F Championships
• Pentathlon Results
• NRDC vs. Runner's World
• South African update

5 New Marks Set

Lorenz, Rapp Win National 20KM

WASHINGTON D.C., September 28. Herb Lorenz and Trudy Rapp were the overall men's and women's winners in the U.S. National Athletic Congress Masters 20 Kilometer Road Running Championships today at Hains Point, as 5 new age/division marks were established.

Lorenz, 41, of Willingboro, New Jersey, broke his own national 20k record of 1:05:54 with a time of 1:04:42 in winning the age 40-44 men's national championship. Rapp, 43, from Alexandria, Virginia, won the women's 40-44 national title in 1:18:02, only a minute off Miki Gorman's 1979 record of 1:16:57.

Lorenz successfully defended the 20k national championship he won on this course last year. It was his 2nd national TAC masters title this year. He won the marathon 40-44 championship in California in January.

"Conditions were ideal for the race," Lorenz said. "The weather is great and this course is nice and flat." He said he was pointing for the race and the record. "I didn't alter my training any but the weather was much better than last year and I was well rested. Everything was just right."

Lorenz, who regularly beats competitors half his age, clocked the equivalent of two 32:21 10k's. A 4:02 miler at Trenton State College years ago, he said it does get a bit harder each year. I seem to need a longer recovery time now.

Rob Fischer, 40, of Hillie, N.Y., the national 10,000 track champion in the 40-44 bracket, was favored by some to defeat Lorenz and take the record. But he had to fight off a determined Mike Sabino of Baltimore for 2nd place. The two matched strides over the entire 20k distance, taking turns at trying to put each other away with occasional bursts of speed. Fischer kicked the last 200 to edge Sabino by one-second in 1:16:58.

Rapp defeated a tough field. Karen Seannell, 42, of San Francisco trailed by only 21 seconds at the finish in 1:18:02. 3-time 1980 national champion Sandra Kiddy (13k, 25k, Marathon) of Palm Springs, Calif. finished 3rd in 1:20:40.

continued on page 5...
## National Masters Officers

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### DONATION

**ED:**

The Richmond Track & Field Club is proud to make a contribution of $50 to the National Masters Newsletter. Our Masters athletes enjoy your publication and want to do their part to ensure its continuity. Perhaps other Masters and clubs would like to join us in making a contribution to the National Masters Newsletter.

**RICHARD HOLLANDER, President**

**Richmond Track & Field Club**

*Thank you. We appreciate your generosity. Your support gives us renewed determination to make the newsletter successful, and to try to continually improve it as the prime source of information for masters throughout the country.*

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### HURDLE STANDARDS

I enjoyed the Sept. 1980 National Masters Newsletter very much. Congratulations on the great job you and your helpers are doing. Some have served the Veteran's movement for so long that they are taken for granted.

This controversy about hurdle heights has me puzzled, however. Let's make the highs 110 meter distance, 42 inches in height, with hurdles spaced 30 feet, for EVERYBODY. Similarly for the one lap race: 400 meter distance, 36 inch height, and 55 meters between hurdles—for EVERYBODY. Standards could then really be compared.

So what if Paul Spangler can't jump them? (Only an example, Paul.) Jim Vernon's vaults aren't measured with a tape that has ten inches to the foot, are they? Bill Patterson's 2:06's timed with a watch that has only 60 seconds to the minute? Are Alex Ratelle's marathons only 40 kilometers? It is time to let hurdle times stand on their own. Let throwing event performances be judged by distance only. Obelisk confusion introduced by implement weight.

Al Fremijah

Santa Barbara, Calif.

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### KUDOS

I'm really enjoying the newsletter, especially about the events here at Franklin Field. Very good coverage.

*Dorrie DeFrancisco*  

Your newsletter is marvelous to read. My campaign schedule has interfered with my running this year, but I'm pointing for a great season next year.

*Alan Creanston*  
Washington, D.C.

I love the National Masters Newsletter. Please keep up the good work. If I can, I will send Masters results from this area.

*Jim Plugle*  
Greenboro, N.C.

---

### SWIM THE CHANNEL

The Channel Swimmers Association of Folkstone, England recognizes solo and relay crossings of the English Channel. The relay team has six members and is conducted in legs of one hour each. The typical crossing time is fourteen hours.

A Master with a level of fitness that would enable him to complete a marathon and who is a fairly good swimmer, could I believe, successfully train for a relay attempt in a few months.

I desire to organize a team for an attempt on the Channel during the summer of 1981. Any Masters interested in joining the group are requested to phone or write me for details on training, expenses and the engagement of a pilot boat.

*Wallace H. Pilcher*  
Drucker 746  
Wrens, Georgia 30833

See page for letters on South Africa situation.

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### Masters Age Records 1980

The 1980 Masters Age-Record Book contains 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. Plus walking and championship records. 48 pages. Lists name, age, and state and date of record. Send $9.00 plus 50 cents postage and handling to National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401.
**EAST**

**Schedule**


November 27 (Thanksgiving): Metro Masters Championships, Fishkill, N.Y. Contact: Mid-Hudson HRC, Box 267, Fishkill, N.Y. 12524.


December 27 (Saturday): 10 and 20 mile DC HRC race, Greenbelt, Md. 10 a.m., Greenbelt Youth Center. Sign up race day. Age-group awards for 20-mile. SASE to Larry Noel, 126 Northway Rd., Greenbelt, Md. 20770.

February 15 (Sunday): 20th Annual DC HRC Washington's Birthday Marathon. 3 loops, paved roads, certified course. Age-group awards. SASE to Larry Noel, above.

**December 27 (Saturday): Holiday Weight Pentathlon, Delray Beach, Fla., 10 a.m. Contact Randy Cooper, Community Evening School, Atlantic High School, Delray Beach, Fla.**

**Midwest**


December 27 (Saturday): Holiday Weight Pentathlon, Delray Beach, Fla., 10 a.m. Contact Randy Cooper, Community Evening School, Atlantic High School, Delray Beach, Fla.

**December 14 (Sunday): National 50 Mile Track Championships, Santa Monica, Calif. Tom Starak (213) 294-0334.**

December 28 (Sunday): Hawaii Senior Olympics. 3 a.m., 5-year groups. Contact: Stan Thompson, 1564 Ipukalu St., Honolulu HI 96825.

December 31 (Wednesday): Hawaii Senior Olympics Section 2.

January 18, 25; February 1 (Sunday): Masters Track Meets, 8 a.m. Kaiser High School, Honolulu, HI.

**Northwest**

November 2 (Monday): November Masters Track Meets, 6 a.m. Mountain Ahletics Congress Convention, Denver, Colorado. Contact: Mike Thompson, 1549 Ipukula St., Honolulu, HI 96825.

January 10 (Sunday): National 50 Mile Track Championships, Santa Monica, Calif. Tom Starak (213) 294-0334.

January 18, 25; February 1 (Sunday): Masters Track Meets, 8 a.m. Kaiser High School, Honolulu, HI.


January 3 & 4, 1981 (Saturday & Sunday): 14th Annual World Veterans Road Running Championships, 10KM.

**Southeast**


December 6 (Saturday): Same as above. 3000 meters.

December 7-10 (Saturday-Wednesday): Athletics Congress Convention, Atlanta, GA.

**Southwest**

November 8 (Saturday): TFA National Cross Country Masters Championships, Green Valley, Arizona. Steven Myers, Green Valley Recreation. P.O. Box 964, Green Valley, AZ 85614.

December 4-7 (Thursday-Sunday): 2nd Annual Las Vegas Sun Marathon Championships, 6-mile, 13.2 mile and marathon. 5-year groups. Contact: (800) 634-6713 (East coast), (900) 634-0011 (West coast).

**Canada**


**Foreign**

January 3 & 4, 1981 (Saturday & Sunday): 14th Annual World Veterans Road Running Championships, 10KM.

**Deadline**

XMM is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising for the December issue of XMM is November 10. Send to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

**On Tap For November**

November is cross-country month. The Canadian Masters Cross-Country Championships at 10K are set for Saturday, November 1st in Toronto. The next day is the 9th Eastern Regional Masters 10K X-C in the Bronx. The popular Marine Corps Marathon goes the same day in Washington.

The TFA National Cross Country Masters Championships will be held in Green Valley, Arizona on the 8th. Sunday, the 9th finds the National 10K Masters X-C in Seattle.

The Virginia Open and Masters X-C Championships are on the 15th, followed on the 16th by the Canada vs. U.S.A. Cross Country Championships.

On Sunday, the 23rd, the National Masters 15K X-C will be held in the Bronx.

Thanksgiving weekend finds the National 5K Cross-Country Championships in San Diego. Then a quick hour's plane ride north to San Francisco to the 25K Brooks/TFA master run which will attract some of the finest masters runners in the nation.

Masters track meets continue each Sunday in Honolulu.

Please send any additions or comments to Al Shank, Editor, National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91401.

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Brooks 20K
continued from page 3

Wilson, and I knew what to expect: a
tremendous, ear-shattering explosion.
Most of the field did not and seemed
to recall backwards in shock at first, but
then surged back and surged past me.
Several of the invited runners got out
ahead of me—Jim Ewing of Jackson,
Mississippi, Derek Fernee of Toronto,
Ontario, and Carl Carey of Spencer,
Indiana -- and I thought, oh no, it's
going to be an aerobic battle
recoil backwards in shock at first, but
road, the pace suddenly slowed as the
ahead of me—Jim Ewing of Jackson,
chance
decided to invite a few
leading
to
thing the top masters do not often get a
Washington, who had won the
TAC 15 kilo championship earlier in
the year. Dan played football and ran
the 100 in 10.4 for a small college in
Wisconsin 20 years ago. He had only
been running seriously for four years.
Dan came up to me after the race and
introduced himself since we never had
met before, but I knew who he was out
on the road.
We passed two miles in 10:24,
sparing with each other, everyone
looking out of the corner of their eyes.
Ewing was in front now, but didn't
want to be the sacrificial goat. The pace
slowed and I moved into the front row.
We came by three miles in 15:44 where
Steve Keavy, the assistant
countr y coach at Chesterton High
School, read us our times. "It was like a
field of milers in a track meet," Steve
said later.
And it was four miles in 21:00 and
you could have thrown a blanket over
ten of us, I thought to myself. "This is
what racing is supposed to be about.
At around five-and-a-half on the
day was overcast with temperatures in
the mid 60's. How many times have I
run in a half dozen of younger
runners
we get
finished in front of me. I came across
the finish line at the Bobby Grin 10
Mile in Flint, Michigan, naively thinking
I had established an American 45-49
record at 54:30 and found Brian Harris
of Royal Oak, Michigan, awaiting me,
having finished nearly a minute ahead.
I had failed to spot him in the crush of
nearly 4000.
During the last six months I also
had lost races to Roger Robinson of New
Zealand (in Kansas City); Derek Fernee
of Toronto (in Manitoba); Ernie
Billups of Chicago (in Philadelphia);
Alex Ratele of Edina, Minnesota (in
Boston); and Carl Carey of Spencer,
Indiana (in the Blueberry Stomp). And
every time it happened, I mentally told
myself, "That's one." As consultant for
the three-race Brooks Master Runs,
which promised to do for over 40 men
(over 35 women) what Bonnie Bell
and Avoga have done for all women, I
had some control over which way the
expense money was going. And one way
of qualifying for expense money was to
have beaten me! I wanted revenge—on
my home course.
I was proud of the course, because it
was scenic and it was fast. We started in
the Indiana Dunes State Park at the
lower end of Lake Michigan and
followed mostly untraveled, tree-lined
roads for a mile and a half before
turning onto several more miles of
bikeway. The bikeway was gravel on
asphalt, a shade looo, and maybe also a
shade slow, but you can't have
everything.
After about four miles we turned onto
another road in what was by then the
Dunes National Lakeshore where the
trees overhead turned our route into a
tunnel. Then two 90 degree turns, a
patch of abandoned concrete road,
then a mile and a half of dirt road,
somewhat muddy because of recent rains,
but nobody afterwards complained.
Then at six miles a mile straight stretch
down to the lake at seven, a mile and a
half paralleling the lake, and a turn away
from the lake and over two short hills
(the only hills on the course) before
returning to the bike path we had come
on.
When I awoke Sunday morning I
knew times would be fast, because the
day was overcast with temperatures in
the mid 60's. How many times have I
read results from races with similar
conditions and cursed myself for not
being present. (For those of you who
encountered this race, read it and weep.)

There was a strong wind off the lake,
but most of the course was protected
and at a 90 degree angle to the wind.
We were going to fly.
And we did—but in a controlled
manner. We came through the mile in
5:07 with Hylke Vanderwall of Fort
Collins, Colorado, doing the work
alongside Jim Ewing. Roger Robinson was in
a sitting position with Derek Fernee
slightly ahead. Robinson had been first in
the world 10,000 at Glasgow; Fernee
third in the marathon. Carl Carey, a
fellow Hoosier who ran 10th in the
10,000 at Glasgow, was stunned when
he arrived at the race. "I kept seeing
the same faces I saw over in Scotland," he
went on. It would be no easy race.
Carl was in the front pack along with
Winn, Harris, Billups, and Dan Conway of
Madison, Wisconsin, who had won the
TAC 15 kilo championship earlier in
the year. Dan played football and ran
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Roger and Derek had 50 yards, then
100 yards. I hoped for a moment they
might hold cheep and give us a chance
to get back, but now it was 150 and
Roger had 50 on Derek. I wondered if
we could at least reel Derek back in.
Ewing, Harris, and Conway were still
with me. We had lost track of Winn.
We turned away from the lake. I ran
stronger than the others over the two
short hills and never saw Ewing again.
Harris moved ahead of me as we turned
back onto the bikeway with around four
to go. Conway almost missed the turn,
but quickly rejoined us.
I had one more decision to make to our
times and was not even watching my Cassio
watch. I wanted to focus more on
competition that time, but as we
approached 10 miles I realized we
probably were under record pace for
that distance. And what Brian Harris
did not know was that when measuring
the course I had marked 10 miles so it
too could be certified for record
purposes, I did so mainly so I could break
the 45-49 age record of 53:30 that Brian
had established while beating me at
continued on next page...
**Corona Del Mar TC**

**Names Top 1980 Athletes**

**CORONA DEL MAR, CALIF., Aug. 23** The Corona Del Mar Track Club tonight presented its 1980 top athletes awards at its annual pot luck.

Most outstanding awards went to Shirley Kinsey (women); Glen Johnson, W. Spike; and C. Roberson (30-39); Doug Smith (40-49); Shirley Davidson, Burl Gist and Nori Milavec (50-69);

Most inspirational awards went to Diana Smith, David J. Johnson, Don Cheek, Al Henry (40-49); Tom Patalsky and Bill Morales (50-69).

Chris Smith and Cynthia Jackson were honored for their dedicated work during the year.

Orr Gillett was elected President for 1981 succeeding Larry Sallinger. Doug Smith is Vice President. Diane Smith is Secretary/Treasurer. Reggie Davis, newsletter, Gary Miller and Perry Knox, head coaches.

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**November 1980 - National Masters Newsletter page 5**

**National 20K**

continued from page 1

National 30K champ Mary Cullen of Houston, Texas was 4th in 1:28:01.

Rupp, by the way, has 3 nationally-ranked swimming daughters.

The local Potomac Valley Seniors Track Club (PVSTC) ran away with the team championships. PVSTC won both the men's and the women's 40+ and 50+ titles.

In the other individual age groups, the national champions were: Tom Kirkvara, Vienna, Va., 45-49; Herb Chisholm, Alexandria, Va., 55-59; Rudy Nimmons, Seneo, S.C., 60-64; Norman Lockely, Silver Springs, Md., 65-69; and Eddie Benham, Ocean City, Md., 70+.

Women winners were Linda Sprelle, Bethesda, Pa., 45-49; Olga Barnet, Fairfax, Va., 50-54; and Margery Cochran, Severna Park, Md., 55-59.

The 12.4 mile event attracted 250 men and women registrants from all over the country, the largest masters 20K road running event ever held in the United States. There were 42 women entries.

Overall, 196 runners finished the race. In addition to Loren's record, Nimmons' time of 1:18:44 broke the old U.S. 60-64 standard of 1:21:19 set by John Wall of Maryland in 1976.

Benham, 73, an ex-jockey, smashed the men's 70-74 mark in 1:32:22, breaking Ray Sears' 1977 time of 1:36:45. Benham is a newcomer to masters running.

"I ran it in 1:36:17," he said. "Then my wife died and I had nothing to do. So I started running for fun. Then I won a $50 certificate in the first race I won, and I said to myself: 'This is for me.'"

Sprelle, 45 from Bethesda, Pa., broke Dorothy Stock's one-week old record of 1:32:15 by only 3 seconds in the women's 45-49 division. Her 1:32:10 topped the mark Stock set last week in San Diego. Sprelle has been living in Germany for the past few years, and is now home.

The final age-division best was set by Cochran, 55, of Severna Park, Md. Her 1:26:04 lowered the women's 55-59 standard of 1:27:42 set by Mary Rodriguez of New York last January.

Nine national championship age and course records were set by women and four by men. The total finishers doubled those of last year's race.

The Penn Mutual Life Insurance Company sponsorship contributed to the success of the race which was sanctioned by the Potomac Valley Athletic Council and hosted by the Potomac Valley Seniors Track Club.

Washington press coverage of the race was excellent, with stories appearing in both the Post and Star.

Results on page 22

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**MOVING?**

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

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**Derek Fernee, Canada, takes 3rd in World Veterans Marathon in Glasgow, Scotland, August 24 in 2:19:41.** photo by David Hambly

My only worry was that we had not yet received confirmation by race date from Ted Corbitt that certification of our course had been approved. I had tried to telephone Ted earlier that morning only to learn he was out of town for the weekend. I prayed we would not be embarrassed.

But apart from records, which will fall as better runners find course, conditions, and competition in synth, there was the excitement of a battle joined. It was racing at its best. Several years ago the organizers of the Nike/OTC Marathon dubbed their race "A Gathering of Eagles," because the competition up front was so intense. Perhaps we could be considered "A Gathering of Bald Eagles." Auspicious though the 20 kilo race might have been, what I knew was that this Brooks Master Run was only the first; more was to come.

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Earlier in the day with Jerry Morrison of Parkville, Maryland; Wendell Parson of Anderson, South Carolina; and Edwin Robinson and Fernee, Canada, takes 3rd in World Veterans Marathon in Glasgow, Scotland, August 24 in 2:19:41. photo by David Hambly

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Earlier in the day with Jerry Morrison of Parkville, Maryland; Wendell Parson of Anderson, South Carolina; and Edwin Robinson and Fernee, Canada, takes 3rd in World Veterans Marathon in Glasgow, Scotland, August 24 in 2:19:41. photo by David Hambly

My only worry was that we had not yet received confirmation by race date from Ted Corbitt that certification of our course had been approved. I had tried to telephone Ted earlier that morning only to learn he was out of town for the weekend. I prayed we would not be embarrassed.

But apart from records, which will fall as better runners find course, conditions, and competition in synth, there was the excitement of a battle joined. It was racing at its best. Several years ago the organizers of the Nike/OTC Marathon dubbed their race "A Gathering of Eagles," because the competition up front was so intense. Perhaps we could be considered "A Gathering of Bald Eagles." Auspicious though the 20 kilo race might have been, what I knew was that this Brooks Master Run was only the first; more was to come.

Results on page 23

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**Moving?**

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

November 44:32. Larry Locke copped overall In Chernock. We don't want to discourage any athlete from entering the 1978, 3.5% in 1979 and 3.3% (26 of 797) than they did on the meet that's record-setting wife Dorothy

November 25. Those selected will be presented at the Athletics Congress

Bob Jenkins was 1st master in the Grandfather Mountain Marathon in Virginia. The 2nd over 70 runners finished out of 213 starters.

Dr. Paul Spangler. The 60+ running place championships October 5, a new age group 54-55 U.S. mark.

1979 World 45-49 high jump gold medalist (51-11) Rich Richardson of Decatur, Illinois was only healthy for one meet this year—the MidWest Masters Regional on June 28. He cleared 6-1 5/8 (1.87 meters) for an age-47 record. "I'm impressed with the fine performance of Herb Wynter in the 19 open jump this year," Richardson said, "and look forward to jumping against him next summer in the nationals in Los Angeles." (Wyatt leaped 6-2 1/4 April 19 4-90-49. Honors. Charles Engle won the 50-mile with 2492 points. Christopher Tomkiewicz scored 1345 points and 90-59 laures. We don't want to discourage any athlete from entering the 1978, 3.5% in 1979 and 3.3% (26 of 797) than they did on the meet. The club feels it should so that everyone with the AAU. We now have 55 associations in 9 regions. We're working with Brooks on 3 masters championships runs this year, and with Ruma on Postal championships.

Steve Coughlin, 46, of Denver, Colorado won the 15K in 38:20. There were 30, more Californians than Pennsylvanians. Finger proposes we show our appreciation to the sponsor of the club, the Penn Mutual Life Insurance Company, by "taking out a life policy and then surviving for a long time."

"I'm against standards, because it discourages competition." — Bill Cook. "No club scoring. No medals. No prize money. Give us a chance—let them compete unattached in 1981."

"Ball Batters" report he's not yet been able to come up with a sponsor to help form a new Masters Track and Field Club in California. "It is so expensive because of personal and business commitments," Adler says. "It's unlikely I'll be able to sponsor a team this year," he concludes. Adler says he intends to compete unattached in 1981.

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Countdown To New Zealand

(See separate story on South African situation on page 10. -- Ed.)

Less than 60 days remain until the start of the 4th World Veterans Games in Christchurch, New Zealand and the 14th World Veterans Distance Running Championships in Palmerston North, N.Z.

Entries: The entry deadline for the Christchurch competition is November 7. The complete entry form, schedule and info was printed in September's newsletter. Entries should be sent to the Secretary, 14th IOGAL, P.O. Box 1216, Palmerston North, N.Z.

Meetings: The following meetings will be held:

Regional Meetings will be held in Christchurch January 6th at a time decided by the regional presidents, probably in the Town Hall.

Women's Meeting will be held January 6th at 9:30 a.m. in the Town Hall. The General Assembly is set for January 7th, at 9:00 a.m. in the Town Hall. At present, 49 delegates (including 9 from the U.S.) representing 22 nations are eligible to vote at the Assembly meeting.

Round-Meet Activities: The "1981 New Zealand Games" will be held January 24-February 1 in various New Zealand cities. Competition in nine sports (boxing, cycling, gymnastics, judo, swimming, table tennis, track & field, weightlifting and wrestling) will be held. Track and Field is set for Christchurch January 31-February 1. It will incorporate the 4th Pacific Conference Games involving competitors from Australia, Canada, Japan, New Zealand, and the U.S.A. Also possibly some Olympic medallists from other countries.

For travel in New Zealand, the KIWl passes gives you unlimited travel by bus on 4 major coach lines. It must be bought from a travel agent before you leave North America. For 7 days, it's $60, and you can add days for $6.50 each.

Campsite rates start as low as $10-30 per night. That includes free meals.

Foreign visitors are also welcome in urban homes for $10-20 per night. For details, contact your travel agent or the New Zealand Government Tourist Office, 10960 Wilshire Blvd., Los Angeles 90024. Youth hostels are available to all for about $3 per night.

Hawaii Meets: Stan Thompson and the Hawaii Masters Track club have added another masters meet for athletes en route to the World Games. In addition to the annual Hawaii Senior Olympics on Sunday, Dec. 25, there will be 2nd section of that meet on Wed. Dec. 31. (See entry form. There is also the regular Sunday a.m. meet on Dec. 25.)

All meets are in Honolulu at Kaiser High School, which has a chevron track identical to Christchurch. The weather should be ideal—75 degrees. Thompson says: "We're also blocking out the Dec. 28-31 period, thus including Dec. 29-30, as a 'Makahilu'—sports carnival. We'll arrange for practices and competitions during that period."

The reason for all this, Thompson says, is to try to accommodate everyone stopping here. They seem to be arriving at all different times. There's a group of 50 from Sweden, 25 from Denmark and 20 from Norway arriving here on the 30th to get acclimated to the heat and competition.

Thompson is also scheduling meets on the way back on Sundays Jan. 18, 25 and Feb. 1.

Whatever your travel needs....

•vacations
•business
•competition

....overseas or in the USA

Entry deadline for 4th World Games extended to Nov. 7.

Be sure to watch for the announcements about OUT-OF-THIS-WORLD tours for '81 and '82.

November 1980 - National Masters Newsletter page 7

2250 Compete In European Championships

from Don Forquharson

HELSINKI, FINLAND, August 6-10. A mammoth turnout of 2250 masters athletes took part in the 2nd European Veterans Athletics Championships this week in the beauty and splendor of the 1952 Olympic Stadium.

30 new world 5-year age-division marks were established, 14 by men and 16 by women.

One grievance concerned the fact that competitors, having seen the program, were allowed to enter or switch their entries to other events.

"If this is true," said World Association of Veteran Athletes President Don Forquharson, "this should not be allowed. The deadline should be adhered to."

Among the new records set:

•Fritz Assmy of West Germany turned 65 and promptly defeated world 65-69 record holder Tage Brange of Sweden in the 100 in 12.98 and 200 in 27.18, and won the 400 in 62.6. Assmy's 200 and 400 times were world marks, topping Brange's Hannover standards of 27.24 and 63.19.

(Assmy, you'll remember, is the blind runner who runs in lane 8, with a short rope tethered to the wrist of his nephew, who helps guide him in his lane. While most masters athletes cheer Assmy's talent and determination against formidable odds, a few feel he is pulled along by his nephew. Now that Assmy has set world marks, the controversy can be expected to escalate.)

•Elisabeth Haule of West Germany set 4 marks in the women's 60-64 division, winning the 200 in 31.16, 400 in 1:16.29, 800 in 3:01.08, and long jumping 11-11¼.

•Maoue Kyle of Northern Ireland lowered her own W60 200 mark from 29.04 to 27.86.

•John Gilmour, the great Australian,
Where Have You Gone John Landy?

There are times when I yearn for those days of running when things were simple and pure. "Where have you gone, John Landy?" I cry out to myself.

Landy, the great Australian miler of the early 50's, was one of my boyhood idols and still represents to me everything good about running. I can still picture that smooth, rhythmic, and seemingly effortless stride as he moved along at sub-4 minute mile pace. He was to me of a press conference luncheon held for a runner I could never become, and for a race in which he stopped momentarily to help a fallen runner and then continued on to a victory.

"Landy had shown me what a race could really be at its greatest," Roger Bannister wrote of his duel with the Australian in the Empire Games at Vancouver in 1954. "He is the sort of runner I could never become, and for this I admire him. Before Vancouver he achieved a record of solo mile races that I could never have equalled. At Vancouver he had the courage to lead at the same speed in a closely competitive race. His boldness forced me to abandon my time schedule and lose myself quite completely in the struggle itself."

Percy Cerutty, Landy's occasional mentor, said that he had seen in Landy, "demonstrations of character capable of the greatest kindness, gentleness and thoughtfulness," but he also witnessed "a ruthlessness, lack of feeling for others, and a ferocity and antagonism, albeit mostly vested on himself, that makes it possible on occasions for John Landy to rise to sublime heights of physical endeavor."

One old time Honolulu reporter told me of a press conference luncheon held for Landy as he stopped over in Hawaii enroute to that "Mile of the Century" in Vancouver. Landy was introduced to around 25 media representatives and at the end of the conference he shook hands with all of them, addressing each one by name.

Last year, on the 25th anniversary of the first four minute mile, while everyone else was seeking out Roger Bannister for an interview, I decided to track down Landy in hopes of getting a few comments for my column in the Honolulu Advertiser. Landy was, of course, the second man to break four minutes and the first to do it without the aid of pacers. It was on June 21, 1954, just 46 days after Bannister ran the world record, that Landy broke the record with a 3:57.9 in Turku, Finland.

It went into the books as a 3:58 since records were rounded off then to the nearest second."

"From an Australian friend I obtained Landy's address. I then wrote to him and set forth more than a dozen questions. I don't think that I really expected a reply. Even after 25 years there was a certain sanctity about him that seemed to place him above answering letters from mere mortals. But a few weeks later I received a five page typewritten letter with answers to every one of my questions."

"Contrary to what many people thought, breaking the four minute mile was not one of my ambitions," he wrote. "I really didn't think I had the ability to do it. I had run several times around the 4:02 mark over a period of 18 months and felt that I might only improve by an odd second or so. I was more interested in breaking the world record, at that time held by Gunder Haegg of Sweden at 4:01.4."

"I believe that Bannister and Wes Santee were capable of achieving that same level of performance as myself, but I did not really consider them breaking four minutes, in 1954 anyway."

"I asked if he would have been able to run 3:57.9 when he did if Bannister had not already broken the "barrier," Landy responded with an air of certainty. "Yes, I would have run the same 3:57.9, on that day, since I had no aim other than to beat Chris Chataway. I had no more than a vague idea of how fast I was running and was quite surprised that the time was inside four minutes."

"I do not believe the psychological barrier theory. I think the reason that four minutes was not broken earlier was simply that the runners were not well enough trained to run that fast and I am sure they were not influenced by any feeling that four minutes was as such impossible."

Landy comments that he finds it difficult to recall in detail the type of training that he carried out, but that he probably averaged 50 miles a week. An average workout would consist of 12 to 15 quarters at a pace varying from 60-64 seconds, depending upon the stage of his training program.

In 1955 he moved away from a somewhat rigid form of training after coming to the conclusion that he could achieve the same or better results without a stop watch and by mixing long slow running with short sharp interval work (50 to 300 yards) at faster speeds than with interval lap training.

"The limitation I experienced with interval work was that one became proficient at performing at a certain level and able to reproduce fairly easily laps of a given speed," he remarked. "However, it did not necessarily give one the ability to accelerate or change pace and perhaps more importantly I believe it tended to reduce basic speed."

Landy, 50, now carries 172 pounds on the 5-11½ inch frame that supported just 150 pounds in his peak racing years. He ran his last race in 1956 and says that he is unable to run or jog for fitness because of leg problems which he feels may be related to past running activities or maybe "old age" and arthritis. He feels that his is reasonably fit today as a result of a lot of walking and gardening. He works as a researcher and development manager for a large chemical company in Melbourne.

Given the knowledge that today's runners have, much of what he contributed to, as well as the artificial surface tracks and better shoes, how fast might he have run?

"I would expect to run faster today, assuming that I was 24 again, that I did in 1954, I have no idea of how much faster, but I suspect that because of a lack of basic speed I would not be in the very forefront of mile running today."

"I believe to run inside 3:50 I would need to be able to run 800 meters in 1:54 and 5000 in 13:50, a feat that would be a limitation. Although I seldom ran 800 meters or 800 yards, my best time was 1:49.8. I have difficulty imagining that I could improve my speed to that degree. However, I feel that it is extremely difficult to make comparisons."

What does he see the mile record at 10 and 20 years from now?

"I believe that a record of 3:43 is attainable and possible by 1990," he answered. "With what we know now and the abilities I have seen I find it difficult to believe that a mile could be run in 3:40, but I suppose anything could be possible by the year 2000. As for sub-3:40 or a sub-3:30, that is beyond my comprehension."

Higdon Breaks Half-Marathon Mark

PHILADELPHIA, PA., Sept. 21. Hal Higdon, 49, of Michigan City, Indiana, set another American age 45-49 record today, running 1 hour, eleven minutes, 40 seconds in the Philadelphia Distance Classic. The time breaks Higdon's pending mark of 1:13:37 set in England this summer, as well as the listed record of 1:13:42 by Graham Parcell.

Oscar Moore of Plainfield, New Jersey was the first master across the line in 1:13:04, a single-age 42 mark. Alex Ratelle, 56, of Edina, Minnesota, finished 4th in 1:15:50, also a single-age mark.

"Moore must have been a quarter mile in front of me at one point," Higdon said after the race. "I cut the margin down to about 100 yards with a mile to go, but my job was misfired."

Masters Two Mile Relay Record Broken

For the second year in a row, a team of Masters (over 40) runners from California's West Valley Track Club has broken a United States Masters relay record. On September 6, 1980 Tom Cathcart (Pleasanton), Dave Donaldson (Merrick), Jack Knebel (Orinda), and Pete Richardson (Maneea) ran 8:20.4 for the two mile relay, bettering the record of 8:27.2 held by New York Pioneer Club since 1975.

The event was part of the Postal Relay Championships for Masters, sponsored by The Athletics Congress, U.S.A.

Last year, in the same Postal Championships, Richardson, Cathcart, Knebel and Bob Wellick broke the national record for the four mile relay and narrowly missed the two mile record. In their spare time, Richardson, Cathcart and Donaldson are teachers; Knebel is a lawyer.
For 24 years at the University of Oregon, he never recruited. And when athletes came to him, he put them to work in sawmills. Cut anyone who couldn’t keep up the grades. He knew more people succeed because of mental toughness than physical ability.

He took the U.S. Track and Field team to Munich in ’72. And came back complaining the Olympic games aren’t conducted for athletes, but for aristocrats and pseudo-aristocrats.

To the A.A.U. and now the Athletics Congress, he remains a thorn in the side. Fighting in the courts for what he calls the emancipation of the athlete.

His literary career has been sporadic at best. But for thousands of Americans he is the writer who convinced them to take to the streets. And pound it out, year after year.

At Nike, we know him as the renegade inventor. Who made an excuse to his wife so he could skip church and fool around with a waffle iron.

He’s the guy on our board of directors who comes prepared to raise hell. Share a laugh. And to never let us forget the real point of the whole thing — to help athletes perform.


We wouldn’t be the same without him.
South African Update

[Editor's note: As NMN goes to press, there is no change in the South Africans ban. South African veteran athletes are officially banned from participating in the 4th World Games in Christchurch, New Zealand in January, 1981. Efforts are being made to reverse that decision. Letters have been exchanged between New Zealand and the U.S. Here are excerpts from some of them.]

10 Sept. 80

To: Al Sheahan

Editor National Masters Newsletter

Van Nuga, Calif.

Al:

I have asked the South Africans to supply me with any information which will allow me to go back to our Government and try to change their decision to ban the South Africans from the 4th World Veterans Games.

Now that the composition of the team, composition of previous teams, and details of their performances in the South African Games will be successful both on and off the stadium.

Danie Burger is pleased with what we are trying to do. He also made it clear that the Games must go on.

John Moodonald, President
4th World Veterans Games

Christchurch, New Zealand

Sept. 18, 1980

John:

I hope you are able to convince your government to reverse its policy.

During the recent Pan-American Masters Games in Los Angeles, 27 South Africans participated—19 whites and 8 blacks. They were chosen for government grants on the basis of their performances in the South African Masters Championships.

Before he learned of the ban, Danie Burger told me he planned to bring 16 South Africans to Christchurch. I assumed it would be a similarly integrated team.

By the ban, your government excludes blacks as well as whites. The wrong people are being penalized. The blacks surely have done nothing to contribute to apartheid. The whites are among the more liberal, progressive people in South Africa who are doing what they can to integrate segments of South African life.

To ban innocent people from our competition, and then go ahead and compete ourselves, is something I find difficult to swallow. One reason many of us got into veterans athletics in the first place was to get away from the b.s. we run across in our daily lives. This was supposed to be one place where your ability on the track was the sole determinant of whether you did the job or not.

The critical issue, of course, is the money. How do you put on a meet of this size without the $65,000? John, all I can tell you is that we’ve put on meets in this country for up to 600 participants without government aid. Sometimes we’ve had private help. Sometimes we’ve financed the meets out of entry fees alone. One meet director, Bill Adler, says: “If you do it right, you can make money on any masters meet.”

The athletes, themselves, could help with the officiating, for example, if that was a problem. It might not be a streamlined, slick meet, but it would still be a meet. And probably a good one. Most important, we’d all be able to look at ourselves in the mirror and know we did the right and honorable thing. $65,000 is not worth sacrificing one iota of principle for.

I wish you well in your efforts to persuade your government to reverse its decision. But if you fail, I hope you hold the Games anyway, with everyone included.

Al Sheahan

Van Nuga, Calif.

25 Sept. 1980

Al:

Like it or not, we of Western nations are bound to international policies, defense and pressures for survival. Both U.S. and N.Z. do not practice apartheid but South Africa does. An overwhelming majority of members of the United Nations condemn S.A. for its policies of unequal social and educational opportunities. In the seventy page U.N. report of April 1980 on “Racial Discrimination of South African Sport” S.A. is severely exposed, rebuked and criticized by many world sporting bodies.

Some years ago the N.Z. “building bridges” policy by having sporting contacts with South Africa was seen to be a worthy approach to counter apartheid policies from within. But world opinion countered this noble attempt by interpreting the moves as condoning apartheid policies. This action brought reprisals against us at the Montreal Olympics with N.Z. being made the scapegoat. We were probably singled out because we are very sports minded. But our smallness makes us vulnerable to external pressures.

Fresh reports say that Mr. Botha is showing signs of acknowledging world opinion by making concessions...good.

It is by opposing apartheid of the forms as practised in S.A. that freedom loving peoples like ourselves can influence S.A. politicians to treat non-whites with moral equality.

To you and me apartheid policy requires “modification to extinction” from within South Africa itself. Danie, Felicity and other veteran athletes there, can all do their bit along with other S.A. sports people to eventually eliminate apartheid just as the U.S. people did in freeing the slaves last century.

The World Association of Veteran Athletes, in spite of its fine words of principle, must surely oppose apartheid in S.A. both as member associations and as individuals. None of us can afford to be two-faced or selfish on the fundamental issue. We in N.Z., like folk in the U.S., have no opposition to having S.A. sportsmen as competitors.

It is the social system as practised against the non-whites that South African white citizens appear to uphold that to us, is abhorrent.

Our present Government does not ban S.A. athletes or other sportspersons from New Zealand but it strongly appeals to sports administrators to consider future implications in many spheres and in particular our obligations to the Gleneagles Agreement which affects all commonwealth countries, big and small, throughout the world.

All member nations of the U.N. and our Government, like the U.S.A. Government, subscribe to the U.N. Charter within which is set out opposition to the objectives of apartheid.

The question is not one of pettiness of little people, but one of international forthrightness on the principal issue. Danie and his fellow athletes, being in the high positions they are, can do so much to free themselves, not us, of a policy which is affecting so many people in so many ways.

To us in N.Z. the position of sporting relations with S.A. has been aggravated.

Mike Jackson *(25)*, Los Angeles, wins 30-34 100 meters in Philadelphia in 10.8. Rod Ferguson *(17)*, Mike Purdith *(46)*. photo by Bob Pates
dramatically since you were here last March and since the World Executives were here in January. To fly in the face of the majority public opinion now would be suicidal for future aspirations of all N.Z. sports people for future competitions.

Let me conclude by quoting from your own letter that it is time "to show courage, principle and spine, qualities which seem to be lacking throughout much of the world today" by the S.A. veterans, U.S. and N.Z. veterans and other WAVAs member countries in supporting opposition to apartheid policies and those who practise apartheid.

Clem L. Owen
Executive Coordinator
New Zealand Association of Veteran Athletes

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Sept. 30, 1980

Clun: I agree with you—and so do most veteran athletes—that South Africa's policy of apartheid is wrong and unjust. But that's not the issue.

The issue is whether the World Games is to follow the clear mandate of veteran athletes throughout the world. The constitution of the World Association of Veteran Athletes specifically states: "Veterans competitions shall be open to all men over 40, and women over 30. No competitor shall be barred from competition due to race, religion, ethnic background or national origin."

If we exclude the South Africans, or any group, we are invalidating our own constitution.

It's never made much sense to me to ban ordinary citizens because of their government's policies. I, for one, don't have much impact on Carter's foreign policy. I suspect the South African veterans likewise don't have much impact on Botha's policies.

Do we really think we can change a country's policies by banning it from the shot put? It's a spiltball against a battlefield. World problems are not solved by isolating peoples. That only gets their back up. Problems are solved by getting people together, by negotiating by exchanging ideas.

You imply that public opinion in New Zealand demands excluding the South Africans. That seems odd. In the U.S.A., Gary Player plays golf. Bernie Mitton and Johann Kriek play tennis. You're from South Africa. Nobody cares. People realize that banning Kriek or Player isn't going to bring apartheid down.

But we've been all over that ground many times in the last 5 years. Just because N.Z. is "small" as you say, doesn't mean it has to have an inferiority complex, or knuckle under to "bigger" nations. I found New Zealanders to be strong, fair-minded people. Your social policies are among the most advanced in the world. You can hold your head up high. You can follow your own conscience.

New Zealand accepted the World Games with the clear understanding that no one would be excluded. I hope you'll be able to live up to that commitment.

Al Sheehan
Van Nva, Calif.

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20 Sept. 1980

Mr. Sheehan: I am writing to you both as an athlete and a citizen who is sickened by the intrusion of politics in sport.

My reason for writing is that it appears to me while you are trying to get the 81 Veteran Games boycotted you appear to want to have no connection with South Africa. I am referring to your head up high. You can follow your own conscience.

New Zealand accepted the World Games with the clear understanding that no one would be excluded. I hope you'll be able to live up to that commitment.

Al Sheehan
Van Nva, Calif.

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4th October, 1980

Dear Clun,

Thank you for your letter just received. There seems to be some confusion.

1. In this, or is this not, the 4th WAVAs Championships? If so, then it is subject to the WAVAs Constitution, which states that no body shall be barred from participation because of non-Nationality, Religion, Race or Creed. This Constitution can only be changed by two-thirds majority at the full session of the WAVAs and not by the New Zealand Organizing Committee, because they find themselves in unprecedented financial difficulty.

2. In checking the Minutes of the WAVAs Executive Committee, and WAVAs Delegates meetings in Hanover with secretary, Roland Jerseryd, we found that in both instances, WAVAs President, Don Farquharson, clearly stated that all policy decisions and here, participation was specifically men-

Jim Walker, winner of 45-49 TFA Decathlon Championships.
If my suggestion meets with the approval of your Committee, please advise me immediately to enable me to check the Funds required.

I am forwarding a copy of this letter to all Members of the WAVA Executive Council and as I know that with the sympathy of Mr. Roy Williams, I am also taking the Liberty of sending him a Copy.

To enable us to proceed expeditiously, and early reply would be greatly appreciated.

Dr. M.D. Burger
President
South African Masters Association
Johannesburg, S.A.

October 9, 1980

Mr. Macdonald:

It was with much regret that I learned from an article in the National Masters Newsletter (October) that the Organizing Committee of the 4th World Veterans Games has barred from participation athletes of the Republic of South Africa.

I read your explanation, which in financial terms is quite understandable. In terms of history and logic, however, your course of action, and that of your government, is difficult to swallow.

During World War II, South Africans were our common combaters arms against nations which literally threatened our national existence. I fought alongside of South Africans in Italy in 1943 when Japanese troops were not too far from the shores of New Zealand. Then they were welcome members of the Commonwealth.

No other nation has been singled out for ostracism in this event. Not representatives of the nations which you fought in WWII, Not the Soviet Union which for forty years has occupied the once independent states of Latvia, Lithuania, and Estonia. Not a half dozen South American dictatorships. Not Viet Nam which has created un told human disaster in Cambodia. And not a number of other countries which give sanctuary to openly belligerent international terrorists.

You have recently extended the deadline for entries to Nov. 1. I presume this also extends the deadline for cancellations. Accordingly, I wish to reconsider my own entry, which was mailed before your announcement to meet the former October 1 deadline. In the event your policy in the matter of South African athletes is not changed before your latest entry deadline, I request that you cancel my entries and return the fees.

Edward G. Lowell
Tarzana, Calif.

[1978 M60 National Champion, Marathon and Steeplechase.]

Profile On
Herm Wyatt
by Merty Higinbotham

Herm Wyatt leaped his way into the world record books by high jumping a super 6-5/8 at the West Valley Masters Meet in Los Gatos on April 19. The 48-year old Wyatt stands 6-6/4 and weighs 190 pounds. He began his jumping career at San Jose State, however, Wyatt believes his best leaps came after college. Herm never jumped in high school, so beginning in college left him plenty of room for improvement. After college Wyatt had the honor of capturing two high jump titles at the National AAU Indoor Championships. He is definitely correct about doing his best jumping after college—his best leap ever is a 6-11 at age 31.

Wyatt attained an interest in the masters competition two years ago, when his resumed his jumping career. Now he is the world's best leaper in the 45-49 age group.

As far as competing goes, Herm likes to compete once a month. Weightlifting is an important part of his training and he also runs wind sprints barefoot on the grass to keep up his speed and tone his muscles. His philosophy in training is a very practical one: "I don't like to punish my body."

He does not try to peak for any meets, but "just do my best at each one," as he puts it. Wyatt is also looking for a sponsor to help send him to the World Games.

Striders Award Named For Cranston

LOS ANGELES, CALIF., Sept. 24. A special award to be named after U.S. Senator Alan Cranston (D-Calif.) was approved at a meeting of the Southern California Striders Board of Directors, Striders President Hilliard Sumner announced today.

The award, which is sponsored by the Striders, was established in Cranston's name "in recognition of his outstanding commitment, continuing support, and contribution to Master's Track and Field."

"The award will be given to an individual involved in the administration and management of Master's track meets," said Mike Jackson, who proposed the idea. "It would set as an incentive to put on quality meets."

The award will be presented to its first recipient at the Annual Striders Awards Banquet in November, 1 Roullier himself.

The Board also approved that the name of the Pan American Games be changed to the "Home Savings and Loan Pan American Masters Track and Field Championships.

The Board also voted to not become involved with the 1981 National Masters Championships unless there is a minimum budget of $15,000. "Penn Mutual is offering $2000 to $5000 for the meet at this point," the Board reported.

Roullier Sets New 50-Mile Mark

CHICAGO, ILL., October 5. Roger Roullier, 42, of Romeoville, Illinois set a new masters 50-mile record today in the American Medical Joggers Association 50-mile run through Lincoln Park. Roullier's time was 5-hours, 25-minutes, 50-seconds, which smashed the existing American masters (40+) mark of 5:48:19 by John Garlipp of New York on Nov. 4, 1978.


"I was surprised by my good time," Roullier said. "It was very satisfying in view of the fact that just 7 days earlier, I ran the Chicago Marathon."

"In that race, Roullier won the masters division in 2:36:07. His new 50-mile mark equals a 6:31-per-mile pace, compared to a 5:55 pace for his marathon effort."
British went to England in September to compete in the British Veteran Athletic Association Decathlon Championship which was held in Loughborough on 20 and 21 September. The trip was interesting and informative. There is quite a bit of interest in multi-event competition in England. There were 32 entrants. This is better participation than we have in the U.S. Our masters championships the past three years have had about 30 entrants each year and we included about 10 submasters each year and the British limit their championship to 40+. The competition was well organized with good officiating and good facilities. The track was claud and was damp so the times were slowed slightly. As with masters competition in America, the only spectators were friends and relatives of the competitors. They were few in number but quite appreciative of a good performance so there were some enthusiastic responses for some of the closer races.

I was fortunate to win the 1A division championship, was the highest point total ever scored by a veteran in England. For this I was awarded the Clarke cup which goes to the outstanding performer in the meet each year. The competitors were all friendly and helpful, making it an enjoyable competition for me.

The English were different! I don’t know why but...they would be using the English system of measurement. I was wrong. It was all metric and the competitors seemed much more at ease with the metric system than I was. The language took some getting used to. "Is it my attempt?" "His arm went limp." (He injured his arm) "I guess I’ll have a do." (Take a turn) "Good show." (Nice try) "I’m going to bash it." (Try harder) "I didn’t fancy it." (Response by a competitor when asked why he didn’t finish the 1500). On the second day’s competition they took an hour break between the third and fourth event for tea?

I was surprised to find out that there is less veteran competition in England than I thought. They have far fewer track and field competitions for vets than we have in America. There is much more cross country competition for vets but not track and field. The 40+ track and field athlete gets most of his competition by competing for his club. There is a quite a competitive club system in England with competition between the clubs in different leagues in the according to ability. As the athletes performance diminishes because of age he simply finds another club that is competing in a lower league. With over 800 clubs in the country it is not hard to find another club nearby.

I found out that one “British blode," Rodney Charnock, is trying to promote multi-event (decathlon and pentathlon) competition among veteran athletes. He is publishing a "Veterans Multi-Event Newsletter." He is trying to promote pentathlon and de­cathlon competitions between different countries and is trying to get a world championship organized for vets. He is also trying to deal with some of the problems of the multi-events such as how to score points and use a certain height to use, the work can only help the events.

The trip was a good experience for me. Maybe next year some other Americans can "invade" the British Veteran Decathlon Championship.

O’Neil Topsplees 10K Mark

SAN DIEGO, CALIF., Sept. 6, 1980 National masters 5000 and 10,000 track champion Jim O’Neil, 48, of the Bronx, has set a new standard in the National Athletics Congress 50K Championships today.

Heinrich, the top master in this year’s Boston Marathon, clacked 3:08:56 to finish 3rd overall.

Bill DeVo, 29, won the event in 3:01:12.

There was no 5 or 10 year age-division competition per se. Cahill Yeter, 42, of the Bronx was 2nd master (9th overall) in 3:18:23.

The September 1980 issue of Runner’s World (page 80) continues to propagate mix-information regarding record-keeping for road performances in the United States. In fact, Runner’s World has not only set itself up as the keeper of road records but now attests to the accuracy of road courses. This repre­sents an arrogant disregard for proced­ures established by both the Athletics Congress and the Road Runner’s Club of America to certify road courses as to the accuracy of their measurement and to maintain legitimate records for stan­dard road distances.

In February 1978, the RRCA es­tablished a Road Records Committee whose task was to establish standards for keeping road records and to compile and maintain official road records for the U.S. The National Running Data Center was represented on this committee and participated in discussions regarding record-keeping, in particular, how to judge wind-aided and downhill per­formances. Several suggestions were advanced; none were found suitable. With the resignation of the committee chairman later that year, such efforts were dropped. At the national RRCA convention in February 1978, the NRDC made a proposal to the executive board of the RRCA which detailed a solution to the problems of wind-aided and downhill performances and offered to serve in the capacity of official road record­keeper for the RRCA and to disseminate the official list of road records. Adapting standard procedures used for track record-keeping, the NRDC proposed the now widely-known rule re­gulating point-to-point marks to a non-official status. The details and justifications for this ruling are set forth in the 1980 edition of "Running Records by Age," available from the NRDC. This proposal was accepted by the executive board of the RRCA.
ATTENTION
1980 Masters 10k Cross Country Championships
Sunday, November 9, Seattle, Washington

TEAM INFORMATION CORRECTION: Women's teams should consist of 5 scoring members, not 3 as stated on the entry form. Maximum team numbers are 8 per team. The first 5 times will be used to score.

NOTE: There will also be men's and women's 60+ teams added to the team competition. Maximum number for teams is 5 with the first 3 scoring. The 5-year age divisions for individual awards have been extended to age 85+ for both men and women.

TEAM DECLARATIONS MUST BE SUBMITTED TO THE RACE DIRECTOR PRIOR TO THE START OF THE RACE TO BE VALID

Race Walking
from Alan Wood and Harry Sittenen

Lori Maynard, 44, finished 3rd overall and 1st senior women in the Championships at Stanford Sept. 14 with a time of 3:31:47. Charles Marut, 42, was 4th and 1st master in 54:20. Fred Dunn, 51, was 5th and 2nd master in 54:34. Harry Sittenen, 54, was 3rd in 50:28.

Otto Soomraaer was 1st 60+ man in 65:31. Ches Uturuh, 73, was 2nd 60+ in 70:57. Helena Garola, 72, was 1st woman 60+ in 90:18. Nancy Porter, 44, won 1st 40-44 woman award in 73:07.

437 Compete In Berkshire 10K
from Walter Childe

WESTFIELD, MASS., Sept. 14. One of the largest--if not the largest--fields of masters long distance runners ever assembled in the U.S. took part in the popular Berkshire 10K run today. 437 athletes finished the race: 399 men over 40 and 38 women over 35.


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Holiday Weight Pentathlon Set
Phil Partridge announces the 3rd Annual Holiday Weight Pentathlon will be held at Delray Beach, Florida, at Atlantic High School on Saturday, December 27 starting at 10 a.m. in tandem with a Holiday Regular Pentathlon.

The entry fee for each Pentathlon is $6. Send entries promptly to Randy Cooper, Community Evening School, Atlantic High School, Delray Beach, Florida.

Film Of Blind Runner Wins Medal
by Charles Bucll

Perhaps there are a half dozen sightless marathon runners in the United States. One of these runners has been filmed doing his thing. He is sightless 42-year old Harry Cordellos of San Francisco who has finished more than 50 marathons.

The film, 12 minutes in length, shows Cordellos running side by side with his sighted partner Mike Restani in the famous Dipsea race in Marin County. It is one of the toughest cross country runs in the United States, but Cordellos finished in the top one-third of 2000 runners in the event.

The unique film has won 16 medals at film festivals here and abroad. The title of the film is "Survival Run" and is produced by Magnus Filins, 117 So. Park St., San Francisco, CA 94107.

Less than two years ago an Illinois attorney lost his vision, but this did not stop him from competing in athletics. He is 38-year old Jim Neppi of Rock Island who recently returned from the Olympics for the Blind in Holland with gold and silver medals and a trophy.

The Olympics drew 300 blind athletes from 38 countries. Neppi put the 7.25 kg shot 11.76m to set a new world record for sightless men. This was the only gold medal won in track and field by U.S. blind men.

Neppi and a few others can win medals in open competition. Masters competition is also being offered to blind men and women by the United States Association for Blind Athletes, 55 W. California Ave., Beach Haven Park, NJ 08008.

(Ed. note: Dr. Charles Bucll is the President of the Southern California Association for Blind Athletes. At age 68, he recently ran the 10000 meters in the U.S. Association for Blind Athletes National Championships. He has 1/20 normal vision so he can run by himself. "I jog around my block every day by myself, keeping near the curb," he says. "I feel better physically and mentally through jogging. Sightless people sit too much, but I feel stronger. It need not be that way. Even a totally blind person can find a sighted partner, if he will try.

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Gorman Breaks Stock's 10K Mark

SANTA MONICA, CALIF., Oct. 11. The American women's age 45-49-10-kilometer road record was broken for the 4th time this year as Miki Gorman of Los Angeles today ran 37:30 to lower Dorothy Stock's 6-week-old mark by 9 seconds.

Gorman, who won the Boston Marathon and New York Marathon twice turned 45 on August 8. She appears to be in shape to challenge many of the marks which Stock, of San Diego, set this year.

Gorman finished 4th among 550 women in the race won by Gayle Olinick, 27, of Canada in 35:19.

Race Directors
Please submit all results promptly to the National Masters Newsletter at 6200 Hashmile Ave., Van Nuys, CA 91401 and to the National Running Data Center, Box 43986, Tucson, AZ 85733. Please be sure to show the date, location and distance. and whether or not it was run on a certified course, as approved by the National Standards committee.

NMM desires the top ten men and women of each age group over age 30. The NRA requires a listing of ALL finishers, with name, age, sex, hometown, and finish time of each. It is important that the NRA get such complete results in order to give all your runners credit in national records and rankings.

ELECTION DAY NOV. 4

"More than any other time in history, mankind faces a crossroads. One path leads to extinguish and utter hopelessness. The other leads to total extinction. Let us pray we have the wisdom to choose correctly.

Woody Allen
BRIDGING THE GENERATION GAP: Submasters And Masters Competition

by Mike Jackson

Recently, I read an article in the Los Angeles Times about a California woman who teaches federal employees how to communicate effectively. The article, "Some Words of Advice at Federal Level: Up with English Course Offered," said the instructor started with the presumption that poor performance is an attitude toward language that could have an adverse effect on an employee's chances for advancement and upward mobility. The point, in short, is that every opportunity for communication is important; every chance to talk is a chance to grow, and every occasion to establish a human contact helps to break down a communication barrier.

Let there be no doubt that Masters and Submasters competition provides the environment in which communication barriers (as well as speed barriers) can be broken. Obviously, athletes talk to each other about their sports, but the Masters and Submasters brings together young and old, black and white, upward mobility. The point, in other words, is that Masters and Submasters is an attitude toward language that can be broken. Obviously, athletes talk to each other about their sports, but the Masters and Submasters track the point of this article is clear: Here is an activity that is not only fun but is also useful. It is not just a way to stay in shape physically but a way to keep in shape mentally; that is, not only an exercise for the body but a social exercise contributing to all those mechanisms for communication which we tend to slight in our daily activity.

These observations are based on my own participation as a submasters sprinter in a number of track meets around the country; most recently the National meet in Philadelphia: "Hey! A submasters sprinter yelled to an elderly gray-haired gentleman, as they met in front of a hotel elevator. 'Aren't you from Canada?'

"Why, yes I am," responded the older man with evident surprise.

"The submasters athlete went on to explain that they had previously met during a track meet in Mexico City and, in fact, had competed in similar events. Later, on the track, a different submasters athlete shouted to a masters competitor running the 200 meter dash: 'You're bouncing too much. Try to lean your body forward and drive.'

After that race, the two athletes exchanged views of their respective running styles. These are only a few examples of how communication takes place in an athletic environment. Masters and Submasters track appears to offer an even greater and unique communication mechanism. The sport provides not only the opportunity to make friends but also a chance for people to get together and share with each other, learn from each other, and most importantly, care for each other.

So, to all who are considering joining Masters or Submasters track the point of this article is clear: Here is an activity that is not only fun but is also useful. It is not just a way to stay in shape physically but a way to keep in shape mentally; that is, not only an exercise for the body but a social exercise contributing to all those mechanisms for communication which we tend to slight in our daily activity.

Olson Tops Weight Pentathletes

by Jackson Towell

STOUFFVILLE, ONTARIO, September 21. Len Olson of Burlington, Vermont, scored 3497 points to lead all entrants in the North American Masters & Submasters Weight Pentathlon today at Latvian Field.

Olson edged Harold Parsons by only 6 points to win the Tovell Trophy. Since the Hilo system was used, most of the totals were meet and Canadian records. Good weather and the club members and wives created an atmosphere of great camaraderie, all of which helped to make this an exceptional meet. We plan to hold this fixture again next year in August. Hope to see you then.

Results on page 21.

Stock, Hargus, Salazar Set 10K Marks

from Bill Stock

SAN DIEGO, CALIF., Sept. 21. Dorothy Stock, Cathy Hargus and Felicitas Salazar each set new 3-year age division 20km road records today in the National Athletics Congress 20km Open Women's Championships, run concurrently with the San Diego AC Masters 20km Women's Championships.

Stock added to her impressive 1980 collection of women's age 45-49 distance marks, clocking 1:20:13 to break Ruth Anderson's 4-year-old mark of 1:25:49. [Editor's note: Stock's mark was broken by 8 seconds on Sept. 27 by Linda Sippel, who ran 1:20:10 in the TAC 20k Masters Championship in Washington, D.C.]

Cathy Hargus smashed Marion Epstein's 60-64 mark of 2:26:19 by 25 minutes in 1:50:46 to become the first 60+ U.S. woman ever to get under 2 hours.

Felicitas Salazar ran 3:09:43 to create a new standard for women 70+.

Stock finished 2nd overall behind winner Audrey Burns (31) 1:19:28. Diane Stocklin, (40), was the 2nd master -- 5th overall -- in 1:27:23.

En route, Stock also broke the national women's 45-49 mark for 15km. Her 59:47 lowered Ruth Anderson's 1978 time of 1:01:14. The course was PFA/AAU certified for the 5k, 10k, 15k and 20k. Each of 4 loops was 5000 meters.

The high cost of transportation presumably had a large effect on participation. For local runners, 20k is a bit out of the range of "recreational" runners, plus the title "National Championship" scares some off. It was unique in these times to have more officials and police than runners. Results on page 23.

Subscribe Now!

The National Masters Newsletter is the bible of the Masters (Veterans) movement, the Master's most interesting community. It's a bargain at $12 a year for only $12. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

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Send to: National Masters Newsletter

P.O. Box 2572

Van Nuys, Calif. 91404

Name ____________________________

Address __________________________

City ____________________________ State ______ Zip ______
"Over forty isn’t over the hill."

"Twelve years ago, I was Bill Toomey, Olympic decathlon champ. About ten years ago, I became Bill Toomey, ex-competitor. And I didn’t like it one bit.

"I had to stop competing because I could no longer find serious competition at a highly skilled level once I reached a certain age. That didn’t stop me from keeping fit and physically active. But physical activity has more meaning when you’re competing. No matter what your age.

"Now that’s all changed. I may be Bill Toomey, forty-one year-old, but I’m a competitor once more. Thanks to the Masters Sports program now nationally sponsored by the Penn Mutual Life Insurance Company through the AAU.

"This enlarged program is an idea that’s long overdue. Through it, athletes well into their forties and beyond can still enjoy the thrill of competing. For those 25 and over, there are programs in swimming, diving, water polo, and synchronized swimming. For the over 30, there’s track and field. For 40 and beyond, long-distance running. And these programs are just the beginning.

"If you’re an athlete who misses the joy of competition, or even if you’ve never competed formally before, the AAU-Penn Mutual Masters Sports Program has a place for you. It’s as easy as getting in touch with your nearest Penn Mutual General Agency office. They’ll give you all the facts you want and sign you up.

"Why not join me in helping prove that over forty isn’t over the hill? Besides, competition’s too much fun to be left to the kids."
How To Apply For Records

On this page are printed standard application forms for 5-year world and/or American masters track & field age-group records. While not all of the information is always needed, the more data you can provide, the easier it will be for National Records Chairman Pete Mundle and the World Association of Veteran Athletes Records Committee to verify the mark.

Most directors should keep a supply of these forms—along with a copy of the current 5-year records (printed in October's NSNO)—handy at each meet. Pass them out to your track and field officials so they can fill out the form right after a new record is set.

An athlete can bird-dog the officials by carrying a few of the forms in your bag. If you set a new mark, make sure you get a form filled out and signed. Then send it to Mundle.

For a single-age record, not as much data is usually required. However, again, the more data you provide, the easier it is to verify. Particularly important are the wind velocity for sprints and jumps, the exact implements used, the exact height/distance in feet and meters, and the exact height/distance in feet and meters.

Each director should keep a supply of these forms in their office. I also recommend that you keep a copy in your bag and have your parents или other officials sign it as you cross the line. If you do not have a form, fill out and sign the request blank below and send it to Mundle.

November 1980 - National Masters Newsletter page 17
World Association of Veteran Athletes

APPLICATION FOR FIELD RECORD

Name of Event Classification 

Sex of Athlete Address of Athlete 

5.0-6.14, etc. 

HUM 

LOWEN 

Country 

Full Name of Athlete 

Club or Branch 

Date of Birth 

Date of Event 

Place of competition 

Field Judge 

Date of Field Judge 

Signature 

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

FIELD JUDGE STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as shown below opposite my signature.

Height/Distance Date of Field Judge Address 

Signature 

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weights and dimensions of the implement used (if any) fell within the limits prescribed by the T.A.H.P.

Type of Runway Surface 

Weight of Shot, Discus or Javelin

Name of Technical Manager 

Address 

Signature

REFEREES STATEMENT I hereby certify that the officiating was done by competent officials, that the answers have been given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions?

Precise Wind Velocity and Direction

Was the Field surveyed?

Did you examine the new mark, make sure you get a form filled out and signed.

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, CA 90291

World Association of Veteran Athletes
**2ND EUROPEAN VETERANS CHAMPIONSHIPS, HELSINKI, FINLAND, AUGUST 6-10, 1980.**

### Men 40-44

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### Women 60-64

<table>
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### Men 70-74

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### Women 70-74

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### Men 75+

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### Women 75+

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**Results continued on next page...**
### European Championships - continued from previous page

#### Men 50-54
1. Max Fischer W. GER 1:04.69 1. Max Fischer W. GER 1:04.69
2. A. Schaar WSCHN 1:04.87 2. Hans Prem W. GER 1:04.87
3. Francesco Butella ITA 1:08.23 3. Larry Marsden W. GER 1:08.23

#### Men 40-49

#### Men 30-39
1. Andreas Findell SWE 1:10.32 1. Andreas Findell SWE 1:10.32
2. Erik Jensen DEN 1:10.76 2. Ivar Eggertson FIN 1:10.76
3. Lars Wihler FIN 1:13.92 3. Lieselott Haugen NOR 1:13.92

#### 100 M Hurdles M 35-39
1. Lina Foner SEL 16.56 1. Lina Foner SEL 16.56
2. Edith Graft BEL 16.81 2. Edith Graft BEL 16.81

#### 3000 M Steeple Chase
2. Pierre Blanchon FRA 9:40.06 2. Pierre Blanchon FRA 9:40.06
5. Francisco Butella ITA 9:40.61 5. Francisco Butella ITA 9:40.61

#### Men 20-29
1. Paul Slotter N. WMN 9:34.83 1. Paul Slotter N. WMN 9:34.83
2. George Joseph Black DEN 9:34.83 2. George Joseph Black DEN 9:34.83
3. Thanos Dominos ITA 9:34.93 3. Thanos Dominos ITA 9:34.93

#### Men 15-19
2. George Joseph Black DEN 10.52 2. George Joseph Black DEN 10.52
3. Frank Lofland USA 10.52 3. Frank Lofland USA 10.52

#### Men 5-14
2. Frank Lofland USA 12.20 2. Frank Lofland USA 12.20
3. Harry Morden N. WMN 12.20 3. Harry Morden N. WMN 12.20

#### Men 30-40
1. Salvador Martinez Marti SWE 180 1. Salvador Martinez Marti SWE 180
2. Raymond Neilsen N. WMN 180 2. Raymond Neilsen N. WMN 180

#### Men 70-74
1. Helger Amundsen NOR 180 1. Helger Amundsen NOR 180
2. Ivar Eggertsen FIN 180 2. Ivar Eggertsen FIN 180

#### Men 60-64
2. Herman Varela SWE 210 2. Herman Varela SWE 210

#### Men 70-74
1. Curtis Keene USA 160 1. Curtis Keene USA 160
3. Thomas Kehoe GB 160 3. Thomas Kehoe GB 160

#### Men 5-14
1. Ernst Katz WIENER 160 1. Ernst Katz WIENER 160

#### European Championships - continued on next page...
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**NATIONAL MASTERS ATHLETICS CONGRESS 1980 CHAMPIONSHIP GATFORD, WASHINGTON, September 28-29, 1930.

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</tr>
</thead>
</table>
GIVE'EM HELL.

Don't leave the store with these shoes in a box. Put them on. And take the longest, cruelest way home possible. You won't be punished.

Because we built the Internationalist for runners who think nothing of knocking off 75 to 100 miles a week. On asphalt, dirt, concrete and mud.

That's when comfort isn't a luxury, but a necessity. That's when you need a shoe that can take it.

With thick EVA sponge midsole. A PermaFoam insert that molds to the contour of your foot. And notched heel counter to eliminate pressure on the lower Achilles.

The Internationalist is curve-lasted, with a Variable Width Lacing System™ for a perfect fit. And a revolutionary new Waffle outsole for greater stability.

But if you're not ready to abuse this shoe, you're not ready to wear it.

The Internationalist. Not for the faint of foot.

Bowerston, Oregon.