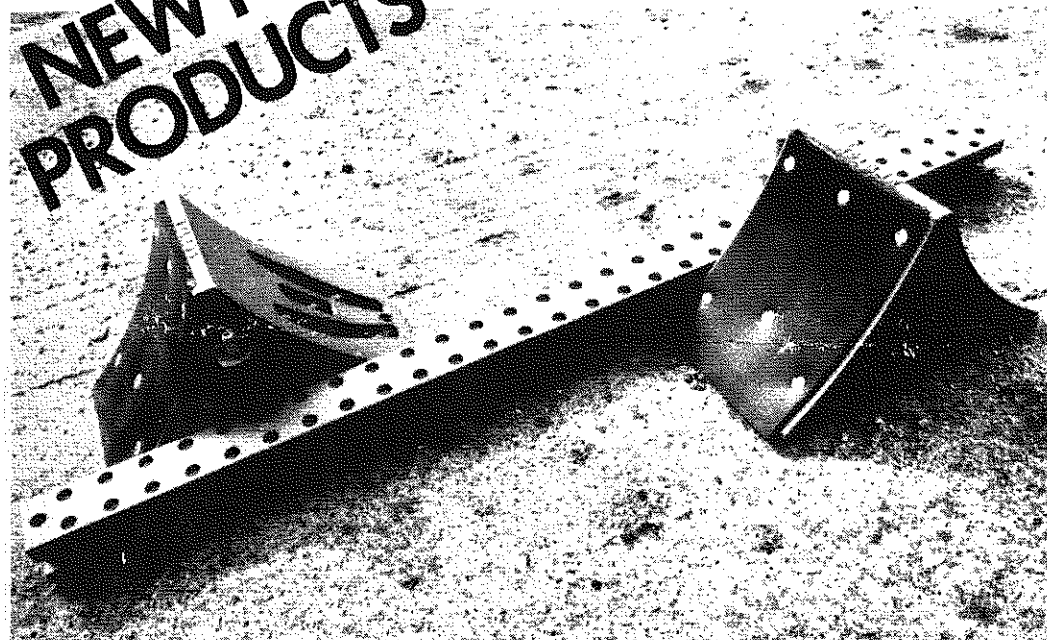


**NEWTON
PRODUCTS LTD.** THE ANSWER TO
A SURER START



Patented

THE CLOSER YOU LOOK - THE BETTER WE LOOK!

FOR INDOOR, OUTDOOR, DIRT OR TARTAN TRACKS

You can depend on Newton Products to help win the big races

IF A GOOD START IS IMPORTANT TO YOU, OR YOUR ATHLETES, CHECK THESE FEATURES!!

Mail to NEWTON PRODUCTS LTD., 715 E. Hyde Park Blvd., INGLEWOOD, Ca. 90302

TO

Return Address:

U.S. MASTERS INTERNATIONAL TRACK TEAM
(A Non-profit Corp.)
1951 Cable Street
San Diego, CA 92107

RETURN POSTAGE GUARANTEED

Bulk Rate
U.S. Postage
PAID
Permit #1681
San Diego, CA

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

U.S. masters international track team **SEPT. - 1978**

WORLD VET. REPORT

THE INTERNATIONAL SCENE
by DON FARQUHARSON.....

By far the most important event in the Masters (Veterans) calendar this year was the World Best 10 Km and Marathon races held in Berlin, Germany and the meetings which took place thereat. As many of you will know, these road races are held yearly by the I.G.A.L. Organization which has operated for considerably longer than the World Veteran Athletics Association but only in road racing. It is hoped that in time our two organizations will meld and we believe that is gradually taking shape. Certainly many competitors are members of both. By one means or another we managed to get six Canadians to Berlin, even though all had to put up at least some of the money. I flew from Trenton, Ontario on Tuesday evening 13th June and after a brief stop in Ottawa, carried on to Lahr, in South West Germany where Canadians man the NATO base. This was a happy opportunity for me as my daughter teaches children of Canadian servicemen on another nearby base (Baden-Baden) where her husband is a fighter pilot (CF104's). It was great to visit them and, the following morning visit the squadron and attend a briefing (memories of a very long time ago when I had far fewer responsibilities and much more hair) Then, borrowing their car complete with Canadian (not provincial) plates, I drove the 500 miles to West Berlin. West German Autobahns are much like the major Canadian highways but for two factors. They are not fenced and there are no speed limits. The driving is fast. Too fast for the likes of me who drives the Macdonald-Cartier perhaps 10 MPH over the limit. I must have seen well over a hundred cars travelling at considerably over 100 MPH. A few, I would guess, at nearly 120 MPH. They also drive aggressively, shooting close up behind you with lights flashing and then passing when you have only half cleared the lane. Mercedes, Porsches, Volvos, etc.. Just before entering East Germany, I saw a sign advertising a British NAAFI (Navy, Army, Air Force Inst.). I stopped, since I hadn't been inside one for 31 years. It may be another 31 before I go back again. They didn't even have an Eccles cake to offer. ARTHUR TAYLOR suggests that this has something to do with the fact that they now use vacuum cleaners rather than brushes??? I did buy some British Brylcreem....and found it wasn't as good as the Canadian made brand...."Pity".

BERLIN/JUNE 16, 1978/WORLD VETERAN'S ATHLETIC ASSOC. The meeting of the members of the executive council WVAA.

Editorial note: ROLAND JERNERYD, secretary, sends to us the following excellent outline of the business meeting in Berlin. In reading the information I call to your attention two particular items:

What happened to our basic philosophy? "Any individual 40 years of age or older who is physically fit may participate in world masters (veterans) track and field (athletic association)." See paragraphs 13, 16 and 22.

Note paragraphs 6 and 10 mean that the date of competition will determine your age classes (if the competition were held in December in the Southern Hemisphere, the age classes could be quite different than if the meet were held in the Northern Hemisphere July/August.)

Another item of discussion in paragraph 7, at least three competitors must be entered in each event and age class for regular medals to be awarded. In Gothenburg, all five year age classes were open in all events without limitation if there was one entering competitor. Please read this report carefully and give me your reactions.

Present: DON FARQUHARSON, President
JACQUES SERRUYS, Vice-Pres.
ROLAND JERNERYD, Secretary
HARM HANDRIKS, Treasurer
HAZEL RIDER, Women's Delegate
JOSE TEJEIRO SANTOS, Delegate South America
HIDEO OKADA, Delegate Asia
CESARE BECCALLI, Delegate Europe
WAL SHEPPARD, Delegate Oceania
DANIE BURGER, Delegate Africa
WILHELM KOSTER, Secretary O.C.
Hanover 1979

CONT. PG. 2

CONT. PG. 5

Entering East Germany after purchasing a Visa, I was told to stay on one road. The numbering system is complex but posting by destination is excellent. The Autobahn in East Germany is not nearly as good, one or the other direction being out of use over most of the route necessitating slow, no-passing driving (from the sublime to the ridiculous). Nevertheless all went well until within sight of the big city I saw a turn off sign saying "Hauptstadt Berlin". Thinking this was a downtown Berlin sign, I turned off. In fact it means Capital City-- in this case, East Berlin. Immediately, two East German police sprang out of some bushes and waved me down. An aggressive demand for my visa and a search of the car took place before an explanation and, since it was impossible to back up onto the correct route, one policeman asked for a pen to sketch a 35 Km diversion to the original route. He showed great reluctance to return the pen but his abrasive manner prompted me to demand it. They have no pens anywhere in East Germany.

West Berlin is bustling and exciting, perhaps somewhat too much. I met up with ARTHUR, LORNE BUCK DAN D'ADDIO and EARL CRANGLE but it wasn't until the next morning (Friday) that I found that the 10 Km was to be that evening at 6 p.m. rather than the following day and the Marathon at 7 a.m. on Saturday morning. I quickly phoned BRIAN OXLEY in England to tell him of the change and then went in to chair an all-day meeting of the World Veterans. Ten of the eleven man committee were present. Only BOB FINE was unable to attend. In addition, the German Athletic Federation, who will run the Third World Veterans Meet next year in Hanover, kindly sent their secretary with power to agree to suitable changes in the plans.

You will remember that we published some items of concern in Bulletin 52 and, armed with your views on these matters as well as those of other countries who had written to me, we spent a very profitable day and came up with what I believe to be a very fair solution which will surely suit most competitors. Vital elements of it hang on the IAAF decisions at their October meeting in Puerto Rico, but the International body seem well disposed to us. I enclose the minutes of the meeting as written by ROLAND JERNERYD, our secretary. Happily for our progress, translations only had to be made to Spanish and Japanese as our Belgian, Dutch, Swedish, Italian, German and French delegates understood and spoke English well. Sometimes the English speaking nations take much for granted.

Half way through the afternoon, BRIAN looked in on the meeting. He had arrived but British European Airways had lost his equipment, so he had an hour to buy running shoes.

Finishing our meeting, we rushed off to run the 10 Km. (BRIAN and myself, that is - the others would compete the next morning). About 850 competitors would run but in sections; 1A, 1B and 2A together being the largest group. The course following a portion of the Marathon route was closed to traffic, a good surface and reasonably flat. Excitement reigned as it always does at these International events. About 30 countries were represented, some from points as far afield as Australia, Japan, Korea, South Africa, Venezuela, U.S.A. and ourselves. Czechs and Yugoslavs took part but no Russians or East Germans.

Realizing I would likely be tired after all the travel, I started easily from the rear of the pack, but moved up steadily - felt good at the halfway and kept catching up on a few on the return section. I found that, if I keyed on the back of someone's head and concentrated on him, that he often came back to me. Obviously, though, there were some who concentrated on the back of my head. I finished with a sprint into the stadium where we all re-

ceived a fine commemorative medal. I felt I had done well and was disappointed to find my time was slow. I hoped that perhaps the course was too long but a later car check plus the winner's time suggests it was accurate. I think BRIAN felt about the same. As you will see from the results, standards at the front were high but there is still a greater willingness on the part of the many average and below average performers to "have a go" in Europe compared with North America. I enclose results of the lead group, all Canadians, some other well known performers and the last runner, to give you an idea of the spread.

As 7 a.m. the following morning, the gun cracked to set 650 runners in motion. All classes ran together and the start was swift. None, however, was swifter than the sole U.S. entry, FRITZ MUELLER of New York City. FRITZ had finished first Master at the Boston Marathon two months previously with a 2 hrs. 20 min to finally capture the North American Masters title set by ARTHUR TAYLOR (2:26:35). In the absence of World Veteran Champion ERIC AUSTIN and GASTON ROELANTS, MUELLER started the favorite and looked as though he wished to disappoint no one. In the first half mile he had already established a hundred yard lead and was bent on increasing it with each stride. A chasing group of about 15 strong and experienced runners settled in behind him and amongst them was a new Canadian Master, DAN D'ADDIO from Niagara Falls, Ontario.

Not too far behind, in a group led by former winner ARTHUR WALSHAM of England, LORNE BUCH, who had won the 1978 Canadian Title at the National Capital Marathon a month previous, also looked strong. Unhappily, ARTHUR TAYLOR, who had made a great effort to get fit for this race, following a long winter lay off at his new home in Fort MacMurray, Alberta, was not in shape and, although he stayed within striking distance of the 2A leader RON FRANKLIN for some time, knew he was in for a hard race. EARL CRANGLE, anxious to improve on his excellent Boston breakthrough, also went out fast and the Canadian crew all looked worthy contenders. To round out the field, BRIAN OXLEY, following his 10 Km of the previous evening, decided to jog along unofficially.

MUELLER continued to press his advantage, looking at ease, and the gap became such that, unless he broke down completely, he must win. The chasing group gradually wore down but DAN still ran beautifully. He has a light, unobtrusive style and slips along easily in the wake of other runners. The temperature rose to the high 70's and would have been a bigger factor had not much of the course been tree shaded. BRIAN wisely called it a day and now there were two of us to dash around in the car, give out water, take pictures, etc.. With about 7 Km to go, some of the chasing group elected to step up the pace strongly but DAN decided to hold steady. As it turned out, he had considerable strength left and might have caputred 2nd spot had he moved out. Nevertheless, he turned in a very creditable 6th place overall (5th Class 1A) at 2 hrs 30:15, a tremendous first appearance for Canadian Masters -- bravo!!

LORNE finished strongly 30th overall, 8th in Class 1B. ARTHUR struggled hard for a time more than 30 min. slower than his usual performance. To add insult to injury, his finish went unrecorded. I clocked him at 2:58:30 and it remains to be seen if this will be accepted. EARL suffered very stiff legs in the late stages but finished manfully. If ARTHUR'S time is accepted, our team finished 7th, if not, then EARL would count and we placed 8th. It is interesting to note that, if ARTHUR had been able to produce his usual first class effort, Can-

CONT. PG 3

ada would have been a very worthy runner up to the German winners. Some year we'll put it all together.

With plenty of the day left, we decided to take an afternoon trip to East Berlin. As we approached "Checkpoint Charlie" we were shocked to see that the last quarter mile, in striking contrast to the shiny rebuilt city, looked as though the last shot had just been fired. There were crumbling, burned out, boarded up ruins amidst piles of rubble and then...."The Wall".

We entered a room to fill out forms - no pens anywhere. Eventually, we borrowed one from a West German - bought more Visas - passed the scrutiny of a squad of unsmiling guards and passed through a similar bombed out area into the rebuilt Unter Den Linden. East Berlin seemed more relaxed than West but we believed most of the people in the streets to be West Berlin visitors.

There is a considerable shortage of men in East Berlin. The young ones have run the gauntlet to the West whilst the war decimated the older ones. After some ice cream, we went back through "Checkpoint Charlie". This time it was more difficult. The car was measured and thoroughly searched whilst guards watched with guns at the ready. The first smile on the western side brought us considerable relief.

That evening we attended a large banquet after which I slept pretty soundly. The next morning, after a short stroll about and Mass, I went with a few of the British team to visit the Olympic Stadium, still very impressive even without the finery. Hitler's box still stands and the names of the winners are engraved in the walls. From an adjoining field came the unlikely sound of a very British voice a-la-RICHARD DIMBLEBY running a commentary on a Polo match!!

Following this memorable excursion, I decided to leave Berlin and head for Hanover to see the city and view the facilities for next year's championships. My impressions of Hanover were gained from a very short stay and are doubtless incomplete. I will ask you to bear this in mind. I have, however, an excellent booklet written by a recent visitor who spent much more time there than I did and we will publish excerpts in later bulletins. Like most North German cities, Hanover was virtually destroyed and has been completely rebuilt. It has then no qualities which could be described as quaint. In fact, I could only spot three buildings which predated 1945. Oddly, however, the old street plan was followed in reconstruction and so Hanover has traffic problems at busy times. Having said that

much critically, I hasten to point out on the plus side that the city has excellent shopping facilities and certainly seemed lower cost than Berlin. The real reason for the choice of Hanover by the German Athletic Federation became obvious to me when I saw the excellent multisport facility placed in a spacious park right in the city. Bulletin 52 gave you a complete description of this facility and I was enthusiastically shown over it including the medical facilities, cafeterias and beautiful swimming and diving pools as well as the track and field complexes just finishing construction. The park features an attractive lake about half a mile wide and two miles long in which there is sailing, paddling, canoeing, etc. but not motorized boating. A portion boasts a sandy beach with swimming the whole being encircled by running trails and featuring a few small restaurants with balconies overlooking the lake. The park is about two miles from City Centre with adequate transport. Half way between the two are the hotels which KEN RICHARDSON has booked for the tours (see Bulletin 52). The

smaller of the two selected for the charter group is described by KEN as a motel. I would think of it as a small hotel, very clean, light and airy and compact, quite a friendly place. The larger InterContinental Hotel, right opposite the New City Hall, is only two blocks distant so we will be close together. The InterContinental is luxurious with fine shops etc.. Although it does lack a swimming pool. Surprising for a hotel of this stature but perhaps we'll all have had enough exercise at the park. Overall, I am sure Hanover '79 will be a memorable trip.

Next day, Tuesday the 20th, I drove back down to Baden to spend a few very pleasant days with my daughter LORNA. The Black Forest area is beautiful and the few words I could say would be quite inadequate. Full of castles built on impossible peaks and breathtaking views, it also has wine festivals and quaint villages with funny little stores with wood carvings and whatnots everywhere. Alas, no longer cheaply bought. The Forest itself is a runner's paradise. The trails are well defined and many. I ran for an hour without seeing a soul. But beware, take a good look at the sun before you start. I wouldn't want to get lost with darkness coming on. Remember Snow White in the Forest?

On Friday the 23rd, I flew back to Canada and felt very satisfied, especially with the arrangements the World Veterans Committee had made. Beyond the record of the minutes, we established a camaraderie and a confidence that augers well for the future of Masters/Veterans Athletics. Vital aspects, however, still hang on the decisions the IAAF will make at Puerto Rico. If we are given carte blanche regarding eligibility rules for purely Veteran meets, many of the concerns of recent years will vanish. If not, then we are pledged to a meeting late this year at which we will have to make difficult and serious decisions. We all hope this will not be necessary.

RESULTS OF 10 KILOMETRES RACE

Class 1A

1. FRED PENDLEBURY GBR 31:09.3
2. GUENTER SCHMITT Ger 31:18.7
3. JOHANNES KESSLER Ger 31:57.6

Class 1B

1. ALFONS IDA Ger 32:20.8
2. WILLIAM STODDART GBR 32:41.8
3. ROGER MONSEUR Bel 33:16.4
37. BRIAN OXLEY Can 39:27.0

Class 2A

1. PAOLO LOTILA Fin 33:32.5
2. WILLIAM MARSHALL GBR 33:35.3
3. GEORGE RHODES GBR 33:50.2
54. DON FARQUHARSON Can 43:36.0

Class 2B

1. KARL HASLER Sui 35:40.0
2. HERMANN BRECHT Ger 35:46.0
3. J.BAPTISTE GERMAIN Fra 36:49.0

Class 3A

1. J. VERLOOP Hol 37:35.0
2. GUSTAV PAULS Ger 38:35.0
3. GOTTFRIED BECK Sui 38:39.0
6. NORMAN ASHCROFT GBR 40:11.0
30. WALTER ROSS Scot 46:10.0
70. TSAMU KOBAYASHI Jpn 1:17:30.0

Class 3B

1. ERTCH KRZYCKI Ger 37:20.0
2. KARL HALL Swe 40:44.0
3. GERHARD SCHOLZ Ger 40:48.0

Class 4A

1. BRYAN DOUGHTY GBR 40:04.2
2. THEBDE JENSEN Swe 44:32.0
3. MAX SYRING Ger 46:16.9
22. HIDEO OKADA Jpn 1:15:13.2

Résultats

CONT. PG. 4

Class 4B
1. LOUIS CHARBONNEAU Fra 44:02.0
2. P. Van Leenen Hol 47:53.5
3. SHOORE JAERNMYR Swe 48:57.1
Class 5A

1. FRITZ SCHREIBER Swe 59:45.0
2. KAREL HRBEK Tch 59:54.9
3. MONJI TAKAZOE Jpn 1:14:37.5
Class 5B

1. ARTHUR LAMBERT Ger 1:07:16.0
(President of IGAL)

Women 35-39
1. CORRIE KONINGS Hol 35:36.5
2. DENISE HOWE GBR 35:55.5
3. RENATE GUETTLER Ger 39:04.1
Class W1A

1. LINDA SIPPRELLE USA 38:12.4*
2. HILDE LANG Ger 38:21.1
3. HELGA BALZER Ger 39:33.5

Class W1B
1. ULLA SEGER Swe 41:15.0
2. MARIANNE HENSELOWSKY Ger 43:12.2
3. EDITH HOLDENER Sui 43:49.0
Class W2A

1. RIA BROUWERS Ger 42:34.8
2. S WISMAN-VERSTEGG Hol 43:06.7
3. AILEEN LUSK GBR 44:59.5
Class W2B

1. HILDE JOECKLE Ger 44:56.2
2. ELFRIEDE FALKE Ger 48:17.5
3. Georgina Descamps Bel 49:33.5
Class W3A

1. FRIEDEGARD LIEDTKE Ger 52:31.5
2. CAROLA WIEGMANN Ger 58:17.2
3. HEDWIG LANGBEIN Ger 1:00:59.5
Class W3B

1. JOHANNA LUTHER Ger 52:59.0
2. MARIA RITA WAGNER Ger 1:14:32.9
3. IDA FRYDECKY Aut 1:18:07.6
Class W4A

1. JUSTINE BUCHER Ger 1:04:26.3

10 KILOMETRE WALK

Class W1A
1. WILFRIEDE ANDRIS Ger 1:01:00.0

Class W1B
1. ELEANORE LUXEMBURGER Ger 1:00:05.0
Class W2A

1. OLGA MEYER Ger 57:50.0

Class W2B
1. WALTRAUT SCHUERMANN Ger 1:21:55.0

Class W3A
1. HILDEGARD KEUCHEL Ger 1:08:50.0

20 KILOMETRE WALK

Class 1A
1. WALTER BARZEN Ger 1:35:45.0

Class 1B
1. PANTALEON PEMPELFORTH Ger 1:41:58.8

Class 2A
1. RICHARD SCHMELTER Ger 1:50:32.8

Class 2B
1. GUENTER ZEIGER Ger 1:51:04.8

Class 3A
1. ROLF SCHOENEMANN Ger 1:00:12.0

Class 3B
1. JOCHEN MUELLER Ger 2:00:37.0

Class 4A (70-74)
1. W. DALMEIJER Hol 2:14:06.0

Class 4B (75-79)
1. OTTO MAHLA Ger 2:27:15.0

Class 5A (80-84)
1. FRITZ SCHREIBER Swe 2:46:44.0

Märathon

MARATHON

Class 1A

1. FRITZ MUELLER USA 2:25:20.4
2. GUENTER SCHMITT Ger 2:28:35.4
3. ERNST RUEEGG Sui 2:29:40.1
5. DANIEL D'ADDIO Can 2:30:15.7
125. EARL CRANGEL Can 3:07:03.0

Class 1B

1. P. VAN ALPHEN Hol 2:28:55.7
2. HERMANN MUELLER Ger 2:34:47.9
3. WILFRIED IRMEN Ger 2:35:31.2
8. LORNE BUCK Can 2:41:45.4

Class 2A

1. RON FRANKLIN GBR 2:41:28.3
2. GEORG PFISTER Ger 2:43:56.1
3. HERMANN GRENZEBACH Ger 2:45:10.3

Class 2B

1. HERMANN BRECHT Ger 2:45:26.4
2. GOFSTA EKSTROEM Swe 2:49:37.0
3. JEAN FONTAINE Sui 2:54:46.6

Class 3A

1. GORDON PORTEOUS Scot 2:55:51.2
2. OTA HOBST Tch 3:06:15.0
3. ROBERT McMINNIS GBR 3:08:32.6
41. HIROSHI MORITA Jpn 6:09:34.0

Class 3B

1. RUDI SEYDLER Ger 3:12:31.2
2. OTTO CLAUSSEN Ger 3:18:52.0
3. MAX MROSS Ger 3:21:07.0

Class 4A (70-74)

1. ARNO RUDNICK Ger 3:23:15.6
2. HELMUT HOEFFT Ger 3:35:20.2
3. LUDWIG BIRK Ger 3:50:59.2

Class 4B (75-79)

1. FRIEDRICH TEMPEL Ger 3:36:26.0
2. ERICH HAUSSNER Ger 4:29:27.4
3. RUDOLF FISCHER Ger 4:33:17.2

Class 5A (80-84)

1. JOSEF GALTA Ger 4:56:27.0
2. ARTHUR FREY Sui 5:11:12.6

Class Women 35-39

1. LIANE WINTER Ger 2:51:32.4
2. MARIANNE BUETTNER Ger 3:04:48.0
3. BRIDGET CUSHEN GBR 3:14:57.8

Class W1A

1. GERDA REINKE Ger 2:57:11.4
2. PATRICIA DAY GBR 3:14:54.8
3. LENI ELBING Ger 3:28:20.8

Class W1B

1. ELSE GYLLENOHR Den 3:19:01.0
2. ULLA SEGER Swe 3:26:00.6
3. EDITH HOLDENER Sui 3:28:38.0

Class W2A

1. NORMA CAMPBELL GBR 3:19:22.0
2. LYDIA BACKES Ger 3:23:33.0
3. ILSE LUTZ Ger 3:29:03.4

Class W2B

1. LIESELOTTE SCHULTZ Ger 3:35:01.8
2. GERTRUD KNITTEL Ger 4:39:01.0

Class W3A

1. MARIE LYNNERUP Den 3:42:24.4

CLASS W3B

JOHANNA LUTHER Ger 5:40:53.0

Teäms

NATIONAL TEAM RESULTS

based on first 3 (any age) aggregate time.

1. Germany 7:35:00.4
2. Great Britain 7:55:19.6
3. Holland 7:56:18.9
4. France 8:00:15.2
5. Belgium 8:04:43.4
6. Canada 8:10:31.1
(or 7. 8:19:04.1)
7(or 6.) Sweden 8:16:01.1
8. Finland 8:21:15.7
9. Switzerland 8:21:48.7
10. Austria 8:21:59.1

FASTER SERVICE?

It has come to our attention that some of you are not receiving your newsletters until quite late in the month due to sending them bulk rate, 3rd class. If you are anxious for delivery to be expedited and you are living within the continental United States, you are most welcome to forward an additional \$3.00 per year to cover 1st class postage. If you are living elsewhere and would like airmail delivery, the yearly surcharge is an additional \$6.00.



President FARQUHARSON opened the meeting and greeted the committee members and the secretary of World Veterans Championships 1979, WILHELM KOSTER.

The meeting agenda was approved.

It was approved that on July 27th-August 2nd 1979 the third World Veterans Athletic Championships will be held in Hanover, West Germany, with the German Athletic Federation in cooperation with the City of Hanover and the State of Niedersachsen as organizer.

The sport facilities in Hanover, described in secretary's report of April 28th, 1978, were approved.

Following events were approved for 3rd World Veteran Championships 1979:

Men: 100, 200, 400, 800, 1500, 10000
Hurdles 110, 400
Steeple-chase 3000

High jump, long jump, triple jump, pole vault
Shot put, discus, javelin, hammer
Pentathlon (long jump, javelin, 200m, discus, 1500 m)

Relay 4x100: (40-49), (50-59), (60-69), (70-79)
Relay 4x400: (40-49), (50-59), (60-69), (70-79)
Relay 4x400 special: (40-49)+(50-59)+(60-69)+(40-49)

Cross-country 10km

Marathon 42.195 km

Road walk 10 km

Road walk 20 km

Women: 100, 200, 400, 800, 1500, 5000, 10000

Hurdles 100 (35-49)

Hurdles 80 (50+)

High jump, long jump

Shot Put, discus, javelin

Pentathlon (35-49) 100m hurdles, shot put,

high jump, long jump, 200m

Pentathlon (50+) 80m hurdles, shot put,

high jump, long jump, 200m

Relay 4x100: (35-44), (45-54), (55-64+)

Cross-country 10 km

Marathon 42.195 km

Road walk 5 km

Road walk 10 km

There will be team competitions as follows:

Men: Cross-country 40-44, 45-49, 50-59

(=5 participants/team)

Marathon 60-64, 65-69 (=3 participants/team)

OVERALL TEAM SCORES:

Cross-country 6 participants/team. There must be at least one participant/team in the following groups: 40-49, 50-59, 60-69
Marathon In each class with at least 2 teams with 3 participants/team
Road walk 20 km In each class with at least two teams with 3 participants/team

Women: Cross-country In each class with at least two teams with 3 participants/team
Marathon In each class with at least two teams with 3 participants/team

Following age classes were approved:

There will be 5 years age classes open for men from 40 years of age and women from 35 years of age in all events (see paragraph 5) where a competitor enters.

(Explanation: DUNCAN MACLEAN, born 3/12 1884 will start in class M 90-94.)

After voting, 5 votes for and 4 votes against the following was approved:

In each event and age class there must be at least 3 competitors for a World Veterans Championship. If there are only one or two competitors starting in one event, a special honorary medal

Opening

Approval of agenda

Approval of place and organizer of third championships

Sport facilities in Hanover

Events in Hanover

Age classes

3 competitors for a championship

and the championship certificate will be awarded to the finishing competitor(s).

There will be following notation of age classes:

Men M 40-44, M 45-49, M 50-54 etc.

Women W 35-39, W 40-44, W 45-49 etc.

After voting, 5 votes for and 4 against, the following was decided:

All events will be opened in all age classes where a participant is registered for entrance.

After voting, 6 votes for and 3 votes it was decided that a competitor in his (hers) age class must be born on or before the day the Veterans Championships begin. The World Veteran Athletic Championships in Hanover 1979 will be open to men born on or before July 27th 1939 and women born on or before July 27th 1944.

M40-44 Men born between 7/28 1934 & 7/27 1939 incl

M45-49 1929 1934

M50-54 1924 1929

M55-59 1919 1924

M60-64 1914 1919

M65-69 1909 1914

M70-74 1904 1909

M75-79 1899 1904

M80-84 1894 1899

etc

W35-39 Women born between 7/28 1939 & 7/27 1944 incl

W40-44 1934 1939

W45-49 1929 1934

W50-54 1924 1929

W55-59 1919 1924

W60-64 1914 1919

W65-69 1909 1914

W70-74 1904 1909

W75-79 1899 1904

etc.

It was decided to use the same equipment as in Gothenburg 1977. New event, hurdle for women, will be 100 m hurdle for W 35-49 and 80 m hurdle for W 50+.

Age classes	Hurdles		Shot	Discus	Hammer	Javelin
	110m	400m				
M40-49	99.6cm	91.4cm	7.257kg	2.0kg	7.257kg	800g
M50-59	91.4cm	84.0cm	5.5kg	1.5kg	7.257kg	800g
M60-69	84.0cm	76.2cm	4.0kg	1.0kg	6.000kg	600g
M70+	76.2cm	76.2cm	4.0kg	1.0kg	6.000kg	600g
	100m	80m				
W35-49	76.2cm	---	4.0kg	1.0kg	----	600g
W50-59	----	76.2cm	3.0kg	1.0kg	----	400g
W60+	----	76.2cm	3.0kg	1.0kg	----	400g

Was decided that IAN HUME'S revised system of May 1st 1978 for point scoring in pentathlon for men will be used in Hanover 1979 (see enclosed appendix).

For the new event, pentathlon for women, was decided to ask IAN HUME to make a point scoring system.

Entries must in the first place be approved by a national veteran (masters) association (in cooperation with the national member of IAAF) or where there is no national veteran association, the national member of IAAF.

Notation of age classes

Events and age classes

Birthday determines age classes

Equipment

Point score for pentathlon

Approval of entries

Following entry fees was accepted: Entry Fees
First event 20 D Mark
Each other event 10 D Mark
Relays 20 D Mark per team
There will be no entry fees for team competitions in cross-country, marathon and 20km walk.
A special fee to finance the work of the World Veterans Athletic Association will be charged (see paragraph 23).

To avoid problems at the General Assembly in Hanover 1979 it was decided that before starting a General Assembly each participating country affiliated with W.V.A.A. will have to inform the secretary of W.V.A.A. about the name of the recognized spokesman of the country.

Proposal from BECCALLI and SERRUYS: It would be recommended at World-or European-Championships not to accept individual entries, except in the country where the veteran lives and where there does not exist a veteran organization. All entries should have the approval of the recognized veterans organization of each country. The executive council accepted the proposal (see paragraph 13).

Proposal from BECCALLI and SERRUYS: To have the complete recognition of the IAAF it would be recommended to found an official veterans organization co-operating with the International Amateur Athletic Federation (IAAF). Only when the veterans in each country have a strong official structure we can make our proposals for acceptance to the IAAF with authority. As the purpose of the World Veterans Athletic Association given in the constitution is to stimulate veteran athletics there were no objections to the proposal.

Proposal from BECCALLI and SERRUYS: Each year the representative of every country shall have to send their competition programme to the World Veterans Athletic Association in order to outline a calendar avoiding big competitions to coincide. It was accepted to make an international W.V.A.A. calendar used as an information, but there must not be any interference in the national programs. Recommendations in order to avoid coincidences can be made. Each national organization will be asked to send their competition program for the following year to the secretary of W.V.A.A. at the latest December 1st. The secretary will send the international calendar to the national organizations before January 1st or if possible earlier.

Proposals from BECCALLI and SERRUYS: We must aim at a unification of organizations for veteran athletes. Being the only recognized association the W.V.A.A. shall in the future organize World Veteran Championships. Therefore these matters shall have to be discussed with IGAL.

After a long and friendly discussion no decision was made. The general opinion was that W.V.A.A. shall work for the unification of international organizations for veteran athletes. Consultations with IGAL will take place to find the way.

Rules for handicapped competitors who need some help (conductors) was discussed. It was resolved that a competitor will not be permitted to start if the aid (conductor) may hinder a fellow competitor.

Proposal from JERNERYD: The latest organizer of world veterans championships shall have one co-opted membership in the executive council of W.V.A.A. during the two years period until the next championships to get the experiences from one championship to the next one transferred. It means that the German Athletic Federation will have a co-opted membership in the executive council for the period of 1979-1981. The proposal was accepted.

The British Veterans Athletic Federation has in a written protest (21-4-78) asked for a decision not to permit South African veteran athletes to start for USA (U.S.M.I.T.T.), British veterans being irrevocably bound to IAAF rules. A protest also was made against permitting two professional competitors to start in Gothenburg. No decision was made. If the proposals to the IAAF Congress in Puerto Rico in the beginning of October 1978 concerning veteran athletics will be accepted W.V.A.A. is free to decide in the questions of South African veteran athletes and the participation of former professionals in world veteran championships. If the Puerto Rico proposal will not be accepted it was decided that the executive council of the W.V.A.A. shall have to meet as soon as possible to decide in this question.

The president raised the question of the financial situation of the W.V.A.A. In the future it will not be possible for the members of the executive council to pay all their own expenses for meetings etc. and for the secretary also for postage etc. Two proposals were made:
1) The president had been contacted by an international company of sport shoes who wanted to discuss a yearly support to W.V.A.A. if in any way the name of W.V.A.A. could be used.
It was decided to give the president the commission to proceed the conference with the company and inform the members of the executive council of the result.
2) It was decided that a special fee of 5 US \$ will be charged all competitors in 1979 World Veteran Championships in Hanover to finance the work of W.V.A.A. Mr. KOSTER, secretary of the championships in Hanover, promised to administrate this collection.

Following meetings during the Championships in Hanover 1979 were decided:
1) Thursday July 26th at 10 o'clock
Meeting of the executive council of W.V.A.A. and meeting of the organizing committee of the World Veterans Championships.

Handicapped competitors

Co-opted member in executive council

British veteran protest

Financial situation

Meetings in Hanover

CONT. P. 67

Reception of the city of Hanover for the executive council of W.V.A.A. and the organizing committee of the World Veteran Championships
2) Monday July 30th at 5 o'clock
Meeting of the women's committee
3) Tuesday July 31st at 5 o'clock
Reception of the State of Niedersachsen for the delegates of the General Assembly
Tuesday July 31st at 7:30 o'clock
General Assembly W.V.A.A.
4) Thursday August 2nd
Festival evening for all competitors.

There being no further questions to handle the chairman addressed his most heartily thanks to the members for a good meeting and especially to Mr. KOSTER for a very nice cooperation and wished him good luck for Hanover. The chairman formally closed the meeting.

NEW PENTATHLON POINTS TABLE FOR VETERANS
Appendix to paragraph 11
protocol June 16th 1978

NEW PENTATHLON POINTS TABLE FOR VETERANS

WORD FROM SOUTH AFRICA/LEO BENNING IN CAPETOWN
June 27, 1978.. "Our championships were held in Germiston, near Johannesburg on 27th May and were well supported by 137 athletes. DANIE BURGER will probably be seeing you soon and will no doubt give you a copy of the results (yes he did provide the enclosed results at the nationals in Atlanta). He did extremely well by running 110 hurdles in 15.5 and the 400 hurdles in 58.08(1B) both are S.A. records. I like taking part in many events and came 2nd in the high jump (1.60) and triple jump (10.71) and 3rd in the 100 (12.5), 200 (25.7), 400 (58.6) and javelin (33.97). The 400 and javelin were personal bests so I was very pleased.
"On the 17th of June, our western province masters competed against the eastern province in cross-country at George. The following are the results:
8km cross-country 1. P. O'BRIEN W.P. 27.30
2. J. JORDAAN E.P. 27.37
3. L. BENNING W.P. 28.29
4. H. SWART E.P. 29.01
5. J. THERON W.P. 29.30
These were the top finishers.
"Best wishes and regards to mutual friends."
RESULTS of their national track meet here.) note to me

NEW PENTATHLON POINTS TABLE FOR VETERANS

		VETERANS Scoring rate for Perf. for 3rd Place 1st Place World Record						
		Age	Base	Improvement	1000 pts.	Goteborg	Goteborg	(1977)
Long Jump	M40-44	3.60M	3 pts per cm	6.93M	6.70M	7.03M	7.30M	
	M45-59	3.60M	3.5 pts per cm	6.46M	6.46M	6.53M	6.68M	
	M50-54	3.50M	4 pts per cm	6.00M	5.58M	5.73M	6.23M	
	M55-59	3.28M	4.5 pts per cm	5.50M	5.20M	5.86M	6.03M	
	M60-64	3.00M	5 pts per cm	5.00M	5.04M	5.23M	5.38M	
	M65-69	3.00M	6 pts per cm	4.67M	4.55M	4.60M	4.68M	
	M70 +	2.57M	7 pts per cm	4.00M	3.86M	4.00M	4.23M	
Jave- lin	M40-44	17 M	20 pts per M	67.00M	67.34M	78.66M	78.66M	
	M45-49	17 M	25 pts per M	57.00M	58.57M	63.70M	64.68M	
	M50-54	17 M	30 pts per M	50.34M	45.72M	55.78M	55.90M	
	M55-59	17 M	35 pts per M	45.60M	42.40M	44.42M	55.10M	
	M60-64	17 M	35 pts per M	45.60M	43.88M	53.00M	54.08M	
	M65-69	15 M	40 pts per M	40.00M	33.02M	36.10M	41.16M	
	M70 +	15 M	45 pts per M	37.24M	30.02M	37.48M	37.64M	
200M	M40-44	32.4 s	1 pt per .01 sec	22.4 sec	23.0 sec	21.9 sec	21.9 sec	
	M45-49	33.0 s	"	23.0 "	23.8 "	22.9 "	22.3 "	
	M50-54	34.0 s	"	24.0 "	23.9 "	23.7 "	23.6 "	
	M55-59	35.0 s	"	25.0 "	25.4 "	24.6 "	23.6 "	
	M60-64	36.0 s	"	26.0 "	28.0 "	26.0 "	24.9 "	
	M65-69	38.0 s	"	28.0 "	28.9 "	28.7 "	27.9 "	
	M70 +	40.0 s	"	30.0 "	32.0 "	29.2 "	29.2 "	
Dis- cus	M40-44	15.00M	28 pts per Metre	50.72M	51.54M	60.36M	64.96M	
	M45-49	15.00M	32 "	46.26M	41.02M	46.90M	50.24M	
	M50-54	15.00M	30 "	48.33M	46.02M	47.00M	54.26M	
	M55-59	15.00M	34 "	44.42M	39.66M	50.56M	50.56M	
	M60-64	15.00M	34 "	44.42M	42.42M	45.58M	52.64M	
	M65-69	15.00M	36 "	42.78M	37.92M	45.42M	45.42M	
	M70 +	15.00M	40 "	40.00M	34.00M	38.00M	38.00M	
1500M	M40-44	6:46.6	6pts per sec	4:00.0	3:57.5	3:56.7	3:52.0	
	M45-49	6:56.6	"	4:10.0	4:09.3	4:05.6	4:03.2	
	M50-54	7:06.6	"	4:20.0	4:24.8	4:23.5	4:14.0	
	M55-59	7:16.6	"	4:30.0	4:32.1	4:28.3	4:22.0	
	M60-64	7:46.6	"	5:00.0	4:59.2	4:54.5	5:53.2	
	M65-69	8:06.6	"	5:20.0	5:22.2	5:04.8	4:59.2	
	M70 +	8:36.6	"	5:50.0	5:42.7	5:34.0	5:21.1	
Effective May 1, 1978								
prepared by IAN HUME								

Hanover

RECENT MASTERS NEWS or REMARKS by PETE MUNDLE
World Masters Games report

The 1979 edition of the World Masters Games will be held in Hanover, WG from July 27 to August 2. There will be a full slate of events in all divisions for women over 35 and men over 40 with the following proviso: If there are less than three athletes entered in an event at race time, these athletes will have two options 1) compete in their division for official times but with no place awards given (ie. no first or first and second place awards will be given) 2) drop down to the next lower division and compete for awards against the younger group. Since the meet is under IAAF jurisdiction travel permits will still be needed.

Hand and electronic timing

Until electronic timing is installed in most masters meets, hand-timing will be used to determine age records. The electronic marks of the present meets will be saved and will replace hand-timed results when the day comes when electronic timing is acceptable.

Electronic-timing means fully electronic from starters gun to finish completely electronic.

Announcing expertise of AL SHEAHEN

In any sports event one of the elements contributing to its success is the ability of the meet announcer to stimulate athlete and spectator alike with a steady flow of interesting tidbits about athletes and their performances. AL SHEAHEN does this to perfection. Ever since AL and this writer were invited to share announcing at the 1975 edition of the National Masters Championship in New York, AL has been working to improve his announcing abilities. He spends many hours compiling information (past performances, quotes etc) of each athlete. AL learned to use his voice effectively as a disc jockey and this talent with his statistical knowledge has served him well in his capacity as an announcer at track meets. In the recent Nationals in Atlanta he received one of the greatest compliments possible when a veteran track official of 17 years gave AL top rating over all announcers he has ever heard. The masters program is very fortunate to be blessed with this needed element in our sport.

Review of Masters track & field in 1978 in California

This report will summarize the California masters season meet by meet in chronological order. The age records if any tied or bettered by Californians will be listed first followed by a summary of the meet. Both the new records and the records tied or broken will be listed. If a mark is a World mark the mark will be followed by the letter 'W'. If in addition the mark is a five year division record it will be followed by an asterisk (*). Those marks not appended by 'W' are American records.

1-7 Muhammad Ali Invitational indoor (Long Beach)

No age records were made in this meet but two Masters AAU indoor records were bettered. The first track meet of the year started with a bang as BOB EMMERLING nosed out JOHN BRENNAND in a thrilling 1500 meter race. (EMMERLING'S time of 4:15.8 nipped KEN NAPIER'S mark by a tenth. JOHN'S time of 4:15.9 tied the record. JOHN is well on his way back to his winning form he was enjoying before a car accident completely

immobilized him last year. In the 60 meter event KEN DENNIS polished off a good field to win in 7.15. This establishes a new masters AAU indoor record. PAYTON JORDAN continued his dominating ways by taking the 60 meter dash in his division with a time of 7.79. AL HENRY won the 60 meter hurdles (36") with a time of 8.60.

1-8 College of the Desert meet (Palm Desert)

new records

pole vault 11-0 J. VERNON(STC,61)
discus(1.6Kg) 131-0 D. ALDRICH(CDM,59)
hammer(12#) 120-0 D. ALDRICH(CDM,59)
(16#) 78-0W R. HUBBELL(STC,68)

old records

10-2 B. DEACON 1972
127-7 D. ALDRICH 1977
109-1 C. McMAHON 1975

none

This meet was started a few years ago with its aim being to give athletes a chance to run events not usually contested outdoors. On a fast grass track KEN DENNIS came back from yesterday's Ali meet to run another sparkling 60 meter race. KEN topped all other competitors with a time of 7.06. DAN ALDRICH came through with two age records in the discus and hammer throws to start his year off in good fashion. BOB MACCONAGHY now approaching 70 got some good marks in his favorite events, the pole vault (9-0) and the javelin (113-11). JIM VERNON one of the premier vaulters in the world started his year off with an American record of 11-0.

2-12 Ambassador College meet (Pasadena)

new record

high jump 5-6W B. AUSTIN(CDM, 48)

old record

5-5 CARLOS VERA -GUARDIA(VEN) 1972

This meet like many meets this winter was deluged with rain and had to be stopped half way through. AL HENRY managed to get a good jump in the drizzly early part of the meet as he catapulted to a mark of 20-11 1/4 to take the long jump. In the high jump 2 good marks emerged as NICK NEWTON flew over the bar at 5-10 and ED AUSTIN collared an age record with his 5-6 performance. TOM PATSALIS sailed to a long jump mark of 19-2 for a good effort.

2-18 Orange Masters meet (Orange)

New records

100 yards 10.8 M. NEWTON (SCS, 44)
pole vault 11-0 J. VERNON(STC,61)
javelin(600g) 154-0 B. MORALES(CDM, 61)
130-0 H. DeGROOT(STC,62)

old records

10.8 D. VROOM (1971) & D. MARLIN(1975)
11-0 J. VERNON 1978
143-11 H. DeGROOT 1977
125-10 C. McMAHON 1977

WALT BUTLER (10.4) and NICK NEWTON (10.8) outdueled HILLIARD SUMNER (10.6) and the recently turned 40 ALVIN HENRY (11.4) in the 100 in two good races. NEWTON came back in the 200 to again beat HENRY 23.8 to 24.2 and SUMNER won the 200 with a good early season mark of 22.8. RED DOMS sailed the discus 109-6 to just top a valiant effort by ED DeGROOT (104-6) in a battle of over 70 giants. JIM VERNON equalled his American mark in the pole vault while HENRY, SHIRLEY DAVISSON and TOM PATSALIS long jumped to marks of 20-10, 19-11 and 19-0. World Games gold medalist BILL MORALES came through with an American record in his favorite event the javelin while HUGO DeGROOT who is a year older copped a record also with a 130-4 toss. DOMS also heaved the spear a good distance as he measured one out 97-9.

3-25 Meet of Championships (Irvine)

No age records were made in this meet but it had some good races. The masters were invited for the first time to compete in this prestigious meet. DAVE SEGAL ran two scorching races as he took the measure of good fields to win by a large margin. His excellent times were 11.1 (100 meters) and 23.0 (200 meters).

4-1 Corona Del Mar -Southern Cal. Strider meet (Pasadena)

new records

100 yards 9.8W W. BUTLER(SCS,37)
pole vault 11-6 J. VERNON(SCS,61)
long jump 20-4 S. DAVISSON(CDM,48)

old records

9.9 P. KNOX 1977
11-0 J. VERNON 1978
19-1 1/2 J. GREENWOOD 1974

WALT BUTLER continued his superb sprinting as he collared the 100 yard age record (9.8) and won the 200 meters (22.9), 70 yard hurdles(8.1) and 220 hurdles (24.0) to cap a busy productive day. Division I had some exciting sprint duels. BOB MESSERSMITH of Viejo who is really coming into his own this year chased DAVE SEGAL to the wire in both the 100 yard and 200 meter races with time equal to the winner of 10.6 and 23.8. Then BOB came back in the 400 meters to give NICK NEWTON a scare with his 53.2 clocking, a tenth back of NEWTON. LARRY WRAY coming out of a few years of retirement from competition came through with a good performance in winning the 1500 in 4:21.6. SHIRLEY DAVISSON uncorked a good early season performance in winning the jump bettering four year old GREENWOOD mark with a lofty 20-4. BOB MACCONAGHY had another busy day as he prepares to invade the over-70 division later this month. He had top performances in the shot put (37-8), discus(94-6), javelin (113-4) and pole vault(9-0).

4-30 Herbert Hoover Relays (Menlo Park)

new records

100 yards 13.7W J. PACKARD(UN,74)
javelin(800g) 191-3 S. LETCHER(NCSTC,46)
168-0 R. SUTTON(UN,47)

4 mile relay(40-49) WVJ(GUTHRIE-MARQUARD-BOWLES-WELLCK) 19:16.4

old records all-comers UN(NORTON-MUNDLE-PORTILLO-KALCHSCHMID) 19:54.4 1977

club SCS(SMARIT-DAVIS-STURAK-EMMERLING) 19:58.3 1977

old records

15.2 H. CHAPSON 1977
156-10 H. HAWKE 1976
154-9 H. HAWKE 1976

In this meet conducted under balmy skies and cool weathered good field event marks and an exceptional 4 mile relay were produced on this dirt track oval. The 4 mile relay by the strong West Valley Jogger quintet shattered the old records. This team strengthened by the addition of KEN NAPIER (replacing MARQUARD) was to come back two weeks later and improve on this at Saratoga recording a phenomenal mark of 18:47.2 (close to a 4:42 average per mile). KERMIT WALKER produced good marks in the long jump (19-5) and triple jump (41-6 1/2). SPENCER LETCHER and RALPH SUTTON took care of two javelin records by HARRY HAWKE as they had a field day in that event. JOE PACKARD who had such a tremendous year last year is now coming back after injuries slowed him down. JOE came through with a world age record mark in the 100 yard event (13.7) and a top mark of 31.7 in the 220.

5-6 Golden State masters meet(Porterville)

new marks

100 meters 11.4 M. NEWTON(SCS,44)
11.4 B. MESSERSMITH (UN,45)
200 meters 22.9W M. NEWTON (SCS,44)
110m hdl(30") 17.5W* A. GUIDET (CDM,60)

22.8W B. MACCONAGHY(CDM,70)
pole vault 9-2W* B. MACCONAGHY(CDM,70)
javelin (600g) 166-4W B.MORALES(CDM, 61)
old marks

11.5 B.WATANABE 1970
11.4 R. STOLPE(1970), D. MARLIN(1975)
22.9m C.RHODEN(JAM) 1971
19.3 B.DEACON 1972
24.0 G. SIMPSON(AUST) 1977
5-6 A. BROSZ(CAN) 1977
143-11 B. MORALES 1978

There was some hot sprinting on this rubber asphalt track. BOB MESSERSMITH took up where he left off a month ago winning his division with an American record time of 11.4 and coming back in the 200 to win in 23.6. KEN DENNIS and NICK NEWTON continued to exhibit fine sprinting as they traded wins KEN taking the 100 meters in 11.3 whose time NICK equaled and NICK taking the 200 in a World age record time of 22.9 to KEN'S third place time of 23.3. GARY MILLER recently entering the 40 and over category and improving each week equaled NICK'S time in the 200 as he finished a close second and then took the 400 meter in 51.3 -- a half second off the record. In the 110m hurdles AL GUIDET flew over the barrier to record a world division best of 17.5. Move over 70 and over athletes, here comes BOB MACCONAGHY! BOB wasted little time after turning 70 in April. He scampered to world age record of 22.8 in the hurdles and then uncorked his best vault in two years to obliterate the world 70 and over record with his 9-2 clearance. In another of his strong events BOB flung the javelin 112-6 a throw bettered by only two other athletes. The record is 123-6 by EMERY CURTICE last year. BILL MORALES got off a good throw also as he speared a World age record of 166-4.

5-13 Grandfather Games (Van Nuys)

New records

440 yards 64.5W* F. SJOSTRAND(SCS,65)
long jump 13-8W J. CARUSO (STC,68)
triple jump 42-11 D. JACKSON(CDM,46)
shot put(12#) 51-8W* G. KER (CDM, 55)
discus(1.6Kg) 150-7* G. KER (CDM, 55)
hammer(12#) 104-7 R. HUBBELL(STC,69)
76-0W S. HERRMANN(UN,74)

Old records

65.1 C. KLINE 1975
13-5 W. McFADDEN 1973
40-3 1/4 S. DAVISSON 1976
48-10 N. HEARD 1973
142-7 D. ALDRICH 1974
97-9 S. HERRMANN 1973
70-1 J. WHITTEMORE 1974

On a very warm (95 degrees) and smoggy day 200 athletes vied on a dirt track for this 8th annual affair. The conditions were devastating to the distance runners but it didn't stop the field eventers. GEORGE KER the meet director had a fabulous series of marks as he bettered a World record in the shot and an American record in the discus. These marks are also division records. In division I KEN DENNIS had to produce his best in the 220 (23.0) to eke out a win over NICK NEWTON (23.1). Then NEWTON came back to run a strong 440 (52.4) to win going away from HANS BRUHNER (53.5). This was NICK'S best time since turning 40. There were some good jump marks as DAVE JACKSON recorded an American record in the triple jump (42-11) and ALVIN HENRY got his best mark of the year (21-1/2) in the long jump. In the other division I action STEW THOMSON got off a good hammer throw of 167-11 and stayed close to former American record holder BOB HUMPHREYS with a discus throw of 146-11 to BOB'S 154-9. Triple gold medal winner at the last World Games TOM PATSALIS got his best marks of the year as he long jumped 19-4 and triple jumped 37-2 to share some of the top action in division II

with GOERGE KER. In division III FRITIOF SJOSTRAND with a World division mark in the 440 tore through the race in 64.5 seconds to highlight this division. JACK THATCHER had his best shot put--discus double of the year with 47-3 and 136-4 performances. RANDY HUBBELL one of the best hammer throwers in the world copped an American record with his 104-7 heave. In Division IV action, BOB MACCONAGHY was doing his thing as this young 70 year old vaulted 8-6, put the shot 37-6 1/2, measured out a discus throw of 95-7. and tossed the javelin 109'6". Slowed down by the smog super marathoner MONTY MONTGOMERY still ran very good times in the 880 (2:39.1) and mile (5:57.1). 5-20 Strider Relays (Pomona)

new marks
100 meters 10.8 W. BUTLER (SCS,37)
3000 meters 9:30.8* P. MUNDLE (SMTC,50)
long jump 13-10 1/2W J. CARUSO (STC,68)
Sp. Med.(40-49) 3:42.0 CDM(DENNIS-SEGAL-KNOX-MILLER)

old mark: 3:46.6
CDM(WEBB-STOLPE-JACKSON-CHEEK) 1973
(50-59) 4:16.9 CDM(CARRICO-CLAYTON-HARTE-LEWIS)

old mark: 4:18.4 STC(PUTERBAUGH-GIL-POET-FITZGERALD) 1975
Dist. Med.(50-59) 12:36.8 UN(HUNT-BUCHANON-MUNDLE-BRYANT)
old mark: 12:43.2 STC(NOBLE-MILLER-BRYANT-ROBERTS) 1973

old marks
11.5 B. WARREN 1975
9:55.2 A. BRYANT 1975
13-8 J. CARUSO 1978

On a fast new poly-urethane track three relay marks tumbled. Corona Del Mar's always strong relay teams copped two records. CDM put their best feet forward in the Division I sprint medley and trampled the record by four seconds. Their Division II to another record in the 100 meters (10.8). JOE CARUSO lengthened his World age group record in the long jump to 13-10 1/2. In the 3000 meter race PETE MUNDLE on his 50th birthday brought the Division II record down to 9:30.8 as PETE and division I's TRUMAN CLARK battled to the wire with TRUMAN triumphant with his 9:29 winning time.

5-27 PA-AAU (Los Gatos)

new marks
100 meters 11.8W* P. JORDAN(STAN,61)
200 meters 25.0W P. JORDAN(STAN,61)
30.2W J. PACKARD(UN,74)
high jump 4-1W H. VAN GELDER(NCSTC,73)
javelin(800g) 170-6 R. SUTTON(UN,47)

old marks
11.9 P. JORDAN 1978
26.4 Y. BRANGE(SWE) 1974
30.7 H. ANDERSON 1977
4-0 J. WHITTEMORE 1973
168-0 R. SUTTON 1978

Most of the outstanding performances were by the over 60 group on this fast chevron track. Stanford coach PAYTON JORDAN far and away the best division III sprinter in the World had another one of his usual remarkable days as he scooted to two World marks. His 100 meter time of 11.8 bettered his best earlier this year and his 200 meter time of 25.0 was only a tenth of his World best mark of 24.9 set last year. JOE PACKARD still improving clocked a World age 200 meter record of 30.2 and came back to win the 400 in 71.7. HOMER VAN GELDER upped the World age high jump record to 4-1 one and a half inches off his division IV American record. DAVE ROMAIN flashed a 10.9 100 meters and ran one of the fastest 800 meters in the submasters this year as he scintillated to a clocking of 1:54.5. A surprise entrant was World professional shot put record holder at 75-0 BRIAN OLDFIELD. BRIAN now 30 rotated the shot 65-0.

6-11 SPA-AAU (Northridge)
new marks
100 yards 9.7W W. BUTLER(SCS,37)
440 yards 51.1* G. MILLER(CDM,40)
6 miles 32:49.6* P. MUNDLE(SMTC,50)
120y hd1(39") 13.9W* W. BUTLER(SCS,37)
(33") 16.7W* T. PATSALIS(CDM,56)
16.8W B. HUNT (SCS,58)
440y hd1(33") 66.8 T. CLAYTON(CDM,53)
66.7W B. HUNT(SCS,58)
long jump 14-2W J. CARUSO(STC,68)
triple jump 39-4W T. PATSALIS(CDM,56)
shot put(12#) 43-7W B. BURKE(CDM,59)
discus(1Kg) 118-10 R. DOMS(SCS,71)
hammer(12#) 86-4W S. HERRMANN(UN,74)
javelin(600g) 97-6 R. DOMS (SCS,71)
6-miles 36:45.2 J. OLESON(SFVTC,60)
old marks
9.8 W. BUTLER 1978
51.4y J. LINGELL 1972
32:56.4 J. O'NEIL 1976
15.6 A. HENRY 1975
17.2 R. MORCOM 1977
18.6 A. GUIDET 1977
67.2y R. VALENTINE 1977
67.1m A. GUIDET 1976
13-10 1/2 J. CARUSO 1978
38-10 1/2 G. FARRELL 1974
41-5 1/2 J. THATCHER 1975
116-3 S. HERRMANN 1975
70-1 J. WHITTEMORE 1974
88-1 R. HIGGINS 1973
36:49.2 N. BRIGHT 1971

Many good marks came in this meet as the very fast chevron track and good field event facilities gave rise to superior performances. WALT BUTLER who is making it a habit of collecting records added two more today. WALT blasted over the 39" hurdles to record the fastest ever by anyone in the world over 35 with his fantastic 13.9 mark and then sped down the 100 yard dash runway to another top flight mark of 9.7. GARY MILLER who has been flirting with the 400 meter and 400 hurdle records got one this time as he bettered the masters 440 yard mark with his 51.1 time. GARY also hit 60:2 in the 440 yard hurdles. KEN DENNIS ran another good double as he reeled off a 10.1 100 yards and 23.0 220. In other division I activities DAVE JACKSON tripled jumped 42-6 1/2 and hurdled 16.3, AL HENRY triple jumped 41-8 1/2, long jumped 20-10 1/2 and hurdled 15.8, JOHN BRENNAND turned in a fine 6 mile of 31:52. In division II TOM PATSALIS made his best triple jump of the year count for a world record. TOM leaped 39-4. TOM also got a good long jump off as he soared 19-1 1/2. and he stormed over the 120 yard hurdles in another world record of 16.7. BOB HUNT gave TOM a good battle in the hurdles as he garnered a World age record coming in a tenth back of TOM. BOB also had good marks in winning the 440 (61.6), a World age record in the 440 hurdles (66.7) and the 220 (27.8). PETE MUNDLE grabbed another over-50 record as he toured the 6 mile in 32:49.6. In division III JIM OLESON ran his best 6 mile in years as he led his group with an American record (36:45.2) and JOE CARUSO again upped his World age record as he long jumped 14-2. In division IV RED DOMS got off two good throws resulting in American records. RED caught hold of one of his best discus throws and it landed 118-10 away. He got the javelin out 97-6 for the other record. BOB MACCONAGHY got another good vault this time 9'1" just off his new record. STAN HERRMANN who has had a bad time with diabetes since early last year and the consequent arthritis is fighting back to regain his world dominating form. STAN lost a record to DOMS but picked up a World age record in the hammer with a good toss of 86-4.

6-17 and 18 Western Regionals (Los Gatos)
new marks
100 meters 10.5W W. BUTLER(SCS,37)
200 meters 22.4 R. WHITNEY(SCS,35)
27.7W* H. KOPPEL(UN,65)
400 meters 48.9* R. WHITNEY(SCS,35)
50.8* G. MILLER(CDM,40)
51.6W M. NEWTON(SCS,44)
800 meters 1:55.0* R. WHITNEY(SCS,35)
3:21.9W P. SPANGLER(UN,79)
1500 meters 4:18.1 K. NAPIER(WVJ,46)
steeplechase 10:57.8 D. STEVENSON(UN,49)
11:39.2 A. BRYANT(STC,34)
110m hd1(30") 20.6 B. DEACON(HM,67)
400m hd1(36") 58.3 H. ADAMS(CDM,38)
64.0 M. HEE(HM,37)
(30") 86.0W F. BIERLEIN(UN,68)
high jump 5-0W B. GIST(CDM,58)
long jump 20-10 1/2 S.DAVISSON(CDM,48)
triple jump 43-6 1/2 D. JACKSON(CDM,46)
27-11 1/2 W. McFADDEN(SDTC,73)
discus(1Kg) 126-4W* K. CARNINE(NCSTC,70)
javelin(600g) 97-9 R. DOMS(SCS,71)
pentathlon 2936* H. ADAMS(CDM,38)
1791W B. MORALES(CDM,61)
860W J. DICK(UN,66)
1734W P. FEITZER(CDM,57)
mile relay(50-59) 3:58.9 STC(DAWKINS-BRYANT-WAGNER-KLEINSASSER) old mark: 4:05.6
STC(PUTERBAUGH-GIL-POET-BRYANT) 1975
(60-69) 5:08.2 UN(CHAPSON-BIERLEIN-THOMPSON-DEACON) no previous mark

old marks
10.7 E. JEFFRIES(SAF) 1974
23.0 K. DENNIS & J. DAVIS 1973
27.9 V. MCINTYRE 1976
51.1y H. ADAMS 1975
51.1y G. MILLER 1978
52.3y B. FITZGERALD 1969
1:57.9 J. HACKETT 1976
none
4:18.3 P. MUNDLE 1974
11:38.0 J. NOBLE 1975
11:42.2 A. WATERMAN 1972
22.6 B. MACCONAGHY 1975
65.8 R. FITZHUGH 1973
69.4 B. ARDREY 1975
none
5-0 O. GILLET 1977
20-8 S. DAVISSON 1978
42-11 D. JACKSON 1978
24-7 1/2 R. HIGGINS 1975
121-7 R. DOMS 1977
97-6 R. DOMS 1978
1625 A. ALLEN 1974
1746 K. LANGER(WG) 1977
551 J. CARSON 1975
1712 B. MORALES 1974

On two very warm stifling days good marks abounded in the sprints and jumps. The weather was conducive to these events as loosened muscles contributed to many fine performances. In the submasters division DAVE ROMAIN had one of his best days as he sped to times of 48.9 and 10.9 and the 400 and 100 meter races. WALT BUTLER again caught some good marks as he picked up a world age record in the 100(10.5) and won the hurdles (14.2) and 200 (22.4). RON WHITNEY exploded to American records in his division of 48.9 and 1:55.0 in the 400 and 800 meter races. In division I GARY MILLER continued his improvement as he brought his 400 meter record down to 50.8. NICK NEWTON third in the 400 to MILLER raised his masters best time to a very good 51.6 and in the process broke one of the longest standing World age records by BILL FITZGERALD. Also in the 400 HANS BRUNER picked up one of the

best marks he has had since turning 40 with his time of 52.7-- a second off the best ever in the 45-49 division. HERM WYATT who was one of the leading high jumpers in the US 20 years ago (6-10 was his best) suddenly reappeared on the scene tying the American record in the 45-49 division with his 5-10 mark. DAVE JACKSON and SHIRLEY DAVISSON copped American age records in their favorite events, the triple jump (43-6 1/2) and the long jump (20-10 1/2) respectively. In the long jump KERMIT WALKER just topped ALVIN HENRY with his 21-9 to HENRY's 21-5 1/2 Division II highlighted the return to action of one of early masters best athletes. WILLIS KLEINSASSER selected as the outstanding athlete of the first Masters championships in San Diego in 1968 has been quietly slipping back into top ranks in the 50-54 division. He negotiated the 800 meters in the excellent time of 2:14.5 and came through the 1500 meters in 4:47.2. Incidentally WILLIS has been busy during his off years building up a track family as his children have blossomed into star runners including RUTH CALDWELL now one of the best 800 and 1500 meter runners in the World. PAYTON JORDAN again had good sprint marks in the 100 meters (11.9) and 200(25.7). In division III HARRY KOPPEL grabbed another of VIRGIL MCINTYRE'S records lowering the record by two tenths with his mark of 27.7. This is the best mark in the World in the 65-69 division. He also chipped in a 13.0 100 meters. BOB MACCONAGHY in his continuing battle with RED DOMS in the shot put emerged the winner with his best performance of the year 38-9 to DOM'S 37-7 1/2 in some of the hot action of Division IV. BOB also got his best javelin throw of the year with a 120'3" heave and close to his best vault (9'0). KEN CARNINE coming back from an injury that kept him from competing in the World Games last year shattered the over-70 world best discus throw with his 126-4 mark. WIN McFADDEN had his jumping shoes on as fashioned out an American record in the triple jump (27-11 1/2) and and long jumped 12-5.

6-24 and 5-25 Senior Olympics (Irvine)

new marks
100 meters 23.4 C. BACKUS(UN,84)
400 meters 64.0W* H. KOPPEL(UN,65)
2:29.2W C.BACKUS(UN,84)
1500 meters 6:41.6W P. SPANGLER(UN,79)
5000 meters 23:54.0W P. SPANGLER(UN,79)
Steeplechase 15:51.6W* W. FREDERICK(STC,70)
110m hdle(36") 15.0* A. HENRY(CDM,40)
(33") 17.5 S. PECK(UN,54)
(30") 16.8 T. PATSALIS(CDM,56)
20.7 T. HATLEN(NCSTC,67)
400m hdle(36") 53.6* R. WHITNEY(SCS,35)
66.8 M. HEE(HM,37)
(30") 59.1 G. MILLER(CDM,40)
73.7W A. GUIDET(CDM,60)
pole vault 9-6 B. DEACON(HM,67)
long jump 16-5W J. SATTI(NCSTC,64)
11-7W* W. WESBROOK(UN,80)
shot put(8#) 48-1 1/4W D. ALDRICH(CDM,59)
49-1W J.THATCHER(CDM,62)
discus(2Kg) 159-6 B. HUMPHREYS(CDM,42)
146-0 S.THOMSON(SCS,45)

discus(1.6Kg) 151-6* G. KER(CDM,55)
(1Kg) 166-10W* D. ALDRICH(CDM,59)
hammer(12#) 104-11 R. HUBBELL(STC,69)
old marks
none
64.5y F. SJOSTRAND 1978
none
none
none
none

16.6	L. WEED	1977
none		
17.2	R. MORCOM	1977
22.6	B. MACCONAGHY	1975
55.9y	H. ADAMS	1975
69.4y	B. ARDREY	1975
61.3	J. MCNULTY	1973
74.5	V. GODFREY	1974
9- 1/2	B. MACCONAGHY	1975
15-4	I. SAND (NOR)	1977
4-8	T. O'CONNOR	1975
47-1	J. THATCHER	1975
47-3 1/2	H. SCHNEIDER(WG)	1976
159-4	E. MCCOMAS	1976
137-11	O. CHANDLER	1973
150-7	G. KER	1978
136-2	N. BUELL	1974
104-7	R. HUBBELL	1978

This is one of the oldest annual meets having its start in 1970 and has gained the reputation as a mecca for the athletes in their 70 and 80's but unfortunately it also has the reputation as a sometimes poorly officiated meet and this year's version was no exception. The marks made in the decathlon and the javelin will not be accepted as record performances due to improper officiating procedures. There were nevertheless some very good marks some by athletes using this meet as a warmup for the upcoming National Championships to be held later in Atlanta. RON WHITNEY paced the submasters division with a best American performance in the 400 meter hurdles of 53.6. RON also had good times 50.3(400) and 1:57.8(800). GARY MILLER this week lowered the 400 meter American division I record by a second with his clocking of 59.1. GARY had some close competition from FRED KJER who pressed him with his also record time of 59.6. FRED also had an excellent time of 50.9 in the 400 just missing GARY'S record of 50.8 set a week ago. STEW THOMSON got off a good heave in the discus throw of 146-0 just a foot off of Fortune Gordien's 147-0 throw in 1971. BOB HUMPHREYS produced an age record in the same event of 159-6. In division II GEORGE KER upped his discus record to 151-6 and tossed the shot 50-5 1/2. PAYTON JORDAN threw in another of his always World top marks in the 100 meters (11.9) and 200(25.1w). TOM PATSALIS jumped 19-6 and 38-9 1/2 to cop the long jump and triple jump crowns. JACK THATCHER put the shot out 49'1" to grab a World age mark in Division III. AL GUIDET who had such great battles with PAYTON JORDAN a few years back and was one of the outstanding athletes of the 55-59 group is now returning to that form as a sixty year old. AL gathered in a World age record in the 400 meter hurdles with his fine time of 73.7 and added good marks in the 400 (62.4) and 110 meter hurdles (17.7). HARRY KOPPEL added good marks for his 65-69 division when he negotiated the 400 meters in 64.0 eclipsing the mark of 64.5 by SJOSTRAND who was second to him in this race (65.6). Former Olympian vaulter BUD DEACON of many years ago scaled 9-6 to get an American record, one of his best since injuring himself a few years ago. In the densely populated division IV competition, RED DOMS was the close victor in the shot put as his 38-11 mark just edging out TONY PUGLIZEVICH (38-4 1/2) and BOB MACCONAGHY (38-1 1/2). TONY was the outstanding all around athlete in the first few Masters Championships in the 60 and over division. DOMS also had a 118'0" discus throw win. WALTER FREDERICK became the first American over 70 to attempt the very difficult steep-lechase and managed the barrier well to record a best in the world for anyone over 70 with his 15:51.6 performance. WIN MCFADDEN jumped to a wind aided mark of 28-5 1/2 in the triple jump and recorded 12-6 mark in the long jump for two top efforts. PAUL SPANGLER (79), CHARLES BACKUS (84) and WALT WESTBROOK (80) led the octogenarians or near octogenarians to some World marks in their division.

NEWS FROM NORTH JERSEY

If you attend the US Masters National Championships, you not only have the opportunity of seeing first class track and field events but the pleasure of visiting with interesting competitors from length and breadth of the nation as well as representatives from foreign countries. Part of the fun is hearing whats happening in other parts of the country. MANFRED d'ELIA, president North Jersey Masters, was thoroughly excited about the development of their 1978 Memorial Day Run. "The 3rd annual run attracted a field of over 3000 runners. The entry fees of \$2 and \$3 dollars far out-stripped the budgetted expenses based on an anticipated 2000 runners." The clubs "primary purpose of sponsoring the run was for the benefit of the runners and most definitely not for any financial rewards for ourselves. Therefore, the executive board of the club was unanimous in its decision to use the proceeds to establish four \$500 dollar scholarships totaling \$2000 dollars. The scholarships will open to boys and girls equally who are outstanding in track and field in high school or who have elected to pursue physical education in college. "We believe that our club is accountable to the many organizations involved in holding such an event- sponsors, community officials, police departments and their auxiliaries, ambulance corps, hospital doctors and nurses, amateur radio operators, merchants who donate prizes and so forth." "I am quite certain that those who participated in the run in whatever manner will be pleased to know that their efforts will help worthy students in the future." Another possibility, MANFRED, would be to contribute some of that surplus to the Starving Masters Track & Field Program... You might even consider sponsorships of some of your worthy runners to the national or international meets.

THE SOUTH AFRICAN VIEW BY LEO BENNING

...We now have over 100 members; when you were here in Dec. 1976, our (Western Province) membership stood at approximately 50. Our track and field season starts at the beginning of October in the Cape. However, if we knew that you were keen to come - we would do our best to arrange a meeting for you.In the last 7 months, two new Masters Associations have been formed in the Cape Province - one at East London (Border Masters) and one at Port Elizabeth (Eastern Province Masters.) ...I am sure they would be interested in your intended visit..." ...P.S. We had a visit from Hal Higdon a few weeks ago. We ran together in a 20-25km training run and a 8km time trial while he was here. He addressed a group of about 150 runners at our club house one evening and also showed two marathon films. It was good meeting him and Rose."

UNITED/DISAPPOINTED

We are delighted first that so many of you are sending in information on the regional track meets and runs to be included in our newsletter. We are disappointed that so many of them are arriving just a few days before the event actually takes place or the deadline for entries. This means there is no way we can include that information in our newsletter as our deadline requires at least 4 weeks before publication. PLEASE continue to send the meet information and entry but PLEASE send early (for example: the Saturday, August 12 regional masters championships sponsored by the San Antonio Track Club and the Aug. 19-20 Pan American Masters Games arrived in the office after the 1st of August).

Al Sheahen

THREE AGE-GROUP MARKS SET IN SOUTHERN PACIFIC AAU MASTERS CHAMPIONSHIPS... by AL SHEAHEN

July 22, 1978... JAMES (OLE) OLESON 60, of the San Fernando Valley Track Club set a new world mark for men over 60 yrs. of age in the 6-mile run with a time of 36:45.1 at the local AAU Masters Track and Field Championships at Cal State Northridge (June 11, 1978). OLESON'S time smashed the record set in 1971 by Seattle's NORM BRIGHT of 36:49.6. Santa Monica's PETE MUNDLE set a new American record for men over 50 with a time of 32:49.6 in the same race, breaking Sacramento's JIM O'NEIL'S standard of 32:54. MUNDLE, who turned 50 in May, previously set new American over-50 marks of 9:30.8 in the 3000 and 10:26 in the 2-mile run. A third mark was set in the Southern California meet as North Hollywood's GARY MILLER 40, broke his own American record of 51.4 in the 440 with a 51.1. The world mark in this category is Australia's NOEL CLOUGH'S 49.5 for 400 meters, set in Gothenburg, Sweden at the 1977 World Veterans Championships.

MILLER SETS AMERICAN OVER-40 MARK IN 400-METER-DASH by AL SHEAHEN July 22, 1978...

GARY MILLER 40, of North Hollywood, California, set a new American record for men over 40 by running the 400-meters in 50.8 at the AAU Western Regional Masters Track and Field Championships in Los Gatos, California (near San Francisco) June 17-18. MILLER broke his own mark of 51.1 set a week earlier. MILLER also won the 400-hurdles (33" vs. the usual 36" height) in 56.0 to establish an extraordinary standard in this new, but probably-the-wave-of-the-future, height. HARRY KOPPEL of Belmont, California set two new world marks for men over 65 with a 13.0 in the 100 and 27.7 in the 200. KOPPEL broke VIRGIL MCINTYRE of Prescott, Arizona's 1976 mark of 13.3 in the 100. His 200 time also topped a McIntyre standard of 27.9, set in 1976. KEN CARNINE 70, of Sacramento, California established a new world Discus standard of 126'4" in the 70-74 division, smashing the old mark of 124'8" set by

VERNER ANDERSSON of Sweden at Gothenburg in the 1977 World Veterans Championships.

PAYTON JORDAN 61, of Los Gatos, Stanford University track and field coach, two weeks earlier set a new world mark for men over 60 with an 11.8 in the 100-meters, and 10.9 in the 100-yard-dash. JORDAN holds the over-60 world 200 mark of 24.9, set last year. RUTH ANDERSON of Oakland, California broke her own world mark for women 45-49 with a 19:37.2 for 5000 meters. Her old record was 20:05 set in the 1977 Pan-American Games in Los Angeles. Top performances included HANS BRUHNER of Concord, Calif., a 52.7 in the 45-49 400; JACK GREENWOOD of Medicine Lodge, Kansas, 54.9 in the 50-54 400, 24.0 in the 200, 59.4 in the 400-hurdles, 15.3 in the 110 hurdles and 11.9 in the 100 for a total of five first places. JORDAN won the 100 in 11.9 and the 200 in 25.7. KEN DENNIS of Los Angeles won the 40-44 100 in 10.9 and the 200 in 22.1.

450 COMPETE IN 1978 NATIONAL AAU MASTERS CHAMPIONSHIPS by AL SHEAHEN...

Over 450 veteran men and women athletes over age 30 competed in the 11th annual National AAU Masters Track and Field Championships in Atlanta, Georgia July 7-9, 1978.

The number of participants was the second largest in the history of the national championships, topped only by the 715 at White Plains, New York in 1975, which included many foreigners on their way to Toronto for the 1st World Championships.

The 1978 meet was a professionally run event, skillfully handled by the experienced Atlanta Track Club and sponsored by the Occidental Life Insurance Company of North Carolina.

Co-chairmen JOHN BEVILAQUA and KEN KIRK labored long and effectively to provide the participants with a very enjoyable weekend of competition. Meet director PAUL KOSHEWA, a guiding force behind Southern track and field for over 25 years, and his dedicated crew of volunteers, kept the meet exactly on schedule, a welcome change from the usual one-to-two hour delays of many meets. The track events went off virtually without a flaw. The field events were a bit scrambled, due mainly to the throwing of the javelin and hammer across the running track. Fortunately, no one got a hammer in the ear or a javelin in the chest, and the events proceeded normally. The heat hovered at 95-degrees at Atlanta's Lakewood Stadium both days, and the humidity was near 100. This may have slowed some of the distance runners, but a few new records were nevertheless set in the middle distances.

ERNIE BILLUPS, a new face in the Masters program, came out of Chicago where he had dominated the Midwest Regional, to set a new American mark in the age 40-44 800-meter run. His 1:57.5 nipped a tick of the old standard of 1:57.6, set by California's DAVID PRATT at the national championships in San Diego in 1973. (PRATT, by the way, is back in form. Now

46, he won the Western Regional 800 in a good 2:04.1, but did not compete in Atlanta.)

RAY GORDON of Forrestville, Maryland and the Potomac Valley Seniors Track Club, set a new American age 60-64 record of 2:21.6 in the 800, topping the 2:23.1 set in 1974 by BUD DEACON of Honolulu.

MARY CZARAPATA of New Berlin, Wisconsin, won three events in the women's 40-44 age division, including a new record 2:26.1 in the 800, breaking her own mark of 2:30, set in the national championships in Chicago in 1977.

NAT HEARD of Marion, Massachusetts established a new world mark in the 60-64 Shot at 53'9 1/2", topping his own 3-month old standard of 51'5".

The team scoring title was won by the powerful Corona Del Mar Track Club of Southern California. With the 10-8-6-4-2-1 point system, the Atlanta Track Club used its depth to finish second. The Potomac Valley Seniors took third with the Southern California Striders fourth.

The meet provided several memorable races: JIM O'NEIL and PETE MUNDLE raced together for 24 laps in the 50-54 10,000 meter run. On the last lap, MUNDLE opened up 10 meters and seemed to have the race in hand until O'NEIL put on a burst down the straight to win by a nose in 34:46.

MARY CZARAPATA and NANCY PARKER raced literally shoulder-to-shoulder throughout their 5000-meter run, with PARKER confidently running on the outside on the turns. The outcome was in doubt til the final yards as both runners sprinted the final 200, CZARAPATA winning out at the wire, 19:36 to 19:37. RAY ADAMS of Washington, D.C., a triple winner in the 1977 National Championships in Chicago, met JOHN SANDERS of Drexel Hill, Pennsylvania, the 1978 North American Masters 400 champion, in the finals of the

40-44 400. SANDERS opened up a narrow lead coming off the turn as ADAMS slowly closed the gap. Both crossed the line in 51.0 with ADAMS getting the nod in a tremendous race. HILLIARD SUMNER of Woodland Hills, Calif. gained revenge for his loss to RICHARD HARRIS of Sacramento in the 30-34 Western Regional 400, by nipping HARRIS at the tape in an outstanding 49.1 for both runners. SID MADDEN and HAROLD CHAPSON brought the crowd to its feet with a stirring duel in the 1500. Although MADDEN competes in the 70-74 division, and CHAPSON in the 75-79, they were running in the same race. Both were assured of gold medals in their respective divisions, but they have a personal ongoing rivalry. Neither likes to lose to the other. MADDEN dogged CHAPSON'S pace for 3 1/2 laps and began to pass CHAPSON with 50 meters to go. But HAROLD dug in and held on as SID gave it his best shot, barely catching himself from falling at the tape. It was a great race, CHAPSON being clocked in 5:43.5 to MADDEN'S 5:44.5. As always in the national championships, outstanding performances were commonplace. By divisions:

30-34. BEN WILSON of Earlysville, Virginia dominated the age 30-34 competition with three outstanding efforts. WILSON won the 1500 in 4:00.7, 5000 in 15:27 and 10,000 in 31:30, to become one of a handful of triple gold medalists in the games. RON WHITNEY of San Antonio, Texas was a double winner in the 100 (10.6) and 200 (21.7). In addition to his 400 win, SUMNER took 3rds in the 100 (11.3) and 200 (22.5) and 5th in the 800 with a versatile 1:58.0. 35-39. WALT BUTLER of Altadena, Calif. won three: the 100 (10.9), 200 (22.4) and 110-hurdles (14.4). LEW FAXON of Hampton, Virginia took both the 1500 (4:14.4), and 5000 (15:53). GARY CARR of St. Louis won the 800 in 1:55.6 while TOM O'HARA of Pittsburgh topped a good 400 field in 50.7. 40-44. East met West in two classic matchups in the 100 and 200. LLOYD RIDDICK of New York City, a 400-relay-gold-medalist in Sweden and 5th place finisher in the 100 in the Gothenburg championships, faced KEN DENNIS of Los Angeles, who was unable to make the trip to Sweden, but who had been burning the California tracks for two years. Complicating matters was the presence of Sweden silver-medalist JAMES RABIE, who had flown 9000 miles from South Africa to participate, not to mention ARNOLD BUDD of New York, another 400-relay-World-gold medalist. DENNIS settled the issue quickly, drawing out to an impressive 10.8 victory as the best in the West beat the best in the East. RIDDICK was 2nd in 11.2 with RABIE 3rd in 11.4 and BUDD 4th in 11.5. In the 200, RIDDICK tried valiantly to stay with DENNIS but succumbed as DENNIS won again in 22.5. New York's CLIFF BERTRAND closed for 2nd in 23.1 with RABIE 3rd in 23.1 and RIDDICK fading to 4th in 23.2. The 400-meter competition in the 40-44 age category was fierce. American record holder GARY MILLER of North Hollywood (50.8) didn't make the trip, unfortunately, nor did Honolulu's FRED KJER, who had upset MILLER in the Senior Olympics in Los Angeles in 50.9. Yet the caliber was so high that 1977 national runner-up and Sweden-finalist BOB LIDA of Wichita Kansas was eliminated in the semi-finals with a 53.2, comparable to his 1977 effort of 52.8. As mentioned above, ADAMS edged SANDERS in 51.0 with 800-and-1500 meter-champion ERNIE BILLUP 3rd in 51.5, and South Africa's MILOJE GRUJIC 4th in 51.9. BILLUPS dominated the 800 and 1500, whipping Canada's HIKE VAN DER WAL in the 800 and South Africa's black JOHANN METSING in the 1500. METSING, the Pan-American Games champion and the only black ever to compete outside the African continent, according to reports, easily won the 5000

(15:58) and 10,000 (32:28) in a very impressive performance. Defending champion BILL OLRICH of Louisville, Kentucky chased METSING to finish 2nd in the 5000 (16:05) and 10,000 (33:12), slightly slower than his winning 1977 efforts (15:49 and 32:57). AL HENRY of Carson, Calif. won the 110-hurdles in 15.1 and BERTRAND took the 400-hurdles in 60.1. (The 400-hurdle heights were set at 33" for the 40-49 groups and 30" for over-50's. These heights were later agreed upon at the meeting as being better suited to Masters competition; that more participants could be encouraged to compete if the levels were lower. However, all age-records are presently kept at the international heights of 36" for the 40's and 33" for the 50's. So confusion is sure to result, but it may work itself out in time.) HAL SMITH of Tarzana, California won the shot in 42'8" and TOM LANGENFELD of Minnesota took the High Jump in 6'. The most well-known performer in the meet won the Discus in the 40-44 category. Four-time Olympic champion AL OERTER was on hand as he tunes up for another go at an Olympic medal at Moscow in 1980. His winning throw of 194'3" topped his winning Olympic marks in 1956 (184'11") and 1960 (194'2"). 45-49. GEORGE VERNOSKY took track honors in this division with three impressive wins in the 1500 (4:23.2), 5000 (16:43) and 10,000 (33:43). DANIE BURGER from South Africa, the Pan-American hurdle champion and a silver medalist in the 40-44 division in Sweden, won both hurdles in 15.7 and 58.3. Two-time Olympic silver-medalist (1956-100-10.5 and 1952-200-20.8) THANE BAKER of Dallas, Texas easily won the 100 in 11.3 and 200 in 23.4. In May, BAKER set a new world 45-49 mark with a clocking of 10.0 in the 100-yard dash. Concord, California's HANS BRUNNER reaffirmed his 1976 national championship to win the 400 in 53.5, while Connecticut's TOM CONNELLY took the 800 in 2:06.1. DAGOBERTO GONZALEZ won the Shot and Discus while DAVE JACKSON prevailed in the triple jump. 50-54. As usual, the great JACK GREENWOOD of Medicine Lodge, Kansas dominated this division, but GREENWOOD was upset in the 100 by ED SCHULER of St. Petersburg, Florida, 11.7 to 11.8. The only races that GREENWOOD has lost, to the best of our knowledge, in his age group in the past several years have been in this meet, last year in the 100 to BOB WATANABE and this year to SCHULER. GREENWOOD successfully defended his championships in the 200 (24.1) 110-hurdles (15.3) and 400-hurdles (60.7), but passed up the 400 after qualifying in the semifinals. New York's RUDY VALENTINE won the 400 in GREENWOOD'S absence in 54.5. Awesome is the word to describe the 800 and 1500, as DEAN SMITH of Lombard, Illinois and KELSEY BROWN of Andover, New Jersey traded victories. SMITH, the gold medalist in the World Games in Sweden and defending 800 national champion, improved on his Sweden performance (2:05.7) to win in 2:04.0 to BROWN'S 2:06.9. The time approached BILL FITZGERALD'S world mark of 2:01.1 for over-50's. (FITZGERALD, by the way, is plagued with back troubles and is not competing this year.) In the 1500, BROWN evened the score with an excellent 4:26.7 to SMITH'S 4:29.3. O'NEIL won the 5000, in addition to the 10,000 mentioned above, in 17:04 in very humid conditions, as MUNDLE was forced to pass up a chance to reverse their 10,000 battle due to a leg injury. SCHULER also won the triple jump; HAL WALLACE of California took the pole vault in 10'6" and JAY WALLACE of Richmond, Virginia won the high jump. BILL WALMROTH won the Shot and Discus. 55-59. JERRY MORRISON was yet another impressive triple-gold-medal winner as he handily won the 1500 (4:40.4), 5000 (17:13) and 10,000 (35:38.8). The Parkeville, Missouri veteran narrowly missed LEON

DREHER'S American 55-59 record of 35:37.2 in the 10,000. DAN ALDRICH and DAVE BROWN of California won the discus and triple jump, respectively. BURL GIST of California took the high jump. Another Californian, BOB HUNT of Anaheim, won both hurdles in 17.6 and 68.8. South Africa's HARRY LAMPERT notched the 800 in 2:17.8. RICHMOND MORCOM of Philadelphia, who usually dominates this division, is reportedly injured and didn't compete. JUM UPHAM of Manhattan, Kansas swept the sprints with three wins in the 100 (12.7), 200 (26.3) and 400 (58.2). University of Southern California track and field coach VERN WOLFE won the pole vault in 10'6". 60-64. GORDON, besides setting his 800 record of 2:21.6, won the 400 in 59.4 and 1500 in 5:04.1. The 400 was only three ticks off RUSS NIBLOCK'S world mark of 59.1 and one of the few times in history that a 60-year old has broken one minute in the one lapper. AL GUIDET of California City, California won four events in this division: the 100 (13.2), 200 (27.5), 110-hurdles (17.9) and 400-hurdles (73.1) and took 2nds in the 400 (62.2) and long jump. TOM McDERMOTT of Madison, Connecticut won the hammer and discus: BILL MORALES of Santa Ana, California took the long jump (15'11 1/4"). JIM (OLE) OLESON of Santa Monica, California garnered two golds in the 5000 (18:59.6) and 10,000 (39:47). 65-69. Consistent BILL ANDBERG of Anoka, Minnesota was a double-winner in the 800 (2:30.2) and 5000 (21:12) but passed up the 1500 due to leg troubles. BOB BOAL of Wake Forest, North Carolina annexed the 10,000. Honolulu's BUD DEACON won the 400-hurdles and pole vault. HARRY KOPPEL of Belmont, California won the 100 (13.2) and 400 (67.1). In June, KOPPEL set three world marks in the 65-69 age group: 100 (13.0), 200 (27.7) and 400 (64.0). FRED WHITE of Duncanville, Texas laid claim to outstanding-athlete-of-the-division honors with three firsts in the 200 (28.1), long jump (15'4") and triple jump (30'2"). 70-74. MANNY E'ELIA of Ridgewood, New Jersey took the 100 (14.6) and 200 (30.1). PAUL FAIRBANK of Bethesda won the 5000 (22:56) and 10,000 (48:44). SID MADDEN won the 800 in 2:43.4 and 1500 in 5:44. 5. WIN McFADDEN of San Diego won four: 110-hurdles (26.5), high jump (3'8"), long jump (12'4") and triple jump (27'4 1/2"). 75-79. Ubiquitous HERB ANDERSON of Bellevue, Colorado prompted an observer to suggest renaming this category the "Anderson division" as he notched 10 victories, sweeping the field events, hurdles and 100. Honolulu's HAROLD CHAPSON picked up four golds in the 200, 400, 800 and 1500, while LOU GREGORY of Pensacola, Florida, a six-time national open AAU 10,000 meter champion from 1929 to 1943, won the 5000 and 10,000.

WOMEN. There were several fine female performances in addition to CZARAPATA'S record. About 35 women entered the meet, and hopefully that figure will quadruple in 1979. CZARAPATA won the 800, the 1500 in 5:13.0 and 5000 in 19:36, in the 40-44 group. CAROLE BROCKMAN of Kansas City won the 1500, 10,000 and long jump in the 35-39 group. SHIRLEY DIETERICH of Berkeley, California won the 100, (16.2), 200 (34.7) and 400 (82.5) in the 50-54 competition. MIMI GERARD took the 100 (13.0) and 200 (28.2) in the 35-39 division, and placed 2nd in the 400 (63.0) and 800 (2:33.3). MIKI HERVEY of Dallas impressed with a 60.6 to win the 35-39 400 and 2:22.2 to take the 800. Honolulu's NOEL MURCHIE won the 10,000 in the 40-44 division in 43:28.4. New York's DOROTHY SHIPPEN won the 30-34 100 in 13.7 and 200 in 29.2. National AAU Masters Chairman BOB FINE reported that Gresham, Oregon had submitted an official bid to host the 1979 Championships. Also interested are

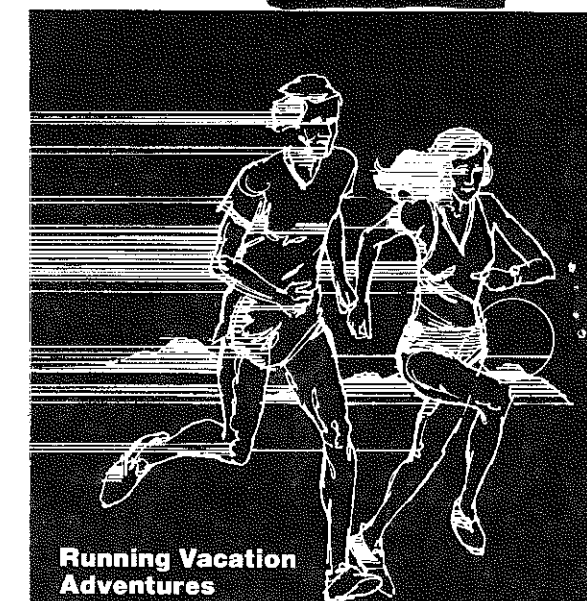
Dallas and Kansas. At the annual meeting after the banquet, the group voted to hold the national meet over the 4th of July weekend.

We have held up publication of this newsletter waiting the complete results as they still have not arrived. We may include them at a later date.

Parcourse Presents

WORLDWIDE RUNNING TOURS 1978

Parcourse, Ltd.
WORLDWIDE RUNNING TOURS



Running Vacation
Adventures

GREECE

FINLAND

NEW ZEALAND

IRELAND

PAN AM
America's airline to the world

FROM THE PEN OF EMSON GRIMM:
Results of the '78 SPAAU District Track & Field Meet at Cal State U., Northridge, June 11, 1978...were highlighted by outstanding performances in the submaster's 100 yard dash and 120 high hurdles, the division 2 six mile run and the division 4 hammer throw. Walt Butler, age 37, blazed the 100 yards in 9.7 and the 120 high hurdles in 13.9. Fifty-year-old Peter Mundle toured six miles in 32:49.6. Seventy-four year old Stan Herrmann bettered his age 74 world record hammer throw to 86'4". His previous record was set less than one month ago at 76 feet.

JUST EVERYONE IS GOING TO HANOVER IN '79!

Every person I talked to in Atlanta at our National Championships in July is saving and planning for the trip to the World Masters Track and Field Championships next summer...and naturally everyone wants to know the USMITT plans.

The current trend toward confusion in air fares challenges us to come up with the very best flight packages for each of you. We have taken into consideration...different home locations; different time spans available for travelling; and different amounts of \$ available to invest.

OK, here's the program...with further details to be available in the next issues:

CHARTER - from major U.S. cities to Hanover with 3 classes room arrangements: dormitory-style, tourist hotel, and 1st-class hotel.

2 weeks - basically for the competitor who wants to acclimatize and participate.

3 weeks - with two weeks in Hanover plus the 3rd week either - tour of Austria, Switzerland, and Germany; or "on your own."

4 weeks - 1st two weeks in Hanover with 3rd and 4th weeks either - tour of Yugoslavia and Greece (See separate story); or "on your own."

APEX - (Advance Purchase Excursion Fare) - 14/45 days...from ANY city in U.S.. (with airport) If you live quite a distance from a gateway city, this may be your best \$ bet...altho not the most social, unless you can make up a group from your home town.

You may plan your own travel within whatever time span is your choice from 14 to 45 days...i.e. fly into and return from any selected city (but no additional stopovers.)

Some have asked about including South Africa after the Championships. Actually this is a terrific trip to include a visit to the "world within a country!" as the Europe stop-over can be included in your fare to South Africa at little or no extra charge. Roll this around on your tongue: U.S. to Germany for competition, then on to Johannesburg with a 2 week tour (perhaps including a 3-day hiking safari in Kruger National Park) with Apex airfare New York to Joburg and return for \$875.00 (Add-on from Los Angeles is \$220.) Land costs are considerably less than Europe...So do give this idea serious thought! Our many friends in S.A. urge your vote for this option...and promise another "in depth" experience.

IN ORDER TO ORDER

Sufficient

Air and bus space
Hotel rooms

WE MUST HAVE SOME

Concrete idea of how many to expect
on which trip!

PLEASE...TODAY

Fill out enclosed form with \$50. per person
(refundable) deposit and return same to
USMITT P.O. Box 7823 San Diego, CA 92107

WITHOUT YOUR RESERVATION

On our list, we cannot promise you accommodations
with the USMITT*

*Your organization that founded the idea of international masters track and field competition. Be Number One; Stay with Number One.

YUGOSLAVIA & GREECE By AROL ESCAMILLA

Last April I had the opportunity to visit Yugoslavia in depth, and I would like to share with you the lasting impressions I received of that beautiful country. I was so excited about it that I could easily visualize USMITT friends on a one week visit, exploring the highlights of this area (after a strenuous week in Hannover), then continuing on to Greece. We will capture the essence of the Olympics, feel the spirit of the oracle at Delphi, then completely unwinding on a four day sea voyage visiting several of the Greek Islands. If you have two weeks for travelling after Hannover, let me share with you some of the highlights...

Yugoslavia: First stop - ZAGREB, the capital of Slovenia; then the gorgeous Plitvice Lakes (a series of 16 lakes in the National Park where many hiking and walking paths and plenty of running "workout" roads can be found). A glimpse of ZADAR is next. A city where one can see the 7th and 13th century Roman influence, viewing the most intact Roman ruins of the Diocletian Palace on the way to SPLIT. This city will be hosting the Mediterranean Games in Sept.'79. From here one travels to the jewel of the Adriatic, DUBROVNIK. Visit the old city and walk its' entire perimeter atop the thick medieval walls...then enjoying an evening of folkloric songs and dances at the Fortress. On we go to visit MOSTAR - a place of poetry and wisdom...and delicious white wines, tended by the nuns. Then to SARAJEVO, which shares the merger in architectures of the exciting Orient, the sober West, and modern urban complexes. Various civilizations, times, and cultures are walking here hand in hand. The town is embraced by the snowy white hands of Jahorina, the European skiing center which is the site of the 1984 Winter Olympics. After a brief visit, we would continue on to BELGRADE and view the confluence of the Danube and the Sava rivers, and find gourmet delight in Bohemian center. Throughout Yugoslavia would be the opportunity to meet with - and run with - your friendly competitors at the Hannover meet...sharing with them their own country.

Greece: A short flight takes you to ATHENS, where we get a quick overview of the city, and on to where one can absorb the spirit of Olympia. After the visit to Delphi, we can truly unwind cruising the Mediterranean Sea, visiting islands such as Mykynos, Rhodes,

truly unwind cruising the Mediterranean Sea, visiting islands such as Mykynos, Rhodes, and Heralion.

For more details, contact me...I do hope you decide to enjoy both of these countries, and cultures, as I have. We will be releasing more details of the trip in future issues, but, in the meantime, I would like to have a "show of hands" as we go along. I would like to take at least 30 with me. Let me hear from you by filling in the preference box included in this issue.

Two Local Stars Shine

in Decathlon Roberts, Pug Nab Coveted Awards

Merced's Ken Roberts was one of five athletes garnering outstanding performer awards during the weekend AAU National Masters Decathlon on the Merced College track.

Fellow townsman A. J. Puglizevich, 70, was top finisher in the 70-74 age group.

The event, which drew 31 trackmen 30 years of age and over, saw 76-year-old Herbert Anderson of Bellevue, Colo., eclipsing three world's records for his age.

Roberts, 32, competing in sub-masters competition (30-34) amassed 6,048 points and turned in sizzling 51.6 clocking in the 400-meter race.

Roberts, who has been rated one of the nation's top decathlon athletes in his age group, also had an 11.50 time for the 100-meter race.

Other athletes winning outstanding performer awards were Anderson, who led the 70-79 division; B. W. Deacon, Turner, Ore., 60-69; Albert Brenda, Turlock, 50-59;

and Hal Smith, Tarzana, 40-49. Anderson set his world marks in the event's first day of competition, running the 100-meters in 15:47, 400-

60-meters in 1:11 and the high jump at 1.25 meters (4'1 1/4').

Smith and Brenda turned in two of Sunday's outstanding efforts along with Ed Oleata of La Jolla.

Brenda, Cores High track coach went over the bar in the pole vault at 11-1 1/4. Smith hurled the discus 116-2 1/4 and tossed the javelin 144-3.

Oleata ran the day's fastest time in the 110 meter hurdles at 17.3 and ran the 1500-meters in 4:39.8.

Puglizevich included a fast 15 second clocking in the 100-meters and got off a 12-9 1/2 long jump.

Another Mercedian, John Hannah, garnered 1,776 points to finish in sixth place in the 50-54 age group. He was followed by John Anglin of Merced with 857 points.

Mark Bodley, Los Banos, racked up 3,671 points in the 40-44 age group and finished in fifth place.

BREAKTHROUGH AT TOP LEVEL....

Congratulations to IMITT and BERNARD HOGAN for reaching a happy decision! Super sprinter Hogan wanted to compete in the 1st European Veteran T & F Championships. As an Australian, ex-pro, his only hope was to enter as an individual competitor. On June 5th confirmation of his entry in the 100 and 200 meters was sent from Viareggio by the IMITT.



KEN ROBERTS
... sizzling effort

Two jobs crimp Leon Dreher's training, but he keeps setting age-group records

By GARY FANELLI

The first time I saw Leon Dreher was back in the summer of 1968 down on East River Drive in Philadelphia. It was my first road race, while it was just another run for Leon. The distance was five miles. I ran it in 32 minutes, 33 seconds and thought I was going to die. Leon beat me by at least three or four minutes.

Leon Dreher is an unusual man in that he is an active distance runner at an age when most men are starting to fall apart at the seams.

He's tall, with a good build and a nice stride. He's a world class runner at age 57 and holds many American age group records. He recently competed in the World Masters Championships. He is truly one of the greatest runners we have ever seen.

In interviewing him for *Runner's Gazette*, I asked him when, how and why he got into running.

"I have always been interested in running," he said. "I started going to watch the Penn Relays back in 1941. I used to watch the road races in Philadelphia, too, —back then they were called 'street runs.' So in 1957 I started to jog to get in shape and started winning in the street runs at 46th and Lancaster, Philadelphia."

He expressed his deep love for running and discussed his training methods, noting that he developed them after listening to others, mentioning in particular Bill Carizilli.

His favorite runners? Eammon O'Reilly, for one. O'Reilly was the American record holder in the marathon in 1970, he

noted, when he ran 2:11:12 at

Boston, taking second place behind Ron Hill of Great Britain.

He also mentioned Oscar Moore, who competed in the

10,000-meter run at the Tokyo Olympics and is now

coaching at Glassboro State College in New Jersey.

"The most inspiring runner to me, I have to say, is Browning

Ross," Dreher added. "I watched him even before I started. I saw him run the Penn Relays as a high

school boy, then at Villanova and in the street runs. He has inspired

me a lot. He was so great; he was just unbeatable. Locally, some of

my favorite runners are Tom Donnelly, yourself and Herb

Lorenz and Dr. George Sheehan."

Asked about his training at present, Leon said he's training

lightly, usually just on the weekends.

"You see, I have two jobs right now and it's hard to train.

Saturday I do a loop around the East and West River Drive in

Fairmount Park. That is eight miles. I do that easy. The next day

I do the same thing, but it is sort of interval work. I stride to one

telephone pole, then jog the next, stride one and jog one, so that is

the speed work end of it."

Dreher set world records in the two-mile run for age 52 (10:53)

and age 55 (10:57) and the American record for age 53

(10:41).

He also set the world record for the one-hour run at age 56—10

miles, 215 yards.

He holds the American record in the three-mile for age 53 (16:22).



LEON DREHER

competitors, he said in the U.S. they have been "some local fellows—Bill King,

Bob Romansky and Al Wiek, all from the Philadelphia area."

How about on the world level?

"In the world, I'd have to say Erik Osteby of Sweden—man he

ran a 2:26 marathon at age 56. Also George McGrath of Australia

who has run 15:57 for 5000 meters at age 56. These guys, along with

Gilmour of Australia, have been really tough on me, especially at

the World Masters Championship in Goteberg, Sweden, last

summer."

Among the running experiences that stand out in his mind:

"Once I was running a race down South—a six-mile run—and

this young guy comes up alongside me and said, 'You are a

tough old buzzard.' I really liked it when he said that."

age 54 (16:49) and age 56 (17:08) en route to an American record in the 10,000 meters (36:14).

He set American records in the 5000-meter at age 54 (17:20) and

age 56 (17:04). In the six-mile he holds American records for age 53

(34:56), age 54 (35:47), age 55 (35:08) and age 56 (35:37).

In the World Masters meet at Sweden he set the American

record for 10,000 meters at age 56 with a 35:37 clocking, good for

third place.

He also holds American records in the 10,000 meters for age 53

(36:03), age 54 (36:02), age 55 (36:11) and age 56 (35:37).

Leon considers his world record in the hour run as the highlight of

his running career.

"Also this year I won my age 55-59 category at the Berkshire

Masters Run in Massachusetts. I won it the last five years, but this

year I was given the 'Most Outstanding' award for my 36:15

10,000-meter effort based on the computerized age grade

performance rating compiled by Ken Young of Chicago."

Another highlight he mentioned was his running of a 10:41

two-miler indoors at Convention Hall in Philadelphia in 22 laps. He

also cited his running of one loop on the East and West River Drive

in Philadelphia in 48:35 in 1977, an extremely fast time for the

course.

Dreher, whose favorite distance is six miles, said he doesn't follow

any special diet while training but eats lightly about six hours before

any competition.

Asked about his toughest

Taiwan's Tung races at 75

By TOM HARRIS
Staff Writer

He had flown more than 7,000 miles from his native Taiwan to participate in this Occidental International Masters Track and Field Meet at N.C. State University.

But, despite his impeccable, white jogging suit and a jauntily tilted cap—the kind Ben Hogan used to wear on the links—75-year-old Chia-hsieh Tung didn't look the part of an athlete. "I spend two days in Hawaii," Tung said in halting English, referring to his crossing of the International Date Line.

"I will run only one or two events here," he continued, speaking through an interpreter. "It is difficult to adjust to the time changes."

Tung, in his own way, is more of an athlete than most of the 600-plus participants in these North American championships. For him, running is a religion.

"For me, this is a way of life," he said Saturday while waiting for his first event, the 1500 meters. "I have a regimen of exercise every morning. I jog a half-a-mile, then play tennis for two hours, from 6 o'clock to 8 o'clock."

Athletic background

Tung, like many of the Masters program participants, was an outstanding athlete in his youth. He was an international-class distance runner in his mainland China homeland before World War II and, in fact, was a member of the Chinese team which won the prestigious Shanghai International Marathon in 1936.

But, as a mechanical engineer for an airline, the war interrupted his life and his athletic career, and when the Communists overran mainland China in 1946, Tung fled to Taiwan.

Soon after, Tung became a member the Mormon Church, and, when the Masters Track program got its start in Taiwan a few years ago, he was among the first participants.

"The traditions of the Mormon Church are similar to Chinese traditions," Tung explained. "The restrictions on smoking and drinking, like many Chinese religious traditions, are designed to help you take care of your body."

"Exercise," he added, "is an extension of both."

"I am a Mormon now, for the last 19 years," Tung said. "I don't smoke or drink. Never overeat. Drink no coffee. You do nothing that would upset your stomach."

"You take care of your body," he added.

Church official

Tung is now a "high priest"—one of the church's most exalted offices—in the Taiwanese church, and, since his retirement from the giant Taiwan Cement Company in 1960, has devoted most of his time to the church.

In fact, he represented his country at a Mormon conference in Hawaii three years ago. That was his first trip outside the two Chinas.

His trip to Raleigh—Tung's second overseas excursion—was initiated by Bob Boal of Wake Forest, the director of the weekend meet at State. Boal traveled to Taiwan last year to lay the groundwork for a U.S. Masters tour late this summer and invited the Taiwanese to send representatives to the North American meet.

Tung, who modestly calls himself "one of the organizers, not the leader", of the Taiwan Masters program, accepted Boal's invitation and paid half of his expenses.



Staff photo by Jackson Hill

Chia-Hsieh Tung finishes 800-meter run

SPORTS TRAVEL INTERNATIONAL
4869 Santa Monica Ave. "B"
San Diego, CA. 92107
714-225-9555

I am interested in the following info:

2Week _____ 3Week _____ 4Week _____ Other _____
CHARTER FLIGHTS _____ APEX _____

Hotel Accomodations: Dormitory _____ Tourist _____
1ST CLASS _____

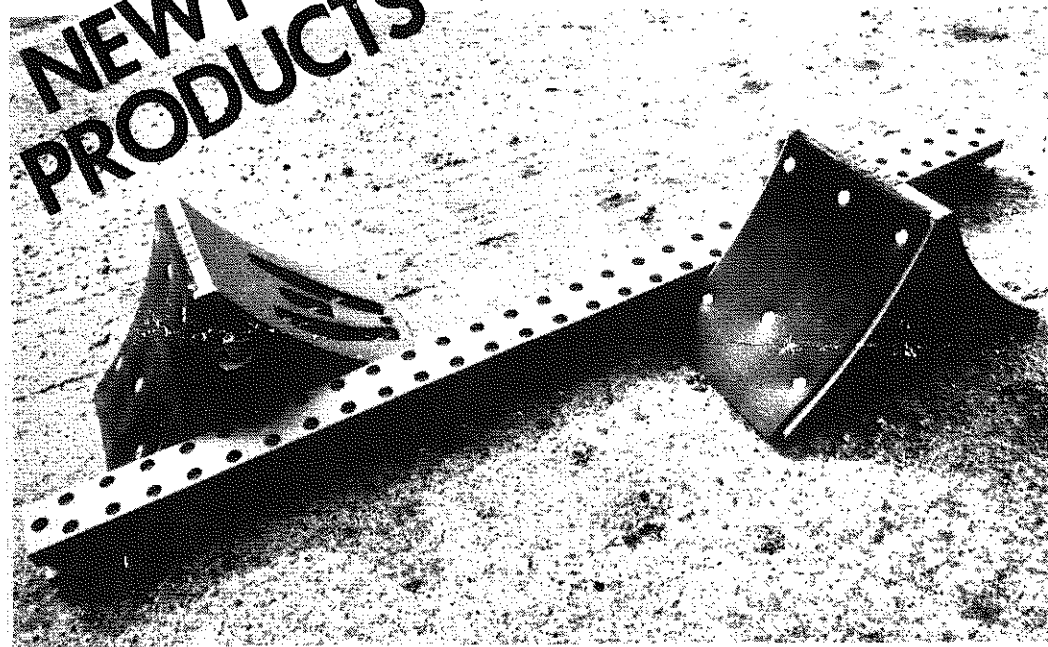
Yugoslavia & Greece _____
South Africa _____
Austria, Switzerland, Germany _____

Auto Rentals _____ Eurail Passes _____

I would like to make _____ reservations for competitors, and _____ non-competitors to join the trip to Hanover in '79. Enclosed please find \$ _____ as deposit for the following names _____

ADDRESS: _____
BIRTHDATE: _____ Home# _____

NEWTON PRODUCTS LTD. THE ANSWER TO A SURER START



Patented

THE CLOSER YOU LOOK - THE BETTER WE LOOK!

FOR INDOOR, OUTDOOR, DIRT OR TARTAN TRACKS

You can depend on Newton Products to help win the big races

IF A GOOD START IS IMPORTANT TO YOU, OR YOUR ATHLETES, CHECK THESE FEATURES!!

Mail to NEWTON PRODUCTS LTD., 715 E. Hyde Park Blvd., INGLEWOOD, Ca. 90302

TO

Return Address:

U.S. MASTERS INTERNATIONAL TRACK TEAM
(A Non-profit Corp.)
1951 Cable Street
San Diego, CA 92107

RETURN POSTAGE GUARANTEED

Bulk Rate
U.S. Postage
PAID
Permit #1681
San Diego, CA

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



U.S. masters international track team

SEPT. - 1978

WORLD VET. REPORT

THE INTERNATIONAL SCENE
by DON FARQUHARSON.....

By far the most important event in the Masters (Veterans) calendar this year was the World Best 10 Km and Marathon races held in Berlin, Germany and the meetings which took place thereat. As many of you will know, these road races are held yearly by the I.G.A.L. Organization which has operated for considerably longer than the World Veteran Athletics Association but only in road racing. It is hoped that in time our two organizations will meld and we believe that is gradually taking shape. Certainly many competitors are members of both. By one means or another we managed to get six Canadians to Berlin, even though all had to put up at least some of the money. I flew from Trenton, Ontario on Tuesday evening 13th June and after a brief stop in Ottawa, carried on to Lahr, in South West Germany where Canadians man the NATO base. This was a happy opportunity for me as my daughter teaches children of Canadian servicemen on another nearby base (Baden-Baden) where her husband is a fighter pilot (CF104's). It was great to visit them and the following morning visit the squadron and attend a briefing (memories of a very long time ago when I had far fewer responsibilities and much more hair) Then, borrowing their car complete with Canadian (not provincial) plates, I drove the 500 miles to West Berlin. West German Autobahns are much like the major Canadian highways but for two factors. They are not fenced and there are no speed limits. The driving is fast. Too fast for the likes of me who drives the Macdonald-Cartier perhaps 10 MPH over the limit. I must have seen well over a hundred cars travelling at considerably over 100 MPH. A few, I would guess, at nearly 120 MPH. They also drive aggressively, shooting close up behind you with lights flashing and then passing when you have only half cleared the lane. Mercedes, Porsches, Volvos, etc.. Just before entering East Germany, I saw a sign advertising a British NAAFI (Navy, Army, Air Force Inst.). I stopped, since I hadn't been inside one for 31 years. It may be another 31 before I go back again. They didn't even have an Eccles cake to offer. ARTHUR TAYLOR suggests that this has something to do with the fact that they now use vacuum cleaners rather than brushes??? I did buy some British Brylcreem....and found it wasn't as good as the Canadian made brand...."Pity".

BERLIN/JUNE 16, 1978/WORLD VETERAN'S ATHLETIC ASSOC. The meeting of the members of the executive council WVAA.

Editorial note: ROLAND JERNERYD, secretary, sends to us the following excellent outline of the business meeting in Berlin. In reading the information I call to your attention two particular items:

What happened to our basic philosophy? "Any individual 40 years of age or older who is physically fit may participate in world masters (veterans) track and field (athletic association)." See paragraphs 13, 16 and 22.

Note paragraphs 6 and 10 mean that the date of competition will determine your age classes (if the competition were held in December in the Southern Hemisphere, the age classes could be quite different than if the meet were held in the Northern Hemisphere July/August.)

Another item of discussion in paragraph 7, at least three competitors must be entered in each event and age class for regular medals to be awarded. In Gothenburg, all five year age classes were open in all events without limitation if there was one entering competitor. Please read this report carefully and give me your reactions.

Present: DON FARQUHARSON, President
JACQUES SERRUYS, Vice-Pres.
ROLAND JERNERYD, Secretary
HARM HANDRIKS, Treasurer
HAZEL RIDER, Women's Delegate
JOSE TEJEIRO SANTOS, Delegate South America
HIDEO OKADA, Delegate Asia
CESARE BECCALLI, Delegate Europe
WAL SHEPPARD, Delegate Oceania
DANIE BURGER, Delegate Africa
WILHELM KOSTER, Secretary O.C.
Hanover 1979

CONT. PG. 2

CONT. PG. 5