

# U.S.M.I.T.T.

U.S. Masters International Track Team

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FEBRUARY 1974

Competition Holiday in the  
**SOUTH PACIFIC**

## Golden Oldies Out for a Spin

**IT TOOK** George Braceland 31 years to get back into the run of things.

But now there's no stopping him. After competing in 15 track and field championships at the weekend he is still fighting fit and ready for more.

George is 60 and one of the oldest members of the U.S. Masters' track and field team at present in Melbourne. The team is made up of veterans aged 40 and over and competed in the Australian veterans' track and field championships at Box Hill at the weekend.

It was 1922 when George last competed

As he brestled the steepchase on Saturday. He wears a band to keep his grey hair out of his eyes. And this is the style (below) that won him the 60 and over high jump with a leap of 1.30m. (4ft. 5 1/2 in.).

### 'Old timer' has plenty of zip

By JUDY JOY DAVIES

in field events in high school.

For the next 30 years he ignored athletics.

But 10 years ago George joined a YMCA club and became interested in marathon running.

On Saturday he won the 60 and over division of the 110-metre hurdles.

After that George competed in the hammer throw, the long jump, the discus, the 100 metre sprint and the steeplechase.

Yesterday George competed in the 200 metres and finished second in the javelin, third in the shot put and won the 400-metre hurdles and the pole vault.

George kept right on running around the track until he got to the start of the walk.

He was 40 metres behind the field, but he didn't take him long to catch up.

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### HURDLING LIFE'S BARRIERS

Bud Deacon is 62, but he shows few signs of slowing down. In some cases, he is even speeding up, as his list of world records indicates

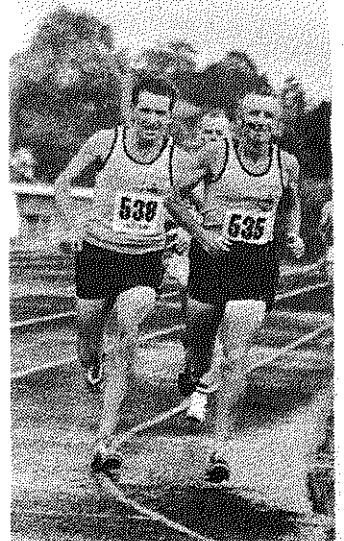
by RICHARD W. JOHNSTON



### Old-Track Stars Still Shine



Russ Niblock (60) USA and Wal Sheppard (53) Aus., Chairman of 1st All-Australian Track and Field Championships held at Melbourne's Box Hill Dec. 23-24



Colin Junner trying to overtake his Aussie buddy from Perth, Johnny Gilmore

On the crest of Pacific Heights, a ridge rising 1,000 feet above the flats of Honolulu, stands a pink California-Spanish mansion, its screened lanai offering an unsurpassable sweep of view from Diamond Head on the east to Pearl Harbor's approaches on the west. It is the sort of scene that courts a vision of sunset mai tais and a plump, elderly proprietor, ensconced in a softly cushioned rattan chair, regaling cocktail guests with stories that always begin: "You should have been here when..." But the proprietor is not on the lanai and neither are the guests. The proprietor, a conspicuously wiry gent standing 5'11" and weighing 150 pounds, is, in fact, halfway down the steeply sloping lawn trying to throw an iron ball up the hill. His only audience is a Russian wolfhound named Czar.

What retired Navy Commander Bernard W. Deacon—who, year for year and pound for pound may be the best all-round athlete in the world—is doing is putting the shot. When he is through with that, he may run east down the green plywood ramp that bisects the grounds and hurl a javelin toward one of the six rental units he has built on his three-acre estate. He is unlikely to practice the pole vault at this late hour: the pit is at the west end of his homemade track, and running into the descending sun is like trying to play left field in Oakland. Maybe the long jump or discus, though. The long-jump pit is at the other end, and the discus, like the javelin, sails out in the direction of his unsuspecting tenants.

Is Bud Deacon crazy? The man is 62 years old! Doesn't he realize that the time has come for boozey reveries on past glories, for sedentary concerns or the semi-anesthesia many retired people indulge in as a palliative for boredom? No, he doesn't realize it, and all those front-yard antics are not solely for amusement. Fresh from his victory in the U.S. Track and Field Federation Winter Decathlon championship in Glendale, Calif. in early December, Deacon now is in light but continuous training for all the Masters (and some standard) meets that lie ahead in 1974, 1975 and maybe even 1984. Earlier in the day he has run five miles through Kapiolani Park, and he topped

that off with a hurdling workout on his lawn track. All Bud Deacon wants is health, happiness—and a few new world records to add to the 29 he already holds.

To some of his pot-pounding or paté-oriented business associates, Deacon's behavior stamps him as a real nut—not just a fibert but a coconut. In his kitchen, sweating heavy but breathing easy after his workout, Deacon owns up to the charge. Instead of a drink, or even a beer, he is happily gulping a faintly lemony concoction called Gookinoid, invented by a marathon-running chemist called Gookin. The label on the bottle says it is an "electrolyte replacement with glucose," and Deacon explains that it instantly replenishes body fluids and salts. "I've always been kind of a food fanatic," he beams at his wife Diddie, who is having a beer. "Or would you say that was an understatement?" "It's an understatement, all right," says Diddie, passing him a bowl of boiled peanuts, oozy in their shells.

Until three years ago Bud Deacon's nuttiness was more or less a family secret. It might still be if in 1966 a San Diego attorney named David Pain had not dreamed up a mile run for men over 40 and if Dr. Kenneth H. Cooper had not published *The New Aerobics* in 1970. Pain's race inspired him to create the U.S. Masters Track and Field Association, with events in all categories, including the pentathlon, for four age groups: 40-49, 50-59, 60-69 and 70-and-over. Deacon knew about the Masters program, for he was then president of the Hawaii AAU and had been a close student of track and field ever since his college days at Stanford where, on March 10, 1934, he surpassed the world pole-vault record. But he had not seriously considered entering Masters events until *The New Aerobics* confronted him with a maximum conditioning program for people 50 and over.

Deacon began running in May of 1970. "I wasn't in bad shape then," he says in another flaming understatement, "but I never intended to compete. I just wanted to participate." That goal changed in the late fall when, as Deacon says, grinning at the obvious prevarication, "I happened to notice that I'd just run the 440 in exactly the same time as the guy who won the 60-69 age group the year before." A lot of 40-pluses must have made similar discoveries, for the Masters' movement spread from San Diego to every part of the U.S. (A similar program got under way somewhat later in Europe where, lacking the American gift for hyperbole, its sponsors call it Veterans' Track and Field.)

Since then veterans' athletics has enlisted an estimated 10,000 competitors (400 of them entered the last national AAU Masters meet). M.T.&F. has helped form dozens of local clubs, gained not only AAU sanction but support from the Track and Field Federation and regularly stages nearly a dozen regional and national meets. Its four official divisions have been expanded to include ages 30-39 at local levels, and in the Los Angeles

#### THE DEACON RECORDS

**WORLD GROUP**  
(Ages 60-69, 215 age in parentheses)  
800m.: 2:23.8 (60, 61)  
110m. 30" hurdles: 18.5 (61)  
110m. 33" hurdles: 19.7 (62)  
110m. 37" hurdles: 23.3 (62)  
110m. 42" hurdles: 23.0 (62)  
330yd. 30" hurdles: 51.8 (62)  
Pentathlon: 1,403 points (61)  
Decathlon (Masters): 3,884 (62)  
Decathlon (Standard): 2,896 (62)  
Masters Six: 1,419 (60)  
All of the above are also exact-age records

**WORLD EXACT-AGE**  
400m. dash: 62.4 (62)  
440yd. dash: 62.8 (62)  
440yd. dash: 62.5 (61)  
800m.-880yd.: 2:26.5 (62)  
1,500m.: 5:04.4 (60)  
3,000m.: 11:55.0 (60)  
3,000m.: 11:33.0 (61)  
3,000m.: 11:39.4 (62)  
Two-mile: 12:15.0 (61)  
Two-mile: 12:23.0 (62)  
Three-mile: 19:47.2 (60)  
110m. 30" hurdles: 18.8 (62)  
110m. 30" hurdles: 19.3 (60)  
Decathlon (Masters): 3,793 (61)  
Decathlon (Standard): 3,825 (60)  
Pentathlon: 1,398 (62)

Senior Olympics last June events were run in five-year groups beginning at 25 and ending at 80.

In 1971 *Track & Field News* began publishing annual "age records" books that list the best worldwide marks for competitors ranging from age one (that's right, one) through 78, all based on exact birth dates. The trouble with specific dating (as opposed to the Jan. 1 birthday universally imposed on thoroughbred horses) is that today's champion may—quite literally—be tomorrow's has-been and not even know it. On the other hand, at the very dawn of his next anniversary he can start shooting for a whole new galaxy of records (there are reports of 39-year-olds wistfully yearning for their 40th birthday, a condition hardly envisioned by the "men over 40" advertisers of a generation ago).

Not long after Deacon's record-equaling 440 he got together with other over-age Honolulu athletes and formed a local Masters chapter. "The idea was health and fun!" Deacon says (both in speaking and writing he italicizes key words). "We weren't thinking about records, except as part of the program. But competition is what makes exercise fun; you don't have to win, but you want to know you did your best." Since then Deacon's best has become the geriatric sensation of the track-and-field world. He holds 11 60-69 age-group records and 18 exact-age world records. He was named the outstanding athlete of the 60-69 age group at the AAU Masters National championships in San Diego last summer, and at the world championships in Cologne in 1972 he won four gold medals.

All this is not enough for Deacon. As the intermediate—and most successful—member of a family line of pole vaulters, he would dearly love to break the 60-69 world record of 12'9 1/4" set in 1971 by Herbert Schmidt of West Germany. "I don't know if I can do it," Deacon says, "but I'm going to try. Terry's going to coach me a little on how to get the spring out of that fiber glass." Terry, 27, is the oldest of Deacon's three children. He coaches vaulting at Punahou, the Anderson of Honolulu. Deacon's daughter, Mary, 25, is the wife of Terry Henry IV, a one-time All-America soccer player at North Carolina, and his younger son Danny, 22, also at North Carolina, is one of the top vaulters in the Atlantic Coast Conference. Terry never quite equaled his father's bamboo-pole best (14'6"), but Danny has surpassed it with 15'6". "I'm a little scared of that fiber glass," Deacon says. "It might sling me clear over the fence into my neighbor's yard."

#### Changing times

It was the start of the 100 metres pre-veterans (35-39) event at the International Veterans Athletic meeting at New Brighton, and officials were making sure starters were on their marks. "Have you got my name?" asked a tall, well-muscled athlete. "What name?" asked an official. "Mr. C. Gordon. 'Snell,'" said the starter quizzily. "What was that?" asked Mr. Gordon. "Snell," repeated one of New Zealand's greatest athletes, with a smile. "My, how times change."



George illustrates fitness in field as well as running events.

## New Zealanders Enjoy Balmy Yule

By JERRY ABBOTT

Copley News Service

AUCKLAND, New Zealand

—While Americans are hawking in for the long hard winter, folks on the other side of the equator are preparing for their annual summer vacation. New Zealanders are no exception, and the holiday festivities here are among the brightest anywhere in the world. Most people here take their "summer" vacations around Christmas. Schools are closed from the middle of December until February and most businesses are all but shut down during the bridge between Christmas and New Year's. Christmas carnivals are held in many cities, with lavish decorations and parades.

**FOUR FESTIVITIES**

One of the most popular takes place in Rotorua, a resort town on the country's North Island famed for both its geyser wonderland and its colorful Maori community.

High points are a big parade, with a hundred-beautiful floats; Maori concert parties, and a host of sports events, including lawn bowling, golf and tennis tournaments, horse racing, track

meets and cricket contests. Festivities in Auckland, New Zealand's biggest city, are highlighted by the Auckland Cup Race, the year's most important meeting for the country's Thoroughbred racing.

Apart from the balmy weather, visitors might think they were back in the United States when they see the gaily decorated streets and stores and hear the carols played by Salvation Army bands on street corners.

**FATHER CHRISTMAS**

Even Santa Claus is the same—except that here he is called Father Christmas, and the poor old fellow is perspiring freely in the summer sunshine under his heavy red suit and long white beard.

Christmas dinner is a time for family reunions around a heavily laden table featuring the national dish, leg of lamb, along with a variety of other delicacies including chicken, ham, baked pumpkin, a variety of vegetables and a local version of the sweet potato. The British eating, golf and tennis tournaments, horse racing, track

Thanks to the Deacons for hosting the tour in Hawaii

# Fiji Where The World's Day Begins

Cocks Crow Sunday  
Nadi, (Nandi) Fiji December 16, 1973

Although it is 5:30 a.m., and the sun is just rising over the jagged hills to the East, I am a victim of "jet lag", and accordingly, my body tells me it is one day earlier and around 10:00 a.m. (West Coast time.) I see one team member disappear off down the country road, at a slow jog, and reflect on the moving life experience our Veteran track team is enjoying - travel to distant places, camaraderie with one's peers, and the anticipation of competition at a strange venue with an unknown adversary.

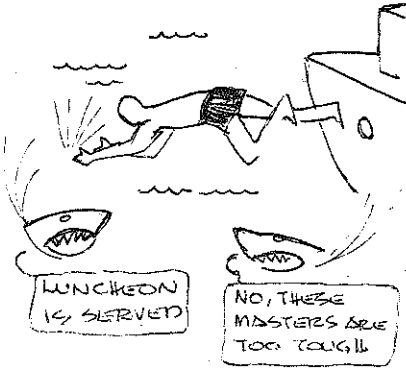
Yesterday was supposed to be a day to relax, after an all-night flight from Los Angeles to Fiji, some 11,000 miles, with a short stopover in Honolulu of one hour, but this was impossible as we were greeted on our 5:30 a.m. arrival at Nadi by New Zealand, Keith Williams, sponsor of our cross-country in Auckland, and our Fijian host, both of whom wished to consult with us. There was the usual hassle over lost luggage - Hal Wallace's javelin never got off the plane, and several pieces of baggage apparently are now enjoying their holiday in Auckland, Sydney, or Melbourne. Some of us were a little shocked to see our brand new luggage (it won't be new for long!) being stacked 4' deep in a 2-ton, open-bed truck, with two burly Fijians standing atop the whole lot!

The exhaustion of the flight was dismissed, however, as some of our troop retired to their rooms. Others jumped into the pool, ate breakfast featuring fresh pau-pau (papaya), or started off in various directions for a good workout. Reports soon filtered back to our GHQ (the outdoor bar adjoining the terrace gardens and pool of the Nadi Travelodge, where we tested the relative qualities of Fijian local bitters to New Zealand Leopard Lager) of runs to the beach some four miles away, to a freshwater river, and the experience when caught in the usual afternoon rain shower, of being invited into a Fijian home, and being offered abundant quantities of local fruit. All reported the friendly greetings from all the locals they met, who must have thought us quite mad, running ourselves silly in 90° heat (it is the height of summer here) and 90% humidity. Shades of Mad Dogs and Englishmen.

That evening, we entertained our 130-member group with a delightful outdoor Fijian feast, cooked in the traditional manner - wrapped in wet banana leaves and palm, placed over hot rocks and covered with the coals. Some U. S. Masters experienced for the first time (Fiji is 50% populated by Hindus, imported by the British 100 years ago, to work in the cane fields) curried goat, raw fish marinated in lemon juice (sprinkled with grated onion), and other fresh vegetables, plus the roast pork, baked fish, and a simple but delicious vegetable - a whole, baked pumpkin, with seeds removed, and filled with rice. Served this way, pumpkin tastes like what it is, a sweet squash. Following this truly memorable meal, we enjoyed a 1-hour concert presented specially for us by a 45-member troupe from the local village. They sang and danced, accompanied by simple, but well-played, percussion instruments consisting of lengths of hollow bamboo, which, when struck on the ground, give a mellow "boom", with a chord-like effect, as they were cut at different lengths; sticks struck together; and, the hollow piece of wood suspended on the players' lap, also struck with 2 sticks. All were resplendent in native costumes - the girls and women in colorful, but coverup Mother Hubbards, and the men in grass skirts, covered with war paint and garlanded with flowers and greenery. After the performance, we talked to several of the performers, all of whom hold other jobs, and from whom we learned that the proceeds from these concerts (given 3 to 4 times a week for tourist groups, such as ours) all go to their church to build a recreation hall or to support their school. All appear tri-lingual, speaking excellent English as well as their native Fijian and Hindu. All-in-all, it was a superb first day for everyone, even for one tour member who missed the flight from Los Angeles, due to Detroit being snowed in, and who arrived 12 hours later sans luggage.

Found the 80-odd degree temperature and high salinity very different, with the temperature getting higher as one approached the shore. The other interesting factor was the total absence of waves, although we understood the island, in 1972, was struck by winds of 200 knots, and the trees blown flat. Such devastating storms occur every 20 years with regularity.

## "SHARK FOOD"



An excellent lunch was served on the beach, consisting of steak, sausage and curry with rice. Plenty of beer and soft drinks were consumed, while the native crew entertained us on our return to the mainland, with Norman Bright doing the Mambo with the attractive Chinese stewardess. As we approached Lautoka Port, we sailed into a torrential tropical rain, with gigantic drops striking the water with such force that each one seemed to bounce back off the surface.

Disaster count for our first leg of the tour was: Two passengers failed to get Australian visas and one had to fly to Suva to get it from the Australian Consulate; one passenger's luggage never arrived; one javelin, at no extra cost, flew on to Auckland, but was returned, to be lost a second time; and Mike Hoover, our professional cameraman covering the tour for the film we are to produce, brought a mountain of gear, except that he left the camera in Los Angeles. We soon learned upon each departure to count noses and sweep the area for mislaid personal effects.

Personable ladies' man, Dr. Ossie Dakins, our 100 and 400 meter man from Jamaica, was in fine form, with 3 local beauties in tow. One was slight, and about 110 lbs. The other 2 hailed from the island of Tonga (famous for its large people and 450 lb. queen) and these 2 lovelies were no exception, as one tipped the scales at about 200 and the other at about 240. We had the pleasure of dancing with one of the young ladies and it was like attempting to maneuver an aircraft carrier - and - when she decided to turn to port, that's where we went!



Our track meet was held in the town of Lautoka on Monday, as the Fijians are very religious and no athletic activities take place on Sunday. Saturday was out, as that was the day of our arrival. The meet was hosted by Derek Robinson, an official in the Fijian Agriculture Dept., as well as President of their AAU, but recognized as a sprightly Welshman - kipped with a goatee; and William Saulskaleka Tunidau, a delightful Fijian and coach of their Commonwealth Games and Olympic team, whose wife, Wasa, presented Helen with a beautiful, fragrant plumaria lei.

The meet was conducted at the Government High School, on a grass track, laid out on a large playing field, surrounded by large, green shade trees, under which our team reclined between events. The lines of the track were made by pouring diesel oil on the grass, which created semi-permanent brown lines and works far better than lime. It was a delightful setting for a track meet. Added to this was a jolly crowd of locals, estimated at several hundred, who cheered for friend and foe alike.

Larry O'Neil, George Graceland, Bob Long, and other team members, put on a race-walk demonstration, which was greeted with a wave of spectator laughter when the walkers struck out accompanied by two beery Fijians, apparently full of local bitters, who manfully attempted to keep up - with little success.

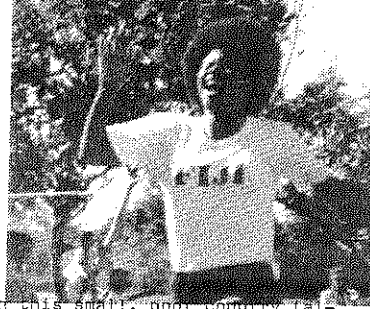
As expected, the Fijians, mostly in bare feet, won all the races and relays up to 1500m, although Ossie, Jack Greenwood, Phil Schlegel, and Canadian George Gluppe, pressed the Fijian team to good times in all the sprints. Jack had an excellent 54.3 400m in his anchor leg of the 4 x 400 relay, which was a real crowd pleaser. Considering this was on a rough grass course, in 87° heat and 90% humidity, this was an excellent Veteran performance. The feature race was supposed to have occurred between Ray Hatton and Fiji's National 10,000m Champion, nicknamed Mushroom. Unfortunately, Ray was more ready than Mushroom, who hung on for only the 1st three laps (the 1st 800m was run in 2:20.) Ray, in a fine sporting gesture, dropped off his own pace to pick up the rapidly failing local, but to no avail. Ray's winning time of 16:21 considering the course and weather, was exceptional, particularly so, in view of the fact that Ray had just left Bend, Oregon with 40 inches of snow.

The Division III 1500 was a fine race, with Bill Andberg and John Wall on Norm Bright's shoulder until the final straight, when John and Bill pulled away in 5:12.8, and 5:13.0, with Norm 3rd at 5:18. Besides the weather and track to contend with, the runners were distracted by numerous frogs that jumped over and about the track, assisted by our camera crew, who deliberately planted the frogs in lane 1 to highlight their shooting of the event. On crossing the finish line, Norm was last seen crawling down the track, desperately lunging for the elusive amphibians.

## "SOME BRIGHT BOY"

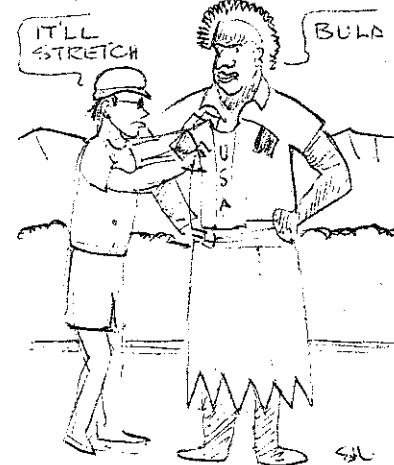


The field events, including the shot and discus, were all conducted on the grass which made the footing tricky. Here, the primary contribution of our Masters' Phil Partridge, Stan Herrmann, and Hal Wallace, was the clinic they conducted after the conclusion of their events. The Fijians are fine physical specimens, desperately lacking in coaching and quality competition. This was amply demonstrated by the fact that Fiji's leading girl discus thrower, after 15 minutes of instruction from Hal Wallace, broke their national record by 3'. Typical of the raw Fijian ability was another Fijian girl, who put the discus over 120 feet, without a turn. With proper coaching and world class competition, who could say how far a girl like that could toss the implements.



In this small, pool country, (although there is no unemployment, and workers make about \$3.00 per day) almost anything from America is immediately in demand. An example is our boxfull of "T" shirts, and Masters scarlet windbreakers. Although the "T" shirts represent a day's wages, and the jackets nearly a week's, the locals snapped up more than half of our stock, now sadly diminished. We recall vividly our boy Nigel aggressively selling a medium-size "T" shirt to a massive Fijian. There are going to be some surprised U. S. travelers in Fiji, who will see locals, all sporting U. S. Masters attire.

## "PERFECT FIT"



One final thought for some of us was a wild dash from Lautoka after the meet to get Derek Robinson to the airport to catch the plane for Suva. The ride, in a rather dilapidated, open-air, windowless bus ("air-conditioned") with rain curtains flapping like a galloping cowboy's chaps, was highlighted by an electrical, tropical storm, and numerous sugar cane trucks that nearly forced us off the road. Although it seemed we were going 90 mph, this ancient vehicle's speedometer was only registering 50. Louise Stock objected, stating she had a rare blood type, but she was silenced when advised that no hospital stocked chicken blood in any event!

As we departed for the airport, 2 aging U. S. Masters were obviously enjoying the trim legs on Dorothy Curtis standing above them, as she boarded the vehicle. One roguishly ran a hand up her sun-browned appendage, which brought forth the comment from Dorothy that he'd obviously drunk too much passion fruit juice.

All agreed that Fiji was a great place to start the tour, and would be mighty hard to beat in Australia and New Zealand. We all left this emerald-green isle with a warm feeling about its hospitality and its gregarious and outgoing people.

Hopefully, our U. S. Masters left some small, favorable impression of you, at least a few Americans have developed a life-style perhaps a little different from the stereo-type tourist.

Xmas Eve, Melbourne, Australia

After a delayed departure from Nadi, Fiji, we arrive about 4 hours late at Sydney, to be greeted by our son, Bruce, now living in Sydney and our U. S. Master, Denis De Vallance, also a resident of Sydney, who had both been at the airport since early that morning. We immediately boarded our buses and traveled to central Quay adjacent to the famous Sydney Bridge and the newly completed but equally well-known Sydney Opera House. At the Quay, all madly dashed for the bank to cash their U. S. and Fijian money into local currency. Here our members got a shock on learning that it took \$1. to get \$1.00 Australian. It wouldn't be so bad if the Aussies labeled their currency something other than the "dollar"; for, naturally, one expects to get a dollar for a dollar. Such was not the case in Australia. We departed from the Quay for a wonderful harbor cruise in what has to be one of the world's greatest inland bays set off by palatial homes sitting on the cliffs, with numerous vessels on the water, ranging from giant steamers and freighters to ferries, hydrofoils and yachts. Following this quick orientation to Sydney, we then crossed the traffick-choked bridge for our hotel on the North side.

The next morning, Mike Hoover, our one-man film producer and professional cameraman, and I arrived at Royce Smeal Films for a conference regarding our "epic" film feature. 1st class equipment was arranged for, plus film and additional crew - 1 cameraman and a sound man. Later, we dined at an Indian curry restaurant, where, with typical Fijian courage (but singular lack of judgment) we ordered the "hot" curry. Unlike similar U. S. establishments where a "hot" curry is not really hot, here the curry was really hot. As a result, copious quantities of water were necessary to wash it down.



As usual, Hal Wallace lost his javelin again.

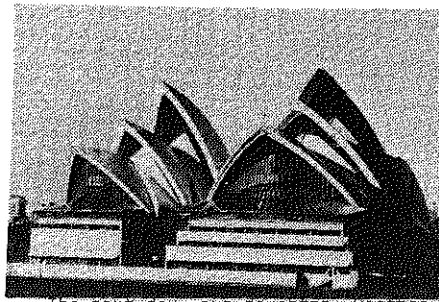
Wednesday, we bused to the Randwick Botany Club's brand new tartan surfaced track for the competition. Unfortunately the weather was inclement, with strong, gusty winds, eliminating any chance of a record or fast performance. Since it was a twilight meeting, it also grew quite chilly. As the artificial lighting did not permit filming, little of the meet could be photographed.

The competition was close, with approximately 100 Sydney Vets contesting the 50-odd U. S. Masters.

Dave Power, former world class performer, proved the best of the field, running a good 15:23 5,000m, and in so doing, lapped the field.

After the meeting we were all treated to sandwiches and beer, courtesy of the host club. As the beer flowed, international good will flourished, with "beery" athletes promising to come to Toronto in '75. "T" shirts and Masters patches were broken out and a brisk business was done, as the Aussies bought everything in sight.

## Sydney's Operatic Paradox



The next day, our daughter, Heather, and her teenage girlfriend, Carol, agreed to join us for a tour of the new, controversial and imaginative Sydney Opera House, symbol of Australia's new culture. We grabbed a nickel-snatcher ferry to cross the harbor, but before boarding, we noticed several grubby individuals surreptitiously dumping what appeared to be waste fuel oil into the water, creating a hideous oil slick, which covered the rocks with an oily slime. Shocked at such a sight, we couldn't resist the opportunity to berate these felons in a loud voice. One finally replied, after he recovered from the initial shock of the verbal attack, "You've got it all wrong - Mate" and called for his boss, who was greeted with further vilification. As we stopped to catch our breath, the boss explained, much to our embarrassment, they were a harbor cleanup crew and that the "oil" being poured into the water was actually an oil dispersant being sprayed on the water to clear up an earlier spill. To our relief, the ferry arrived, enabling us to retreat from the scene with some, but not much, dignity.

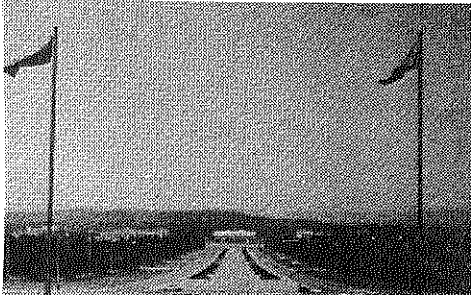
Nadi Monday  
December 17, 1973

Still adjusting to the time zone differential, but making headway.

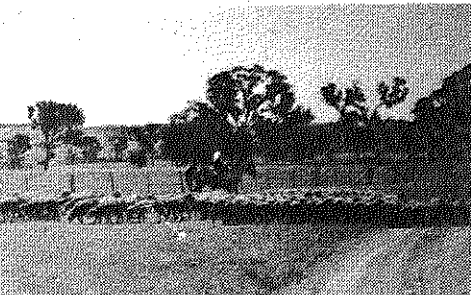
After breakfast, we engaged buses and drove the 17 miles North to Lautoka, moving past the verdant hills and cane fields, and the brilliant red blossoms of the Christmas Tree, and boarded a 120-foot motor cruiser bound for Vomo Island, some 20-odd miles off the coast. The sea was calm, as the coast is protected by numerous offshore volcanic islands, such as the one for which we were bound. It consisted of a fairly large volcanic hill, and a level area of about 100 acres, covered with coconut trees, and a beautiful beach with coral clusters offshore. There is a small village occupied by the caretaker staff of this island, used primarily for visiting tourists. Upon hearing the anchor rumble out, the impulse for a swim in crystal-clear, 85° water was overpowering; and, as the waters beckoned, my son-in-law, Nigel, and I dove overboard and swam to the beach 250 yards away. We then swam back to the boat, to find the Fijian captain extremely upset, as he feared sharks might attack swimmers diving off the boat. The Fijians were particularly "up tight" about sharks at the time, as 92 people were lost in a typhoon several days prior to our arrival, and no bodies were found, it being speculated that the sharks ate the entire bunch. No sharks were apparent, and those who have read on the subject know that shark attacks are extremely rare, and most are undocumented. One accustomed to the cold waters off California

Unfortunately, we could only parade around the opera house (strategically located on a point extending out into the Bay) as no tours were then available and no tickets were on sale for that evening's performance.

The following day, we flew to Canberra, Australia's national capitol, about halfway between Melbourne and Sydney, to be greeted by Jack Pennington, who works at the university. The weather was perfect, as we visited the impressive and well-displayed National War Memorial, complete with numerous battle souvenirs dating from Viet Nam to the Boer War, and including many well-executed diorama of famous battle scenes. The city, only 60 years old, is an example of good planning and has wide streets and boulevards, bordered by thousands of trees.



A highlight of the day was a side-trip to a sheep station (ranch) a few miles out of town, where we had an excellent outdoor meal, after which we were given a sheep shearing demonstration (using real sheep) and an example of herding by a sheep dog. A surprise, however, was furnished when our hosts produced a large box of boomerangs, which, when thrown correctly return to the thrower. Soon, the air was filled with missiles - flying, falling, plunging and zooming about the paddock, with more than one of our members getting knocked on the head as it returned. It was not long before all but the most hardy scurried from this self-inflicted aerial bombardment. Meanwhile, Penny Wallace and Jack Greenwood were demonstrating their horsemanship on the sheep herders' well-trained pony.



On returning to the airport to complete our southward flight to Melbourne and the pending Veteran Championships, we learned that Melbourne had just that afternoon been struck by 82 mph winds and rain. As a consequence, all flights were delayed, and some of our group did not make it to Melbourne until 2:00 a.m. the next morning.

Our flight arrived earlier, and we were thus able to meet with Wal Sheppard and his hardworking committee to tie up loose ends, such as late entries.

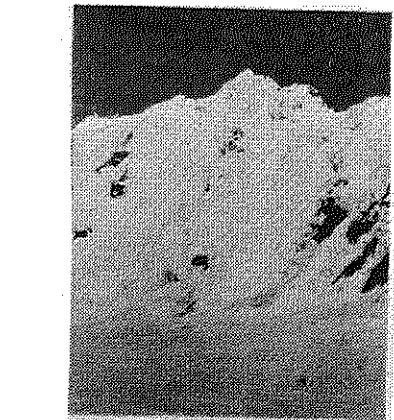
Wal's primary concern appeared to be our attestation of athletic virginity, duly certified to by Ollan Cassell of the U.S. AAU. Fortunately, we came supplied, but loudly protested the antiquated athletic rules, which require men 40 years of age and older to be pristine-pure amateurs. The rule worked no hardship on our group, all amateurs anyway; but did prevent U. S. Masters' Australian Denis De Vallance from competing, as well as others such as Ron Clarke, now 36 and anxious to get back into athletics, Merv Lincoln, Herb Elliott and Gordon Pirie (now a New Zealander.)

This ridiculous rule is applied uniformly in Australian Track and Field, regardless of whether it makes sense or not, an example occurring in Sydney when some of our accompanying wives and daughters asked that a relay event be included. The request was rejected by our Australian hosts because the meet had not been sanctioned for women's events, our ladies were not registered athletes, nor did they have travel permits.

Fortunately, our much-maligned AAU several years ago adopted a rule for U.S. Masters athletes which permits any Veteran to compete, regardless of his prior athletic antecedents. Since in some 6 years we have not had one adverse incident, we can assure other nations that their Veterans are not going to turn into pillars of salt should they compete with non-amateurs, or ex-professionals.

Enough of this raving!  
Our trip caused some degree of media interest in each city we visited, with the greatest shown in Melbourne, primarily due to the efforts of Our Man in Australia, Denis De Vallance.

The competition the 1st day in Melbourne's Box Hill Track was marred by heavy rain just before the competition commenced and strong winds, which continued throughout the day and eliminated all chance of any record qualifying efforts. The grasstex-type track was soft and easy on the legs, with a few athletes suffer-



ing from 2 days' straight competition. The other facilities were good and the meeting was generally well-run, with approximately 200 athletes in competition.

Mt. Cook, South Island, January 3, 1974  
New Zealand

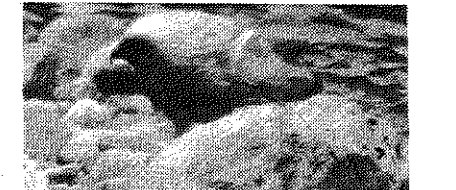
Have just completed our Mt. Cook segment for the film, and feel we have had a most rewarding 4 days!

We were not successful in climbing Mt. Cook as planned, nevertheless, our adventures here have been substantial. For us to have presumed that we could climb this mountain without any advance preparation or equipment was idiotic. This fact quickly became apparent upon our arrival. The elevations (by U. S. standards) are deceiving, as Mt. Cook stands only 12,349' and, therefore, would appear easy to climb in the summer, compared to Mt. Whitney in California and Pike's Peak in Colorado (which we ran) both over 14,000'. What we had failed to realize was that Mt. Cook stands in a truly alpine region, with its base at 2,500', and the timberline 500' higher. The closest approach to the mountain is via Ball Hut at 3,500', and from there to the peak is only 3.2 miles as the crow flies. To traverse this 9,000', one must spend at least 20 hours minimum climbing and be prepared to spend the night exposed to winds up to 150 mph. - and bitter cold! There is no trail, and great care must be employed to avoid the treacherous ice falls, which took the lives of 7 climbers this past year.

On our arrival, the weather was poor and no parties were even attempting the mountain, some having been waiting for a week. With this information in hand, after talking to Gavin Mills of Alpine Guides Ltd., and realizing that our primary objective was to make a film, we quickly lowered our sights. As a consequence, the 1st afternoon, we hiked 4 miles to Kea Point, an overlook of the massive Mueller Glacier, which at 1st glance appeared to be no more than a giant slag heap, 3/4 of a mile across. On closer inspection, we found that the glacial ice was beneath a mantle of broken talus being swept along by the moving ice. Further up the glacier, the ice and snow were free of debris. The next day, we tramped again to Kea Point, where Mike Hoover photographed us standing out in the middle of the glacier, posing for our star, Norman Bright. We also found a delightful suspension bridge which crossed the Hooker River, where, on cue, Norman bounced his way over, causing the bridge to swing and buck in a most amusing and violent way. While on the trail to Kea Point, we observed a great field of mountain lupine in variegated colors of blue, white, pink, yellow, and related shades thereof.

The only sour note was that on New Year's eve, the hotel only served a holiday menu at \$10.00 (New Zealand) - \$15.00 (U.S.). Although the meal was excellent, the price seemed rather high for a paper hat!

Because of inclement weather, no flights could go up onto the glaciers on Tuesday, so we conditioned ourselves with a hike up Mt. Oliver, 6,288' high. Although the distance was only about 7 or 8 miles, we took some 5 hours to complete it. On the way up, we observed the Mountain Wren and the "Megpie" of New Zealand's South Island, the Kea Parrot. The bird is striking in flight, with a dark, greenish-black coloring and bright red-orange under and beneath its wings. Mischievous, it has a reputation of being a thief, seizing all manner of campers' objects-including food.



Crossing a small, rushing stream, as it cascaded down the steep mountain, we finally arrived upon 3 small alpine tarns (ponds) perched on the mountainside. 30 minutes later, we reached the top, where we enjoyed a magnificent view of the upper Mueller Glacier and Mt. Seftan. Again we saw crashing avalanches of ice and snow, which would intimidate any climber. Later, as we retraced our steps, Norman couldn't resist the temptation to take a swim in the tarns, which, he claimed, were not too cold even though they were fed by snow melt from above.

We later met Charles Gorrow, the manager of the Mt. Cook Airways glacial plane fleet-consisting of 12 Cessna 185s, which sensibly operate only in VFR conditions. He was most harassed, as he had over 450 reservations to fly to the glaciers, and the weather had stopped operations. Nevertheless, he graciously accorded us complimentary transport to the upper Tasman Glacier, 7,000', provided we were ready to go by 7:00 a.m. Arising at 5:30, we quickly learned that the mountain passes were socked in, but finally

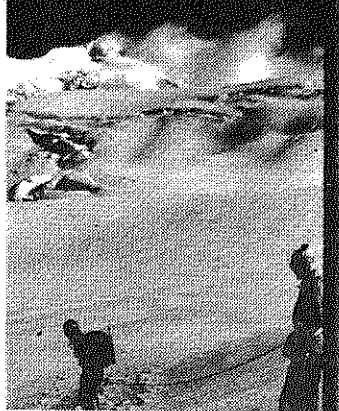
set off at 9:15 a.m., ill-equipped (as we found out later) for our jaunt, having planned to return to the landing site on the glacier to be picked up at 5:30 p.m. the same day.

Upon landing, we roped up, as the area was alive with both visible and invisible crevasses. The ice was 200-300' deep, and at its deepest point, the Tasman Glacier is 2,000' deep. We then moved up an 80° slope of ice. This time we had less difficulty using the crampons strapped to our feet and were soon several hundred feet above the area where the aircraft were landing and departing in rapid succession. As our script called for Norman to climb a peak, we worked our way up the Tasman to the col at an elevation of approximately 7,800'. It was here that we experienced first-hand the rapidly changing weather on a glacier, as the temperature dipped and wind-whipped clouds stung us with biting cold. Wearing only light nylon windbreakers, we were forced to retreat to the Tasman hut, perched 7,600' on a rocky overlook of the glacier and secured to the rocks by steel cables. Inside, we found 4 New Zealand mountaineers, who had been holed up in the hut for 5 days by the weather. Fortunately, the hut, or, as we nicknamed it, the "Tasman Hilton", was well-equipped with bunks, sleeping bags, kerosene lamps and stoves.



Our light lunch of bread and cheese was, alas, quickly consumed and the wind prevented our exit for more film-making until we departed for the landing area at 5:00 p.m., only to wait in vain for our aircraft. We later learned that Gavin Mills had attempted aerial room service to the "Hilton" but his small plane was forced back by the wind turbulence. Crestfallen, we tramped back up to the hut, to retire unfed, and to wait out the howling, buffeting winds, which caused our aerial roost to lurch and shudder.

Each of 15 similar huts in the area is equipped with a radio to receive weather reports. Ours prognosticated fair weather for the next day. We awoke at 5:00 a.m. to observe a beautiful sunrise and to breakfast on hot black tea and the remnants of our lunch from the day before. The morning was glorious, with all winds gone and nary a cloud in the sky.



On our way back to the pickup area, we paused to take more shots of Norman jumping a small crevasse about 2'-3' wide, but at least 60'-70' deep. Finally, after about 2 hours of shooting, we arrived at the landing area, very wind and sunburned, as the glare off the snow was fierce, with soaking-wet, freezing feet, for the hot sun had reduced the snow to slush. It made us feel no better when one of the arriving pilots informed us that they were booked up for the day and could not pick us up before 3:00 p.m. Since we were freezing on one end and frying on the other, this was most disconcerting! - especially since the tourists arriving every few minutes (the round air trip, including 5 minutes in the glacier, takes about 30 minutes) would come over and photograph us as local curiosities, and then depart. After about 20 such arrivals and departures, they took one - me - down, where I spoke to Mr. Gorrow and arranged for the others to be picked up during the noon-hour recess.

Soon, we were all reunited, much the worse from sun, cold, wind, wet and lack of food; plus, for some, airsickness occasioned by the bumpy ride back. Notwithstanding, not one of us would have traded this experience for the world. Nowhere in North America (except in the most remote parts of the interior of Alaska) can one find such wild alpine beauty. Our cameraman, who lives in Jackson Hole, Wyoming, and has climbed every inch of the Grand Tetons, conceded this to be one of the world's most magnificent mountain ranges. To live for nearly 2 days within a vast, white undulating bowl of snow and ice, with gaunt, rugged and rocky bastions surrounding us, was an experience we will all long cherish.

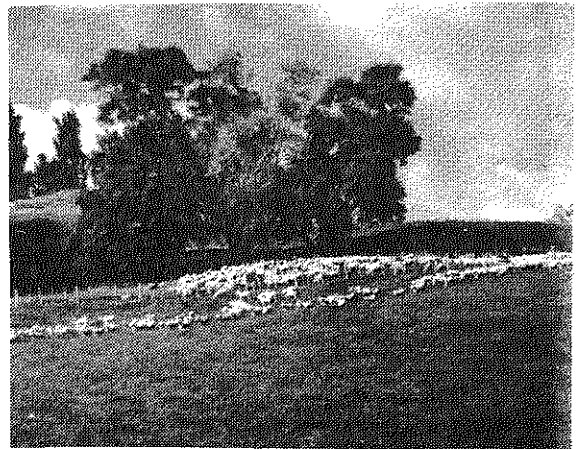


One sad experience occurred, when due to space difficulties on the returning aircraft, actor Walt McConnell, who was to have a small part in the film, was bumped from the plane after spending some 5 days waiting for his "big chance".

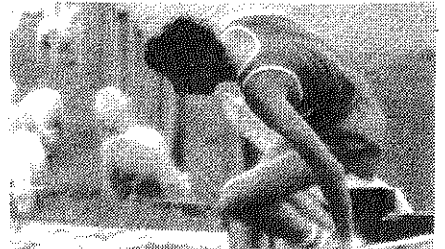
This proved to be a congenial group, comprised of Hoover, Nigel Barber, his assistant, Walt, Bill Stock, Norman, and the writer, with lots of rough male talk and conviviality. Norman proved an extremely good choice for the lead part, in that he has taken Mike's direction well and has been, well - just himself.

Tomorrow, we leave for Te Anau, where we hope to get in a day of fishing before commencing the Milford Track.

Our two days in Auckland and two in Rotorua have been some of the most pleasant we have experienced on the tour, to a great extent due to the picturesque green country and beautiful gardens, but largely to the friendliness of our New Zealand hosts. Keith Williams of Air New Zealand and the Auckland Joggers worked exceedingly hard to eliminate snags and to assure us a good run in Cromwell Park on One Tree Hill.



We first viewed the park to establish camera locations. We were scheduled to run 10,000 meters (6 miles) around One Tree Hill of volcanic origin and laced with ancient Maori ramparts, to which we added a loop up to the top and around the Maori monument with its grand overview of the two bays which surround this city. Although a park within the city, it is run as a farm with cattle and 2,000 sheep grazing upon it. Notwithstanding this concentration of animals, the entire park was covered by lush green grass several inches high. The race course ran through these fields, requiring the runners to scale two fences and one stone wall.



There were over 100 starters, graced with the presence of Jack Foster, (41) considered by many to be the world's premier Veteran distance runner, and Gordon Pirie, now of New Zealand, but formerly one of Great Britain's premier distance runners. Gordon, incidentally, is a current member of the U. S. Masters, barred from local competition, even as a Veteran because of alleged professional sins committed years previous. Since he ran as a U.S. Master and the event was not an AAU sanctioned race, he was able to compete.



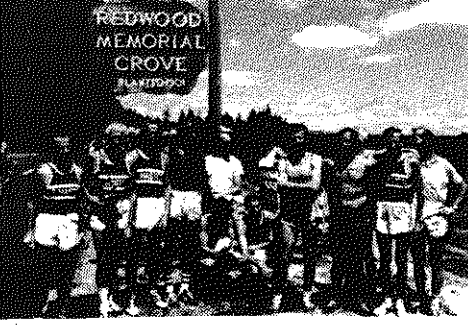
Foster, however, immediately displayed his superiority by breaking away from the field and lapping most after 2 laps on a 3 lap course. He soundly thrashed Pirie and our best, Ray Hatton, who came in 2nd and 3rd, respectively. Fine efforts were made by Walt McConnell-8th, and Bill Stock-9th. Bill Andberg proved his superiority in Class III winning his division, with a 17th placing overall one ahead of Norman Hanson, Class II winner in our U. S. Masters group. The highlight of the Auckland race for all was the scenic course across the grassy paddocks of the park and through its woods.

The starter for the race was the legendary Arthur Lydiard, who is undoubtedly a better coach than he is a starter, as we experienced not one, but two false starts. This was all greeted with jolly cheers of derision by the athletes. After the race, we adjourned to the Auckland Joggers Club shared with a rugby club, to shower and dress, followed by lots of beer and quickly consumed cheese and crackers. It was in this very club that Arthur Lydiard organized the first joggers group over ten years ago, and in 1962 on a visit by Oregon Coach, Bill Bowerman, the program of running for health was brought to the United States; this occurring after an overweight Bowerman was outrun in two miles by a 75-year old jogger, and the U. S. coach saw the light. After the presentation of awards, we repaired to a delicious dinner with Gordon Pirie, (who is now coaching Auckland's biggest track club and attempting to build a tartan track) and his wife, Shirley, who, 20 years ago, ran for Britain in the Commonwealth Games and held a world's relay record in Vancouver. We partook of the famous shellfish soup, which appears to have a creamed asparagus base, as well as White Bait fritters.

The next morning, Arthur Lydiard came to the hotel and while the team ate breakfast, he gave a fine lecture on physical fitness and the physiology of healthful exercise. Being a dynamic and controversial figure, his talk was well received. We might add that Lydiard did not run in the Auckland race, although he's extremely fit for a man in his late 50's, because as a coach, he is not considered an amateur. We are told that the reason for declaring a coach ineligible is that he should not be competing against his own athletes. Whatever merit this rule may have, we fail to see its relevance in a Veteran event. At that age, all coaches, who have sublimated their own athletic aspirations in favor of their charges, should be given the opportunity to compete against men of their own age. After Lydiard's lecture, we traveled by bus South.

As we wended our way South, the city gave way to the countryside for which New Zealand is famous. Green rolling hills, the occasional home surrounded by bright flower beds, the paddocks (fields) bordered by neatly trimmed hedgerows. Each field is populated by many of this country's 20 million sheep. The grass is so verdant that several hundred sheep may be seen in one relatively small field. Soon, we reached the limestone cave area near Waiotomo and entered the Glowworm Grotto, naturally illuminated by the fluorescent insects. Following an excellent luncheon, we motored to the thermal area where we viewed the geysers, vents and mud pots actively spewing boiling water, steam and/or mud. We partook of the thermal baths and later enjoyed a Maori concert, where the team graciously rewarded Helen and David Pain with commemorative medals.

The next day, we met our Rotorua running friends, including Jack Foster, who took us on a wonderful run through the woods, which included a magnificent stand of California Redwoods 150' high, planted in 1901.



This represented the turnback point for 100 of our party which, guided by Randy Pain, returned to Auckland and the long flight to Honolulu.

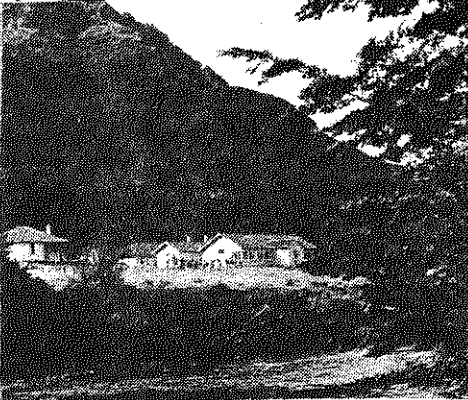
The planned activities in Honolulu were somewhat dampened by torrential rains and difficulties in getting through customs. The performances on the track, due to the rain, were not up to expectations. However, the 10-mile Tantalus Mountain run won by Ray Hatton was a delightful experience for all who entered, as the course winds up through the hills above Honolulu and is overhung with great trees and drooping philodendron vines, bordered by some of Hawaii's most palatial homes.

The luau scheduled to follow was moved indoors at the University due to the inclement weather, but was an enjoyable get together. Bud Deacon entertained the group at his home, as did Dr. Reiner in his Waikiki condominium on New Year's Eve, which proved an eye and ear opener as Honolulu's large Chinese population brought in the New Year with a gigantic outburst of fireworks and giant crackers. The following day, the group reluctantly departed for the Mainland.

The 38 who made up the tour extension group proceeded from Auckland South to Wellington, where they were greeted by Clem Green and his Masters group, and who drove them about this capital city of New Zealand and a major seaport. The Scottish Harriers held a run for us, commencing from their new clubhouse and over the hills (of which there are plenty in this country) and back to the club. An informal New Year's Eve party was conducted at the hotel with lots of room hopping. On the 1st, the party flew on to Christchurch where the Canterbury Veterans hosted our party with a tour of the city and an exhilarating short running meeting on the new Commonwealth Games track at Queen Elizabeth Park. There, Russ Niblock (60) set age group records in both the 200 and 400 meter.

The group then bused South to the community of Dunedin, a replica of the Scottish town and originally settled by Scottish farmers and sheep raisers. Finally, all met up with the camera crew in Te Annu for the Milford Track walk.

This most scenic area of the New Zealand Alps and fjordland is closely managed by the park service and administered by the State Hotel Corporation. The hikers can only walk South to North on the trail and only 40 persons per day are allowed upon it. As a consequence, the area is not trampled to death by hikers hacking at the trees for firewood and nary a scrap of trash is seen on this magnificent 33-mile trail. After a 2-hour launch trip up the gigantic Lake Te Annu, we debarked at Glade House, the first of four hostels located on the trail. There, we spent the night and departed the next morning after a hearty breakfast. Soon, we crossed a swinging bridge to hike up a jeep trail bordering the Clinton River, in which 24" brown trout insolently lolled, ignoring all bait, flies and other inducements cast their way. Our Isaac Walton, Bill Stock, tried his luck and brought in one, but was depressed when advised by the local park supervisor that it was dying of old age, and therefore an easy catch and no good to eat.

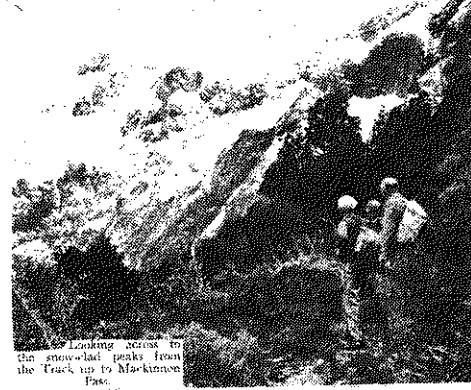


At noon, we stopped at 6-Mile Hut to consume our sack lunch and to have a cup of tea prepared by our guide for that day. All in all, we had tea 13 times during this 3-day hike and consumed at least 50 cups. British traditions are strongly entrenched on this small island, 12,000 miles from the home country, and, frankly a good cup of tea really hits the spot after a 6-mile hike through rain and wind.



That afternoon, we moved up through a valley as deep and perpendicular as the Yosemite, with literally dozens of small streams and waterfalls festooning the canyon walls. We paused for a refreshing swim in Hidden Lake, where the ice melt formed the lake. Needless to say, no one lollygagged in the water. Helen and I took the old trail up to the second night's stop at Pompanola. Parts of this little used trail were covered with water as small waterfalls cascaded down the rocks, partially obscured by ferns. Other portions of the trail were composed of split timbers secured to parallel logs which spanned streams and boggy areas. All of the trees are festooned in moss, as up to 360 inches of rain falls per year.

It was at Pompanola we first met the pesky Kea Mountain Parrots, who, if you are not careful, will steal your lunch or clothing from the clothesline. They are so bold and fearless that Mike Hoover succeeded in catching one and bringing it into our bunkroom at the price of several good bites to his hands. The next morning, we ventured over the Mac Kinnon Pass only 3,600' high, but equal to a 10,000' pass in the Sierras due to the latitude. The trail is well maintained and the pass was summited in about 1-1/2 hours.

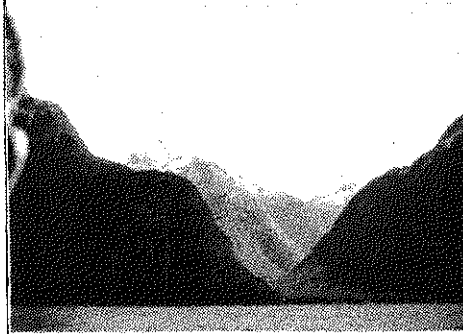


As the new day approached the camera crew struck out for the world-famous Sutherland Falls, once thought the world's tallest at 1,904', with a top leap of 815', the middle 751' and the lower 338'. This magnificent natural wonder is only a couple of miles bshind the hut and can be reached after a brisk 30-minute walk. As we arrived, the rainclouds parted. The sun shone through and a beautiful rainbow appeared. Unfortunately, the clouds closed in again before we could get properly set up, as we vainly attempted to capture on film these massive falls as they thundered onto its rocky base, spewing clouds of mist for several hundred feet, soaking everything within reach.



Soon, we wended our way back to the hut and struck South for the head of the bay in Milford Sound, where we were to be picked up by a launch. The walk here, although tiring, especially for the non-athletic, was outstanding, as we passed through great woods covered with moss, with verdant ferns at their base and tall tree ferns 30-40' high competing with the trees to reach the sky. We passed over several streams feeding the ever increasing Arthur River as it rushed seaward to the Milford Sound. We slowed down to assist Arol Escamilla, who was slowly, but determinedly, progressing down the last portion of that day's 16 miles, accompanied by a solicitous Canadian, John Young.

As we arrived, the launch had just started to depart, but a few frantic waves and shouts brought it back and we all were bused to the Johnson Hostel for a much needed bath and dinner. We were all totally bushed and retired early. Arising refreshed in the a.m., we had a truly breathtaking launch tour of the Milford Sound, where 7,000' mountains plunge vertically into the Sound which, in places, is 2,000' deep. Towering above the viewers can be seen permanent glacial icefields, from which fall plumes of snow melt ultimately plummeting directly into the Sound. Some are major outlets, but most have no name and are short-lived. Perhaps 50 such falls can be counted at one time immediately following a rain, to dry up within hours.



Following this eventful trip, we bused out in two days via Mt. Cook back to Christchurch where we competed in a fine pre-Commonwealth Games track meet on a lovely grass track surrounded by magnificent trees. We entered the 6-mile road race and all ran astonishingly well, considering we had just come off the Milford Track. Unfortunately, we compared our times and conceded the course must have been too short.

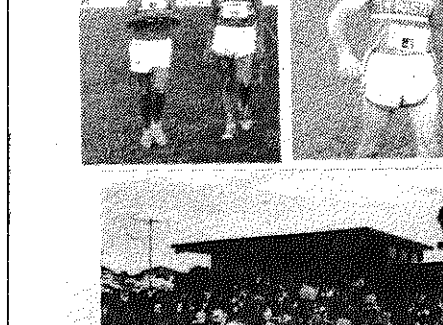
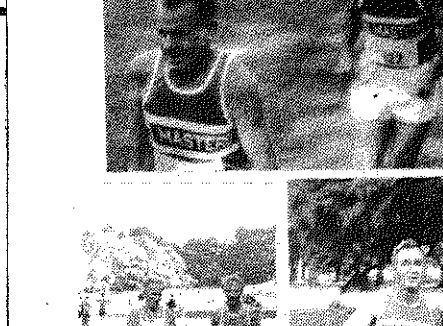
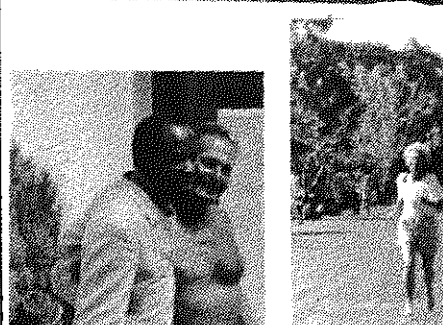
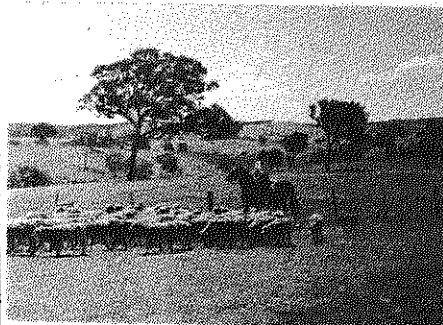
Soon, we were driving back to the airport to board our plane for Auckland and then the long flight to Los Angeles. Thus, our South Pacific odyssey ended.



Looking across to the snow-capped peaks from the Track up to Mackinnon Pass.

Looking down Glade Canyon from Mackinnon Pass. A friendly Kea watches the party on the Track.

BEAUTIFUL SCENERY & BEAUTIFUL PEOPLE



WHAT'S NEXT?

**U.S. MASTERS INTERNATIONAL TRACK TEAM**  
 Compete Canadian and U.S. Masters Championships  
 Vancouver, B.C. and Gresham, Oregon  
 June 29 - July 9  
 Christmas Tour  
 December 20 - 31  
 Florida and Jamaica  
 Contact David and Helen Pain, 1160 Via Espana  
 La Jolla, California 92037, (714) 459-6362.

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 CANADIAN NATIONAL EXHIBITION GROUND  
 Open to all Veteran Male Athletes (40 & Over)  
 Sponsored by C.N.E., Canadian Masters Association

# HAWAII

## MT. TANTALUS 10-MILE ROAD RACE 12-31-73 HONOLULU, HAWAII

	Time	Div.
1. RAY HATTON	56:50	I
2. RUDY DRESENDORFER	59:09	30-39
3. JOHNNY FAERBER	60:53	30-39
4. MIKE TYMN	61:41	30-39
5. KY COLE	63:50	30-39
6. SCOTT COLE	64:03	Junior
7. ARNE RICHARDS	64:10	I
8. FIELD RYAN	65:31	I
9. NORMAN HANSEN	65:39	II
10. GORDON SCHAEFER	66:57	I
11. BILL ANDBERG	67:44	III
12. ART RAPPICH	67:53	I
13. LARS COLE	69:35	Junior
14. DICK BENSON	70:49	I
15. JERRY CHUN	71:33	Junior
16. SAM JONES	72:02	30-39
17. HINGSON CHUN	72:34	Junior
18. BOB FINE	73:30	I
19. DAVEN CHUN	74:57	Junior
20. JUNE CHUN	75:17	Women
21. JERRY CHURCH	75:54	I
22. BOB LONG	76:11	II
23. OTTO ESSID	80:03	III
24. LARRY BOIES	80:49	I
25. RANDY PAIN	81:57	Junior
26. JOY CHUN	82:34	Women
27. MAY CHUN	83:49	Women
28. BILL BIGELOW	84:02	III
29. WALT STACK	85:34	III
30. KEITH WILLIAMS	87:53	I
31. RICHARD LACEY	98:28	III
32. ALEX BOIES	99:33	Women

### RESULTS OF MASTERS TRACK MEET, SUNDAY, DECEMBER 30TH, 1973, HONOLULU, HAWAII

The following are the tentative results of the meet held in conjunction with the US International Masters Track Team. These have been hurriedly transcribed and not proofread, so there may be errors. If you find any such errors, please let the Hawaii Masters Track Club know through Bob Gardner, 2454 Sonoma St., Honolulu, 96822, or thru its records chairman, Rick Kahle, 3599 Akaka Pl., Honolulu, 96822.

I'm sure I speak for all of the club members when I say that in spite of the weather we enjoyed putting on the meet. We were especially impressed with how good-natured everyone was and how friendly. Without this and without help from members of the tour in several key instances, the meet would not have been as successful as it was. We wish, of course, that the weather had been much better, but that couldn't be helped. Come back in April for the Third International, scheduled for the weekend that includes Easter, and we'll have the sun out.

We have not examined the results for possible record performances. This will be done when Rick goes carefully through the results, and any records will be forwarded to the proper compilers in California.

We hope your stay here has been enjoyable and that the meet was successful in your estimation. Aloha. Bob Gardner.

1500 METERS		
1. R. HATTON	4:16.3	5. D. BENSON 5:11.5
2. A. RAPPICH	4:44.9	6. CHURCH 5:17.0
3. RICHARDS	4:52.7	
4. R. FINE	4:54.8	

WOMEN		
1. V. KING	8:07.7	
1. J. ROSS	5:15.4	2. H. ELRICK 5:21.6
1. B. ANDBERG	5:12.3	3. R. WILLIAMS 5:43.9
2. H. CHAPSON	5:38.2	4. W. BIGELOW 6:14.4

800 METERS		
1. V. KOERNER	2:16.9	2. R. FINE 2:17.2
1. R. GORDON	2:24.0	1. B. ANDBERG 2:43.2
2. A. ESCAMILLA	2:32.0	2. G. BRACELAND 2:56.4
3. J. ROSS	2:33.2	3. J. CLARKE 3:05.1

WOMEN 60+		
1. C. O'NEIL	3:57.0	1. V. KING 3:30.3
		2. I. MCCONNELL 4:10.3

WOMEN 60+		
1. P. CLARKE	3:55.8	

POLE VAULT		
1. H. WALLACE	8'6"	1. S. THOMPSON 8'6"
		2. G. BRACELAND 8'0"

SHOT PUT		
1. L. THOMAS	32'9 1/2"	1. V. DAVIES 30'3 1/2"
2. H. WALLACE	32'8"	2. H. J. WARWAS 29'3/4"

MEN 60+		
1. S. HERMANN	41'1 1/2"	4. G. BRACELAND 35'8-3/4"
2. J. CARSON	37'9"	5. S. THOMPSON 23'10 1/2"
3. PARTRIDGE	35'11 1/2"	

5000 METER WALK		
1. L. BOIES	29:48	1. B. LONG 28:39.9
1. G. BRACELAND	28:44.5	2. L. O'NEIL 32:18

100 YARD DASH		
1. O. DAWKINS	10.9	4. L. THOMAS 11.5
2. J. GREENWOOD	10.9	5. L. BOIES 11.8
3. P. SCHLEGEL	10.9	6. G. GLUPPE 12.3

MEN 60+		
1. H. J. WARWAS	12.4	2. E. REINER 13.0
1. G. BRACELAND	12.8	4. S. LUM 15.0
2. J. CARUSO	13.2	5. R. LACEY 15.0
3. S. THOMPSON	13.5	

WOMEN 30-39		
A. BOIES	15.6	C. O'NEIL 17.2
1. I. MCCONNELL	16.6	2. V. KING 16.8
1. M. LUM	26.7	1. P. CLARKE 16.9

400 METER DASH		
1. J. GREENWOOD	53.5	3. G. GLUPPE 57.6
2. O. DAWKINS	54.7	4. A. RAPPICH 62.0

MEN 50-59		
1. R. GORDON	59.4	3. J. ROSS 65.8
2. H. J. WARWAS	65.1	4. B. LONG 78.0

MEN 60+		
1. G. BRACELAND	66.8	4. J. CLARKE 73.0
2. R. LACEY	68.4	5. S. LUM 82.4
3. H. CHAPSON	69.2	

WOMEN 30-39		
1. J. SNIPES	64.5	
1. V. KING	83.1	2. I. MCCONNELL 96.9
1. M. LUM	120.6	1. P. CLARKE 129.6

110 METER HIGH HURDLES		
1. J. GREENWOOD	16.8	2. H. COLEN 20.8
1. E. REINER	21.4	1. S. THOMPSON 22.6
		2. G. BRACELAND 22.9

400 METER RELAY		
1. BOIES	52.9	7. CHAPSON 60.4
2. COLEN	52.9	8. JONES 60.4
3. DAWKINS	52.9	9. PARTRIDGE 71.4
4. SCHLEGEL	52.9	10. BRACELAND 71.4
5. THOMPSON	60.4	11. CARUSO 71.4
6. LUM	60.4	12. BIGELOW 71.4

ONE MILE RELAY		
1. WALLACE	4:23.8	5. RICHARDS 4:33.7
2. FINE	4:23.8	6. BOIES 4:33.7
3. BENSON	4:23.8	7. HAMILTON 4:33.7
4. RAPPICH	4:23.8	8. CHURCH 4:33.7

HIGH JUMP		
1. J. GREENWOOD	5'0"	3. H. COLEN 4'10"
2. H. WALLACE	4'13"	

MEN 50-59		
1. R. LONG	3'9"	1. S. THOMPSON 4'6 1/2"
		2. BRACELAND 4'2 1/2"
		3. BIGELOW 3'11 1/2"

TRIPLE JUMP		
1. P. SCHLEGEL	30'7"	2. H. COLEN 29'5 1/2"
1. B. LONG	25'5"	

LONG JUMP		
1. S. THOMPSON	28'2"	2. BRACELAND 22'3"
3. J. CARSON	21'10"	4. P. PARTRIDGE 21'0"

DISCUS		
1. E. VAN PELT	124'7 1/2"	2. H. WALLACE 100'10 1/2"
1. V. DAVIES	71'10"	2. H. J. WARWAS 69'1"

5000 METERS RUN		
1. S. HAMILTON	17:33.9	3. D. MORA 18:01.7
2. A. RICHARDS	17:45.6	4. C. BENSON no time
1. A. ESCAMILLA	18:32.7	2. N. HANSEN no time

JAVELIN		
1. H. WALLACE	124'1"	2. H. COLEN 73'7 1/2"
1. PARTRIDGE	99'2 1/2"	3. J. CARSON 70'7 1/2"
2. BRACELAND	78'1 1/2"	4. S. THOMPSON 50'6"

In 1941 Deacon married Evangelina (Diddie) Gerwig, and they bought the lodestone ranch before he began his naval career. Although his talents as a supply officer kept him out of the shooting war, he saw service in the southwest Pacific and after the war was stationed, among other places, at Los Alamitos, Calif. where he launched the base volleyball team on a run of seven straight national championships.

Deacon tends to discount both his athletic achievements and his real estate successes. "Anybody who read *The New Aerobics* at the same time I did could have done what I've done," he says unconvincingly. Actually, what aerobics did was much a good product and make it much, much better. "It had a vast effect on my cardiovascular system," Deacon says. "My resting pulse is down from 75 to about 43-45." As for his land investments—"Trading, trading, trading," he says. "That's the game. You don't have to be smart, you just have to have the guts to go for it."

Having the guts to go for it in track and field is a Deacon characteristic that sometimes sharply contrasts Dr. Cooper's admonitions against undue stress. All last summer Deacon was engaged in a bravura demonstration of how desire can defeat disablment. Early in June, while running a practice 660, he tore a ligament in his left foot, the long one that connects the ball to the heel. A week before the National AAU Masters meet at San Diego he was still crippled and in pain. "I had to do something," Deacon says. "So I had three acupuncture treatments, and the foot got much better. On the first day of the meet I managed a lousy third in the long jump and won the pole vault at 9'1". There was not much competition. Then came the 800 meters, which I've never lost, and the second lap I tore around the turn, and just as I started the ligament again! It was killing me, but after several strides it didn't seem any worse so I kept going and broke the 62-year-old record by 7.6 seconds."

The next day, following a miserable night of ice immersion, Deacon was determined to at least try the triple jump. "I decided to blast out of my hop and step and just hope my left foot would hold up for the jump. I figured I wouldn't feel the pain until I was already in flight. Well, I went so far on my hop and step that I landed in the sand pit on my sore foot. Of course, I didn't get much of a jump out of there, but it was so soft I didn't feel anything—and the jump won!"

"Going up for the triple jump I'd noticed the foot didn't hurt near as much running as walking, so I entered the 39-inch high hurdles [10 meters]. I usually take four steps and take off on alternate feet, but I figured I'd better run five and take off on the right every time. That night in the middle of the race I forgot and went off on the left! It killed me, but I got going again and won in 22.3." Instead of sensibly proceeding to the near-

est ambulance (or acupuncturist), Deacon turned his sharp blue eyes on the javelin and saw that nobody was doing very well. "I figured if I entered I might get a fifth or sixth," he says, "but all of a sudden it dawned on me—I can win this." He did, and then managed to limp up to accept the outstanding-athlete award in his division.

Two weeks later at Stillham, Ore., with his foot "better but still hurting," Deacon set exact-age world records in the 600-gram (or women's) javelin, 880, 330-yard hurdles and 33-inch hurdles. "I ended up with seven firsts, seven meet records, four world records, one American record—and a *helluva* sore foot," Deacon says. He neglects to mention that he again received the outstanding-athlete award. In late August he won the Masters Decathlon in Honolulu with 3,499 points for an exact-age world record, though his foot was still so painful "I hardly got through the second day."

His foot finally healed, and in early November Deacon began training for the Glendale meet. Although he was distracted by legal matters concerning his investment properties and was rained out a good deal, Deacon departed for California brimming with his customary confidence. It was almost misplaced. With only three decathlon events left, he was astonished to find he was trailing by 15 points. He was sure of the pole vault and won it at 10'2"—no record but adequate. The javelin was another matter. He was unable to exceed 85 feet in his practice throws. "Then I guess the old adrenaline came to my rescue," Deacon says. "Anyhow, I got my first official throw out to 101'7", and that took it." He ran the 1,500 in 5:12, to boost his total points to an age-group world record of 3,884. It was his third straight USTFF Winter Decathlon win, and each year he has improved his totals—he managed 3,793 at age 60 and 3,835 at 61. Both of these figures still stand as exact-age records.

What more can Deacon hope to achieve? Not much, in Diddie's eyes. "About a month after he first started running, a big hulking street kid snatched my purse while we were walking in downtown Honolulu," she says. "Bud just took off after him, right through the traffic, and he caught him in about 300 yards and got my purse back. That meant more to me than all his wins. I like a result, and that was Bud's. I like to get a flower when I plant a seed." Bud sees plenty of worlds left to conquer. The pole vault, for one. And, of course, on April 28 he will be able to start all over again on the 65s. **END**

### THE DEACON DIET

*Most dieters struggle against their chains. Not Commander Bernard W. Deacon, who for some 25 years has happily adhered to a six-day regimen that would give the eggs Benedict set appetites but not heartburn. (On the seventh day he fasts.) When Deacon dines out, he attempts to stick to rare roast beef, fish and salads. The diet:*

**ON RISING:** A glass of hot water in which is dissolved a tablespoon each of honey, Karo syrup and vinegar, plus the juice of one lemon.

**BREAKFAST:** First, what Deacon calls "a kind of drinkable slush," blending three tablespoons of brewers' yeast, two tablespoons of AR factor RIBBY and a tablespoon each of soy flour, sesame meal, sunflower meal, wheat-and-rice bran, rice polish, brown rice, maple syrup, millet and powdered protein. This is followed by one or more whole papayas, a tablespoon of wheat-germ oil and a bowl of Seven Grain whole cereal with raisins and dates added. (NOTE: no milk, cream, sugar or butter.)

**LUNCH:** None.

**DINNER:** A variety of dishes devised by Deacon.

\*A compound contrived by Russ Hodges, former decathlon record holder, containing lime-ripened minerals, vitamins and amino acids from natural sources and enzymes.



Chief Superintendent G. Tait, commander of the Christchurch police, throwing the javelin at the Veterans' International meeting at New Brighton yesterday.



## Veteran U.S. Athletes on Southland Farm

THIRTY-SEVEN members of the U.S. Masters International Track Club visited Invercargill last night. The group is made up of athletes of the past who maintain an active interest in their sport and still compete in meetings with other veterans.

A party of 132 competed in the first Australian veterans' track and field meeting. After visiting the North Island, 95 of the tourists returned to America a week ago, and the rest came south to walk the Milford track.

Christchurch's police chief, Superintendent G. Tait, acted as the party's host while they were in Christchurch, and they had a run on the Queen Elizabeth II park track.

Last night the visitors were the guests of local athlete Mr. B. Senior at his farm at Wallacetown, and saw dog trials, shearing and wool spinning demonstrations.

PHOTO: Stan Bazmann  
Re: So. Pacific Tour

We got home at midnight January 1st, after a very wonderful trip. Everywhere we were met by the friendliest people on earth. After every meet we had either a "feed" or a barbecue. We were a very congenial group on both sides wherever we went. Everyone was a "track nut" and dedicated to physical fitness and as a result we had a "people to people" expression of friendship I will never forget. The more trips like this that the people of the various countries could make, would in my opinion help to ease the tensions throughout the world.

In Fiji, the weather was hot, and the track meet somewhat "primitive." But the Fijians enjoyed it immensely. The track was all grass including the running track and the shot, discus and hammer rings.

In Sydney we had a fine modern track, but the weather was a little too cool, and windy.

Melbourne, which is supposed to be hot around Christmas was just the opposite the first day. It rained intermittently, and was too cool. The second day the sun came out, and it was a pretty nice day.

New Zealand had nice weather for the cross country run which of course, I did not compete in.

In Hawaii it rained practically all morning of the meet, and part of the afternoon. The cross country run had slightly better weather, but nothing to brag about.

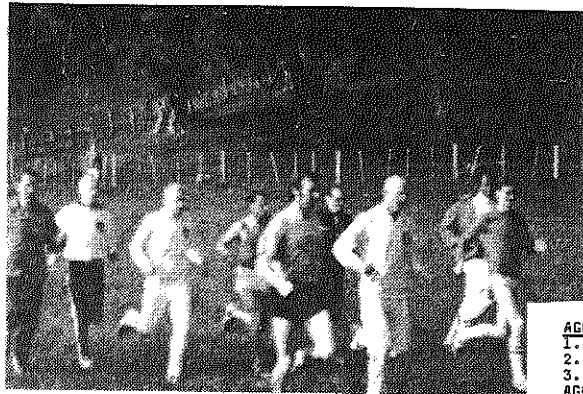
Stan's performances in the 60-69 age group (he was the oldest in the group):

Four firsts in the shot put, three seconds and one third in the discus, third in the javelin and high jump in Melbourne, one second and one fourth in the two hammer throws.

Stan also sent an article in which Dave Pain states five year age groups will be utilized in the World Games in Toronto in 1975.

### THE ALUMNAE





U.S. Masters jog with the immortal Peter Snell at One Tree Hill, N.Z.

**NEW ZEALAND VETERANS X-COUNTRY CHAMPIONSHIPS**  
AUCKLAND, NEW ZEALAND DECEMBER 27, 1973

AGE	NAME	TIME
1.	J. FOSTER	38:30
2.	G. PIRIE	39:50
3.	R. HATTON	41:53
4.	L. FIELD	43:03
5.	A. CARTER	44:13
6.	I. RALLOMES	44:34
7.	C. MAGUIRE	44:45
8.	W. MCCONNELL	44:58
9.	B. STOCK	45:22
10.	B. HARRISON	45:55
11.	J. SUMMERVILLE	46:14
12.	A. RICHARDS	46:31
13.	R. BUCHANAN	46:52
14.	L. WILSON	46:55
15.	R. CROSSIE	46:57
16.	R. BROWN	47:05
17.	W. G. ANDERSON	47:15
18.	H. HANSEN	47:18
19.	R. COTTERILL	47:50
20.	J. WALL	48:10
21.	A. ESCAMILLA	48:10
22.	J. REGAN	48:10
23.	G. GIBSON	48:58
24.	A. RAPPICH	49:18
25.	G. CONLAN	49:35
26.	J. HUGHES	49:37
27.	E. KEYSAR	50:02
28.	E. BLAZEY	50:08
29.	H. PERRY	50:15
30.		50:39
31.	R. BENSON	50:46
32.	G. ROLLER	50:48
33.	BEARLEY	50:48
34.	J. COFFEY	51:49
35.	R. FINE	51:57
36.	R. BROWN	51:58
37.	A. GALLOWAY	52:12
38.	C. SOUTHWICK	52:33
39.	E. WOODS	52:58
40.	G. DOWNEY	53:16
41.	A. STYLES	53:22
42.	J. CALLINAN	53:32
43.	B. CULPAN	53:52
44.	L. BOIES	53:57
45.	R. JACKSON	54:00
46.	B. ROSS	54:23
47.	G. CHURCH	54:33
48.	R. LEWIS	55:27
49.	V. KOERNER	55:55
50.	W. WINGROVE	56:00
51.	C. JELLY	56:02
52.	R. FERRIS	56:30
53.	WOODHEAD	56:32
54.	P. HOOBIN	56:41
55.	K. MASON	57:13
56.	WALSH	57:14
57.	ELRICK	57:14
58.	R. LONG	57:17

59.	ESSIG	57:35
60.		
61.	G. GLUPPE	58:23
62.	I. JONES	59:12
63.	W. BIGELOW	59:13
64.	H. WALLACE	60:12
65.	B. HARGUS	60:47
66.	R. BYRNES	61:12
67.	T. BARTLETT	61:51
68.	W. ADEL	62:00
69.	J. JARIESON	62:24
70.	L. BARRAND	62:35
71.	W. STACK	63:40
72.	J. LANGSON	65:53
73.	E. MOORE	64:16
74.	J. BELL	66:35
75.	N. BRIGHT	66:48
76.	ALEX BIPEK	67:44
77.	B. ROBERTS	68:18
78.	H. KERR	68:34
79.	HARGUS, CALLY	68:37
80.	MOSEN	69:14
81.	A. BEATSON	70:10
82.	R. LACEY	71:07
83.	A. HANSON	71:07
84.	P. HOBE	74:23
85.	J. YOUNG	N.T.

**SYDNEY MATCH V. USA, WEDNES. DEC. 12, 1973**

AGE GROUP	NAME	TIME
AGE GROUP 40-49		
1.	J. GREENWOOD	USA 11.50
2.	D. DAWKINS	JAM 11.8
3.	N. FLETCHER	USA 11.8
4.	J. DALY	
5.	J. STURZAKER	NSW 12.2
6.	J. McGRATH	USA 12.6
7.	J. SOUTAR	USA 12.8
8.	L. BOIES	USA 12.8
9.	H. WALLACE	USA 12.8
AGE GROUP 50-59		
1.	R. PAYNE	USA 13.3
AGE GROUP 60+		
1.	R. NIBLOCK	USA 13.2
2.	G. BRACELAND	USA 13.8
3.	J. CARUSO	USA 13.9
4.	R. LACEY	USA
5.	G. ROWLEY	USA
AGE GROUP 40-49		
1.	P. MANNING	NSW 52.8
2.	J. WALLER	NSW 53.4
3.	N. WINDRED	USA 54.8
4.	G. GLUPPE	CAN. 60.0
5.	J. DALY	
AGE GROUP 50-59		
1.	R. GORDON	USA 59.3
2.	R. PAYNE	USA 62.9
3.	J. YOUNG	CAN 79.0
AGE GROUP 60+		
1.	R. NIBLOCK	USA 66.6
2.	G. BRACELAND	USA 67.2
3.	N. BRIGHT	USA 69.0
4.	R. LACEY	USA 70.9
5.	J. CLARKE	USA 73.9
6.	S. HESKETH	USA 79.7
7.	G. INGRAM	USA 80.4
8.	S. LUM	USA 84.4
9.	P. HOBE	USA 91.8

**1500 METERS**

1.	R. HATTON	USA 4-16.5
2.	F. THORNTON	4-20.1
3.	P. VERSTEGEN	4-27.4
AGE GROUP 50-59		
1.	G. McGRATH	4-32.8
2.	J. PENNINGTON	4-37.9
3.	A. ESCAMILLA	4-50.0
4.	F. WARNOCK	4-52.9
5.	R. PAYNE	5-05.5
6.	B. ROSS	5-14.5
7.	H. ELRICK	5-18.5
AGE GROUP 60+		
1.	W. ANDERSON	USA 5-01.2
2.	N. BRIGHT	USA 5-21.8
3.	A. SOUTHWOOD	6-20.4
4.	G. WILLIAMS	6-29.4

**5000 METERS**

1.	D. POWER	NSW 15-23.5
2.	T. WISALI	16-47
3.	B. STOCK	USA 16-58.5
4.	P. PIPER	16-59
5.	W. MCCONNELL	17-08
6.	R. CLYNE	17-13
7.	S. WILMOT	17-18
8.	P. VERSTEGEN	17-28
9.	T. McDonald	17-34
10.	A. RICHARDS	USA 17-38
11.	F. RYAN	USA 18-03
12.	B. FINE	USA 18-08
13.	E. ETHERTON	18-14
14.	CARRICHAEL	USA 18-19.5
15.	H. PERRY	USA 18-22.5
16.	V. KOERNER	18-37
17.	D. O'CONNOR	18-40
18.	J. COLLINS	18-41
19.	F. DEVLIN	18-43
20.	R. WHITAM	19-02.5
21.	W. HUNTER	19-07.5
22.	R. BENSON	USA 19-08
23.	L. LOBEY	19-24
24.	R. CARTWRIGHT	22-08
25.	J. BOWES	22-11
AGE GROUP 50-59		
1.	G. McGRATH	16-41.6
2.	E. KEYSAR	17-57
3.	F. WARNOCK	18-01
4.	N. HANSEN	18-41
5.	R. TOOLEY	19-09
6.	J. BAKER	19-25
7.	J. PATON	20-01
8.	V. TOWNSEND	20-06
9.	B. ROSS	USA 20-26
10.	R. FERGUSON	21-18
11.	R. LONG	USA 22-21
12.	K. CRAVINO	22-27
AGE GROUP 60+		
1.	W. WALL	USA 18-11.5
2.	W. ANDERSON	USA 18-47
3.	H. BATTERHAM	19-01
4.	N. BRIGHT	USA 19-54
5.	W. BIGELOW	USA 20-54
6.	S. HESKETH	21-04
7.	W. STACK	USA 23-42
8.	R. BARRAND	24-06
9.	T. MILLARD	24-00
10.	A. SOUTHWOOD	24-26

**110 METERS HURDLES**

1.	J. GREENWOOD	USA 15.2
2.	D. BRODIE	18.8

**RELAYS 4 x 400 METERS**

AGE GROUP 40-49		
1.		NSW 3-40.8
2.		USA 3-47.9
AGE GROUP 50-59		
1.		NSW 4-33.8
AGE GROUP 60+		
1.		USA 4-41.0

**SHOT PUT**

AGE GROUP 40-49		
1.	H. WALLACE	USA 10.33
2.	J. McGRATH	9.61
3.	D. FRAWLEY	QLD 8.34
4.	H. COLEN	USA 7.51
AGE GROUP 50-59		
1.	H. MERKELL	10.04
2.	P. FANNING	USA 9.83
AGE GROUP 60+		
1.	S. HERMAN	USA 12.28
2.	P. PARTRIDGE	USA 11.13
3.	G. BRACELAND	USA 10.13

**DISCUS**

AGE GROUP 40-49		
1.	H. WALLACE	USA 32.94
2.	J. SOUTAR	31.75
3.	J. McGRATH	30.29
4.	D. FRAWLEY	QLD 30.23
AGE GROUP 50-59		
1.	P. FANNING	USA 37.72
2.	H. MERKELL	28.81
AGE GROUP 60+		
1.	P. PARTRIDGE	USA 36.25
2.	S. HERMAN	USA 27.87
3.	G. BRACELAND	USA 27.16

**JAVELIN**

AGE GROUP 40-49		
1.	H. WALLACE	USA 39.55
AGE GROUP 50-59		
1.	P. PARTRIDGE	USA 32.60
2.	G. BRACELAND	USA 26.95

**HIGH JUMP**

AGE GROUP 40-49		
1.	D. WILLIAMS	5'4"
2.	J. GREENWOOD	USA 5'2"
3.	H. WALLACE	USA 4'2"
4.	H. COLEN	USA 3'10"
AGE GROUP 50-59		
1.	J. YOUNG	CAN 4'0"
AGE GROUP 60+		
1.	G. BRACELAND	USA 4'6"
2.	W. BIGELOW	USA 4'0"

**LONG JUMP**

AGE GROUP 40-49		
1.	J. STURZAKER	6.03
2.	P. SCHLEGEL	USA 5.77
3.	J. McGRATH	5.74
4.	D. FRAWLEY	QLD 5.05
5.	T. SOUTAR	5.00
6.	H. COLEN	USA 4.64
AGE GROUP 50-59		
1.	G. BRACELAND	USA 4.03
2.	J. CARUSO	USA 3.90
3.	P. PARTRIDGE	USA 3.36

**POINTS SCORE**

AGE GROUP 40-49		
1.	NSW	86
AGE GROUP 50-59		
1.	NSW	66
AGE GROUP 60+		
1.	USA	139
OVERALL	USA	261

**AUSTRALIAN VETERANS CHAMPIONSHIPS**  
December 21-22, 1973 Melbourne, Australia Box Hill

**100 METER**

AGE GROUP 40-49		
1.	L. SNELLING	S.A. 12.1 560
2.	J. GREENWOOD	USA 12.2 540
3.	HOCHREITER	VIC. 12.2 540
4.	D. DAWKINS	USA 12.3 520
AGE GROUP 50-59		
1.	J. TERNANT	VIC. 12.5 482
AGE GROUP 60+		
1.	R. NIBLOCK	USA 13.7 274
2.	V. PYE	VIC. 14.1 213
3.	J. CARUSO	USA 14.6 142
4.	G. BRACELAND	USA 14.7

**200 METER**

AGE GROUP 40-49		
1.	P. SNELLING	S.A. 24.3
2.	J. GREENWOOD	USA 24.5
3.	P. MANNING	NSW 24.5
4.	D. DAWKINS	USA 24.6
5.	G. GLUPPE	CAN. 25.8
AGE GROUP 50-59		
1.	J. TERNANT	VIC. 26.7
2.	R. Gordon	USA 27.0
AGE GROUP 60+		
1.	R. NIBLOCK	USA 27.6
2.	V. PYE	VIC. 29.1
3.	R. LACEY	USA 30.1
4.	J. CARUSO	USA 31.7
5.	R. BARRAND	USA 34.2

**400 METER FINALS**

AGE GROUP 40-49		
1.	P. MANNING	VIC. 53.2 671
2.	G. GLUPPE	CAN. 55.9 569
AGE GROUP 50-59		
1.	RAY GORDON	USA 60.2 426
AGE GROUP 60+		
1.	R. NIBLOCK	USA 66.2 258
2.	R. LACEY	USA 69.9 168
3.	J. CLARKE	USA 71.2 139
4.	S. LUM	USA 85.5

**800 METERS**

AGE GROUP 40-49		
1.	PAY CLOHESSEY	VIC. 2.02 816
2.	V. KOERNER	USA 2.11 574
3.	W. KOERNER	CAN. 2.12 560
4.	R. LONG	USA 2.17 491
AGE GROUP 50-59		
1.	W. SHEPPARD	VIC. 2.09.6 595
2.	J. PENNINGTON	ACT 2.14.7 522
3.	J. ROSS	USA 2.29.0
AGE GROUP 60+		
1.	BILL ANDERSON	USA 2.31.7
2.	N. BRIGHT	USA 2.40.4
3.	R. WILLIAMS	USA 2.44

**1500 METERS**

AGE GROUP 40-49		
1.	G. WARREN	VIC. 4.12.4 716
2.	P. CLOHESSEY	VIC. 4.12.6 714
3.	R. HUTTON	UK 4.15.2 695
4.	V. KOERNER	CAN. 4.40.0 522
5.	A. RAPPICH	USA 4.44.0 500
6.	R. FINE	USA 4.45.0 494
7.	C. CONLAN	USA 4.53.0 447
8.	R. BENSON	USA 4.53.0 447

**AGE GROUP 50-59**

1.	W. SHEPPARD	VIC. 4.30.7 585
2.	J. RYAN	VIC. 4.34.2 562
3.	J. PENNINGTON	ACT 4.45.4 494
4.	A. ESCAMILLA	USA 4.50.1 464
5.	J. ROSS	USA 4.53.5 444
6.	H. ELRICK	USA 5.01.9 398
7.	N. ROSSIGNOL	VIC. 5.53.1 163
8.	A. SMITH	VIC. 5.59.6 137

**AGE GROUP 60+**

1.	B. ANDERSON	USA 5.08.3 364
2.	J. WALL	USA 5.16.2 324
3.	R. WILLIAMS	USA 5.42.1 209
4.	R. BARRAND	CAN. 6.25.3 52

**5000 METERS**

AGE GROUP 40-49		
1.	D. POWER	NSW 15.12
2.	R. HUTTON	NSW 15.19.5
3.	G. WARREN	VIC. 15.25.6
4.	N. DUFF	



**Old ace backs U.S. move**

By STEVE HAYWARD  
Victorian star Wally Sheppard today backed the U.S. move that athletics for competitors over 40 be declared open throughout the world.

Sheppard is a vice-president of the Victorian Amateur Athletic Association and holds the world veterans' titles for 800 metres and 1500 metres.

Sheppard's move followed criticism in Melbourne on Saturday of the rules on veterans' athletics by U.S. official, David Pain.

Pain is the captain of the visiting team of veteran athletes which competed in track and field events against Australian "oldies" at Box Hill last Saturday and Sunday afternoons.

He is 51 and is a barrister in San Diego. Pain launched a verbal barrage when amateur officials at the meeting stopped Victorian athlete, Dennis De Vallance, 43, from competing.

De Vallance is a former runner-up in the professional foot-running classic, the Staveland.

**NO LUCK**  
But he is registered as a veteran athlete in America and has competed against runners who, under the Australian concept, would be regarded as amateurs.

Pain said today that he had applied unanimously to the International Amateur Athletic Association in London and to the Amateur Athletic Union of Australia, for all athletic competitions for competitors aged 40 and over to be freed from any amateur or professional distinction.

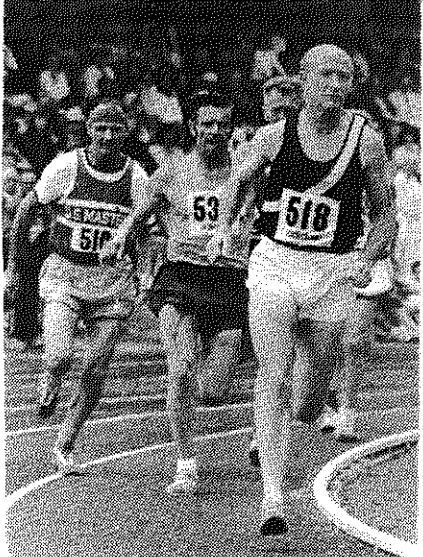
"We have made this arrangement in cooperation with the full co-operation of the Amateur Athletic Union of America, parent body of athletes and most other amateur sport in the U.S."

"It is quite obvious that when most people turn 40, they have all their professional aspirations behind them, and want to compete primarily for leisure reasons and for the love of the sport."

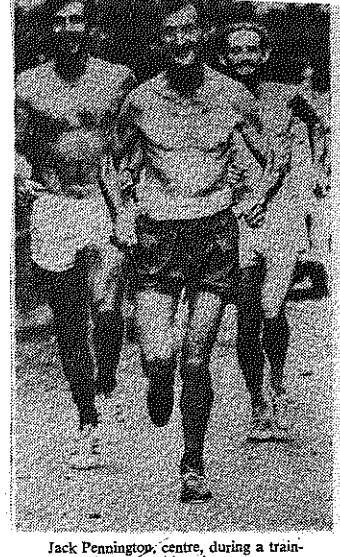
Pain pointed out that the 51 athletes who had come with him from America to run the veterans' competitions here had each paid out \$100 for the trip.

"You can't be any more amateur than that," he said.

Pain will attend a meeting of the IAAF tomorrow to continue his campaign for the lifting of all status distinctions.



Wally Sheppard leads the pack



Jack Pennington, centre, during a training run with orienteers.

**CANBERRA VISIT BY U.S. VETERANS**

A team of 60 veteran athletes from the US will have a brief stop-over in Canberra today as part of their Australian tour.

The veterans — or master athletes as they are termed in the US — will compete against the NSW Veteran Athletic Club, on the new Tartan track, in Pagewood, Sydney on Wednesday night in age groups ranging from over 45 years to over 60 years.

Olympians, had clear-cut wins in the sprints and hurdles, but the Americans matched it in the distance events.

Former Australian Olympic bronze-medallist Dave Power, now aged 42, lapped the field in the over-40 5,000m and another Australian, George McGrath, lapped all his opponents in the over-50 5,000m.

The US party will have a tour of Canberra and a barbecue before leaving for Melbourne to compete in another meet against Australians of the same age groupings.

The meet will be at the rubber-bitumen track of the Box Hill Athletic Club on Saturday and Sunday and three athletes from Canberra will be among the 300 competitors.

The Pelham Sun Thursday, January 10, 1974

**Dick Lacey Home From Pacific And Competition In "Over 40" Events In Track And Field**

Pelham Resident On Athletically-Oriented Trip To Fiji, Australia, New Zealand And Hawaii.

Mr. and Mrs. Richard Lacey of Ancon Avenue returned last week from a three-week trip to Fiji, Australia, New Zealand, and Hawaii where Mr. Lacey was a member of the touring U.S. Masters (over 40) Track and Field Team. The squad, composed of leading veteran trackmen from all parts of the U.S., competed in a number of meets with their counterparts from the South Pacific area.

An outgrowth of the jogging movement, Masters track competition is now world-wide. Events are usually conducted in three divisions (similar to those in Seniors tennis): I, 40-49; II, 50-59; and III, 60-69. A regular group for 70 and over will probably be added soon.

**Record Breaker**  
Last summer, Mr. Lacey won both the Eastern and Middle Atlantic Championships in the 220, 440, and 880, and he broke the world record for his age in the 440. In the last meet of the recent Masters tour, on New Year's Eve at Honolulu, he lowered this mark further.

**Ups And Downs**  
In Honolulu, Mr. Lacey took part in the 10 mile Mount Tantulus Road Run. This involved 5 miles of continuous uphill running to the top of Mount Tantulus and then a 5 mile descent on the other side. He along with most of the other competitors, felt that this was the most demanding run they had ever been in.

The competitive highlight of the tour was the two-day Australian Veterans Championships at Melbourne. Mr. Lacey came away with one gold, one silver, and one bronze medal. He also ran on the U.S. relay team which beat Australia.

The U.S. team spent Christmas Day as guests in the homes of Australian runners and their families. It seemed strange to be celebrating Christmas in the middle of summer. Mr. Lacey reported on the whole tour, the Pelhamite felt that the friendliness of the Australians, New Zealanders, and Fijians was outstanding, and he believes that this kind of contact, more than anything else, can help to build up understanding and friendship between countries.

Although he is primarily a sprinter, not a long distance runner, Mr. Lacey says that the most interesting and unusual events in which he participated on the tour were cross-country runs. One was at Auckland, New Zealand, where the runners had to go over a grueling 7 1/2 mile course, through rolling fields where sheep were grazing, over fences and stone walls, across a stream, and up hills which could only be described as precipitous.

A Nation of Spectators  
Mr. Lacey was also impressed by the physical fitness and interest in sports of people in the countries visited. "Whereas we in America have regrettably become a nation of spectators (watching professional games)", he comments, "in countries like Australia and New Zealand, the vast majority of people of all ages and both sexes take a regular, active part in strenuous sports such as track and field, cross country running, rowing, tennis, cycling, swimming, cricket, and various forms of football (soccer, rugby, etc.). In Melbourne alone, for instance, 70,000 people belong to running clubs. In the whole of the U.S. there probably aren't half this number."

At Rotorua, also in New Zealand, there was a three mile run along a fantastically beautiful trail in a forest of giant redwoods.

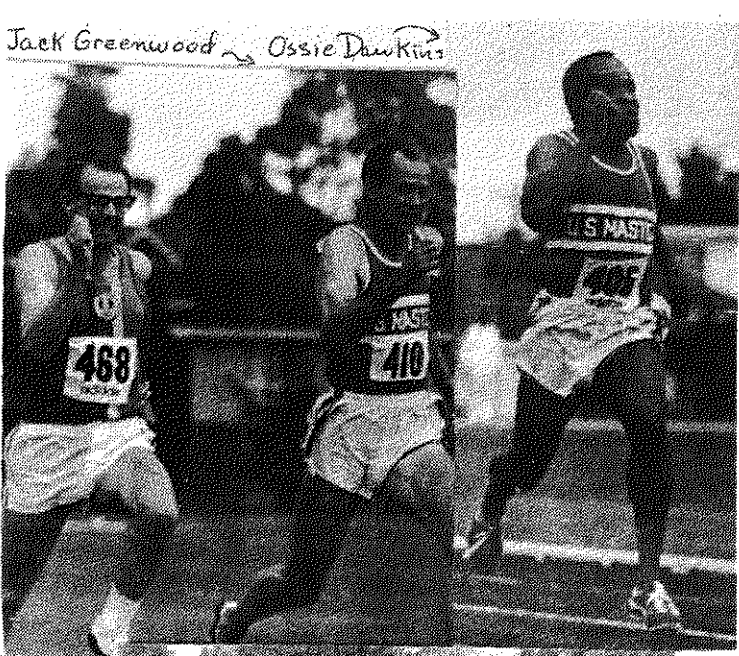
In training, Mr. Lacey usually runs five or six days a week, and averages about one hundred miles a month. In the winter, he does his running after dark around the streets of Pelham. In the next year, he expects to step up his training and competition in preparation for the World Veterans Championships in Toronto in 1975.

Mr. Lacey is executive director of the Council of Higher Educational Institutions in New York City. For many years, he was a teacher, guidance director and track coach at Pelham Memorial High School.

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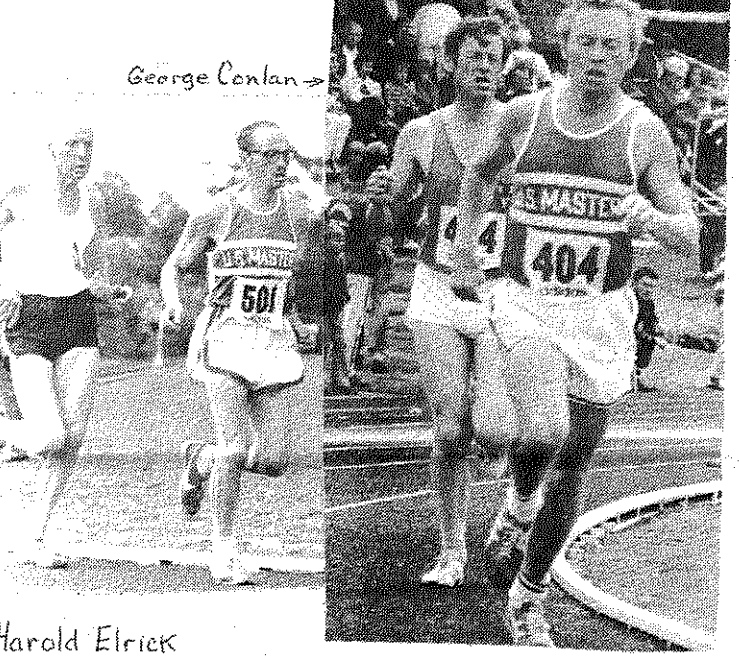
Richard Lacey does his thing.



Field Ryan, Bill Stock, Walt McConnell



George Conlan



Harold Elriek

**Andberg Exceptional In U.S. Masters Tour Of South Pacific**

Dr. William Andberg, world champion long distance runner from Anoka, recently completed a tour of the South Pacific with the U.S. Masters International Track Team, traveling 20,000 miles, visiting several countries and winning eight out of 10 races while setting four new records for long distance running in his division.

weather but poorly constructed. Rained all three days we were there and track was flooded and slippery. I ran three races within three hours, finishing one in a downpour. Came in Second, 5000 meters about 18:50, first in 800 meters, 2:43.2, first in 1500 m. in 5:12.3. So slippery I fell on start of this last race, but still won. Ran in flats because I didn't bring spikes and too slippery to run bare footed. Next day ran Mt. Tantulus 10 mile run. Started an 1800 ft climb in 4 1/2 mi., then downhill. Finished 11th out of 32 and some 30 yr. olds ran. I set a new record for 60 and over. There were five other 60 and over in race. My time was 67:44. The second 60 yr. old was 13 min. behind me. Good thing this was the last race of the tour because I developed two blisters on one foot from the fast downhill run.

This is the conclusion of his trip:  
"Besides a certificate 'Big 10 Air New Zealand's Veterans Cross-Country Championships', I received a book entitled 'Peter McIntyre's New Zealand' which depicts scenes and people of New Zealand and contains 56 paintings which have not been shown anywhere else. I recycle my trophies but now and then comes along a treasure which is for keeps."

"In evening saw Southern Constellation in sky. Saw it often in Australia. Because of rain no luau on beach so we had hula dancers and luau food in basement of dorm finishing up with a New Year's party. I spent New Year with an MD, whom I roomed with at University of N.H. in 1950's he lives in a condominium and we saw and heard the fireworks celebrating New Year. You have to be there to believe it. Confined rumbling as fireworks blow up. Fireworks supposedly for religious and cultural purposes but everyone gets in the act. Smoke was so bad that fireworks fallout was monitored.

"Next day to Rotorua, which is a mineral springs resort and home of Jack Foster. Foster won the cross country race, just having turned 40 and he was eighth in the Munich Olympics.

"Some members of the team were looking at Australia and New Zealand for possible places to retire. Temporary decision was to live where your friends are.

"In Rotorua we had a fun run in Redwoods forest-very hilly country. Redwoods were imported from California and grow eight times faster here. Foster said N.Z. best place in world to train because of weather and hills and sheep keep the grass cut close. I traded my T shirt for his Rotorua shirt. My shirt has a running photo of me and Gray Ghost label silk-screened by my son-in-law Tom Erickson, who is now in art school doing graduate work at Northern Illinois Univ. Because of my speed over the fences in the Auckland cross country race, I was dubbed the 'Old Gray Goat.' Lots of Anoka Halloween buttons were passed out in Rotorua.

"I have elaborated on this trip because I've been accused of doing nothing but running, eating and sleeping. We do meet new and interesting people and see events and places. To sum it up:  
"I traveled 20,000 miles;  
"Won eight of 10 races with four new records (second in two races);  
"Visited Fiji, Sydney and Melbourne Australia, New Zealand and Hawaii;  
"Crossed international date line twice;  
"Started with snow on ground, came back to snow on ground;  
"In one day thru 90 degree change in temp;  
"Memories of people and places.  
"What did you do between Dec. 13 and Jan. 2?  
"If you have read this far I am glad because it seems like a sacrifice to write this on Sunday when I am 'going to go ice fishing.'"

"In Hawaii we were housed in University dorms. Track was nearby, all



Bill Andberg



Harry Perry



Happy Waik Staak

**Life Begins At 40 For These Athletes**

Life after 40 is usually a time to take it easy, but to a group of Americans who visited Dunedin yesterday it is a time when strenuous physical exercise adds spice to life.

The group were members of the United States Masters International Track Group, which believes competitive athletics should not be confined to the young and only admits members over 40 years of age.

The full party which came to New Zealand comprised 60 athletes and their families, but only 10 athletes travelled on to Dunedin. Bill apologized for this, but illustrated the way such a party can break up by pointing out six members had decided to climb Mount Cook instead.

Following an hour-long cross country run through the town last night, Bill Har- gues of San Diego, California, explained that the group thought a sight-seeing tour of New Zealand combined with regular track and field work would be an ideal holiday for over 40s.

The group represented areas from all over the United States and Canada. Regular competitive athletics meetings in North America help them to keep in touch.

He took up athletics eight years ago, following heart trouble and was delighted to find his heart rate went down from more than 70 beats a minute to 52. He still does not think athletics is necessarily a miracle cure, but he maintains that a high level of fitness increases the enjoyment of life.

Care is taken not to train beyond the physical limits of age. However, in competitive meetings each athlete will try to push himself to his physical limit. Periodically international competitions are held, and the American team was delighted to find a member of a recent British team was still actively competing at the age of 68. One member of the team who visited Dunedin yesterday was 69.



VETERAN overseas athletes join local runners for a traffic session at Dunedin's Jubilee Park early last night. The visiting athletes are touring New Zealand. At left, is Russell Niblock, who set two world records for a man over 60 in 200 metres and 400 metres at Queen Elizabeth II Park, Christchurch, this week. He represents the United States at the Olympic Games in 1932. Beside him is Ed Keyser, another veteran American runner.