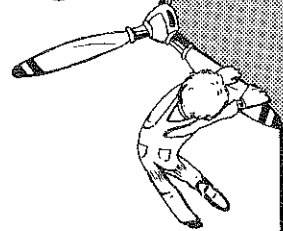
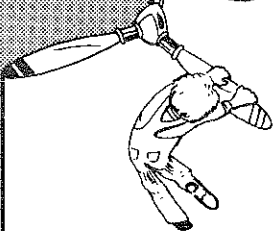


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u.s. masters international track team

January, 1977

" EDITORIAL "

SOUTH AFRICA TO BE BANNED FROM 1977 WORLD MASTERS CHAMPIONSHIPS?

We have just learned from National AAU Masters Chairman Bob Fine that politics has reared its ugly head in the 1977 2nd World Masters Track and Field Championships, set for Goteborg, Sweden, August 8-14.

After the intensive, successful fight to keep politics out of the 1st World Masters Games last year in Toronto, it appears that the Masters program is now in the same danger as the Olympics, in which political infighting has all but replaced athletic competition as the main attraction.

According to Fine, the South African competitors may be banned from the 1977 event because the Swedish hosts feel compelled to seek IAAF sanction. (The IAAF is the international federation which controls much of track-and-field policy) The IAAF has barred South Africans from competing in the Olympics, and its policy on Masters competition is apparently the same. (Even though the IAAF refused in 1976 to consider motions to create an IAAF Masters Committee or special rules for Masters. Editor)

Should the interjection of international politics infiltrate into the heretofore open, friendly competition of the Masters program, many feel it would be a giant step backwards.

Masters athletes pay their own way. They are not beholden to a club or organization for travel funds to local or international meets. Nation-states, therefore, should feel no pressure to "gain publicity for their expenditures" by dictating policy.

Masters athletes traditionally have welcomed anyone who wished to compete in their own age group . . . amateur, "professional," black, white, peace-lover, war-monger, liberal, conservative, racist, sexist, Christian, Jew, atheist . . . ANYONE.

Politics plainly do not belong in athletic competition. As Los Angeles Times' sports columnist Jim Murray wrote from Montreal this past July: "The Olympic games . . . has never solved any political question, rearranged the history of the world, or wrought any great social changes . . . It's time somebody took the bloody flag out of games boys play. A sprinter from the steppes of Russia is no more responsible for the 'Bulag Archipelago' or the goings-on in Lubyanka Prison than Jim Thorpe was responsible for the treatment of American Indians, or Frank Shorter is responsible for Watergate. "Gary Player played golf in this coun-

NATIONAL AAU MASTERS CROSS COUNTRY 10 KM. Belmont, California November 14, 1976.

The West Valley T.C. hosted the '76 X-Country National for the "Over-the-hill" set (40+) and provided a 10 km. course to match.

Len Wallach, meet director, promised a European style course complete with hurdles. What he did not advertise was the fact that the scene of last years Seniors Nationals was extremely hilly with virtually no flat area whatsoever.

It had rained the evening before but let up a few hours before the 1st race and aside from a few puddles the course provided sure footing -- much better than the parking lot that proved to be a slippery quagmire.

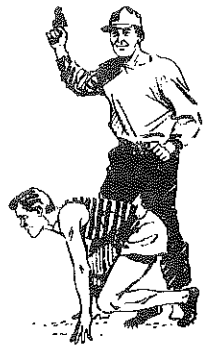
By race time it was a cool 62° with overcast. Perfect for the demanding all-out 6.2 mile figure 8 trail course where approximately 500 spectators could observe the runners pass 6 times.

1st off the mark for the AAU Masters Women (40+) event was 80 pound Micki Gorman (41) who immediately established herself as probably the world's outstanding 40+ Women's harrier.

One female competitor was observed to have hissed "They should disqualify her -- she's too good." Too good she was as she quickly dispatched the likes of Ruth Anderson, Nicki Hobson and Dorothy Stock, her feet barely touching the terrain, as she floated home in an incredible 38:54 2 1/2 minutes ahead of Nicki Hobson (45) SDTC with a very fine 42:28 closely followed by a determined Dorothy Stock (43) SDTC-USMTT (43:09). In third was a just turned 40 Jean Kaiser -- Jones of the Bay area (45:17). In 5th came Donna Gookin (45) of the SDTC-USMTT (46:11) closely followed by Ruth Anderson (47) NCSTC-USMTT (46:37) Ruth to do her justice was just coming off a fractured foot and was not, for her, in the best of shape.

The SDTC women took the team title with a 2nd, 3rd, 5th, 11th and 12th place finish with 3 of the 1st 6 also appearing in the 1st 6 places. Observed Joan Ullyot (37) from the sidelines -- that in her opinion Micki Gorman is in a class by herself as her record 2:39 N.Y.C. Marathon (1976) demonstrated. The only woman remotely close to Gorman is the East German Liane Winters (35) who won at Boston this year in 2:41.

On the discordant side was the fact that only 30 women toed the mark for a national championship. The field consisted solely of Bay area entrants save Gorman (L.A.) and the 6 woman team from San Diego. More females show up for a local tennis or golf club event. As we see it the Women's



FALSE STARTS

Few knew, or remembered, a slight elderly gentleman in his 70's who showed up from Florida to run at the Masters X-Country in Belmont California last month. Some 74 years old, he did the tough 10 km course in 51:08. Lou Gregory, by name, was not last. In fact he beat four 40 year olds, one 60 year old and another Division IV competitor. John Lafferty of the USMTT, however, remembered Gregory who back in 1930 at age 27 did 10 km in 31:31 a world class effort at the time and who 12 years later at age 39 could still do a 33:22 10 km. Back in the 30's he had a 20 km of 1:10.21, a 25 km of 1:28.28 and a 30 km of 1:46.45. Well Gregory at the age of 74 has rediscovered running and the Masters. We are happy Lou is back and running in Division IV . . . Phil Partridge writes how he deplors the "winning is everything" Vince Lombardi neurosis. To him "winning is nothing; participation is everything." We say "Amen" to that. Phil suggests plenty of awards and charge high enough entry fees, or, in the alternative eliminate awards altogether. Phil still argues for his variable weights-for-age concept stating that the implements he suggests are available if you look hard enough. . . . Apparently many athletes did not take us seriously when we announced the USMTT would not sponsor any more meets. However we ment what we said. The unhealthy demand for awards so turned us off that we cannot see going to all the work involved and receive nothing but abuse in exchange . . . Our discussion of handicapping races has produced several suggestions. Joe Caruso (3-B) suggests an "aged handicapped" 100 m -- or any other distance -- with the contestants running in lanes all the way. He feels this type event at other major sporting events would create considerable spectator interest and would publicize the importance of physical fitness. College and professional football games are a good place for such a show at half-time. The SDTC has done this for several years at San Diego Charger games and the crowd loves it . . . You just can't keep a good man down. Hal Higdon is a case in point. Last year it was his flap with the AAU.-- Hal burned his AAU card and cast the ashes into Lake Michigan. Last word was that President elect Carter was going to grant Hal amnesty for his defection . . . This year Hal has developed into a race promoter and has big plans for -- guess what -- an age handicapped road race with Frank Shorter as the scratch runner. This of course is old hat at the Dipsea Race (see article elsewhere this issue) where the race over a mountain trail is reverse

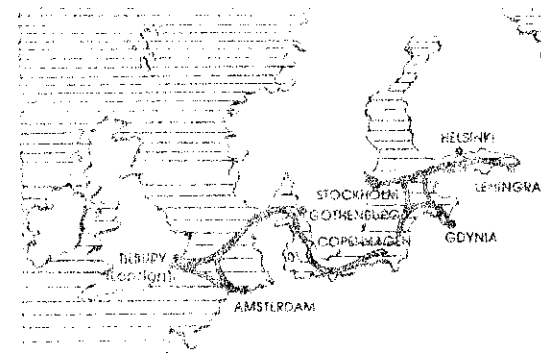
handicapped. With the slowest (oldest, youngest, and women) start first. The scratch runners must run through the entire field on a narrow trail in order to win besides giving up 15 minutes at the start. Through the years, by use of a computer, the meet sponsors have adjusted the age handicaps so that the finish is like a calvary charge. The S.D.T.C. has a handicap system based on specified annual road races in which the course record is the scratch time and each runner is given a specified number of seconds per kilo based on six performances. With these handicaps a runner can see whether he is improving or slipping back into the pack as the handicaps are periodically published . . . We regret to report the death of Don Palmer (CDM). Don was a dedicated member of the club and always available to fill out a relay team, but more important he was highly regarded by his peers . . . Ed Keysar (II-B) following a year of eye surgery and virtual blindness is back to running after a near 4 year lay-off. Ed recently did a fine 18:23.8 5 km. Ed now 55 still holds the Masters age 51 6 mile U.S. record at 35:02. We congratulate Ed in his persistence over physical adversity . . . The world Masters Marathon record for 50+ is held by Eric Ostbye (51) Sweden at 2:25:19 and that record looks relatively safe. However, the U.S. record is held by John A. Kelly (54) Watertown Mass. in 2:37.42 set in Yonkers N. Y. in 1962. This record could well fall as Alex Ratelle (USMTT) Minneapolis, Minnesota has run a P.R. at age 52 2:40 and a couple of 2:41's. Ed Almeida (SDTC) (53) has two 2:41.11's and one 2:41.09. Should these two meet in the same race on a good day we could see Kelly's record go by the board. Alex, by the way ran in Dallas at the White Rock Marathon in December and was 1st over 40 and 21st overall in a field of 300 in 2:41:21. He also scored a 64 liter oxygen uptake on the Cooper Research Center treadmill two days prior to the race . . . We have mentioned spunky little John Montoya (Seniors TC) (64) in these columns before for his 3:04 Marathon at age 60 and 3:10 at age 63 . . . well this gritty diminutive Chicano has done it again and this time at 50 miles. On September 12, in Santa Monica, California where 28 started and 10 finished one of whom was John (now 64). He completed the 50 miles in 8:31:11. Also finishing the race were Donna Gookin (45) (USMTT) and (SDTC) a few minutes back and Frank Bozanich (32) (USMC) and (USMTT) in a record 5:30 minutes . . . Our hats off to all three . . . Speaking of Ed Almeida (53), he recently ran the 8 mile Mt. Baldy race to 11,000' in 80.13. The record is held by Chuch Smead 61:42 and the 40 record is 73:48 . . . Walt Stack (68) USMTT and perennial president of the DSE isn't satisfied with the torturous Dipsea Race (2000 starters in '76) he has come up with a Double Dipsea (twice over the Mountain) Walt's time was not so great, 2:52:58 however he sponsored and organized the race. This year he had 275 finishes. Ruth Anderson (45) USMTT broke her foot on the run but recovered sufficiently to compete in the Womens X-Country in November.

Masters Report on the 1976 AAU Convention Phoenix, Arizona

As I indicated in previous reports a jurisdictional dispute arose between the Long Distance Running Committee (LDR) and the Master's Committee as to who has jurisdiction over the long distance masters. Various proposals were submitted on this question, plus an appeal from a ruling of the A.A.U. Law Chairman on the part of LDR. Without going into the details, machinations, politics and aggravation involved, suffice to say, that a compromise consisted of the formation of a new Masters Long Distance Running Committee as a separate standing committee. This Masters LDR Committee is equal to the Masters Track & Field Committee. Tony Diamond, 4200 Cathedral Ave., N.W. Washington, D.C. 20016, will serve as the chairman. There will be no problem in terms of working with Tony. If in the future, our two Masters Committees wish to combine we will then have no problem doing so. Tony and I plan to canvass the Master athletes as to their preference in having one overall Masters Committee for athletics or two separate committees. The ramifications will be presented at a later date. The Rules that were voted on at Gresham, particularly as to five year age groups will prevail. There may be some modifications in the rules which will also be presented at a later date. One of the proposals may be to divide up the Northwestern Region between the West (Ore. and Washington going to the Western) with the rest going to Mid-America and Mid-West. To coordinate our activities, Ruth Anderson and Tony will be appointed by me

Continued on Page 5

USMTT Charter Tours to World Masters SWEDEN '77



Our chartered aircraft with SAS and FINAIR are rapidly filling up. If you are planning to go you had better hurry up as some aircraft are nearly full and certain accommodations are now virtually all gone. Helen has reserved lots of rooms but must turn back those not spoken for very shortly. . . . We have departures from both coasts and trips of 15 and 26 days to select from. You can opt for just the charter or take the full package as listed below. The USMTT is committed to approximately \$350,000 in transport, \$200,000 for housing. We need your deposit in order to make the necessary payments to hold the aircraft and rooms. . . . DON'T DELAY -- YOU MAY BE LEFT OUT. Fill out the attached reservation form and return to USMTT together with your deposit. . . . We don't have final prices on all costs accordingly the quoted prices are subject to adjustment. . . . We would like to provide a

variety of options from which to choose. In order to give you the lowest fares possible we have chartered three aircraft and are prepared to charter a fourth with two planes leaving from each coast in which one will be for 14 days and the other 26 days. Two options would be available in 26 day tours, i.e. charter air US/Gothenburg, return Stockholm/US with a visit to "wonderful, wonderful Copenhagen". The week in Gothenburg, and followed by a customized extension including Oslo, Stockholm, Helsinki, Leningrad, Moscow and return to Stockholm to connect with the returning charters. The second option would begin the same as the first through the period in Gothenburg; then the balance of time would be open for your own scheduling (with our help available should you wish it.) . . . Breakfast is generally included with the exception of the hostels, where kitchenette facilities are available in each building. Tours 1 and 2 leave the U.S. August 2 and return August 17.

1-A	14 days NY/GOT/NY	
	70 hostel-type rooms	\$483.00 (est.)
1-B	124 modern commercial accommodations	\$631.00 (est.)
2-A	14 days LA/GOT/LA	
	50 hostel-type rooms	\$644.00 (est.)
2-B	102 modern commercial accommodations	\$792.00 (est.)

Tours 3 and 4 leave the U.S. August 3, with accommodations to the 15th, and returning from Stockholm on August 28.

3-A	26 days NY/GOT STO/NY 12 nights	
	Modern commercial accommodations	\$619.00 (est.)
3-B	First class	\$677.00 (est.)
4-A	26 days LA/GOT STO/LA 12 nights	
	Commercial	\$780.00 (est.)
4-B	26 days LA/GOT STO/LA 12 nights	
	First class	\$838.00 (est.)

Extension or free time is August 15 to 28. The price of whatever you decide to do in this period is in addition to either Tour 3 or 4. Plus 5) Extension 13 days -- Scandinavia & Russia \$1038.00 (est.)

6) Extension -- your choice -- Price to be determined.

Prices are subject to adjustment based on final costs and aircraft availability. Deposit on Tour 1-A is \$150 per person, and \$250 per person on remaining tours. Mail Reservation to:
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Yes, I want _____ reservations for USMTT's '77 trip to Sweden. I am enclosing \$ _____ for the _____ tour. (Don't forget the extension.)

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Others who will be going with me _____

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Highlights of British Vets TNF Championships

Keith Whitaker has forwarded to us results of the National Vets Championships held on August 7th and 8th and we noted some very fine performances in selected events.

100 Meters: Ron Taylor, formerly from Jamaica, captured the 1A in an excellent 11.4 but was not pressed by the competition. Meet director Whitaker took second in 1B in 12.1 with our friend Sylvester Stein capturing 2B in a fine 12.7. In 3A C. Fairey recorded a 13.1 close to McIntyre's U.S. record of 12.9.

200 Meters: The 200 was taken by Frank Smith third in the 100 with an excellent 23.5. Whitaker captured the 200 in Division 1B in 24.5 with Stein again picking up the goal in 2B in 27.1. Fairey again captured the 3A sprint. In the 200 meter ladies event won by M. Hamer in 32.7, we find that Keith's wife ran a fine second in 34.3.

400 Meters: The British have been strong in this event since the advent of the Masters Program and 1976 was no exception with F.C. Smith capturing 1A in an excellent 51.5. Fred incidentally, holds the Masters World age 40 group record in 50 flat which he set in Gresham Oregon in 1974. He was closely followed by W. Morgan in 51.9. Whitaker captured 1B with a fine 53.5, only 1.5 off Don Cheek's U.S. record of 52.4. In Division 2A won by R. Archbold in 58.3 was Don Farquharson of Canada in 64.2.

800 Meters: Traditionally, the British are strong at this distance and the results seem to confirm this hypothesis with W. Watson taking 1A in 2:01.5 with 2nd in a close 2:01.8 and 3rd 2:02.2. In 1B, Bob Bowman of Canada, ran a fine 2:04.8 with Masters Records Statastorian John Hayward clocking a good third in 2:09.3. 2A was captured in 2:14.4 and 2B 2:28.5.

1,500 Meters: Again a strong British event taken by E. Williams in 4:06.5, a little over the U.S. record of 4:05.9, held by Wilbur Williams. However 2nd and 3rd recorded 4:07.3 and 4:07.8. In 1B, Bowman of Canada ran a strong 4:22.8 while 2A was won in 4:31.7. The ladies 1,500 Meters was taken by H. Rider in 5:10.4 with 45 year old Ruth Anderson of the USMTT recording an excellent 5:20.2.

5,000 Meters: The 5,000 Meters saw Ron Fowler record a 14:54.2 well under the U.S. record of 14:59 held by Hal Higdon. 2nd was taken in 14:56.2 with all eight finishers under 16.25. In 1B W. Stoddart turned in a fine 15:37 with Ron Franklin 2nd in 16:5.2 and Bob Bowman of Canada at 16:10.8. 2A was won by T. Wood in 16:18.2 and 2B by Norman Ashcroft in 18:51.0.

10,000 Meters: This was again taken by Ron Fowler in 30:55.0 bettering by 1 second Ray Hatton's U.S. record of 30:56. The first eight were under 35 minutes. 1B was captured by Arthur Walsham in 32:23.2 bettering Pete Mundles' U.S. record of 32:30. Walsham was followed by Stoddart in 32:42.2 and Franklin in 34:07.6. In 2A, Jack Fitzgerald recorded a third in 36:42.1 with H. Siitonen of USMTT coming in 6th in 43:10.4. Ashcroft again captured the 2B in 38:31.8.

3,000 Meters Steeplechase: This event was won by M. Morrell in 9:49.6, well off Hal Higdon's U.S. record of 9:18.6.

110 Meters: 1A was captured by C. Shafto in 16.2, well off Dave Jackson's U.S. mark of 15.0, also held by Jack Greenwood at age 46.

400 Meters Hurdles: The 400 Meter barrier event was won in 1A by J. Dixon in 57.5 only .5 seconds under his world mark of 57 flat set four years earlier. Whitaker took 1B in 62.9 and Paul Munn, who ran in the U.S. Masters in San Diego some years ago, captured 2A in 73.3.

Field Events: In the field events in which the British veterans do not generally distinguish themselves, we saw a 52.32 meter (170') Hammer effort from E. Johnston. In the Javelin, R. Ball tossed the spear 56.60 meters (183'). In the discus, Ball again was the class of the field in 41.04 meters (134'). In group 3A, K. Maksimczyk tossed the lighter implement 43.08 meters (160'). The efforts in the shot were undistinguished, likewise the high jump. The pole vault, however, was won by R. Ball, 3.30 meters (10'10"). The long jump saw D. Gale reach 5.92 meters (19'5").

U.S. Masters competing were John Weldy, who recorded a fine 4:29.6 and a heat time of 4:23.2 in the 1,500 meters. Weldy also ran 17:09.0 in the 5,000. W. Jacobs of the USMTT recorded an 18:17.8 in the 5,000 with H. Siitonen turning in a 21:32.2 5,000 meter and a 6:20.7 in the 1,500. T. Hodges of the USMTT ran 18:59.0 in the 5,000.

Ruth Anderson reports on Coventry

Although I had returned from England a week ago Thurs., I'm far from being back to "normal". The best excuse I can come up with is the running of the DIPSEA Race last Sunday as it set me up for a nasty cold, which all the strenuous activities of the month of August were not able to do.

I had started my build up for Coventry by doing the Pikes Peak Marathon August 1st, both up and down! Not the normal preparation for marathoners, I admit, but seems to have put me in great shape for everything that followed. My psychy was particularly pleased with the ascent time of 3:16:40 and 5:09:47 for the round trip now 28 miles long and ascending from 6500' to 14,000'.

On arrival in Britain, somehow I managed to avoid jet-lag and was able to enjoy a four mile or so training run through the lovely rolling Surrey countryside a few miles south of London. Evidence of the long hot summer certainly couldn't be missed here, particularly with the brown yards and gardens, but the hedgerows were still green and full of ripe fat blackberries. The drought may have had its bad effects but for some reason it nevertheless produced a bumper crop throughout England of blackberries. Great for "quick energy" on the run, I might add. Of course, this whole tour of England for me and my daughter, Rachel, was built around the marathon at Coventry on August 15th. While she was continuing her sight seeing spree in London with a cousin of my husband's, I took in the British Nat'l Veteran's Track and Field Championships at Stretford Sports Stadium, Aug. 8 in Manchester. Since I wanted to "participate", I had to settle for the 1500 meters race for women aged 35 and over. Certainly not my distance, even for a speed "work-out", so a second place finish to Hazel

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THE DIPSEA DOODLE

The race is only 6.8 miles long, but its 2,000 runners go up a stairway, down gullies, through rain forests. Some finish, bloodied and bowed by Dan Levin

ing of the stairway and plowed up the thicketed hillside alongside it, through clumps of blackberry bushes that raked his thighs.

"Pride, pride," he repeated to himself, one of the things he always preaches to his runners. At the top of the steps he ran through the crowd along a lumpy dirt road that climbed past the Flying Y Ranch, where two neurotic-looking dogs stood mute, perhaps not knowing which runner to bark at first. He reached the lip of a downward slope called Windy Gap—and trouble. There were two ways down, a longer, safer one and a shorter, rougher one through private property. He chose the latter. Down he went, past a fearsome coil of barbed wire, to be confronted by a lady who threatened him with a garden hose and screamed, "Get off my land!" She sprayed him. He said, "Thank you, lady," and swerved to avoid another coil of wire. It went that way all day at Windy Gap, the lady threatening and spraying, the runners thanking her, and an ineffectual sheriff's deputy on the road above pointing to the long way and telling the runners, "You go that way or you go to jail."

After Windy Gap, Latimer sprinted along a short stretch of highway, repeating another of his self-psychings, "Legs move faster, legs move faster." He reached the edge of a drop-off called Suicide Hill, perhaps the Dipsea's leading bone-breaker. It falls at a 45-degree angle and is all dirt and pebbles, but because it is wide open, it is a place where the better runners rise onto their toes and sprint down to make up time lost earlier. It is a rather terrifying thing to see, not to mention do, but Latimer raced down, yelling, "Flyer coming!" Those ahead of him, most running cautiously, parted to let him through.

He crossed a road and a stream, headed into Muir Woods and up another hard climb called Dynamite Hill. Bay trees and oaks rose from the dark forest floor. He passed 68-year-old Walter Stack (SI, Dec. 15, 1975), the day's oldest runner, who was competing in his 14th Dipsea. Latimer patted Stack on the rear as he went by and said, "Way to go, oldtimer." Stack muttered something unprintable. Latimer passed other older men, and children, too, many with hands and knees bloodied from falls on Suicide Hill. A voice called out, "You're 24th."

He left the cool woods and entered a hot, long treeless stretch along a ridge the runners call the Hogsback. The heat bit his face as if it came from an open furnace. It was too much for some runners, after the stairs and climbs and the descents, and all along the path they lay crumpled from exhaustion. "Suddenly, I just fell down," said a 48-year-old psychiatrist. Others were walking and, with plenty of room to pass, Latimer lengthened his stride. He was going by someone every few steps now.

"I think I can do it," he thought as he started uphill into another wood, called the Rain Forest. The trees were Douglas firs, and the woods were cool and moist and very still. After less than half a mile the trail rose at a 45-degree angle. This

was Cardiac Hill, and for a time the only sound was the panting of the runners. Then someone yelled, "Why is it so quiet in here?" and everyone started talking at once, like chickens. Latimer passed Mattei, said, "Hi, Pete," and then went by 45-year-old Gil Tarin, who had bet Latimer a beer he would not be able to overcome Tarin's three-minute time advantage. Latimer patted Tarin and said, "That was a keg of beer, wasn't it?"

As Latimer topped Cardiac Hill (elevation 1,400 feet), he was in fifth place. He picked up speed again along a narrow, level, shelflike path that rimmed the top of a steep, grassy ravine. Concentration and care were a must here but not easy to achieve. The spectacular California coastline was visible to the north, stretching as far as the eye could see, and to the south the tall buildings of San Francisco glistened in the morning sun. Some runners lost their concentration and their footing, fell and rolled down the ravine, clutching vainly at the grass.

Latimer went on, past Lone Pine Spring, which boasts a spring but no pines, lone or otherwise. The solitary tree is a redwood. He made good time down a gentle grassy stretch before coming to Swoop Hollow, a sudden, steep-sided chute of dirt and pebbles. Down he plunged, "like a bomb," said 48-year-old Don Pickett, who was passed there. Dust rose from Swoop Hollow in an opaque cloud.

"Straight or right?" Latimer called back to Pickett. "Straight," Pickett replied, and as Latimer dropped down a ski-jump-like shortcut, through poison oak and berry vines, a girl hiker who was watching shouted, "You're third."

Latimer entered another rain forest, this one more like a jungle, called Steep Ravine. The trail was a two-foot-wide path, dark and lined with moss and ferns and vines that looked like snakes.

MASTER'S REPORT

Continued from Page 4

to serve as members-at-large of Masters T&F, while Irene Obera and myself will be appointed by Tony to serve as members-at-large of Masters LDR.

One innovation that I was able to get through was to have the Masters 15 kilo run held on the Sunday starting the next AAU Convention, Oct. 9, 1977 at Columbus Ohio. This will hopefully encourage more Masters to attend future Conventions.

Official A.A.U. Uniforms
A complete line of A.A.U. sweat suits, running shirts and shorts, T Shirts and jackets bearing the A.A.U. logo with the inscription "Masters" is now available. Brochures and a price list are being composed and when they are completed they will be sent out to the National Committee and all clubs.

Official A.A.U. Rankings
Tom Hoffman, 6150 148th Place, Flushing, New York 11307, has volunteered to set up a computer program to list National rankings for all track and field, race walking and long distance events, for men and women,

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The First Olympics for the Blind Dr. Charles Buell

(Those of us who are gifted with sight and whose only infirmity is advancing years should pause and read the following article written by Dr. Charles Buell, himself blind, about his program of athletics for the blind. Editor)

Twenty-five athletes from the United States participated officially and unofficially in the first Olympic Games for the Blind. The Games were held in Toronto, Canada, August 3-11, 1976. There were 200 blind athletes from 26 countries in the games. The competition for the blind was a part of a larger event, The 1976 Olympiad for the Disabled. Besides blind athletes, there were 1100 wheelchair and 300 amputee athletes from 60 countries. Competition was limited to divisions, e.g. blind against blind. Athletes in each division were classified according to the degree of disability and competed in their classification.

International competition for wheelchair athletes has been organized each year since 1952. The competition originated at Stoke Mandeville, England. In Olympic years the Stoke Mandeville games are held in the country hosting the regular Olympic Games. The sponsor of the Games is the International Sports Organization for the Disabled, with headquarters in England. This organization determines the rules and events to be used in the Olympics for the Disabled. In previous Olympiads only wheelchair athletes were invited to participate. In 1976 blind and amputee athletes were invited to participate for the first time.

The 1,600 athletes were housed in student residence halls at York University and the University of Toronto. A fleet of school buses shuttled back and forth to provide transportation for the athletes and their coaches.

The opening ceremonies of the Olympics for the Disabled were held at Woodbine Race track before the largest crowd ever to attend the track, 19,000. These ceremonies were rather similar to those of the regular Olympic Games. The athletes marched in review, took an oath and viewed the lighting of the torch. A spectacular fireworks display closed the program.

THE PROGRAM FOR BLIND ATHLETES

In the official events of the competition for blind athletes, the United States was allotted a quota of twelve athletes, two coaches and a team Manager. Dr. Charles Buell served in the latter position, while Lou Money-maker and Judy Whyte, Indiana, were the volunteer coaches. Assistance was given by other individuals as coaches and escorts.

The U.S.A. team performed well in its first international competition. Some of the other countries had previous international competition at the Stoke Mandeville Games and elsewhere.

Athletes in official events were required to be 16 years of age and over, except in swimming where there was no minimum age. Blind competitors were divided into Group A and Group B. Group A included athletes who were totally blind or who possessed a very small amount of light perception. Athletes with 1/200 to 10/200 visual acuity were placed in Group B. The above rules did not apply for wrestling and distance running because they

were demonstration events, and not official.

The official events in which the United States athletes participated were 60m and 100 m dashes, 1500m walk, standing broad jump, long jump, high jump, shot put, discus throw, pentathlon, and 100m races in free-style, backstroke, butterfly and breast-stroke swimming. Sprinters were required to run one at a time toward a caller. Guide wires or ropes were not permitted. Since these devices are commonly used in our country, the United States sprinters competed at a disadvantage. This type of sprinting resulted in some bad accidents, but fortunately U.S.A. athletes were spared. The United States fielded a male goal ball team which lost to Germany, a country which has been playing the game for 25 years. In goal ball the object was to roll a heavy audible ball past the opponents and over their goal line. There were three members of each goal ball team. The United States did not enter athletes in the javelin throw, medley swimming or bowls.

Eight male and four female athletes were elected for track and field and swimming. The selection was made by a committee.

The information most commonly used by the Committee was obtained from results of track meets of associations of schools for the blind. The Committee also received some applications from blind athletes who had heard about the Olympics by reading magazines circulated to blind readers or agencies or schools for the blind. Letters were mailed to 400 agencies and schools for the blind, inviting applications. A few regular physical education journals also carried news of the Olympics for the Disabled.

The Committee also selected a team of distance runners to compete against sighted Canadians who were 40 years and older. It turned out to be a small friendly five mile run in which a Canadian paired himself with a U.S. runner. Louis Lucero, California, and his partner finished in 29:32, while Mike Jones and his partner came in 12 seconds later. The Californians participated in a Marathon the following day and finished the 26 miles in about 3 hours and 30 minutes. Thus, the distance running team clearly demonstrated that blind runners can be competitive.

It had been hoped that the distance runners would be guests of Canadian families. This did not develop and some unexpected hotel bills had to be paid. Service clubs in the United States paid travel expenses of distance runners to and from Canada.

From the hundreds of good blind wrestlers in the United States, there was no fair way other than a try-out camp to select a team. Such a camp was held at the Kentucky School for the Blind, July 25 to August 2nd. Nearly 140 wrestlers were invited. Half that number participated in an outstanding camp for blind wrestlers. It was also the first camp of its kind to be held. The competition was in international freestyle wrestling, a type of wrestling which was unfamiliar to most of the athletes.

In Kentucky the wrestlers worked hard, but they also went on sight seeing tours to Churchill Downs and a 12-mile cruise up the Ohio River. One afternoon the group visited the American Printing House for the Blind. Sharing experiences among athletes of all levels of competition and from all parts of

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Long Day's journey into Night

(Sports Illustrated) Anita Verschoth

Around noon, with the race still an hour away, the walkers began to arrive at the red crushed-shale track of Hickman High School in Columbia, Mo. They carried blankets and extra clothing; sweatsuits, hats, shoes. Some brought oilskin ponchos because rain had been forecast. Before getting into their socks and track shoes, sneakers or Hush Puppies, they rubbed Vaseline between their toes to prevent chafing and put moleskin on areas likely to get sore or blistered. Some taped the gap between shoe rim and sock or slipped on spats cut from old stockings to keep the small sharp shale pebbles out of their shoes.

Wives and children, the only spectators on hand, set up a couple of tents and a table to serve as a feeding station. They produced sandwiches, honey, coffee, unfizzed Coke and special energy drinks like BP (not a fuel, but Body Punch) and E.R.G. (Electrolyte Replacement Glucose, a "Gookinaid"). Six judges sat down under a canopy, ready to record and announce everybody's quarter-mile splits.

There were only 30 walkers at the start on that last Saturday in September (as compared to 2,180 runners in this year's Boston Marathon), and only a few of them could realistically expect to finish the race, for this was no weekend stroll. The distance was 100 miles, a staggering 400 laps around the track, to be completed within 24 hours. The contestants would have to walk at least at a 14-minutes-per-mile pace, which would allow 40 minutes for "pit stops" in the restrooms at the top of the stands, clothing changes in the cold of the night and perhaps brief nap in a tent.

This was the 10th National 100-Mile Walking Championship, which is billed as the toughest track event in the U.S. -- Race Director Joe Duncan calls it "the ultimate madness." Columbia was a fitting site. Besides being the home of the giant killer football team of the University of Missouri, it is a sanctuary for some 20 serious race walkers. Larry Young, twice an Olympic medal winner, lives there; so does Augie Hirt, who ranks second to Young in the 50 kilometers and works as an accountant for a CPA. Hirt returned from the 50 km. World Championship in Sweden, where he finished 27th, just in time to enter this year's 100.

It was another Columbia resident, Bill Clark, who conceived the 100-mile championship in 1966. He had been inspired by the Centurion Club of Great Britain and its 100-mile walks that had been going on since the turn of the century and by the feats of three American amateur walkers who in 1878 completed a 100-miler within 24 hours on an indoor track in New York -- the country's first centurions. But when Clark sent out invitations in 1966, nobody came.

In the fall of 1967, however, five competitors did show up, and off they went. After 64 1/2 miles, 60-year-old Larry O'Neil (also a charter USMTT Member) was the only survivor and on his way to what still stands as the record -- 19:24:34 -- churning along at an incredible 11:40 pace. Only Larry Young has gone faster, but his record of 18:07.12 was set indoors in 1971 when the Hickman track was flooded by rain.

O'Neil, now 69, revered as the dean of

the event, was back for his ninth try after having completed four of the previous eight. A trim, bright-eyed man, he trains eight miles a day in the mountains near his lumber business in Kalispell, Mont., wearing shorts whether it shines or snows. He will don a sweatsuit only when the temperature drops below zero. "I was very happy when I finished my first race," he said, "even though my feet were covered with a bloody scab from the crushed shale on the track and all my toenails had fallen off."

John Argo, a little 62-year-old timber feller from Mattawa, Ontario, a town of 2,600, was also back. He had entered the Columbia walk in 1970 and 1973 and the British one in 1971 and finished all three. He is also renowned for having paddled Canada's three-day, 122-mile canoe race from Ville Marie to North Bay six times and for winning the snowshoe competition at the North Bay Winter Carnival nine years in a row. In 1970 he traveled 43 miles on snowshoes to the Winter Carnival because its organizers, who viewed him as a special attraction, had promised to pay his way to the Columbia walk if he made it.

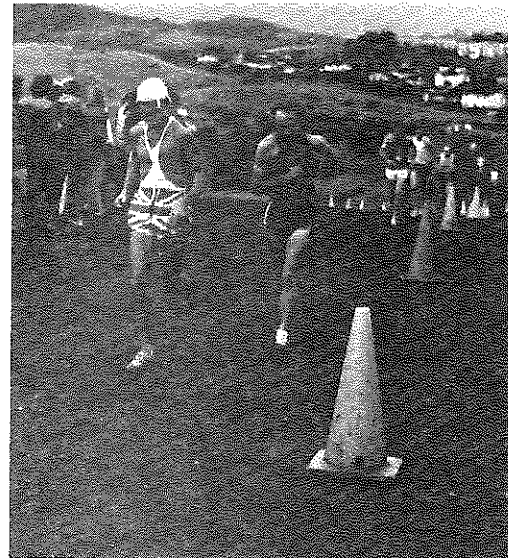
The pre-race favorite was Chuck Hunter, the defending champion, a 39-year-old air traffic controller from Longmont, Colo. He had entered three previous races and gone the distance each time. Built like a football player, he is often asked whether his size -- 6', 130 pounds -- is not a handicap. "It's just like a Clydesdale horse against a quarter horse," he likes to answer. "You get more work out of the former, but in shorter distances it is an advantage to be the latter." The work Hunter goes stomping along the hilly roads near his home amounts to 5,000 miles a year.

Another of the old regulars was Chris Clegg, a 59-year-old security doorman for a Los Angeles department store and still very much an Englishman though he became a U.S. citizen 22 years ago. He had walked 100-milers in England, at Columbia and in Australia. Others in the field included an executive of Hallmark Cards in Kansas City, a professor of anthropology at the University of Missouri and his colleague, a professor of political science, a vegetarian from Springfield, Mass. who is notorious for a fast shuffle that fills other walkers' shoes with pebbles, and a prisoner from the Fordland Honor Camp -- Albert Van Dyke -- who is serving a sentence for second-degree murder. Van Dyke arrived with a broken jaw. "Showed off doing calisthenics," he said.

To keep youngsters out of the race -- in the past they would start it as a lark -- the age limit is 19, but the most serious competitors are to be found in the over-40 bracket. "At that age," explained the anthropology professor, Rob Spier, "man should be mature enough to handle boredom. The older competitors in this race seem better disciplined than the younger ones." Augie Hirt, who is only 25, said, "This race is not important to us. We are race walkers, not survivors." Three years ago Hirt entered the race, and after 57 miles he had to be carried off the track. Last year he completed 62 1/4 miles (100 kilometers). This year he said, "I wish I could finish it once, so that I would never have to try it again." How do they manage to pass the time? Humming a song, perhaps, but mainly counting laps, keeping track of their splits. "After a while," said

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The Field for AAU Masters 1976 National 10km
Cross Country Nov. 14, 1976 Belmont, Calif.



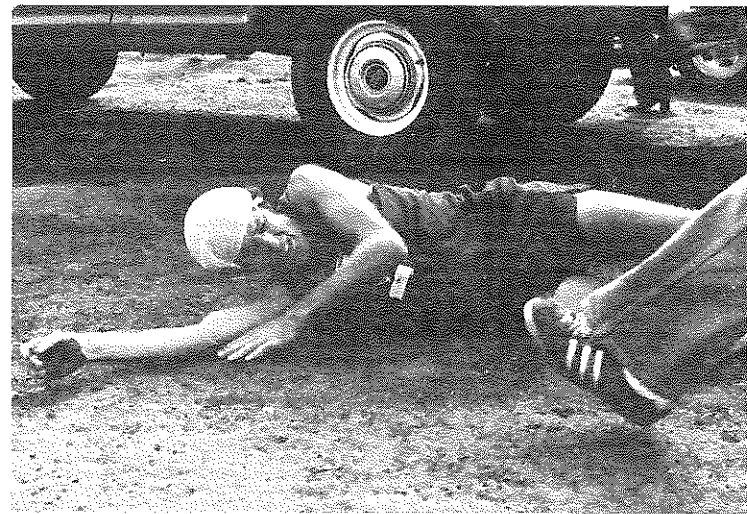
Jerry Smartt (45) MS (Flying the Union Jack)
battles with Ross Smith (48) WVJS at the 1
mile mark.



The early leaders at 1 mile mark, Brennan (41) unatt.
(far right) winner 40+ in a time of 34:36



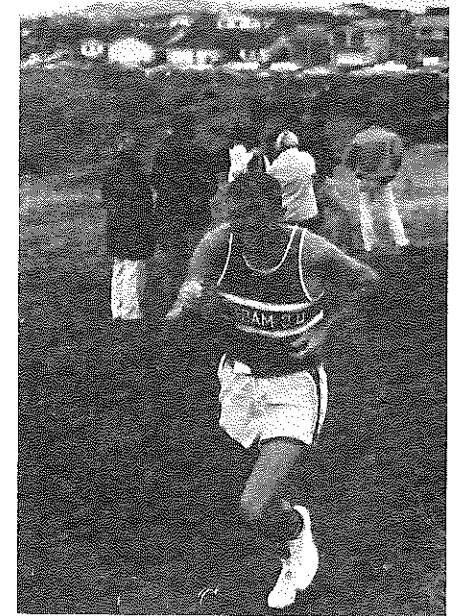
Phil Conley (42) WVTC throws the Javelin
better but 47:03 for 10km isn't too bad



And then some barely make it.....



Miki Gorman (41) SFVTC all 85 lbs proved she
is the Nations Top Female Masters Distance
Runner. 1st Place 38:54 -10km.



Johnny Walker (63) Maryland as usual was 1st
over 60 with a remarkable 6:00 min paced 41:49



Jim O'Neil (51) SFOC with an excellent 37:02
garners 1st Place 50+ & 14th overall



HOME FIRST -John Brennan (41) Unatt. Winner 40+
in a time of 34:36

one walker, "the mind can't handle more than hat anyway."

The race was a jaunty affair as long as daylight lasted. The walkers chatted; one listened to the Missouri-Ohio State game on a transistor radio. Enjoying his brief freedom, Van Dyke led the first mile in 9:48, then Hunter took over. His first 25 miles were the fastest ever recorded on the track -- 4:26:13. But Hirt, who had kept an eye on Hunter, caught him after 48 miles.

By that time the race was becoming a nightmare. Heavy showers had made the inside lane a muddy river and the backstretch a lake district. The walkers were forced to weave around the deeper puddles, covering added distance each lap. On the dimly lit track Hunter and Hirt battled for the lead, and Hunter sprinted to a personal best for 50 miles. But eventually the quarter horse pulled away from the Clydesdale.

In the early-morning hours Hirt lapped Hunter with 20 miles to go, and Hunter told him, "These are going to be the hardest 20 miles of your life."

"They were," said Hirt later. Soon he had to shorten his stride because of a twinge in his left hamstring. "At one point," he said, "my body was hurting in six places. It was trying to convince my head that I should stop."

The rain had claimed its victims. O'Neil developed a blister on his left foot and had to retire after 64 1/2 miles, 13 1/2 hours. Clegg, the security man, stopped to rest after 75 miles and got so chilled in his wet clothes that he was unable to start again. When dawn finally came, gray and unfriendly, only seven of the 30 starters were still going for the 100-mile mark.

Hirt, now leading the vigorous Hunter by a mile, resembled a suffering Biblical figure. His eyes were half closed, his feet dragging. His wife Joan walked with him for a few laps, but he could not talk. Leonard Busen, a St. Louis newspaperman, was in third place, and next behind him was Jack Blackburn, a 40-year-old counselor at a drug-control center in Springfield, Ohio, a newcomer to the event. Blackburn had tried out for four Olympics -- without success. "I think today I'm going to make the team," he said, walking on like an arthritic old man.

Hirt won in 19:55:16, beating Hunter by 10 1/2 minutes but missing O'Neil's record by half an hour. "I don't believe I did it," he mumbled, sinking onto a bench. When Joan and a nurse led him away, he began to cry softly. Each of the seven still walking at dawn finished the 100 miles in the allotted 24 hours.

"You feel like a baby," said Blackburn after he crossed the line. "You ache so much that you have to show it. You just can't be manly."

Two days later Augie Hirt was feeling much better. In fact, he was able to walk again.

tion

Sports Illustrated®

Long day's journey into night

SUN UP AND SUN DOWN, THE 100-MILE CHAMPIONSHIP WALK WAS AGONIZING



WIFE ON HIS LEFT, NURSE ON HIS RIGHT, WINNER HIRT HURTS

The Dipsea



Runners fight for balance as the torturous course plunges down precipitous, rutted Suicide Hill.

FIRST OLYMPICS FOR THE BLIND
Continued from Page 6

the country proved beneficial to many. Such experiences were among the positive outcomes of the camp. Even the wrestlers who did not make the team gained valuable information.

Camperships and travel expenses to and from camp were largely paid by service clubs in the areas where the wrestlers lived. The travel expenses beyond Louisville were paid by Olympics for the Blind. Most of the team's expenses while in Canada were paid by the Canadian hosts. One of the features of the stay in Canada was a sight seeing trip to Niagara Falls.

The United States Blind Wrestling Team defeated the York University Wrestling Club 21 to 15. The club team was composed of wrestlers with normal vision. The outstanding wrestlers on the United States team was James Mastro, Minnesota, who was an alternate on the Greco-Roman regular Olympic team. Another member of the team was George Weingeroff who was invited to wrestle against the touring Russians two years ago. The U.S. team defeated the Canadian blind wrestlers 29 1/2 to 2 1/2. It was the strongest team of blind wrestlers ever put together in the United States and the world. There were five university and three high school wrestlers on the team.

The distance running and wrestling-demonstrations were organized with the hope that these will become official sports in the 1980 games. It is hoped that officials from overseas were impressed enough to consider making these sports official in future competition.

As yet full reports on funding are not available. The National Wheelchair Athletic Association advanced some money to get fund raising under way. The mailing of thousands of fund raising letters was not very fruitful. Service clubs, two foundation, a fraternal organization and a few schools and agencies for the blind contributed. Future teachers of the visually handicapped in two universities organized car washes and bake sales to raise funds. Individuals also contributed smaller amounts. Although the funds raised fell short of the goal, there was enough money to pay all bills. The Chairman of the Committee devoted much of his time to organizing and participating in the fund raising campaign. Mr. Arthur Copeland made a valuable contribution in his fund raising work in the New Jersey area.

Much money and effort was expended. Was it worth it? The athletes and members of the Committee think it was.

First, it should be pointed out that handicapped athletes gain most of the benefits obtained by athletes in regular Olympic competition. The athletes enjoyed competing with their peers and making life-long friendships. They gained tremendous confidence from representing the U.S.A. The athletes learned much from talking with handicapped athletes from other countries.

The Games did much to promote sportsmanship and friendship among groups of disabled individuals in many countries. The Games were televised and covered by newspapers and magazines. Thousands of able bodied people gained new respect for the disabled athletes who performed so well. Those disabled individuals who watched or heard about the Games were inspired to work harder. There is

no doubt that there are many benefits to be gained from international competition among disabled athletes. Such a concept is comparatively new.

MEDALS WON BY COUNTRIES IN BLIND COMPETITION

35 Canada	3 Denmark
23 Sweden	3 Netherlands
15 Great Britain	2 Belgium
14 U.S.A.	2 France
13 Finland	2 Japan
13 Poland	2 Switzerland
11 Norway	1 Hungary
7 Australia	1 Israel
5 Germany	1 Spain

Masters AAU EVENTS CALENDAR

Decathlon -- Not awarded -- No Bid. Contact Bob Fine, 77 Prospect St., Brooklyn N.Y. 11217.

LONG DISTANCE RUNNING

FEB.	25kilo MEDFORD, ORE. STAN STAFFORD 1778 NW LaMans, Rosebur, Ore. 97470
MAR. 26	30kilo ALBANY, N.Y. BILL SHARADER 280 State St. Albany, N.Y. 12210
SEPT 10	50mi Track..SANTA MONICA..STEVE BROTEN 13512 E. Ramona Dr. Whittier, Ca. 90602
SEPT 25	3kilo Team XC WASH. D.C. TONY DIAMOND 4200 Cathedral Ave. NW Wash., D.C.
OCT 10	15kilo Columbus, Ohio TONY DIAMOND 4200 Cathedral Ave. NW Wash., D.C.
OCT 23	MARATHON ...NEW YORK CITY RRC. of N.Y. P.O. BOX 881 N.Y.C. ,10022
NOV 12	10kilo XC WASH. D.C. TONY DIAMOND 4200 Cathedral Ave NW Wash. D.C.
NOV 19	20kilo TULSA OKLA...LARRY ADUDELL 4519 S. Kingston Tulsa, Okla. 74135
DEC 3	50kilo...NEW YORK CITY ..LARRY CHIAPPETTA 2 Washington Square Villiagg, NYC 10012 15kilo XC ...SOUTHERN PACIFIC...STEVEN BROTEN 1 Hour/2Hour postal Southern Pacific JOHN BRENNAND 4476 Meadowlark Lane SANTA BARBARA, CA. 93105

RACE WALKING

APR. 3	35 Kilo....San Francisco
APR. 17	75 Kilo....Old Bridge, N.J.
MAY 28	10 Kilo....Chicago, Ill.
JUNE	25 Kilo....Washington D.C.
JULY 4	20 Kilo....(as part of the National Masters Outdoor T&F Championships in Chicago)
JULY 7	40 Kilo....Long Branch, N.J.
OCT 22	30 Kilo....Columbia, Mo.
NOV. 5	50 Kilo....Columbia, Mo. 15 Kilo....Wisc. 100kilo ...ROCKY MT. ASSOC. (site to be Determined)
	1 Hour postal NEW ENGLAND ASSOC. TO COORDINATE.

Masters Scene

by PETER MUNDLE

NATIONAL CHAMPIONSHIPS

Gresham, Ore., July 2-4—It was rainy, cool distance running weather the first two days of the AAU Master's Championships, but the sun came out on the final day and, as he did last year, Jack Greenwood shone brightly.

In all, 80 world or US records were broken in the meet and Greenwood turned in three world division 2A marks. Greenwood was a question mark heading into the meet, both for having moved into another division since turning 50 this year and after missing training earlier in the year after being injured when he took a bad fall over a hurdle while avoiding a playful dog.

But in three days, Greenwood won six golds, the records coming in the 400 (53.6), high hurdles (15.5) and 400 hurdles (58.1). His other victories came in the 100m (11.9), 200 (24.1) and high jump (5-2).

Former vault recordman Boo Morcom rivaled Greenwood: Morcom entered eight events over three days, won five (17.9 HH, 5-4 HJ, 12-6 PV, 18-11 LJ, 34-8 TJ), took two seconds (59.1 400, 116-8 DT) and a third (2:17.7 800). The vault and long jump are both division records.

Virgil McIntyre upped the age-65 high jump best by an inch to 4-5½, only to have Stan Thompson clear 4-6 a few hours later in Honolulu to regain his record. McIntyre won both sprints in Gresham (13.8, 28.3) and cut his 200 best to 27.9 a week later.

Clive Davies picked up three 3A wins in the 1500 (4:58.0, an age-60 world best), 5000 (18:04) and 10,000 (36:23, world mark for division). Bill Andberg, whose 10,000 best Davies bettered, won four events after turning 65 this year: 4:09.1 1500 (world best), 18:33 5000 (=WB) and 38:48 10,000 (AR).

In division 2B, Al Guidet claimed three world age-58 marks with wins in the 100 (12.1) and 200 (25.9) and a 2nd in the 400 hurdles (67.1). In 3B, Ken Carnine set four world age-68 bests with sprint marks of 14.1, 28.8 and 65.6 and a 141-7 discus. He also won the javelin with 119-11. Another 3B best went to Ted Hatlen with a 19.6 high hurdles, a half-second lowering of the record. In 3A, Jack Thatcher (60) won the shot (48-9) and disc (146-7) with division records.

In 4B and above, Paul Spangler and Collister Wheeler starred. Spangler picked up three age-77 marks (3:20.3 800, 6:28.4 1500, 47:30 10,000), while 83-year-old Wheeler scored sprint world bests of 20.2 and 42.1 and a discus mark of 65-9.

Bible of the Sport

CONVENTION Continued from Page 5

beginning in 1977. These rankings will be available in early 1978. Preliminary plans call for a certificate to be sent to all interested competitors, charging 50 cents for the first ranking and 10 cents for each additional ranking (per event). Rankings will be by five year groups. This program can only be successful if there is sufficient input throughout the country. It is therefore essential that all meet directors submit copies of all of the results to Tom. The full name and age of each performer must be listed.

Women's Age-group Records

John Popowich, 2411 23rd Ave., Astoria, New York 11105, will cooperate with Pete Mundle

in compiling a list of age-group records for women 40+ in all track and field events. Again, such a program can only be successful with a large input of information. All meet directors should send results to John. Please advise all women competitors to send their best marks to John for compilation. Hopefully, a women's masters age-grading table can be composed by Ken Young when enough statistics are available.

World Masters Championships

Plans have been firmed up for the Second World Masters Track & Field Championships to be held in Gotenberg, Sweden Aug. 8th to 14th.

There will be five year divisions for men up to age 69, with a full complement of events

Continued on Page 13

8-5½; 2. Robert MacConaghy 8-5½. LJ, Joe Caruso 14-5¼; 2. Hatlen 12-7¾. TJ, Caruso 28-7; 2. Jack Carson 23-7. SP, MacConaghy 40-9¾; 2. A.J. Pugliesevich 38-9. DT, Ken Carnine 141-7; 2. MacConaghy 103-3. HT, Randolph Hubbell 96-3; 2. Robert Ulah 86-10. JT, Carnine 119-11; 2. MacConaghy 116-6.

IVA (70-74)

100m, Win McFadden 15.1; 2. Sing Lum 15.3. 200, McFadden 31.1; 2. Lum 31.8. 400, Glen Ingram 1:28.4; 2. Herbert Anderson 1:29.3. 800, Harold Chapin 2:37.5; 2. Louis Gregory 3:06.0. 1500, Gregory 6:06.7; 2. Ingram 6:50.2. 5000, Gregory 21:38.0. 10,000, Gregory 52:34.0. 5Kw, Erkki Lendensro 34:42.0; 2. Homer Van Gelder 38:39.7. 110H, Anderson 31.2. 400H, Anderson 2:00.0.

HJ, Albert Reiser 4-0; 2. Win McFadden 3-10. LJ, Reiser 13-8; 2. McFadden 13-7 ½. TJ, McFadden 27-5; 2. Reiser 22-11. SP, Stan Herrmann 37-11 ½; 2. Reiser 33-8 ½. DT, Herrmann 104-11; 2. Reiser 91-5. HT, Reiser 91-8. JT, Reiser 104-5.

IVB (75-79)

400, Paul Spangler 1:33.3. 800, Spangler 3:20.3. 1500, Spangler 6:26.4. 5000, Spangler 23:06.0. 10,000, 47:50.0. HJ, Basil Crane 3-8. LJ, Crane 8-½. DT, Crane 77-8. JT, Crane 71-8.

VA (80 and over)

100m, Collister Wheeler 20.2. 200, Wheeler 42.1.

SENIOR OLYMPICS

Irvine, Calif., June 26-27—Two guest competitors from West Germany helped add heat to the already-hot Senior Olympics in which 64 age records were broken or tied on two sultry days.

Seventy-year-old Albert Reiser shattered three IVA world records, heaving the hammer 113-9 and the javelin 118-7, obliterating the old marks by Stan Herrmann (104-1) and Ralph Higgins (105-3). Reiser also jumped 4-3 to top Percy Stephens' record of 4-½ from last year. Percy jumped 4-1 in second.

Hans Schneider, the other West German, wound up with two world age-62 records with a javelin throw of 136-0 and a shot put of 46-8 ½.

Ex-Olympian Fortune Gordien bettered his own age-53 mark with a toss of 160-0, while fellow-Olympian Boo Morcom, just turned 65, vaulted 11-6 to boost the division record by a foot. Morcom is going all out for the division records, and set a new 400 hurdles mark of 63.2, bettering Al Guidet's old mark of 66.7 with ease.

Virgil McIntyre, slowed by hip problems the last 3 years, is running well again as he enters division IIIB. He ran the 100 meters in 13.3 for a new age-65 WR, besting Ken Carnine's old mark by a tenth. Ken finished 3rd for a new age-68 world record. McIntyre then ran a very good 27.9 200 meter for another record.

Win McFadden nosed out former record-holder Sing Lum at the tape as both recorded a world record time of 14.5 in the 100 meters.

Bill Fitzgerald came through with the best 800-meter mark in the world for his IIA division with a 2:03.2. He still wants very much to better 2:00 while in his fifties. In the steeple, Hal Higdon, thrilling winner of this event in the world champs, managed a division IB record time of 9:50.0, smashing the former record of 10:28.0 by Sweden's Bengt Jernhater. John Noble's 11:13 and Alan Waterman's 11:48 in the steeple broke American IIA and IIB records, respectively. □

October 1976-27

RUTH ANDERSON REPORTS ON COVENTRY

Continued from Page 4

Rider in 5:20.2 was better than I would have hoped for myself. I was back to the rigors of visiting castles, churches, ruins and note worthy places like Stratford-on-Avon the day before the Coventry Marathon instead of watching the 10 km. race in Rugby. Roy Fowler (G.B.) turned in a fine performance winning in 30:16, but even more impressive to me would have been witnessing the second place woman from Sweden, U. Seger finishing only a minute back of the first place woman Pearl Meldrum (39:59 to 38:47) as Ms. Seger was also there the next day to run the marathon with me.

There were 11 of us on the starting line, 5 women aged 35-45 and 6 aged 45-55. The results only partly tell the story. We all finished, maybe not all smiling, but none too much the worse for covering a rather hilly, warmer than most course for 26 miles of asphalt. It had been a cheery sight earlier to see another USMPT warm-up suited runner jogging past the modern massive rock structure of the Coventry Cathedral on his way to the Baths where the marathon was to start. Jim O'Neil seemed as glad to see me as I to see him! With a total of 11 from the U.S.A. we didn't exactly stand out in the field of nearly 500 runners. Jim's performance did, however, with a 2:44:38 for 2nd 50-54 year age group behind a tough Swedish gentleman, K. Hernelind with a time of 2:41:02. In fact Sweden had not only sent a large number of runners, but most outstanding ones also. How about their 70 age group winner, E. Nordin with a time of 3:08:45, a whole minute 24 sec. better than my 3:10:09! I felt very fortunate to be able to stave off the threats of my own 45-55 competitors, including U. Seger who still logged a 3:28:10 after her 10 km. effort of the day before. Betty Norrish of England took off quite fast and it took nearly 5 miles for me to pass her, and to stay 4 1/2 minutes ahead to the finish. Norma Campbell was right in there all the way, also, finishing 3:21:33 to be one of the 4 of us to go under 3 1/2 hours in our age group.

This is the best competition I have had for an age group marathon win since I have been racing them. So even if I didn't break 3 hours as I had hoped to be able to do, this was a very exciting experience. The cheering crowds along the way and the wonderful aid stations with sponges were particularly helpful.

The award ceremonies afterwards were not as elegant as the one in Toronto last year, but certainly were nicely done around the large impressive pool of the Coventry Baths. Some how we all resisted falling in the clear swirling waters for a relaxing swim, but I admit I was tempted!

Again as with all these meets, the most memorable part is the opportunity to meet new friends and renew old acquaintances. Needless to say I couldn't resist going up to the Scottish Veterans gathering in Glasgow the next weekend. What warm hospitality we all were given there. Along with much festivities and social events, we were "challenged" to an interesting 7 mile road race. This could go on into another whole chapter, however. The start of the Glasgow race was in the center ring of a carnival being held in Bellahouston Park -- complete with loud speakers and "hawkers"! We really added "class" to this show, and were

properly cheered on by the crowd as we stampeded out onto the city roads. The nicest part was the 2 or so miles through a large estate, now a public trust with gorgeous shade trees and nice running paths. Toward the finish we had to dodge the throngs heading to the carnival in order to reach the nice 1/4 mile track of the Bellahouston Sports Center. My 46:15 was good enough for first women, a very pleasant surprise for me, especially since I was ahead of Pearl Meldrum who had won the Rugby 10 km. race. There were many nice awards and luncheon to top it all off afterwards. . . . My journey ended with several more great days of sight-seeing, accompanied by some beautiful practice runs in Edinburgh and finally the same Surrey countryside I had started with south of London.

POS.	TIME	NAME	COUNTRY	GROUP	POS.
1	2.20.50.8	E. Austin	Eng.	1A	1
2	2.25.36.8	P. Hampton	Eng.	1A	2
3	2.27.56.0	W. Wetzel	Ger.	1A	3
4	2.28.33.0	A. Wood	Scot.	1A	4
5	2.29.33.0	J. Steed	Eng.	1A	5
6	2.30.28.0	P. Van Alphen	Holl.	1B	1
7	2.30.31.0	S. Nikula	Fin.	1A	6
8	2.31.46.0	A. Walsham	Eng.	1B	2
9	2.32.08	R. Jansen	Holl.	1A	7
10	2.32.52	W. Vergison	Bel.	1B	3
11	2.32.58	R. Sattler	Czech.	1A	8
12	2.33.20	P. Raidey	Eng.	1A	9
13	2.33.46	R. Franklin	Eng.	1B	4
14	2.34.07	R. Brandon	Eng.	1A	10
15	2.34.22	E. Ostbye	Swe.	2B	1
41	2.41.02	K. Hernelind	Swe.	2A	1
50	2.44.38	J. O'Neil	U.S.A.	2A	2
58	2.47.20	P. Halev	U.S.A.	1A	42
108	2.58.48	S. Richardson	U.S.A.	2B	5
121	3.01.45	G. Porteous	Scot.	3A	1
127	3.03.15	W. Freedman	U.S.A.	1B	31
138	3.04.44	C. Konings- Rijper (36)	Holl.	WO	1
139	3.05.21	P. Day (35)	Eng.	WO	2
144	3.05.57	J. Jacobs	U.S.A.	1A	83
157	3.08.45	E. Nordin	Swe.	4A	1
164	3.10.09	R. Anderson	U.S.A.	W1	1
174	3.11.46	W. Miller	U.S.A.	1A	94
175	3.11.46	J. Connoly	U.S.A.	1A	95
188	3.14.33	B. Norrish	Eng.	W1	2
204	3.18.08	P. Scheringa Van Acker	Holl.	WO	3
221	3.21.33	N. Campbell	Eng.	W1	3
232	3.25.12	D. Logan	U.S.A.	3A	4
246	3.28.10	U. Seger	Swe.	W1	4
312	3.46.08	H. Siitonen	U.S.A.	2A	45
378	4.19.57	D. Kerlogue	U.S.A.	3A	15

On August 14, 1976 preceding the Coventry Marathon a 10 km. (6.2 mile) road race was held. Roy Fowler (G.B.) won in a remarkably good 30:16. Fowler was equally effective in Toronto you may recall. To demonstrate the quality of the runners, 10th place went to B. E. Webster (G.B.) in 33:26 and the 1st 9 finishers were all under 31:44. The U.S. had no entry in the 40-44 group. However Bob Fine of New York turned in a good 36:17 for 20th in the 45-49 Division won by J. Goritz (Germany) in 32:02. In 1-B the winner K. Hernelind (Sweden) ran 33:33 and in 2-B Belgium J. G. DeBerger timed in a 36:26. The Japanese took 3-A with an excellent 38:44 submitted by T. Technai. In the 4-A group, L. Clarbonneau (France) took the gold with 42:58 in which a recently turned 70 Otto Essik (U.S.A.) ran 4th with a fine 46:24. There were 4 runners over 75 and 3 over 80 who completed the race. 18 women aged 35 to 55+ competed with a winning Time of 38:47.

Masters program will always be an appendage to the men's unless, and until, sufficient women show up to make it a real contest.

Following the women's event came the Men's Masters 10 km. contested on the same course. Here approximately 120 starters ranging in age from 40 to 77 (Paul Spangler (SCDC-USMTT) who finished 110th -- yet another 70+ year old squeezed Paul out of 1st place in Division IV and that was Lou Gregory (74) of Pensacola, Florida who edged Spangler by 2 minutes in 51:08. Old timer's will recall Gregory as a National class runner in the 30's who placed high at Boston during the era when running was considered odd.

Proving to be the class of the field and pulling away after a mile and one-half was John Brennand (41) (Unat.) with an excellent 34:36. This course is at least 2-2 1/2 minutes slower than a track 10 km. which is some indication of Brennand's ability. Unfortunately a defecting Hal Higdon and absent Ray Hatton both former Master's 10 km. X-Country champions were absent thus depriving the winner of a clear cut demonstration of his ability.

34 seconds back at 35:10 was Darryl Beardall (40) (Marin-Harriers). Kent Guthrie (40) of the host club crossed the line 3rd at 35:30. Fourth from the same club, which acquired the team title, galloped Dane Stern (40) in 35:45. Entering the lists 5th was an unhappy Jerry Smartt (45) MS-USMTT at 35:50.

A number of USMTT members did extremely well including Ed Gookin (42) 7th 36:17; Joe Livesay (42) 12th 36:37 and Jim O'Neil (51) winner of Division II and 14th overall in 37:02. 2nd in Division II was Sid Toabe (52) also a USMTT member with an excellent 39:14 and 37th overall.

Bringing up the rear -- but not last was an ailing Pax Beale (46) USMTT and DSE 11th who claimed to receiving 7 cortisone shots a few days prior to the meet for his much abused back.

Our able meet director -- who with his WVTC put on an excellent meeting -- Len Wallach proved a gracious host by running last. We later saw him start in the open 10 km. and, hopefully finish and learned he was competing for a local award for competing in the most events in the year.

The course proved a true match for the contestants and no one was observed complaining about the "fast" or "easy" course set up to accommodate the speedsters. This one was for true Harriers of the old school.

Continued from Page 12 1976 A.A.U.

for seventy year olds. There will be a full compliment of events for women, starting at age 40 by ten year groups. The number of events for women and Division 4 (70-79) has been substantially increased as compared to the First Championships held in Toronto. As soon as they are obtained the entry blanks will be sent out. Over 3,000 competitors are expected. The Swedes will have the full cooperation of the City of Gotenborg and their National Association. The meet will be held under I.A.A.F. sanctions. This means that the South Africans are out, as South Africa was expelled from the I.A.A.F. last year. The Swedes have been most cooperative.

One hundred and sixteen athletes from three countries; Mexico, USA, and Columbia, competed in the first annual Mexico-USA Track and Field Meet, held at the Olympic Center in Mexico City.

The meet was hosted by the Comité Olimpico Mexicano and initiated by the President of the Mexican Masters Association, Jose Tenreiro Riverio. Thirty-five U.S. Master Athletes were housed and fed at the Olympic Center as guests of the Olympic committee while another eleven U.S. Athletes and dependents stayed on their own at the Romano Diana Hotel in the center of Mexico City.

It was an outstanding meet, not only from the standpoint of competition, but from the administration and officiation to the near perfect on-time order of events that came off as scheduled. Outstanding individual performances were turned in by so many athletes that it is impossible to give mention to all, however, yeoman duty in the 7,000 feet high altitude by some athletes was incredible. In the Sub-Master Division, Hugh Adams was awarded the outstanding athlete trophy for competing and placing in eleven events. Bill Morales was named the outstanding athlete for Div. III as he entered and placed in eight events. Although outstanding performances were turned in by athletes in Div. I and II, only the youngest and oldest groups received awards.

The American Sub-Masters group, although small in number, was incredibly strong. Out of eighteen events the Sub-Masters group of seven competitors took eleven first places, nine second places and two third places. John Carlos ran a 10.8 100 Meters; Walt Butler 14.8 110 Meter High Hurdles and 10.8 100 Meters; Hillard Sumner 50.1 400 Meters and 2:05 800 Meters; Dave Himmelberger ran 2:04.6 800 Meters and 4:17.6 1500 Meters; Jim Murphy 4:20.8 1500 Meters and 17:07.6 5,000 Meters; Charles Wiley Pole Vaulted 14'11" (cleared 15'54" on 4th jump after winning competition) and Hugh Adams ran 11.5 in the 100 Meters, 15.8 110 Meter High Hurdles, 52.8 400M, Long Jumped 6.18 Meters, High Jumped 1.5 Meters, Triple Jumped 11.56 Meters, threw the Discus 32.12 Meters and the Javelin 34.8 Meters and put the Shot 10.16 Meters. The 400M relay team of Hugh Adams, Dave Himmelberger, Walt Butler and Hillard Sumner won in 44.9. The same group was timed in 3:49.6 in winning the 1600 Meter relay.

Highlights of Division I performances featured Van Parish 11.4 Meters, 23.7 200 Meters and 16.2 110 Meter High Hurdles. Nick Newton 11.4 100 Meters, 23.8 200 Meters, 1.65 Meter High Jump and 5.76 Long Jump. Percy Knox 11.5 100 Meters and 24.0 Meters; Hans Bruhner 53.9 400 Meters and 23.8 200 Meters; Bob Emmerling 4:32.0 1500 Meters and 2:10.5 800 Meters; Oswald Dawkins 55.8 400 Meters; Dave Mack 56.2 400 Meters; John Tansley 17.4 100 Meter High Hurdles, 3.0 Meters Pole Vault and 40.83 Javelin; Shirley Davison 6.42 Meters Long Jump, 12.02 Triple Jump and 1.55 High Jump; Phil Conley 61.21 Meters Javelin, 1.60 High Jump, 11.27 Triple Jump and 5.82 Long Jump; Barry O'Brien 15.29 Meter Shot Put, and 47.44 Discus; Hal Smith 2:29 Meters Shot Put and 35.72 Discus; Dave Douglas 32.34 Meters Hammer Throw, 25.18 Discus, 2.60 Pole Vault and 20.5 second 110 Meter High Hurdles; Don Donnelly 19.3 110 Meter High Hurdles and Triple Jump 10.84 Meters; Hal Wallace 12.8 100 Meters, 3.15 Meters Pole Vault, and 42.62 Javelin; Phil Schlegel 5.84 Meters Long Jump and 10.35 Triple Jump; Ed Austin 1.70 Meters High Jump; Bill Adler 17.5 110 Meter High Hurdles. The 400 Meter Relay team of Van Parish, Hans Bruhner, Nick Newton and Percy Knox won in the time of 45.3.

Division II results were as follows: Robert Watanabe 11.7 100 Meters and 24.6 200 Meters; Wayne Ambrose 18.6 100 Meter High Hurdles and 12.5 100 Meters; Raymond Spencer 12.6 100 Meters, 5.32 Meters Long Jump and 10.52 Triple Jump; Bob Hunt 13.0 100 Meters, 18.6 110 Meter High Hurdles and 59.2 400 Meters; Bob Sieben 25.3 200 Meters and 56.1 400 Meters; George Putterbaugh 58.5 400 Meters and 2:29.1 800 Meters; Bill Fitzgerald 2:25.0 800 Meters and 5:06 1,500 Meters; Avery Bryant 5:09.00 1500 Meters and 2:30.2 800 Meters; Joe Carey 5:47.0 1500 Meters; Mauro Hernandez 18:43.0 5000 Meters; Harold Daughters 20:48.0 5000 Meters; Toby Medina 30.0 200 Meters; George Ker 15.17 Meters Shot Put and 39.08 Discus; Dave Brown 5.07 Meters Long Jump 1.45 Meters High Jump, 3.30 Meters Pole Vault and 10.36 Meter Triple Jump; Orv Gelllette 1.50 Meters High Jump and 29.57 Meters Discus; Don Grosz 28.02 Meters Javelin and 10'4" Pole Vault. The 400 Meter relay team of Bob Watanabe, Wayne Ambrose, Bob Hunt and Ray Spencer won their Div. race in 51.3.

Div. III featured Bill Morales with a 13.2 100 Meters, 29.2 200 Meters, 19.8 110 Meter High Hurdles, 4.78 Meters Long Jump, 1.35 Meters High Jump and 48.29 Meters Javelin; Joe Caruso 13.5 100 Meters, 29.6 200 Meters, 4.33 Meters Long Jump and 8.09 Triple Jump; Ted Matten 14.2 100 Meters, 20.8 110 Meters High Hurdles and 1.25 Meters High Jump; Art Vesco 1.20 Meter High Jump, 7.02 Meters Triple Jump, 11.32 Meters Shot Put, 30.39 Meters Hammer Throw and 27.78 Meters Javelin; Randy Hubble 26.10 Meters Javelin, 31.82 Meters Hammer Throw, 27.82 Meters Discus and 10.74 Meters Shot Put.

I.A.A.F.

The I.A.A.F. rejected the proposals submitted on our behalf by the A.A.U. However, a study group was established by the I.A.A.F. I spent a few hours discussing the situation with John Holt, the I.A.A.F. Director. I feel certain that the I.A.A.F. will recognize the Masters. However, I can't give a time table. I am satisfied that there is movement on this question.

Masters Newsletter

I believe that our movement has grown to the point where we can support a National News letter. This would be an official A.A.U. project. Our committee could possibly realize a small profit. I believe that we could have a newsletter, published four times a year for a cost of \$3.00 per subscriber. Please sound out your people and let me know if there is sufficient interest for such a project. The newsletter would contain meet schedules, results and articles of interest to the Masters. Good and Welfare

Although I don't expect dozens of participants at the A.A.U. Convention, I am disappointed at the small "feedback" I have been receiving about the program. Many of the questions that I have been submitting to the National Committee have gone unanswered. The result is that I, and a small group, are making the decisions. It is most important that you voice your opinions and suggestions.

ROBERT G. FINE

SINGA PURA

The Lion City may be on the destination calendar of USMTT in August of 1978 -- as I have just returned from Singapore where I met with officials and visited the fine National Stadium. I found a very active national sports program stemming from support of top government officers including Prime Minister Lee Kuan Yew, who in 1967 pointed his people in the direction of a "lean and rugged society" through participation in sports. As the population of Singapore is over 50% under 21, the emphasis to date has been on fitness for youth. However, some activities such as the February 29th Constituency Big Walk (20 & 13 km) which had 4102 participants do include Veterans. The Aerobic Fitness Award Scheme encourages mass participation to achieve and maintain fitness in the 2.414 km jog/run test, and the Fitness Park is an exercise facility combining jogging and calisthenics for all.

The Pesta Sukan is the 5-weeks long sports festival where 35 national sports associations are involved. Three massive events: National Jog (with 9559 people), National Cycling (2420 participants), and the National Walk (with a mind-boggling 24,663) illustrate the sports-for-all policy of the Council.

In other words Singapore is ready for a Masters Track & Field Program! If we are successful in the establishment of one in the near future, Singapore will in fact be on our list for a visit.

Britain Sir Stamford Raffles recognized the potential of Singapore when he arrived in 1819 and 5 years later he signed the treaty of London in which the Dutch ceded Singapore to the English. This twelve-year old nation (recently having severed its ties with the British) boasts the fourth largest port in the world. It can also speak with pride concerning its friendly people, cleanliness, excellent facilities, cosmopolitan atmosphere, and fantastic geographic location as the hub of Southeast Asia.

But then I don't want to say too much now . . . you may want to see for yourself.

HELEN PAIN

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CALENDAR OF MASTERS AAU EVENTS

Dates: Championship Meet February 12 (Masters must enter by January 22)

Reedley College

Schedule: All regular events (no hammer throw) by age groups.

Information: Coach Hugh Adams, Reedley College, Reedley, California 93654. College phone (209) 638-3641, Home phone (209) 896-2435.

February 12 Championship at Reedley College. Track & Field

Indoor Nationals March 12 & 13, 1977, at New Haven Conn. New Britain T.C. Box 204, Kensington, Conn. 06037 Irving S. Black (203) 225-2185.

Japanese-American Friendship Race. 25 Km and 10 Km. March 13, 1977. Honolulu, Hawaii. Write USMTT for information.

April 1-3, 1977. Pentathlon April 2, & 3 1977 (also S.E Masters Regional,) Raleigh, N.C. Bob Boal 121 W. Sycamore Ave., N.C. 27587 T&F Inc. P.O. Box 5576 State Univ. Station, Raleigh, N.C. 27607. (919) 556-4323.

Weight Pentathlon Mid-June 1977. New York City. Phil Partridge, 77 Columbia St. Apt. #17-B N.Y., N.Y. 10002

Outdoor Nationals July 2, 3, & 4 1977 at Chicago, Ill. Northwestern University. Mid-West Masters Wendell Miller. Bus. 180 N. LaSalle, Chicago, IL 60606. (312) 234-5936. Home 351 Birk Dale Rd. Lake Bluff, Ill. 60044

World Veterans July 30-31, 1977. 10 Km and 25 Km. Brugge, Belgium. Write USMTT for information.

World Masters T&F. Championships August 8-13, 1977 Gothenburg, Sweden. Contact USMTT c/o DH or P 1951 Cable St., San Diego, CA 92107.

Charter flights East & West Coast 2 & 4 weeks All T&F disciplines plus 10 Km X-Country, 20 Km Road Walk, 5 Km Track Walk, & Marathon. 5 yr. age groups. Men 40 & over, Women 35 & over.

Continued from Page 1 Editorial

try for two decades without, so far as I could see, advancing the cause of apartheid one iota. Neither did the people who pelted him with golf balls as he lined up his putts advance the cause of anti-apartheid.

"Whoever said you could topple a despotic regime by barring it from the shot put? Where does it end anyway? Do teams refuse to play Notre Dame in football because of the Pope's stand on birth control? Does Michigan refuse to play Ohio State because it voted Republican? . . .

"Sport as an instrument of international policy is a spitball against a battleship. Show me a country which will change its internal policies for a first in the high jump and I will show you a country with very strange priorities, indeed."

It is hoped that the Swedish sponsors will not cave in to outside pressures, but, instead, will welcome all veteran athletes to compete in a friendly, tolerant, understanding, enlightened environment.

Al Sheahan Newsletter
San Fernando T.C. October'76

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u.s. masters international track team

January, 1977

" EDITORIAL "

SOUTH AFRICA TO BE BANNED FROM 1977
WORLD MASTERS CHAMPIONSHIPS?

We have just learned from National AAU Masters Chairman Bob Fine that politics has reared its ugly head in the 1977 2nd World Masters Track and Field Championships, set for Goteborg, Sweden, August 8-14.

After the intensive, successful fight to keep politics out of the 1st World Masters Games last year in Toronto, it appears that the Masters program is now in the same danger as the Olympics, in which political infighting has all but replaced athletic competition as the main attraction.

According to Fine, the South African competitors may be banned from the 1977 event because the Swedish hosts feel compelled to seek IAAF sanction. (The IAAF is the international federation which controls much of track-and-field policy) The IAAF has barred South Africans from competing in the Olympics, and its policy on Masters competition is apparently the same. (Even though the IAAF refused in 1976 to consider motions to create an IAAF Masters Committee or special rules for Masters. Editor)

Should the interjection of international politics infiltrate into the heretofore open, friendly competition of the Masters program, many feel it would be a giant step backwards.

Masters athletes pay their own way. They are not beholden to a club or organization for travel funds to local or international meets. Nation-states, therefore, should feel no pressure to "gain publicity for their expenditures" by dictating policy.

Masters athletes traditionally have welcomed anyone who wished to compete in their own age group . . . amateur, "professional," black, white, peace-lover, war-monger, liberal, conservative, racist, sexist, Christian, Jew, atheist . . . ANYONE.

Politics plainly do not belong in athletic competition. As Los Angeles Times' sports columnist Jim Murray wrote from Montreal this past July: "The Olympic games . . . has never solved any political question, rearranged the history of the world, or wrought any great social changes . . . It's time somebody took the bloody flag out of games boys play. A sprinter from the steppes of Russia is no more responsible for the 'Bulag Archipelago' or the goings-on in Lubyanka Prison than Jim Thorpe was responsible for the treatment of American Indians, or Frank Shorter is responsible for Water-gate. "Gary Player played golf in this coun-

NATIONAL AAU MASTERS CROSS COUNTRY 10 KM.
Belmont, California November 14, 1976.

The West Valley T.C. hosted the '76 X-Country National for the "Over-the-hill" set (40+) and provided a 10 km. course to match.

Len Wallach, meet director, promised a European style course complete with hurdles. What he did not advertise was the fact that the scene of last years Seniors Nationals was extremely hilly with virtually no flat area whatsoever.

It had rained the evening before but let up a few hours before the 1st race and aside from a few puddles the course provided sure footing -- much better than the parking lot that proved to be a slippery quagmire.

By race time it was a cool 62° with overcast. Perfect for the demanding all-out 6.2 mile figure 8 trail course where approximately 500 spectators could observe the runners pass 6 times.

1st off the mark for the AAU Masters Women (40+) event was 80 pound Micki Gorman (41) who immediately established herself as probably the world's outstanding 40+ Women's harrier.

One female competitor was observed to have hissed "They should disqualify her -- she's too good." Too good she was as she quickly dispatched the likes of Ruth Anderson, Nicki Hobson and Dorothy Stock, her feet barely touching the terrain, as she floated home in an incredible 38:54 2 1/2 minutes ahead of Nicki Hobson (45) SDTC with a very fine 42:28 closely followed by a determined Dorothy Stock (43) SDTC-USMTT (43:09). In third was a just turned 40 Jean Kaiser -- Jones of the Bay area (45:17). In 5th came Donna Gookin (45) of the SDTC-USMTT (46:11) closely followed by Ruth Anderson (47) NCSTC-USMTT (46:37) Ruth to do her justice was just coming off a fractured foot and was not, for her, in the best of shape.

The SDTC women took the team title with a 2nd, 3rd, 5th, 11th and 12th place finish with 3 of the 1st 6 also appearing in the 1st 6 places. Observed Joan Ulliyot (37) from the sidelines -- that in her opinion Micki Gorman is in a class by herself as her record 2:39 N.Y.C. Marathon (1976) demonstrated. The only woman remotely close to Gorman is the East German Liane Winters (35) who won at Boston this year in 2:41.

On the discordant side was the fact that only 30 women toed the mark for a national championship. The field consisted solely of Bay area entrants save Gorman (L.A.) and the 6 woman team from San Diego. More females show up for a local tennis or golf club event. As we see it the Women's