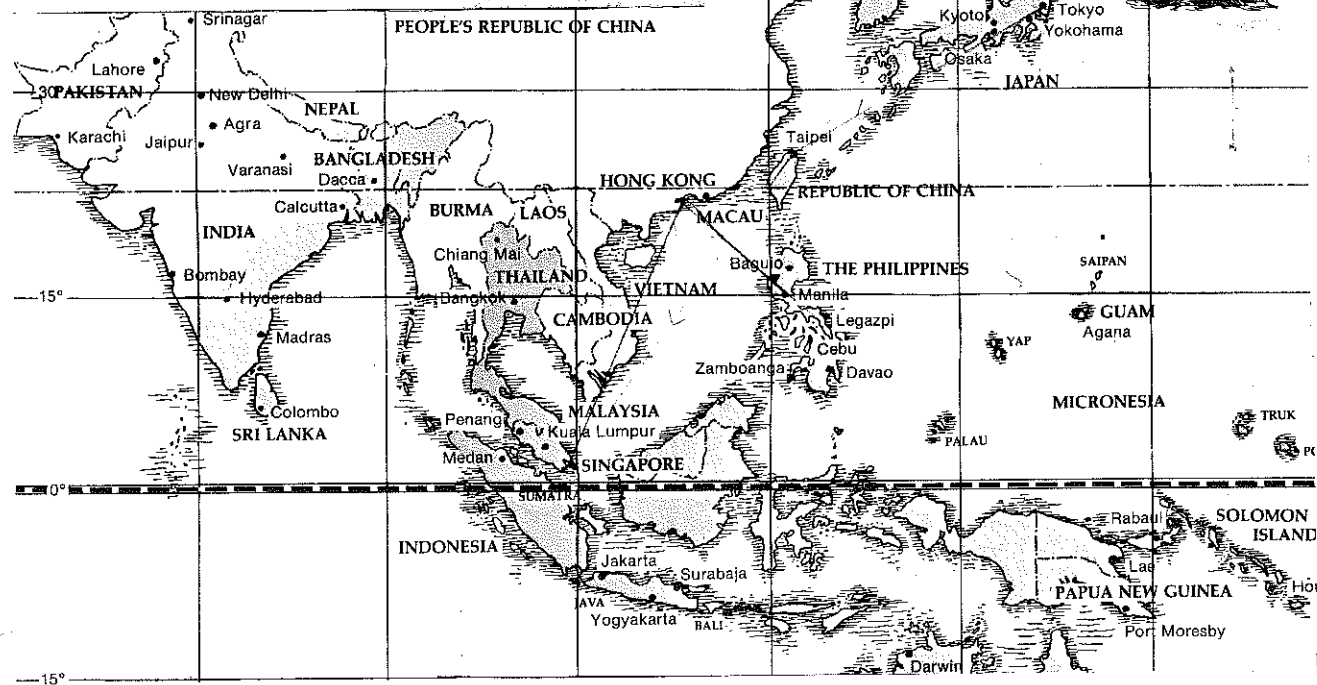
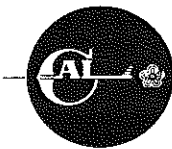


USMITT. ORIENT 78



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april 1978



YOU HAVE A DATE HERE! SUNDAY AUGUST 27, 1978 NATIONAL STADIUM: SINGAPORE

CALENDER FOR THE MASTERS' TRACK AND FIELD - 1978

MAY

- 5-7 -North American Veterans' Championships
-Occidental International Masters' Track & Field Championships. North Carolina, ROBERT S. BOAL, Meet Director.
-100k Race Walking Championships- Rocky Mt. Assoc.
- 14 -8th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, Calif., GEORGE KER, Meet Director, (213) 363-8588. Entry Deadline is: May 6th .
-2nd Annual Chicago Lakefront #10, Bank of Ravenwood/City of Chicago, 1825 W. Lawrence Av. Chicago, Ill. 60640.
-10k Race Walking. Niagara (upstate New York).
- 27 -Potomac Valley AAU Masters' Track & Field Championships. Plus 15 and 20k relay.
-AAU-Pacific Association Masters Championship Track & Field Meet at Los Gatos High School. RICK CHAPPELL, Meet Director, P.O. Box 1328 Los Gatos, Calif. 95030
-2nd Annual Elby's 1st National Bank Wheeling Distance Race, Wheeling, West Virginia. 20km course record, BILL RODGERS, 1:00:55 HUGH STOBBS, Chairman, c/o Bridge Parking Grounds, 933 Main St. Wheeling, W. Va. 26003
- 29 -Valley Fox Trot, 10 miles - sponsored by Elgin Area Underwriters Association in Elgin, Illinois. Contact: EALU, P.O. Box 648, Elgin, Ill. (312) 426-6757

JUNE

- Weight Pentathlon National AAU Masters' Championships. Rutland, Vermont.
- 10 -1st Annual Northwest Indiana Marathon. Crown Point, Indiana Fairgrounds to Hammond. JACK BAER, Downtown Hammond Council, 429 Payette St. Hammond, Indiana 46320
- 11 -4th Annual Pontiac Widetrack Festival 11 Mile Run. DR. EDWARD H. KOZLOFF, 10144 Lincoln, Huntington Woods, Michigan 48070
- 11-17 -HAL HIGDON RUNNING CAMP, Dowagiac, Michigan Special guest- BILL RODGERS, (Boston Marathon Champion, 1975) plus DAN CLOETTER, JOHN ROSCOE, RON GUNN and SAM BAIR. For further details: DEAN REINKE, Director 521 Westwood, Bloomington, Indiana 47401
- 17-18 -USTFF National Masters' Track & Field Championships, California State College, California at Pennsylvania. JOHN HARWICK 467 Beverly Rd. Pittsburgh, Penn. 15216
-AAU Masters Western Regional Track & Field Championships, Los Gatos High School Track BILL SWEET, Director, LGAA P.O. Box 1328 Los Gatos, Calif. 95030
- 18 -Michigan City 15 kilometer run TOM DUDAS, Director, Box 372 Michigan City, Indiana 46360
- 24 -PSA - AAU Track & Field Championships. San Diego Calif. For information, Contact: KEN BERNARD.
- 25 -US Masters AAU Weight Pentathlon Championships, Burlington, Vermont. Sponsored by the University of Vermont and the Green Mountain AA. ED KUSTIAK, Coach of Track & Field, Patrick Gymnasium, University of Vermont, Burlington, Vermont 05401

JULY

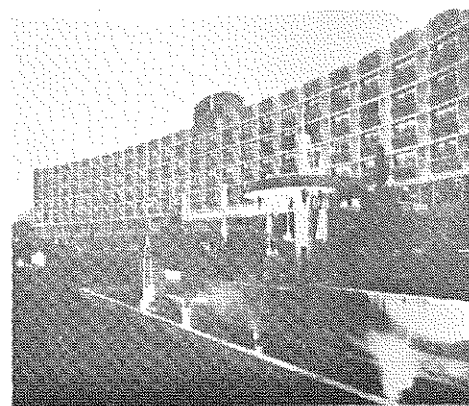
- 7-9 -AAU National Masters Championships in Track & Field, Atlanta, Georgia. KEN KIRK, 3800 Stone-wall Terrace, Atlanta, Georgia 30339
-5k Race Walking Championships. Atlanta, Ga.
- 14 -6th Annual National Cherry Festival. F.E. FIVENSON Memorial 10,000 meter run (along Lake Michigan Shoreline). NATIONAL CHERRY FESTIVAL, 309 National Bank Bldg., Traverse City, Michigan 49684
- 16 -15k Road Race National Championships- Utica, New York.
- 23 -15k Race Walking Championships- Metropolitan, New York.
- 30 -40k Race Walking Championships- New Jersey.

AUGUST

- 5 & 6 -Masters' National AAU Decathlon, Merced Community College, P.O. Box 2111 Merced, Ca. 95430 Meet Directors, A.J. PUGLIZEVICH and TOM MCCALL have done a super job in planning down to the last details even including a BBQ Steak Dinner!
- 8/15-9/4 *USMTT TOUR OF THE ORIENT*

HOLIDAY OF A LIFETIME--

SINGAPORE



MERLIN HOTEL SINGAPORE
Beach Road Singapore 7

SEPTEMBER

- 5 -5th Annual Blueberry Stomp Plymouth, Indiana 15k for Labor Day. MRS. RAYMOND GANGLOFF Rt. 6, Box 210, Plymouth, Ind. 46563
- 10-16 -Italian Masters' Flash, 1st European Masters' Track & Field Championships--Italy.
- 11 -50k Race Walking Championships--Michigan
- 24 -11:00 AM MAYOR DALY MARATHON, 200 N. Michigan Avenue Chicago, Illinois 60611

OCTOBER

- 100 miles Race Walking Championships- Missouri Valley Association
- 29 -6:00 AM PSA-AAU 50km/50mile track championships. San Diego, Calif. Directors: BILL & DOROTHY STOCK (714) 465-7099

NOVEMBER

- 4 or 11 -10k Cross Country Championships- Madison, Wisc.
- 25 -10:00 AM National AAU Masters' 5000 meter Cross Country Championships, Balboa Park, San Diego, California. Director: ED BARVICK, (714) 435-0210

DECEMBER

- 10 -Honolulu Marathon

A FINE REPORT

ROBERT G. FINE Requests:
"Please Reprint This In Club Newsletters"

April, 1978 Report to the National AAU Masters Track and Field Committee and Masters Clubs

1. IAAF The following is the exact report of the recommendation of the IAAF Executive Committee regarding the Masters. This is in accordance with the personal attitude of Pres. Paulen as expressed in Sweden. If passed it will mean that we will abide by the technical rules of the IAAF (which we would need anyway) but be free to have all athletes compete. In short, we would get what we have been working for - full participation of all athletes. I cannot help but remark that by working within the established international system we have accomplished more, with less bitterness, than by using threats and a "hard-sell" technique. OLLAN CASSELL, the American representative to the IAAF supports our position.

VETERAN ATHLETICS:

This movement for Men athletes over 40 and Women athletes over 35 years of age is growing in importance year by year, and many Members now have a Veteran section. In Goteborg in 1977, we saw Championships for World Veterans (N.B. - not World Championships), as only the IAAF can organize World Athletic Championships, and it is planned this year to stage Championships for European Veterans in Italy. Many of these Veterans come to our sport fresh, having practiced other sports and, in some cases, they have even been professionals in other sports. The Council has been asked to give its opinion on how the IAAF can best co-operate with the Masters (Veterans) movement and this can be summed up as follows:- We welcome the movement of Veteran Athletics and acknowledge the fact that it contributes towards extra propaganda for the sport of Athletics. It is also realized that many of these Veterans will not only practice the sport themselves, but will encourage younger athletes and will act, in many cases, as judges and coaches. As far as Technical Rules are concerned, Council believes that there can only be 1 set of basic athletic Rules at all levels and ages, which should be practiced worldwide. (This does not mean, of course, that the younger or older groups cannot use lighter implements, for example).

On the question of Eligibility Rules, however, the Council believes that the IAAF should not be concerned with the eligibility status of athletes competing in Games or Championships which are restricted to the Veteran age groups. It feels that some allowance must be made so that once an athlete becomes a Veteran, his or her eligibility should not be decided by the rules formulated by the organizing committee responsible for that particular meeting, Games or Championships.

Finally, under this system, Veteran events should not be included in an athletics meeting held under IAAF Rules.

There is no doubt, having witnessed the Goteborg Veteran Championships, that these athletes derive a great amount of pleasure from their sport, particularly as they are able to pit their skill and prowess against fellow athletes of their own age, and the Council decided at its last meeting to formulate proposals to bring the above principles into effect, subject to the approval of the Puerto Rico Congress in October, 1978.

2. EUROPEAN VETERANS CHAMPIONSHIPS

The First European Masters T&F Championships will be held between Sept. 10th to Sept. 16th in Viareggio, Italy (near Milan). The meet should be as large as Goteborg. CESARE BECCALI, the meet director, has written to me to advise that he will permit full participation of non Europeans in the throwing events, road walk, and marathon, plus special finals in the 100-200-800-1500 limited to one representative per country, participation in other events will not be admitted. Unless I hear to the contrary, I am ruling that for the 100-200-800-1500 the first finisher, in each age division, available to go to Italy, shall be the one who will compete, based on performances in our National Championships in Atlanta. I suggest that this would be the fairest and easiest method of selection. All those who are interested in participating should contact, "IMITT, Via Bartolomea d Alviano 24, 20146 Milano, Italy". If possible, please try to give me some idea of how many are interested in going as hotel reservations have to be set aside by Mid-May.

3. NORTH AMERICAN MASTERS CHAMPIONSHIPS

The first North American Masters Championships will be held May 5, 6 & 7th at North Carolina State College, Raleigh, N.C. Write to "City of Raleigh, Parks & Recreation Dept. P.O. Box 590, Raleigh, NC 27602. There will be all of the events as held in Goteborg. This meet has been the Occidental-South-eastern Masters in past years. It carries the highest recommendation.

4. TEAM CHAMPIONSHIPS

I will place on the agenda at our meetings in Atlanta and the AAU Convention in San Antonio, the question of having team championships in National T&F Meets. One reason against them in the past is that some clubs recruited athletes living outside their AAU Associations. Simply enforcing the AAU rules on this question should prevent such recruiting. I feel that team championships are of value as they help to build up the local clubs, most of which are not limited to Masters. TOM STURAK, Box 1602, Santa Monica, Calif. 90406, is the Rules Chairman. Please give TOM your ideas on this matter.

5. NATIONAL MASTERS NEWSLETTER (NMN)

The Phila. Masters, in addition to the Masters Sports Assoc., will be subscribing to the NMN. Together with their membership there are now about 1000 subscribers. This is the most important program we have. It will serve as an inexpensive vehicle for sending out entry forms (\$82 for a full page ad) aside from tying our program together. Please continue to urge all Masters to subscribe: NMN ED GILDEA, 102 W. Water St., Lansford, PA 18232, 7-17-645-4692. \$3.00 per year. Please be sure to send results and articles to ED.

6. NATIONAL MASTERS DIRECTORY

NANCY GREENWOOD, 917 N. Cedar, Medicine Lodge, Kan. 67104, is compiling a National Masters Directory. Please send NANCY info about the leading clubs and activists in your area, together with your local programs. We hope to publish next year.

7. NATIONAL RANKINGS

TOM HOFFMAN, 61-50 148th Place, Flushing, N.Y. is still getting info about 1977 performances. Thus, the

rankings will be delayed until we feel everyone who wishes to respond will.

8. NATIONAL SPONSOR

I have approached a large insurance company about National Sponsorship. I would like to receive suggestions as to how to use any sponsorship money and the cost of events that have been run in local areas. Anyone that could help out in this area please volunteer.

9. NATIONAL POSTAL RELAYS

Please push your local clubs to enter the National AAU Masters Postal Relays. Write to me for entry blanks.

10. RESTRUCTURING THE AAU

A great deal of work has been going on in restructuring "Athletics" (Walking, T&F, and LDR.) My main concern is that we lose none of the autonomy we now have plus obtaining greater autonomy in such areas as sanctions, discipline and the composition of the local committees.

11. ATLANTA MEETING

We have traditionally opened up our National Committee meeting to all of the athletes at our Outdoor Championships (the only committee to do so). Please advise what item(s) you'd like on the agenda. I have received a bid for the 1979 Decathlon in Pittsburgh and a possibility of the 1979 Outdoor T&F in Topeka, Kansas and Indoors in Ann Arbor, Mich. Please submit to me any bids for 1979 as soon as possible so that they can be discussed in Atlanta.

ROBERT G. FINE, 77 Prospect Place, Brooklyn, N.Y. 11217 212-789-6622.

NATIONAL RESULTS - Over 200 competitors

4th ANNUAL, NATIONAL A.A.U. MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS March 19, 1978, East Stroudsburg State College, East Stroudsburg, Penna.

Table with columns for meet record (M=), 50 yard dash, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-59, and 600 yd. run. Lists athletes and their respective times and scores.

300 yd. dash cont.

Table listing athletes and their times for 50-54, 60-64, 65-69, 70-74, 75-79, 1,000 yd. run, 45-49, 50-54, 55-59, 60-64, 65-69, 75-79, 50 yd. high hurdles, and 50-54, 60-64, 65-69, 75-79.

Weight Throw

Table listing athletes and their times for 40-44, 45-49, 50-54, 55-59, 60-64 #25, 65-69 #25, 70-74 #25, Long Jump, 45-49, 50-54, 55-59, 60-64, 65-59, 75-79, Shot Put, 45-49, 50-54, 55-59, 60-64, 65-69, 75-79, One Mile Relay, and Two Mile Relay.

WOMEN

Table listing athletes and their times for 50 yd. dash, 300 yd. dash, 600 yard run, one mile run, two mile run, 45-49, High Jump, Club Codes, Two Mile Walk, 1000 yd. Buchanan, S. 3.02., 50 yard dash, Shot Put, 300 yard dash, Pole Vault, 35-39, 600 yard run, 35-39, 50 yd. dash, 35-39, 600 yard run, 35-39, One Mile Relay, Two Mile Relay, 1,000 yard run, One Mile Run, and 35-39.

CONT. ON PAGE 16

TWIGS FROM THE BRANCHES

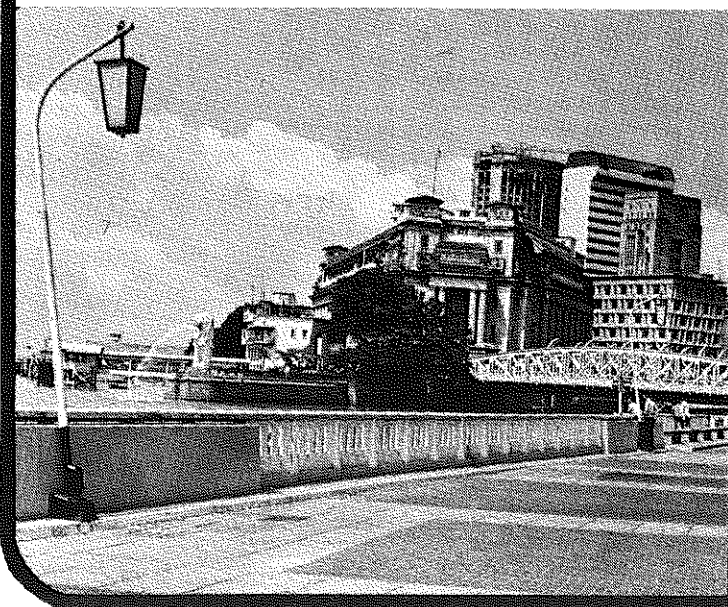
News from Corona del Mar...
 CYNTHIA JACKSON is home following major surgery. DAVE reports she is doing nicely. We all look forward to having her back with us as a faithful rooter for CDM. DAVE BROWN'S wife, JACKIE, had recent foot surgery. DAVE says she is making good progress.
 EDDIE HALPIN-- What can we say? EDDIE was operated on March 6th--removal of one lung (cancer). He was released from the hospital on March 16th and when he was called by SHIRLEY DAVISSON on March 23rd, he had just returned from an eight mile walk. (Time 2 hours and 15 minutes) EDDIE was most pleased with the 400 cards he received. He was operated on by three Navy doctors, all runners. The doctors felt his superb condition was instrumental in his rapid recovery. He was off all pain pills in 2 days after being released. We look forward to seeing EDDIE cheering for us at a track meet soon!

ALAN WOOD towards affirmative action for "The Master Walker" Walker's, if you want events-- make yourselves known.

FRED WHITE from Dallas writes, "Am looking forward to a good season of competition this year. The trip to Sweden was just out of this world..."

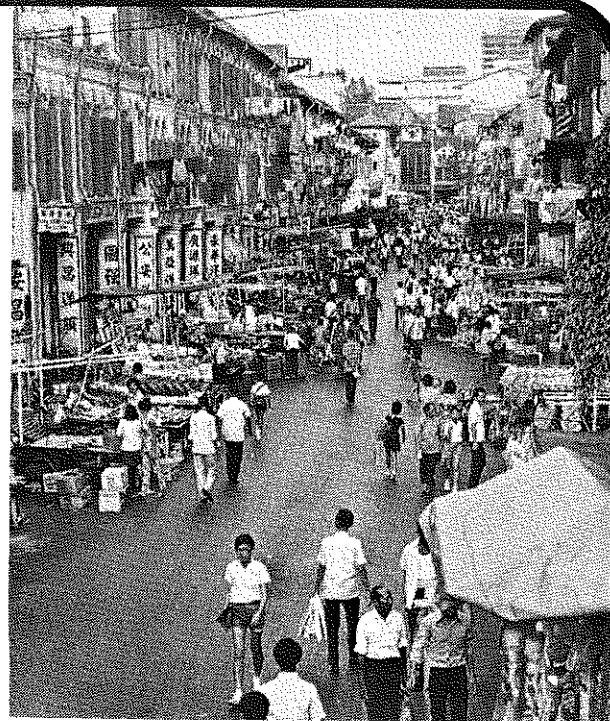
Another Texan heard from...
 GLEN HELLENGA sends greetings from Austin where he is just getting settled now after three great years in Germany. "The climax of my tour in Europe was getting up to the second World Masters at Gothenburg, Sweden where I enjoyed seeing some old acquaintances like BOB BOAL, GEORGE PUTERBAUGH, JIM O'NEIL, PETE MUNDLE etc. and making new friends. I enjoyed running in the 5 km, both 10kms. and the marathon there... The big event of the spring around here is the Texas relays. The Austin Runners Club and the YMCA jointly sponsor a marathon in conjunction with this annual event. I've recently joined the Texas Track and Field Officials Association and will be officiating at the University of Texas meets this year including the Texas relays. It should be enjoyable."

SINGAPORE WALKING



OFFBEAT BARGAINS AT OFF-BEAT PRICES

Chinatown



Our next item comes from Manhattan, Kansas and our correspondent, ARNE RICHARDS who fell on the ice near his home (while walking his dog) and broke his arm February 13th. He is back to running seven to eight miles a day with a track interval work. He reports that he hopes to complete his 71st full marathon at Lawrence, Kansas, April 22nd--the Kansas Relays Marathon.

But still under ARNE, he updated this on Midwestern News with the following newspaper clipping... "Four K State administrators collected seven national titles at the second annual United States Track and Field Federation (USTFF) Masters and Submasters Track and Field Championships in Lincoln, Nebraska Saturday, January 14, 1978.

JAMES UPHAM, assistant director of student financial assistance, led the K State contingent with victories in the age 55-59. 60 yard dash 7.5, 300 yard dash 40.0 and the 440 yard dash 1:07.4.

ARNE RICHARDS, documents librarian at Farrell Library, was a double winner in the age 45-49 mile run. The time is 5:12.8 and the two mile run, 11:10.

CHUCK PETERS, vice president for student affairs, won the age 55-59 mile run in 5:44.8 and finished 2nd in the two mile run, 12:05.8 and the 880 yard run, 2:37.7. The final K State Champion was MICHAEL NOVAK, director of student financial assistance, who won the age 30-34 high jump with a leap of 5 feet 8 inches. He also finished 2nd in the triple jump with a leap of 39 feet, 5 inches and 3rd in the 60 yard high hurdles in 8.2 seconds. NOVAK received an additional honor at the meet when it was announced that he had been selected "Field Athlete of the Year, 1977" by the Mid-American Track and Field Association." CONGRATULATIONS TO SUPER K STATE AND NOVAK!

Northern California Senior's Track Club sends a clipping from the Sacramento Bee concerning our HANS BRUENER, a systems analyst for Standard Oil in Concord. BRUENER, a 1958 member of Sweden's National Team is still enthusiastic about the track scene, the Masters Program and International Competition. We do very much appreciate getting copies of news items concerning our members and their activities. Thanks, BOB ROEMER, newsletter editor, NorCal Senior's Track Club.

Our international president, DON FARQUHARSON reports the international scene in the Canadian Masters Track and Field Bulletin...

"You will recall that when three bids were made for the Third World Veterans Track and Field Championships (viz. West Germany, Israel, Holland) all three were dependent on financing agreement to consolidate their bid and a deadline of January 1, 1978 was set for this to be done. Prior to this date both Israel and Holland withdrew but West Germany confirmed and the executives of the WAA have accepted this bid. The meet will take place in Hanover, West Germany in early August 1979. The exact date will be set shortly. The bid is quite firm and our committee is quite pleased with it. The facilities at Hanover are excellent and I'm hoping to see them and have more to report within a few months time. The West German Amateur Athletic Association and the city of Hanover will provide the undertaking and surely it will be a breath-taking one. How many competitors will there be -- 4,000? more?..."

Closer at hand, the I.G.A.L. Organization will put on the 11th World Best Veterans Distance Races on June 16th (10,000 meter and 10km. and 20km walk) and June 17th (marathon) at West Berlin... "We have heard great things about the first European Veteran's Championships at Viareggio, Italy, September 10-16, 1978..."

THIS YEAR THE RALEIGH, NORTH CAROLINA MEET BECOMES THE FIRST NORTH AMERICAN MASTERS CHAMPIONSHIPS AND WE ARE AIMING AT A SIZABLE CANADIAN GROUP. BOB BOAL, WHO MANY OF YOU KNOW IS HEADING UP THE MEET". DON, we very much appreciate the tremendous amount of work that you have done and are continuing to do in the efforts of promoting our International Masters Program.

Further news from our northern neighbors...

You might like to include on your calendar from the Nova Scotia Track and Field Association that the 1978 Canadian Marathon Championships will be held in Pictou County on Sunday, September 17th. "The race will attract Canada's top marathon runners with the winner of the race being selected to compete in the prestigious Fukuoka, Japan, marathon in December."

We have received several notices concerning new physical fitness centers that have opened throughout the country--two in the San Francisco Bay area are being promoted by active members of track clubs. VITAL, located at 1 Embarcadero Center, Suite 1807, San Francisco, Calif. 94111, measures present exercise capacity and health levels of five body systems. Based on the test results, the program will be developed to improve your level of cardiovascular conditioning, decrease the risk factors that can lead to coronary disease, resulting in improved athletic performance and a sense of well being. LINDA HOJNACKI, director, recommends its extensive testing, interpretation of results and offers the prescription "Once capabilities and limits are determined, an action prescription is developed to reflect individual status and goals. This is an individual as well as a team approach."

Another well known athlete, PAX BEALE, who is administrator and co-founder of the total health medical center, 390 40th St., Oakland, Calif. 94609, tells us "To assure your current fitness and design or refine your current training program to help you improve, our medical tests make good sense from a precautionary standpoint...but equally important we can give you results of medical tests to support your training regime. In addition to our fitness clinic we have established a sports injury clinic to help you with those nagging depressive injuries. Our overall interest is to develop awareness in the benefits of physical activity, non-sedentary life. To this end we have developed a speaker's panel available for your or your friends place of work, social club or group." Best wishes to all of you in your efforts to promote better, richer lives.

From Canberra, Australia, JACK PENNINGTON, sends greetings to all the US Masters and says he still training twice per day but mostly fun running. "I'm not likely to compete overseas again until I become a 3A, 1983 when I will celebrate retirement from work. My main athletic interest is coaching. I'm a national executive member and my training methods for middle distance will be published in future additions of the National Coaching Manual.

Lovely ANNE MCKENZIE from Pinelands, (near Cape Town) South Africa...

We received a note of appreciation for copies of the USMITT newsletters- "Which I thoroughly enjoyed. My thoughts were with you so much during the Gothenburg meeting and for that reason I found everyone of the articles you published so interesting... I am giving you the results of the few races I ran this past summer season..." ANNE at the age of 52 years is certainly one of the world's outstanding women runners. The times were run in Cape Town between January 18th and March 6th of this year. 100 meters- 15.2; 200 meters- 29.8; 400 meters- 65.5; 800 meters- 2:29.5; 3000 meters- 11:27.5. All these races were run in official competitions and signed by registered time keepers so that the times can go forward for 52 year old age records. Super running, ANNE, keep up the good work!

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In order to be certain that your USMITT newsletter reaches you on a regular basis, Please, Please notify us if you have moved. It is amazing how difficult it is for the postmen to handle a change of address. Please help us to keep your mailing address current in our files.

NEWEST BABY ON THE BLOCK--

The annual general meeting (inaugural of the Singapore Masters Association) DR. SIAK CHONG TENG was elected president. MR. P.V. EUSTACE (vice president and competition chairman) sends us word that "The meet on the 27th of August, 1978 is confirmed and we are looking forward to your members participation. The age groups will be as follows: Submasters 35-39, Masters 40-44, 45-49, 50-54, 55-60. (If there are those of you who are not included in this listing who are planning to go please let us know immediately!) Tentative programme are events for both men and women: 100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 5000 meter, 3000 meter walk, long jump, triple jump, high jump, shot put, javelin, discus, hammer and 110 meter hurdles. Other events may be added if there are sufficient entries.

The time table will not be finalized until approximately one month before the open but a tentative one will be posted in June. Events will commence at approximately 2 PM and finish about seven hours later.

I have also received queries from Melbourne and Perth in Australia. With any luck there could also be about 50 veterans from each of these associations. HARI CHANDRI has also obtained a great deal of interest from his old competitors in Malaysia and India. So the foundation is being laid for a great meet. I believe a social evening should be held after the meet but this has to be confirmed by the general committee. Current performances of all intending competitors would be appreciated as we have to form grades, especially in the sprints to avoid, to avoid heats."

Our dear friend, HARI, sends love and best wishes. A further report that he's received letters of interest

CONT. PG 17

800m Class I

Table of 800m Class I results with columns for time, name, and location. Includes entries like T. Blue (41) AUST 8-9 and N. Clough (40) AUST 8-9.

US additions

Table of US additions for 800m Class I, including names like R. Cozens (US 7-23) and B. Gaedke (NM 7-2).

800m Class II

Table of 800m Class II results, including entries like D. Smith (51) Ill 8-9 and J. Stephens (AUST 3-12).

800m Class III

Table of 800m Class III results, including entries like J. Stevens (60) AUST 3-12 and G. Buck (62) AUST 2-6.

Table of 800m Class I results (continued), including entries like R. Mahannah (63) Cal 9-4 and B. Andberg (66) Minn 8-9.

US additions

Table of US additions for 800m Class I, including names like B. Dyer (62) Kans 7-2 and C. Kline (67) Virg 8-9.

800m Class IV

Table of 800m Class IV results, including entries like M. Montgomery (70) Cal 9-4 and H. Chapson (74) Haw 7-2.

1500m Class I

Table of 1500m Class I results, including entries like N. Fisher (40) GB 6-17 and C. Huyssen (41) BEL 8-11.

US additions

Table of US additions for 1500m Class I, including names like P. Doherty (42) Conn 8-11 and D. Lewis (US 4-23).

1500m Class II

Table of 1500m Class II results, including entries like J. Ryan (55) AUST 12-15 and D. Turnbull (50) NZ 8-11.

1500m Class II cont.

Table of 1500m Class II continued results, including entries like E. Schultz (WG 8-11) and M. Hernandez (55) Cal 8-11.

US additions

Table of US additions for 1500m Class II, including names like V. Koerner (50) Cal 8-8 and A. Messenger (54) NY 6-25.

1500m Class III

Table of 1500m Class III results, including entries like R. Isman (63) TUR 8-11 and B. Mahannah (61) Cal 6-25.

1500m Class IV

Table of 1500m Class IV results, including entries like M. Montgomery (70) Cal 7-9 and H. Chapson (74) Haw 6-25.

CONT. PG. 11

1500m Class IV cont.

Table of 1500m Class IV continued results, including entries like H. Anderson (74) Colo 5-29 and F. White (73) GB 8-11.

5000m Class I

Table of 5000m Class I results, including entries like T. Toeleants (40) BEL 8-8 and R. Fowler (43) GB 8-8.

US additions

Table of US additions for 5000m Class I, including names like V. Fort (43) Del 8-8 and B. Olrich (41) Kent 7-3.

5000m Class II

Table of 5000m Class II results, including entries like A. Taylor (50) CAN 2-12 and H. Hinderks (50) WG 8-8.

5000m Class II cont.

Table of 5000m Class II continued results, including entries like R. Boutard (52) FRA 8-8 and A. Verbaan (50) HOL 8-8.

Table of 5000m Class I results (continued), including entries like E. Schuitz (WG 8-8) and J. Kopland (NOR 8-8).

US additions

Table of US additions for 5000m Class I, including names like L. Miller (Cal 5-14) and R. Anspach (50) Ohio 7-3.

5000m Class III

Table of 5000m Class III results, including entries like C. Davies (61) Ore 6-19 and E. Samuelsson (60) SWE 8-8.

US additions

Table of US additions for 5000m Class III, including names like E. Stotsenberg (63) Cal 9-4 and A. Clark (63) Cal 6-26.

5000m Class IV

Table of 5000m Class IV results, including entries like E. Nordin (71) SWE 8-8 and R. Sears (70) Ind 8-8.

10,000m Class I

Table of 10,000m Class I results, including entries like L. Rault (41) FRA 6-15 and R. Fowler (43) GB 8-10.

Table of 10,000m Class I results (continued), including entries like R. Monseur (46) BEL 8-10 and H. Higdon (46) Ind 7-1.

US additions

Table of US additions for 10,000m Class I, including names like P. Mundle (Cal 7-1) and W. Hoss (42) NJ 6-25.

10,000m Class II

Table of 10,000m Class II results, including entries like J. O'Neil (52) Cal 9-3 and J. Gilmour (57) AUST 2-9.

US additions

Table of US additions for 10,000m Class II, including names like G. Gavras (50) NY 7-1 and T. Kempf (52) Okla 7-1.

10,000m Class III

Table of 10,000m Class III results, including entries like E. Samuelsson (60) SWE 8-10 and S. Nicholls (66) AUST 11-15.

US additions

Table of US additions for 10,000m Class III, including names like N. Bright (67) Wash 8-10 and J. Woods (60) Penn 6-25.

PETE'S BANKINGS

STATISTICIAN SUPERB!

How fortunate we are to have such talented, dedicated friends as PETE MUNDLE! All of us thank you, PETE, for your tremendous contribution. "Dear HELEN, Enclosed is a listing of the ranking for best World and US marks made in 1977. I have also sent copies to 'Veteris' editors, TOM HOFFMAN and BOB FINE. I worked long and hard to get an accurate list of the best US marks so it should be all inclusive. 'Veteris' will no doubt add marks I missed from European meets. This was a one time project and I found it too time consuming to do again. TOM HOFFMAN is compiling a ranking list of US marks which will be published each year. The listing needs explaining. Asterisks after the mark indicate that the mark has been converted from the imperial distance (ie. from yard to meters) and asterisks preceding the name of the athlete indicate the athlete is from the US. I have also included the age in parentheses, the state in which the athlete resides and the date of the meet. I had to recalculate the pentathlon marks made in Sweden based on the IAAF tables (IAN HUME'S tables were used there) These offer interesting comparisons with Swedish results. The decathlon list includes only Americans since this wasn't contested very often abroad...PETE"

VETERANS WORLD RANKING LIST 1977

Table with 3 columns: Rank, Name, State/Year. Includes 100m Class II, 100m Class I, US additions, and Windy marks.

Table with 3 columns: Rank, Name, State/Year. Includes 100m Class I, US additions, Windy marks, and 100m Class III.

Table with 3 columns: Rank, Name, State/Year. Includes 100m Class III, US additions, Windy marks, 100m Class IV, and 200m Class I.

Table with 3 columns: Rank, Name, State/Year. Includes 200m Class I cont., US additions, Windy marks, 200m Class II, and 200m Class III.

Table with 3 columns: Rank, Name, State/Year. Includes 230m Class III, US additions, Windy marks, 200m Class II, and 200m Class III.

Table with 3 columns: Rank, Name, State/Year. Includes 200m Class I, US additions, Windy marks, 200m Class IV, and 400m Class I.

Table with 3 columns: Rank, Name, State/Year. Includes 200m Class III, Windy marks, 200m Class IV, US additions, Windy marks, 400m Class I, and 400m Class III.

Table with 3 columns: Rank, Name, State/Year. Includes 400m Class I, 400m Class II, US additions, Windy marks, 400m Class III, and 400m Class IV.

Table with 3 columns: Rank, Name, State/Year. Includes US additions, 400m Class III, US additions, 400m Class IV, and 400m Class IV cont.

800m Class I

Table of 800m Class I results including names like T. Blue (41), N. Clough (40), K. Mainka (41), R. Anderson, C. Huyssen (41), N. Fisher (40), J. Hesselberg (45), T. Roberts (43), H. Lindell (43), G. Wise (43), P. Mayoer (45), P. Richardson (41), W. Olivier (42), B. Jonsson (40), B. Parkes (43), E. Whitlock (46), E. Hamer, A. Conro (43), B. Mayer (40), O. Trimble (45), A. Wendling, R. Allen (43), W. Lane, K. Konoiike (40), K. Johansson, R. Adams (40), A. Hughes (46), T. Connelly (46), B. Sadler, L. Means (42), G. Fiegl, D. Worling (42), I. Grenak.

US additions

US additions for 800m Class I including R. Cozens, B. Gaedke (45), T. Dudas (40), D. Pratt (44), E. Oleata (40), J. Parks (43), E. Gookin (43), B. Goy, J. Howell (42), B. Ellwood (42).

800m Class II

Table of 800m Class II results including D. Smith (51), J. Stephens, G. Puterbaugh (52), B. Sieben (51), J. Mattock (50), R. Clarke (52), V. Koerner (50), C. Hall (50), H. Tempan (52), B. Fitzgerald (52), L. Schneider (51), A. Messenger (53), P. Valkki (50), C. Coenen, A. Bryant (53), J. Gilmour (58), M. Hernandez (55), O. Hasle (51), W. Sheppard (55), J. Nolan (52), T. Kral (59), R. Widener (50), R. Morcom (56), B. Solbu.

800m Class III

800m Class III results including J. Stevens (60), G. Buck (62), R. Isman (63).

800m Class I results (continued) including R. Mahannah (63), B. Andberg (66), H. Strannhage (63), S. Asberg, Sjostrand (64), M. Jenkinson (68), A. Smith (62), S. Nichols (66), D. Morrison, L. Roils (66).

US additions

US additions for 800m Class I including B. Dyer (62), C. Kline (67), S. Madden (69), E. Stotsenberg (63), N. Bright (67).

800m Class IV

800m Class IV results including M. Montgomery (70), H. Chapson (74), K. Kiuchei (70), R. Bredenbeck (71), R. Sears (70), P. Fairbank (70), L. Gregory (74), B. Till (70), H. Anderson (75), P. Spangler (78).

1500m Class I

1500m Class I results including N. Fisher (40), C. Huyssen (41), T. Blue (41), A. Thomas (42), J. McDonald (42), H. Lindell (43), W. Olivier (42), B. Parkes (43), K. Johansson, R. Allen (41), P. Mayoer (45), E. Whitlock (46), L. Vink, G. Wood (43), G. Wise (43), A. Holeczy, A. Hughes (46), J. Metsing (40), J. Howell (42), J. Garczynski, G. Fiegl, E. Gookin (43), P. Richardson (41), M. Alonso (47), E. Jorgenson, T. Fort (42), R. O'Brien (46), W. Mashohm, G. Vernosky (47), S. Lof, H. DeHorf.

US additions

US additions for 1500m Class I including P. Doherty (42), Lewis, R. Kloepfer, B. Ellwood (42), H. Hershberger (43), B. Butler (44), J. Weldy (43), K. Guthrie (40), B. Emmerling (41), K. Brown (49), W. Williams (44), B. Gay, C. Genovese (45), B. Londeree (42), G. Kalchschmid (44).

1500m Class II

1500m Class II results including J. Ryan (55), D. Turnbull (50), R. Boutard (52), J. Gilmour (57), R. Mattock (50), D. Smith (51), G. Lotsberg, J. Soucek, A. Taylor (50).

1500m Class II cont.

1500m Class II cont. including E. Schultz, M. Hernandez (55), S. Olsson (52), H. Tempan (53), E. Joynson (54), F. Leitner (56), S. Sandstrom, B. Malain (50), G. Puterbaugh (52), V. Vourinen (56), V. Raiha, R. Kernaghan, R. Anspach (51), A. Bryant (52), O. Hasle (55), L. Schneider (51), B. Fitzgerald (52), R. Cherniak (50).

US additions

US additions for 1500m Class II including V. Koerner (50), A. Messenger (54), B. Sieben (51), E. Gaston (53), R. Gil (53).

1500m Class III

1500m Class III results including R. Isman (63), M. Mahannah (61), C. Davies (61), T. Koskela (60), A. Burgoyne (63), B. Preston (60), B. Andberg (66), S. Nichols (65), P. Reese (60), E. Stotsenberg (63), D. Morrison, G. Ekerstahl, A. Svensson (60), C. Dahlsten (66), E. Gamble (61), M. Newman (61), W. Lorentzon, H. May (61), M. Wall (62), M. Jenkinson (68), W. Zook (60).

1500m Class IV

1500m Class IV results including M. Montgomery (70), H. Chapson (74), K. Kiuchei (70), R. Bredenbeck (71), P. Fairbank (70), F. Jackson, V. Blanco (70), L. Gregory (75), R. Barlow (72), P. Spangler (77).

1500m Class IV cont.

1500m Class IV cont. including H. Anderson (74), F. White (73), P. Hobe (73), W. Benton (73).

5000m Class I

5000m Class I results including G. Poeleants (40), R. Fowler (43), G. Gomez (42), A. Ida (43), J. McDonald (43), H. Kirschke, R. Zimmerman, A. Thomas (42), M. Alonso (47), D. De Bruyn, R. Campbell, L. O'hara (45), H. Clayton, L. Wallin, P. Pystynen (45), J. Metsing (40), E. Agard, R. Kernaghan, W. Hokansson, H. Salavarda (40), G. Dance, L. Vink, J. Lamade, A. Comradie (41), K. Jung, G. Gonzalez, B. Stoddard (46), H. Grann, A. Rantanen, W. Robinson.

US additions

US additions for 5000m Class I including T. Fort (43), B. Olrich (41), R. Hatton (45), G. Vernosky (47), W. Tersago (41), J. Smartt (45), A. Claremont, P. Mundle (49), R. Bowles (40), T. Clark (41), J. Weldy (43), W. Smith (45), J. Davis (41), W. McConnell (45).

5000m Class II

5000m Class II results including A. Taylor (50), H. Hinderks (50), J. O'Neil (52), P. Malm (52), J. Gilmour (58).

5000m Class II cont.

5000m Class II cont. including R. Boutard (52), A. Verbaan (50), E. Ostbye (56), T. Orr (53), D. Turnbull (50), G. Lotsberg, P. Jost, A. Galacia (54), K. Hernelind (51), J. Kystad (52), S. Olsson (52), G. Johansson (57), F. Leitner (56), J. Forshee (51), M. Hernandez (55), L. Dreher (56).

5000m Class I results (continued) including E. Schultz, J. Kopland, J. Reeves (50), G. Morrison (54), B. Cameron (51).

US additions

US additions for 5000m Class I including L. Miller, R. Anspach (50), J. Oleson (59), G. Gil (53), J. Martin (56).

5000m Class III

5000m Class III results including C. Davies (61), E. Samuelsson (60), E. Jarvinen (61), S. Nichols (66), R. McMinnis (62), E. Preston (60), E. Kruzycki (66), L. Nilsson (60), B. Andberg (66), R. Rollason (61), R. Huet, A. Burgoyne (63), P. Reese (60), C. Martin (66), G. Ekerstahl, M. Quackenbos, N. Bright (67), J. Berg (68), T. Koskela (60), F. Salano (62), C. Seekins (60), A. Svensson (60).

US additions

US additions for 5000m Class III including E. Stotsenberg (63), A. Clark (63), W. Zook (60).

5000m Class IV

5000m Class IV results including E. Nordin (71), R. Sears (70), K. Freick, V. Blanco (70), L. Rivera (75), H. Chapson (74), L. Charbonneau (74), P. Fairbank (70), M. Raschke (72), C. Bending, F. Hulan, R. Bredenbeck (71), L. Gregory (74), F. Jackson, G. Jacobs (70), F. White (73), P. Spangler (78).

10,000m Class I

10,000m Class I results including L. Rault (41), R. Fowler (43), R. Hatton (45), R. Gomez (42), D. DeBruyn, M. Alonso (46), L. O'Hara (45), K. Jacobsen (46), R. Zimmerman, J. Metzting (40), W. Hokansson, G. Gonzalez, H. Clayton, J.K. McDonald (43), P. Pystinen (45), G. Wachterfeldt, B. Stoddard (46).

10,000m Class I results (continued) including R. Monseur (46), H. Higdon (46), B. Olrich (41), E. Manninen, H. Salavarda (40), E. Lemittinen (47), W. Robison, G. Vernosky (47), J. Haywood (48), J. Smartt (46), R. Bowles (41), D. Beardahl, R. Kernaghan.

US additions

US additions for 10,000m Class I including P. Mundle, W. Hoss (42), J. Livesay (42), J. Johnson, B. Coldren (44), D. Stearn (41).

10,000m Class II

10,000m Class II results including J. O'Neil (52), J. Gilmour (57), H. Hinderks (50), E. Ostbye (56), P. Malm (52), G. Morrison (54), G. McGrath (57), L. Dreher (56), D. Turnbull (50), A. Verbaan (50), A. Dimberg, E. Galacia (54), J. Forshee (51), A. Anspach (51), W. Beames (55), B. Bengtsson, A. Sempel (50), S. Hietanen (57), G. Garzon (50), J. Janicek, G. Moller (50), W. Jarvinen (57).

US additions

US additions for 10,000m Class II including G. Gavras (50), T. Kempf (52), L. Roberts (50), R. Gil (52), J. Oleson (59), R. Bruce (55).

10,000m Class III

10,000m Class III results including E. Samuelsson (60), S. Nichols (66), E. Jarvinen (61), E. Preston (60), E. Kruzycki (66), C. Davies (61), R. McMinnis (62), P. Reese (60), R. Rollason (61), B. Andberg (66), T. Miura (60), S. Hidaka (65), E. Huthmacher, C. Seekins (60), C. Martin (66), F. Solano (62), H. Mohr (67).

US additions

US additions for 10,000m Class III including N. Bright (67), J. Woods (60), J. Montoya (65), E. Stotsenberg (63), C. Dahlsten (66), R. Mahannah (61).

155-7 R. Rzehak(47) WG 8-9
 153-2 A. Tahmindjis AUST 8-9
 144-7 *S. Holmes(40) NY 6-19
 143-0 H. Deigert WG 8-9
 141-6 R. Colin YUG 8-9
 137-3 L. Bell(48) GB 8-9
 136-7 T. Hancock AUST 3-12
 133-7 A. Saeter WG 8-9
 133-3 *B. Humphreys(41) Cal 8-9

Hammer Throw (16#) Class I

133-2 E. Helf(44) WG 8-9
 132-0 C. Murraylee AUST 3-12
 131-5 *R. Seitzinger US 6-18
 130-2 *G. Phillip(47) NY 6-19

Hammer Throw (16#) Class II

182-6 *B. Backus(50) Mass 6-12
 155-4 F. Fraguoso(57) MEX 9-4
 140-7 *T. McDermott (59) Conn 8-10
 140-6 V. Pohjonen(57)FIN 8-10
 137-4 H. Petersen DEN 8-10
 131-4 Y. Rantala FIN 8-10
 131-2 K. Hermann WG 8-10
 128-3 *H. Cantor(51) NY 6-19
 126-9 G. Bergin(50) GB 8-10
 123-10 E. Cunha POR 8-10
 122-7 *D. Aldrich(58) Cal 9-4
 118-7 H. Hombrecher(52)WG 8-10
 118-6 B. Olofsson SWE 8-10
 117-5 *B. Richards(51)Cal 9-4
 116-7 R. Hochreiter(50)AUST 3-12
 116-6 J. Pavelich(52) CAN 8-10

Hammer Throw (12#) Class III

151-5 A. Miettinen(64)FRA 8-10
 135-9 O. Reppen(65) NOR 5-12
 135-2 J. Fraser(62) AUST 3-12
 134-4 *N. Fowler(63) Tenn 4-2
 132-7 O. Lubbe(63) WG 8-10
 130-7 R. Foley(60) AUST 8-10
 124-0 J. Celaya(66) SPA 8-10
 120-10 *T. Montgomery(62) Cal 6-26
 120-2 E. Federmann(64) WG 8-10
 117-8 *B. Detweiler(63) US 6-19
 114-7 H. Heinz WG 8-10
 113-10 E. Weitz(65) WG 8-10
 113-0 T. Lund NOR 8-10
 109-8 *R. Hubbell(67) Cal 5-28
 108-5 G. Tait NZ 8-10
 106-10 N. Hawke(61) NZ 8-10
 103-6 *C. McMahon(61) Cal 6-19
 96-10 *A. Vesco(65) Cal 6-26
 95-8 *J. York(64) Cal 10-1
 94-3 *W. Eipel(64) NY 6-19
 93-11 *N. Buehl(62) Cal 4-17

Hammer Throw (12#) Class IV

101-4 A. Reiser(71) WG 8-10
 95-8 *S. Herrmann(73) Cal 7-3
 95-3 A. Frosch(70) WG 8-10
 95-2 V. Andersson(71) SWE 8-10
 89-8 P. Goic(81) YUG 8-10
 81-9 F. Posluschni(75) WG 8-10
 77-3 P. Barnes(70) AUST 8-10
 77-3 A. Brosz(70) CAN 8-10
 76-6 A. Ticmanis(71) CAN 7-26
 74-8 *R. Doms(70) Cal 5-28
 70-1 *J. Whittemore(77) Cal 6-19
 59-4 *A. Wright(73) NY 8-10
 56-7 A. White(73) CAN 8-10
 56-2 *T. Mumby(80) Cal 10-1
 53-4 *K. Boas(73) NY 6-19
 51-3 *A. Rohrman(73) Cal 6-26

Pentathlon Class I

3236 S. Clark(44) GB 8-12
 3119 R. Ball(41) GB 8-12
 3010 W. Wouters(40)BEL 8-12
 2986 H. Urpinen(41)FIN 8-12
 2816 G. Ortmanns(40) WG 8-12
 2802 K. Skramstad(40) NOR 8-12
 2764 *P. Conley(42) Cal 8-12
 2673 G. Drewniak(46)WG 8-12
 2661 J. Schwankner(45)WG 8-12
 2633 W. Erler WG 8-12
 2565 *L. Trout(43) NJ 8-12
 2546 H. Storms WG 8-12
 2534 K. Leiss WG 8-12
 2490 H. Wolff WG 8-12
 2489 *L. Means(42) Colo 8-12
 2484 W. Krucken(48) WG 8-12
 2436 W. Richter WG 8-12
 2422 K. Svensson SWE 8-12
 2419 J. Phillips(43) GB 8-12
 2402 G. Teppe(46) WG 8-12
 2385 M. Milivojevik YUG 8-12
 2377 P. Naughton GB 8-12
 2377 R. Rzehak(47) WG 8-12
 2349 T. Mertanen SWE 8-12
 2309 *J. Gilmore(42) NC 4-2

US additions

2219 *L. Weed(40) Colo 8-12
 2066 *A. Brenda(49) Cal 8-12
 1943 *J. McCallister(43)US 4-2
 1870 *R. Straub(48) Cal 6-4
 1756 *L. Olsen(46) NY 8-12
 1656 *H. Coghill(45) US 4-2
 1556 *M. Tersago(41) US 4-2

Pentathlon Class II

2607 V. Bartl(51) SWE 8-12
 2439 *R. Morcom(56)Penn 8-12
 2379 R. Hochreiter(50)AUST 8-12
 2377 V. Javaneinen(51)FIN 8-12
 2216 A. Findeli(54) FRA 8-12
 2202 A. Danckaerts(50)BEL 8-12
 2181 W. Schreiber(55) WG 8-12
 2163 T. McNeill(51) GB 8-12
 2144 *R. Roemer(52) Cal 8-12
 2140 K. Klafki(51) WG 8-12
 2127 C. Akerblom(51) SWE 8-12
 2023 D. Frawley(52) AUST 1-9
 1964 *F. Simmons(54) NC 8-12
 1938 T. Syversen(55) NOR 8-12
 1897 *T. Bowman(52) Fla 4-2
 1881 W. Wolf WG 8-12
 1830 J. Laffargue FRA 8-12
 1812 *R. Spencer(54) Cal 8-12
 1796 R. Vercommen BEL 8-12
 1777 H. Siau BEL 8-12
 1763 H. Lund(53) NOR 8-12
 1747 M. Metzler WG 8-12
 1690 *P. Fetter(56) Cal 6-4

Pentathlon Class II cont.

US additions

1665 *C. Johannesmeyer(59) NC 4-2
 1617 *J. Hutchinson(55) Conn 4-2
 1609 *H. Hunter(54) US 8-12
 1557 *D. Smith(51) Ill 8-12
 1556 *M. Bushman(56) Ill 8-12
 1444 *H. Fairbank(58)NC 8-12

Pentathlon Class III

2051 A. Kock(60) WG 8-12
 2016 *B. Morales(60) Cal 8-12
 1746 K. Langer(46) WG 8-12
 1724 H. Schneider(63) WG 8-12
 1617 E. Samuelsson(60)SWE 8-12
 1572 V. Ojaranta(60) FIN 8-12
 1568 W. Rumig(63) WG 8-12
 1491 I. Hume(62) CAN 8-12

1357 H. Warwas(60) CAN 8-
 1345 *C. Hills(64) Penn 4-2
 1211 A. Brhlik(67) CZE 8-12
 1146 O. Reppen(66) NOR 8-12
 1119 H. Gehm (65) WG 8-12
 1001 *J. Dick(65) Wisc 8-12
 983 D. Breide(67) NOR 8-12
 960 A. Kreppein(65)WG 8-12
 925 D. Morrison GB 8-12
 901 *R. Boal(65) NC 8-12

Pentathlon Class IV

722 *H. Anderson(75)Colo 8-12
 474 A. Ticmanis(71)CAN 8-12
 425 A. Brosz(70) CAN 8-12
 298 K. Neubert(75) WG 8-12
 232 G. Simpson(70) AUST 8-12
 128 R. Reith(70) FRA 8-12

Decathlon Class I

5171 *L. Weed (40) Colo 6-4
 5012 *J. Tansley(41) Cal 6-4
 4737 *H. Hawke(48) Cal 12-4
 4685 *H. Smith(42) Cal 6-4
 4588 *C. Young(40) Virg 7-2
 4575 *R. Fitzhugh(42) Cal 6-4
 4382 *A. Brenda(48) Cal 7-2
 4268 *M. Bodley(43) Cal 12-4
 4163 *H. Wallace(49) Cal 6-4
 4087 *L. Moulton US 7-2
 4064 *D. Dittmar(45) Cal 7-2
 4012 *L. Van Leeuwen(40) Cal 12-4

Decathlon Class II

3404 *B. Hunt(51) Cal 6-4
 3136 *R. Parkinson(56) Ida 12-4
 3018 *J. Minah(58) Cal 12-4
 1408 *E. Jordan(59) Cal 12-4

Decathlon Class III & IV

3164 *J. Vernon(60) Cal 12-4
 3048 *F. Steele(60) Haw 7-2
 2783 *C. Hills(65) Penn 6-24
 2554 *B. Deacon(66) Haw 6-4
 2291 *J. Dick(65) Wisc 6-4
 2008 *T. Hatlen(66) Cal 6-4
 1752 *H. Anderson(74)Colo 5-28
 1474 *R. Doms(70) Cal 12-4
 1299 *S. Herrmann(72)Cal 4-8
 995 *J. Whittemore(77) Cal 6-4

CONT. FROM PG. 5

600 yd. run 30-34
 Mulkey, E. AT 1.46.9
 Mapps, A. UN 1.54.5
 35-39
 Pashkin, S. UN 1.35.6
 Greene, L. UN 1.39.6
 High Jump 30-34
 Mulkey, E. AT 3-10
 Shot Put 30-34
 Mulkey, E. AT 17-11
 35-39
 Greene, L. UN 27-9
 High Hurdles 30-34
 Mulkey, E. AT 9.0
 1,000 yd. run 30-34
 Mulkey, E. AT 4.34.3

CONT. FROM PG. 7

from Brunei and Ceylon in addition to the previously mentioned countries. All of us thank you, HARI, for the tremendous work and dedication as pro tem president. Friends, as you can see from the cover picture, the site of this meet will be one of the most outstanding stadiums to hold Masters Track and Field competition. The facilities are superb. I encourage your immediate application! To reiterate the basic details outlined in the last USMITT newsletter: AUGUST 15, 1978 - Departure from San Francisco on China Airlines to Tokyo. Continuing to Taiwan, Singapore, Hong Kong and the Philippines. The return to Los Angeles on September 4th. Brochures describing the trip in detail will be available to you within the month. It is advisable to send in your deposit now. The total price of the tour is \$1750 per person. It is totally refundable until July 15, with no cancellation penalties until that time. The suggested payment schedule is listed is: Per person - \$50 deposit now, \$500 due May 1st, \$500 due June 1st, balance of tour due July 1st.

NATIONAL AAU 25K CHAMPIONSHIPS -- LUNADA BAY, PALOS VERDES ESTATES, CALIFORNIA -- Sunday, March 12, 1978 -- From LYNNE WOHLERS in Seniors Track Club Newsletter... Division Award Winners

WOMEN

40-44 National	CLUB	TIME
Betty Wake	SDTC	1:52:53
Sue Hutchison	Unat	1:53:30
Donna Gookin	SDTC	1:55:48

45-49 National	CLUB	TIME
Ruth Anderson	NCSTC	1:47:10
Lola Houston	NCSTC	2:02:58
Jessie Smith	BA	2:16:38

50-54 National	CLUB	TIME
Anne Noble	STC	2:17:25

MEN

OPEN National	CLUB	TIME
Duncan McDonald	WVTC	1:18:34
Chuck Smead	AIA	1:19:28
Duane Waltmire	AIA	1:20:09

40-44 National	CLUB	TIME
Robert Welck	WVJ&S	1:27:27
Kent Guthrie	WVJ&S	1:28:21
Ralph Bowles	WVJ&S	1:29:49

45-49 National	CLUB	TIME
Tom Sturak	SCS	1:33:16
David Parker	STC	1:35:43
Bob Holtel	STC	1:36:49

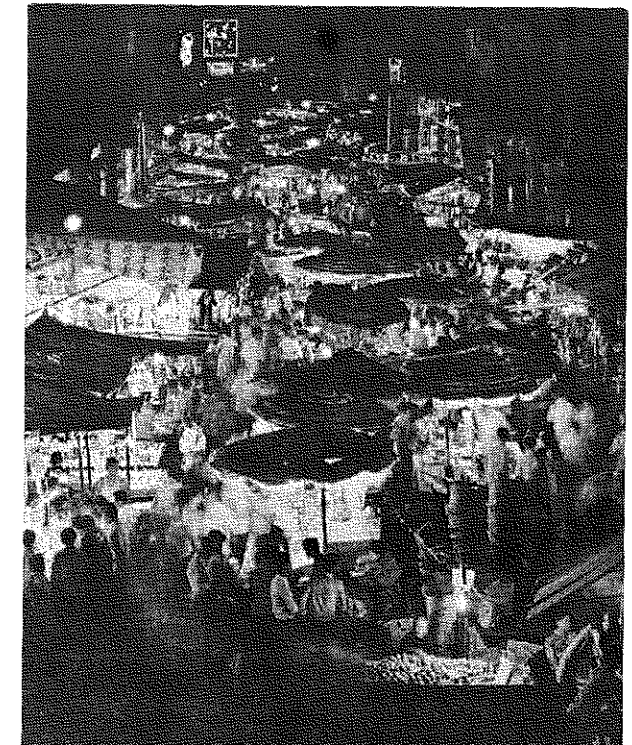
50-54 National	CLUB	TIME
Alex Ratelle	TCTC	1:31:30
Bill Phillips	SDTC	1:36:26
Brian Freeman	SDTC	1:38:40
Ray Gil	STC	1:41:27

55-59 National	CLUB	TIME
Ed Almeida	SDTC	1:34:17
Richard Davies	CCAC	1:44:55
Matthew Allen	CCAC	1:47:43

60-64 National	CLUB	TIME
Chuck Seekins	STC	1:47:37
James Oleson	SFVTC	1:49:27
Ed Lewin	STC	1:50:03

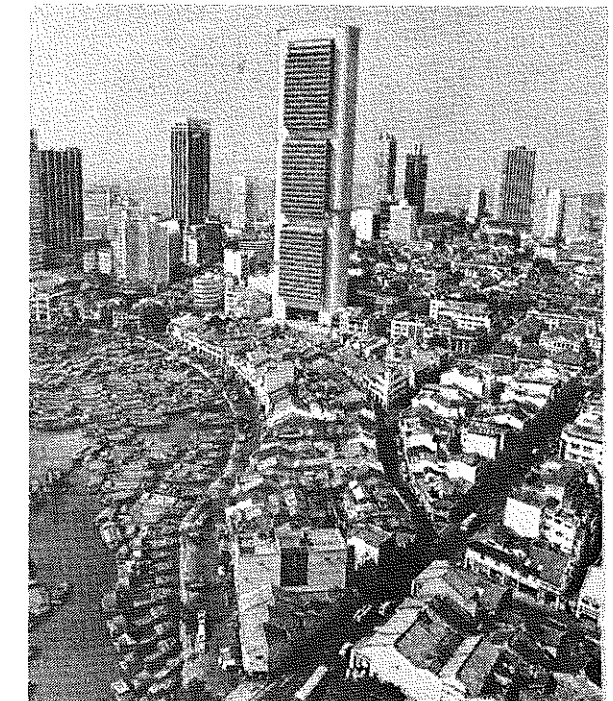
65 and Over National	CLUB	TIME
Jim Boile	STC	2:02:33

IN SINGAPORE



PASAR MALAM (NIGHT MARKET)

The pasar malam consists of a highly mobile group of small tradesmen who set up their stalls at a different venue every night. Any night you're here, you'll find at least half a dozen pasar malam scattered over the island. They start at 6.30 p.m. and go on till 10.30 p.m.



PLACES OF INTEREST

Encouraging response

by - JIM O'NEIL

The last USMITT issue included BOB BOAL'S Orient report. Here is the story from our west coast representative: Our Trip to the Orient

When HELEN PAIN phoned to offer me a 20 day trip to the Orient I gave it about three minutes of careful thought before I accepted. It was an exciting adventure, and a prelude to another U.S. Masters tour which she is planning for August of this year.

As HELEN explained it, the purpose of our trip was two-fold. First we would be a party to the planning of the itinerary of the upcoming August trip. We would also meet with masters athletes and other interested parties to discuss organizing masters programs and setting up some friendly competition during our visit. We would stop in five countries; Japan, Taiwan, Singapore, Hong-Kong, and the Philippines. As it later developed, our mission proved to be both interesting and stimulating, and we were pleased with the enthusiastic response of everyone we talked with.

The third member of our group was BOB BOAL from North Carolina. BOB is 65 years young, is one of the best distance runners in the world in his division, and qualifies as my favorite male travelling companion. He recently won a gold medal at the World Masters in Sweden in his specialty, the steeplechase. He is especially well known on the East coast, where he annually stages the Southeast U.S. Masters Championships in Raleigh, North Carolina. HELEN couldn't have chosen a better man to help spread the gospel of masters running.

JAPAN - Our three days in Tokyo were spent at the Hotel New Japan. It is a very nice hotel, centrally located. Before lunch I found a beautiful park in which to run, only to be told most emphatically NO by the Imperial Palace Guard! When the Emperor comes to Sacramento he better not plan to run in my backyard! I ran six loops on the street around the Palace for a total of 12 miles, during which I encountered a number of other runners following the same course.

Our lunch was hosted by several gentlemen from the Japan Travel Bureau. We had a delightful BBQ meal at the Chinzan-So Restaurant and Gardens. Late afternoon we met with MR. HIDEO OKADA, President of the Nippon Turtle Association, and his hovey interpreter, MS. TOKO FUJITA. They took us out for an authentic Japanese dinner; very different, some of it very good. The raw fish takes some getting used to, and I need more time. On our second day BOB and I visited the Tokyo Hilton, and I got a hair styling there. The cost, including shampoo, was \$15, and it was a unique experience. Next I had a hot bath and massage for \$11 at the New Japan, and this is a definite must while you are in Tokyo.

BOB and I met OKADA and FUJITA at noon, and we took the subway to the Shinjuku district for lunch. We ate at the Coq d'or on the 52nd floor of the Sumitomo Building. It was a very worthwhile trip. We met MR. YOSHITO TASAKI, Manager of the Nippon Turtles, and we then went to view the Olympic Stadium, which I hadn't seen since the 1964 Olympics. It now has a new tartan surface, and it would be perfect for our purposes when we return in August. We next went to the Meiji Jingu Shrine and Shinjuku Gyoen Garden, and we enjoyed this very much. Afterwards we walked through the Olympic Park next door.

BOB, HELEN and I had dinner that evening at the Tokyo Playboy Club. Delicious food but quite expensive. My membership card was honored, but cash was required. The high point of my evening was spotting an August issue of Runner's World in a sporting goods store with my picture gracing the cover.

Our third day found us boarding a train for a 2 1/2 hour trip to Shugenjic on the Izu Peninsula. We were accompanied by HIDEO OKADA, YOKO FUJITA and TAKEHARU ASO (TAKI). TAKI is a very active 78 years of age, and was the Japanese champion miler in 1919 (4:30). At Shugenjic we had a twenty minute cab ride up into the mountains to our ryokan hotel (Japanese style), the Funabara. It was an entirely new and different feeling, with bedroom and bath, living-dining room with straw mat floors, cute balcony and fully stocked refrigerator. A visitor to Japan who doesn't experience a ryokan is really missing something.

We took a 30 minute motor trip to the New Life Club, a beautiful new hotel and sports complex. This is being considered for our U.S.-Japanese competition. It has an excellent tartan track, and very pleasant hotel accommodations. We returned to the hotel by 6 P.M. and I decided on a run in the dark. It was raining, and the 2 1/2 mile uphill portion was very tough. On the return I had several close calls with cars on the narrow road, but managed to complete a rather spooky workout. HELEN and I took a hot sulphur bath in the famous "Golden Tub". Separately, of course. The cost was \$11 for five minutes, I would only recommend it for the affluent. HELEN then joined us for beer and a fabulous sukiyaki dinner, prepared for us in our room. This was the most enjoyable part of our stay in Japan. The following morning BOB and I ran my five mile course, which was much more enjoyable in the daylight. Afterwards we visited the baths, which proved much too hot for BOB'S tender skin. We then trained back to Tokyo, transferred to the monorail, and went to the airport to catch our flight to Taipei, Taiwan.

TAIWAN - We arrived in Taipei to an incredible reception. CHI CHENG, Sec. Gen. of the R.O.C. Track & Field Assoc. was accompanied by about eight photographers representing every newspaper in Taiwan. We thought HENRY KISSINGER was arriving, but it was us they were after. It was our pleasure and good fortune during our stay in Taiwan to be in the company of the very gracious CHI CHENG, and we very much appreciated her hospitality. CHI competed in three Olympic Games, and still holds world records in the sprints and hurdles.

In Taiwan we stayed at the Ambassador Hotel, one of the better hotels in Taipei. BOB and I arose at 6A.M. and ran 12 miles with LUI CHI-YAO, Sec. Gen. of the Taiwan Veteran Marathon Assoc. Some of our run was on the U. of Taiwan track, and there were scores of others working out there. After breakfast I spent a great deal of time browsing through a very large department store called Today, which I found quite interesting. In searching for our pictures in the local newspapers, BOB and I discovered that we made five different papers. We are all feeling like real celebrities and will have trouble retaining our humble image. There was even a photographer on the street at 6:15 A.M. to get a shot of BOB and me running with MR. LIU. A reporter from the China Times called us that night at 11 P.M. to interview us.

We were guests at a Chinese luncheon hosted by HSTI-HSIEN CHANG, Pres. of Provincial Veterans Assoc. CHI CHENG acted as interpreter, and we got the impression that the people there were quite anxious to cooperate in arranging for the competition between us. Two news reporters were present, and there seemed to be a great deal of good will established. After lunch CHI took BOB and me to the National Palace Museum to view the incredible, Chinese art collection on display, the largest in the world. Extremely impressive and well worth at least a half day of viewing. We then visited the Martyrs' Shrine, built in the memory of those who gave

their lives in the Revolution. We saw the changing of the Guard and met COL. FUNG, Chief Administrative Sec. Everywhere we went CHI was immediately recognized, even by very small children. She was swamped by school children at the Museum, and people even waved to her while she was driving her car. I found it most interesting to walk behind her and watch people do a double take, and very few fail to do so. Bellhops, elevator operators, and shopkeepers all stopped to greet her, and she remained patient, humble, and completely charming. We like her very much!

Next CHI took us to the National Stadium to see where we will be competing next August. We met a number of athletes and coaches, who were still working out in spite of the darkness. CHI'S office is located at the track.

We were the guests of MR. LIN for dinner. He and CHI are good friends, and he owns and operates a local restaurant. There were eleven in our party, and we were served an elaborate Chinese dinner involving many courses, accompanied by much beer and wine. Afterwards we walked through the streets and examined the numerous night shops, temporary stalls open each night between 5 P.M. and 2 A.M. MR. LIN insisted upon buying each of us a nice gift.



EATING OUT

The next morning we arose at 5 A.M. to depart for Hualien, located on the west coast of Taiwan about 80 miles south of Taipei. This was the starting point for our tour of the Taroko Gorge, the high spot of our stay in Taiwan. Before boarding our bus we spent several hours touring through the marble factory in Hualien, watching the processing of various marble products from start to finish. We all did some Christmas shopping in their gift shop, at very reasonable prices. We then traversed a portion of the East-West Cross-Island Highway, having lunch at the Tienhsiang Lodge before returning to Hualien. There we watched an interesting show of singing and dancing by a colorful group of Aborigine girls. BOB joined the dancers for their final number, but he is not ready for show business.

I was awakened in the night by a gentleman who had read about us in the local papers and wanted to discuss our purpose in being there. His name was MR. JORDAN WEN, and he was minister of a church and administrator of a small orphanage and old people home. When I told him that we would be running at 6 A.M. he met us with two of his youngsters. As we jogged along, he directed us into a nearby park, where we were amazed to see several hundred people doing organized calisthenics. He inter-

rupted their activity long enough to introduce us, and they greeted us warmly before we continued on our run. MR. WEN showed a lot of enthusiasm for what we were doing.

Before driving us to the airport for our departure for Singapore, CHI took us to see the fantastic Grand Hotel where we were shown several rooms. HELEN will consider this hotel for our stay in Taipei. We were given a royal sendoff from Taiwan, with all our new friends accompanying us to the airport. Before leaving we were interviewed and taped for a television newscast that was to appear that evening.

SINGAPORE - Upon our arrival in Singapore we were met by MR. HARI CHANDRA and his lovely wife. They drove us to the Merlin Hotel, where we spent a very pleasant three days. It was quite warm during our stay, and we were pleased to find that our rooms were equipped with a small refrigerator stocked with soft drinks. On our first morning HARI took us to inspect the National Stadium, which was within two miles of our hotel. It is an absolutely beautiful stadium, with a tartan track and a seating capacity of 70,000. We were surprised to find that there was another tartan workout track adjacent to the stadium. BOB, HELEN, and I all did some running. After breakfast we walked the length of Arab Street, inspecting the many shops which offered mostly linens, electronic items, and various articles of gold. We found a Muslim Mosque and inspecting it was a new and interesting experience for us.

HARI explained a rather odd but very sensible traffic regulation to us. Between 7:30 A.M. and 10 A.M. incoming city traffic must carry four or more persons. They may carry less for a fee of \$4 (Singapore), purchasing the permit from one of many uniformed ladies stationed on the curbs during the morning hours. A driver who violates this regulation is subject to a \$50 fine.

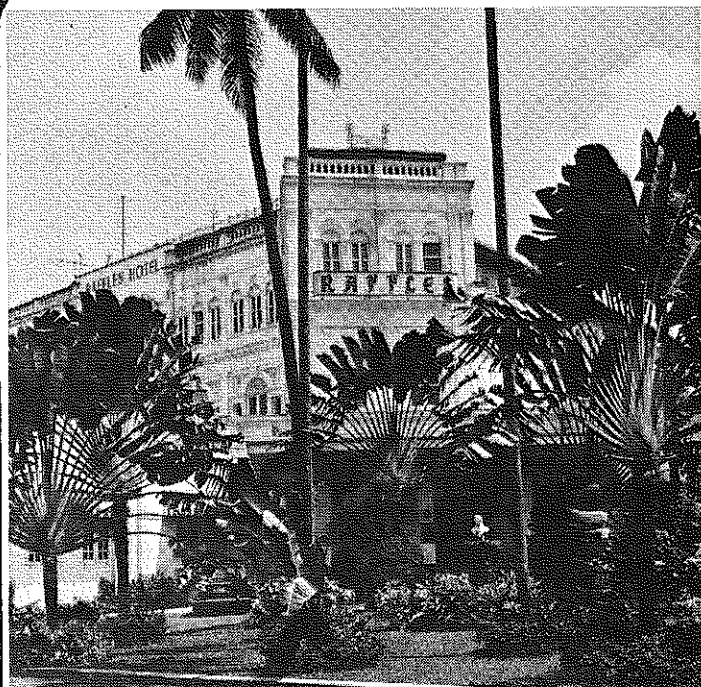
In the late afternoon we met at the track with HARI and others forming their masters group. Our trip cannot be publicized yet because their organization hasn't yet been sanctioned by their government.

Before dinner HARI took us to his apartment, located on the 24th floor of a highrise. It was a simple but tasteful place with an incredible view. Housing in Singapore is largely made up of highrise apartment buildings built by the government. The tenants are offered a type of subsidy program which enables almost any citizen to qualify as long as he is employed. HARI and his wife took us to dinner at a night stalls center called Bedok Stalls. These are open-air food merchants, and you may deal with four or five of them to make up your entire meal, which is then eaten at a picnic table. Another first-time experience for us, and perhaps the best meal we had on the trip to that point.

HELEN and I enjoyed a very good buffet luncheon at the Shangri-La Hotel, the swankiest in Singapore. Then we shopped in several large arcades, which featured much lower prices than in the hotels.

A trip to Singapore wouldn't be complete without a visit to the legendary Raffles Hotel. Excellent cocktails were followed by a delicious dinner, which we found to be reasonably priced. This hotel was named after SIR STAMFORD RAFFLES, the founder of Singapore, and it features a warm English atmosphere which will guarantee a pleasant evening.

HONG KONG - A limousine provided by the Hong Kong Tourist Association met us at the airport to transport us to our hotel. We stayed at the Plaza Hotel, another first class establishment. Our room from the 25th floor overlooked Victoria Park, and at daybreak we could look down and see hundreds of Chinese doing Tai-Chi exercises in the park. I ran 12 miles in and around the park, dodging through the strangely gyrating bodies. Each morning as I ran in this park I felt an affinity with these people, and admired them for



the dedication and discipline required by this type of exercise.

We had lunch on the Kowloon side, which is on the mainland. We were joined by MS. TOBE WALKER, President of the International Travel Representatives, a good friend of HELEN'S. We were the guests of JIM O'NEILL, an American Express V.P. Him, I could really identify with even though he uses an extra 'l' in his name. After lunch we were taken on a tour of Hong Kong Island by the H.K. Tourist Association. We started off with a ride on the Peak Tram to the top of Victoria Peak (el. 1300'), and our driver met us at the top with our Mercedes Benz. We had a beautiful young lady named BETTY as our guide, and she did an outstanding job. We drove across the island to a little fishing village called Aberdeen and viewed the many small craft called sampans and the larger ones, called junks. We enjoyed walking around the famous "floating restaurant", Jumbo. Then we went to Repulse Bay, the high rent district of Hong Kong, where we did some walking on the beach.

In the early evening we met with MR. PANG CHUNG, Director of the South China Athletic Association. We were shown around their facilities, an impressive complex involving many different sports. VIRGINIA PILBROW of the Hong Kong Tourist Association hosted a wonderful dinner that evening at the Repulse Bay Hotel. This is an old English style hotel complete with outdoor verandas, located in the mountains in the central part of the island. It is an exquisite hotel with superb food and service, and the evening was a memorable one.

The best advice to give to a first time visitor to Hong Kong is to pack lightly, for you will surely want to avail yourself of the fabulous bargains in tailor made clothing. There are an abundance of tailors throughout Hong Kong and Kowloon; most of them very good, many of them offering 24 hour service, and all of them selling their wares at prices that will amaze you. With TOBE WALKERS' help I purchased several pairs of slacks and a couple of beautiful sport coats, tailor made to my skinny body and priced about half what I would pay back home.

The next morning we had a meeting at the H.K. Tourist Association with a number of people who might be interested in our trip next August. It was tentatively decided that the following activities might be arranged

for us:

- 1) Demonstration of Tai-Chi (shadow boxing)
- 2) Rickshaw relays
- 3) Orienteering
- 4) Road run with the Hash House Harriers (a local bunch of fun-loving, beer-guzzling joggers)

After a very nice lunch sponsored by MS. CHARMAINE KONG of the H.K.T.A., we met our guide BETTY for a tour of The New Territories (established in 1898). We drove to the border of Red China and stopped to take pictures. On our return trip we stopped at Kan Tin, a walled city of the New Territories. It is 600 years old and was inhabited by 500 people, all the family of Tang. After leaving there we drove over Tai Mo Shun, the highest mountain in Hong Kong (3100'). The following day BOB and I took an all day tour to the island of Macao, 60 miles distant. We were transported over there in a hydrofoil, which made the trip in one hour. The round trip cost in U.S. money was \$14, plus a \$5 fee to enter Macao. We hired a taxi at a cost of \$22 for a 2 1/2 hour tour of the island. We started off with lunch at a Portuguese restaurant (Macao is a province of Portugal). We stopped and had some fun taking pictures of a group of junks and a Red Chinese gunboat. We browsed through a fabulous place called the Floating Casino, which was just that, a gambling joint on a very large boat. At the north end of the island we stopped at the Barrier Gate, where we shopped at a number of Red Communist stalls. With any haggling at all, this is the place where you can make your best purchases. Next we stopped at Kun Yam Tong, a 600 year old Chinese temple. We then had an interesting inspection of the former home of DR. SUN YAT SEN, founder of the Chinese Republic. We also saw the remains of the St. Paul Church, which amounted to only the front portion of the church. The largest and most pretentious gambling casino and hotel on the island is the Lisboa, and we spent the rest of the afternoon there watching the gamblers. Our trip back to the dock was in a bicycle rickshaw. HELEN and TOBE joined us for dinner in Kowloon at Lindy's Restaurant.

Our final day in Hong Kong was especially enjoyable. JIM O'NEILL of American Express picked us up in the morning for a run on Victoria Peak. A great way to see some incredible views of Hong Kong Harbor and get your workout in at the same time. We met JIMS' lovely wife KAY and young son SEAN back at their apartment on Repulse Bay. They live on the 14th floor overlooking the Bay, and it's a picture post card view. After spending some time on the beach we shopped in an interesting outdoor market place called Stanley Market. Back at the apartment we had a pleasant visit with some other runners and enjoyed a fine spaghetti feast which KAY fixed for us before our return to the hotel. THE PHILIPPINES - Our final stop was Manila, where we stayed at the beautiful Silahis Hotel. Our rooms overlooked Manila Bay, and we were once again pleased to find that they were equipped with well-stocked refrigerators.

Our first morning was spent in the Makati area, probably the best shopping section of Manila. We shopped for several hours at the Shoemart, a huge department store much like our Weinstocks.

After lunch we were picked up by EDDIE MULLIGAN of Rajahs' Tours for a city sightseeing tour. Our first stop was the St. Augustine Church, a very impressive and interesting monument. Then we went to Fort Santiago, the last Manila stronghold during World War II and headquarters of the Japanese during their occupation of the Philippines. It was a fortress within a fortress, located within the "walled city", an area of several square miles surrounded many years ago by a large wall. Within Fort Santiago we saw and heard of the greatest hero of the Philippines, DR. JOSE RIVAL. He was the liberator of the Philippines from the

Spaniards in 1896. He was a painter, a sculptor, an author, and a physician, and he was executed by the Spaniards at the age of 35. We saw the quarters where he spent his final days.

In the evening we met with HELEN and TOBE and dined at the beautiful Capriccio Restaurant, located on the second floor of our hotel.

The following morning I arose quite early and went for a rather long run. The weather in Manila is definitely not conducive to long distance running, the humidity is much too high. After lunch we were taken on another tour of Manila. First our guide took us to see the Bamboo Organ, an incredible instrument which dates back to 1816. It stands in the Las Pinas Church, and you have to hear it to believe it. Next we went to the Jeepney Factory, where the jeeps are converted to multi-colored minibuses. There are something like 50,000 of them on the streets of Manila, and they are very colorful, all being distinctively different. A great tourist attraction, but I'm sure that they would never be tolerated in the U.S., their diesel motors are terribly smelly and air polluting.

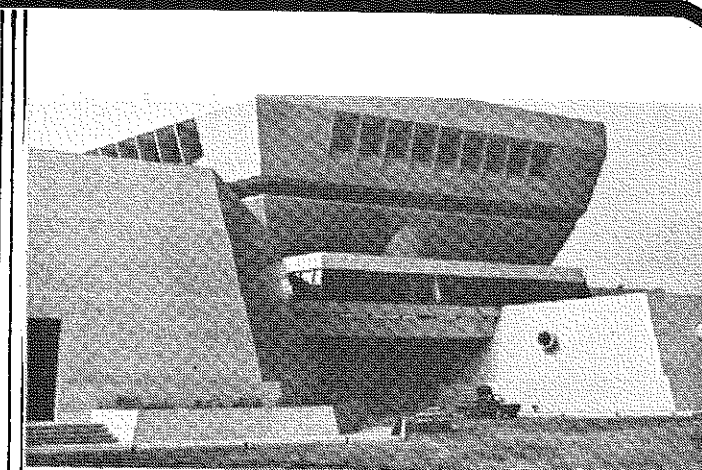
We stopped at the War Memorial, where over 17,000 American and Philippine casualties of World War II are buried. Their names and ranks were chiselled on dozens of tall marble walls forming a large circle in the center of the grave sites. There were also four spacious rooms in which large mosaic tile maps of the battles of the South Pacific were depicted. Our guide PABLO gave us a very informative and interesting lecture of the defeat of the Philippine Islands and the subsequent liberation of the Philippines in 1945 by the American forces. This stop is a definite must for all tourists.

Before returning to our hotel we stopped to do some shopping at the Harrison Plaza, a huge shopping center located about two miles from the Silahis Hotel next to the Sheraton Hotel. It is a very impressive complex of many types of stores and services, all under one roof.

For dinner we were the guests of MS. MILOY TRINIDAD, Director of Sales and Marketing of the Silahis International. She took us to the Philippine Village Hotel, where we ate a typical Philippine meal and enjoyed a delightful variety show of Philippine music and dance. We thoroughly enjoyed ourselves. After dinner we visited the hotel discoteque, a great place loaded with atmosphere called the Flying Machine. I'm certain that our youngsters will spend a lot of time there when we return next August.



I have travelled extensively. My #1 choice as my favorite place to visit is the Orient. No contest. I am making my plans now to join the U.S. Masters group next August, and I will be accompanied by two of my children. If you don't sign up for this trip you will be missing the time of your life." JIM O'NEILL



Singapore Science Centre

What could possibly be the reason for bringing together under one roof such diverse objects as ostrich eggs, a model nuclear power reactor, white mice and the latest Mercedes Benz sedan? Science is the answer, and the place the stunning new Singapore Science Centre in Jurong.

If your experience of a science museum has been a dusty old building full of exhibits that seem to date from the early days of the Industrial Revolution, then you're in for a surprise. The gleaming white raked walls and futuristic architecture set a mood of excitement and, even for adults, a sense of wonder at the progress man has made over the centuries. As soon as you move into the hexagonal lobby where the ceiling rises three storeys high your eye is captured by a group of exhibits which summarise the theme of the three hundred odd exhibits at the Centre: involvement and participation.

Gone are the old 'Don't Touch' signs. Instead you are encouraged to press buttons, move levers, pick up handsets. Would you like to see how hundred of colours can be created by mixing the three primary colours? Rotate the coloured discs and watch a kaleidoscope forming before your eyes. Test the reality of solar energy by catching heat on a special plate and setting a group of cogs in motion.

Three hexagonal exhibition halls range out from the central lobby: the Life Sciences Gallery, the Physical Sciences Gallery, and a smaller Special Exhibits Gallery. The Life Sciences Gallery, which has so far proved to be somewhat more popular with the general public than the often highly technical and complex exhibits of the Physical Sciences Gallery, contains exhibits which explain biological principles and their application in daily life. There are sections devoted to living and non-living things, the origin of life, chemistry of life, human birth, genetics, evolution, ecology and population. The exhibits are beautifully conceived and executed, guaranteed to catch and hold the attention with their graphic panels, transparencies, models, living exhibits, audio-tape messages and multi-media shows.

The Singapore Science Centre opens daily except Monday from 10am-6pm. It is not the sort of place one can whizz through in an hour. In fact, visitors have been known to come in the morning and remain throughout most of the day, pausing only to take lunch in the cafeteria before plunging back into the fascinating world of science.

You don't always have to act your age

By M. C. Small

About the only time most of us give attention to our diet and exercise programs is when we are ill and the doctor predicts dire consequences if we don't mend our ways. We indulge in whatever we like—food, drink, lassitude—with little regard for what is best for our health, comfort, personal appearance and longevity. Mature adults are particularly susceptible to this syndrome unless they've been lifelong sports enthusiasts or have a particular interest in fitness.

But there are admirable exceptions and 73-year-old Winfield McFadden of San Diego is one of them. When McFadden retired in 1967, he and his wife, Leota, gave serious consideration to what they could do that would enrich their retirement years. They agreed they wanted to do something interesting and challenging that would contribute to their health and happiness.

While they were pondering how best to chart the course of the rest of their lives, they learned that the First World Masters Track and Field Championships would be held in San Diego. The idea of competing in the event designed for mature men intrigued McFadden and he embarked on a training program. That was in 1968 and he's been training and successfully competing in track and field events throughout the world ever since. Competing in many age classifications from 40 years and older, often against men many years his junior, he has achieved world's records and won numerous awards.

He won three firsts, four seconds and three thirds in the 1976 Grandfathers Track and Field Meet in Van Nuys, California, competing in a wide variety of events.

At the 1977 Masters Championships in Gothenburg, Sweden, he placed first in the 110 meter hurdles, third in both the high jump and long jump and eighth in javelin throwing. Of course he continues to successfully compete in the event that first piqued his interest in track and field competition, now known as the World Veterans Championships.



CHAMP AT 73—Winfield McFadden of San Diego has been acclaimed as one of the world's greatest athletes.

His achievements have been lauded in articles in many prestigious publications throughout the world, including the *London Times* and the *Toronto Star*. He has often been acclaimed as one of the world's greatest track and field athletes. Quite an achievement for a 73-year-old man whose younger years were spent toiling as a landscaper.

How does McFadden stay in condition for such intensive competition at his age? First, he watches his diet. Meats are limited to fish, chicken and turkey and he eats a lot of fresh vegetables and fruit, plus grains and fibrous foods such as bran, wheat germ and whole wheat bread. He uses no "extra" salt or sugar.

Of course he doesn't smoke, and although he limits himself to very little drinking, he admits to an occasional "snort."

Six days a week he works out for about 1½ hours at Point Loma College, first trotting around the track, then doing stretching exercises and jumping, followed by throwing the discus and sometimes the javelin. Finally, he runs several miles. Right now he is concentrating on perfecting his execution of the "flop" method of high jumping which he hopes will add several inches to existing records.

Asked how she feels about her husband's activities, Leota said, "Oh, it's great. I like to work out with him whenever I can. I have a tendency to take on a little weight and both the exercise and the diet are very helpful." The benefits that the McFaddens have realized in terms of health, personal appearance and happiness are obvious even to the casual observer.

Although McFadden has no intention of retiring from track and field competition, he admits to taking it a little easier these days. "Now I'm doing it primarily for fun," he says. "Before I was doing it to win!"

In addition to his other activities, McFadden is writing a book about his experiences, and he plans to call it, "You Don't Have to Act Your Age."

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Books for background

William Dampier, buccaneer, explorer, sea-rover, keen observer and self-trained naturalist, in 1697 published *A New Voyage Round the World*, an instant best-seller of the times. Dampier's "New Voyage" and subsequent works, called by John Masefield "the best books of voyages in the language," still serve to whet one's travel appetite. Indeed, when planning a 20th century voyage to the Pacific, there's no better place to begin your reading than with far-from-dusty original chronicles of exploration. Consider this small sampling: the journals from Capt. James Cook's three voyages; the logs kept by Louis Antoine de Bougainville, Jean Francois de la Perouse and Otto von Kotzebue (a Russian captain); the 17th century accounts of Mughal India set down by either Francois Bernier or Jean-Baptiste Tavernier; La Loubere's 1687-88 experiences in Thailand; or Isabella Bird Bishop's traveler's reports from Hawaii, Japan and Korea, published between 1875 and '98.

A fine reference for sorting out more than four centuries of exploration is *Pacific Voyages, The Encyclopedia of Discovery and Exploration* (Aldus Books, London, 1971, & Doubleday, New York).

For background on the Pacific today, and for help with your travel planning, consider the following sampling of titles, all periodically revised:

The APA Photo Guides series, with volumes on Bali, Java, Singapore, Malaysia, Thailand, Hong Kong, and the Philippines (APA Productions, Singapore).

The Fodor guides, with volumes on Hawaii, Japan & East Asia, the South Pacific, Subcontinent, and Islamic Asia, including Pakistan (David McKay Company, New York).

Nagel's Encyclopedia Guides, with volumes on Japan, India & Nepal, Thailand, the Philippines, Indonesia, and Malaysia.

Sunset Travel Books, with volumes on Hawaii, Australia, New Zealand, the Orient, Islands of the South Pacific, and Southeast Asia (Lane Publishing Company, Menlo Park, California).



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We leave San Francisco on China Airlines on August 15, 1978, for 21 days to Tokyo, Taipei, Singapore, Hong Kong, and Manila and return to Los Angeles on September 4. Including airfare (based on January, 1978 tariffs), sightseeing, and first-class hotel reservations (double occupancy), the price of the tour will be \$1,750.00 per person. Connecting flights from your home town will be reserved and tickets provided at the lowest possible fares.

Payment schedule: Per person—\$50.00 deposit NOW, \$500.00 due May 1st, \$500.00 due June 1st, balance of tour due July 1st. Further details upon request.

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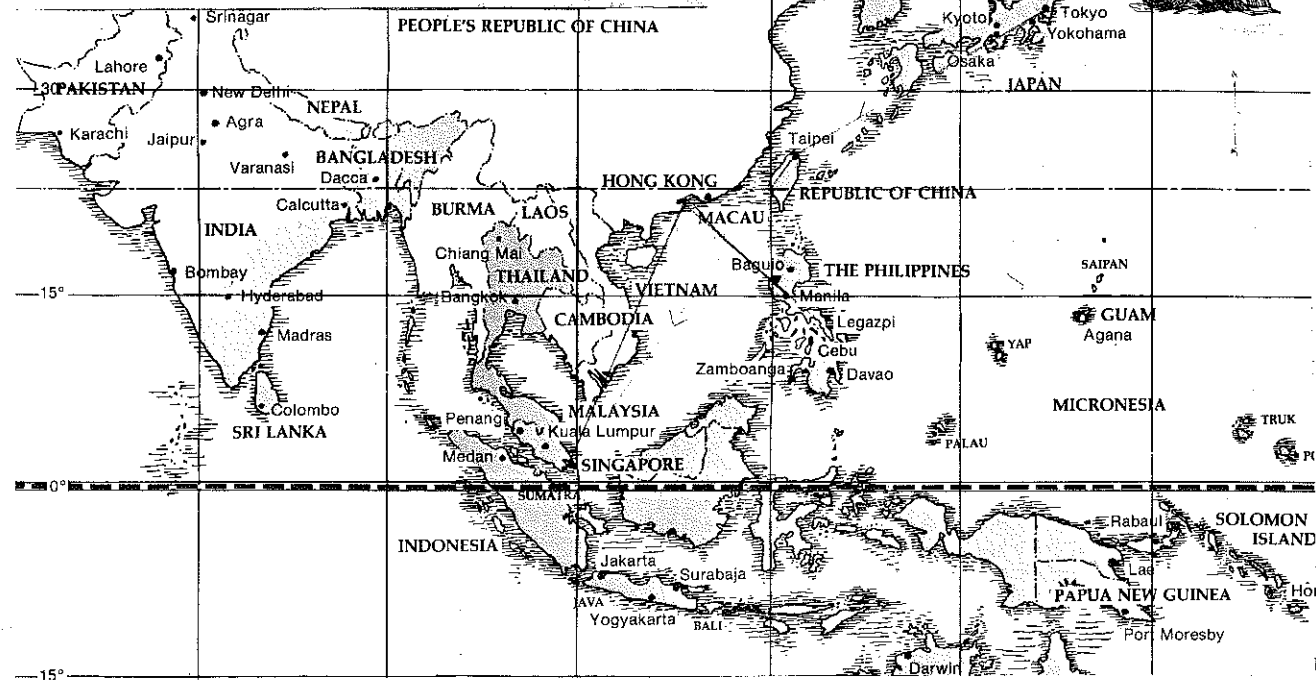
Enclosed please find \$_____ as deposit for the following names (Please list competitors and their requested events and non-competitors names separately.) _____

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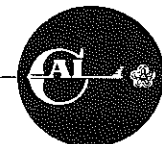
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USMITT. ORIENT 78



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