



National Masters Newsletter

Al Sheahen
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16th issue

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The only national publication devoted exclusively to track, field and long distance running for men and women over age 30

HIGHLIGHTS

- 5-year men's & women's age-records
- Occidental drops sponsorship
- Lorenz wins national marathon
- Mueller wins national 50km
- National decathlon results
- Hannover marathon results
- Relay records broken
- News about New Zealand
- Time to renew subscription

1980 subscription renewals due

It's time to renew your subscription to the National Masters Newsletter.

All current subscriptions expire December 31, 1979.

The subscription price for 1980 is only \$10 for 12 issues.

To receive the newsletter each month in 1980:

- 1) Fill out and mail the \$10 subscription blank inside, or
- 2) Fill out and mail the \$12 Masters

continued on page 6

Runner dies of heart attack in national Masters 10-K

BELMONT, CALIF., November 11. Larry Marshall, a 47-year-old Hughes Air West airline pilot, collapsed of an apparent heart attack

20 meters from the finish line in the National AAU Masters 10-kilometer cross-country run.

He died two hours later.

Efforts were made to revive Marshall by University of California cardiologist John Hutchinson, who had finished the race a few minutes earlier.

Hutchinson was aided by Dr. Larson, an anaesthesiologist, and by CPR experts who had also competed in the race.

But to no avail.

Oxygen and an ambulance arrived between 30 to 60 minutes after Marshall went down, according to

continued on page 2

Special! Age Records!

In this issue is the complete computer print-out, compiled by National Masters Record Chairman Pete Mundle, of all men's and women's world and American 5-year age-division records, from age 35 up.



Bob Watanabe, 52, famed Los Angeles orthopedic surgeon and sprinter extraordinaire, running

anchor leg on Seniors Track Club award-winning 400-meter relay team.

Lorenz wins national Masters marathon championship

NIAGARA FALLS, ONTARIO, October 13. Herb Lorenz, 40, of Willingboro, New Jersey, added yet another laurel to his impressive list of 1979 running achievements with a solid 4-minute victory in the National AAU Masters Marathon Championships.

Toshiko d'Elia topped all women master runners.

Nearly 2200 open and masters runners completed the Buffalo-to-Niagara Falls "Skylon" course on a harsh, 39-degree, blustery Fall day.

Lorenz clocked 2:27:03.5, three minutes off his American Masters marathon mark of 2:24:11, set in winning this year's Boston Marathon.

Joe Burgasser, 41, of Rancho Palos Verdes, California, placed second in the men's 40-44 division in 2:31:24.1. Peter Jeffers of Homer, N.Y., was

third in 2:32:59.0.

Lorenz placed 10th overall in the race won by Dave Smith, 25, of Orangedale, California, in 2:17:20.

d'Elia won the women's 45-49 group in 3:04:43.8.

Other division winners were Ulrich *continued on page 14*

Coming up in January

- Complete 1980 Masters schedule
- Report of AAU convention
- Results of national Masters 10km
- New Zealand update
- 1979 outstanding Masters
- Results of national Masters 50-mile run
- And much more

**RUNNER DIES OF HEART
ATTACK IN NATIONAL
MASTERS 10-K**

continued from page 1

conflicting reports.

He was rushed to the hospital and pronounced dead at 1 p.m., three hours after the start of the race.

According to race director Ken Napier, Hutchinson said Marshall's heart would beat normally, then go into fibrillation.

"Peter Woods, a runner-physician, was at the scene," Napier said. "He said Marshall was in good hands. Soon he called the ambulance."

Napier said Marshall was running "at about a moderate 45-minute pace. He was 100 meters from the finish line when he waved to his wife. She said 'better get going.' He went down 20 meters from the finish."

An autopsy performed by the San Mateo County Coroner's Office confirmed the cause of death as "acute myocardial insufficiency due to calcific aorta stenosis."

Translated, that means calcium deposits on the inside of the arteries, causing a narrowing. The coroner's office said, "It's like arteriosclerosis. The deposits form, the arteries narrow, and the blood can't get through. A physical exam wouldn't reveal such a condition. If we could ever figure out how to prevent calcium deposits from forming we'll be on our way to halt the aging process."

Marshall reportedly had just completed a physical at Hughes, and was a finisher in four Boston Marathons.

Napier and others said Marshall hadn't planned on running the event.

He apparently had been in Iverness the night before and hadn't had much sleep.

But his fellow Woodside Strider teammates needed a fifth to fill out the team. So he entered at the last minute, signing the traditional waiver which all runners sign in virtually all competitions.

"Legally, that waiver doesn't mean a thing," said one runner. "The course was too tough," said several others. "Winner Oscar Moore," said Tom Sturak, "ran the first 5km in 15:00+ and the second 5km in 19:00+. The hills were murder. A guy like Moore should be able to let it out the last 400 meters, but he was struggling up a hill just to finish."

Napier said he's been criticized for not having an ambulance and professional medical aid standing by on the course.

"We've never had ambulances in the past for races like this. Maybe for the big, 4000-runner races. But this wasn't one of those races. It happens in the big races, too. They lost a runner last year in the Livermore Marathon and another in the Bay-to-Breakers run. It's a very sad thing. It's the worst thing that's ever happened to me."

Registered Nurse and masters runner Sandra Knott, who didn't compete at Belmont, said, "We've lost six runners like this in the past couple of years. All showed fatty deposits or clogged arteries. But would they have had heart attacks if they hadn't been running? Or would they have had attacks a lot sooner if they hadn't been runners? We just don't know."

Napier was asked if he's going to sponsor any more races. "No," he said. "That was my last one."

[Ed. Note: NMN will follow up on this story in its January issue.]

minutes. Only two men, Mueller and Ken Moffitt, bettered 3:04 throughout all of 1978 in the U.S.

Five of the six women in the field finished, topped by Andrea Chiappetta, 26, of the Millrose A.A., New York City, who defeated her husband, Vincent, a former national masters champion, by 29 seconds. They finished 46th and 47th overall in 3:46:34 and 3:47:03, respectively. Andrea's clocking was the fastest ever run by a woman in the East. Eighty-nine of the 103 male starters finished the race.

Cederholm, a security analyst with the New England Merchants National Bank in Boston, is a 1964 graduate of Cornell University. He ran cross-country but says he was "nothing much." (He placed 55th in the 1962 Heptagonal championships). The Brattleboro victory represented John's first title acquisition of any

kind. A year ago, when he finished fourth in the same national 50-Km, he was edged out for the New England A.A.U. crown by third place finisher Ray Nelson of North Kingston, R.I.

The Central Park T.C. of New York, led by Mueller, won the National A.A.U. team championship for the third consecutive year.

Mueller's second place finish enabled him to retain the national masters championship, as well as the Metropolitan A.A.U. senior and masters titles. Cederholm gained the New England A.A.U. crown, along with the national honors, and Tom Haughey of the Boston A.A. won the New England masters title. The National A.A.U. and New England A.A.U. masters team championships fell to the North Medford Club, while the Millrose A.A. won the Metropolitan A.A.U. masters event.

30-34

Paul Fetscher	32	West Hempstead, N.Y.	3:01:03
Dennis Tetreault	31	Greenfield, Mass.	3:01:34
John Balsler	30	Chester, Vt.	3:02:42

35-39

John Cederholm	36	Boston, Mass.	2:56:43
Frank Bozanich	35	Vista, Calif.	3:03:39
John Sullivan	36	Framingham, Mass.	3:22:48

40-44

Fritz Mueller	43	New York, N.Y.	2:59:05
John Garlepp	41	Lyndhurst, N.J.	3:14:51
Tom Haughey	42	Concord, Mass.	3:16:02

45-49

John Sullivan	47	Holliston, Mass.	3:25:37
Chet Fortier	46	Lunenburg, Mass.	3:28:42
Guenther Erich	46	Pequannock, N.J.	3:29:41

50-54

Joe Burns	50	Bogota, N.J.	3:39:59
Franklin Rulifson	53	Washington, D.C.	4:09:46

55-59

Bob Mason	59	Summit, N.J.	4:54:49
B.F. Sherman	56	McLean, Va.	5:35:18

60-64

John Newdorp	69	Oakton, Va.	5:40:22
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W40-44

Sue Medaglia	44	Bronx, N.Y.	3:48:07
Cindy McElwain	40	Harvard, Mass.	4:36:28

**Mueller wins Masters national
AAU 50-K title, but loses
open crown to Cederholm**

By ANN PARRY

BRATTLEBORO, Vt., Sept. 16. It's hardly news when thousands turn up to run a marathon. But it's big news when more than 100 come to the starting line for an ultramarathon. In fact, the 109 runners, six of them women, who responded to the starter's gun in the 1979 National A.A.U. 50,000-meter championship represented a record entry for an American championship ultramarathon.

The race was the feature of the Famolare Turning Leaves program where a year ago the previous record entry, 83, for an A.A.U. ultramarathon championship had been posted, and perhaps that tells something about the lure of Vermont when the leaves are turning as well as it does about the growing appeal to runners of distances longer than the marathon route.

Fritz Mueller, now 43, was among the starters, aiming for his third U.S. crown in a row at 50,000 meters but he was thwarted by 36-year-old John

Cederholm of the Boston A.A., who ran stride for stride with the New York research chemist from the 20-mile point, where they both overtook Ray Scannell, until there were some three miles to go, when Cederholm edged away from the defender and opened more and more daylight between them with every remaining stride. He had almost a half mile on Mueller at the finish.

A year ago, in victory, Mueller said he "loved the course, except for the last six miles—they are really uphill." It was those same "uphill" miles that proved his undoing this time. "Cederholm put me away on the hills," Fritz said.

Cederholm ran the course in 2:56:43. Mueller in 2:59:05. It was the first time two men had been under three hours in a National A.A.U. 50,000-meter title race. Cederholm and Mueller passed the marathon distance together in 2:28:51.

The race ranked among the fastest 50,000 meters ever run: nine men finished under three hours, four

National 10-K Masters results

Masters results for the Diet Pepsi National 10-K at Purchase, N.Y., on Sept. 29:

Men 36-49: 1. Randall, 31:52; 2. Sanders, 32:11; 3. Kirkland, 32:52; 4. Courkamp, 33:05; 5. Mueller, 33:19. Men 50 and over: 1. Rubin, 35:14; 2. O'Neil, 35:14.3; 3. Dixson, 35:36; 4. Widener, 35:58; 5. Shapiro, 36:57.

Open Women: 1. Merrill, 33:36; 2.

Benoit, 33:54; 3. Lyons, 34:40; 4. Fritz, 34:46; 5. Erickson, 35:51.

Women 36-49: 1. Dalryple, 37:00; 2. Johnston, 40:29; 3. Thornhill, 41:07.

Women 50 and up: 1. Sackerman, 42:31; 2. Spaeth, 46:57; 3. Lehnert, 47:08.

**Results of
Utica 14-K**

Masters results of the Utica YMCA Falling Leaves 14-K (8.7 miles) at Utica, N.Y., Sept. 23:

Men 40-44: 1. Miklos Gratzler, 53:24; 2. Paul Kolwaite, 55:50; 3. David Nelson, 56:19.

Men 45-49: 1. Ted Bick, 52:01; 2. Jim McDade, 53:17; 3. John Peradotto, 55:33.

Men 50-59: 1. Howard Rubin, 49:56; 2. Olcott Brown, 54:25; 3. Sam Gratch, 56:05.

Women: 1. Terry Tiso, 55:46; 2. Carol Walters, 56:04; 3. Bonnie Howe, 60:25; 4. Sherry Johnson, 61:01; 5. Joan Mincio, 61:35.

**NATIONAL
MASTERS NEWSLETTER**

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Occidental drops sponsorship

The Occidental Life Insurance Co. of North Carolina, which contributed \$35,000 to the Masters track, field and long distance running program in 1979, has decided not to renew its support in 1980.

Occidental's original plan to employ direct-mail marketing on a national scope has been dropped. They plan to concentrate on the Southeastern area and feel the national Masters sponsorship does not fit in with their plans.

In 1979, Occidental set up Financial Fitness, Inc., for the main purpose of marketing low-cost life insurance policies to the fit. John

Bevilaqua, national AAU Masters Track and Field Treasurer, was hired to direct this effort.

Changes in policy began to occur in mid-year. Bevilaqua resigned. In 1979, other giant insurance companies began to flood the national media with similar low-cost life insurance opportunities for people who didn't smoke, who ran, etc.

A major management change took place at Occidental. President Harvey Smucker resigned and moved to Memphis. New President Ernest Steele came in. All marketing programs were analyzed for cost-effectiveness.

It was decided that the \$35,000 invested in the Masters program did not produce the expected results in the form of new life insurance premiums. Some within Occidental felt the program would be successful if given a second year to prove itself. Some felt that a stronger and more cohesive marketing strategy would make a basically good idea work. But in the end, the decision was to drop the sponsorship of the the Masters.

We are grateful to Occidental for its 1979 sponsorship. We are particularly indebted to Tom Smith of Occidental, who was the driving force behind getting the program started.

We deeply appreciate his strong efforts on behalf of all Masters athletes. We wish him well. And we hope to see him soon in the sub-masters 200 and 400 competition.

The Occidental sponsorship enabled the Masters movement to make significant strides forward in 1979. In this issue is a complete breakdown of the Occidental expenditures through November 5.

The money was used to support the newsletter, to defray costs of the national and regional championships, for national ranking lists, for emblems, age-graded point tables and more.

AAU-Occidental financial report

1979 AAU/OLIC EXPENDITURES

Date of Request	Expenses	Purpose	Amount Paid	Amount Outstanding
2-23	Bob Fine	Reimbursement	\$ 300.00	
4-13	AAU Masters Track & Field	For Masters Meet - Given to John Bevilaqua for deposit	4,000.00	
	Initial Deposit		\$4,000.00	
	Printing of Checks		10.92	
	Geza Feld (National Rankings)		600.00	
	Eastern Indoor Meet		500.00	
	United Emblem		753.60	
	Eastern Weight Championships		100.00	
	Midwest Indoor Meet		366.00	
	Shorts for Mid-America Meet (Balance)		403.04	
	Al Sheahen (June NMN)		659.31	
	Balance as of 6/23/79		\$ 607.13	
5-10	John-John, Inc.	Mid-American Nat'l Meet-Denver (Shorts)	184.50	
6-20	Rod Ferguson Wire/Transfer	Advance for Western Regional	1,000.00	
6-28	Al Sheahen	Editing NMN (July)	659.31	
7-2	Gazette Publications	Editing and Printing NMN (June/July)	1,406.50	
7-27	Pan American Masters Meet	Advance for Meet	1,000.00	
7-26	Green Mountain Athletic Association	Nati'l AAU Masters Weight Pentathlon	223.00	
8-20	Al Sheahen	Editing NMN (August)	708.05	
8-20	Mid America AAU	Mid America Masters T & F/Illinois	428.75	
8-20	Gazette Publications	Printing NMN (August)	505.24	
8-20	Midwest Masters	Midwest Masters Sport Association	1,903.00	
8-29	Ed Oleata	AAU Masters Decathlon/San Diego, CA	79.82	
8-29	Pan American Masters	Pan American Masters/California	1,726.40	
9-11	Ed Gildea	Printing NMN (September)	698.25	
9-11	Bob Fine	Eastern Outdoor Championships Awards	28.02	
9-11	Irene Obera	Preparing Masters Schedule	90.00	
9-11	Rod Ferguson	Western Regional Masters	1,621.55	
9-11	Tom Sturak	National Masters Championships/Oregon	1,425.42	
9-11	Al Sheahen	Travel Expenses	305.69	
9-11	Al Sheahen	Editing NMN (September)	692.92	
9-13	National Running Data Center	Masters Age-Graded Point Tables	2,000.00	
10-8	Al Sheahen	Editing NMN (October)	677.11	
10-8	Ed Gildea	Printing NMN (October)	794.00	
10-23	Philadelphia Masters Track Association	Philadelphia Masters	2,363.90	
11-5	Ed Gildea	Printing NMN (November)	613.00	
11-5	Al Sheahen	Editing NMN (November)	691.83	
11-5	Geza Feld	1978 Masters Rankings	115.80	
	Nat'l AAU Masters Track & Field Champs.	Gresham, Oregon		\$5,169.34
	TOTAL		\$26,242.06	\$5,169.34

Schedule of major events

Sat. Dec. 8. Weightman's Pentathlon Championships (open & Masters) Glendale, Calif. Contact: John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale, Ca. 91203.

Sat. Dec. 15. National AAU 50-mile open and Masters Track Championships, Santa Monica, Calif. (Rescheduled from Nov. 17). Contact: Tom Sturak, Box 1602, Santa Monica, Calif. 90406. (213) 394-0034.

Sat. Dec. 29 and Sun. Dec. 30. Hawaiian Senior Olympics. Contact: J.P. Karbens, 3140 Waiialae Ave., Honolulu, Hi. 96816.

Sun. Dec. 30. Masters Holiday Weight Pentathlon, Atlantic High School, Delray Beach, Florida, 10 a.m. 5-year age groups. Contact: Randy Cooper, Atlantic Community College, 2501 Seacrest Blvd., Delray Beach, Florida 33444.

Sun. Jan. 20. College of the Desert Masters Meet, Palm Desert, Calif. Contact: Shirley Davisson, 14770 Rodeo Dr., Victorville, Ca. 92392.

Sun. Jan. 27. 1980 National AAU Masters Marathon Championships, Saratoga, Ca. (Paul Masson Marathon) Contact: Dan O'Keefe, 20032 Rodrigues, Cupertino, Ca. 95014.

Sat. Feb. 9. 3rd annual City of Orange Masters Track & Field Meet, El Modena HS, Orange, Calif. Contact: Larry Sallinger, 203 E. Monroe, Orange, Cal. 92667. (714) 639-4463.

Schedule change

The Masters Holiday Weight Pentathlon, previously scheduled for the University of Florida, will be held at Atlantic High School Athletic Field, Delray Beach, Florida, on

Sunday, Dec. 30, starting at 10 a.m.

The competition is in 5-year age groups from 30 to 80. The five throwing events—discus, shot, javelin, hammer and weight throw—will be scored by Olympic track & field tables.

A regular pentathlon will be run simultaneously adding the 200 meters, long jump and 1500 meters to the discus and javelin for those desiring to enter these events.

Entries may be sent to Randy Cooper of Atlantic Community College, 2501 Seacrest Blvd., Delray Beach, Florida, 33444, including name, address, birth date, AAU No. and entry fee of \$6 for one Pentathlon, \$10 for both. For information phone 305-734-5499 evenings.

National AAU 15-K Masters Cross-Country Championships

By BOB FINE

The running conditions for this race would have pleased a sadist. There were three loops around the already weatherbeaten Van Cortlandt Park course. The course was in such disrepair that the colleges moved their cross-country championships to other locations. There was a biting wind in addition to heavy rain. The course got muddier with each loop. Many of the runners fell down and three dropped out. The course was "fixed up" in that some of the exposed rocks were painted yellow! It was impossible to run downhill at full

speed since it was both slippery and dangerous. Running uphill was a bit better than running in quicksand.

These conditions made the meet record performance of ex-Olympian Oscar Moore, of the New York Pioneers, even more amazing. Oscar, who didn't compete in the outdoor meets because of an injury, was just awesome. He finished two minutes ahead of Ken Mueller, a national class runner in his own right. Anyone breaking one hour under these conditions turned in a national quality race.

Ed DeMarrais of North Medford; Tony Diamond, 50, of Potomac

Valley; Francis Kelly, 57, of Potomac Valley; Harold Greenberg, 60, Shore A.C. and recent winner of the National A.A.U. Marathon; Walt Westerholm, 65, of the Millrose, and Lou Gregory, 77, of the Millrose (Lou has become the Grand Old Man of Masters LDR) each won division titles.

Pat Bessel, 42, of the Grand Island Club, defended her national title and Audrey Jacobson, age 51, was the last title winner. Millrose won the Division 1 team title and Potomac Valley won Division 2.

Letters to the Editor

Enjoyed the results from Hannover, but you omitted to print the men's marathon results. I ran in the 55-59 group in the 10,000 (2nd in 36:37.2), 5000 (5th in 17:31.6), 1500 (4:55.3 in a heat) and Marathon (3rd in 2:56:10). As for the comments about language, etc., I was one of the turn-around-at-the-door guys. Let somebody pick my medal up. So disgusted. P.S. I'll be 60 on May 14, 1980.

—S. Hietman, Vancouver, B.C.

I feel you may have been overly harsh on the Germans and their system of charging for everything. That's simply the way it works as I learned in the Army in the 50's when you went into a restaurant and you had to pay extra for the roll you might have gotten "free" at home. So it's probably irrational to expect them to change for us. Where it runs into a problem is people arriving in a new country and expecting everything to work the way it does in their country. I guarantee you that New Zealand will have quirks, too, but they will simply be different quirks.

—Hal Higdon, Michigan City, Indiana

Your October issue of NMN is unsurpassed. How any Master can "exist" without it is beyond me. Masterful. I always peruse your upcoming "Schedule of Events," enjoy being brought up to date on the North American scene, and reading results from here, there and elsewhere. Of course, the October issue was worth its weight in inflated gold with its complete results of the big Hannover Meet. It is compiled nicely; easily read. Now, finally, I know who did exactly what in Germany. (You've probably "scooped" the Germans and at a fraction of their rates.) Raise your rates, but please keep it coming. The "Hannover Diary" article was written so well and so interestingly that we were able to entertain eight house guests by reading excerpts from it. Writer?

—Harold Parsons, Toronto, Ontario.

Glad you enjoyed it. "Hannover Diary" was written by your editor.—Ed.

Am really pushing your paper. Last two editions great.

—Ralph "Lefty" York, Modesto, Calif.

The coverage on the 3rd World Veterans Championships was excellent. I really enjoyed your Hannover Diary with the day-to-day experiences. My hat is off to you for gathering and editing so much information and results. Germany sure was a different experience than Sweden in 1977. I wondered if I would be allowed on the field to compete without proper passes. I'm still waiting for my certificate for 5th place they said they would mail. It certainly was a well-run meet with first class facilities.

—Bob Youngs, Tolland, Conn.

NATIONAL A.A.U. 15 KILOMETER MASTERS CROSS-COUNTRY CHAMPIONSHIPS
OCT. 28, 1979, VAN CORTLANDT PARK 50⁰, heavy rains, very muddy course
award by five year age groups.

40-44			50-54		
Oscar Moore	41 N.Y.Pioneers	52:58	Tony Diamond	50 Potomac Valley	59.23
Ken Mueller	43 Boston	55.10	Howard Rubin	51 Utica	60.40
Larry Jowett	41 Berkshire	55.38	Bob Muller	54 Prospect Park	63.56
John Garlepp	41 Millrose	55.58	Frank Ruliffson	53 Potomac Valley	64.36
Andy Urquhart	40 Capital T.C.	57.21	Richard Packard	51 Boston	65.09
Eugene Toomey	40 Millrose	58.01	Joseph Simonte	51 Central Park	67.39
Donald Wilken	41 Capital T.C.	58.12	Fred Dunn	50 Pama Kids	68.33
Lee Wilcox	41 Capital T.C.	58.36	Robert Wheeler	50 Unattached	69.42
Martin Brekeller	42 Millrose	58.39	Ben Dolne	50 Millrose	73.25
James McGuinness	40 Millrose	59.01	Desmond Margetson	53 Unattached	75.51
Art Guerra	40 Millrose	59.05	Peter Palermo	50 Potomac Valley	77.35
John Hurley	43 Boston	61.31	Jack Megarr	50 Unattached	78.48
George Butterworth	40 Cambridge S.U.	62.06	John Gordon	51 Unattached	107.40
Robert Clarke	40 Boston	63.01			
Terry Coyne	40 Berkshire	63.14	55-59		
Herbert Reilly	43 Capital T.C.	63.31	Francis Kelly	57 Potomac Valley	68.51
Donald Mowberry	42 Capital T.C.	65.45	Jack Finger	58 Van Cortlandt	76.35
Martin Schiff	41 Van Cortlandt	66.24	60-64		
Robert Selya	43 Central Park	68.03	Harold Greenberg	60 Shore A.C.	70.19
Terry Darlington	43 England	69.03	Edward Lowell	63 Senior T.C.	72.33
Leo Nichols	40 College Pt.	69.05	Wilfredo Rios	63 N.Y.T&F Circuit	80.45
Joseph Peroni	44 Upper Gd.View	70.12	Charles Feldman	63 Unattached	83.36
Israel Horovitz	40 Warren St.	71.09	65-69		
James White	43 Unattached	73.18	Walt Westerholm	65 Millrose	79.03
George Shilling	41 N.Y.Pioneers	74.56	John Newdorp	69 Potomac Valley	95.18
Joel Salzarulo	40 Unattached	83.27	75-79		
Ernest Strom	40 Unattached	86.51	Lou Gregory	77 Millrose	100.54
Melvin David	44 Flushing Mead.	86.51	WOMEN		
			40-44		
			Pat Bessel	42 Grand Island	69.13
			Yvonne Hännemann	42 Greater NY	81.08
			Billy Moten	42 Greater NY	90.34
			50-54		
			Audrey Jacobson	51 Unattached	94.11
			TEAM SCORES - By total time		
			40-49		
			Millrose	4.50.44	
			Capital T.C.	4.56.24	
			Boston	5.03.00	
			Potomac Valley	6.05.43	
			50+		
			Potomac Valley	6.05.43	

Los Angeles women's marathon reaps publicity

LOS ANGELES, CALIFORNIA, November 3. The awesome power of corporate muscle was put to use today in the worthy cause of aiding women's long distance running.

A race which attracted only 56 starters and 38 finishers:

—Made the front page of the city's major evening newspaper, the Herald-Examiner.

—Made the front sports page of the prestigious morning Los Angeles Times.

—Received television network coverage as the halftime feature of the USC-Arizona football game.

—Occupied a multitude of blue-shirted Los Angeles police who blocked off hundreds of city streets to

give the runners an unobstructed run over the same course as the 1932 Olympic marathon.

Usually a phone call or press release to your local newspaper or TV station saying 3000 runners will compete in tomorrow's race is greeted with a long yawn. 10-K runs occasionally made the tube in 1978, but not so much this year. It's "old news."

So why the big splash for a 56-woman race?

Why, indeed? Because the 20th Century Fox Corporation has taken an interest in the running movement.

And when a major American corporation decides to put serious

money and influence into a project, things happen fast. And big.

As a result of the phenomenal success of "Star Wars," Fox is cash rich. Fox Chairman Dennis Stanfill was instrumental in bringing the 1984 Olympics to Los Angeles. He's become interested in promoting women's running, and persuaded Mayor Tom Bradley to cut through the red tape to stage the race.

(In February, a similar effort by the local running community to hold a race over the '32 course was thwarted when police refused permission to use city streets.)

The race began at the Coliseum at 8 a.m. and covered parts of six suburbs. The top three overall winners ran a victory lap around the Coliseum before the USC-Arizona football game. At halftime, the age-group winners were awarded trophies as they stood on Olympic-style pedestals as the USC band played the Olympic anthem.

Beverly Shingles, 39, a 5'2" 103-pound housewife and mother of two from New Zealand, took the lead in the 21st mile and won the event in 2:45:45, one minute and one second ahead of Pat Story, 30, of Venice, California. Sue Petersen, 35, of Laguna Beach, Calif., finished 3rd in 2:47:43.

Carlos Zabala of Argentina raced the same route and won an Olympic gold medal in 1932 in 2:31:17.

Karen Scanell of San Francisco won the 40-49 category. The last finisher ran 3:32:42. Only women with clockings of 3:15 or better were invited.

The race was run under sunny, smog-free conditions with temperatures climbing from 57 at the start to the upper 60's at the finish.

Shingles said she'd been worried about possible heat here after being in New Zealand, where it was winter. But "it didn't bother me," she said. Her time was only 45 seconds shy of her personal best.

A runner for 20 years, Shingles is a former champion in the 1500 and cross-country in New Zealand. As a marathoner, she's rated No. 3 in her country. She'll be 40 for the 4th World Veterans Championships in New Zealand. She'll be a favorite, along with Joyce Smith of Great Britain, in the distance events.

The Los Angeles Olympic Organizing Committee said it regarded the race as a "test run" for the 1984 Olympics but that the course won't be decided until after the 1980 Games.

Ruth Anderson of Oakland, California, was the oldest competitor at 50. She finished 28th in 3:16:41.

Ewing triumphs in midlands

A pecking order among distance runners in the middle part of the country was established as the result of road runs on two October weekends in Indiana and Mississippi.

At the Senator Lugar Fitness Festival in Chesterton, Indiana, on October 6, Hal Higdon defeated Ernie Billups over an eight-mile course that was part road, part bike trail, and part cross-country. Higdon trailed Billups and Carl Carey (top Indians 40-44 runner) over the first two miles, battled with Ernie for the next two, then pulled away during the next stretch along a wooded trail in the Indiana Dunes State Park. Higdon finished with 44:17 (11th overall) to Billups' 44:31 (14th) and Carey's 46:02 (18th). Winner of the overall race was John Roscoe of Terre Haute with 41:05.

A week later Higdon appeared in Columbus, Mississippi, at the Squincher 15-Kilometer Run and found Jim Ewing of nearby Jackson awaiting him. Ewing recently turned 40. He is originally from Glasgow, Scotland, but came to the United States in 1963 to attend Howard Payne University on an athletic scholarship. Also in the race was Harold Tinsley, director of the Joe Steele Rocket City Marathon in Huntsville, Indiana, and one of the South's better masters runners.

Ewing bolted off the line in 4:56 to Higdon's 5:05 and soon had a 150-yard lead. They went through six miles in 31:15 and 31:25 respectively. Higdon closed to within 50 yards around seven or eight miles, but could never quite catch up and Ewing eventually moved away to win in

49:15.4 to 49:42.7 for Higdon. Tinsley, however, made a wrong turn and failed to finish. Hal reports that Jim Ewing was interested when informed that the World Veterans Road Running Championships will be held in August 23-24 next summer in his old home town in Scotland.

Master Athletes Wanted

(Trained in middle & long distance running)

FOR: An Investigation on the effects of vigorous exercise on the aging process as reflected by cardio-vascular function.

BY: John Holloszy, M.D.; James Hagberg, Ph.D.; Ali Ehsani, M.D.; and Edward Coyle, Ph.D. Department of Preventive Medicine, Washington University School of Medicine, St. Louis, MO 63110. (314) 454-2051.

TESTING: maximal oxygen consumption - Best index of cardiovascular fitness.
 echocardiogram - Determines heart size and wall thickness.
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 running efficiency - A measure of how economical your running form is.
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 joint x-rays - pulmonary function - blood pressure

*These tests are non-invasive. They can determine an athlete's individual physiological attributes. Testing will be performed annually to plot progress.

*All testing will be performed free of charge.

 If you would like to be considered, please complete and return to:

Edward Coyle, Ph.D.
 Dept. of Preventive Medicine
 Washington University School
 of Medicine
 509 S. Euclid Ave.
 St. Louis, MO 63110

Name _____
 Address _____
 Age _____
 Competitive Events Times When

Note

Subscriptions and all editorial and advertising material for the National Masters Newsletter should be sent to Al Sheahan, Editor; 6200 Hazeltine Ave., Van Nuys, Calif. 91401.

1980 SUBSCRIPTION RENEWALS NOW DUE

continued from page 1

Sports Association annual dues notice inside.

It appears we will be on our own with the National Masters Newsletter in 1980.

The Occidental Life Insurance Co. of North Carolina, which helped support the publication in 1979, has

decided not to renew its grant to the Masters program in 1980.

We still intend to put out a quality newsletter. The National Masters Newsletter is the only national publication devoted exclusively to track, field, long distance running and race walking for men and women over age 30.

It's the bible of our sport.

But we need your support.

In addition to promptly sending in your own renewal, we ask you to:

1) Ask your club newsletter editor to publish the fact that NMN is available for all of 1980 for just \$10. See the suggested wording which one club has used.

2) Consider sending in a gift subscription for one or more of your over-age-30 friends. A special gift subscription blank is enclosed. A gift card with your name will be sent.

Please get in your subscriptions before January 1, 1980. Those persons sending in late will be

charged the full \$10 and will receive only the issues after their check is received.

Our objective in having one subscription renewal date is to avoid confusion. Everyone will be signed up on the first of each year. There'll be no need for constant renewal notices, dunning letters, etc. Aside from new subscriptions during the year, we can concentrate on putting out a quality product.



IF YOU'RE OVER 30, YOU'LL WANT TO READ THE

National Masters Newsletter

The National Masters Newsletter is the only U.S. national publication devoted exclusively to track, field, long distance running and race-walking for men and women over age 30.

- | | | | |
|------------------------|--------------------|--------------------|--------------------|
| •National Results | •Age-Records | •Travel Info | •Surveys |
| •Schedules | •National Rankings | •Training Tips | •Human Interest |
| •Entry Blanks | •World Rankings | •AAU/IAAF Info | •Letters to Editor |
| •International Results | •Regional Results | •Profiles & photos | •State of the Art |

HERE'S WHAT YOU'LL FIND IN THE NATIONAL MASTERS NEWSLETTER:

JUNE, 1979

- Results of National AAU Masters Indoor Track & Field Championships
- Results of National AAU Masters 10K Run
- How to Set Up a Masters Program
- New World and American Age Records
- Oerter Goes for 5th Olympic Gold
- Results of 6 Masters T & F Meets
- Fist-Fight Dampens US-Mexico Masters Meet
- Schedules and Entry Blanks

JULY, 1979

- Men's World and American 5-Year Age-Group Records
- Results of 8 Masters T & F Meets
- Results of New Zealand Veterans Championships
- Regional Reports
- Schedules and Entry Blanks

AUGUST, 1979

- Story of National AAU Masters T & F championships
- South Africans to be Banned from World Games
- Women Break 14 U.S. Masters Marks
- Results of 4 AAU Masters Regional Championships
- Results of National AAU Masters 20K Run
- Annual U.S. Masters T & F Meeting
- Results of National AAU Masters Weight Pentathlon
- Results of Australian National Veterans Championships
- Budget Report
- Schedules and Entry Blanks

SEPTEMBER, 1979

- Story of 3rd World Veterans Championships
- 28 New World Age-Division Records Set
- American Medal Winners at World Games
- Results of World Veterans 25K Road Run
- Results of National AAU Masters T & F Championships
- 1978 National 10,000-Meter Rankings by Age Group
- Results of North American Masters T & F Championship
- Open Letter to Masters LDR Committee
- Schedules and Entry Blanks

OCTOBER, 1979

- Results of 3rd World Veterans Championships
- Why South Africans Competed as Rhodesians
- Future of World Veterans Movement
- Report of World Veterans Meeting
- New Zealand to Host 1981 World Championships
- Women's Veterans Report
- Budget Report
- Schedules and Entry Blanks

NOVEMBER, 1979

- Each American's Performance in World Games
- AAU Convention Preview
- New Women's World 40+ Marathon Record
- 220-Mile Run thru Sierra Nevada
- A Hatchet Job on the President?
- Berkshire Masters 10K Results
- Masters vs. Father Time
- Schedules and Entry Blanks

Subscribe Now!

The National Masters Newsletter is bigger and better than ever. It's the bible of the Masters movement, the fastest growing segment of the running community. It's still a bargain at 12 issues a year for only

\$10 enclosed for the Newsletter for 1980.

\$10. Take advantage of the continued low subscription price and get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

Send to: National Masters Newsletter
6200 Hazeltine Ave.; Suite R
Van Nuys, Calif. 91401

Name _____

Address _____

Suggested wording for your club newsletter:

The National Masters Newsletter is now a monthly publication and is very nicely done. It has meet results from all over the country, plus inside stories and scoops on what goes on in the Masters world of track, field, long distance running and race walking. Every member of (name of club) should subscribe to this publication for it is our bible. Subscription price for 1980 is just \$10.

Mail checks to:
National Masters Newsletter
6200 Hazeltine Ave.; Suite R
Van Nuys, Calif. 91401

Masters Sports Association indoor meet schedule

1979-80 Masters Sports Association indoor development meet schedule

These listings are for races held in conjunction with A.A.U. meets. We are also arranging to have meets with the Police Athletic League and on our own.

All races are post-entry at \$1.00 per event. The A.A.U. will collect the entry fee and give you a number. The

fees will be turned over to the Masters Sports Assoc. There will be three medals in the scratch (S) races and three trophies and two medals in the age-grading (A) races. The first five meets will be at the 168th St. Armory (near across from Columbia P & S Hospital). These meets start at 6:00 p.m. but our events will be integrated into the meet so that we can't advise as to the exact time. The meets at West Point start about 10:00 a.m. If we get more info on the exact times for each event we will publish them.

These five meets will be held at the Armory:

1. Fri., Nov. 30, 60-600-1 mile. All scratch races.
2. Fri., Dec. 14, 60-440-2 mile, 60-scratch; 440 and 2 mile age-grad-

ing.

3. Fri., Dec. 28, '60-300-880. All scratch.

4. Wed., Jan. 2, 60-600-1 mile, 60-scratch; 600 and 1 mile age-grading.

5. Wed., Jan. 9, 60-880-2 mile. All scratch races.

These meets will be at West Point:

6. Sun., Jan. 6, field events—high jump-long jump-shot-weight throw-pole vault-triple jump. All scratch events.

7. Sun., Jan. 27, 60-1500 meters, plus the same field events as on Jan. 6. All scratch events.

We plan to have at least another five developments meets, plus a Metropolitan A.A.U. Indoor Championship, a Masters Sports Assoc. Championship and the Eastern A.A.U. Championship. Dates will be announced later. The National A.A.U. Indoor Championship will probably be held on March 23rd in Syracuse, N.Y.

Masters Sports association 1980 Membership Renewal

Save \$1.00 by renewing your Masters Sports Association membership. For our \$12 dues you'll get the National Masters Newsletter, which retails for \$10, and the Age-Record Book, which retails for \$3. The National Masters Newsletter will be published monthly, containing at least 16 pages. It will contain entry blanks for all of the major meets, plus results, information about the program, training tips, profiles, and a forum for the interchange of ideas

about the program. The Age-Record Book was previously published by Track and Field News. The MSA is taking over the publication of this great stimulus to the program. The book will be expanded to include race walking as well as age records from ages 35 to 90 for men and women in all track and field events and the marathon.

Please renew at once as it saves us a lot of time and money in sending out reminders.

8th annual MSA Cross-Country Championships—Oct. 13

EIGHTH ANNUAL MASTERS SPORTS ASSOCIATION CROSS-COUNTRY CHAMPIONSHIPS
OCT. 13, 1979, VAN CORTLANDT PARK—52 degrees and overcast—
(Awards by 5-year groups from age 30 to 69) (Position in age group noted in ().

Moore, Oscar	41	35:35.7	(1)
Kennedy, Charles	41	39:29.7	(2)
Stern, Lew	45	39:44.5	(1)
Whitman, Dick	45	39:58.5	(2)
Krebs, William	45	40:10.1	(3)
Fine, Bob	48	41:29.9	(4)
Dunn, Art	42	41:50.1	(3)
Lunsford, Charles	56	44:28.5	(1)
Zinman, David	49	44:56.7	(5)
Willis, Herman	41	45:35.9	(4)
Pauling, Cliff	45	45:40.9	(6)
Kernan, Joe	49	46:59.9	(7)
Barber, Jim	31	47:20.3	(1)
Coiro, Vince	45	49:37.8	(8)
Devin, Art	58	51:37.9	(2)
Westerholm, Walt	65	51:50.4	(1)
Bradley, Arthur	52	56:05.2	(2)

Attention, hurdlers!

All over-age-30 hurdlers. Please send your name and address to Dave Jackson, 19103 S. Andmark Ave., Carson, Calif. 90746. Dave wants to send you a personal letter, detailing the pros and cons of establishing firm hurdle heights and spacings for international, national and local competition. The letter will contain a survey, the results of which will be sent to International Veterans' Rules Chairman Ian Hume. Recommendations will be made at New Zealand in 1981, and at the U.S. National Championships in 1980, so that consistent hurdle measurements can be established, once and for all.

MSA EMBLEM (\$3.50) _____

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Please send my gift of the National Masters Newsletter to: I am enclosing \$10 for a subscription to the 1980 National Masters Newsletter (12 issues)

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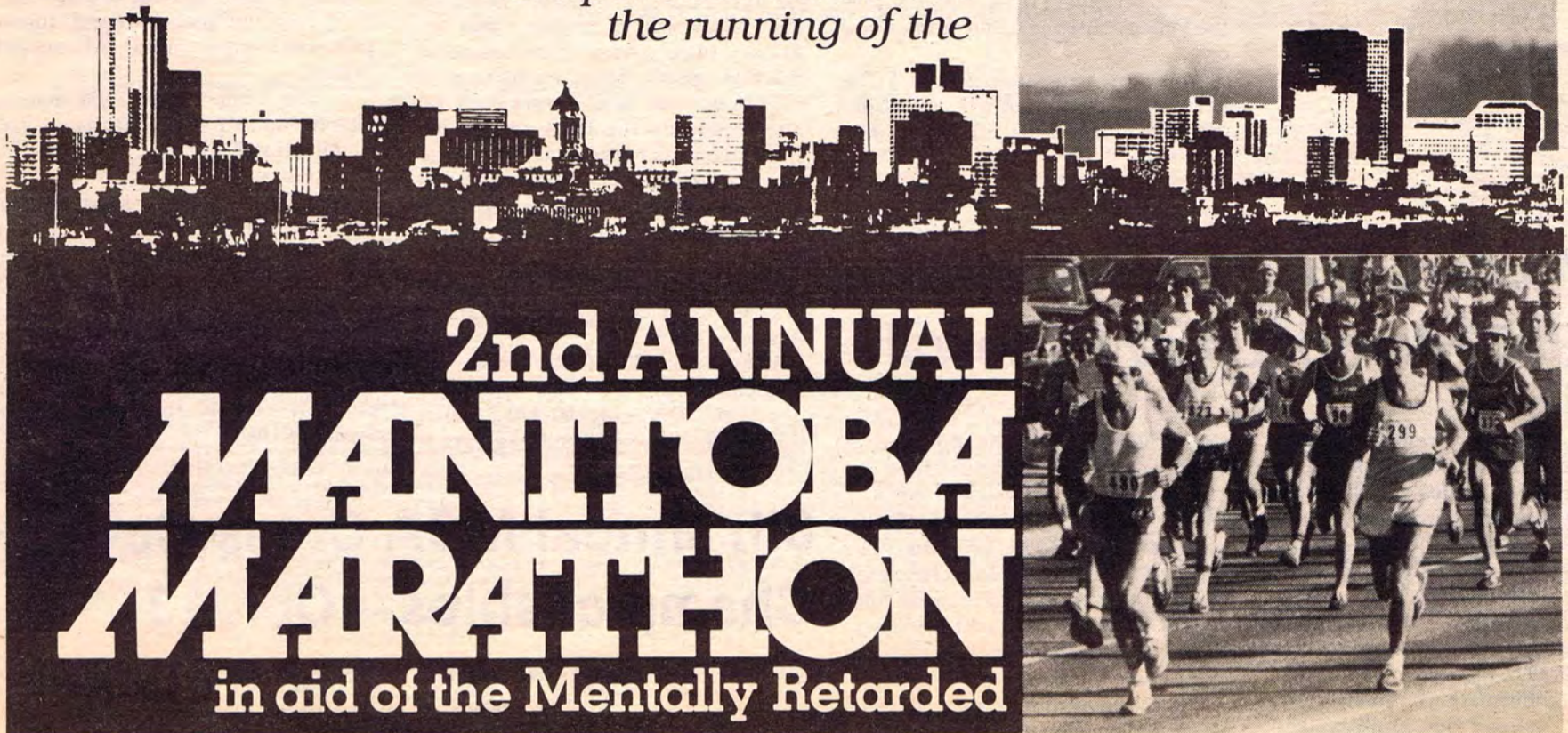
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The Hon. Bud Jobin, Lt. Governor, Province of Manitoba
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His Worship Mayor Bill Norrie, City of Winnipeg

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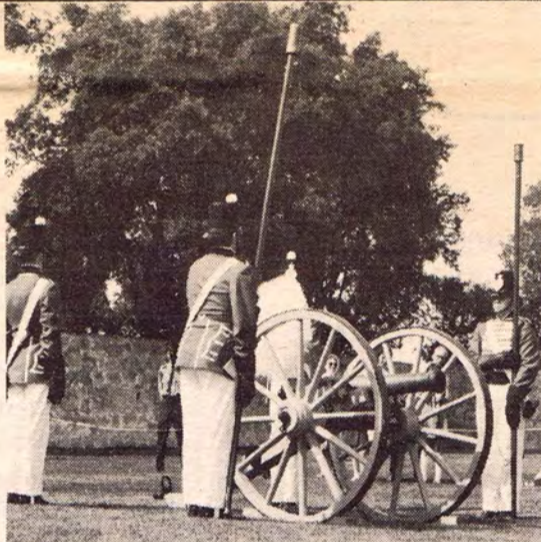


2nd ANNUAL MANITOBA MARATHON

in aid of the Mentally Retarded

**Sunday,
June 15, 1980
Winnipeg,
Manitoba,
Canada**

*Hosts for the North American
Masters Marathon Championships
and the Canadian Masters (closed)
Marathon Championships.*



Take an Historic Route

Retrace the steps of the men and women of history who established Upper Fort Garry and ran the fur trade. Enjoy a scenic 26 mile route steeped in history.

Run one of the Fastest Courses

Your spirits will soar as you run along this aesthetically-pleasing course combining urban, suburban and rural roadways interspersed with miles of parklike surroundings. It may be one of the fastest courses you will ever run on: wide, flat [total elevation change 10' (el 770)] and 80% asphalt.

A Beautiful City, a Beautiful Season

Winnipeg will be in her prime during this exhilarating run: average temperature for the day of the race is 59 degrees fahrenheit, average relative humidity, 54%.

Set for a Second Success

Last year the Manitoba Marathon attracted 4,700 runners from 13 countries, 18 states and nine provinces. Chris Johansson set a new Swedish National Record and the five top male finisher runners all ran their personal bests.

Race Information

Date: June 15th, 1980, 7:00 a.m.

Splits: Interval times (splits) will be provided at one and two miles then at 5 mile intervals. Large digital clocks will be used as well as amplified audio times. **LEADER BOARD** - At five mile intervals the name, place and times of the leaders will be posted on a large sign.

Eligibility: Special Divisions: cardiovascular, wheelchair, blind, etc. should request special entry form in advance.

The event is open to everyone. Youths under the age of 15 may run in a non-competitive capacity. Novices are advised to have complete medical check-ups.

Canadian Masters Championship: Any resident 40 years or older on June 15th (age 35 for females).

North American Masters Championship: Any North American Resident (including Central America, Mexico, Cuba, Puerto Rico and all other islands) 40 years or older on June 15, 1980 (35 for females).

Accommodations: All out-of-province runners will be assigned an official host who will contact the visitor directly upon request. Special rates and packages are available. Winnipeg has an international airport.

Entry Fee: \$7.00 (includes "Finisher" T-shirt)
\$4.00 (without T-shirt)
Fees are non-refundable. Make cheque or money order payable to: Manitoba Marathon.

How to Enter: Write Manitoba Marathon, P.O. Box 53, Winnipeg, Manitoba, Canada R3C 2G1. Phone (204) 453-0931.
9:00 a.m.-4:00 p.m. Central Time. Notification of acceptance will be sent within 10 days.
DEADLINE: JUNE 1, 1980.

**Come to Winnipeg in 1980
and be a part of history in the making!**

National Decathlon Championships from San Diego

NATIONAL DECATHLON CHAMPIONSHIPS -- SAN DIEGO, CALIFORNIA -- JULY 14-15, 1979

AGE 30-34			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Warren Cummings	Escondido, Calif.	30	12.2 540	18'6½ 528	36'10½ 548	5'7 588	55.7 576	17.2 645	89'4 409	14'4 901	138'3 523	5:09.7 357	5615
2. Michael Ackley	Carmichael, Calif.	34	12.2 540	18'9½ 544	36'6½ 541	5'5 540	55.5 584	17.1 652	106'10 531	9'1 458	148' 566	4:53.3 446	5402
3. John Fielder	San Diego, Calif.	33	11.8 622	19'3½ 575	35'8 523	5'9 634	57.8 504	17.3 637	82'9½ 361	11'6 672	111'10 398	DNF 0	4926
4. Jim Ball	Huntington Beach, Calif.	33	12.5 482	17'½ 418	32'4½ 450	5'5 540	61.0 402	19.3 493	78'½ 324	8'1 358	103'2½ 355	5:22.4 295	4117
AGE 35-39			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Dennis Stempel	Chico, Calif.	36	12.0 580	20'½ 626	36'7½ 543	5'5 540	56.3 555	17.1 652	112'5 568	13'6 835	152'1 611	5:03.3 390	5900
2. Brian Murphy	Plymouth, Mich.	38	11.7 643	20'5 653	37'2 554	5'1 444	54.9 607	17.1 652	107'4 535	12'6 757	152' 582	5:02.1 396	5823
3. Henry Hopkins	Indianapolis, Ind.	35	12.2 540	18'10½ 551	37'2 554	5'5 540	56.5 548	16.3 721	99'5 481	13'2 809	127'1 472	4:35.4 554	5770
AGE 40-44			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Ed Oleata	La Jolla, Calif.	42	11.9 601	16'1½ 349	36'7 542	5'3 493	52.8 687	16.0 748	101'8 497	11' 630	119'3 435	4:37.1 543	5525
2. Richard Emberger	Escondido, Calif.	40	12.5 482	17' 415	35'4½ 517	5'5 540	59.4 451	16.6 694	109'1 546	11'6 678	154'5 593	5:07.6 368	5284
3. Gary Bane	Anaheim, Calif.	41	12.5 482	18'8½ 537	28'11½ 371	5'3 493	55.9 569	16.6 694	83'11 370	11'6 678	137'2 518	5:04.4 384	5096
4. Hal Smith	Tarzana, Calif.	43	12.4 501	17'11½ 486	41'6 642	4'9 339	59.7 442	16.0 748	111'9 564	10' 543	143'3 545	5:45.6 192	5002
5. Leslie Weed	Aurora, Colo.	42	12.6 463	17'4½ 444	32'8½ 457	- 0	57.8 504	15.8 767	104'10 518	10'6 587	132'6 497	5:37.1 228	4465
6. Tom Woodring	San Bernardino, Calif.	42	12.5 482	17'4½ 441	31'2½ 423	4'9 339	58.5 480	19.6 474	90'5½ 418	11'6 678	101' 344	5:56.6 149	4228
7. Charles Young	Hawthorne, Calif.	42	13.3 339	16'9½ 400	33'11 486	4'11 389	62.2 366	18.7 533	96'4½ 460	9'6 495	105'5 366	5:21.9 297	4131
8. Haig Bohigian	N. Tarrytown, N.Y.	43	12.2 540	17'10½ 479	29'8½ 389	4'9 339	54.5 621	22.8 302	88'7 404	- 0	97'3 324	4:54.9 437	3835
9. Mark Bedley	Los Banos, Calif.	44	13.7 274	17'9 470	24'8½ 267	4'11 389	59.6 445	19.7 468	84'7½ 375	9'6 495	111' 395	5:48.3 182	3760
10. James Mayer	San Rafael, Calif.	43	13.8 258	16'6 378	35'½ 510	4'11 389	63.0 343	20.0 449	102'4 501	4'11 1	116'11 424	DNF 0	3253
AGE 45-49			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Bruce Hescoek	Bethany, Connecticut	45	12.9 408	19'1½ 566	38'11 590	5'5 540	57.5 514	17.1 652	117'4 600	13' 796	164'11 637	5:32.4 249	5552
2. Douglas Dittmar	Solvang, Calif.	47	13.1 373	16'1½ 351	26'9½ 318	4'11 389	63.0 343	20.5 420	83'2½ 364	10'6 587	108'4 381	5:37.7 221	3747
3. Hector Cisneros	Austin, Texas	45	12.8 426	15'4½ 291	25'8½ 292	- 0	56.7 541	18.6 540	70'11½ 268	7'6 296	96'7 320	4:57.8 420	3394
4. Dave Douglass	Albuquerque, N.Mexico	47	14.0 228	15'7½ 311	30'½ 397	4'7 288	64.1 313	21.2 381	82'2½ 356	9' 448	106'1 370	5:37.0 229	3321
AGE 50-54			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Harry Hawke	San Diego, Calif.	50	13.1 373	15'9½ 326	43'5½ 681	4'9 339	62.9 346	18.4 554	138'3 728	10'6 587	129'2 482	5:47.4 185	4601
2. Al Brenda	Turlock, Calif.	50	12.8 426	16'4 366	34'4½ 488	4'7 288	60.1 429	18.2 568	108'2 540	11' 630	100'2 339	5:36.4 232	4306
3. Martin Legett	Austin, Texas	54	13.5 306	14'8½ 240	34'3½ 493	4'7 288	65.1 286	19.5 480	104'11 519	9' 448	136'3 514	6:29.9 32	3606
4. Richard Nordquist	Talent, Oregon	53	13.6 290	14'1 191	32'8½ 458	4'1 129	63.8 321	19.9 455	94'6 447	7'3 272	86'3½ 264	5:59.0 140	2967
AGE 55-59			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Bob Hunt	Anaheim, Calif.	57	13.4 322	13'7½ 156	27'7½ 339	4'1 129	61.5 387	17.6 613	83'7½ 368	7'3 272	84'5½ 253	5:45.6 192	3031
2. James Johnson	Millbrae, Calif.	57	13.8 258	17'4½ 444	29'½ 373	4'5 236	77.0 20	20.6 415	72'10½ 283	9'6 495	65'7½ 139	DNF 0	2663
AGE 60-64			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Bill Burke	San Gabriel, Calif.	60	14.5 156	13'10½ 175	42'8½ 666	4'1 129	76.3 34	21.4 371	11'1 604	7'11 341	111'9 398	DNF 0	2874
2. Chuck McMahon	San Diego, Calif.	63	18.0 0	9'7 0	36'½ 531	3' 0	105.9 0	DNF 0	111'10 564	5'9 103	112'5 402	DNF 0	1600
AGE 65-69			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. Bud Deacon	Turner, Oregon	68	15.6 12	12'2½ 34	25'9 293	4'1 129	69.6 175	20.8 403	91'8½ 427	8'5 387	72'2½ 181	5:45.6 192	2233
AGE 70-74			100M	LONG JUMP	SHOT PUT	HIGH JUMP	400M	110M HURD	DISCUS	POLE VAULT	JAV-ELIN	1500	TOTAL POINTS
1. A.J. Puglizevich	Merced, Calif.	71	15.5 24	10'2 0	36'2 533	3'6 0	94.1 0	DNF 0	94'10½ 450	4'11 1	85'10½ 262	DNF 0	1270

6 MILES table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Jim Hogan, Peter McCardle, Fred Norris, Ray Hatton, Peter Mundle, Clive Davies, James Oleson, Stan Nicholls, Norman Bright, Fred Grace, Lou Gregory.

10,000 METERS table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Nikolay Sviridov, Peter McCardle, Lucifn Rault, Alain Mimoun, Ray Hatton, Alain Mimoun, James O'Neil, John Gilmore, Leon Dreher, John Gilmore, Clive Davies, Tedde Jensen, Norman Bright, Einar Nordin, Ray Sears, Luis Rivera, Lou Gregory.

1 HOUR RUN table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Gaston Roelants, Ken Mueller, William Stoddart, Ray Hatton, Alain Mimoun, Hal Higdon, Alain Mimoun, Peter Mundle, John Gilmore, Hubert Morgan, John Gilmore, Norman Bright, Ray Sears, Lou Gregory.

MARATHON table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Jack Foster, Norman Higgins, Jack Foster, Herb Lorenz, Jack Foster, James McDonagh, Erik Ostbye, Alex Ratelle, Erik Ostbye, Ed Almeida, Clive Davies, Monty Montgomery, Lou Gregory.

3000 METER STEEPLECHASE table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Ivan Kabanov, Glynn Wood, Gaston Roelants, Hal Higdon, Hal Higdon, Arthur Taylor, Dave Stevenson, Eligio Galicia, Avery Bryant, Olle Elvland, Bob Boal, Norman Bright, J.A. Jamieson, Walter Frederick, Lou Gregory.

110/120 HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30" table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Ghulam Raziq, Hugh Adams, Don Finlay, L. Marien, Dave Jackson, Valbjorn Thorlaksson, Jack Greenwood, Jack Greenwood, Andre Findeli, Charles Beaudry, Alfred Guidet, Chester Beach, Ralph Higgins, Russell Meyers.

400/440 HURDLES (35-49) 36" (50-59) 33" (60+) 30" table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Bertil Wistam, Ron Whitney, Leon Hacker, Ed Oleata, Jack Greenwood, Jack Greenwood, Andre Findeli, Richmond Morcom, Max Pickle, George Braceland, Herbert Anderson, Herbert Anderson.

HIGH JUMP table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Viktor Bolshov, John Dobroth, Egong Nilsson, Bruce Hescock, Richard Richardson, Herm Wyatt, Orval Gillette, Richmond Morcom, Erik Stai, Dutch Warner, Robert O'Rafferty, Stan Thompson, Josef Sahlmann, Homer Vangelder, Herbert Anderson.

POLE VAULT table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Kristos Papanikolaou, Charles Wiley, Rudolf Tomasek, Roger Ruth, Roger Ruth, Richmond Morcom, Richmond Morcom, Herbert Schmidt, Jim Vernon, Herbert Schmidt, Stan Thompson, Bob Macconnagh, Walt Westbrook.

LONG JUMP table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Reijo Toivonen, Tom Chilton, Tom Chilton, Shirley Davison, Richmond Morcom, Tom Patsalis, Hans Schneid, Charles Beaudry, Willi Rumig, John Satti, Josef Sahlmann, Winfield McFadden, Cargill Sutherland, Herbert Anderson.

TRIPLE JUMP table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Josef Schmidt, Dave Jackson, Hermann Strauss, Dave Jackson, Hermann Strauss, Dave Jackson, Carlos Vera-Guardia, Tom Patsalis, Gordon Farrell, Gordon Farrell, Heikki Simola, Fred White, Winfield McFadden, Herbert Anderson.

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8# table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Matti Yrjola, Jay Silvester, Pierre Colnard, Edward Mcomasi, Pierre Colnard, George Ker, Hermann Hombfcher, George Ker, Nathaniel Heard, Konstanty Maksimczyk, James York, Ron Drummond, Franz Posluschni, Stanley Herrmann.

DISCUS THROW (35-49) 2KG (50-59) 1.6KG (60+) 1KG table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Ludvik Danek, Jay Silvester, Al Orter, Guy Husson, Dagoberto Gonzalez, Kauko Juppila, Fortune Gordien, Kauko Juppila, George Ker, Konstanty Maksimczyk, Daniel Aldrich, Konstanty Maksimczyk, John Dick, Verner Andersson, Ken Carnine, Mathews Cullen, Stanley Herrmann.

HAMMER THROW (35-59) 16# (60+) 12# table with columns: DIV., MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for Anatoliy Bondarchuk, Harold Connolly, Romuald Klim, Harold Connolly, Josef Matousek, Harold Connolly, Malik Noor, Bob Backus, Karl Hein, Matt McGrath, A. Miettinen, Thomas McDermott, Aarne Miettinen, Nolan Fowler, Albert Reiser, Stanley Herrmann, Stanley Herrmann.

continued

JAVELIN THROW (35-59) 800 GRAMS, (60+) 600 GRAMS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

DECATHLON table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

PENTATHLON table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

WORLD WOMENS AGE GROUP BESTS

- N = NON-WINNING TIME
H = HEAT
M = METRIC EVENT
I = INDOOR MARK
DEC = MARK MADE IN DECATHLON
PEN = MARK MADE IN PENTATHLON

AGE GROUP BESTS BY FIVE YEAR CATEGORIES (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)

100 METERS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

200 METER / 220 YARDS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

400 METER / 440 YARDS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

800 METER / 880 YARDS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

1500 METERS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

3000 METERS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

5000 METERS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

10,000 METERS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

MARATHON table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

HIGH JUMP table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

LONG JUMP table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

SHOT PUT table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

DISCUS THROW table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

JAVELIN THROW table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

US WOMENS AGE GROUP BESTS

- N = NON-WINNING TIME
H = HEAT
M = METRIC EVENT
I = INDOOR MARK
DEC = MARK MADE IN DECATHLON
PEN = MARK MADE IN PENTATHLON

100 YARDS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

100 METERS table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE

continued

LORENZ WINS NATIONAL MASTERS MARATHON CHAMPIONSHIP

continued from page 1

USA-AAU MASTERS CHAMPIONSHIP

40 AND OVER

WEST VALLEY TRACK CLUB NO. 1 - PLACE	NAME	TIME
35	Ulrich Kaempf	2:36:24.8
72	Roger Bryan	2:42:02.4
83	Doug Latimer	2:43:14.4
SYRACUSE CHARGERS		
50	Ed Stabler	2:38:37.2
114	Bruce Fredrikson	2:46:56.7
177	Robert Brock	2:50:34.6
BELLE WATLING A. C.		
140	Tony Peluso	2:48:02.1
165	John Richardson	2:49:41.2
216	Jack Meegan	2:53:23.3

50 AND OVER

POTOMAC VALLEY SENIORS T. C.	NAME	TIME
168	Herbert Chisholm	2:49:55.6
581	Frank Ruliffson	3:11:46.2
607	Tony Diamond	3:13:00.7

USA-AAU INDIVIDUAL CHAMPIONS

MEN

PLACE	TIME	NUMBER	NAME	AGE	ADDRESS
<u>40-44</u>					
10	2:27:03.5	5221	Lorenz, Herbert	40	Willingboro, NJ
17	2:31:24.1	5094	Burgasser, Joseph	41	Rancho Palos Verdes, CA
24	2:32:59.0	5000	Jeffers, Peter	40	Homer, NY
<u>45-49</u>					
35	2:36:24.3	6243	Kaempf Ulrich	48	Los Altos CA
65	2:40:58.9	6219	Sullivan John	47	Holliston MA
148	2:43:51.6	6017	Babiarz Robert	28	Mt. Clemens MI
<u>50-54</u>					
50	2:38:37.2	7058	Stabler, Edward	50	N Syracuse, NY
93	2:44:34.4	7057	Rubln, Howard	51	New Hartford, NY
168	2:49:59.8	7085	Chisholm, Herbert	53	Alexandria, VA
<u>55-59</u>					
272	2:57:21.4	7542	McWilliams, Don	55	Canandaigua, NY
861	3:22:58.6	7545	Koopman, Bill	59	Kenmore, NY
972	3:26:44.7	7509	Buckley, Edward	58	Clinton, NY
<u>60-64</u>					
498	3:08:25.0	8005	Greenberg Harold	60	Westfield NJ
1140	3:33:30.3	8016	Wurm Ted	60	Oakland CA
1208	3:35:34.6	8004	Malanchuk Andrew	63	Johnson City NY
<u>75-79</u>					
2193	4:44:55.0	8026	Gregory, Lou	77	Pensacola, FL

USA-AAU INDIVIDUAL CHAMPIONS WOMEN

PLACE	TIME	NUMBER	NAME	AGE	ADDRESS
<u>40-44</u>					
589	3:12:16.1	9500	Medaglia Sue	44	Bronx NY
1195	3:35:02.1	9507	Mack Waltraud	41	Poughkeepsie NY
1684	3:56:13.9	9516	Jones Joni	44	Euclid OH
<u>45-49</u>					
418	3:04:43.8	9504	Toshiko, Della	49	Ridgewood NJ
890	3:23:54.7	9511	Deckert Margarete	46	LaGrangeville NY
1615	3:53:28.1	9520	McBrayer Mary Anne	45	Houston TX
<u>50-54</u>					
914	3:25:17.5	9702	Paine Blanche	50	Watertown MA
1427	3:45:37.9	9701	Grenda Janet	53	Stoneridge NY

Kaempf, Ed Stabler, Don McWilliams, Harold Greenberg, Lou Gregory, Sue Medaglia and Blanche Paine.

The West Valley Track Club of Northern California took the team title.

Walter Rodgers, a blind West German, ran 2:45, tethered to a bicycle.

The 1980 National AAU Masters Marathon Championship falls close on the heels of the 1979 event. It's set for January 27, 1980, in Saratoga, California, as part of the Paul Masson Marathon.

More on South Africa

By HAL HIGDON

In extension of your fine article on the South African question, I believe I can shed some light on why they are acceptable as "Rhodesians" and not under their own country's name.

About 1963, the International Olympic Committee heaved out the South Africans because of their government's apartheid policies. No matter that other countries with similar antisocial policies—Germany and its treatment of the Jews, Russia and its occupation of Eastern Europe, the United States with our unpopular presence in Vietnam—have remained within the Olympic movement, it was done.

Rhodesia may have been bumped from the Olympics at the same time or it may have happened two years later when Ian Smith's government resigned from the Commonwealth, but they, too, were shown the door. Sanctions were imposed on Rhodesia not only because of their racial policies (race relations in Rhodesia, while not perfect, were better than in South Africa which went un-sanctioned), but because Britain felt miffed at the Commonwealth withdrawal.

For nearly a decade the South Africans resisted world pressure in regard to sports, but finally around 1973 began to integrate this area of their lives. As you quoted me in your article, sports is one of the very few areas of life in that country where whites and blacks do mix freely.

Until this time South Africans were free to compete internationally since they still were members of the IAAF, the International Amateur Athletic Federation. Despite their move toward athletic integration, political pressure was building from the black African nations and the Eastern nations who wanted to impress the black African nations to further humiliate South Africa. I believe it was in 1976 in Canada that the IAAF prohibited South Africans from competing anywhere under their jurisdiction. This is why Sydney Maree, the black South African distance runner now attending Villanova, can compete in the NCAA

continued

continued

meet but not the AAU.

The IAAF also wanted to similarly punish the Rhodesians at this meeting in Canada, but ironically could not do so because of a technicality.

Because of the Commonwealth sanctions, Canada refuses to admit people from Rhodesia. (A friend of mine who I met in Salisbury last year flew halfway around the world this September to attend an architect's meeting in British Columbia, but could get no closer than Seattle because the Canadians refused to give him a visa.) Since no Rhodesians could get into Canada in 1976, they were unable to be present at the IAAF meeting, so could not defend themselves against accusations. And yet without a "fair trial," they would not be expelled.

So the Rhodesians still can compete internationally (although not in the Olympics), whereas South Africans cannot. What does this add up to? A lot of Mickey Mouse.

Ironically, probably no country in the world today is trying harder to shed its racist past than Rhodesia—but the rest of the world won't let it. And even South Africa is changing. I read last week where the Pretorian government, in two separate movements, now permits interracial marriages and now permits black unions. On the surface this seems barely above tokenism, but for that government it is a radical concession.

I spent a month last year in South Africa and found them very similar to Americans, more so than any group in the world. I want politics excised from the masters movement, yet it is hard to feel sorry for the South Africans who have caused their own problems by their brutal racial policies. The contrast between the white suburbs of Johannesburg and the black ghetto of Soweto is stark. Yet who is to say that I, put in a similar situation, would be more humane. We all seem prisoners of human nature. Perhaps that is why running appeals to me: you are on your own and you achieve what you permit yourself to achieve.

Men's Marathon results from Hannover

THIRD WORLD VETERANS CHAMPIONSHIPS - HANNOVER, GERMANY - MEN'S MARATHON RESULTS

CLASS M 40-44

1 John Robinson	nzl	2:22:52
2 D F MacGregor	gbr	2:22:53
3 L Lauffs	frg	2:26:10
4 R Campbell	gbr	2:26:27
5 H Kirschke	frg	2:27:03
6 Fritz Mueller	usa	2:27:05
7 T Ritsch	ita	2:27:27
8 T Paulin	aus	2:27:43
53 Ray Menzie	usa	2:44:42
91 Bob Pates	usa	2:53:25
B Feeney	usa	2:59:50
Don Phillips	usa	3:47:16

CLASS M 45-49

1 P Van Alphen	hol	2:27:50
2 J Thiemann	frg	2:33:27
3 W Dunne	irl	2:33:51
4 P Koehn	frg	2:35:21
5 W Soch	frg	2:35:52
6 S Westerlund	fin	2:35:53
7 P Meskanen	swe	2:36:04
8 A Mueller	frg	2:36:51
59 F Ferrone	usa	3:02:28
65 Wendell Miller	usa	3:07:09
66 KC Stobbe	usa	3:07:13
72 Bill Stock	usa	3:08:35
75 W A Browning	usa	3:10:47

CLASS M 50-54

1 Egon Nielsen	den	2:35:31
2 L Struyken	bel	2:35:51
3 Joachim Goeritz	frg	2:39:23
4 P Lazar	rom	2:41:50
5 Derek Turnbull	nzl	2:41:56
6 R G Franklin	gbr	2:42:34
7 M Jaeger	frg	2:45:22
8 G Reidemeister	frg	2:45:32
17 W McCaffrey	usa	2:51:28
22 H Roenau	usa	2:55:56
43 Tony Diamond	usa	3:08:46
46 D Pickett	usa	3:09:56
54 Gordon English	usa	3:15:59
94 Warren Daniell	usa	3:53:03
Novica Milicevic	usa	4:23:16

CLASS M 55-59

1 Edward Johnson	gbr	2:50:23
2 Herbert Schwarz	frg	2:55:07
3 S Hietanen	can	2:56:10
4 Herman Brecht	frg	2:57:36
5 Wallace Beames	aus	2:58:59
6 Goesta Ekstroem	swe	2:59:35
7 M Maschke	frg	3:01:13
8 T Gee	rho	3:02:38

CLASS M 60-64

1 John Gilmour	aus	2:52:28
2 Jim Olessen	usa	2:59:09
3 C Koster	hol	3:00:53
4 Einar Andersson	swe	3:03:07
5 Bob Cleator	can	3:03:43
6 Otto Haupt	frg	3:04:31
7 E Jaspers	frg	3:14:16
8 Deok K Lee	kor	3:20:29

CLASS M 65-69

1 G J Porteous	gbr	2:59:14
2 H Michon	fra	3:08:02
3 A Quaranta	ita	3:11:24
4 M Mross	frg	3:16:27
5 R Seydler	frg	3:24:03
6 Otto Clausen	frg	3:26:01
7 K Weichert	frg	3:26:38
8 T Riikonen	fin	3:28:07
10 Bill Andberg	usa	3:29:46

CLASS M 70-74

1 Wally Hayward	rho	3:13:16
2 Helmut Hoefl	frg	3:23:00
3 Arno Rudnick	frg	3:25:03
4 Karl-Ludwig Brandt	frg	3:27:59

5 H Bastien	bel	3:24:26
6 E Vernola	ita	3:47:52
7 K Kristahn	frg	3:55:27
8 Z Jakic	yug	4:00:02

CLASS M 75-79

1 Lou Gregory	usa	4:14:12
2 G B Vang	nor	4:33:56
3 Sven Nilsson	swe	5:03:44
4 Jens Jensen	den	5:06:24

CLASS M 80

1 Josef Galia	frg	4:43:07
2 Milan Zemljak	yug	6:26:45

CLASS M 70 - 74 Weight 4,0 kg

Shot Put 27.07.79

1 K Leitges	frg	12,24
2 K Tendel	frg	11,57
3 T Resell	nor	11,54
4 E Possin	frg	11,39
5 Karl Willms	frg	11,26
6 Josef Sahlmann	frg	11,03
7 F Erasquin	esp	10,86
8 Heinrich Killing	frg	10,80
9 L Windich	frg	10,23

Reliable source...

Miki Gorman, 44, triple gold medal winner in Hannover, won the women's open division of the Los Angeles Athletic Club 10-kilometer run through downtown streets October 14 in 35:52, only 7 seconds off her world 10-kilometer Master's Age 40-44 mark of 35:45.6. Pat Story, 30, was runnerup in 36:16.

The West Valley Track Club of Northern California smashed their own U.S. Masters 4-mile relay record Sept. 15 in Berkeley, and very nearly broke the two-mile standard. Pete Richardson 4:38.2, Jack Knebel 4:39.5, Tom Cathcart 4:30.4 and Bob Wellck 4:45.3 set the new mark of 18:33.4. That broke West Valley's mark of 18:47.2, set May 13, 1978, in Saratoga, Calif. Wellck 2:12.9, Cathcart 2:06.4, Knebel 2:06.1 and Richardson 2:06.4 totalled 8:31.8, just short of the American Masters 2-mile relay record of 8:27.2, set by the New York Pioneer Club on Aug. 10, 1975, in White Plains, N.Y.

Dr. Leroy Perry, Jr., attended the Masters Pan-American Games on July 22, 1979, in Pomona, Calif. On August 18-19, he attended the Senior Olympics in Los Angeles. At both events, Dr. Perry treated athletes with injury and pre-competition problems.

The last finisher in the last race at the 3rd World Veterans Championships in Hannover, Germany, was 82-year-old Milan Zemljak who finished the marathon in 6 hours, 26 minutes, 45 seconds.

Top Masters race-walker John

Allen was on his 1960 Olympic Trials pace in the 50km walk championships when cautioned at 15 miles and later disqualified. John's unhappy with the judging and politics in race walking, and will switch his efforts to running. Recently he was first in the 50-59 class in the Mt. Baldy run.

The National Data Running Center in Tucson, Arizona, reports that in 1978 there were 3223 long-distance races with 774,080 finishers. In 1975, each race had an average of 82 finishers. In 1976, 111. In 1977, 177. In 1978, 270. "The average race size is increasing each year," NDRC notes, "as the number of races has not kept pace with the number of finishers."

NDRC also lists the largest U.S. Road Races. 1) Bay-to-Breakers in San Francisco (12,000). 2) New York Marathon (8588). 3) Atlanta Peachtree (8000). 4) Honolulu Marathon (5580). 5) San Francisco Bridge-to-Bridge (5500). 6) San Francisco Bay Bridge (5200). 7) Heart of San Diego (5000). 8) Spokane Bloomsday (5000). 9) Washington's Marine Corps Marathon (4700). 10) Chicago's Distance Classic (4629).

The Canadian Masters held a 5000-meter road race purely for women masters (35+) on Sept. 22 in Sunnybrook Park, Toronto. 38 started and 38 finished.

Jacqueline Hansen, 30, ex-women's world marathon record holder, is three months pregnant but still running "at an easy 7-minute pace" in 10 and 20-km runs in Southern California. She and husband and top

continued

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continued

masters runner Tom Sturak are thinking of calling the baby "Roscoe." Roscoe?

J. Zitzer of the Los Angeles Seniors Track Club advises of a research project going on with regards to long distance runners over 45 years of age. Drs. Allan Stuker and Douglas Jackson of the Memorial Orthopaedic Medical Group, 2888 Long Beach Blvd. in Long Beach, California, are conducting a medical study for those who want an analysis of their present condition. The study consists of a free, complete diagnostic examination and X-ray with particular attention to knees, vertebrae, etc. For further information you may call Dr. Stuker at (213) 595-5424. He'll make an appointment for you at your convenience.

All-Comers Track & Field Meets (Masters events if enough Masters show up) on Fridays, Dec. 7, 14; Jan. 4, 11, 18 at 3 p.m. at Glendale College, 1500 N. Verdugo Ave., Glendale, Calif.

Indoor Mile races for Masters (age 40+) and Submasters (30-39) at State University, Nold Hall, Farmingdale, N.Y., on Sundays, Dec. 2, 9; Jan. 27, Feb. 17 at 1 p.m., and Mon., Jan. 21, at 7 p.m. \$2. Contact: Herb Zipper, (516) 420-2085 (school) or (516) 694-2474 (home).

The 1980 National AAU Masters Outdoor Track and Field Championships are now set for Charleston, West Virginia, July 4-6. National AAU Masters Indoor Championships are March 17 in Syracuse, N.Y. Complete scheduling info for 1980 in January issue of NMN.

Youngs peaks 3 weeks late

Bob Youngs of Tolland, New Jersey, celebrated his 30th anniversary of a sort this year. It was the 30th consecutive year he's competed in track and field events.

In the 3rd World Veterans Championships in Hannover, Germany, Youngs placed 5th in the men's 45-49 javelin with a 179-foot throw.

Like so many others who went to Hannover, Bob tried to peak for the World Games.

"My throwing was going fine with 26 throws over 180 feet and five over 190 feet before I left."

His best in competition was a 193'2" in the Southeastern Masters at Raleigh, N.C., in May.

"On arriving in Hannover, I inquired about weight training facilities, but there weren't any, except one small facility which was very crowded."

Youngs says weight training has been important for good javelin performances. He does it 2 or 3 days prior to competition. But with no facilities in Germany, it was 15 days between his lifting and the day of the javelin competition.

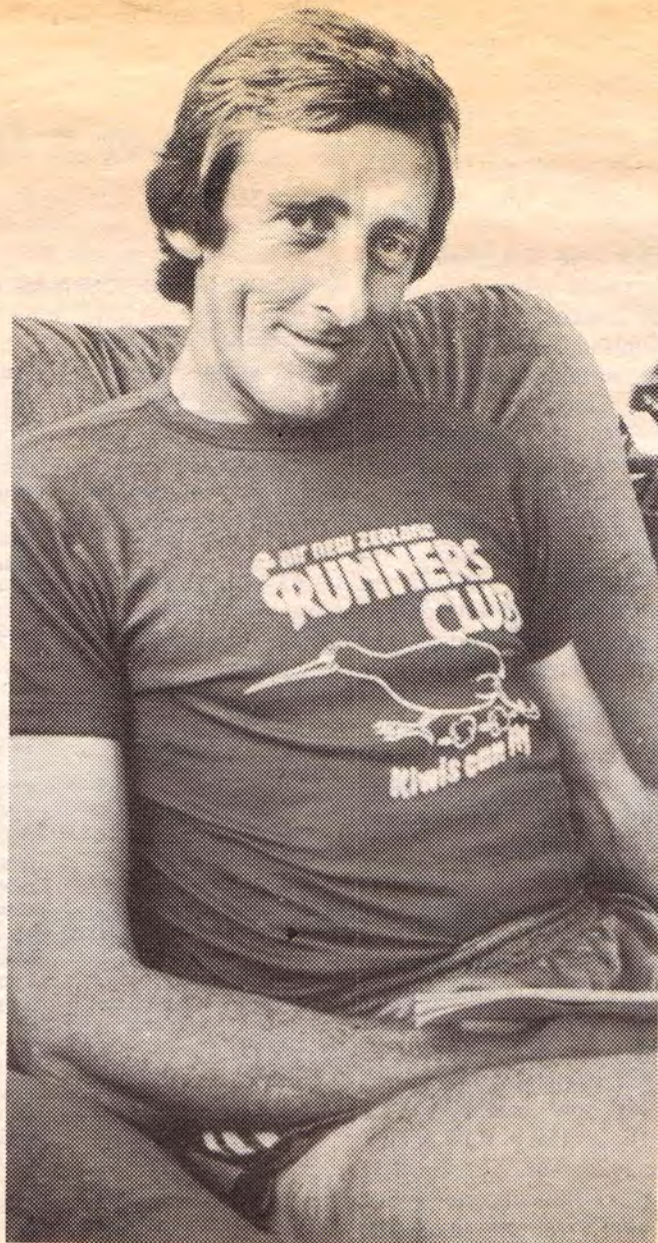
News about New Zealand

Masters wishing to go to Christchurch, New Zealand, for the World Association of Veteran Athletes Track & Field Championships in January, 1981, will have another choice of travel. Runtours, Inc., sponsors of trips to the Honolulu and Bermuda Marathons among others, currently is negotiating with Air New Zealand and with the meet sponsors for air space and lodging. They hope to have information on tours and prices after the first of the year. Helen Pain previously had announced her intention to organize a New Zealand tour.

And if you would like to go to New Zealand without paying, you might consider running the Manitoba Marathon on June 15, 1980, in Winnipeg. That race is the North American Masters Marathon Championship and two North American masters will win free trips to the 1981 world meet. For further information, contact: Manitoba Runners Association, Box 53, Winnipeg, Manitoba, R3C 2G1. Lee Wilcox was masters winner at Manitoba in 1979 and won a trip to the Honolulu Marathon as a result.

Besides staging the main track and field events in Christchurch in 1981, New Zealand will also hold the veterans (masters) 10km and 25km road races at Palmerston North, a center in the hub of the North Island. These races will be held on January 3 and 4.

The 4th World Veterans Championships will get under way January 8th and continue through the 14th.



ERROLL DENNETT

Runs marathon with plastic hip

Errol Dennett is a 42-year-old New Zealander who ran the 1979 New York Marathon with a plastic hip.

Sixteen years ago, he ran a 3:20 marathon in New Zealand. But three years ago, he was crippled with arthritis of the hip.

"Couldn't even cut the lawn," said Dennett, who now runs races with an artificial ball and socket joint in his right leg.

"It's the other leg that gives me the trouble nowadays," he said. "If I pull a muscle in training or anything like that, it's always the left leg."

Dennett's American marathon odyssey was nurtured by the sight

of thousands of runners in Auckland's Round-the-Bays runs.

"I thought if they can do it...I'd better try and do something useful. Training for the marathon, Dennett cut his weight from 231 pounds to 167.

Another reason for Errol's American trip was the sponsorship he received, with the money going to the Auckland Orthopedic Trust, the organization that pioneered the plastic hip and metal ball operations in New Zealand.

"They still need funds for research," Dennett said.

San Diego club sets relay record

By ED OLEOTA

Four San Diego Track Club athletes recently set a new world record for the sprint medley relay in San Diego. The quartet composed of Bob Sieben 53, Ken Bernard 53, Ray Spender 56 and Bob Holmes 50, got together specifically to make an assault on the world record of 4:18.4 set by the Seniors Track Club in 1975

for Masters division II.

The San Diego Track Club foursome smashed the record by over splits were 57.7 by Bob Sieben for the 400-meter leg, 27.6 by Ken Bernard and 27.5 by Ray Spender for the 200-meter legs and a fine 2:15.1 by Bob Holmes for the 800-meter anchor leg. The men know they can run faster and hope to lower the record even more in the next six months.