AN EXHAUSTING DAY WITH GEORGE BRACELAND

I had a wonderful summer; busy all the time which is the way I like it. I have only two interests in life; one is printing and the other exercise. I have my own business and employ about 400 people. We have plants in Philadelphia, Ohio, Virginia and have just started a new one in Atlanta, Georgia. I work hard since I like my work and have always worked long hours. I do not tire from working and I do not tire from exercising since I am in excellent physical condition. I often tell people I wish I could give them some of my good health since I really have more than I need.

In printing with many tight deadlines there are many problems you can believe. However, my nature is such that I am not bothered by pressure or tension. In fact, I often wonder what tension is since I do not believe I ever had it.

Now, back to the only other thing I know—exercise.

As you probably know, I do not believe running is the only thing which keeps you healthy. I probably do more track and field since that is where I can find the most competition (I really love to compete no matter what the sport). I have a 50' swimming pool in my back yard and probably would be a better swimmer than I am a runner if I had time to compete. I also have a large ping-pong table in my back yard and am fairly good at it. I also scull a good bit on the Schuylkill River. In addition, I am a member of two bicycle clubs. One races Tuesday night and the other races Thursday night and I race.

Please turn to page 5

ANNE—EXAMPLE FOR WOMEN

Anne McKenzie is one of the most remarkable athletes ever produced by South Africa.

EDITOR'S NOTE: For the ladies, here are some efforts worth reporting. If any women are interested in forming a female U.S. Masters division with active competition, write Virginia King 1413 Bundy Los Angeles, California 90049 for details.

One day a year ago a medical doctor approached a 47-years-old woman at a track meeting in Western Province. "You know," he said, "I follow your athletics career with great interest and I follow your example, they'll have fewer health problems."

The doctor will remain nameless. The woman he spoke to was one of the marvels of the track world, Anne McKenzie. A marvel and no one, I mean no one, in 3:26:36.

Please turn to page 5

U.S. MASTERS INTERNATIONAL TRACK TEAM

Compete Canadian Masters Championships June 29-30
Vancouver, B.C.

U.S. AAU Masters Championships July 7-9
Gresham, Oregon
See scenic
Pacific Northwest
Olympic Park
Calgary Stampede

Christmas Masters Tour December 20-31
Compete Florida Masters (age group 50 and up)
Enjoy tropical Jamaica and Masters Competitions

Join USMITT newsletter—monthly Masters Newsletter.
For information: David and Helen Pain, 1160 Via Especta, La Jolla, California 92037, (714) 459-6362.
NEAT MEET FEATS

ENGLAND

SOUTHERN VETS AC X-COUNTRY CHAMPIONSHIP
PUTNEY - 5 MILES - Jan. 19, 1974

61 Starters      Time
1. R. JOHNSON     27:04.16    D. BALL ...... 30:30
2. J. CHARLTON    27:44.17    J. LEITH ...... 30:45
3. A. ROCKALL      27:54.18    J. SUDbury ... 30:50
4. K. HUMPHREY     28:26.19    G. RICHARDS ... 31:02
5. D. B. CONNELL   28:32.20    C. STOCKINGS ... 31:12
6. F. INGRAM       28:38.21    E. STROUD ... 31:21
7. R. SMYTH       29:04.22    D. MARTIN ... 31:24
8. B. LIVINGMORE   29:07.23    M. CARR ...... 31:27
9. J. COOK         29:18.24    R. HEWITT ... 31:30
10. J. TAYLOR      29:46.25    D. CASEY ...... 31:32
11. G. BEECH       29:48.26    D. DUGGINS ... 31:33
12. J. FLOWER      29:57.27    J. CHELMSFORD ... 32:02
13. A. R. BROWN    30:07.28    P. MUNN ...... 32:08
15. D. JONES       30:38.50    L. BROWN ...... 32:11


ITHACA

RESULTS

HEPTAGONAL INDOOR CHAMPIONSHIPS
February 23, 1974

1. R. Bouman........... (43) 4:38.8 S. Woodstock, Ont., Can.
2. H. Snyder........... (41) 4:40.1 Alfred Station, NY
3. W. Allen............ (44) 4:42.0 E. Naperville, Ont., Can
4. D. Fairley......... (40) 4:45.5 Ithaca, NY
5. K. Wilson........... (43) 4:45.5 Allentown, PA
6. P. Dougherty...... (44) 4:45.5 Ft. Campbell, KY
7. J. Doggett...... (43) 4:46.0 Ithaca, NY
8. R. S. Fite........ (46) 4:55.1 Cape May, NJ

PREVIOUS HEPTAGONAL MASTERS CHAMPIONSHIPS
1973 Harold C. Snyder, Alfred Station, NY, 4:36.2
1972 Joseph J. Bessel, Freeport, NY, 4:39.2
1971 Joseph J. Bessel, Freeport, NY, 4:41.4
1970 Graham Parnell, Brockton, MA, 4:43.6
1969 James M. Hartshorne, Ithaca, NY, 4:46.0

*MEET RECORD MASTERS MILE RESULTS

CORNELL INVITATIONAL TRACK MEET January 19, 1974

STANDINGS BY SECTION

SECTION I: 2110

1. Hal Snyder
2. Dave Colton
3. Chuck Collins
4. John Reilly
5. Bob Fine
6. Art Kijek

SECTION II: 3100

1. Tab de Boer
2. Jim Connelly
3. Keith Leavitt
4. Bob La Belle
5. John Ross
6. Ted Grenda
7. Ralph Jones
8. Len Bagley

FINAL STANDINGS BY COMBINED SECTIONS

1. R. C. Snyder (41) 4:43.3 Alfred Station, NY
2. D. L. Colton (43) 4:42.2 State College, PA
3. C. J. Collins (40) 4:45.5 Ithaca, NY
4. J. C. Leavitt (42) 4:53.9 Ithaca, NY
5. R. G. Fine (42) 5:05.3 Brooklyn, NY
7. J. A. Collin (40) 5:15.6 Ithaca, NY
8. R. K. Leavitt (49) 5:17.2 Ithaca, NY
9. A. M. Kijek (43) 5:19.2 Valley Stream, NY
10. R. L. Lebelle (49) 5:26.9 Phelps, NY
11. R. J. Ross (51) 5:29.9 Latham, NY
12. R. R. Carter (50) 5:36.4 Rochester, NY
13. I. T. Grenda (47) 5:36.5 Stone Ridge, NY

around the world

SAN DIEGO

6TH ANNUAL SAN DIEGO INDOOR GAMES Feb. 17, 1974

SPONSORED BY SAN DIEGO TRACK CLUB - VETERAN EVENTS

AUU MAESTERS 1,000 YARD NATIONAL CHAMPIONSHIP

DIVISION I

1. Fred Rookin (San Diego Track Club) 2:24.6
2. Tom Sturack (Beverly Hills Striders) 2:25.2
3. Wilbur Williams (Seniors Track Club) 2:27.9
4. Dave Frietag (San Diego Track Club) 2:37.7
5. Lloyd McGuire (San Diego Track Club) 2:39.4
6. Ray Arcibald (San Diego Track Club) 2:41.0

MASTERS 1,000-YARD RUN (DIVISION II)

1. Rue H. Bird - Santa Monica T.C. 2:39.6
2. Eddie Haubin (Seniors Track Club) 2:42.0
3. Harry Perry (San Diego Track Club) 2:42.3
4. Bob McDonald - Unattached 2:42.3
5. David H. Rain - San Diego Track C. 2:43.0
6. Ray Mahannah - Unattached 2:44.0
7. Harold Elrick (San Diego Track Club) 2:44.0

MASTERS MILE RUN

American: 4:24.4 Frank Polyk (Belt DC) 73
Meet: 4:26.3 Pete Mundle (Stan., Moneta, AA) 69
1. Pete Mundle (Santa Monica Track Club) 4:34.6
2. Bill Cookin (San Diego Track Club) 4:36.8
3. Gaylord Holschmidt (Unattached) 4:44.3
4. Bill Phillips (San Diego Track Club) 4:46.0
5. Graham Parnell (Unattached) 4:48.0
6. Lew Roberts (San Diego Track Club) 4:54.0
7. Jack Noble (San Diego Track Club) 4:58.0

MASTERS MILE RELAY

American & Meet: 3:42.2 City Joggers 72
Last year: 3:44.4 City Joggers 72
1. Corona Del Mar Track Club (Cheek, Jackson, Palmer, Knox) 3:54.3
2. Beverly Hills Striders (Billings, Dawkins, Elrick, Haibin) 4:04.2
3. San Diego Track Club (Perry, Hunt, Pain, Bowers) 4:04.4

MASTERS 80-YARD DASH (DIVISION IV)

Meet: 7.10 Payton Jordan (unattached) 72
Last year: 7.09 Al Guidest (N.C. Sask.) 72
1. Payton Jordan (Corona Del Mar Track Club) 7.09
2. Pete Fetter (Seniors Track Club) 7.10
3. Bob Crouch (Corona Del Mar Track Club) 7.11
4. Ross Winton (Corona Del Mar Track Club) 7.12
5. Ed Reiner (San Diego Track Club) 7.12

MASTERS 60-YARD DASH (DIVISION IV)

American: 6.4 Dean Smith (St. Fred) 72
Meet: 6.5 Dean Smith (So. Calif. Striders) 72
Last year: 6.5 Dean Smith (So. Calif. Striders) 72
1. George Rhoden (San Diego Track Club) 6.08
2. Percy Knox (CC) 6.08
3. Shirley Davis (Corona Del Mar TC) 6.09
4. Deanie Dawkins (STC) 6.09
5. George Kelley (San Diego Track Club) 6.17
6. Don Love (San Diego Track Club) 6.17

MEET RECORD: 4:40.1 by Hal Snyder 1973
Inexperienced English Runner Outsprints Foster in Marathon

From RALPH KING

Running in his only second marathon, the young English champion, Ian Thompson, was a brilliant winner of the gruelling 26-mile Games classic last evening. He clocked the second fastest time ever for the distance, 2h 9m 12s.

The veteran Jack Foster, of New Zealand, also English born, was a gallant second, bettering his personal best time by a minute to take the silver medal.

The holder of the world's best time (2h 8m 36s), Derek Clayton, of Australia, was forced to cover only 14 miles before pulling out in declining health. Clayton led with 11 miles to go, but Foster closed on him strongly.

Thompson's tactical application of pressure at 11 miles was such that Foster was unable to go with him because, he admitted after the race, he knew that he was running to his limit.

"I should have gone with him for another few miles," Foster said after the race. "But I only had the plan of attack worked up a slower pace."

"Thompson just strolled away to his only second marathon. Heavens knows what he will be capable of in future." he added.

This was a wonderfully exciting marathon, which was given under conditions described as the best ever for the event.

Thousands of people lined the streets to cheer the runners every foot of the way. A helicopter hovered restless overhead with a photographer perched on the tail to cope with the demand for pictures. The runners were cheered on by the Richard Mansie, a self-trained athlete who nevertheless runs 100 miles a week and who finished 12th in the Munich Olympics, to take the bronze medal back to New Zealand.

Seething Mass

The course was wonderfully lived up to, with waves of the swarming mass of people, who stood on the roads by drastically waving raincoats, police cars and other vehicles trying to"

"I was mighty impressed," said Foster. "You felt you had to acknowledge them and wave to them. It helped you along tremendously."

The small, sparse figures running in brilliant white were the Richard Mansie, a self-trained athlete who nevertheless runs 100 miles a week and who finished 12th in the Munich Olympics, to take the bronze medal back to New Zealand.

Impostor

John Robinson, the New Zealand Olympian, was 12th to finish. Meanwhile the Games had their own Munich-type impostor when a young man, clad in black running kit, and entries raced for the track and headed for the finish line.

The man was intercepted by officials and was taken away with a blanket over his head for police interviews.

Unlike the Munich impostor, who raced into the stadium about 50 metres ahead of the eventual winner, Christchurch's version was merely aiming for fifth place.

He ran on the track just after a genuine black dressed runner, John Robinson, of New Zealand, entered the stadium in fifth place.

As the maximum entry of three New Zealanders had already finished, and the impostor was wearing a number, athletes, officials realized he was a fake.

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COMMONWEALTH GAMES - CHRISTCHURCH, N.Z.
QUEEN ELIZABETH II PARK
January 31, 1974

MARATHON FINAL

1. Ian Thompson (England) 2 hrs 9 min 12.0 sec
2. Jack Foster (N.Z.) 2 hrs 11 min 18.6 sec
3. Richard Mabaso (Tanzania) 2hrs 12min 54.4sec
4. Terry Manners (N.Z.) 2 hrs 12 min 58.6 sec

NOTICE - Name on Running Vest
A number of team members have asked for their names to be imprinted on back of USMITT running vests. Send your shirt to: Champion Products, 2155 N.W. Vine Street, Grants Pass, Ore. 97526 with instructions... last name only. Charge is $1.00 plus shipping... Allows TIME.
FIJI Vs. U.S. MASTERS - LAUTOKA, SUVA
NATABUA HIGH SCHOOL GROUND - 17-12-71
(Results arrived March 16th & missed Feb. issue)

100 METRES:

Men Senior Div.I
1. A. Simolo - Lautoka 10.8sec
2. E. Nakutabe - Suva 10.9sec
3. U. Sau - Lautoka 11.3sec
4. S. Sau - Suva 11.6sec

Division III
1. T. Boles - Suva 13.3sec
2. R. Niblock - Suva 13.5sec
3. J. Caruso - Suva 14.0sec
4. S. Lumlum - Suva 14.5sec

Women
1. T. Tokiwa - Suva 12.3sec

200 METRES:

Men Senior Div.I
1. T. Phillips - Suva 25.9sec
2. T. Cauhuk - Suva 27.7sec
3. J. Dansey - Suva 28.0sec

Division III
1. T. Matasolu - Lautoka 26.4sec
2. R. Greenwod - Suva 27.6sec
3. J. Dansey - Suva 28.0sec

Women
1. A. Simolo - Suva 24.8sec
2. U. Sau - Suva 25.0sec
3. R. Niblock - Suva 25.4sec

400 METRES:

Men Senior Div.I
1. J. Schlegel - Suva 51.6sec
2. L. Bois - Suva 52.6sec
3. G. Brancel - Suva 58.9sec

Division III
1. L. Civilization - Suva 52.0sec
2. L. Bois - Suva 52.6sec
3. G. Brancel - Suva 58.9sec

Women
1. Alex - Suva 68sec
2. Elizabeth - Suva 74sec
3. H. Wallace - Suva 76sec

SHOT PUTT

Men Senior Div.I
1. T. Nakutabe - Suva 179lb
2. T. Cauhuk - Suva 177lb
3. J. Caruso - Suva 172lb

Women
1. H. Wallace - Suva 112lb

DISCUS

Men Div. I
1. P. Fanning - US 117" 9"
2. P. Partridge - US 104" 4"
3. S. Herrman - US 84" 10"

Women
1. H. Wallace - US 112" 5"

HAMMER

Men Div. I
1. L. Waga - Suva 104" 6"
2. J. Sauh - Suva 90" 2"

Women
1. T. Ngania - Suva 37" 7"
3. L. Seilau - Suva 36" 9"

JAVELIN - Men
1. L. Tuakoe - Suva 175'
2. N. Nakatobe - Suva 178'
3. B. Tora - Suva 165'

Women
1. V. N. Tora - Suva 165'

TRIPLE JUMP

Men Div. I
1. B. Tora - Suva 45" 14"
2. S. Sakera - Suva 41" 11"

Women
1. H. Colen - Suva 30" 6"

DIVISION II

800 METRES:

Men Div. I - III
1. S. Buli - Suva 2min 30sec
2. R. Prasad - Suva 2min 30sec
3. S. Sau - Suva 3min 25sec

Women
1. V. Koenig - Suva 3min 07sec
2. R. Lacey - Suva 3min 15sec
3. S. Lumlum - Suva 3min 25sec

1500 METRES:

Men Div. I - III
1. S. Buli - Suva 4min 16sec
2. L. P. N. Perry - Suva 4min 24sec
3. H. Colen - Suva 4min 30sec

Women
1. L. Colen - Suva 5min 25sec
2. J. Caruso - Suva 5min 30sec
3. H. Colen - Suva 5min 30sec

5000 METRES:

Men Div. I
1. R. Hatton - 16min 5sec
2. U. McConnell - 17min 4sec
3. A. Richards - 18min 9sec

Women
1. C. Hamilton - 20min 15sec

LONG JUMP

Men Div. I
1. T. Cauhuk - Suva 21" 4"
2. T. Cauhuk - Suva 21" 2"
3. B. Tora - Suva 20" 6"

Women
1. T. Cauhuk - Suva 13" 4"

RELEYS

4 x 100m (MEN)
1. Fijii - 43.6sec
2. Lautoka - 45.7sec
3. Canada (US) - 47.5sec
4. U.S. - 52.5sec

Women
1. Suva - 54.5sec
2. Lautoka - 54.8sec
3. U.S. - 67.5sec

4 x 100m Relay (JUNIOR MEN)
1. Fijii - 43.6sec
2. Lautoka - 45.7sec
3. U.S. - 52.5sec

San Luis Obispo
MASTERS TRACK MEET (CENTRAL COAST-CORONA DEL MAR - MASTERS RELAY) AT CAL POLY SAN LUIS OBISPO 3/17/77

How can we possibly thank Don & Calista Cheek for their wonderful hospitality? This was truly a beautiful weekend. The organization of our 1st annual Corona Del Mar Relays at San Luis Obispo was superb. The after-meet festivities exceeded all expectations.

JOGGER'S MILE:

Winner based on time closest to predicted time.
1. J. Webb, Cal Poly, 2:29.0 pre. 3:17.0
2. E. Hunt, Corona Del Mar TC, 2:29.0 pre. 3:17.0
3. J. Haines, Corona Del Mar TC, 2:29.0 pre. 3:17.0
4. D. Palmer, Corona Del Mar TC, 2:29.0 pre. 3:17.0
5. J. B. Bock, Senior TC, 2:29.0 pre. 3:17.0

MEN'S MILE:
1. L. Bridges, Cal Poly, 4:53.2
2. D. Stern, Monterey Men's Coll., 4:53.4
3. R. Gil, Senior Track Club, 5:07.4
4. J. Webb, Cal Poly Faculty Track Club, 5:20.1

Please turn to page 5
ANNE MCKENZIE, Continued from page 1

That was seven years ago and any woman of her age would have called it quits there and then. But not Anne. With encouragement from her husband, Ken, and from "men and women, young and old—people who had nothing to do with athletics" Anne just kept on running (and throwing the javelin) and after 1967 set up EIGHTEEN world age bests.

What is more, the woman, whose world 800 breath for 41-year-olds is better than that of 33-year-olds, still wants to improve on her times.

The saying that a sportswoman is like good wine and improves with age is used too lightly. If it really fits an athlete, it fits Anne McKenzie.

World age bests for men and women have become more important to them over the last few years, because people are extending their track careers for longer periods. These "records" have to be set up in official competitions and witnessed by registered officials.

Among the men there is even a world best by a 78-year-old — for the marathon. Among the women there are many world bests held by women in their fifties, especially from the United States, Britain, France, Russia and East and West Germany.

Athletic meetings for veteran men (over 40 years) are no far advanced that national and even international championships are being held. It is hoped that, in the interest of national fitness, the trend will eventually extend to South Africa. It was against this background of developing interest in world age-group performances that an unexpected setback forced Anne McKenzie to look for a new challenge.

Shortly before her 43rd birthday she undertook a serious cartilage operation. Afterwards she found that training at full speed or for long sessions was impossible.

Anne still holds the national records for 800, 1 mile, 800 metres and 1500 metres, but her knee condition meant that she would never again be able to improve on those times (2:07.4-4:57.2-2:06.5-4:36). Track was an integral part of her life, but now she had to consider retiring.

"It was during this period of indecision that I first learned that I was already the holder of various age records and that, by continuing to compete, I would possibly be able to establish more records."

So, she continued.

Today, Anne McKenzie holds 29 world age bests, ranging from the 100 metres to the javelin. Among them are four times for the 80 metre hurdles, an event which has been superseded by the 100 metre hurdles.

Many of Anne's records are better than the times for younger age-groups. When she was 43 and 46 Anne did not compete over 1500 metres and East German women put up times of 5:44.6 and 5:46.6. When she was 46 Anne ran 4:50.2 and two years later she recorded 4:56.4.

Anne plans to keep on running for some time to come.

"I know there are people who think that I should have stopped, but I believe me, for each one who thinks that I should stop, I meet ten who are really encouraging me."

Anne has but one regret: "I have never run on a tartan track. All my races during the last four years were in strong wind."

Yes, Anne McKenzie is really like a good wine and there is no reason to believe that the wine will not mature more and more and get better and better.

Anne's records may be found on page 3.
with them both. The average bicycle racer is about 18 or 20 years old and I find that they are all better than I. However, I expect that some day I will be better (I have always felt that happiness is not in being successful but it is in trying to be successful).

I generally go to some sort of running competition every weekend. I consider myself to be basically a walker and do walk in open competition. My best distance is 50 miles and for four years in a row, I came in second in The Annual 50 Mile Race. Twice Shaul Ladan came over from Israel and killed me. The other two years, I was only 8 laps behind (the race consists of 200 laps on a 1-mile track). I am one of only five men in the United States who has done 50 miles in under nine hours. I do prefer age group running now and occasionally also go in a Road Runners Race.

My workouts are generally dedicated and I pour it on (what other way is there?). The rain and the snow don’t bother me. I have a 9-mile loop course in Fairmount Park. Many times I purposely dress lightly in freezing weather to force myself to start faster and finish faster. If you don’t start fast you freeze; ditto for the finish (it is often a pleasure on my course to get to that “point of no return”, the halfway mark, at least you know you only have 4½ miles to go.

Which reminds me of the 50-kilometer (31-mile) National Championship Walk held in Nutley, New Jersey in driving, freezing rain. The winner was to go to High Altitude Training for one week in preparation for the Olympics. At the halfway mark, I was the only one left. It was so cold even the Judges quit and I finished the race all by myself. They never did offer me the High Altitude Training… I never did embarrass them by asking.

Some of my workouts go like this:
Bicycle to Fairmount Park, 10 miles, then run 9-mile course, then run 6 miles, then bicycle home for 10 miles.
Race 27 miles with the bicycle club, then add 20 more miles at the end to build up endurance.
Another, the Y.M.C.A., has a very rough calisthenics class for one hour. I finish that and then take the bicycle course which starts right afterwards.
It is like the way I became a Sprinter. Two years ago, they asked me to participate in a 100 Yard Dash against Senator Cranston at the Penn Relays. I had never sprinted before and did not know how to train so I simply took my 9-mile course and sprinted for two telegraph poles and then walked two more telegraph poles; 9 miles of sprints. Brutal! Senator Cranston and I were both timed in the same time but I was in first place.
This was one of my toughest and best ever races. After the race, I found out that Sprinters simply don’t train this way—so, I can assure you that my methods have changed since that time.
In October, I turned sixty, I went up to Toronto for the Canadian Nationals and took eight first places and five second places. There wasn’t too much competition but my times were good anyway. Another of my best ever races. Ask Norm Bright how I even sneaked up behind him in the middle of the quarter. He skunked me in the mile though.
After the Canadian Nationals, I made the mistake of trying to go to Australia in best ever condition. I entered a Marathon which I haven’t run in four years and I finished under 4 hours which was my goal but I had to force myself to run the last 2 miles. I simply refused to let my legs stop turning over but in doing so developed a leg injury. In a 10 Mile one week later, it bothered me again but I refused to quit since I have a personal record of always having finished every race I have been in. It is nice to have these “foibles” but sometimes I wish I did not have them (like in the London to Brighton, where I really wanted to quit but couldn’t).
At any rate, I went to Australia with a bad leg rather than in the good condition I could have been in had I taken it easy. I realized again I had broken Tom Oaler’s rule “better to go into a race untrained than overtrained”. I had a good night in Sydney in which I went in all races 3½ mile and under and all field events. I really don’t have a record of what I did since when you go in as many events as I do it simply isn’t possible to keep records. I also like a good warm-down afterwards and by that time most Officials have left.

SAN LUIS OBISPO, continued from page 5

SHOT PUT-16 lb. (50-59):
1. JACK THATCHER, Corona Del Mar TC. 41-3½
2. CHARLES McMAHON, San Diego TC. 35-5½
3. JOHN BECOTTE, Seniors TC. 34-4
(Record: 41-3½ by TIM MONTGOMERY, Canada, Sept 29, 1972)

SHOT PUT-8 lb. (60 and over):
1. JIM YORK, Calif. Seniors TC. 42-6½
2. T.J. HERRMANN, Seniors TC. 40-7 3/4
3. ARTHUR VESCO, Seniors TC. 39-11 3/4
(Record: 40-7 3/4 by W.H. GLOVER, Calif. Men's Masters, Jan 17, 1977)

SHOT PUT-8 lb. (50 and over):
1. JIM YORK, Calif. Seniors TC. 29-2 1/2
(Record: 25-7 by PHIL PARRISH, Calif. Men's Masters, Aug 1971)

800 RELAY-30-39:
1. GEORGE WATKINS, JOHN HAINS, ALVIN HENRY, KEN DENNIS. 1:36.2

800 RELAY-40-49:
1. Corona Del Mar TC.
   A.JACKSON, D.LEE, J.PALMER, K.KNOX. 1:36.2
2. Beverly Hills Striders TC.
   G.JOHNSON, W.MADLER, L.WAGNER, A.TSAO. 1:43.6
3. Corona Del Mar TC.
   T.JENSLIN, B.BURTON, T.CLAYTON, T.TURCUTT. 1:46.6

DISTANCE MED RELAY-49:
   D.MEAD, C.COHN, M.GIL, T.SURAK. 12:02.8

DISTANCE MED RELAY-30-39:
1. Ed Poly faculty TC.
   S.SIMMONS, P.PENA, L.BRIDGES, J.WEBB. 12:39.8

TRIPLE JUMP (40-49):
1. DAVID JAMES, Corona Del Mar TC. 41-7
   2. TED ENSLIN, Corona Del Mar TC. 39-8

TRIPLE JUMP (50-59):
1. A. HENRY, Corona Del Mar TC. 40-10
   2. ED HUNT, Corona Del Mar TC. 35-3
   3. JOHN HAINS, Corona Del Mar TC. 28-10

TRIPLE JUMP (50-59):
1. GORDON GARRELL, Corona Del Mar TC. 36-4
   2. ORAL GILLETTE, Corona Del Mar TC. 30-7
   3. CHARLES McMAHON, San Diego TC. 24-7

HAMMER THROW (40-49):
1. DR. DAVID DOWNS, Beverly Hills Striders. 55-5
   (with broken leg)

1. CHARLES McMAHON, San Diego TC. 104-11
   (New world record: 110-08, 55-year olds, none listed in new records book)

2. JACK THATCHER, Corona Del Mar TC. 86-2
Actually, my toughest race was the 5000 meter walk. I really went out trying to beat Bob Long who was in the 50 & Over group. He nosed me out again by a couple of seconds as he had done consistently on the trip, but happiness is in the trying, etc., etc.

How do I go in so many events? It all started in Philadelphia several years ago. We had too many events and not enough competitors so we made it look good for the others. I was one of the events. Larry Simonson was usually our starter and he has the reputation of being the fastest starter in Philadelphia. His record is thirty races in one hour. In every meet I was in, he seemed to be trying to break his own record. In those days, many times I ran slower. I had two races back to back. Today, it doesn't seem like much of a workout if I only run in one or two races.

My diet — I hate to give this away since it is the secret of my success. Eat as much as you want and anything you want. I do eat an extraordinary amount of sweets like cake, candy and ice cream. I always have dessert after lunch and dinner and consider the meal incomplete without it. In fact, I leave my main course to save room for the dessert. After a good meal, I can really feel the blood flowing through my veins and I am ready to start again!

CALENDAR OF EVENTS

April 6-7: S.E. Masters Track & Field Championships, Raleigh, N.C., 11000 Reps, North Carolina State University, Ralinf Fulghum, Park & Recreation Dept., Box 101, Raleigh, N.C., 27692
April 6-7: 4th Annual Great Father Games, George Ker, 16750 Indigo, Granada Hills, Calif., 91344 (213) 363-8588
April 13: San Diego Relay, San Diego, Calif., Selected Masters Events, Ken Bernarde, Box 8512, San Diego, California 92109

April 22-23: 7th World Vets. Marathon and 10Km Paris, France, D.H. Pearn, 1100 Via España, La Jolla, Calif., 92037. For entry information.
June 16: Corona Del Mar, 2nd Annual Masters Relays, U.C.I., Irvine, Shirley Davison, 14770 Bode Drive, Victorville, Calif., 92392
June 23: 2:00 p.m. Carmel Classic, Masters Mile, John Pasevanto, 11318 Hazel Rd., Carmel, Indiana 46032 (317) 846-4369.
June 26: 2 mile Masters, 5:00 p.m., Bob Fite, The Colonial Hotel, Beach Front, Cape May, New Jersey 08204 (609) 884-3483.
June 29-30: 1st Canadian Masters Track & Field Championships, Vancouver, B.C.
Have you ever run a mile on shoes with in 6 minutes, or run a 26.3 mile race in slightly over 3 hours, or held 8 world records at one time? Few of us can measure up to a fraction of those achievements...but one member of our community has all those accomplishments to his credit--Dr. Willard "Bill" Andberg.

You perhaps have heard other aliases for Dr. Bill such as, "Gray Ghost", "Bullet Bill", "Flying Finn", or just "Running Nut". Bill has no half way activity and for those who go all out affectionate or eccentric nicknames usually follow. Anoka's "Gray Ghost" has put our community on the track map of the world.

Bill, as dean of U.S.A. marathoners, along with others such as 106 year old Larry Lewis of San Francisco, and the 70-year old gentlemen who climbed Devil's Tower in 1972 has removed the myth that life begins at 40 and ends at 60. The Twin City Track Club, largely composed of medical people, is demonstrating more that running can be a boon to good physical health in the up-to-80-year old group.

Not all of Dr. Andberg's time is spent running. He still keeps many of the domestic animals of the area in good health and continually makes himself available for worthy community activities such as:

1. Speaks to school classes, 4-H, and Scouting groups.
2. Paces the summer biology field trippers for fitness.
3. Organizes the Anoka Halloween run and donates his trophies.
4. Chairman of the State Veterinarians Legislative Committee.
5. Helps biology classes with large animal dissections.
6. Continually motivates people of all ages to be more active physically.
7. Operates as a scouting merit badge counselor for several subjects.

Not all the credit can go to Bill for his accomplishments. Behind most successful achievers is an understanding and supportive spouse and family. Ruth, as Bill's kinpin supporter and companion is in my estimation the epitome of wisely understanding. Chris, Julie, Paul, and Wendy as the Andberg offspring are also equally enthusiastic about Bill's successes. Overall, few families have the diverse interests and "gut issue" feelings that the Andbergs possess. Between Ruth and Bill there belong to almost 30 organizations with each of these organizations funneling information into their home. From this source both of them freely pass on this information to others who might utilize it. The Andberg household might be better tabbed the Andberg Informational Center.

Tonight the spotlight is on Bill and Ruth. We hope everyone will enjoy this brief interaction session with the Andbergs. Both of these wonderful people are action oriented and probably they would both be happier to see everyone become more active physically and mentally in the areas of interest that each likes to pursue.

Anyone who starts training after a 34-year layoff and goes on to hold 8 world records must be a special type of self disciplinarian. U.S. Forest Physical Fitness Laboratory asked Bill to spend time with them two years ago to find out how he and a few other great ones really tick. We know that Bill ticks well, that he is one of us, that he has something unique, that he has motivated many in our community to activate the physical processes of the body, and that the Andberg name will become a permanent fixture in the running history of this area and probably the entire world.

Thank you so much, Andbergs, for your great contributions to all of us.

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OAKLAND INDOOR INVITATIONAL TRACK & FIELD CHAMPIONSHIPS OF THE FA-IAU
Reported by Ed Phillips

There were two Masters events, the 50 meter dash and the 1500 meter run. The 50 was basically two races in one with Jim Lingal coming on in the last 20 meters to win in 6.3 over Dick Marlin's 6.4. The rest of the field finished in a blanket at 6.9. There seemed little doubt that all four won the third place award but the official placement of Bob Jordan, Hal Andrews and Van Parish in that order was somewhat disputed. Hal had quite a day before the night meet began. He challenged 8 younger competitors in the open pentathlon--and was not last. A fellow named Jenner who was 10th in Munich in the Decathlon won, with Hal finishing 6th with 2291 points. The 1500 saw Dennis Tegnander improve his finishing position by two places from the Examiner Games by coming in 2nd in 4:22.6 to Shetler's 4:22.9. Peter Mandle was 3rd in 4:23.4 while Ken Napier was 4th in 4:30.3. The remaining order was Walt Beteshardt-5th, Mike Healy-6th, Vanc Koerner-7th, and Don Pickert-8th.

THE EXAMINER GAMES
Reported by Ed Phillips

The 1974 Examiner Games were quite exciting with many outstanding marks and competitive races. The open class events have been well covered in the press, but if you were not there yourself (as many of our members were), you missed the events of "our members" winning with a very good 20.1 7 3/4". Next came the seniors mile with Tom Surak winning in 4:35.6. The 60-74 60 yard dash followed with the three top men being tied. Finally the 55-60 60 yard dash was won by Paton Jordan. In both sprints the second place finishers had poor starts due to not having one jump each and therefore playing it quite safe the second time. Complete results are as follows:

Seniors' Long Jump
1. Hal Andrews (Bay Area Striders) 20 7 3/4
2. Bill Presser (Unattached) 19 1 3/4
3. Van Parle (San Francisco Striders) 18 1 1/4
4. Ed Mahan (NCFCC) 17 8 3/4

Seniors Mile
1. Tom Surak (unattached) 4:35.6
2. Jim Shetler (West Valley Club) 4:39.8
3. Peter Mandle (San Francisco) 4:40.5
4. Dennis Tegnander (NCFCC) 4:40.8
5. Ken Napier (West Valley) 4:42.3
6. Len Thornton (High Sierra) 4:45
7. Walt Beteshardt (NCFCC) 4:46
8. Vance Koerner (NCFCC) 4:56.5
9. Mike Healy (West Valley and NCFCC) NT
10. Don Pickert (NCFCC) NT

Seniors' 60 yard dash (40-54)
1. Jim Gainsal (Bay Area Striders) 6.8
2. Dick Marlin (NCFCC) 6.8
3. Van Parle (San Francisco Striders) NT
4. Hal Andrews (Bay Area Striders) 6.9
5. Bob Jordan (NCFCC) 7.1

Seniors' 60 yard dash (55 & up)
1. Paton Jordan (Unattached) 7.1
2. Al Guidet (Beverly Hills Striders) 7.2
3. Jack Barnes (Striders) 7.8
4. John Sisti (NCFCC) 8.1
5. Harvey Fennell (NCFCC) 8.7
6. Alan Cranston (Senators TC)
Track and Field News:

The Starting Line—Both Sides Now

by Joe Hendershot

From a world-class, Olympic medal-winning sprinter 20 years ago to a starter today at some of America's biggest track carnivals, Thane Baker has known both sides of the starting line.

And Baker feels his career as a starter has definitely benefited from his many explosions off the starting stripe as one of the world's fastest men during the mid-50s.

"Having been a sprinter makes me aware how important a fair start really is for all competitors," says the 42-year-old oil company transportation supervisor from Dallas. "Having been in the blocks, I know what it feels like to start and what won't. It has been a great advantage for me as a starter to have been a competitor in those situations I now start.

During his competitive days, Baker was one of the world's best. He won the '52 Olympic 200 silver medal, '53 NCAA 220 as a Kansas State senior and the '56 AAU 200 in an American-record matching 20.6. He equalled the world 100-meter record of 10.2 in a '56 Olympic Trials heat and later collected a complete set of medals at Melbourne for a 100, 200, third and 400 relay victory. And, after a 10-year hiatus, Baker returned in '72, quickly establishing himself as one of the fastest dashers in seniors ranks.

As a starter, in assignments ranging from the Texas Relay and college championships to college and prep dual meets, Baker says, "I go out to ensure each and every runner has a fair start but one that allows him to start in his own way. He shouldn't have to put up with any idiocies or indifference of mine which might disturb his concentration.

"For example, I give the commands of an imaginary race into a tape recorder and then replay the tape and 'start' myself out of the blocks. I try to hear myself as the athletes hear me. I also try to watch warm-up starts especially by sprinters and hurdlers so I will have an idea of what to expect."}

Having made many entrances and exits from the starting blocks, Baker the starter knows each runner has his own little movements, rituals, yells and quicks which often help him be a competitive readier.

"I had a few situations of my own that seemed to prepare me mentally and, at least at the time, I thought physically," he recalls. "In starting I will ignore anything anyone does as long as it doesn't interfere with someone else."

But that doesn't mean a starter can cater to just a few athletes.

"A starter must always be aware of one primary thing," Baker believes. "That is he must see that everyone in a race gets a fair start in everyone's eyes. He can't give some an advantage; the right of all to a fair start must be honored.

"On the other hand, the runner should realize the starter has up to eight other athletes he is trying to accommodate. The runner shouldn't have to put up with distractions from the starter, but he also must realize the starter can't prevent the movements and noises of other runners. The starter has to permit every runner to start in his way, as long as it's legal and doesn't interfere with others."

There are some starting incidents in which the starter's best efforts go for naught. "In one race I started," Baker says, "a runner fell after about 20 yards and I recalled the field. On the second start, the same runner fell again. Finally they got away on the third start—but the runner who fell quit after a lap. I guess it would be hard to last a lap after falling twice.

Just as he feels he has a responsibility to the athletes to start races as fairly as possible, Baker also feels he has a responsibility to his fellow starters.

"I owe it to them to make my starts as close to the rulebook's description as I can," he believes. "If I start too fast, runners may expect a fast gun in their next meet; and vice versa if I hold too long. I know it's impossible to have all starters the same, but we should strive for starts as close as possible to that described in the rulebook. That away, runners will know what to expect and can depend on good starters.

"I don't mean exactly the same time interval between 'set' and the gun, but within the allowable range (approximately two seconds in the NCAA rulebook, and all runners are monstrous in the AAU guide). As a starter then, and as a starter now, I feel sorry for runners who go from a 'fast' starter to a 'good' starter to a 'slow' starter over several races. It messes up concentration, timing and an athlete's mind can't be on his race when he is wondering what the starter will do this week."

There are many good, conscientious starters, Baker feels, who do their very best to see all runners start fairly. "There are others who just go through the motions," he says, "which is unfair to the athletes, other officials and the sportsmen."

In fact, Baker the starter retains a small ritual from Baker the sprinter:

"Before a race, I used to say a prayer to myself—Lord, let everyone do their best, including me. I still say that prayer before any meet I am starting."}

LETTER from JACK PENNINGTON, Canberra, In re Pro/Am Question

Thanks for your reasoned reply, in your letter of Feb. 24th. I will publish it without any cuts in My Mag, No. 14; unless you say otherwise. When you get 13, 14, and 15, as I really agree with what you say, but not the way you say it. I admire Ron Clarke and want him and Elliot in our competition. I believe athletes of that calibre deserve an income from advertising (not from betting). I did say that Veteran athletes should be in the same category as Phys. Ed. and Orienteering. I did say rule 53 should be amended thru the Victorian and AAA as a matter of urgency, i.e., if they won't or can't, it will not get thru in Australia, because they have the rival professional association on their doorstep.

I spoke to Dr. Kavenegh, in Melbourne (at Conference of Sports Medicine). I gave him a copy of my letter to you and the results of the Melbourne meet. You will be interested in the committee (I have heard that other members of the Toronto group will not wish to exclude Australia or New Zealand because they are amateurs) so the entry conditions are not yet established as OPEN?

Regarding your own promotion of Veteran athletics, you will have noted that on two separate dates, I featured your efforts in my magazine. I have also said that I will be in Toronto come what may about the entry conditions, even if my future "come" will only be in orienteering (I'm already involved).

A circular from the Sydney Veteran Club says they will organize a big party for Toronto; no mention yet of the Pro-Am problem. But, today I have a letter from Arthur Hodsom, Secretary AAA, saying, "The Marquees of Exeter have removed Pain, thus, the present IAAF rules apply to amateur athletes of all ages, all over the world"—dated February 25, 1974.

As I have said, we have got to change the rules or there will be a large contingent from amateur clubs missing from the World Games.

In Melbourne, the Minister for Recreation in Victoria has sponsored a 15km Fun Run. He wants massive participation from the public. He has refused to debar "Pro-sportsmen and women" (a mate of Ron Clarke). The Victorian AAA have said any athlete who figures in the result sheet will be declared a "Pro". They may start, but may not finish—don't explode—I hope some some amiable organizers organizes every amateur athlete (4,000) to ignore the AAA. Any subsequent expulsion from amateur athletics would be farcical and if attempted, would bring a government enquiry into the whole setup of national fitness promotion and finance.

Canberra, the capital, will promote the Pacific Games, 1977, and a tartan track field next year. The government has undertaken to provide such a track in every state capital. There's the pressure point!

Please turn to page 10
EXPO '74 Sets Gourmet Scene

By JAMES REDFERN

obviously going to be the watchword here.

"Fare at Expo '74 will not be limited to cuisine from the nations participating in the fair, but the British, too, will be offered at several spots. The meat, vegetables and hot dogs will represent the national colors at lunch counters.

From India, there will be no "special" food served, but dishes like "Karahi mutton," "Kesar Chicken," "Kabab," "Rajma," and "Biryani" will be available.


The Soviet Union will serve "Borscht," "Caviar," "Pate," "Kutia," and "Pastry." The cuisine will be a combination of "Russian," "Ukrainian," and "Belorussian" elements.

The cooperation of the nations involved will make Expo '74 a gastronomic paradise for food lovers around the world.

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Foreign Correspondent

Our correspondence brings us letters from behind the Iron Curtain. This is one received 3/21/74. It took 4 months to get here. Thank God you live in a free country—Westgate, and all.

"As you suppose I am really interested in long distance running for veterans and even I participated in the world-best competition on 25Km in Karlovy Vary, Czechoslovakia, 1971. There were some other runners from Poland too. Since this year we could not participate in the next competition, because they took place in Western countries. Please you are not exactly informed about the financial conditions. It is rather impossible to come to America or another Western country because of financial difficulties. The fate to this country must be paid in Western money and we have no possibility to exchange it here. But maybe there are some veterans in Poland in so good an economic situation to follow your kind invitation. I will ask them.

Of course I have heard about the National Veteran Championships in the United States and I am full of admiration for this matter, because here in Poland we have no competitions for veterans. I read some track and field periodicals, a.o., the "Condition" and so I know about veterans sports all over the world.

I hope that the I World Veterans Track and Field Championships will finish with a full success. If I can help you more in this matter please let me know.

Jack continues from page 9

However, it would seem so simple to declare that in the interests of world health, all sporting competition, where the minimum age is 40 years, is in the same category as orienteering, but this must come from the IAAF, otherwise, Veteran athletics must become divorced from amateur athletics, and that will never happen in America, because we are so much involved in the system, and most have been since childhood.

However, the case is being put to them by you and I. You stand squarely for open meets. I support you, providing no amateurs are debarred. Because of life-long loyalty to amateur athletics, once an amateur is ineligible to compete as an amateur, he is also ineligible to be a member of an amateur club. He may not be an office holder, nor may he be an official on the track. It is a double-barreled gun.

You may publish my letter as my personal assessment of this situation which concerns Australia, but not the USA.

THE LITTLE BLUE SLIPS.... Because we have blocked large quantities of seats on the airlines for your trip to the Northwest and the airlines are requesting confirmation from us 60 days early, we would appreciate your letting us know if you are interested in the trip. Please say YES or NO on the little blue slips —