



U.S. masters international track team

JUNE, 1977

A Wee word of greeting from SCOTLAND (The Glasgow Connection) by Helen L. Pain

Fellowship and fitness are the main objectives of the Scottish Veteran Harriers Club under the dynamic leadership of the Honorable Secretary, Walter J. Ross of Glasgow.

With traditional Scottish friendliness Walter welcomed me at the new Albany Hotel during my brief visit to the charming old city. (This commercial center, the site of the 8th annual convention of the International Federation of Women's Travel Clubs, was greatly enhanced by the permeating sweet scent of the brilliant yellow daffodils and hyacinths of myriad hues.)

Bright blue eyes and smiles alternating with intensely serious aspects -- all helped him convey his message of greeting and support of the USMTT's policy of individualism. He gave an intense and warm endorsement of David's exposition of the program which aims to include all persons 40 and over to participate in Masters athletic competition regardless of sex, color, or previous/present condition of servitude.

This effervescent example of Gaelic forthrightness inadvertently discovered that I was in Glasgow when he came upon my name on the convention list in his printing office . . . and so proceeded to seek me out. And so we enjoyed a brief exchange of ideas on the international masters scene.

Those of you planning a trip to Scotland should note Walt's address -- 10 Thornley Avenue, Glasgow G13 3BY and send him* a request for information as to local runs which will coincide with your visit.

*a bonnie laddie who will be pleased to hear from you

One of the bonuses of membership in the USMTT is the opportunity of visiting with your peers during international as well as domestic travels.

People in all parts of the world are concerned about physical fitness through athletics. Everywhere you will find persons working toward fuller, richer, longer lives. We join together under the banner of our program in fellowship and fitness. In fact this is one of the reasons several hundred of you are joining us to visit Gothenburg in August . . . to compete, YES, but also to renew old friendships and make new ones . . . not only to revel in the beauty of Scandinavia but also to relish the comradeship of our International Masters. By the way, if you haven't already booked your reservation, please do so today. Don't miss this opportunity to begin or continue your collection of international friends and trophies.

With love to you all,
Helen

SHOWDOWN AT GOTEBOG by AL SHEAHAN

The time is at hand for Masters athletes to make a decision.

The Masters running movement, young as it is, faces a crucial turning point.

Regardless of the path we take, some will be unhappy. Some may feel forced to drop out of the movement altogether.

But there are no easy answers. Someone is going to have to bend.

The decision we must make is: Should Masters track and field be open to anyone who's old enough? Or should there be tight restrictions?

Should travel permits be required for international competition? Should ex-professionals be banned? Should anyone who earns money from track be banned? Should anyone from a country or state with unpopular political policies be banned?

On a local level, there are few, if any problems. George Ker runs the excellent Grandfather Games each year. He gets his own officials and anyone can run.

On a regional and national level, a few problems arise. Not everyone is eligible to compete, even if he or she is the proper age. One must pay annual dues to the AAU if one expects to compete.

The reason for this seems to be that, a few years ago, the pioneers of the Masters movement decided that the AAU could be of help in providing officials and support for Masters meets. These officials generally work for no pay, for the love of the sport, and are excellent.

So we affiliated with the AAU, and in 1976 and 1977, the regional and national Masters meets are "AAU sanctioned" which means the AAU has given us their okay...for an additional fee, of course...and their officials may feel free to help us run our meets.

Some have suggested we affiliate with the Road Runners Club of America...which provides support without requiring a sanction fee or individual annual dues to be able to run.

Others, such as National Masters Chairman Bob Fine, have suggested that if we don't want to be beholden to the AAU, we should form our own organization, which, indeed, has been done. The American Masters Athletic Association, formally approved in Oregon in 1976, is alive and available to function as our own national organization.

Still others, such as the President's Commission, have proposed the AAU, RRCA, NCAA, USTFF, etc. all be brought under one national roof, a la the European concept. But this is years down the line.

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FALSE STARTS

We were distressed to learn that Johnny Wall (Maryland) (62) recently suffered a heart attack following a 20-mile workout. John has won the Division III National Cross Country Championships the last two years in a row and has been one of the U.S. Masters top older competitors. Although he will probably miss Gothenburg we trust that he will soon be on the road to recovery . . . Similar bad news comes from Hawaii where Norman Tamanaha (70) reports that he has never fully recovered from an overdose of insulin taken just prior to the Toronto Games and that he has recently been hospitalized for internal surgery. Although also missing Sweden, Norman vows that he will make the Third World Masters Championships . . . Other disturbing word comes from Australia where Vic Pye (72) dropped dead on the track in Melbourne during a workout. At age 70 he had a 100 m. best of 13.7 and 200 m. of 29.5 and only two weeks before his death he did 100 m. in 14.2 and the 110 m. hurdles in 21.0. . . Good news comes from Australia via Jack Pennington that Cliff Bould is back in fine trim winning his divisions in 3A at 5K and 10K at the Australian Veterans Championships April 8th and 9th. Jack feels that Cliff is capable of an 18:30.5K and 38 minute 10K effort in Sweden where he expects to compete. . . . John Gilmore (55) (Australia) is reported to be back in excellent condition following a long layoff due to injuries and should once again be a strong contender for the Australians in Sweden. Pennington reports that Ted Vickers (57) did 19.1 for 100 m. and 200 in 40 seconds which doesn't sound too fast except that Vickers has only one leg, the other having been lost at Tobruk during W.W.2 . . . Other USMTT members are performing well according to reports. An example is the 25 kilo (15 mile) New England Open Championships where Ken Mueller (40) placed 1st Master in 1.23 which would be a 6.2 minute per mile pace and Rusty Lamade (40) was 2nd Master in 1:26.48 an average of 6.4 minutes per mile. . . . We received word that Jimmie Rabie (41) (South Africa) turned in a 10.9 100 m. effort which if verified equals the world age group age 40 record of 10.9 held by Jim Weber of Fort Worth Texas set in August of 1976 . . . Betty and Alex Pappas formerly of Southern Cal and now residents of St. Mary's Kansas report that they were thrilled to have at their big indoor meet Eddie Halpin (59) (USMTT) in contention. They report that in three years they have organized 13 track meets and that their Summer Track Festival had 1,000 participants and spectators in a town which only has a population of 1,500. This year they will put on one major meet July 23 and 24. If you're going to be in the Kansas area at that time,

contact the Pappas' Box 97, St. Mary's, KS 66536 (913) 437-2916 . . . Via John Trent and the Alaskan Pulsators we learn that indomitable Walt Stack has recorded through 1975 a total of 28,293 miles and at age 69 did a PR for the Marathon on October 16 at 3:58.30. Chuck Smead is also reported to have logged a total of 32,067 through 1975 . . . Pete Fetter (55+) (CDM) bettered one of Bill Morales' CDM records of 158'7" in the javelin with a 160'2" effort. Morales still holds all the age group records, however, from age 53 to age 60 with a best effort at age 56 of 180'9" tapering off at age 60 to 164'9". He is still throwing 30 to 40 feet further than any of the age group record holders over 60 and should demolish those records annually . . .

SHOWDOWN

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The national problems may seem small, but morally, I am very upset and, frankly, feel guilty when I compete in a meet which bans a man like Hal Higdon because he has the courage to publicly withdraw from the AAU.

The \$5.00 or so I pay to the AAU each year is small enough, even though I wonder what they do with the money. (I hear about the plush hotel suites and parties for AAU bigwigs but I suppose they put in long hours for their occasional frolics.)

But I don't like being forced to belong to a dues-required organization to be able to run in a Masters meet, certainly not one with only a passing interest, if that, in the Masters movement.

It is on the international level where the real problems arise.

Money does strange things to otherwise principled people. In 1975, the Canadian sponsors of the 1st World Masters Championships asked for, and were promised by the Canadian government, \$32,000, to help put on the meet. As one might expect, just before the check was to be written, conditions were imposed by the Canadian government. First, everyone must carry travel permits, granted by one's country's athletic governing body. (In the U.S., the AAU) Second, individuals from Rhodesia and South Africa cannot compete. Why? Because the governments are racist.

By a 6-5 vote, the meet organizers, with solid backing from the Americans, said to hell with the government, they can keep their \$32,000. The Africans had been told to come. They were there. Clearly, if the issue had come up sooner, the Africans would have been told to stay home. As for the travel permit issue, it was lost in the African brouhaha and never brought up.

At the general meeting in Toronto, the athletes voted 60 to 11 that the Masters program should be open to all.

Nevertheless, the 1977 Swedish sponsors of the 2nd World Masters Championships felt compelled to ask for financial and official support from the Swedish authorities. The money was promised, but...surprise! surprise!...conditions were laid down; namely: travel permits are in; ex-professionals and South Africans are out.

(Again, the reasons for these restrictions are sometimes unclear to my simple mind, but it seems that the IAAF...the International ruling body of the sport...has certain rules which have always applied to the sport; and nobody, to this point, has had the clout to explain to the IAAF that the Masters are different; that we're not trying to rewrite their rules, even if they should be rewritten; that all we're trying to do is put on a little track meet and have some fun. But their

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SHOWDOWN

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rules, the Swedish organizers were told, must be followed or they wouldn't get a dime and many athletes and clubs might be banned or worse.)

Well, so what, we say. I'll pick up a travel permit from the AAU. I'm not an ex-professional. The South Africans are a racist society. Simple. It doesn't affect me.

True, Master athletes, like most of the human race, don't like to get involved in politics unless it affects them personally.

Well, I don't know about you, but the idea of goin, hat in hand, to a nameless face at the AAU and politely asking if I can run a race in Sweden after I've spent \$800. of my money to get there, is repugnant to me.

What the hell business is it of the AAU, or anybody, what I do in Sweden when I get there. If I want to boat thru the Archipelago, or visit friends, or see a good porno show, or run in a race, who cares?

My God, it's bad enough that the U.S. Congress banned travel to Cuba, China and Vietnam. For me to have to get permission from my local AAU to get a little exercise in Sweden is ludicrous. I'm offended that anyone should be presumptuous enough to tell me that's what I must do.

Well, my friend, that's exactly what I must...and you, too ...if you want to run in Sweden in 1977.

How do you like it?

(Even if the permit issue is swept under the rug in Sweden, as it may be, you can theoretically still be kicked off your starting blocks if you don't have a permit.)

Ex-professionals will not be allowed to compete in Sweden. The sponsors were hoping to trot out Gunder Haag and Arne Andersson, whose mile duels in the 40's are legend, but we just heard that they won't be allowed to compete.

Personally, I'd love to compete against an Olympian like Haag, and I'm saddened that he won't be there. Apparently he took money for running...not unlike current world amateur athletes who accept sizeable "expenses" for participating in a meet. I think beating...or getting beat by ...Gunder Haag would be an honor.

In the recent Grandfather Games in Los Angeles, 1968 Olympic bronze medalist and ex-professional John Carlos added excitement by his participation. When Hilliard Sumner beat John in the 440, Hilliard was on Cloud 9 the rest of the day. Even when Carlos later evened the score by edging Hilliard in the 220, Sumner and the others in the race could go home and proudly say: "I was beaten by John Carlos." How about you? Ever make any money from track and field? Then you may not be an amateur and, technically, can't compete. Ever sell a pair of running shoes? Ever get paid for an article on track and field? Ever teach? According to IAAF rules...not enforced in the Masters division YET...you can be banned as a professional. This year, it's Gunder Haag. In 1979, maybe it'll be you or me.

The whole concept of banning someone for LIFE because he made a few bucks twenty years ago, boggles my mind. I thought that kind of justice went out with the signing of the Magna Charta in 1215.

As to the political issue of South Africa, we're sick of hearing about it. It's a tough one, too, because, even if we believe in open competition, we're incensed at the inhumane racism of the South African government, so we don't know which way to go on this one...let the South Africans compete, or ban them because we're righteous and they're not.

Where does it end? Do we ban the Canadians because they kill seals in Hudson Bay? Do we ban Americans because their government gives financial support to military generals in Chile who torture? This year it's the South Africans; next year it may be all Californians because their legislature is about to legalize the death penalty, a concept that is regarded in Britain as uncivilized and barbaric. Naturally, no Briton would care to compete against an uncivilized Californian, who brutalizes people by deliberately murdering them in an inhumane manner. Clearly, all Californians should be banned.

As Jim Murray wrote: "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."

The point is: It's the old, old story of picking out a few for "disciplinary action" at first; then, eventually, it may be the lot of us.

Do we want the Masters movement to follow that path? I hope not.

Masters competition should be open to ANYONE, with age as the only qualification. It should be conducted in a spirit of openness, friendship, helpfulness, sharing and understanding. No one should be banned...ever.

This is not an easy issue. Even if you've read this far, it's not enough. Even if you agree with the concept of open competition, it's not enough. Even if you feel strongly and "are mad as hell and not going to take this anymore," it's not enough...unless you are going to Sweden, or at least Chicago.

In Sweden, we must propose a motion - one that will stick... than any Masters competition be open to all. It's in for a tough fight. The sponsors of the 1979 games, whoever they may be, will probably want to get money and officials from their local body. Even though we know that meets can be successfully run with the athletes, themselves, if necessary, doing the officiating, others aren't so sure. The IAAF controls the local body and so controls the money. If the IAAF says "no South Africans," that's it. Moreover, the British Masters generally belong to clubs, members aged 4 to 94, controlled, finally, by the IAAF. If a British club runner goes against IAAF policy by competing against Gunder Haag or a South African, he could possibly be thrown out of the club for LIFE and banned from competition in club competition, which is really the only competition in Britain. The problem there is quite different from the U.S.

So, it's a tough decision for a Master from Britain. Even if he agrees with us morally, he may vote against us in Sweden. It's our view that the IAAF will NOT take action to ban a Masters runner, but it's certainly within the realm of possibility at this point. So he's taking a big chance. He's got to put principle first. That's not always easy. The courageous Canadians did it in 1975. But only by a vote of 6-5.

In Chicago, we need your support to make it clear in no uncertain terms to national chairman BOB Fine where we stand. If we, by a resounding vote, express our desire for open competition, Bob will be morally charged with responsibility for so representing us on the 8-member international committee. That could be important.

If you can't make it to Sweden or Chicago, but still care and want to do something, write to Fine at 11 Park Place, New York, N.Y. and tell him how you feel. Send a copy to USMTT so we can see what kind of support there is, or if anybody really cares.

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Mt. San Antonio Relays

April 23 & 24, 1977

(80 degrees, breeze)

100 METER DASH (40-49)

Dave Segal	11.4
Ted Cain	11.5
Nick Newton	11.6
Percy Knox	11.6
Geo. Waterman	11.6
Van Parish	11.7
Tony Nasralla	11.8
Ted Vick	11.8
Jim Parks	11.8

(50-59)

Wayne Ambrose	12.5
Pete Fetter	12.6
Clarence Killion	12.7
Al Guidet	12.8
Emson Grimm	15.8
Bill Burke	16.4

(60+)

Payton Jordan	12.3*
Bill Morales	13.5
Joe Caruso	14.0**
Tony Castro	14.3
Hugo DeGroot	15.5
Don Mowrer	16.4

*Meet Record. Old record of 13.9 held by Joe Caruso. World Record for 60-64. Old record 12.4 by Y. Brange of Sweden.
**Ties World age 67 record of Ken Carnine in '75.

1500 METERS (40-49)

Bob Emmerling	4:27.3
Tom Sturak	4:30.3
Ed Field	4:35.9
Jerry Beeman	4:45.0
Ray Archibald	4:49.6
Bob Holmes	4:56.4

(50+)

Avery Bryant	4:42.1
Jim Oleson	5:02.8*
Tom Clayton	5:21.1
Ed Stotsenberg	5:26.0

*World age 59 record. Betters Ray Mahannah's 5:08.8 ('75)

400 METER RELAY (40+)

Corona Del Mar "A"	45.27 *
(Waterman, Jackson, Segal, Knox)	
So. Calif Striders "A"	46.53
Seniors	47.01
C.D.M. "B"	47.12
So. Calif Striders "B"	47.45
C.D.M. "C"	48.0 **
(Guidet, Ambrose, Fetter, Jordan)	

*New Meet Record

** World 50-59 Record

MILE RELAY (40+)

So. Calif Striders	3:41.7*
(Mack, Emmerling, Newton, Cain)	
Seniors	3:50.5
C.D.M.	4:00.3

*New Meet Record

5000 METER RUN (40-49)

Truman Clark	16:25.4
Jerry Smartt	17:21.1
Tom Sturak	17:27.6
Pete Mundle	17:31.7
Jim Davis	17:50.6
Ray Archibald	18:40.8

(50+)

Mauro Hernandez	17:23.1
Avery Bryant	18:33.5
Ray Gil	18:42.9

POLE VAULT (40-49)

K.C. Keefer	11'6"
Hal Wallace	11'0"
Duane Telliano	11'0"
Doug Ditmar	11'0"
Ray Fitzhugh	11'0"

(50-59)

Dave Brown	11'0"*
Don Grosh	10'0"
Orv Gillett	10'0"
Tom DeV Vaughn	9'6"

*Ties Meet Record

(60+)

Jim Vernon	10'6"*
Bob McConaghy	9'0"
Hugh DeGroot	8'6"

*New event. Establishes meet record

HIGH JUMP (40-49)

Nick Newton	5'10-3/4"*
Leon Frankamp	5'4"
Ray Fitzhugh	5'2"
Doug Dittmar	4'10"
Hal Smith	4'10"
Hal Wallace	4'10"
Bob Perry	4'4"

*New Meet Record

(50+)

Burl Gist	5'2"
Orv Gillett	4'10"
Dave Brown	4'8"
Hugo DeGroot	4'6"*
Pete Fetter	4'4"
Bill Burke	4'0"
Don Mowrer	4'0"

*New Meet Record for 60+

DISCUS (40-49)

Bob Humphreys	163'1"
F. Stuart Thompson	148'11"
Ed Van Pelt	132'11"
Hal Wallace	107'7"
Hal Smith	103'2"

(50-59)

Fortune Gordien	152'
George Ker	133'2"
Dan Aldrich	119'6"
Red Doms	80'8"
Emson Grimm	57'2"

LONG JUMP (40-49)

Shirley Davisson	21'6-1/4"
Dave Jackson	21'3-1/4"
Tony Nasralla	19'1-1/4"
Nick Newton	18'6"
Ray Fitzhugh	18'0-1/2"
Phil Schlegel	17'1-1/4"

(50-59)

Tom Patsalis	19'2-1/2"
Ray Spencer	16'11-3/4"
Dave Brown	16'3-3/4"
Bill Burke	11'6-1/4"

(60+)

Jim Vernon	14'8-1/4"*
Joe Caruso	13'4-1/4"
Art Vesco	12'1"
Don Mowrer	11'11-1/4"

*New Meet Record

DISCUS (60+)

Jack Thatcher	142'10"*
Neel Buell	128'4"
Hugo DeGroot	125'11"
Red Doms	109'5"
Art Vesco	101'2"

*New Meet Record

OCCIDENTAL INTERNATIONAL MASTERS T & F (formerly South Eastern) APRIL 1-3, 1977

100 YARD DASH			DIVISION IV			AGE TIME			AGE TIME		
DIVISION IA			Boas, Konrad J.			73 32.71			Coldren, Robert H.		
Crutchfield, Warren G.			Brosz, Acaibert			70 34.74			44 4:48.31		
Budd, Arnold			Wright, Curtis			70 35.13			DIVISION IB		
Riddick, Lloyd N.			440 YARD DASH						Vernosky, George		
DIVISION IB			DIVISION IA						46 4:50.90		
Schuler, Edmund			Colbert, Larry I.			40 53.08			45 5:06.95		
Green, Harold T.			Conro, Arthur C.			40 53.52			48 5:34.81		
Kendrick, John A.			Adams, Raynaa H.			40 54.52			DIVISION IIA		
DIVISION IIA			DIVISION IB						Schneider, Louis F.		
Valentine, Rudy			Holman, Joel P.			46 57.03			50 5:08.67		
Gregory, Larry S.			Portner, Ferris D.			48 57.42			53 5:10.26		
Bowman, TCM			Coghill, Henry G.			45 59.63			53 5:35.11		
DIVISION IIB			DIVISION IIA						DIVISION IIB		
Manno, Jim B.			Foster, Earl L.			54 62.80			Fairbank, Henry A.		
Pickl, Max			Reeder, Robert B.			50 63.24			58 5:34.13		
Bass, Milton			Harris, Don S.			54 69.47			57 5:55.59		
DIVISION IIIA			DIVISION IIB						59 6:08.29		
Braceland, George H.			Martin, Joseph E.			55 61.50			DIVISION IIIA		
60 13.07			Bass, Milton			57 62.28			Johnson, Don		
Edwards, Ray			Jamieson, Gilbert R.			57 70.3			60 6:13.3		
DIVISION IIIB			DIVISION IIIA						62 6:29.4		
Graf, Orrin A.			Braceland, George H.			63 68.80			60 8:01.2		
67 13.1			DIVISION IIIB						DIVISION IV		
Ward, Wesley			Kline, C.E.			66 69.30			Gregory, Louis P.		
DIVISION IV			Graf, Orrin A.			67 70.92			74 7:38.2		
Boas, Konrad J.			Stout, Boyd C.			68 89.12			70 8:05.3		
70 14.4			DIVISION IV						LADIES ONE MILE RUN		
Brosz, Acaibert			Brosz, Acaibert			70 103.5			DIVISION IA		
70 14.8			LADIES 440 YARD DASH						Klopfer, Martha S.		
DIVISION IIB			Fairbanks, Martha			55 94.9			41 5:44.9		
Fairbanks, Martha			880 YARD RUN						44 7:11.0		
Kafka, Bee			DIVISION IA						TWO MILE RUN		
220 YARD DASH			Conro, Arthur C.			40 2:05.97			DIVISION IA		
DIVISION IA			Kupczyk, Henryk			44 2:06.18			Tersago, Werner F.		
Budd, Arnold			Straub, Rudy V.			40 2:07.00			41 10:11.15		
41 23.2			DIVISION IB						42 10:21.60		
Riddick, Lloyd N.			Coghill, Henry G.			45 2:24.38			44 10:41.93		
42 23.7			McDermott, Rowland W.			46 2:25.68			DIVISION IB		
Colbert, Larry I.			Holland, Robert L.			48 2:26.08			McConnell, Walter L.		
40 24.40			DIVISION IIA						45 11:09.78		
DIVISION IB			Messenger, Archie A.			53 2:16.48			48 11:36.54		
Green, Harold T.			Schneider, Louis E.			50 2:18.21			47 11:53.6		
47 25.04			Gaston, Elver D.			53 2:23.75			DIVISION IIA		
Schuler, Edmund			DIVISION IIB						Gaston, Elver D.		
49 25.23			Morcom, Richmond			55 2:32.6			53 11:34.4		
Holman, Joel P.			Bass, Milton			57 2:32.6			53 11:44.8		
46 25.71			DIVISION IIIA						53 11:57.4		
DIVISION IIA			Johnson, Don			60 2:44.0			DIVISION IIB		
Valentine, Rudy			Hudson, Seaman K.			62 2:54.1			Fairbank, Henry A.		
53 24.55			DIVISION IIIB						58 11:49.9		
Gregory, Larry S.			Kline, C.E.			66 2:49.1			59 16:20.1		
51 26.07			DIVISION IV						DIVISION IV		
Bower, Raymond R.			Gregory, Louis P.			74 4:19.1			Gregory, Louis P.		
53 27.07			ONE MILE RUN						74 16:16.8		
DIVISION IIB			DIVISION IA						THREE MILE RUN		
Martin, Joseph E.			Doherty, Peter			42 4:43.04			DIVISION IA		
55 28.03			Tersago, Werner F.			41 4:48.00			Montgomery, Jim		
Manno, Jim B.			DIVISION IIB						43 17:56.84		
56 28.30			DIVISION IIIA						40 18:08.6		
Bass, Milton			Kline, C.E.						43 19:58.95		
57 28.45			DIVISION IV						DIVISION IB		
DIVISION IIIA			Gregory, Louis P.						Vernosky, George		
Braceland, George H.			ONE MILE RUN						46 15:55.42		
63 29.51			DIVISION IA						45 16:52.52		
60 30.59			Doherty, Peter						48 17:45.70		
Sorlien, Robert P.			Tersago, Werner F.						DIVISION IIA		
64 33.29			DIVISION IIB						Mimm, Robert F.		
Hills, Claude H.			DIVISION IIIA						52 19:17.4		
DIVISION IIIB			Kline, C.E.						50 19:27.78		
Lacey, Richard L.			DIVISION IV						50 21:56.33		
66 29.42			ONE MILE RUN						DIVISION IIB		
67 30.79			DIVISION IA						Dreher, Leon		
Ward, Wesley			Doherty, Peter						55 18:45.26		
67 34.74			Tersago, Werner F.						56 18:59.57		
									59 19:29.69		

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<u>DIVISION IIIA</u> Johnson, Don Leis, Dick C.	AGE 60 63	TIME 20:54.14 23:49.66	<u>DIVISION IIA</u> Hundley, Louis R.	AGE 50	TIME 3:44:07.0	<u>5000M WALK</u> <u>DIVISION IA</u> Nicoll, Wayne B.	AGE 44	TIME 27:11.7
<u>DIVISION IIIB</u> Forwood, William G.	65	22:56.92	<u>DIVISION IIIA</u> Heinicke, Don E.	62	3:37:45.0	<u>DIVISION IB</u> Briggs, Andrew G. McLachlin, John	45 46	28:16.0 29:33.0
<u>DIVISION IV</u> Gregory, Louis P.	74	23:10.73	120 YARD HURDLES <u>DIVISION IA -- 39"</u> Gilmore, John H. Weed, Leslie J. Trout, Leon N.	42 40 42	17.37 17.50 17.85	<u>DIVISION IIA</u> Mimm, Robert F. Christiansen, Albert F.	52 52	26:09.0 28:57.0
10000M RUN <u>DIVISION IA</u> Tersago, Werner F. Coldren, Robert H. Conro, Arthur C.	41 44 40	36:22.0 37:20.0 40:30.0	<u>DIVISION IB -- 39"</u> Mulkey, Phil Wallace, Jay R.	45 49	17.85 17.87	<u>DIVISION IIIA</u> Johnson, Don	60	28:59.0
<u>DIVISION IB</u> Vernosky, George Klopfer, Peter H. West, John M.	46 46 48	36:51.0 38:50.0 39:43.0	<u>DIVISION IIA -- 36"</u> Bowman, Tom Marr, Freeman C.	52 52	18.84 20.68	20000M WALK <u>DIVISION IA</u> Nicoll, Wayne B.	44	2:00:22.7
<u>DIVISION IIA</u> Spencer, Paul S. Munn, Robert D. Stewart, Don	50 51 52	42:01.0 45:03.0 50:13.0	<u>DIVISION IIB -- 36"</u> Morcom, Richmond Martin, Joseph E. Hutchinson, Jon	55 55 55	18.62 19.29 20.71	<u>DIVISION IIA</u> Mimm, Robert F. Christiansen, Albert F.	52 52	1:57:42.4 2:07:23.2
<u>DIVISION IIB</u> Dreher, Leon Nimmons, Rufus K. Fairbank, Henry A.	55 56 58	37:58.0 39:47.0 41:21.0	<u>DIVISION IIIA -- 33"</u> Braceland, George H. White, Fred A. Hills, Claude H.	63 64 64	19.52 20.46 21.27	<u>DIVISION IIIA</u> Johnson, Don	60	2:10:32.8
<u>DIVISION IIIA</u> Leis, Dick C. Austin, William	63 61	53:41.0 56:10.0	<u>DIVISION IIB -- 33"</u> Lacey, Richard L.	66	21.42	POLE VAULT <u>DIVISION IA</u> Davenport, Henry B. Weed, Leslie J. Trout, Leon N.	41 40 42	14' 0" 10' 6" 10' 0"
<u>DIVISION IIIB</u> Forwood, William G.	65	51:32.0	<u>DIVISION IV -- 33"</u> Brosz, Acaibert	70	DNF	<u>DIVISION IB</u> Mulkey, Phil Kendrick, John A. Wallace, Jay R.	45 45 49	11' 11" 9' 8" 8' 3"
<u>DIVISION IV</u> Gregory, Louis P. Merson, Martin	74 70	53:24.0 73:44.0	440 YARD HURDLES <u>DIVISION IA -- 36"</u> Trout, Leon N. Porter, Buzz Gilmore, John H.	42 40 42	63.3 64.0 64.1	<u>DIVISION IIA</u> Peters, Robert L.	53	8'8-1/4"
LADIES 10000M RUN <u>DIVISION IA</u> Klopfer, Martha S. McConnell, Isabel B.	41 44	42:40.0 53:46.0	<u>DIVISION IB -- 36"</u> Wallace, Jay R. Mulkey, Phil Allen, Alfonso P.	49 45 47	63.0 64.4 72.1	<u>DIVISION IIB</u> Morcom, Richmond Hutchinson, Jon	55 55	12'11-1/2" NO HT
HALF MARATHON <u>DIVISION IA</u> Boyd, Clarence L. Robinson, Frank S. Roof, Norman J.	43 43 40	1:26:03.0 1:28:34.0 1:30:40.0	<u>DIVISION IIA</u> Valentine, Rudy Foster, Earl L. Kafka, Egon E.	53 54 54	67.2 74.3 DNF	<u>DIVISION IIIA</u> Braceland, George H. Patterson, William F. Hills, Claude H.	63 61 64	8' 2-3/4" 7' 7-3/4" 5'11"
<u>DIVISION IB</u> Albanese, Joseph A. Diamond, Tony T. Rosen, Richard J.	45 47 46	1:28:50.0 1:35:30.0 1:42:08.0	<u>DIVISION IIB - 33"</u> Martin, Joseph E. Hutchinson, Jon Pickl, Max	55 55 59	66.9 73.6 75.2	<u>DIVISION IIIB</u> Borho, W. Sherman Ward, Wesley	66 67	8' 2-3/4" 6' 8-3/4"
<u>DIVISION IIA</u> English, Gordon B. Barron, Edwin S. Kafka, Egon E.	51 53 54	1:39:08.0 1:49:48.0 2:31:00.0	<u>DIVISION IIIA -- 30"</u> Braceland, George H.	63	75.7	<u>DIVISION IV</u> Brosz, Acaibert	70	5'11"
<u>DIVISION IIB</u> Holland, Joseph E. Llewellyn, Robert W. Warren, James L.	55 55 59	1:33:48.0 1:41:34.0 2:19:28.0	3000M STEEPLECHASE <u>DIVISION IA</u> Tersago, Werner F. Porter, Buzz	41 40	12:00.8 12:09.7	HIGH JUMP <u>DIVISION IA</u> Porter, Buzz Gilmore, John H. Conley, Phil	40 42 42	5' 3" 5' 3" 5' 3"
MARATHON <u>DIVISION IB</u> Beardsley, Edward E. Holroyd, Casper	48 49	3:27:16.0 DNF	<u>DIVISION IIB</u> McConnell, Walter L.	45	11:09.1	<u>DIVISION IB</u> Mulkey, Phil Wallace, Jay R. Anderson, Albert T.	45 49 46	5' 4-3/4" 4'11" 4'11"
			<u>DIVISION IIB</u> Jenkins, Richard E.	55	15:40.9	<u>DIVISION IIA</u> Simmons, Floyd Reeder, Robert B.	53 50	5' 0-1/2" 4'11-1/2"

Continued on Page 11

LETTERS TO THE EDITOR

Hi, Dave,

Here is a bit of news for your Masters newsletter. At the Avenue of the Giants Marathon on May 1, 1977, Dave Worthen of the San Diego Track Club took second place in the over 40 division with a fine 2:36.30 and Ed Almeida won first place in the over 50 division with a personal best time of 2:39.02. The winner of the over 40 division is Stewart Fall, 41, of Canada, but I don't remember his time.

Best wishes,

Ed Almeida

P.S. I will be 55 on May 16, 1977.

Ed's Note: Happy Birthday, Ed! And thanks for the news . . . as well as congratulations on the PR.

* * *

Dear Editor,

Through the years the Masters program has become more and more family oriented. There is not only competition between the men but the women are included also. The competitors are encouraged to bring their children and make the meets a family affair. But with all this to instigate togetherness, there is virtually nothing to motivate the offspring besides seeing their parents run. There should be some kind of program aimed towards the young so that they can feel that they are a necessary entity too.

Maybe some time can be arranged for the kids to get acquainted. Outings could be set for a day of biking, hiking, or sight seeing (which would give the parents a rest from the yelling and screaming of their 'darlings.') Much could be done to unite the youth and could give them a sense of belonging too. After all, they are the main cheering stock for the people running around the track, and without them it would be awfully quiet.

Heather Ann Pain

Ed's Note: Fantastic idea, Heather! You've just been elected to organize our 'sparkling' youth in Gothenburg. Come on, kids, send Heather your ideas. What do you want out of this trip?

* * *

Dear USMTT Editor,

While I really enjoy your newsletters when they finally come out, I wish you had more general interest articles and not so many repeats of what I've already read a month or so ago in some other publication. Why not have some of the members send you reports from various parts of the country -- or the world -- for that matter?

Keep improving!

Run Ragged

Ed's Note: Positive, constructive criticism is always welcome! Readers, let's hear from

* * *

Dear Helen,

My Esther died on 6 May -- Just two days ago.

The two tours we made with you were real highlights in our lives.

Our thanks to you and David.

David M. Fowler

Helen's Note:

Our prayers and supportive thoughts are with you, Colonel. We shall miss your lovely lady.

Dear Dave:

Cheers on your excellent article in the April newsletter. While one man cannot prevent mankind from acting in its normal, slightly foolish fashion, one man can have a profound influence in launching a new idea and bringing it to maturity. You have done precisely that with Masters track and field, significantly affecting the lives of literally thousands of people, and all for the better. Whatever problems may develop as the Masters movement expands pale into insignificance compared with the achievements of that movement. I simply want you to know that I, as one of the many people who have benefitted enormously from your efforts, appreciate greatly all that you have done.

Thanks and best wishes,

Stephen B. Goldberg

Professor of Law

Ed.: And Thanks to you. How nice to hear a kind word!

RUNNING IN EUROPE --

A BRUISING EXPERIENCE

Santa Barbara News Press

(Sent to us from John Brennand)

A speeding Fiat was not the kind of obstacle John Brennand expected to encounter when he led the United States cross country team off to Europe last month.

As manager-coach of the American runners, Brennand helped prepare them to surmount the uneven, treacherous terrain at the International Cross Country Championships in Germany and the Five Mills Run in Italy. Among the perils were vast sand traps, log barriers, creeks and barnyards.

Those were minor inconveniences, however, compared to the hazard Brennand ran into as he crossed a narrow, curving street in San Vittore Olona, Italy, last Sunday. He was just finishing a 20-mile run -- his hotel was only a few steps away -- when a Fiat careened around the corner and knocked him flying.

Brennand was not mortally wounded, but he thought he might be moments later when the people in the car picked him up off the street and drove him to a hospital. "They were scared," he said. "It was a pretty wild ride."

Brennand's most serious injury was an almost completely severed patellar tendon below his knee. It may be as long as three months before he can run again, which may be good news only for the senior distance runners and marathoners whom Brennand has been routinely beating since he recently turned 40.

The Santa Barbara runner spent three days in the Italian hospital last week before returning home.

"It was quite a place," Brennand said. "Patients have to bring their own silverware, napkins and toilet paper because the hospital's kept disappearing. The patients bring their own wine too. When my wife came to see me, the first thing she thought of was 'One Flew Over the Cuckoo's Nest.'"

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PETE MUNDLE'S WORLD RANKINGS 1976

How do you stand against the world's best? The following is expert World Veteran Pete Mundle's report:

Veterans World Ranking List 1976

<u>100m. Class I</u>				<u>200m. Class II</u>				<u>800m. Class I</u>			
10.8*	J.Weaver (40)	USA	17-6	23.6	J.Greenwood (50)	USA	7-8	1:56.5	T.Blue (40)	AUST	17-4
11.0	R.Austin (40)	AUST	22-12	24.2	R.Valentine (52)	USA	11-6	1:59.9	G.Wise (41)	AUST	17-4
11.1	V.Parish (43)	USA	26-6	24.4	R.Watanabe (50)	USA	27-6	2:01.8	P.Richardson (41)	USA	3-7
11.2	P.Knox (42)	USA	12-9	24.7	R.Stolpe (51)	USA	6-6	2:04.7	R.Ehmerling (40)	USA	27-6
11.3	M.Newton (42)	USA	26-6	25.0	B.Hogan (-)	AUST	27-12	2:05.0	B.Gay (-)	USA	3-7
11.4*	E.Schuler (48)	USA	5-6	25.1*	R.Roemer (51)	USA	1-5	<u>800m. Class II</u>			
11.5	J.Rabie (-)	S.AFR.	27-12	25.2*	R.Cooper (52)	USA	1-5	2:03.2	B.Fitzgerald (51)	USA	27-6
11.6	W.Frederickson (45)	USA	26-6	25.2*	R.Sieben (50)	USA	2-10	2:10.3	G.Puterbaugh (51)	USA	3-7
11.6*	H.Bruhner (42)	USA	15-5	25.9	A.Guidet (58)	USA	4-7	2:12.9	A.Bryant (52)	USA	19-6
11.6	C.Jemenez (-)	MEX	24-4	26.0	R.Morcom (55)	USA	3-5	2:12.9	J.Gilmour (56)	AUST	17-4
11.5	G.Waterman (41)	USA	24-4	26.0	W.Ambrose (51)	USA	20-6	2:17.2	H.Fairbank (57)	USA	3-7
11.7*	H.Green (41)	USA	13-7	26.1	J.Rowe (-)	USA	4-7	2:17.5	R.Poet (51)	USA	3-7
11.7*	T.Vick (46)	USA	13-3	26.1	D.Watt (-)	USA	27-6	2:17.5	D.Schmidt (55)	USA	3-7
11.7*	J.Parks (41)	USA	13-3	26.2*	T.Clayton (51)	USA	20-3	2:17.7	R.Morcom (55)	USA	3-7
<u>100m. Class II</u>				<u>200m. Class III</u>				<u>800m. Class III</u>			
11.5	R.Stolpe (51)	USA	14-8	26.8	Y.Brange (63)	SWE	17-8	2:19.9	G.Buck (61)	AUST	17-9
11.5*	R.Valentine (52)	USA	3-4	26.8	C.Dillon (60)	CAN	4-7	2:27.9	B.Andberg (65)	USA	3-7
11.6	R.Watanabe (50)	USA	26-6	27.4	F.White (63)	USA	7-8	2:35.2	J.Wall (62)	USA	3-7
11.7	P.Jordan (59)	USA	20-3	27.9	V.McIntyre (65)	USA	27-6	2:35.5	H.Chapson (73)	USA	27-6
11.8	A.Guidet (58)	USA	3-4	28.1	K.Carmine (68)	USA	27-6	2:36.0	S.Madden (68)	USA	27-6
11.8	J.Greenwood (50)	USA	7-8	28.1	J.Satti (62)	USA	16-4	2:36.2	E.Lowell (60)	USA	3-7
12.0*	R.Bower (52)	USA	19-6	<u>400m. Class I</u>				<u>1500m. Class I</u>			
12.2	B.Hogan (-)	AUST	27-12	53.2	H.Bruhner (43)	USA	27-6	4:09.8	D.Meyer (43)	USA	4-7
12.2*	R.Cooper (52)	USA	2-10	53.6*	W.Krebs (41)	USA	16-5	4:10.6	M.Alonso (45)	SPA	11-4
12.2	R.Roemer (51)	USA	26-6	53.6	J.Parks (42)	USA	4-7	4:11.1	J.Weldy (42)	USA	4-7
12.4	W.Ambrose (51)	USA	26-6	53.6*	T.Baker (44)	USA	27-3	4:12.5	P.Richardson (41)	USA	4-7
12.4	T.Patsalis (54)	USA	22-5	53.8	H.Nitt (-)	USA	4-7	4:13.8	B.Gay (-)	USA	4-7
12.6	T.Clayton (51)	USA	24-4	53.8	M.Newton (42)	USA	19-6	<u>1500m. Class II</u>			
12.6	J.Alexander (56)	USA	7-8	53.9	V.Parish (42)	USA	4-7	4:14.0	J.Ryan (53)	AUST	26-3
12.6	R.Spencer (53)	USA	23-10	53.9	T.Nasrella (43)	USA	4-7	4:18.6	B.Fitzgerald (51)	USA	4-7
<u>100m. Class III</u>				54.0	S.Cruz (-)	MEX	23-10	4:32.9	R.Anspach (50)	USA	4-7
12.6	Y.Brange (63)	SWE	11-5	54.3	D.Cheek (46)	USA	19-6	4:33.0	A.Bryant (52)	USA	4-7
13.1	C.Dillon (60)	CAN	3-7	54.5	R.Stanfield (-)	USA	4-7	4:40.4	M.Hernandez (54)	USA	16-4
13.2	B.Morales (60)	USA	23-10	54.5	R.Glasgow (41)	USA	19-6	4:41.9	G.Sheehan (57)	USA	7-8
13.3	V.McIntyre (65)	USA	26-6	55.1	F.Palaez (-)	MEX	23-10	4:42.2	G.Zlotnik (51)	USA	4-7
13.3	F.White (63)	USA	7-8	55.2	D.Marquez (-)	MEX	23-10	4:44.1	G.Puterbaugh (51)	USA	26-6
13.4	J.Caruso (66)	USA	26-6	<u>400m. Class II</u>				<u>1500m. Class III</u>			
13.4*	K.Carmine (68)	USA	6-6	53.6	J.Greenwood (50)	USA	4-7	4:58.0	C.Davies (60)	USA	4-7
<u>200m. Class I</u>				54.4*	R.Valentine (52)	USA	3-4	4:59.2	B.Andberg (65)	USA	4-7
22.0	R.Austin (40)	AUST	22-12	56.1	R.Sieben (50)	USA	23-10	5:09.4	M.Jenkinson (67)	AUST	17-4
22.3*	J.Weaver (40)	USA	22-8	56.5	G.Puterbaugh (51)	USA	4-7	5:19.1	R.Isman (61)	TURK	14-3
22.9	J.Rabie (-)	S.AFR.	27-12	56.5	R.Roemer (56)	USA	4-7	5:24.0	S.Madden (68)	USA	26-6
23.1	M.Newton (43)	USA	27-6	57.5*	B.Fitzgerald (51)	USA	2-10	5:05.4*	S.Nichols (64)	AUST	4-10
23.3	H.Bruhner (43)	USA	27-6	57.8	R.Hunt (56)	USA	27-6	5:16.5*	J.Wall (62)	USA	14-3
23.4	V.Parish (42)	USA	-6	58.0*	R.Gordon (58)	USA	11-7	5:19.5*	N.Bright (66)	USA	3-4
23.7	J.Lingel (44)	USA	-6	58.5	T.Clayton (51)	USA	27-6	5:25.1	H.Chapson (73)	USA	26-6
23.8	R.Cozens (40)	USA	7-8	58.6	R.Morcom (55)	USA	10-7	5:31.7	H.Lowell (60)	USA	4-7
23.8	W.Frederickson (45)	USA	27-6	59.2	R.Poet (51)	USA	27-6	5:36.3	S.Mural (-)	USA	16-4
23.9	T.Vick (46)	USA	27-6	<u>400m. Class III</u>							
24.0	P.Knox (42)	USA	23-10	63.4	R.Niblock (62)	USA	4-7				
24.0	F.Palaez (-)	MEX	23-10	63.8	J.Satti (62)	USA	4-7				
24.0	G.Waterman (41)	USA	13-7	64.5*	F.Sjostrand (63)	USA	15-5				
24.2	T.Deatherage (40)	USA	7-8	65.6	K.Carmine (68)	USA	4-7				
24.2*	N.GiaQuinto (45)	USA	16-5								
24.3*	T.Nasrella (43)	USA	20-3								
24.3	J.Parks (42)	USA	16-4								

Continued on Page 8 A

Veterans World Ranking List 1976 (continued) 8

<u>5000m. Class I</u>			<u>High Jump Class I</u>			<u>Triple Jump Class II</u>					
14:21.0	J.Foster(43)	NZ	21-2	5'11	B.Hescock(42)	USA	22-2	38'8 1/4	T.Patsalis(54)	USA	12-6
15:09.6	R.Hatton(44)	USA	24-4	5'10	W.Hutchins(44)	USA	29-2	35'8 1/2	G.Farrell(58)	USA	2-10
15:53.0	P.Piper(47)	AUST	11-4	5'9	T.Langenfeld(-)	USA	4-7	35'7	R.Morcom(55)	USA	27-6
15:59.2*	F.Best(40)	USA	16-5	5'8 1/2	M.Newton(43)	USA	27-12	34'8	J.Alexander(46)	USA	7-8
<u>5000m. Class II</u>				5'8	E.Austin(46)	USA	12-6	34'6 1/4	R.Spencer(53)	USA	23-10
15:57.0	G.McGrath(56)	AUST	-1	5'8	B.Evans(43)	USA	12-6	34'0	D.Brown(53)	USA	23-10
16:07.8*	J.O'neil(51)	USA	10-1	5'7 1/4	B.Billings(46)	USA	22-5	33'8	H.Husen(56)	USA	4-7
16:54.0*	M.Hernandez(53)	USA	15-5	5'7	D.Rose(41)	USA	26-6	33'7	B.Ogle(57)	USA	27-6
17.03	J.Forshee(50)	USA	4-7	5'6	K.Hollingsworth	USA	25-7	33' 1/2	R.Wiggington(50)	USA	20-6
17:33	R.Anspach(50)	USA	4-7	5'5	L.Frankamp(43)	USA	11-12	<u>Triple Jump Class III</u>			
17:44	J.Pennington(53)	AUST	-1	5'4 1/4	R.Fitzhugh(41)	USA	4-7	33'4	H.Schneider(62)	WG	27-6
<u>5000m. Class III</u>				5'4	P.Conley(42)	USA	1-5	33'3 1/4	I.Hume(61)	CAN	7-8
18:04	C.Davies(60)	USA	4-7	5'4	J.Tansley(40)	USA	12-6	31'4 1/4	J.Danski(61)	USA	27-5
18:21	J.Wall(62)	USA	4-7	5'4	H.Simpson(40)	USA	19-6	31'4	F.White(63)	USA	3-7
18:26	S.Nichols(63)	AUST	7-10	5'2 1/4	S.Davison(46)	USA	4-7	30'3 1/2	S.Mural(-)	USA	6-4
18:33	B.Andberg(65)	USA	4-7	5'2 1/4	S.Taylor(41)	USA	4-7	<u>Long Jump Class I</u>			
18:34.2	N.Bright(66)	USA	27-7	5'2	M.Andrews(43)	USA	27-12	21'8 3/4	S.Davison(46)	USA	26-6
19:56.8	M.Jenkinson(67)	AUST	17-4	5'6	S.Varney(47)	USA	16-4	21'1 1/2	D.Jackson(44)	USA	19-6
<u>10,000m. Class I</u>				<u>High Jump Class II</u>				20'2 1/4	S.Talor(41)	USA	3-7
29:40.8	L.Rault(40)	FRA	23-7	5'6 1/2	R.Morcom(55)	USA	27-7	20'1 1/2	M.Andrews(43)	USA	27-12
32:00	R.Hatton(44)	USA	2-7	5'2 1/2	O.Gillett(56)	USA	13-3	20'1 1/2	M.Newton(42)	USA	27-3
32:38	D.Mahaffey(42)	USA	2-7	5'2	J.Greenwood(50)	USA	2-7	19'9	H.Cobb(43)	USA	10-1
33:10.6*	T.Clark(40)	USA	12-6	5'0	B.Ogle(57)	USA	29-5	19'5 1/2	P.Conley(41)	USA	1-5
<u>10,000m. Class II</u>				4'10	J.Vernon(59)	USA	22-5	19'2 3/4	R.Fitzhugh(41)	USA	26-6
33:19.0	T.Orr(52)	AUST	27-3	4'10	D.Brown(53)	USA	9-10	19'2 1/2	P.Schlegal(46)	USA	3-7
33:30	J.O'Neil(51)	USA	2-7	4'10	M.Nunes(51)	USA	26-6	19'2 1/4	T.Nasrella(43)	USA	3-7
34:05	J.Gilmour(56)	AUST	7-1	<u>High Jump Class III</u>				<u>Long Jump Class II</u>			
35:14	R.Anspach(50)	USA	2-7	5' 1/4	I.Hume(61)	CAN	7-8	19'10 1/2	T.Patsalis(54)	USA	12-6
35:56	J.Forshee(50)	USA	2-7	4'8	T.Wilson(61)	USA	26-6	19'9 3/4	R.Morcom(55)	USA	2-4
36:11.4	L.Dreher(55)	USA	11-7	4'8	W.Eipel(63)	USA	16-5	18'4	J.Greenwood(50)	USA	7-8
<u>10,000m. Class III</u>				4'7	G.Braceland(60)	USA	19-1	18' 1/2	J.Alexander(56)	USA	7-8
36:23	C.Davies(60)	USA	2-7	4'6	J.Danski(61)	USA	2-10	17'5 1/2	R.Spencer(53)	USA	23-10
38:38	N.Bright(66)	USA	3-8	4'6	M.Neuhof(60)	USA	16-5	17'0	G.Farrell(58)	USA	2-8
38:43	J.Wall(62)	USA	2-7	4'6	J.Dick(64)	USA	26-6	16'10 1/2	D.Brown(53)	USA	2-10
38:48	B.Andberg(65)	USA	2-7	4'6	S.Thompson(65)	USA	3-7	16'5 1/2	P.Fetter(54)	USA	27-3
<u>3000m Open</u>				4'5 1/2	V.McIntyre(65)	USA	3-7	16'5	J.Vernon(59)	USA	20-3
8:17.4	J.Foster(43)	NZ	31-1	4'5 1/2	B.Morales(60)	USA	23-10	16'3	T.Clayton(51)	USA	25-4
8:52.0	M.Alonso(46)	SPA	14-8	4'4	T.Hatlen(65)	USA	26-6	<u>Long Jump Class III</u>			
9:06.0	A.Taylor(49)	CAN	11-1	4'4	C.Hills(64)	USA	26-6	16'4 1/2	J.Satti(62)	USA	16-4
9:10.2	A.Conradie(-)	S.AFR.	27-12	4'4	H.Schneider(62)	WG	3-7	16' 1/2	H.Schneider(62)	WG	2-7
9:21.0	J.Gilmour(56)	AUST	11-2	4'4	R.Lacey(66)	USA	7-8	15'10 1/2	F.White(63)	USA	2-7
<u>Steeplechase Open</u>				4'4	H.Degroot(60)	USA	2-10	15'8 1/4	B.Morales(60)	USA	23-10
9:50	H.Higdon(45)	USA	27-6	4'3	A.Reiser(70)	WG	26-6	15'0	J.Caruso(61)	USA	19-6
9:53.8	M.Alonso(46)	SPA	23-7	<u>Triple Jump Class I</u>				14'11	J.Danski(61)	USA	29-5
10:15.6	D.Meyer(43)	USA	3-7	47'11 3/4	H.Mandl(40)	AUS	6-6	<u>Discus Throw Class III (1.0Kg)</u>			
10:41.2	J.Conway(42)	USA	3-7	45'1 1/2	A.Andrews(42)	USA	27-6	164'2	K.Maksimezyk(62)	GB	12-6
10:43.0	G.Parnell(46)	USA	20-6	42'10 3/4	D.Jackson(44)	USA	12-6	146'7	J.Thatcher(60)	USA	3-7
<u>Shot Put Class I (16#)</u>				40'10	S.Davison(46)	USA	4-7	144'7	J.Dick(64)	USA	-8
52' 1/2	E.McComas(42)	USA	12-6	39'9 3/4	R.Ruth(48)	CAN	16-8	141'7	K.Carmine(68)	USA	3-7
51'10 1/2	H.Hombrecher(50)	WG	11-7	39'7	P.Conley(42)	USA	1-5	135'1	H.Degroot(60)	USA	3-7
49'11 3/4	P.O'Brien(44)	USA	23-10	37'2	C.Keffner(43)	USA	10-1	133'9	J.Celaya(65)	SPA	12-6
46'8 1/2	H.Smith(41)	USA	12-6	36'9	T.Nasrella(43)	USA	4-7	130'10	E.Archer(63)	USA	3-7
45'6	B.Humphreys(40)	USA	15-5	36'4 1/2	J.Tansley(40)	USA	10-1	130'3	C.McMahon(60)	USA	20-6
45'1	S.Thomson(43)	USA	26-6	<u>Hammer Throw Class I (16#)</u>				127'11	V.Cheedle(66)	USA	27-6
45' 1/2	C.Fraundorfer(44)	USA	26-6	204'10	A.Hall(41)	USA	11-6	122'4	N.Buell(61)	USA	15-5
44'1	G.Ker(53)	USA	3-4	177'3	B.Backus(49)	USA	3-4	<u>Marathon Class I</u>			
43' 1/4	C.Yapur(-)	MEX	23-10	168'6	S.Thomson(43)	USA	27-6	2:17:54	J.Foster(44)	HZ	31-7
42'4	F.Simon(-)	USA	19-6	156'3	G.Bobell(40)	USA	4-7	2:20:51	E.Austin(41)	GB	15-8
42'2 3/4	G.Scott(42)	USA	7-8	143'10	R.Vasquez(-)	USA	23-10	2:25:37	P.Hampton(-)	GB	15-8
41'9 1/2	G.Bobell(40)	USA	4-7	<u>Hammer Throw Class II (16#)</u>				2:27:56	W.Wetzel(-)	WG	15-8
				177'10	B.Backus(50)	USA	11-7	2:28:00	T.Clark(40)	USA	1-5
				135'9	F.Fragozo(-)	MEX	23-10	2:28:33	A.Wood(43)	GB	15-8
				133'2	J.Pavelich(51)	CAN	4-7	2:29:33	J.Steed(-)	GB	15-8
								2:29:52	R.Thomas(40)	USA	28-2

continued on 8b

Veterans World Ranking List 1976 cont. (continued)

41'8 1/2 G.Waterman(41)	USA	2-10	132'2 A.Miettinen(63)	FIN	26-9	2:30:28 P.Vanalphen(-)	HOL	15-8
41'8 1/4 L.Olsen(44)	USA	16-5	125'1 D.Aldrich(58)	USA	16-4	2:30:31 S.Nikula(41)	FIN	15-8
41'6 A.Coetzee(-)	S.AFR.	27-12	114'2 N.Heard(58)	USA	27-6	2:31:46 A.Walsham(46)	GB	15-8
41'5 O.Fierro(-)	MEX	23-10				2:32:08 R.Jansen(-)	HOL	15-8
40' 1/4 H.Hawke(47)	USA	2-10				2:32:52 W.Vergison(-)	BEL	15-8
<u>Shot Put Class II (12#)</u>			<u>Hammer Throw Class III (12#)</u>			2:32:58 R.Sattler(-)	CZE	15-8
49' 1/4 G.Ker(53)	USA	23-10	157'10 A.Miettinen(63)	FIN	12-9	2:33:20 P.Raidey(-)	GB	15-8
46'9 J.Pavelich(51)	CAN	4-7	151'0 J.Fraser(61)	GB	17-4	2:33:46 R.Franklin(48)	GB	15-8
43'9 C.Beadry(57)	USA	7-8	125'11 N.Hawke(65)	NZ	13-6			
42'10 3/4 N.Heard(58)	USA	26-6	123'2 T.Montgomery(61)	USA	27-6	<u>Marathon Class II</u>		
			120'4 N.Fowler(62)	USA	4-7	2:31:30 E.Ostbye(52)	SWE	8-4
<u>Shot Put Class III (#8)</u>			119'10 J.Celaya(65)	SPA	12-6	2:34:35 G.McGrath(56)	AUST	17-7
49'6 1/2 J.Thatcher(60)	USA	23-10	113'9 A.Reiser(70)	WG	27-6	2:40:02 A.Ratelle(52)	USA	23-10
48'1 3/4 T.Montgomery(61)	USA	26-6	112'5 R.Hubbell(67)	USA	12-6	2:41:02 K.Hernelind(50)	SWE	15-8
48'1 3/4 H.Degroot(60)	USA	4-7	111'9 P.Goic(81)	YUG	6-6	2:41:09 E.Almeida(53)	USA	8-2
47'3 1/2 H.Schneider(62)	WG	4-7	<u>Javelin Throw Class I (800g)</u>			2:44:38 J.O'Neil(51)	USA	15-8
44'3 1/2 J.York(63)	USA	14-8	248'6 C.Kulcsar(42)	HUN	9-10	2:46:37 D.Lee(-)	GB	15-8
43'9 1/2 V.Cheedle(66)	USA	26-6	216'11 P.Conley(41)	USA	1-5	2:48:27 T.Wood(-)	GB	15-8
42'1 G.Hanson(61)	USA	24-1	194'6 S.Letcher(44)	USA	19-6	2:49:08 K.Ekstron(-)	SWE	15-8
40'9 S.Herrmann(72)	USA	13-3	175'4 R.Darling(40)	USA	2-7	2:50:24 F.Feiaud(-)	FRA	15-8
40'9 B.Macconaghy(68)	USA	4-7	164'11 R.Flaherty(44)	USA	2-7	<u>Marathon Class III</u>		
40'7 1/2 R.Doms(69)	USA	25-4	162'8 D.Rose(41)	USA	2-7	3:01:45 G.Porteous(62)	GB	15-8
			159'5 J.Tansley(40)	USA	10-1	3:03:20 H.Michon(-)	FRA	15-8
<u>Discus Throw Class I (2.0Kg)</u>			157'9 C.Keffler(43)	USA	12-6	3:17:55 T.Jensen(69)	SWE	15-8
179'2 B.Humphreys(40)	USA	11-7	156'11 R.Youngs(42)	USA	16-5			
159'4 E.McComas(42)	USA	12-6	156'10 H.Hawke(46)	USA	19-6	<u>Marathon Class IIII</u>		
158'11 K.Jouppila(55)	FIN	7-8	153'7 H.Wallace(48)	USA	26-6	3:08:45 E.Nordin(70)	SWE	15-8
155'8 P.O.'Brien(44)	USA	23-10	152'9 C.Fajer(-)	USA	23-10	3:15:45 M.Montgomery(70)	USA	17-10
154'0 S.Thomson(43)	USA	27-6	150'7 R.Staub(47)	USA	2-10	3:48:58 W.Leach(-)	GB	15-8
142'10 Seitzinger(-)	USA	19-6	<u>Javelin Throw Class II (800g)</u>			4:07:53 G.Vang(74)	NOR	15-8
136'4 O.Fierro(-)	MEX	23-10	161'5 B.Morales(59)	USA	1-5	4:49:49 S.Nakayama(-)	JAP	15-8
134'7 C.Fraundorfer(44)	USA	27-6	160'1 P.Fetter(55)	USA	12-6	5:21:05 A.Nuechel(80)	WG	15-8
130'4 H.Hawke(48)	USA	27-6	146'0 D.Aldrich(58)	USA	29-5			
			142'0 H.Hunter(53)	USA	15-5	<u>110m hurdles Open</u>		
<u>Discus Throw Class II (1.6Kg)</u>			134'1 J.Kilbuck(55)	USA	4-7	14.8 H.Mandl(40)	AUS	6-6
160'0 F.Gordien(53)	USA	27-6	127'0 R.Morcom(55)	USA	19-6	15.6 D.Jackson(44)	USA	20-6
145'10 J.Pavelich(51)	CAN	3-7	<u>Javelin Throw Class III (800g)</u>			15.9 M.Andrews(42)	USA	27112
140'6 G.Ker(53)	USA	27-6	164'9 B.Morales(60)	USA	27-12	16.2 G.Roldan(-)	MEX	23-10
139'8 D.Aldrich(57)	USA	25-4	131'0 H.Degroot(60)	USA	12-6	16.2 V.Parish(43)	USA	23-10
126'10 Kintish(-)	USA	16-5	130'9 C.McMahon(60)	USA	10-4	16.4 J.Greenwood(50)	USA	6-6
124'7 L.Olsen(44)	USA	16-5	117'4 P.Partridge(60)	USA	2-5	17.1 T.Butterfield(40)	USA	19-6
123'5 C.Beaudry(57)	USA	7-8	115'3 B.Macconaghy(68)	USA	2-10	17.4 J.Tansley(41)	USA	23-10
120'8 N.Heard(58)	USA	27-6				17.5 B.Adler(43)	USA	23-10
						18.1 L.Trout(41)	USA	16-5
<u>400m hurdles Open</u>			<u>Pole Vault Open</u>			<u>Wind aided marks</u>		
55.5 J.Dixon(44)	GB	13-6	13'6 1/2 R.Morcom(55)	USA	3-4	<u>locom</u>		
62.2 V.Parish(42)	USA	4-7	12'0 C.Keffler(43)	USA	2-10	11.1* G.Waterman(41)	USA	27-3
62.3 R.Stanfield(-)	USA	4-7	12'0 J.Donley(41)	USA	16-4	11.2* M.Newton(42)	USA	27-3
62.4 M.Andrews(42)	USA	4-7	11'6 J.Vernon(59)	USA	1-5	11.4* T.Vick(46)	USA	27-3
62.4 A.Sheahen(44)	USA	4-7	11'6 C.Cota(40)	USA	29-5	11.4* B.Bedford(44)	USA	27-3
58.1(33") J.Greenwood(50)	USA	4-7	11'6 D.Telliano(43)	USA	25-4	11.6* T.Nasrella(42)	USA	27-3
			11'6 D.French(46)	USA	13-3	11.6* J.Parks(41)	USA	27-3
			11'6 G.Dumas(41)	USA	4-7	12.0* T.Patsalis(54)	USA	12-6
			11'4 M.Wong(-)	MEX	23-10	12.0 R.Cooper(52)	USA	-6
			11'0 H.Wallace(48)	USA	4-7	12.6* R.Hunt(56)	USA	12-6
			11'0 D.Brown(53)	USA	2-10	13.4 J.Satti(62)	USA	16-4
			11'0 D.Dittmar(44)	USA	12-6			
			11'0 R.Darling(40)	USA	4-7	<u>200m</u>		
			11'0 R.Fitzhugh(41)	USA	27-6	22.9* M.Newton(42)	USA	19-5
			10'9 D.Grosh(51)	USA	4-7			
			10'6 J.Tansley(41)	USA	12-6	<u>long jump</u>		
			10'6 O.Gillett(56)	USA	27-6	20'3 1/2 T.Patsalis(54)	USA	26-6
			10'6 G.Davis(-)	USA	1-5	16'9 R.Johnson(53)	USA	26-6
			10'6 A.Morris(-)	USA	4-7	16'8 1/2 J.Vernon(59)	USA	26-6
			10'6 H.Hawke(46)	USA	20-6	16'4 1/2 H.Schneider(62)	USA	26-6
			10'0 J.Blakesley(45)	USA	12-6			
			10'0 T.Ensslin(48)	USA	1-5			
			10'0 T.DeVaughn(53)	USA	20-3			
			10'0 A.Brenda(47)	USA	20-6			
			9'7 R.Macconaghy(68)	USA	12-6			
			9'6 S.Thompson(65)	USA	17-7			

On the other hand -- how does your today's record compare with yesterday, or last month, or last year? There may be only one world champion at a given moment, but you can be your own champion for a lifetime. -- HP

ATHLETICS

SATURDAY -- 5th Annual Australian Veterans' Championship -- At Perry Lakes Stadium -- FIRST DAY -- Winners only -- 1A (40-44) -- 100m: D. Scott (WA) 11.8 400m: D. Carr (WA) 55.8. 1500m: E Maslen (WA) 4:15.0. 5000m: R. Morgan-Morris (V) 15.55.4 100 hurdles: L. Deller (V) 5000m walk: K. Hall (V) 25.39.4 18.7. Pole vault: E. Maslen (WA) 2.76m, on a count-back from L. Deller (V). Long Jump: D. Scott (WA) 5.94m. Shot put: T. Hancock (V) 11.07m Javelin throw: T. Hancock (V) 52.07m (Australian age record). 1B (45-49) -- 100m: L. Snelling (SA) 11.7. 400m: L. Snelling (SA) 54.3. 1500m: R. Shand (WA) 4.34.0 5000m: A. Briffa (WA) 17.42.0. 110m: hurdles: A. Cumming (WA) 22.4. 5000m walk: D. Waters (WA) 28.29.0. Pole vault: P. Leane (V) 2.82m. Long jump: P. Leane (V) 5.74m (Australian age record). Shot put: P. Leane (V) 11.43m. Javelin throw: P. Leane (V) 52.70 (Australian age record). 2A (50-54) -- 100m: R. Hochreiter (V) 12.5. 400m: R. Clarke (SA) 57.9. 1500m: W. Sheperd (V) 4.42.0. 5000m: C. Junner (WA) 17.53.0. 110m hurdles: D. Jones (WA) 22.5 Long Jump: D. Frawley (Q) 5.22m. Shot put: A. Pavulins (V) 13.78. Javelin throw: D. Frawley (Q) 48.24m 2B (55-59) -- 100m: N. Goff (WA) 13.2. 400m: R. Payne (NSW) 1.02.0. 1500m: J. Gilmour (WA) 4.31.5. 5000m: J. Gilmour (WA) 17.10.4. 110m hurdles: N. Goff (WA) 19.1. Long jump: N. Goff (WA) 4.82m. Shot put: N. Goff (WA) 12.0m. Javelin throw: N Goff (WA) 25.96m. 3A (60-64) -- 100m: A. Lampard (SA) 14.2. 400m: J. Stevens (V) 1.03.3. 1500m: J. Stevens (V) 5.17.8 5000m: C. Bould (WA) 20.10.0, 110m: hurdles: A. Lampard (SA) 20.4. 500m walk: S. McGonchle (V) 32.49.0. Pole vault: A. Lampard (SA) 1.86m. Long Jump A. Lampard (SA) 4.50m. Shot put: J. Fraser (V) 12.87m. Javelin throw: J. Fraser (V) 28.24m. 3B (65-69) -- 500m H. Batterham (NSW) 20.50.0 5000m T. Daintry (V) 28.24.0. Shot put: W. Tunaley (V) 8.15m. Javelin throw: J. Collins (WA) 16.14m. 4B (70 and over) -- 100m: G. Simpson (V) 15.2. 1500m: P. Barnes (SA) 7.06.0. 5000m: R. Barlow (V) 22.24.0. 110m hurdles: G. Simpson (V) 26.0. Long jump: G. Simpson (V) 3.80m. Shot put: P. Barnes (SA) 8.44m. Javelin throw: P. Barnes (SA) 23.98m. WOMEN (30 and over) -- 100m: K. Holland (WA) 12.5. 1500m: C. McKerr (V) 5.33.0. 5000m: C. McKerr (V) 22.26.0 5000m walk: B. Newman (V) 32.33.0. Long jump: K. Holland (WA) 5.19m.

SUNDAY -- Winners only. 1A (40-44) -- 200m: D. Carr (WA) 25.4. 800m: G. Wise (V) 2.01.7. 10,000m: R. Morgan-Morris (V) 33.03.6. 3000m steeplechase: E. Maslen (WA) 10.18.8. High jump: T. Hancock (V) 1.57m. Triple jump: T. Hancock (V) 11.59m. Discus throw: T. Hancock (V) 32.46m. Hammer throw: A. Tahmindjis (NSW) 45.42m. 3000m walk: K. Hall (V) 14.46.2. 400m hurdles: L. Deller (V) 1.06.2. 1B (45-49) -- 200m: L. Snelling (SA) 24.6. 800m: R. Shand (WA) 2.13.6. 10,000m: A. Briffa (WA) 37.17.0. 440m hurdles: A. Cummings (WA) 1.19.4. 3000m steeplechase: A. Sara (SA) 12.46.0. High jump: P. Leane (V) 1.57m. Triple jump: J. Soutar (NSW) 10.54m. Discus throw: P. Leane (V) 35.94m. Hammer throw: C. Murraylee (V) 39.26m. 3000m walk: D. Waters (WA) 16.41.0.

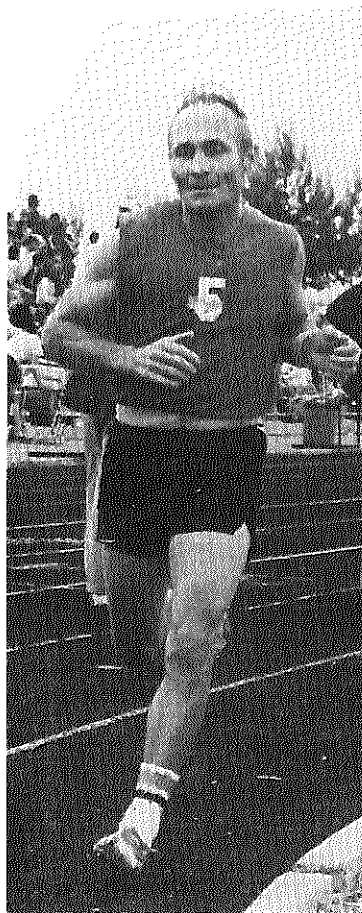
2A (50-54) -- 200m: R. Hochreiter (V) 26.2. 800m: R. Clarke (SA) 2.15.3. 10,000m: C. Junner (WA) 37.17.6. 400m hurdles: D.

Jones (WA) 1.11.2. 1500m steeplechase: A. Merrett (WA) 5.27.6 High jump: R. Hochreiter 1.42m. Triplse jump: R. Hochreiter (V) 11.05m. Discus throw: D. Frawley (Q) 38.4m. Hammer throw: D. Frawley (Q) 41.32m. 3000m walk: C. Baker (WA) 20.36.0. 2B (55-59) -- 200m: N. Goff (WA) 28.2. 800m: J. Gilmour (WA) 2.22.2. 10,000m: J. Gilmour (WA) 34.58.6. 400m hurdles: R. Payne (NSW) 1.13.7. High jump: N. Goff (WA) 1.42m. Triple jump: N. Goff (WA) 10.76m. Discus throw: N. Goff (WA) 22.86m. Hammer throw: N. Goff (WA) 24.16m.

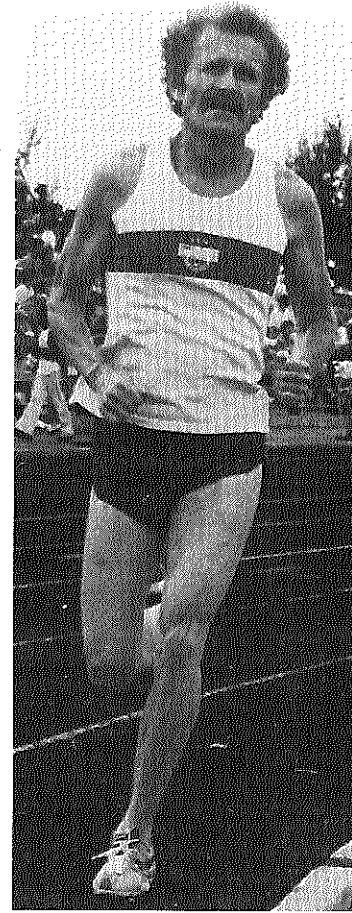
3A (60-64) -- 200m: A. Lampard (SA) 29.8. 800m: J. Stevens (V) 2.28.3. 10,000m: C. Bould (WA) 41.56.0. 400m hurdles: A. Lampard (SA) 1.16.6. High jump A. Lampard (SA) 1.30m. Triple jump: A. Lampard (SA) 9.40m. Discus throw: J. Fraser (V) 42.70m (Australian age record) Hammer throw: J. Fraser (V) 43.30m. 3000m walk: S. McConchie (V) 18.48.0 3B (65-69) -- 10,000m.: H. Batterham (V) 42.40.0. Discus throw: W. Tunaley (V) 22.36m. Hammer throw: W. Tunaley (V) 27.70m. (Australian age best). 3000m walk: T. Daintry (V) 15.48.0.

4 (70 and over) -- 200m: G Simpson (V) 34.1. 800m: T. Millard (NSW) 3.37.9. 10,000m: J Shepherd (WA) 54.07.0. 400m hurdles: G. Simpson (V) 1.35.8. Triple jump: G. Simpson (V) 8.06m. Discus throw: P. Barnes (SA) 25.76m (Aust. age record). Hammer throw: P. Barnes (SA) 24.68m.

WOMEN (30 and over) -- 200m. K. Holland (WA) 26.6.-800m: K. Holl19and (WA) 2.35.4. 10,000m: C. McKerr (V) 48.18.0. 3,000m. walk: B. Newma,n (V) 18.36.0. Discus throw: K. Holland (WA) 26.26m.



AVERY BRYANT



TOM STURAK

Continued from Page 7

Brennand didn't complain when he saw the bill -- \$85 for the entire hospital stay, including all fees for the surgical repair of his leg.

"Italy was definitely the highlight for all the Americans who made the trip," said Brennand. The Five Mills Run is the big event of the year in San Vittore Olona, a small city near Milan. A select international field, including Filbert Bayi, the world record holder at 1,500 meters, was invited to last Sunday's race on a course that was laid out to pass through two farm houses.

Three Ethiopians, led by Mohammed Johannes, hounded Tanzania's Bayi in the six mile race and shunted him to fourth place. Gary Tuttle of Ventura was the top American, finishing ninth.

Thom Hunt, who was 13th in Italy, was the star of the trip for the U.S. The 19-year-old University of Arizona freshman earlier won the junior race at the International Championships in Dusseldorf.

"Hunt's going to go far," predicted Brennand. "He's a nice, mature kid who isn't near his ultimate. He's still training lightly, while Eric Hulst (last year's junior champion) has been doing killer workouts for years." The American juniors won the team championship at Dusseldorf, while the "varsity" men placed 12th out of 20 countries and the women were second to the Soviets.

Brennand said he was impressed by the organization of the meet in Dusseldorf, which will host the first semblance of world track and field championships, the World Cup, in September. And he was astonished by a lavish dinner held for officials before the race.

"I was embarrassed to go to it," said Brennand, a modest sort of person who was quoted in Sports Illustrated about the banquet. He described an official who went back to the buffet table for thirds, saying, "I have qualified for the final."

Before Brennand went for a run in Italy, it was quite a story.

MRS COOPER SPEAKS OUT

Mildred "Millie" Cooper of Dallas, wife of Aerobics author Dr. Kenneth Cooper, had the following things to say during a one-hour TV program in January in which she and her husband were interviewed:

A major problem in our country is a lack of self-discipline, I think. It's true in our children, it's certainly true in the adults -- the fact that we don't have the self-discipline to keep ourselves physically fit. There are people who smoke excessively, and more and more people are overweight. The aerobics program is completely free. You don't have to buy a book to get started, you don't have to have any special equipment, but you do need self-discipline. . . . I have the opportunity to speak in junior high, grade schools and high schools. I try to tell the kids that you can do exactly what you want with your body. You can abuse it all you want, but daddy can't buy you another one. There's just one to a customer and you're responsible for what you do. . . . It depresses me when I have to get up early in the morning. But when I meet the

girls that I run with and we go out at 5:45 every morning and run three to four miles, I find that I come back feeling so much better. I'm less tense. Really, It's why I run. The problems that I may have that day are still there but I feel ready to meet them.

. . . Men do not have a monopoly on the risk factors as far as heart disease is concerned. Several studies show that more and more women under 40 years of age are being bothered with cardiovascular problems. They're eating more, they're smoking more, and they're taking on the stress roles that men have had in the past.

But I really believe the public is responding (to the need for an exercise program). We've received thousands and thousands of letters since 1968 and there's a silent majority out there who are becoming motivated. Look at the increased sales of bicycles. Look at the people jogging now . . . Most busy people will take the time to practice preventive medicine and I think you can see that -- by what's happening at the executive level . . . One of the best motivators is money, and here's a tangible benefit. Ken has had a unique opportunity in speaking to insurance companies, trying to get them to lower the premium for people who keep themselves physically fit.

(Dr. Cooper interjects: We've already got a policy that's been approved by the Texas State Insurance Commission -- haven't got the details worked out yet, but it's been approved in concept.)

. . . Of course, you can't store physical fitness, and regularity is the key to a good exercise program. I had a young dentist's wife say to me one time, "Mrs. Cooper, do you seriously mean to say you expect me to exercise four or five times a week for the rest of my life?"

And I said, "You're going to brush your teeth every day for the rest of your life, because we've been brainwashed (on that subject). And this is good. Perhaps it'll save your teeth. But we haven't yet been brainwashed that being physically active each day is important. You can live without your teeth, but you can't without a good heart."

Potomac Valley Association of
the Amateur Athletic Union
of the United States



AL OERTER WORLD RECORD FOR AGE 40
by over 18 feet

Continued from Page 6

Peters, Robert L.	53	4' 9-1/2"	<u>DIVISION IIA</u> Marr, Freeman C.	52	24'9-1/4"	<u>DIVISION IIIB</u> Partridge, Philip H.	66	25'1"
<u>DIVISION IIB</u>						Vesco, Arthur E.	65	24'5"
Morcom, Richmond	55	5'3"	<u>DIVISION IIB</u>			Pike, Warren M.	66	18'6-1/2"
Johannesmeyer, Charles	59	4'5-1/2"	Morcom, Richmond	55	35'3-3/4"			
Pickl, Max	59	4'5-1/2"	Shy, Joe J.	55	28'9-1/2"	<u>DIVISION IV</u>		
<u>DIVISION IIIA</u>			Pickl, Max	59	28'4-3/4"	Wright, Curtis	70	15'3-1/2"
Braceland, George H.	63	4'4-1/2"	<u>DIVISION IIIA</u>			Brosz, Acaibert	70	13'6-3/4"
Eipel, William	63	4'4-1/2"	Hills, Claude H.	64	29'6-3/4"	56 LB WT		
Hills, Claude H.	64	4'2-1/2"	Braceland, George H.	63	29'3-1/4"	<u>DIVISION IA</u>		
<u>DIVISION IIIB</u>						Pope, T. Arnold	44	26'8-1/2"
Lacey, Richard L.	66	4' 5-1/2"	<u>DIVISION IIIB</u>					
Ward, Wesley	67	4' 0-1/2"	Ward, Wesley	67	26'11"	<u>DIVISION IB</u>		
Pike, Warren M.	66	4' 0-1/2"	Borho, W. Sherman	66	22'9-3/4"	Brackney, William A.	48	28' 0"
			Vesco, Arthur E.	65	22'0-1/2"	Olson, Len	45	24'11"
<u>DIVISION IV</u>						Fraundorfer, J. Carlos	45	24' 9-3/4"
Brosz, Acaibert	70	3' 6-1/2"	<u>DIVISION IV</u>					
			Brosz, Acaibert	70	18'11-1/2"	<u>DIVISION IIA</u>		
LONG JUMP						Backus, Bob	50	43'0-1/2"
<u>DIVISION IA</u>			<u>SHOT PUT</u>			Peters, Robert L.	53	16'4-1/2"
Conley, Phil	42	18'6"	<u>DIVISION IA -- 16LB.</u>					
Porter, Buzz	40	18'4"	Conley, Phil	42	34' 1"	<u>DIVISION IIIA</u>		
Butterfield, Thomas F.	40	17'7"	Cook, Dilworth	44	31'6-1/4"	Fowler, Nolan	63	23'6-1/4"
			Hamilton, Rusty	40	27'11"			
<u>DIVISION IB</u>			<u>DIVISION IB -- 16LB.</u>			<u>DIVISION IIIB</u>		
Mulkey, Phil	45	17'9"	Fraundorfer, J. Carlos	45	45'5-3/4"	Vesco, Arthur E.	65	14'3-1/2"
Kendrick, John A.	45	17'3"	Olson, Len	45	43'0"	Partridge, Philip H.	66	14'1-1/2"
Schuler, Edmund	49	16'4-1/2"	Mulkey, Phil	45	42'5-1/2"	Pike, Warren M.	66	9'7"
<u>DIVISION IIA</u>			<u>DIVISION IIA -- 12LB.</u>			<u>DIVISION IV</u>		
Reeder, Robert B.	50	16'11-1/2"	Bowman, Tom	52	41'6-1/2"	Brosz, Acaibert	70	7'11-1/2"
Bowman, Tom	52	15'7-1/2"	Ulam, John B.	52	40'3"			
Valentine, Rudy	53	15'6-1/2"	Simmons, Floyd	53	38'1"	<u>DISCUS</u>		
<u>DIVISION IIB</u>			<u>DIVISION IIB -- 12LB.</u>			<u>DIVISION IA -- 2K</u>		
Morcom, Richmond	55	18' 5"	Getter, Fred A.	57	41'11"	Orter, Al	40	196'11"
Pickl, Max	59	14'11"	Parsons, Harold E.	58	32'0-1/4"	Conley, Phil	42	108' 6"
Martin, Joseph E.	55	14'10"	Pickl, Max	59	28' 8"	Trout, Leon N.	42	101' 5"
<u>DIVISION IIIA</u>			<u>DIVISION IIIA -- 8LB.</u>			<u>DIVISION IB -- 2K</u>		
Braceland, George H.	63	14'0-1/2"	Dietz, Hollis	60	45'5"	Olson, Len	45	130' 5"
Hills, Claude H.	64	13'11-1/2"	Braceland, George H.	63	37'8"	Fraundorfer, J. Carlos	45	130' 4"
Sorlien, Robert P.	60	13'9-1/2"	Eipel, William	63	36'9"	Mulkey, Phil	45	117'11"
<u>DIVISION IIIB</u>			<u>DIVISION IIIB -- 8LB.</u>			<u>DIVISION IIA -- 1.6K</u>		
Graf, Orrin A.	67	12'11"	Vesco, Arthur E.	65	34'11-3/4"	Bowman, Tom	52	115'3"
Ward, Wesley	67	12'4"	Borho, W. Sherman	66	32' 2-1/4"	Simmons, Floyd	53	106'8"
Borho, W. Sherman	66	12'3-1/2"	Ward, Wesley	67	31' 4-3/4"	Peters, Robert L.	53	104'2"
<u>DIVISION IV</u>			<u>DIVISION IV -- 8LB.</u>			<u>DIVISION IIB -- 1.6K</u>		
Boas, Konrad J.	73	10'3"	Brosz, Acaibert	70	29'0-1/2"	Getter, Fred A.	57	107'5"
Brosz, Acaibert	70	10'1'1/2"	Wright, Curtis	70	23'11-3/4"	Johannesmeyer, Charles	59	98'8"
Wright, Curtis	70	10'0-1/2"				Parsons, Harold E.	58	97'3"
TRIPLE JUMP			35 LB WT			<u>DIVISION IIIA -- 1K</u>		
<u>DIVISION IA</u>			<u>DIVISION IA</u>			Eipel, William	63	110'11"
Conley, Phil	42	38'9"	Pope, T. Arnold	44	40'0-1/2"	Dietz, Hollis	60	106' 1"
Butterfield, Thomas F.	40	37'5-3/4"	<u>DIVISION IB</u>			Braceland, George H.	63	102' 0"
Porter, Buzz	40	37'4-3/4"	Brackney, William A.	48	41'4"	<u>DIVISION IIIB -- 1K</u>		
<u>DIVISION IB</u>			Olson, Len	45	39'9"	Borho, W. Sherman	66	98' 5"
Mulkey, Phil	45	39'5-1/2"	Fraundorfer, J. Carlos	45	36'2"	Partridge, Philip H.	66	95' 2"
Schuler, Edmund	49	31'10"	<u>DIVISION IIA</u>			Vesco, Arthur E.	65	86' 9"
			Backus, Bob	50	59'2"	<u>DIVISION IV -- 1K</u>		
			Peters, Robert L.	53	22'6-1/2"	Brosz, Acaibert	70	71'1"
<u>DIVISION IIIA</u>								
Fowler, Nolan	63	33'11"						

Continued on Page 12

JAVELIN	AGE	DISTANCE	DIVISION IB	AGE	DISTANCE	DIVISION IIB	AGE	POINTS
DIVISION IA -- 800GM.			Olson, Len	45	120'9"	Vesco, Arthur E.	65	1549
Conley, Phil	42	201'4"	Brackney, William A.	48	118'0"	Pike, Warren M.	66	979
Gilmore, John H.	42	154'0"	Fraundorfer, J. Carlos	45	108'3"			
Hamilton, Rusty	40	135'0"				DIVISION IV		
			DIVISION IIA -- 16LB.			Brosz, Acaibert	70	775
DIVISION IB -- 800GM.			Backus, Bob	50	181'3"	Boas, Konrad J.	73	681
Mulkey, Phil	45	159'7"				PENTATHLON		
Olson, Len	45	152'8"	DIVISION IIB -- 16LB.			DIVISION IA		
Carstensen, Pay	45	116'9"	Parsons, Harold E.	58	69'2"	Conley, Phil	42	2514
						Trout, Leon N.	42	2504
DIVISION IIA -- 800GM.			DIVISION IIIA -- 12LB.			Gilmore, John H.	42	2309
Simmons, Floyd	53	132' 8"	Fowler, Nolan	63	134'4-1/2"			
Bowman, Tom	52	131' 4"				DIVISION IB		
Ulam, John B.	52	127' 0"	DIVISION IIIB -- 12LB.			Coghill, Henry G.	45	1656
			Vesco, Arthur E.	65	92'10-1/2"			
DIVISION IIB -- 800GM.			Partridge, Philip H.	66	74'3"			
Getter, Fred A.	57	147' 8"	Pike, Warren M.	66	60'11"	DIVISION IIA		
Johannesmeyer, Charles	59	139' 7"				Bowman, Tom	52	2397
Hutchinson, Jon	55	102' 0"	DIVISION IV -- 12LB.			Hemphill, Dixon F.	52	1870
			Brosz, Acaibert	70	49'0"	Harris, Don S.	54	1448
DIVISION IIIA -- 600GM.								
Eipel, William	63	109'1"	WT PENTATHLON			DIVISION IIB		
Braceland, George H.	63	105'3"	DIVISION IB	AGE	POINTS	Morcom, Richmond	55	2733
Hills, Claude H.	64	96'5"	Olson, Len	45	2996	Johannesmeyer, Charles	59	2265
			Fraundorfer, J. Carlos	45	2857	Hutchinson, Jon	55	2217
DIVISION IIIB -- 600GM.			Carstensen, Pay	45	1767			
Partridge, Philip H.	66	109'1"				DIVISION IIIA		
Vesco, Arthur E.	65	83'7"	DIVISION IIA			Hills, Claude H.	64	2345
Boal, Robert S.	65	73'3"	Ulam, John B.	52	1689	Adams, Victor E.	64	1179
DIVISION IV -- 600GM.			DIVISION IIB			DIVISION IIIB		
Brosz, Acaibert	70	63' 7"	Parsons, Harold E.	58	1659	Boal, Robert S.	65	1644
						Pike, Warren M.	66	1220
HAMMER			DIVISION IIIA			Vesco, Arthur E.	65	1215
DIVISION IA			Dietz, Hollis	60	2143			
Pope, T. Arnold	44	74'11"	Braceland, George H.	63	1705	DIVISION IV		
						Brosz, Acaibert	70	1403

WESTERN PROVINCE MASTERS, CAPE TOWN,
SOUTH AFRICA
March 7 & 8, 1977

USMTT Host with the Most, Leo Benning forwards the following results on the championships held at the Green Point Stadium... plus the news that Harry Andrews (74) has recovered but was not able to run in the meet. So glad to know you are better, Harry!

Monday, March 7th

100m: 1, J Howes (UCT) 12,6; 2, L Benning (CH) 12,6; 3, D Elliot (CH) 14,5; 4, D Harding (CH) 14,6; 5, F Horan (UCT) 15,0; 6, P Beighton (UCT) 15,1.
400m: 1, J Howes (UCT) 56,5; 2, F Horan (UCT) 70,6; 3, A Fairhurst (SH) 71,8.
1,500m: 1, P O'Brien (CH) 4:27,0; 2, R Truter (Calvinia) 4:27,2; 3, L Benning (CH) 4:46,0; 4, D Harding (CH) 4:59,8; 5, Fairhurst (SH) 5:12,9; 6, R Smart (CH) 5:16,2.
5,000m walk: 1, D Brown (Pine) 27:28,4; 2, A Monkton (SH) 28:45,0; 3, J Armstead (SH) 28:55,2; 4, C Johnstone (SH) 29:11,0.
Javelin: 1, A Coetzee (Def) 35,48 m; 2, D Brown (Pine) 32,37 m; 3, L Benning (CH) 32,37 m.
High Jump: 1, L Benning (CH) 1,56 m.
Hammer throw: 1, A Coetzee (Def) 35,22 m.

Tuesday, March 8th

200m: 1, J Howes (UCT) 25,5; 2, L Benning (CH) 25,8; 3, D Brown (Pine) 26,8; 4, F Horan (UCT) 31,1; 5, P Beighton (UCT) 31,9; 6, A Fairhurst (SH) 33,0.
800m: 1, J Howes (UCT) 2:06,0; 2, R Truter (Calvinia) 2:12,2; 3, A Fairhurst (SH) 2:35,0; 4, F Horan (UCT) 2:45,2; 5, P Beighton (UCT) 2:47,8.

5,000m: 1, P O'Brien (Pine) 16:29,6; 2, R Truter (Calvinia) 17:27,0; 3, L Benning (CH) 17:40,0; 4, J Theron (US) 17:40,0; 5, A Fairhurst (SH) 18:26,9; 6, R Smart (CH) 18:27,8.
Shot-put: A Coetzee (Def) 11,50 m; 2, L Benning (CH) 7,23 m; 3, R King (Pine) 7,01 m.
Discus Throw: 1, A Coetzee (Def) 33,22 m; 2, L Benning (CH) 23,14 m.
Long Jump: 1, L Benning (CH) 5,18 m.

C.C. Savage describes the highlight of the first day with "Pat O'Brien, a 45-year-old Celtic Harrier, raced home to a thrilling win in the 1500 m, beating the 48-year-old Running Doctor from Calvinia, Robbie Truter, by one metre in 4 min 27 sec. . . . From the start it was a battle between these two runners, who more than 20 years ago both represented WP in middle distance races."

Newsman Savage continues to dramatize the second day of the meet with "John Howes, the running professor from UCT, stormed home to two impressive wins in the 200 m and 800 m. . . . In the 200 m he was pushed all the way by Leo Benning and clocked 25.5 seconds, with Benning only one metre behind in second place. The 800 m was Howes lead from start to finish and win easily in 2:06,0."

NOW HEAR THIS !!!

Sports Travel International Ltd., a partnership of David and Helen Pain, was established in 1973 in actuality (although operating in principle prior to 1970) to provide the best in travel arrangements for the members of the Masters Track and Field program.

From the kitchen table in our La Jolla home to our present office in Ocean Beach (San Diego) we have dedicated ourselves to the promotion of Masters Track and Field and to obtaining the most economical means of travel to and from all major domestic and international meets.

As the results of our stimulation and efforts, first national meets were held in England, throughout Europe, Australia, and Canada, and the USMTT has attended through the services of Sports Travel International. South Africa, New Zealand, Fiji, Mexico and other wonderful countries have been the sites for our efforts.

As in all other forms of business, once some one comes up with an idea, there are many others who "want to get in on the act." Our trip to Sweden this summer is an example of this. When Sports Travel began plans to give you the lowest airfare possible to enjoy the World Masters Track and Field Championships in Gothenburg -- along with the options of East and West Coast departures, plus long and short trips, we based our program on the belief that you knew and cared that... at our own expense we had

- 1) travelled to Gothenburg, Sweden in May '76 to secure your best hotel reservations. Yes, we were the first there.
- 2) travelled to Coventry, England, in August '76 to represent your interests at the Masters Summit Conference.
- 3) negotiated air reservations to the best of our ability to provide you with the lowest possible fares for your individual needs.

Despite our expenditure of time, toil, and funds ... enough of you have opted for other commercial outlets to have caused disappointment and inconvenience to you who have been faithful to the program. This was not necessary as there are more than enough of you going to secure the program as initially planned. However, two of the four charters have had to be cancelled (done sufficiently early that no penalty was involved for you) but higher prices resulting.

Whereas when we work together, there is much to be gained in our group efforts. Dissolving into small groups prevents the "clout" of group prices.

What I'm saying is this -- If you want charter prices, best rates, etc. we must work together. Sports Travel International will continue to service you as long as you demonstrate your wish for our work by offering your support.

We shall continue to work throughout the world to encourage the initiation and establishment of Masters activities, and we trust that you will wish to endorse our efforts by wholeheartedly supporting Sports Travel International for all your travel needs.

Helen L. Pain

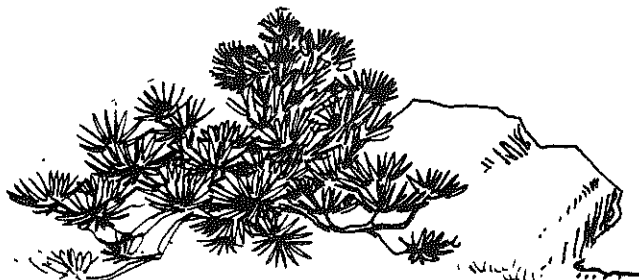
GOTHENBURG REPORT

Our Swedish hosts report that for the World Championships in August that the 10,000 m. has been opened up for women competitors. However, they did not change the 3,000 m. to 5,000 m. as requested. The women will be able to compete therefore in the 3,000 m., 10,000 m., Cross Country and Marathon. Request to open up the 200 m. and 800 m. were rejected.

Considerable interest has been expressed in the Marathon and Walks and the report is that "the Marathon Course is an easy one and goes out on the old railroad to Saro, a well-known seaside resort south of Gothenburg. The course is asphalt all the way but 1,500 m., where it is gravel. The course turns half distance and returns in the same course. It means 3,000 m. gravel, half the distance between 8K and 14K the way out, and between 28K and 35K the way home. The course goes along the coast where the runners have fine sights over the Archipelago south of Gothenburg. The course is now used only for walking and bicycling which, of course, will be excluded during the Marathon run. We have not yet the map over the course ready. We can in the beginning of August expect about 20 degrees Celsius."

Roland Gerneryd, General Chairman, advises that he expects at least 1,000 entries from Europe, 1,000 from Sweden and over 1,000 from the rest of the world. Veterans from 38 nations have already entered.

As a result, the pressure from the division 4 and 5 competitors, all events have been opened up to contestants in the 7th and 8th decade. On the distressing side is the word that the IAAF and the Swedish AAU have refused to reinstate Gunder Hagg, Arne Andersson and several other former great Swedish runners to compete as Masters. Accordingly, they will apparently be barred from competition. This of course violates the basic concept of Masters competition since it's inception that everyone over 40 years of age should be permitted to compete. The imposition of arbitrary amateur standards to Master athletes makes absolutely no sense whatsoever, and clearly illustrates the reason for not applying for IAAF or any other track and field sanction. This application was made both in Toronto and in Sweden to assure the availability of AAU type officials. In our opinion the price being paid for these officials is too high and that other arrangements could be made for officials without having to bar anyone from competition.



TRACK & FIELD NEWS FEBRUARY '77
1976 MASTERS ATHLETES OF THE YEAR

Everyone is a winner in Masters track. That has been the theme (and it's a good one) since the inception of the movement. But even this equalitarian group has its standouts, and for the second year in a row we had our panel of Masters experts vote on the No. 1 performers in each of the standard age groups.

The best of 1976:

1A (40-44) -- JACK FOSTER

This New Zealand Olympian was an overwhelming choice, defending the honor he won last year. His courageous 2:17:54 for 17th at the Olympics stamped him as the undeniable favorite. Additionally, the 45-year-old Kiwi also recorded a Masters 3000-meter record of 8:17.4. As in 1975, Foster's closest competitor on the track was Briton Roy Fowler. Ranking as the best on the field was Austrian Horst Mandl, with 47-11 3/4 (TJ), 14.8 (39") and 6-6 3/4 (HJ) in one day.

UNITED STATES -- Discus thrower Bob Humphreys (182-8) rates as No. 1 American. Best on the track was Oregon distanceman Ray Hatton. Also rating strong consideration in the field were Bruce Hescocock, Dave Jackson and Phil Conley.

1B (45-49) -- MANUEL ALONSO

A Spanish distance ace, Alonso recorded crack times of 4:10.6 (1500), 8:52.0 (3000) and 9:53.8 (steeple) to edge Canadian Roger Ruth and Americans Bob Backus and Shirley Davisson.

UNITED STATES -- Davisson, a 21-8 3/4-40-10 horizontal jumper, was rated as tops in the US, getting field-event competition from Backus and Harry Hawke. Getting the nod as best US trackster was Indiana distanceman Hal Higdon.

2A (50-54) -- JACK GREENWOOD

Rated No. 1 in 1B last year (and probably as No. 1 in the whole world as a Master), sprinter/hurdler Greenwood moved into a new division and proved to be just as overwhelming in '76. He dominated the Nationals with world records in the highs (15.5), intermediates (59.0) and 400 (53.6) and also won the 100 (11.9), 200 (24.1) and high jump (5-2).

Fortune Gordien, who threw the 1.6 discus 160-0, was easily best in the field, followed by George Ker (US) and Hermann Hombrecher (WG).

2B (55-59) -- BOO MORCOM

Philadelphian Boo was another overwhelming favorite. In fact, his performances were so good that he has to be rated over Foster and Greenwood as the top Masters athlete of the year. His fantastic decathlon total of 5246 is one of the best in history. Additionally, he proved to be the best pole vaulter (13-6 1/4), long jumper (19-8 3/4) and high jumper (5-6 1/2) in his division.

Chasing Morcom were Sweden's Erik Ostbye and Australia's John McGrath and John Gilmour, with marathoner McGrath rating as the top trackster in this division. Tapped as best on the track in the US was sprinter Al Guidet, rated as the US's No. 1 here last year.

3A (60-64) -- CLIVE DAVIES

Another Oregon distance star, Davies had the top performance with the 10M, 20ly he covered in an hour. He also turned a 4:58 1500, 18:04 for 5000 and 36:23 for 10,000. Following him in the voting were defending champ Konstanty Maksimczyk (GB), John Fraser (Aus) and Ian Hume (Can).

Fraser looks like the best field-eventer off his 151-0 toss with the 12 lb. hammer, just ahead of Maksimczyk's 164-2 with the 1k discus. Shot putter Jack Thatcher was the best US field eventer.

3B (65-69) -- KEN CARNINE

A strong contender in this division last year, Carnine moves to the top this time, edging defender Norm Bright and new-to-this-division Bill Andberg. The versatile Carnine lead the world in the discus (141-7) and javeline (126-10) and also sprinted well, returning times of 13.5, 28.1 and 65.6. Bright edges Andberg as best on the track. Also picking up votes, Norman Hawke (NZ) and Americans Bob MacDonaghy, Bud Deacon and Phil Partridge.

4A (70-74) -- HAROLD CHAPSON

This Hawaiian standout again dominated his division with some strong distance marks: 2:35.8 (800), 5:25.1 (1500) and 11:46.2 (3000). Still, Swede Einar Nordin made the voting closer with his fantastic 3:08:45 marathon in the world championships. Win McFadden (US) should also be mentioned.

The tops in the field was West German Albert Reiser, who set world records with the 12 lb. hammer (113-9), 600g javelin (118-7) and high jump (4-3) and also long jumped a windy 13-10 3/4. Close to him was Stan Herrmann, with several world-leading marks in the throwing events.

4B (75-plus) -- PAUL SPANGLER

San Luis Obispo's running doctor bested Great Britain's Cargill Sutherland and Yugoslavia's P. Goic to successfully defend his title. Among Spangler's accomplishments were a 3:20.3 800, 6:28.4 1500 and 22:16 5000. The amazing 81-year-old Goic chucked the 12 lb. hammer a prodigious 111-7 while Sutherland raised the over-70 long jump best to 13-11 1/2. US field eventers Buell Crane and John Whittemore should also be mentioned.

SHOWDOWN

Continued from Page 3

Those of us who believe strongly in open competition may lose in Sweden. Some have said they'll drop out of the movement because one of the reasons for being in the program in the first place was its heretofore absence of politics, game-playing, ticky-tack rules, etc. You run your race. You win. You lose. It's clean, simple beautiful....until now.

If we win in Sweden, others may drop out...those who don't want to buck the IAAF. We could lose some Britons and some Australians.

So it's not an easy issue. Few important ones are. I believe this one's important. I hope you do too.

* * * * *

EDITOR'S NOTE: It has been and still is the policy of the USMTT that neither the AAU nor the IAAF has any jurisdiction to require travel permits of U.S. Masters or to bar any athlete over 40 from competition.

CALENDAR OF MASTERS AAU EVENTS

June 1 Weight Pentathlon N.Y.C. Phil Partridge,
77 Colombia St., Apt. #17-B N.Y.C., 10002.

JUNE 2-3 Symposium on Physical Fitness. University of Missouri-Kansas City School of Medicine, Crown Center Hotel, K.C.MO. "Stress Testing -- When and How" and "Total Fitness-Conditioning, Diet, Alcohol."

JUNE 4 -- 4th Annual Hospital Run, Mid-America Masters. Mile, quarter and half marathon. c/o The Academy of Health Professions, 220 Holmes St., Kansas City, Mo. 64108 (816) 421-4814.

JUNE 18-19 -- National USTFF Masters Track Meet California State College, California. Penn Sponsor. West Penn Masters & Greater Pittsburgh RRC.

JUNE 18-19 -- 1977 AAU Masters Western Regional Track and Field Championships. For entry form and information, contact Tom Clayton, 19303 South Cliveden Ave., Carson, Ca. 90746. Tele: (213) 636-2803 or (213) 537-1338. Entry deadline -- June 1st, in order to avoid late entry fee. A buffet banquet is planned for Saturday night (June 18th) -- \$7.20 per person, tax and tip included, at Saddleback Inn, in Santa Ana.

JUNE 19 -- National AAU Masters Weight Pentathlon -- AAU Sanctioned, Downing Stadium, Randall's Island, New York City. Any approach by car to the Triboro Bridge will lead to Randall's Island) DISCUS - SHOT PUT - JAVELIN - HAMMER THROW - WEIGHT THROW

JUNE 25 -- Eastern Masters Track & Field. Walter Johnson High School, Bethesda Md. Sponsors: Potomac Valley Seniors. Ed Barron, 6094 N. 9th Rd., Arlington, Virginia 22205 382-4476 or 351-6202.



- July 1 National AAU 1 Hr. Run -- Nationwide -- John Brenmand, 4476 Meadowlark Lane, Santa Barbara, Ca. 93105. National Chairman.
- 2 All-day All-Comers Age Group Track Meet. Kansas State Univ., Manhattan, Kansas. Arne Richards, 1223 N. 12th St., Manhattan, Kansas 66502.
- 2-4 Nat. AAU Masters T&F Championships, Northwestern Univ., Wendel Miller, 180 N. LaSalle, Chicago, Ill. 60606. (312) 234-5936.
- 9-10 Canadian Masters T&F Nat. Championships Montreal, Canada. Don Farquharson, 269 Ridgewood, West Hill, Ontario, Canada M1C 2X3.
- 23 Second Golden State Masters, Porterville College, Porterville, Ca. Ted Ensslin, 143 Carmelita, Porterville, Ca. 93251.
- 30 World Veterans, 25K & 10K Road Race. Brugge, Belgium (Write USMTT for information).
- 31-8/6 Hal Higdon Sports Camp. Lake George, N.Y. Specially designed for Master Athletes to cially designed for Master Athletes to "peak" for Sweden. For Details write Hal Higdon, 2815 Lake Shore Dr., Michigan City, Indiana 46360.

Aug. 8-13 World Masters T&F Championships, Gothenburg Sweden, Men over 40, Women over 35, all T&F disciplines, 20K & 5K. Walks, Marathon, 10K X-Country. Contact USMTT for Information, 1951 Cable St., San Diego, Ca. 92107. Charter Flights N.Y./Gothenburg 8/4-8/17. L.A./Gothenburg 8/4-8/17 & 8/4-8/27. Special tours to Russia and/or Mediterrean Cruise.

- Sept. 3-4 Masters Pan-Am Games, Los Angeles, Ca. (Site Unknown). Bill Adler, 5521 Dubois Ave., Woodland Hills, Ca. 91364. Sub Masters & Masters. Invitations to 10 Pan-American Nations.
- 10 Masters 50 Mile Track Run., Santa Monica, Ca. Steve Broten, 13512 E. Ramona Dr., Whittier, Ca. 90602.
- 25 Masters 3K team X-Country Wash. D.C. Tony Diamond, 4200 Cathedral Av., N.W. Washington D.C.
- Oct. 1 4th Santa Barbara Masters. UC Santa Barbara Club West.
- 9 AAU Masters 15K Road Run, Columbus, Ohio. Tony Diamond, 4200 Cathedral Ave., N.W. Washington D.C.
- 23 AAU National Masters Marathon, N.C.Y. RRC Box 881, N.Y. 10022.
- 30 Second Annual Age Group X-Country Kansas State Univ. T.C. Warner Park, Manhattan, Kansas 2:00 P.M.
- Nov. 12 AAU National Masters 10K X-Country. Washington D.C. Tony Diamond, 4200 Cathedral Ave., N.W. Washington D.C.
- 19 Masters 20K Road Run. Tulsa Okla. Larry Adrodell, 4519 S. Kingston, Tulsa, 74135.
- Dec. 3 National AAU 50K N.Y.C. Vince Chiappetta, 2 Washington Square Village, N.Y.C. 10012.

WOMENS EVENTS ADDED TO WORLD MASTERS

Word has come from Gothenburg that the 10 Km has been added to the womens schedule of events. In addition if enough women express interest the 3 Km will be dropped and the 5 Km added.

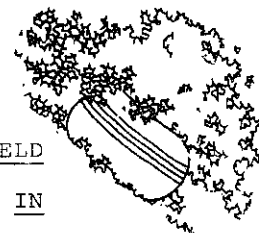


PAN AMERICAN MASTERS TRACK & FIELD MEET ISSUES INVITATIONS FOR SEPTEMBER 3, 4, IN LOS ANGELES

Bill Adler, coordinator for the first Pan Am Games for Masters Track and Field, has mailed invitations to ten countries to send their Master Athletes to Los Angeles, to compete on September 3rd and 4th, 1977. The countries included are Mexico, Venezuela, Brazil, Trinidad, Tobago, Guiana, Colombia, Canada, South Africa, and Australia.

Age classifications for competition begin with sub-masters age 30 to 39, and then Divisions I-IV based on the regular 10-year age groupings.

The exact site of the meet plus scheduling details will be available in July.



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