

CMITT

the

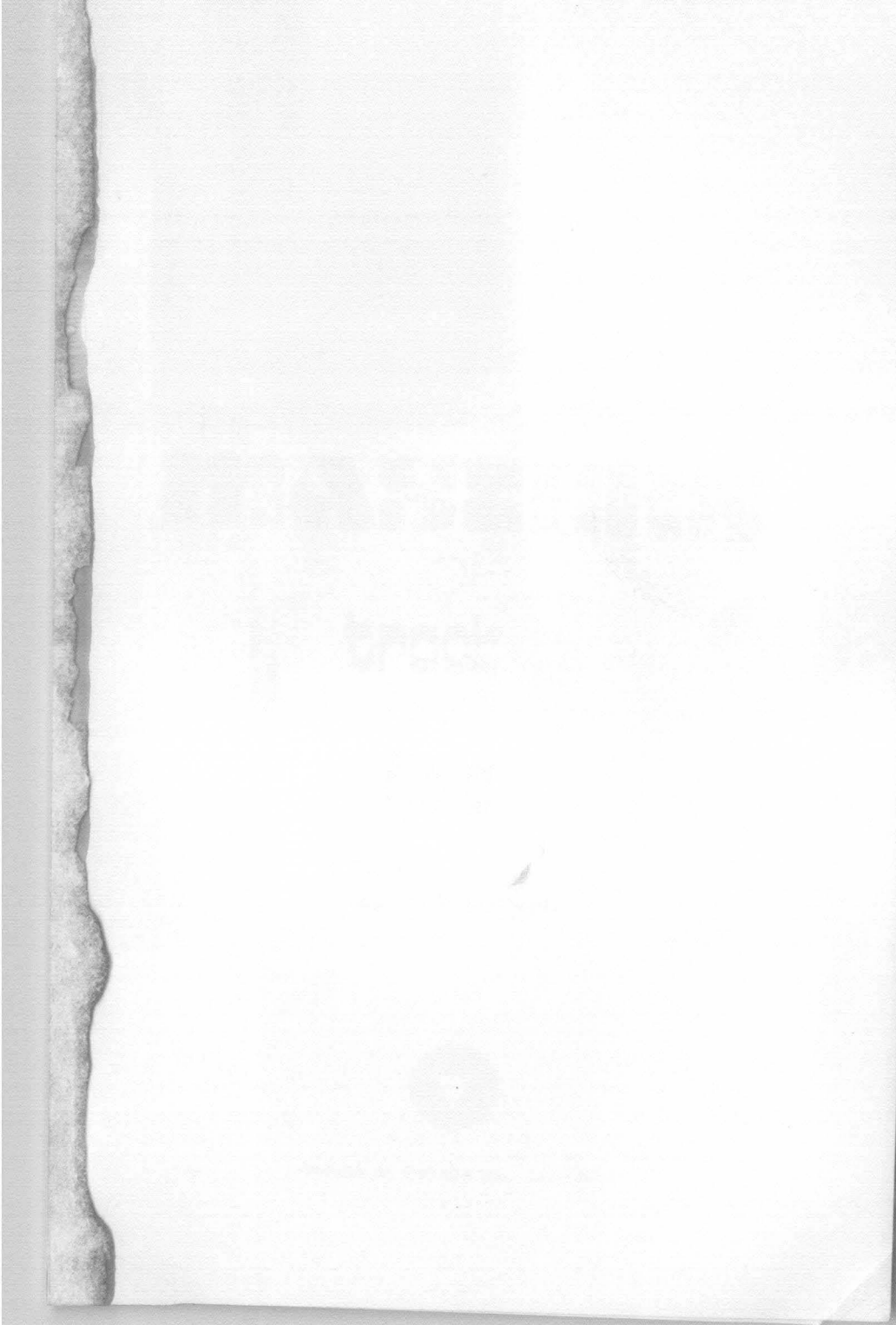
MASTERS

OF **track
and
field**





The publishers gratefully acknowledge the cooperation and endorsement given by the Canadian Masters International Track Team.



THE
RIGHT
HONOURABLE

ROLAND MICHENER,
P.C., C.C., C.M.M., C.D., Q.C.,

GOVERNOR GENERAL OF CANADA
FROM 1967 TO 1974.

Track and field events have generally been thought the prerogative of young people, but not by "The Masters". They have learned that these sports can be enjoyed throughout life, almost without limit, and deserve much credit, for their initiative in organizing competition for older athletes. In doing so they have recognized the truth of the ancient Greek adage, which points to the relationship between a healthy body and a sound mind, and have put it into practice. By these means they have contributed greatly to the fitness and, in consequence, to the health and happiness of senior men and women.

Roland Michener



The
Right Honourable
Roland Michener

the **MASTERS**

OF TRACK AND FIELD

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ISBN
0-88966-000-X

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the organizing committee

The World Masters Track and Field Championships will be held in Toronto in August, 1975.

Early arrangements for the Championships were made in Toronto between *Don Farquharson* CMITT, *David Pain* USMITT and the Canadian National Exhibition during 1972 and official support of the organizational work was given formally by CMITT at their annual meeting in February of 1973. As most of the many facets of organization must obviously take place at the scene of the meet, a Controlling Committee of *Don Farquharson*, Chairman, *Elwyn Davies*, Vice-Chairman and *Ken Hignell*, Secretary-Treasurer was elected with power to appoint Committee Heads who would form a General Committee.

The General Committee: *Bill Cameron* will organize transport within Toronto; *Ralph Lang* is a "Minister without Portfolio" who assists all across the board; *John Young* is in charge of cross-country; *Lorne Buck* will arrange the marathon; *Jim Murphy* will handle welcoming and hospitality; *Doug Bennett* will see to the sale and award of T-shirts, badges and programs; *Brian Oxley* will organize recreational and cultural interests during the period of the Championships; *Shaun McQuillan* will handle the considerable job of accommodation; *John Watts* and *George Pattison* will handle the Language Committee whilst the meet director, Canada's foremost, is *Ken Twigg*.

Lorne Buck



Doug Bennett



Brian Oxley



Ralph Lang

Don Farquharson



John Young

Shaun McQuillan



Elwyn Davies

Ken Twigg



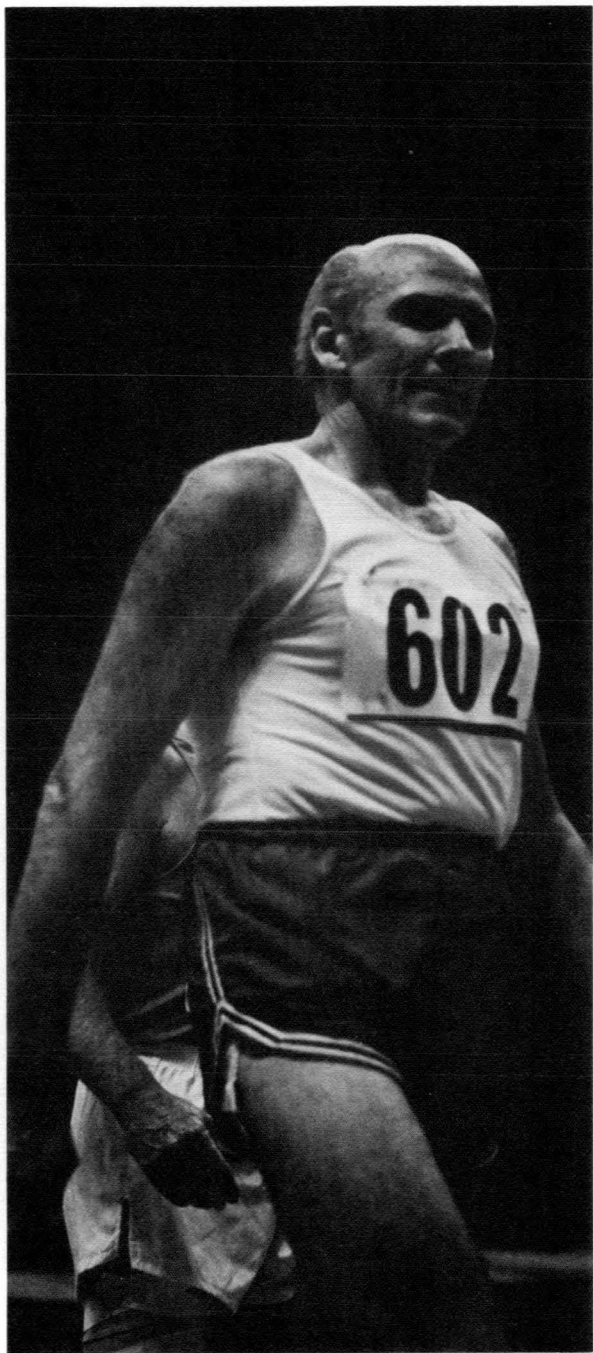
George Pattison



Ken Hignell



Bill Cameron



*Senator
Alan Cranston
(61) California,
has proved
an inspiration
to thousands
of Americans
in quest
of fitness.*

the WORLD MASTERS track and field

DON FARQUHARSON

The World Masters Track and Field Championships, which are to be hosted in Toronto, Canada between August 11th and 17th, 1975 and which herald a continuous series of World Championships for men and women over 40 to be held every second year, are the culmination of a movement amongst groups of middle aged men and women all over the world, who have realized that it is possible to enjoy a high standard of fitness at any age. The meet will include all recognized track and field events plus a cross-country, marathon and twenty-five kilometre distance walk.

Since before the turn of the century and throughout many parts of the world older athletes have always taken part in track and field activities to a small extent. The first club organized solely as a veteran movement, however, was the Veterans A.C. of England in 1932. This club flourished alone for many years and today is perhaps the strongest veteran club in the world.

In the early 1960s, in response to the exhortations of men like *His Royal Highness, Prince Philip* and *President Kennedy*, and later nurtured by the example of others such as Canada's *Governor General Roland Michener*, men and women all over the world started running as the best means of promoting fitness and good health; and amongst some of these runners germinated the seed of competition.

In 1964 the township of North York, Ontario, offered its first Dominion Day Awards to men and women who could demonstrate capabilities in running and other events to fixed standards at various ages. *Mr. Tsai Mah* realized the special benefit of these activities to the "over-40s" and circularized the contestants. Thus in the fall of 1964 was born the Metro Toronto Fitness Club of which "Sy", as he is now known, became the first president. At first, the club's activities were mainly recreational but the following year it accepted the challenge of a U.S. group centred in Baltimore to a series of home and home cross-country and road races. Early leading Toronto participants in these events, besides Sy, were *John Reeves, Ray Atance, Ed Vivancos, Roger Whittaker, Don Farquharson, Donald "Bud" McConnell* and *John Raymer* — all of Metro Toronto. Some two years later *Farquharson* assumed the presidency and the club became a regular feature at prestige track meets in Ontario, including the special "Joggers' Mile" held yearly at the Maple Leaf Games.

Simultaneously with this, a leading U.S. track coach, *Bob Bowerman*, upon a visit to New Zealand had been invited by a group of "over-40" runners to take part in a local "jog". To his horror, he found that every man in the field, even 70-year-olds, left him standing — this led to his discovery that running was a way of life in New Zealand.

Upon his return his published revelations led to the formation of the U.S. Masters Track and Field Team by San Diego Attorney, *David Pain*, which has held National Championships, in five year age groups from 40 to 75, every year since its inception.

In Canada, meanwhile, other clubs formed and when in 1971 it was learned that a series of International Veteran Meets would be held in Europe the following year, *Farquharson*, in conjunction with *Victor Stephens* of Vancouver Athletic Club, founded the

Canadian Masters International Track Team, so that a national team could be fielded. *Farquharson* became president whilst other executives were *Stephens*, *Ted Clark* of Scarborough, Ontario, *Max Bacon* of Toronto, Ontario and *Bill Wyllie* of Calgary, Alberta. Captaincy of the team was shared by the long time East York athlete *Bill Allen* now of Napanee, Ontario and *Bob Bowman* of Woodstock, Ontario. Forty-one Canadians participated in the series held in August and September 1972 in England, Finland, Sweden, Norway, Denmark and Germany. All expenses were borne by the competing individuals and the consequent publicity, in spite of the overshadowing Olympic Games held at the same time, resulted in the expansion of the veteran movement ("Master" is used in North America) throughout the world. In May of 1973 a World Veteran Championship Race (25 km) held on the Isle of Man, U.K. attracted 680 runners, including eight Canadians who placed fourth out of 22 countries despite huge continental teams. This year a similar event was held in Paris, France (marathon and 10,000 metre distances) with 1,080 starters. A Canadian team of seven, assisted by the Armed Forces Transport and Sport Canada, succeeded in placing second. *Arthur Taylor* (48) of Waterloo, Ontario individually captured second place with a fine effort.

1974 also witnessed the first Canadian Masters Championships held at Richmond, British Columbia, at which more than 200 Masters represented a number of provinces, whilst strong visiting representation from the U.S.A. and Great Britain took part. In addition, for the fifth year, Ontario held Provincial Championships both indoor and outdoor. One Canadian, (*Roger Ruth*, aged 46) holds the World Masters record in his event — pole vault, 15' 1¼" (4.60 m) — whilst 17 others are ranked within the first ten in the world in 1973, some at more than one event. Other notable achieve-

ments by Canadians in the "over-40" bracket have been *George Gluppe* (Toronto) 52.6, 400 metres; *Ed Whitlock* (Montreal) 2:01, 800 metres and 4:07.6, 1,500 metres; *Bill Allen* (Napanee) 15:06.2, 5,000 metres and 31:23.6, 10,000 metres; *Arthur Taylor* (Waterloo) 2 hours 27:0, marathon. And *Max Gould* (Toronto), aged 58, has walked 50 kilometres (about 31¼ miles) in 4 hours 57:51.8 for a World age class record.

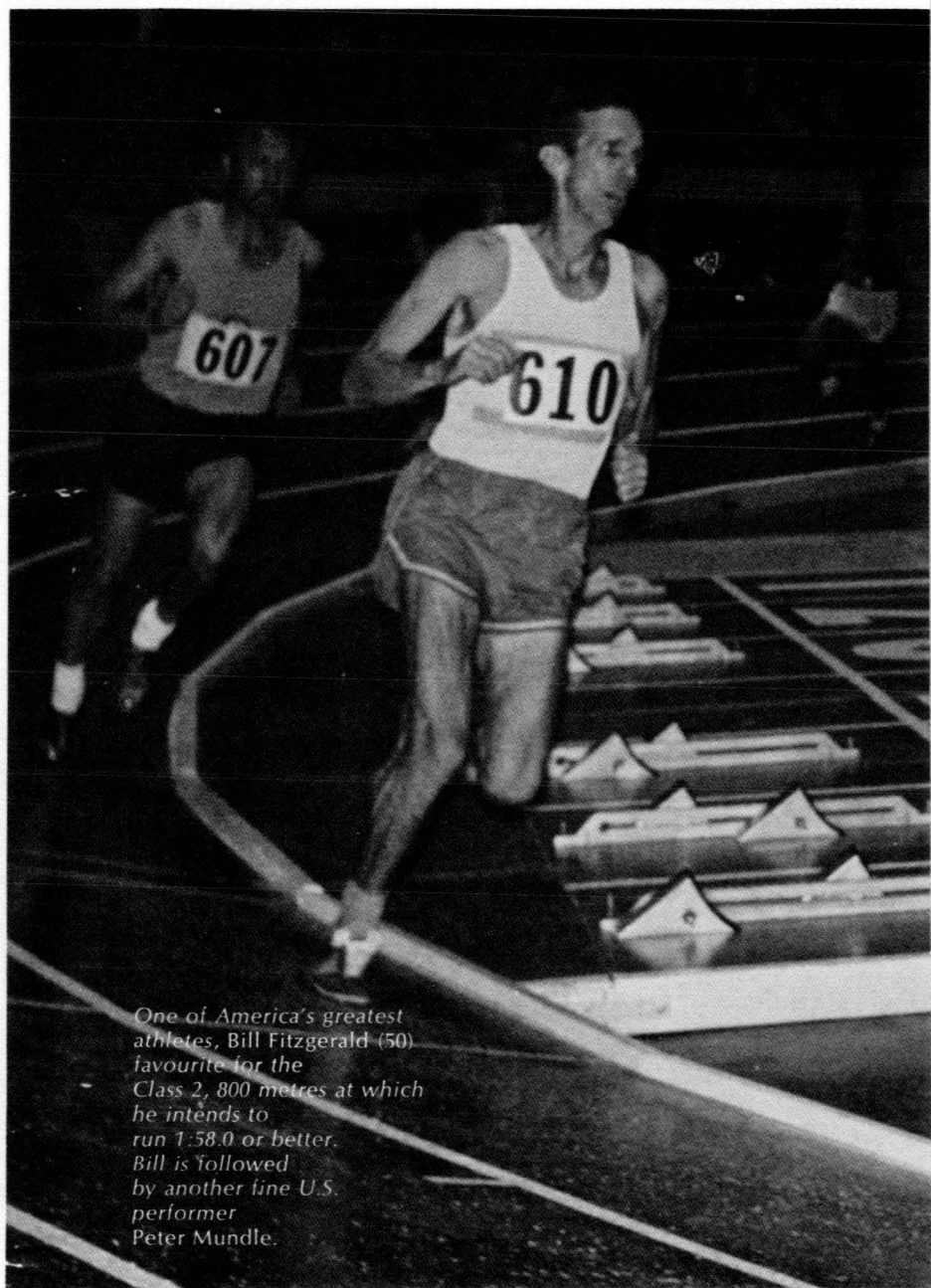
In 1972 the Canadian National Exhibition agreed to sponsor the first World Masters Championships to be directed by the Canadian Masters Track Team and held as an attraction of the 1975 Exhibition. The subsequent decision by Metro Council to enlarge the C.N.E. Stadium for Major League Baseball, however, resulted in the decision to eliminate the track facility and the meet will now be held mainly at Etobicoke Centennial Stadium.

The meet, which will attract more than 2,000 athletes from all over the world, will also serve as the 1975 Canadian Masters Championships. Many former athletic greats will take part including one who is now 90 years of age so that besides being an exciting international spectacle, it should also present to the Canadian man and woman a most desirable level of fitness which he and she may seek to emulate.

David Pain (52)
La Jolla,
California
lawyer, catalyst in
The United States
Masters Program
whose efforts
were vital
in the
promotion
of these
Championships.



A trio of well known long distance performers cool off with ice-cream after the 1974 World Marathon Championships in Paris. (L to R) Adolf Gruber (Austria), Erik Ostybe, Sweden's World marathon champion, Class 2, and Canada's Arthur Taylor.



One of America's greatest athletes, Bill Fitzgerald (50) favourite for the Class 2, 800 metres at which he intends to run 1:58.0 or better. Bill is followed by another fine U.S. performer Peter Mundle.



**GOLD
SILVER
BRONZE
and
FAME**

by
DON FARQUHARSON

When August 11th rolls around Toronto will witness one of the most unusual track and field meets ever held anywhere on the globe. More than 2,000 athletes from over 25 countries will gather to contest the first World Masters Track and Field Championships. Some will be great names of the past like *Alain Mimoun*, the French Algerian runner, who for a long time ran in the shadow of *Emil Zatopek*, finally emerging victorious at the 1956 Olympics by defeating his idol. *Thane Baker*, of the United States (silver medalist at 200 metres Helsinki 1952) will be here along with *Alby Thomas* the diminutive Australian World champion 2-miler who did so much to help *Herb Elliot* set his mile record, *Dave Power*, gold medalist at Cardiff in 1958, *Svere Strandli* of Norway, now 48, the first performer to throw the hammer over the 200-foot mark, *Janusz Sidlo*, the great Polish javelin thrower, *Herb McKenley*, Jamaica's 1948 silver medalist, now 54, *Jean Kerebel*, the French gold medalist of the same year and so many others.

A few, believe it or not, although topping the 40 mark, are *still* great names. Two reigning world champions in open competition are expected, *Gerhard Weidner* of Germany (50 km walk in 4 hours, 00.27 seconds and 20 miles in 2 hours, 30:38) and *Ron Bentley* of England, holder of the 24 hour run record of 161 miles 545 yards. In addition two silver medalists in the 1974 Commonwealth Games, *Jack Foster*, New Zealand's great marathoner (2 hours, 11:18.6) and *Howard Payne* of England who threw the 7.257 kg hammer 69.42 metres, have entered. By far the largest group however, could be labelled simply *participants*. Some are fine performers; many, by World Veteran standards, are certainly not outstanding but all are fit men and women who enjoy taking part in this wonderful sport.

Thane Baker (43)
U.S.A. The
silver medalist
at the
1952 Olympic
200m who
had the
thrill of
returning to
the scene
of his
triumph 20
years later
in an
international meet
and registering
victory once
more. Thane
is unbeaten
in Masters
competition.



Competition will be held in five year age classes for men and ten year age classes for women. In addition to all regular track and field events in metric distances (heights/weights) there will be an internationally scored cross-country race, at Sunnybrook Park, a marathon road race (26 miles, 385 yards) and a 25 kilometres walk (approx. 15½ miles).

Who are the probable medal winners? Where does the competition lie? These questions are perhaps more difficult to answer in the Masters category than in open competition. In open competition, a junior graduates into senior ranks and gradually works his way to the top. His coming is usually well heralded. At the Masters level, however, a 39-year-old has been running at the back of the open pack for some years, unnoticed in fast company. He passes age 40 and bursts abruptly on the Masters scene — often a ready made champion. Something similar, though a little less abrupt, occurs at higher classes as the athlete becomes 50, 60 or 70. Nevertheless, speculation based on the known performers runs high. Well, who are they?

In the short sprints at Class 1A (40 - 44) *Thane Baker* is unbeaten internationally with 10.7 seconds for 100 metres and 22.4 for 200 metres. On this occasion, however, in addition to facing team mate Hollywood stunt man *Dean Smith* and *R. Thomas*, he will also meet *Roy Taylor*, the English champion, as well as British ex-international *Ron Jones*, just turned 40. In Class 1B (45 - 49) flexible *Jack Greenwood* is a dominant performer not only at the short sprints but also in the 400 metres, the 110 metre hurdles and his star event, the 400 metre hurdles (55.7 seconds). Competition is certain to be tough for him however as now *J. Washington* of the United States and *Norman Windred* of Australia have graduated to this class. Another star of Class 1B is *Maeve Kyle*, World women's champion over 40, 61.0 seconds for 400 metres.

In Class 2A scholarly Professor *Alphonse Juillard*, French born but now from the United States, has no sooner lost his rival *Alfred Guidet* to Class 2B than more trouble looms up in the person of U.S. naval commander *Dick Stolpe*. Dick has recently flashed through 100 metres in 11.4 seconds, 200 metres in 23.2 and 400 metres in 52.4 — pretty fast for a 50-year-young! Class 2B (55 - 59) dashes should also fall to a duo of Americans, *Al Guidet* and *Bob McDonald*. *Al* runs and hurdles a wide variety of dashes (11.6, 23.6 and 56.3) but *Bob* will push him in the 400 metres. *Payton Jordan* also of the United States has comparable sprint times in this division too.

Sprinting will also be hotly contested in the 3A (60 - 64) Class with English champion *Les Batt* clashing with *Sjostrand Niblock* (United States) and multi-event performer *Bud Deacon* from Hawaii and all will be trying to break *Virgil McIntyre's* (United States) World record.

Those amazing men in the Class 4 (70+) division will be headed by *Harold Chapson*, *Sing Lum* and *Ralph Higgins*. Every one of the three can run 200 metres in 31.0 seconds! Not far behind, however, will come two men who epitomize the never-say-die attitude of the Masters: *Charlie Speechley* (88), and the dean of the meet, "The Tartan Flash", *Duncan MacLean*, 90 years of age (hailing from you know where!). *Duncan* was one of the world's fastest runners in the early part of the century, later he pursued a music hall career and was understudy to the famous *Sir Harry Lauder*. *Duncan* can still sing a Scottish ballad as well as he can run.

The middle distances will see some torrid competition in Class 1A. At 800 metres no less than eight men have run faster than 2 minutes. Australia's *Graham Wise*(41) holds the World record for Masters at 1:56.9. Surely a fast time at any age. Included in this competition will be Polish born *Henry Kupczyk* now competing

for Canada. At 42 *Henry* has a 1:57.4 to his credit and is training hard to win a gold for the hosts. At 1,500 metres *Alby Thomas* (Australia), *Laurie O'Hara* (England), *Michel Bernard* (France) and *Wise* have all bettered 4 minutes and *Kupczyk* is again a strong contender. Canadian champion at both 800 metres and 1,500 metres, Quebec's *Ed Whitlock* will also be well up as also will New Zealand's ex-Olympian *Bill Baillie*. Competing in Class 2 middle distances is one of the world's finest athletes taking age into consideration. Having dominated in Class 1, 800 and 1,500 metres distances for years *Bill Fitzgerald* of the United States, now 50, intends to run 800 metres in 1:57.5. At this event he appears certain for the gold medal but at 1,500 metres where he has a 4:12.1, the recent best, he faces a team of Australians: *Jack Ryan* 4:14.6, *Theo Orr* 4:15.0 (*Theo* holds the World over-50 record at the 3,000 metres steeplechase, 10:22) and Australia Captain *Wal Sheppard* who will also be a strong contender.

Class 2B looks forward to thrilling battles between two men living at opposite ends of their country, Australia, who have yet to meet. *John Gilmour* (56) records 4:28.1 for 1,500 metres and 16:14.8 for 5,000. *George McGrath* has 4:25.0 and 16:11 respectively.

In Class 3A, dentist *Bill Andberg*, United States World over-60 champion at 1,500 metres (4:53.5) may be pushed by one of the world's best walkers at this age, *Dick Horsley* of Australia, who also runs a fast middle distance. In 3B *Norm Bright* (66) of the United States will also have to contend with an Australian *Merv Jenkinson* who has run 2:29.6 for 800 metres.

The distance events have long been the most popular with older runners and hosts of performers from a wide variety of countries have fine times at 5,000, 10,000 metres and the marathon. None, however, has more fame than *Jack Foster* of New Zealand. Despite his fantastic Commonwealth Games efforts in the mara-



Former Irish star, Maeve Kyle (46), can still fly around the track. Maeve holds the Veterans women's world record for 400 metres at 61:7.

thon, *Jack* intends to compete at cross-country, steeplechase and 10,000 metres in Toronto. At the latter he holds the World Masters record of 29:11.0. He may not find it easy going however, with super Vet *Roy Fowler* of England on the line. Other fine Class 1A, 5,000 and 10,000 metres runners are France's *Michel Bernard*, Scotland's *Alistair Wood*, Germany's *Adolf Ida*, England's *Laurie O'Hara*, *Ken Harland*, *Mike Barrett* and Belgium's *Willie Vergisson*. The marathon road race might well attract a field of 700 from all classes. *Alistair Wood*, winner of last year's Master Marathon Championships in Paris is a favourite, but do not discount Germany's *Herman Muller* (2:16.26) and *Wilf Irmen* (2:19.37) nor the Finns *Utriainen* and *Holmroos* or Ireland's *Willie Dunne*. Canadian Captain *Bill Allen* and *John Doyle* on home ground could be strong too.

In Class 1B Canada has a real chance since 49-year-old *Arthur Taylor* won this class at Paris and will be familiar with the course too. Since Paris, a number of fine distance runners have graduated to this class, among them many time Veteran champion *Arthur Walsham* of England and running mate *Ron Franklin*. *Acquerone* of Italy, recent winner of the Marseilles open marathon, *Dave Power* of Australia (5,000/10,000), United States Master *Peter Mundle* and *Walter Weba* (Germany) are contenders too.

The distance track men in Class 2A are the previously mentioned Australians, *Orr*, *Ryan* and *McRae* but *Mimoun* (France) could dominate if he is on form while Belgium's ex-international *Eddie Goosens* and England's *Ken Hall* are also running well. The marathon in this class has been completely dominated by devastating *Erik Ostbye* of Sweden who has run the distance in 2 hours 25:07 as a 50-year-old!

The *Gilmour* and *McGrath* confrontation previously recounted will extend to the distances in 2B with *Jules*

Limbourg of Belgium up there too. In the marathon England's *Tom Buckingham* looks good (2 hours 42:43).

In 3A, the 60-year-olds *Erick Kruzycki* (Germany) and the United States' *John Wall* will meet on the track to prove which is the better with Scotland's *Gordon Porteous* easily holding the best marathon time (2 hours 53:04).

Class 3B has another of those amazing Swedes that Canada has heard so much about. *Thedde Jensen* won this class at Paris but will meet *Monty Montgomery* of the United States (39:12) if he runs the 10,000 metres. *Norm Bright* of the United States also runs well here.

Two over-70s should provide a fine race in the marathon. Canadian *Arthur Dyson* from Calgary, Alberta, meets many time class winner *Fred Tempel* of Germany. *Arthur* ranked best in the world in 1973 in Class 4 marathon but *Tempel* is a great runner too.

Notable in the steeplechase in Class 1A is World Masters record holder *Manuel Alonso* (9:34.4) but *Hal Higdon* of the United States (9:36.2) and Australian *Dave Worling* (9:38.0) will be hot competition.

The cross-country race will be quite a spectacle with a field of about 600 but the favourites are difficult to predict until we know the entrants. Scotland's *Bill Stoddart* is the reigning champion but he may have to face *Foster, Fowler, O'Hara, Higdon, Pirie* and *McDonald* (New Zealand). The team race fought out in all age classes will be most interesting too.

In the walks, previously mentioned *Weidner*, Germany's World champion, will be rivalled by *Roy Thorpe, Colin Shafto, Charlie Fogg* and *Ken Harding* all from England, while the higher age classes feature *Dick Horsley* of Australia, *David McMullen* of England, *A. Roberts* (71) also of England, and 88-year-old *Charlie Speechley!* Certainly not to be overlooked in the 2B Class is Canada's *Max Gould* — surely one of our best

bets for a gold medal. *Max* (58) recently walked 50 kilometres in 4 hours 57 minutes. Another Canadian walker well worth watching is stylish *Mrs. Terry Lalonde* from Quebec in the ladies' class.

While events on the track, the road and the cross-country are all being so hotly contested, the field event men promise a no less exciting program. In the Class 1A long jump Germany boasts a remarkable string of seven out of the top ten in World Veteran ranks. Led by *H. Strauss* it would seem that they must gain some medals in this event although the World record is held by *Dave Jackson* of the United States who, pressed by team mates *Presber* and *Shirley Davisson*, will jump close to the 7 metre mark. *Dave* is also the record holder in the triple jump with a 10.30 metres leap but now *Josef Schmidt* of Poland has become a Master and has a tremendous 16.23 metres jump.

Twelve years ago a hushed crowd sat tensely in Maple Leaf Gardens, Toronto. The track program had long finished and the clock showed midnight but no one moved. Suddenly one of the greatest roars heard at the sports palace rang out. Twenty-eight year old *Dave Tork* had set a new World record in the pole vault. Although his record (16' 1½") lived less than 24 hours and present day open competitions commence at this height, the moment remains fixed in the minds of Toronto aficionados and created a permanent popularity for the event at this meet. Now, twelve years later, *Dave* is coming back again, this time to compete again as a Master. Hopefully, *Houvion* of France and *Ken Hiob* of the United States who have both topped 15 feet (4.59 metres) will be on hand perhaps to draw another unforgettable effort from *Dave*. Although he is in the next age class up, *Roger Ruth* from Victoria, B.C. will certainly be jumping against this trio. *Roger* holds the World record for Masters at 4.60 metres (15' 1¼") and in previous veteran competition has never been

pushed, usually taking his opening jump only after everyone has been eliminated. While this meet will doubtlessly change all that, *Roger* continues to be number one in his speciality. He also holds World rankings in high, long and triple jumps and upon progressing to the 1B Class could be not only Canada's, but perhaps the leading gold medalist of all contenders. His toughest competitors in Class 1B at these jumps are likely to be the United States' *Phil Schlegel*, *Guardia* and *Washington* as well as ex-Austrian Olympian, now Australia's *Rudy Hochreiter*.

The United States competitor '*Boo*' *Morcom* is an amazingly flexible Class 2A contender. Jumping 4.27 metres in the pole vault he also looks forward to winning medals at the other jumps too. His counterparts in Class 2B (55 - 59) are hardly less impressive; *George Farrell*, *O. Gillett* and *B. Morales* all of the United States have marks ranging from 5.55 metres long jump and 12.01 triple jump to 1.70 metres at high jump. The United States team will compete very strongly in these events but will face a challenge from another considerable German group led by 51-year-old *Schutz* and 52-year-old *Wieczorek*.

With his wide ranging abilities *Bud Deacon* of Hawaii who holds World age class best at running, jumping and throwing events naturally dominates the pentathlon (discus, long jump, 200 metres, javelin and 1,500 metres) in Class 3A (60 - 64). He will also enter individual events and perhaps only his determination to enter almost every event in his fine repertoire will eventually tire him.

The various throws (shot put, javelin, discus and hammer) seem to be events which the attrition of time affects least. In Helsinki 1972, I first saw *Jouppila* almost hurling the discus out of the stadium. I was further taken aback when he told me he was in the over-50 class, for this 1948 Olympian throws the 2 kilogram im-

plement no less than 54.24 metres to hold the over-40s record as well as completely dominate his own age class with the 1.6 kilogram weight. He has, however, a rival in *Dr. K. Maksimczyk*. This former Polish Olympian now competing for England recently turned 60 and throws the heavy (2 kg) implement 45.01 metres — a mark that can rank high at any age. In his own 3A Class he would appear certain to take the gold medal. *Fortune Gordien* who now competes in Class 2A is another famous name of yesterday who can still hurl very powerfully while *George Ker* also of the United States will round out the talent in this age class. In Class 1A, although not his premier event, *Howard Payne* of England still throws well beyond the 50 metre mark while Chilean *Haddad* will throw almost as far in Class 1B.

If both men appear, the 1A hammer throw, which will have to be held outside the stadium, poses a fantastic confrontation. Two men both in their 40s still very much in international class have recent marks a mere 2 centimetres apart. *Roald Klim* of the U.S.S.R. and the recent Commonwealth Games silver medalist *Howard Payne* of England (70.88 metres) are at the peak of their form and could in World competition soar to even greater distances. Indeed the affable *Howard* will also figure in a wide range of throwing, jumping and running events. Canadian champion *Dick Guest* will represent us well in these throwing events which will further see *Guy Husson* of France and 49-year-old *Svere Strandli* of Norway in contention in their age classes and also *Hal Connolly* of the United States, another great name of yesteryear. The shot put could provide first class confrontation too. *Pierre Colnard*, long time French star, continues in evergreen fashion but will meet *Skobla* of Czechoslovakia who has a present 18.09 metre throw with the 16 lb. (7.257 kg) weight. Others who rank highly in their respective age classes are *George Ker*, United States (2A - 16.60 metres); *Nat Heard*, United States (2B - 14.88 metres); *Dr. Mak-*

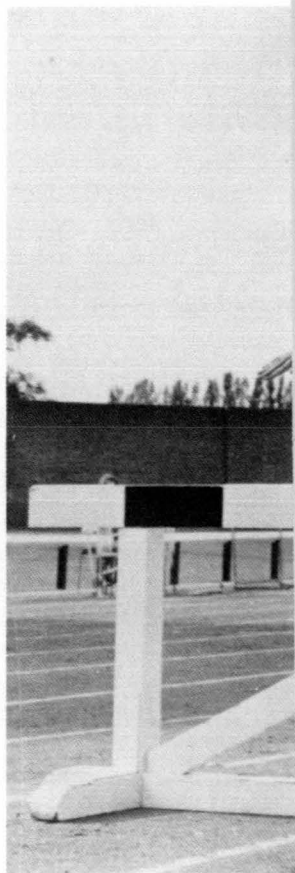
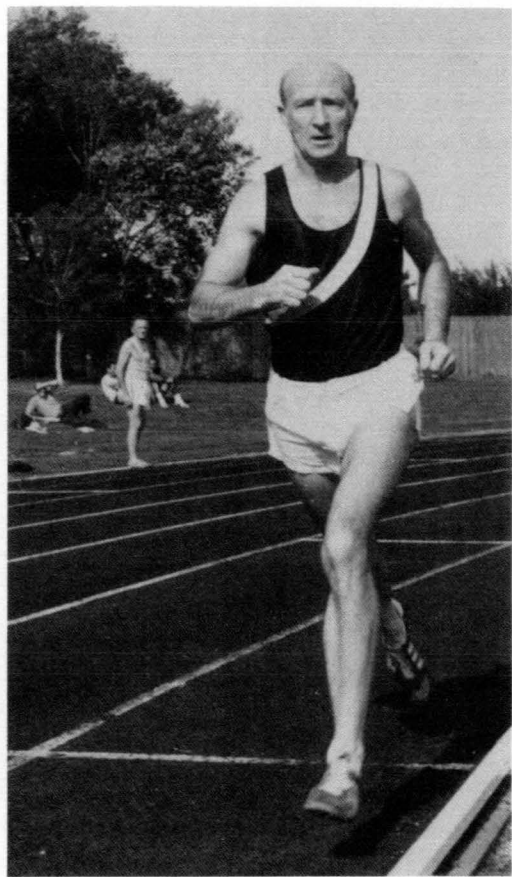
simczyk, England (3A - 14.47 metres) and *J. Puglizevich*, United States (3B - 13.31 metres).

In Class 1 Poland's *Janusz Sidlo*, a famous javelin thrower in a country renowned for this event, is regularly approaching 75 metres and with such enormous efforts looks like a favourite. He may have to contend however with the likes of *Gergely Kulcsar* of Hungary, and *J. Kopitas* of Yugoslavia although the latter actually competes in Class 1B and will face *Kittsteiner* of Germany and *Bud Held* of the United States. In 2B the multi-event *Morales* of the United States still throws over 55.0 metres.

The exciting wind up of the five-day meet will feature a series of international relay races; the regular 4 x 100 metres and 4 x 400 metres will be contested in ten year age classes 40 - 49, 50 - 59 and over 60, by one team from each competing country in each class. The special National relay event 4 x 400 metres comprising two Class 1 runners, one Class 2 and one Class 3 runner may however be entered by any number of teams from each country provided that no contestant has competed first in the above-mentioned regular relays.

After many hard days of competition the depth of the United States teams (there will be over 600 United States competitors) will probably tell the tale in these relays.

Inevitably some contestants will triumph several times during the five days and wind up loaded with medals and glory, others will come away empty handed. But all are winners through having trained for and contested at the first World Masters Track and Field Championships in Toronto, August 11th to 17th. Whether you can win a medal or jog at the back of the pack, don't miss it!



Wal Sheppard,
Australia,
World
record
holder
at 800 metres
Class 2 who
welded together
his country's
powerful team.

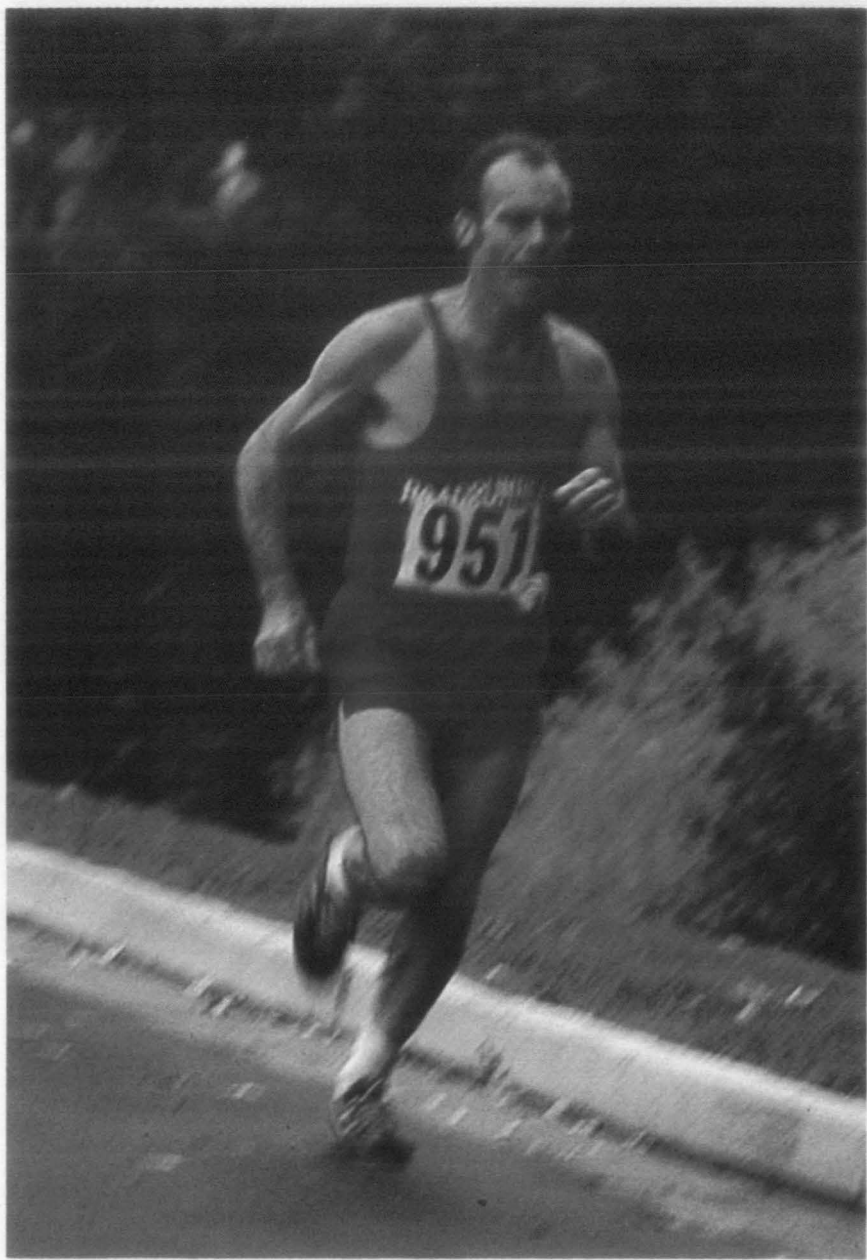


Neck and neck over the last barrier, (L) Clive Shippen (44) and Maurice Morrell race for the British Veterans 3000m steeplechase title. Clive won in 10:12.4.



*At the occasion of
the Ontario Summer Games,
1973, a message
from the Mayor
of Toronto
was delivered
to the Mayor of Oshawa
by eight
Canadian masters,
in relay.*

*Roy Barrand
is receiving an award
from
Mayor Jim Potticary.*

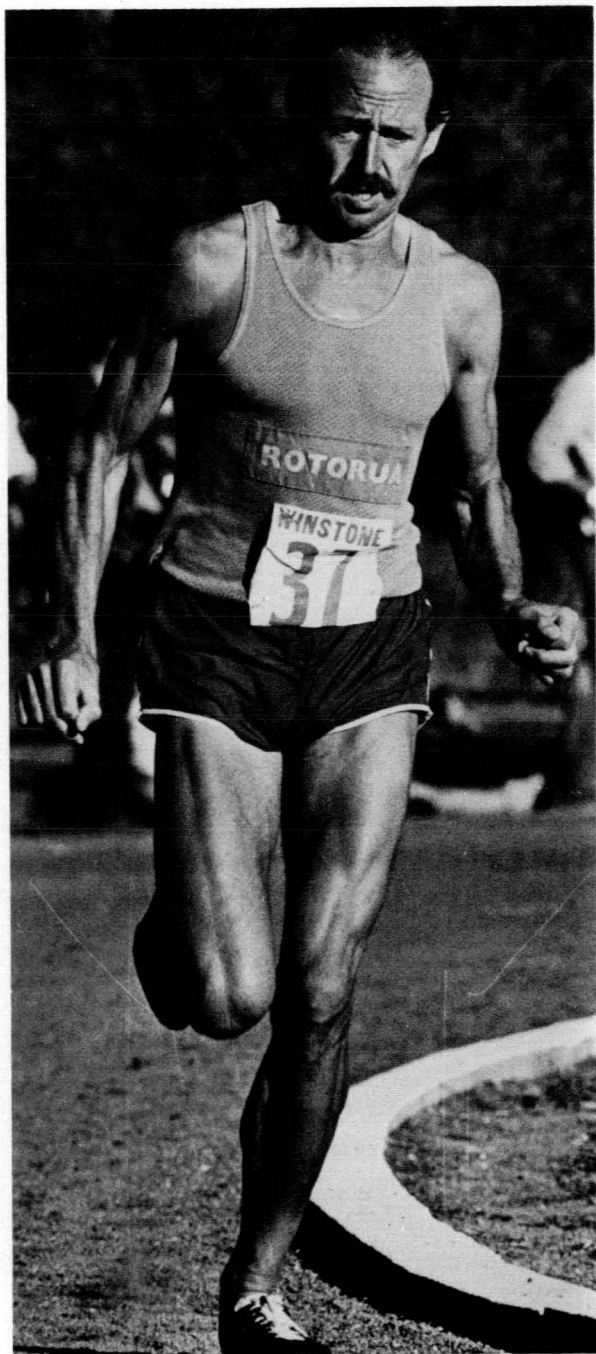


John Doyle of Windsor, Ontario, on his way to winning the Springbank International at London, Ontario — one of the few occasions on which Taylor was beaten in 1974.



Commemorating the first International Veterans Meet at London, England, August 1972, the famed Dr. Roger Bannister, first four-minute miler, plants a tree at the estate of Sir Stuart Mallison, British Patron, shown flanked by Woodford Green, Councillor and United States Vice-Consul to Great Britain in company with a group of international Masters.





An excellent track study of Jack Foster of New Zealand, marathon silver medalist in the British Commonwealth Games. Jack is the finest veteran long distance runner in the world.

Don
Farquharson,
President
of CMITT
and
Class 2
competitor
in
cross-
country
400 metres,
800 metres
and
steeplechase.



INSPIRING EFFORTS

WALTER LUTHER

Obesity and inactivity are often accepted as a natural result of middle age. Though Masters Championships have opened doors of competition for the veterans, they have also given a new direction to our thoughts: fitness begins at forty. The whole movement is a striving towards good health after middle age, a benefit which cannot be attained on cushioned chairs and with lazy-hazy attitudes; it can only be acquired with programmed exercise and activity, careful diet and a generous supply of fresh air.

Today, veterans are making inspiring efforts all over the world and their examples are innumerable.

Take *Bill Fisher* from Australia. He runs three miles every morning at 49. That may seem an over-rated compliment, until you learn that when he was 28, a mortar in the Korean war had opened 19 holes in his body, which took him to the operation table nine times over. Just able to limp out of the hospital, he could run barely a few yards at the start. Then with sheer determination he slowly advanced to his present three miles a day—an achievement indeed worthy of our admiration!

Ken Harland, 40, from Great Britain clocked 14:-26.4 in the 5,000 metres (3 $\frac{1}{8}$ miles) in 1973, and that just two years after he had undergone heart surgery for a valvular malfunction.

Then there is *John Gilmour* a 55-year-old protagonist from Australia, who has run a World age record of

10,000 metres (6¼ miles) in 33:40.0, taking two minutes off the best time of his age. Suffering from severe malnutrition and weighing a bare 78 lb. when he came out of a Japanese prison camp, he has successfully overcome the disadvantages imposed on his body by this ordeal. Today with *George McGrath* he is the world's best over-50 runner.

Take a few details from *Roy Fowler's* performance. Now a veteran, he is a runner who had never believed in the easy philosophy of 'giving up'. These details from his career in the running world give a glimpse of his determination against heavy odds.

1960 — at 26, 3 miles clocked at 13:39.8.

Injured — drew blank the following winter.

1962, finished fourth at White City with 13:30.0.

A.A.A. Meet, Commonwealth/U.K. record 27:49.8

Groin injury.

Bronze medal in the European Championship — still Britain's No. 1.

Foot injury.

Limped home eighth in the Commonwealth '6' (miles) at Perth.

Three months later second in British National Cross-Country Championship and won International Cross-Country Championship, at San Sebastian, Spain.

1964-65 — *both legs in plaster and out of competition for two years.*

1966 — *kept out of Commonwealth Games by an attack of gastro-enteritis.*

1967 — *injured again.*

1968 — third in 'National' and third in the "International".

Trouble with achilles tendon, clocked 27:43.0 for sixth in the A.A.A. '6' (miles).

1971 — *underwent surgery on the tendon.*

1974 — finished 24th in the Inter-Counties Cross-Country.



Ken Harland

Tore the belly of his hamstring behind the knee.

That in brief is part of his story, and a clubman of Roy's says, "He will be world beater as a veteran."

John Tarrant, a well known veteran from Britain, was running in Cardiff's Lake '15' (miles) in September 1973. In November he underwent major surgery for stomach cancer. "It was with amazement and delight," says a friend, "that I saw *John* at the Veteran Cross-Country Championship. He was weak and needed a walking stick but that wasn't going to keep him away."

John Emmett Farrell's attitude sums up a different panacea. At 64 he wants to prove that men at his age are not just for the rocking chairs or scrap heap. Five nights a week he dons his track suit and covers his regular 60 miles a week! "Everything is so high powered nowadays everything moves so quickly . . . I think we are trying to get back to more simple things of life . . ."

"Our society might dictate", he goes on to say, "that we have to retire at sixty five, but that does not mean we have to retire from life."

And what can be said more forcibly and with greater emphasis than this!

"I think we all underestimate our body simply because we are too conventional and orthodox. People tell us that we should not be running about at fifty, so we don't! I wish more men of my age would take more interest in keeping fit . . . they would be amazed how their bodies would respond."

And count *Erik Kruzycki* of Germany who at 63 set a Class 3, 5,000 metre record at 17:23.0 and 10,000 metres in Class 3 at 35:75.4. And *Arthur Dyson* of Canada who at 70 years clocked 3 hours 58.01 in the Alberta Marathon Championships, that gave him the first rank in the world. *Harold Chapson*, now 72, began racing at 70 years of age. Self coached, he holds world's best for over 70 in 100 metre , 200 metre , 400 metre , 800 metre , 1,500 metre and the mile. All this in spite

of a serious handicap — a withered arm. And of course “The Tartan Flash”, *Duncan MacLean* is still sprinting at 90-plus. But these are just a few stray examples from many.

The experts tell us that competition can be dangerous for the middle aged man *if* he overdoes his program and tries to get into shape in a very short time. But steady year round training and conditioning, with or without competition in view, is invaluable. Evaluated long distance running and stamina training are already a part of medical programs as a means of combating degenerative heart disease. *Dr. John L. Bayer, M.D.* of the Human Performance Laboratory, San Diego State College, says “Endurance exercise is best to improve the strength of heart muscle. That is why running, jogging, swimming, cycling or any endurance work is so good. It makes the heart stronger.”

Machines and modern innovations have taken away much of man's hard physical work today. And his environment, particularly in the affluent, industrialized countries, has undergone a tremendous change. No doubt machines have given man more time, yet it is seldom that this is utilized in active recreation. Though everyone knows that physical activity is imperative if men and women have to maintain a good and healthy body, few give it a serious thought. Masters has undoubtedly opened new interest in a struggle for positive health. And though only some win the awards and make news, all who run the race (and all those who are on the bandwagon for keeping their body healthy and in top physical shape after middle age) have already gained something of that reward which cannot be preserved in gold and silver.

Speaking of these veterans and the Masters Championships, one is reminded of a comparable parallel in that beautiful poem ‘Ulysses’ by Lord Tennyson. Ulysses the old veteran adventurer is back home and is debating

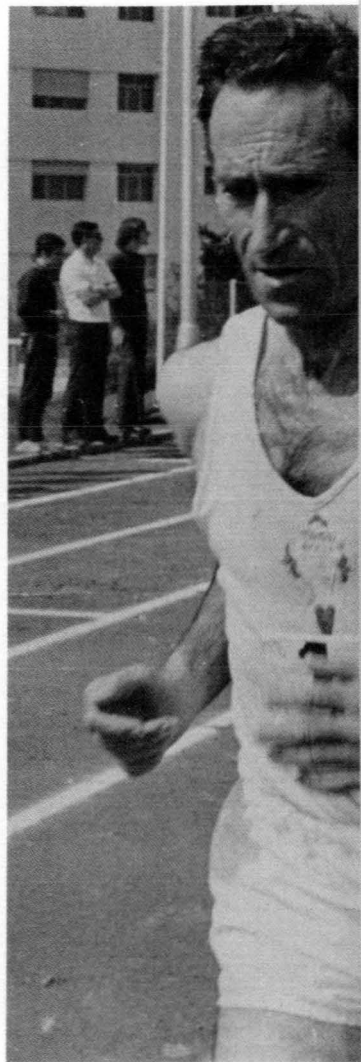
whether to spend the remaining days of his life by the hearth-stone, or to "smite the sounding furrows" and launch out on the adventure of life once again. He decides on the latter, setting out resolutely with a new ideal before him, "to strive, to seek, to find and not to yield".

(With acknowledgements to *Veteris*)

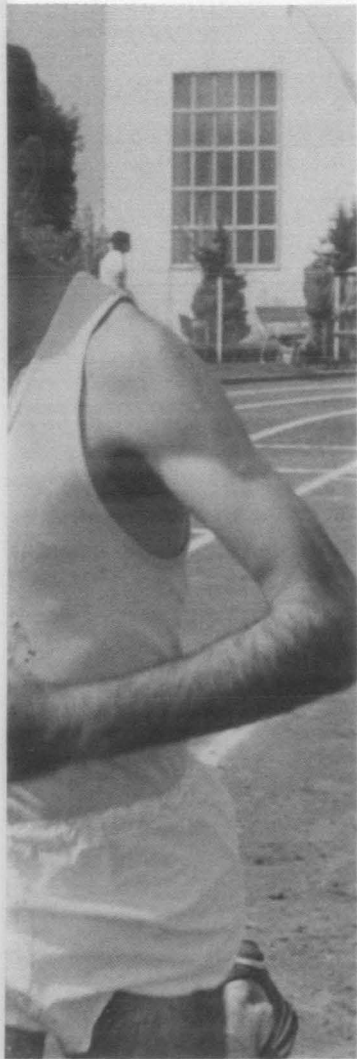




*Start of the Masters Six Mile
Event at Springbank. Identified in the
picture are Buck, No. 926; Bowman,
No. 964; John Doyle, No. 951
(eventual winner); Don Farquharson, No. 936
and Bryan Martindill, back to camera.*



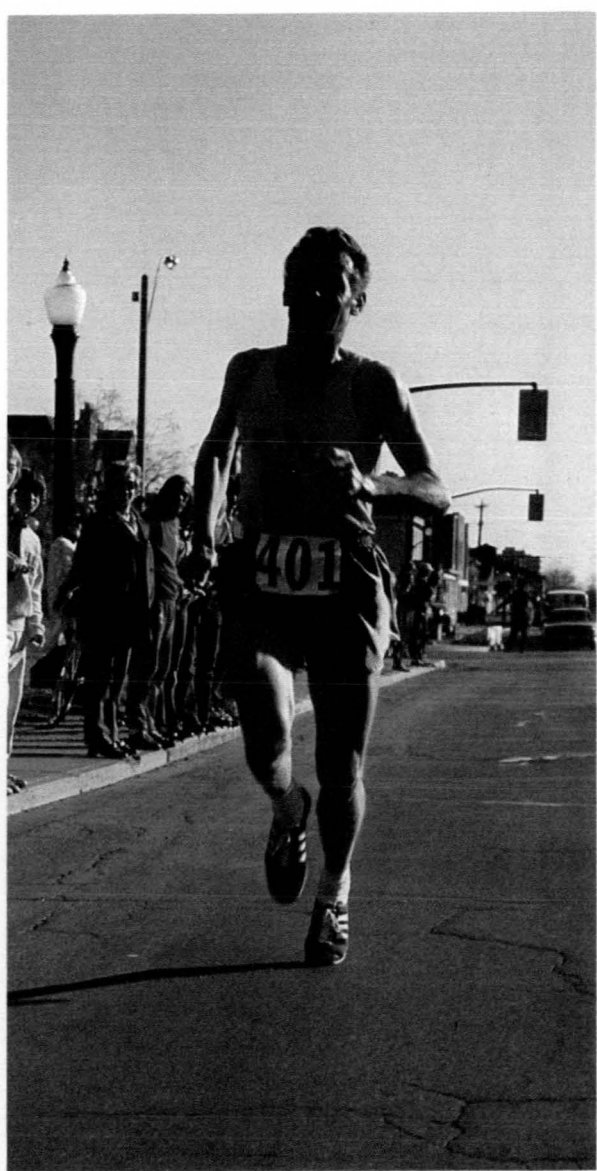
Herman Muller from Germany holds second fastest veteran's time in the world at the marathon distance. A perennial threat to all long distance runners!



Manuel Augusto Alonso

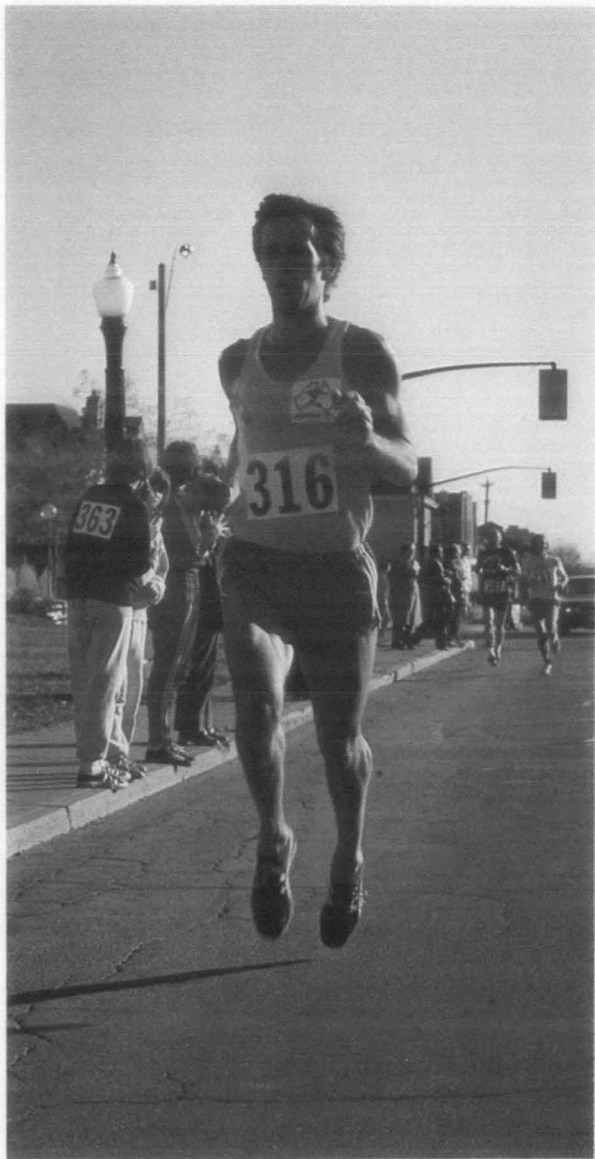


Norman Bright of U.S.A., a veritable veteran personality, who if necessary would travel by bus and eat peanut butter sandwiches to attend a Masters Meet (at the other end of the world!). He is a steeplechase, middle and long distance runner.

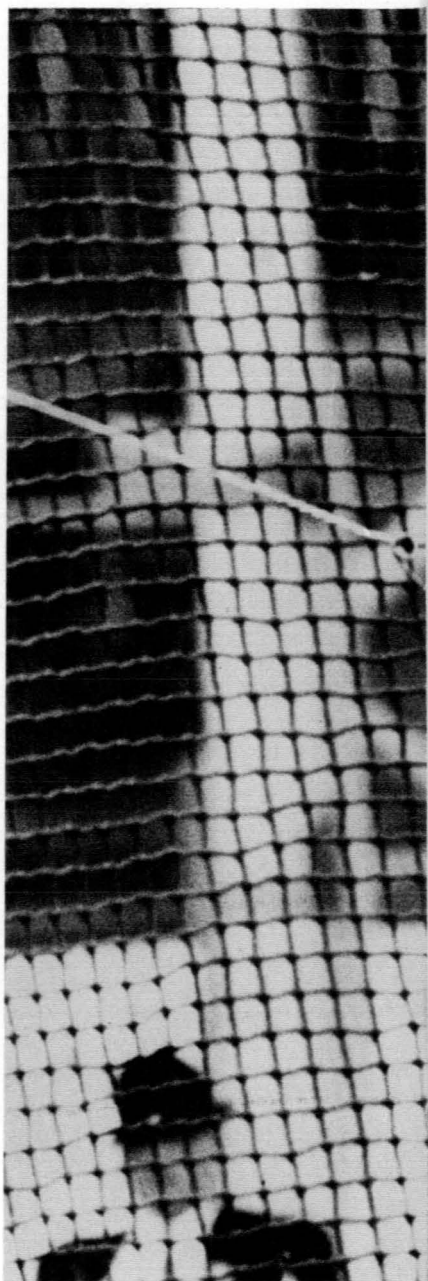


*Taylor
finishes
an
easy
winner
at the
Cambridge
Round
the Bridges
Six
Mile
Race.*

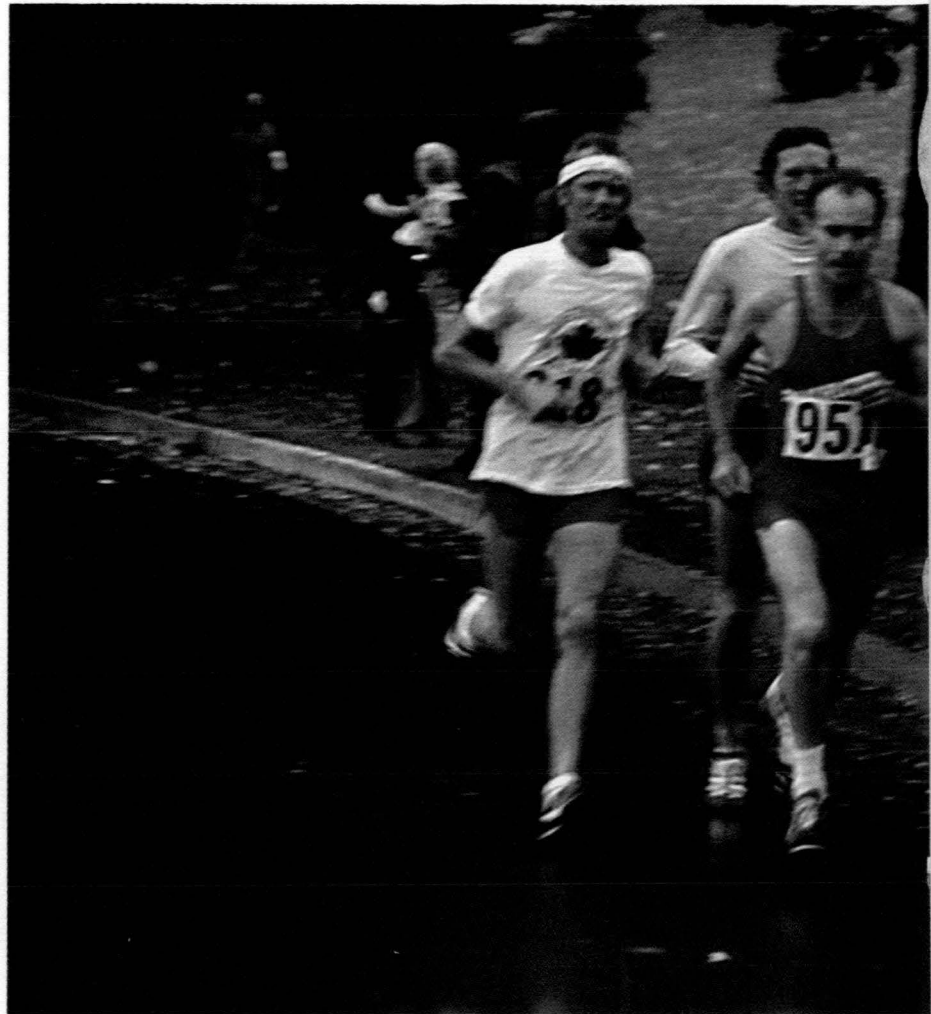
Bob Bowman
takes
the bronze
award
in the
Round
the Bridges
Race
at Cambridge,
Ontario, 1974.



*England's
Howard Payne
(43) whose
hammer
throw
won the
silver
medal
at the 1974
Commonwealth
Games
also
shines
at discus,
javelin,
shot put,
jumping and
sprinting.*









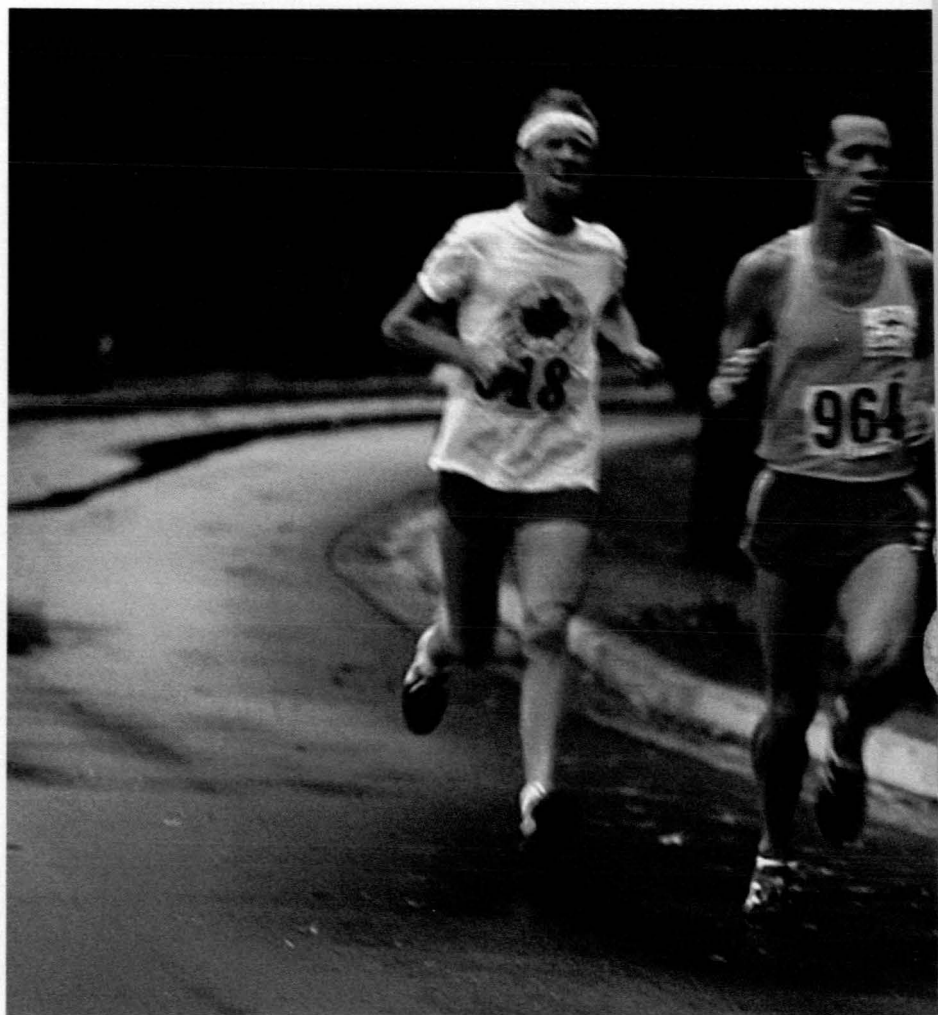
*Five lead runners
jostle for position
in the early stages
of the Six Mile
Springbank International Road
Race, London, Ontario.*





Very versatile inasmuch as he can run short and middle distances, and can also compete in the field events,

Bud Deacon (63), a one time commander of the U.S. Navy, is a prominent competitor.





Bob Bowman
leads
Canadian
Masters
Team
Captain
Bill Allen
of
Napanee,
Ontario.
Also
Bryan Martindill
of
Hamilton
during
the
later
stages
of the
Springbank
International
Road
Race.

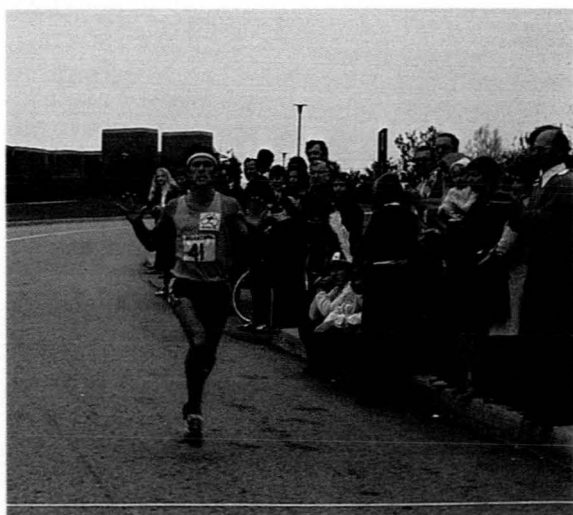
*Exciting English
performer Laurie O'Hara
(43) leaps ahead of
a competitor during a
cross-country race.*

*Laurie boasts a
3:58.6, 1500 metres and
performs well
at all other distances too.*





Hal Higdon has established his athletic supremacy as a runner in the longer races and was one time holder of 3000m steeplechase record. Author by profession, one of his books is entitled, 'On the Run from Dogs and People!'



*Canadian
Marathon
Championships
at Waterloo,
Ontario. Bob
Bowman,
Canada's most
versatile performer
in the race.*



*Arthur Taylor of
Waterloo, Ontario,
in the
International
Six Mile Race.*

MASTERS WORLD RECORDS

MASTERS WORLD RECORDS IN CLASSES . . .

The minimum age of 40 for Masters was not established by any special consensus of world opinion, but grew almost haphazardly out of an instinctive feeling on the part of contestants that this age seemed to form a natural and appealing boundary line, after which a new competitive career could be commenced.

Soon the ages of the competitors spread upwards, and it became obvious that the mounting numbers of older participants should spawn new classes, and so ten year spans were established. The following World records are those held by men in Class 1 (40 - 49), Class 2 (50 - 59) and Class 3 (60 - 69). Currently three new developments are taking place as Masters competitions continue to gain momentum. Firstly, it is now a rare athlete who in his last years in the decade can rank with the best of those in the early years, and as a result five year age class competition has been established. Secondly, an amazing group of septuagenarians has burst upon the scene to form Class 4 (70 and over), their ranks being swollen all the while by the graduating Class 3s. Finally (surely the happiest development of all!), the ladies have appeared upon the scene, to date in three classes, OW (30 - 39), 1W (40 - 49) and 2W (50 and over). The scale of the current records will soon be expanded as surely as many of the listed records will be broken in Toronto in 1975.

the MASTERS

CLASS 1 (40 - 49)


















EVENT	RECORD
100 metres	10.7
200 metres	*22.3
400 metres	49.7
800 metres	1:56.9
1,500 metres	3:52.0
3,000 metres	† 8:22.0
5,000 metres	14:07.0
10,000 metres	29:11.4
Marathon	2-11:18.6
High Jump	2.05
Long Jump	7.13
Triple Jump	14.41
Pole Vault	4.60
Shot Put	19.77
Discus	55.91
Javelin	76.12
Hammer	70.90

© 1964

MASTERS




110 m. Hurdles	14.4
400 m. Hurdles	54.8
3,000 m. St. ch.	9:16.6

track and field Class

ATHLETE	COUNTRY	LOCATION	DATE
T. Baker	 *	Germany	13-9-72
D. Smith	 *	U.S.A.	2-7-72
J. Dixon	 *	U.K.	26-6-73
G. Wise	 *	Australia	30-11-74
M. Bernard	 *	Belgium	20-6-72
L. O'Hara	 *	U.K.	23-6-73
J. Foster	 *	N.Z.	1-2-75
J. Foster	 *	N.Z.	24-1-75
J. Foster	 *	N.Z.	1974
E. Nilson	 *	Sweden	25-9-66
D. Jackson	 *	U.S.A.	11-6-72
H. Strauss	 *	Germany	16-5-71
R. Ruth	 *	Sweden	7-9-72
P. Colnard	 *	France	18-7-70
A. Consolini	 *	Greece	20-5-58
J. Kulcsar	 *	Hungary	4-5-74
R. Klim	 *	U.S.S.R.	26-7-73

* G. Rhoden, T. Baker, R. Taylor, Tied the same record

‡ A. Mimoun Tied the same record

D. Finlay	 *	U.K.	1949
J. Dixon	 *	U.K.	1973
J. McDonald	 *	N.Z.	1975

the MASTERS

CLASS 2 (50 - 59)


















EVENT	RECORD
100 metres	11.4
200 metres	23.6
400 metres	55.0
800 metres	2:05.1
1,500 metres	4:14.6
3,000 metres	9:26.0
5,000 metres	15:54.0
10,000 metres	32:14.0
Marathon	2-25:19.0
High Jump	1.73
Long Jump	6.23
Triple Jump	12.04
Pole Vault	4.26
Shot Put	16.62
Discus	54.26
Javelin	55.91
Hammer	55.90



© 1964

MASTERS

110 m. Hurdles	19.0
400 m. Hurdles	
3,000 m. St. ch.	10:22.4

track and field Class 2

ATHLETE	COUNTRY	LOCATION	DATE
A. Juillard	 *	U.S.A.	18-8-73
A. Guidet	 *	U.S.A.	24-6-73
R. McRae	 *	Australia	29-3-75
W. Sheppard	 *	U.K.	25-8-72
J. Ryan	 *	Australia	23-11-74
G. McGrath	 *	Australia	10-10-74
J. Ryan	 *	Australia	2-11-74
A. Mimoun	 *	France	3-6-72
E. Ostybe	 *	Germany	1972
O. Gillette	 *	U.S.A.	11-12-71
R. Morcom	 *	U.S.A.	17-6-72
G. Farrell	 *	U.S.A.	26-7-72
R. Morcom	 *	U.S.A.	8-11-73
G. Ker	 *	U.S.A.	10-6-74
K. Joupila	 *	Finland	5-8-73
J. Stenzenieks	 *	Chile	1963
K. Hein	 *	Germany	20-9-58

D. Gillette	 *	U.S.A.	1973
T. Orr	 *	Australia	1974

the MASTERS

CLASS 3 (60 - 69)




EVENT	RECORD
100 metres	12.6
200 metres	* 26.6
400 metres	59.1
800 metres	2:22.3
1,500 metres	4:53.2
3,000 metres	10:50.0
5,000 metres	17:23.0
10,000 metres	35:57.4
Marathon	2-53:03.0
High Jump	1.46
Long Jump	5.04
Triple Jump	10.24
Pole Vault	3.90
Shot Put	14.47
Discus	52.06
Javelin	40.89
Hammer	42.36

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MASTERS

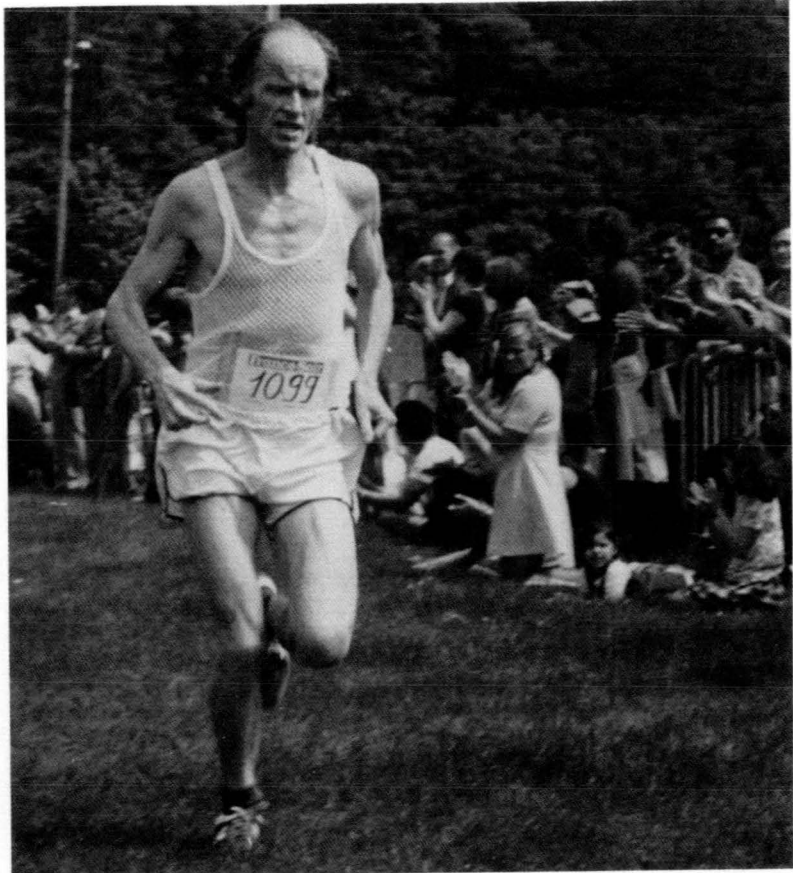
110 m. Hurdles	20.4
400 m. Hurdles	
3,000 m. St.ch.	

track and field Class 3

ATHLETE	COUNTRY	LOCATION	DATE
A. Major	 *	U.S.A.	22-6-74
V. McIntyre	 *	U.S.A.	25-6-71
R. Niblock	 *	U.S.A.	6-7-74
B. Deacon	 *	U.S.A.	31-5-74
W. Andberg	 *	Sweden	31-8-72
J. Berg	 *	Germany	13-6-71
E. Kruzycki	 *	Germany	9-9-73
E. Kruzycki	 *	Germany	16-9-72
M. Montgomery	 *	U.S.A.	1974
S. Thompson	 *	U.S.A.	26-10-72
M. Andors	 *	U.S.A.	21-4-73
B. Deacon	 *	Hawaii	23-6-74
H. Schmidt	 *	Germany	14-10-71
K. Maksimczyk	 *	U.K.	11-8-74
K. Maksimczyk	 *	U.K.	11-6-74
K. Carnine	 *	U.S.A.	15-7-72
A. Tesija	 *	Australia	11-8-74

* F. Sjostrand Tied the same record

B. Deacon	 *	Hawaii	1974



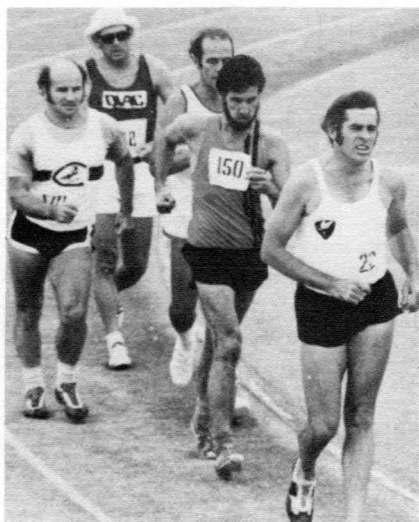
Alistair Wood, holder of the World marathon title, has represented Great Britain at various International cross-country, road and marathon races. He is seen here winning 1974 World Long Distance Championship at Draveil, Paris 1974.



*Clive Shippen, Editor
of 'Veteris' and
British 3,000 metre
steeplechase champion
running
the Veteran's Mile, followed
by former
British international
Peter Field.
Third man,
partly hidden,
is T. Clowry,
Welsh
Veteran champion.*

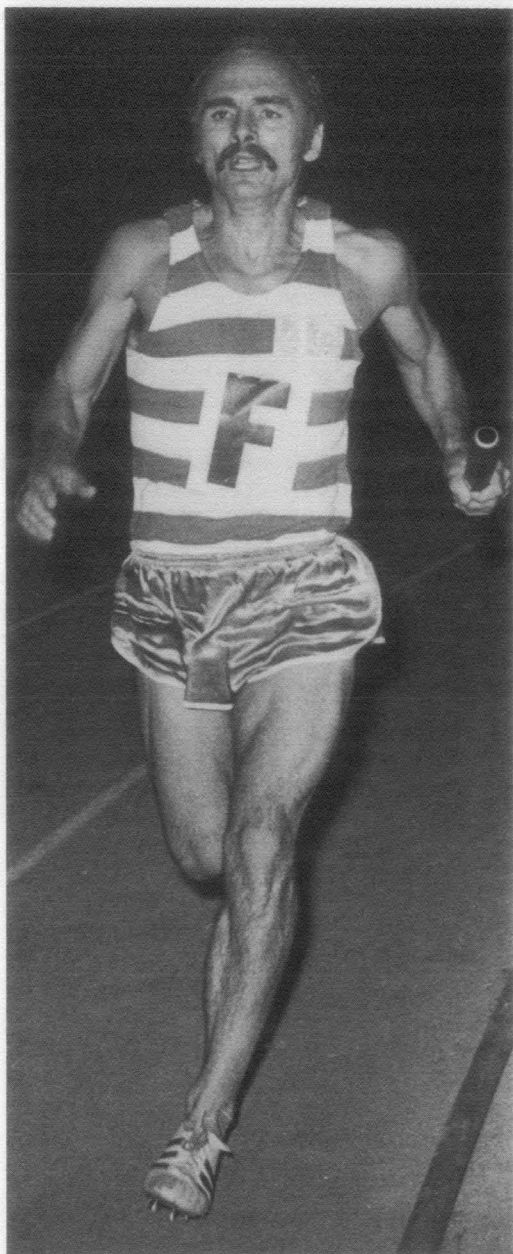


Mrs. Terry Lalonde from Quebec (L) displays a style that might win her a gold medal in the 5,000 metre walk in 1975 Championships. Max Gould (R), 58 and holder of World record at 50 kilometres is also a potential gold medal hope for Canada.



Logan Irwin leads Peter Waddell, the eventual winner, in the Australian National Class 1 5,000 metres walk.

John Hayward
of Great
Britain
is a
statistician
for 'Veteris'.
He is
seen here
at the
Crystal
Palace
Meet,
1972. His
specialities
are 800m and
400m hurdles.



*One of the first
Masters Races in Canada,
Fitness Day, North York,
July 1965. Amongst those
shown starting the Masters
1 mile race are*





. . . . Gordon Carton, M.P.P. Armourdale,
later a Provincial Cabinet
Minister (centre without shirt)
Milt Wallace, Don Farquharson,
John Reeves (extreme right)
Bob McQuillan and John Raymer.



Fairly balanced and strong competitors in their age group, here on the Los Angeles indoor track in a special Veteran's event are (L to R) Mode Perry, Bill Bowers and Eddy Halpin.

*Elwyn Davies,
Vice-Chairman
and organizer
of 1975 World
Masters Track
and Field
Championships, can
run any event
from 100
metres to
the marathon;
an enthusiastic
worker who is
an asset
to the Masters
Organization.*





Jack Fitzgerald, *British Team Captain*, and Dave Dellar also of Great Britain in 1972 marathon.



Henry Kupczyk, in the 3000m steeplechase in which he set a record of 9:52.0.



1973, 10,000m U.S. Masters at San Diego, California, with Laurie O'Hara of Great Britain leading, followed by Hal Higdon of U.S.A — the rest of the field is nowhere!

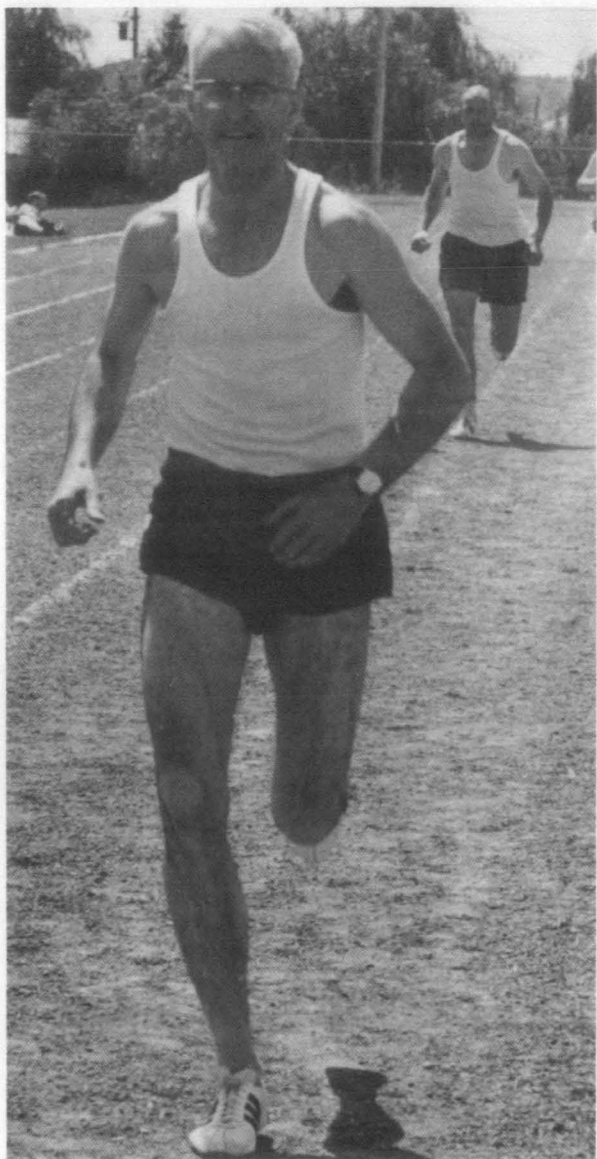
*Bill Cameron
leading
Ralph Lang
in the 10,000
metre run in
the
Canadian Forces
versus
Canadian Masters
Competition,
at Camp Borden
Ontario.*





*With weather conditions
fit for ducks,
Wilf Irmen leading
Holmroos of Finland
and Bill Allen
(Canadian Team Captain)
through driving rain
and thunderstorm, in
the 1973 World 25 kilometre
Road Race at
the Isle of Man (G.B.)*

Milt Wallace
(62) ran for
Canada in
10,000m in the
1936 Olympic
Games at
Berlin and
ran the 6 miles
in the
British
Commonwealth
Games in
1938. As
a veteran
he holds
two Canadian
masters records.



*Cologne 1972,
start of
the marathon
— 26 miles to go
for the
competitors.*





RUN ANYONE? EVERYONE!

W. P. McINNIS, M.D.

Fitness and Health have become household words in the last decade in North America. All agree that meaningful exercise and ideal weight contribute to health, physical and psychological, and hopefully to longevity. This last point is disputed by some, but evidence over the years appears to support this view. A Soviet study of athletes who have continued to remain fit over their lives finds those in their fifth and sixth decades healthier in terms of blood pressure and cardiac disease in comparison to similar age groups who have followed no program.

My desire to become fit was finally translated nearly 12 years ago by a chance conversation with two neighbours, since close friends, in which one asked the other, "What time do you want to run?" As a one time athlete in his mid-thirties, I suddenly realized what was on my mind: it was time to do something. The progressive loss of fitness and weight gain of the years distressed me but had not pushed me to any positive efforts. If asked, I probably would have chosen some other method than running which had never crossed my mind.

The value of running (the word I prefer to jogging which lacks a positive feeling) became quickly apparent. It is one of the few meaningful forms of exercise, expressed in cardiopulmonary vascular terms, which can be done at any time under any conditions, by yourself or with any number of people. No one activity offers such variety in terms of scenery, weather, and degree of activity. Individuals who say running is boring have simply never opened their minds to its vast variety as they explore the external, and their own internal environment.

The decision to start running occurs in many ways to many people but once the decision is made to try it, what are the practical aspects? Most articles on the subject fail to deal with the specific details. Individuals over 40 years of age should have an adequate examina-

tion to rule out asymptomatic cardiac disease. This is a nebulous thing and of course no absolute way exists to rule out the high risk individual. The performance of people with previous myocardial infarcts in supervised programs shows what can be done in the properly chosen and trained individual. The key word is start *gradually*, assume that tolerance is low, run no more than a quarter to half mile, increasing distance and pace as one feels comfortable. Some discomfort on exertion, together with aches and pains in the legs and feet, is to be expected. Most people who fail and stop running during this period are discouraged by their inability to tolerate exercise and discomfort. After the initial four to six week period, tolerance increases rapidly and most will continue as long as interest is maintained. The true realization of what running can do is discovered after six months and most become 'hooked' to what is hoped will be a life long commitment; in the case of the late Larry Lewis, a San Francisco waiter, for 106 years.

Organization

It is most valuable to start running with a friend who is at the same level. This usually fosters competition. The secret to running, as in any other form of activity, is to be organized — a certain part of the day must be set aside, just as one sets aside portions to sleep, eat and work. One must accept fitness as being worthwhile and to be worked for. It is important to realize that the trained human body is capable of incredible physical feats. In our sports spectator world we tend to forget that what we see in a World champion can be accomplished in some measure by almost anyone. It is frequently only application and organization which distinguishes the leader from the common level.

Necessary Equipment

The equipment is simple but must be well chosen.

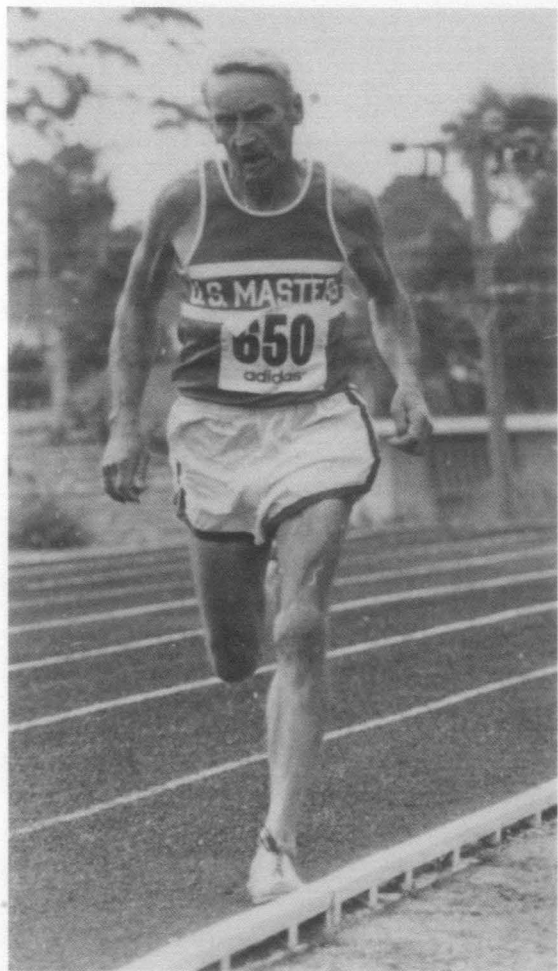
Shoes are the most important. Specific road models are made by manufacturers such as Adidas, Nike, Tiger, and Puma. These have leather or nylon uppers, properly padded with wedge shaped soles. The wedge is at the heel, to minimize Achilles tendon problems. A further aid is a soft sponge heel pad set in place without cement. Some runners use a full length sponge insole to provide further comfort. The sole of the shoe is rubber with an inherent 'tackiness' similar to that of the Hush Puppy. Gum or plantation rubber soles are slippery on ice and snow and less satisfactory. Very light shoes should be reserved for the competitive runner, who uses heavier shoes in training anyway.

Choice of Clothing

Clothing varies but must be light and comfortable. In warm weather running shorts (not the tennis type) are ideal. I find the nylon type of Ron Hill superior but difficult to obtain. The usual gym short is satisfactory. The top is a simple T-shirt. Support is supplied by the usual jockey type underwear or the newer bikini type. In winter the basic clothing should be supplemented by light layers of clothing to suit the individual and weather needs. In rain one merely wears the same clothing suitable to that time of year. It is interesting that running in the rain is not uncomfortable — the heat generated keeps one warm enough even though soaking wet. This applies to a lesser degree in the winter, when ice may form on the parka yet there is no sensation of discomfort.

Running Technique

The runner should be balanced, his stride a comfortable length in relation to his size. In slow running the foot is *dropped* in a relaxed manner straight underneath the body and *pushed* behind. Never reach out in front. This produces heavy impact on the heel and sure injury.



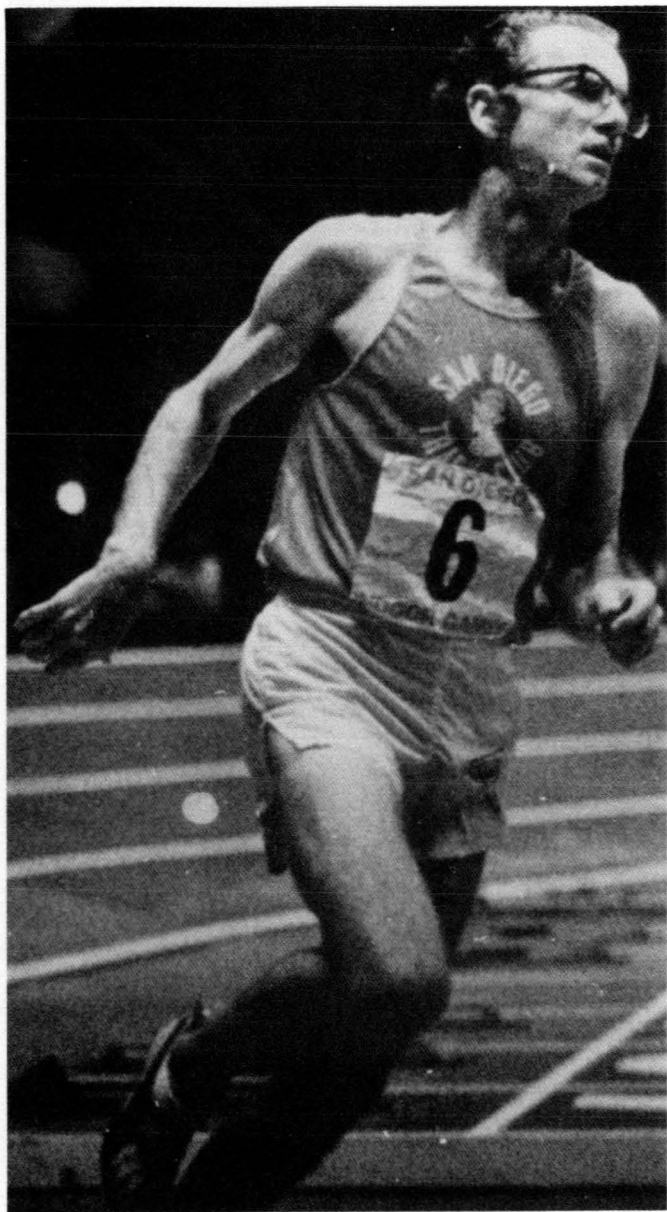
Bill Andberg, born in Finland, lives in U.S.A. His is a well known face in Class 3A and holds Worlds 1,500 metre record for Class 3 at 4:53.2.



Two
leading
60 year
olds
John Wall (R),
Norman Hanson (L)
in the U.S.
Masters
Championships,
1973.

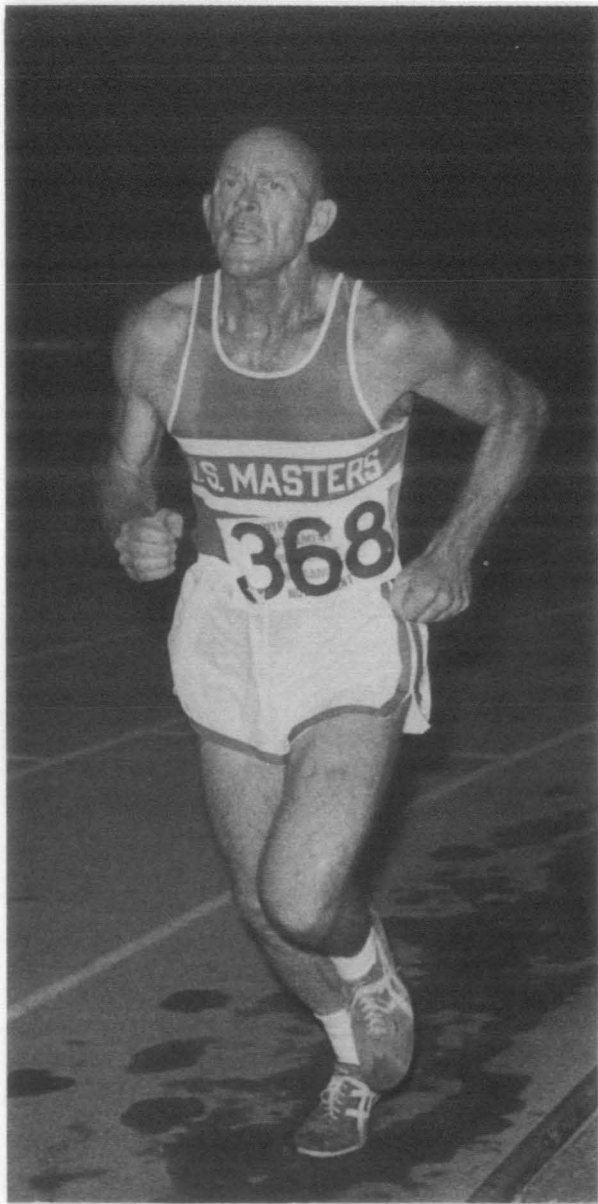
The foot as it is dropped touches first on the outer edge of the sole and then the heel in a fraction of a second. To get the idea, stand holding your foot motionless and relaxed, then slowly lower it to the floor. A faster pace brings the runner's body further forward, so that the heel hits first, a fraction of a second before the sole. In both cases the impact is minimal. Never run on the toes like a sprinter. This is certain to produce cramps in the calves, and Achilles strain. Be relaxed and light — think of floating. The degree of knee lift varies but try to make it high enough that it adds grace and length of stride without feeling uncomfortable. A good trick is to imagine one foot is describing the circumference of a circle. Say to yourself in relation to the foot, "drop", "push", in a rhythmical way. Humming a tune with the proper beat is helpful. Counting tens is a good way to develop a beat. Count each time that foot strikes the ground. This can be called out as you run with a companion. The surge of running side by side adds to the drive. It is important to develop a rhythm in running: rhythm and grace. The body is nearly erect and relaxed. Consciously relaxing the jaw muscles is a good way to relax the whole body, particularly the shoulders and arms. The arms are carried comfortably flexed to about 90-100° at the elbows. They describe an arc which leads the hands from slightly behind the buttock line, across the body either to the mid-line or the other hip. The fingers are flexed lightly over the palms with the finger tips almost in contact with the palm. The thumb rests lightly on the crook of the index finger. The arms provide a pendular thrust of weight to increase forward propulsion. The result, if the above points are followed, is fluid motion well within the reach of anyone, allowing the individual to concentrate on running at a pace and distance to suit his needs and strength.

How far should I run? This depends entirely upon the individual. Fitness is relative, but I feel a person



Bill Gookin
chemist and
veteran athlete,
who analysed
perspiration to
determine the
nature
of electrolytes
(mineral
salts) that
are lost by
it, and
formulated
a new drink
"Gookin Aid"
an energiser
for athletes.
At the
time he
held U.S.
Masters
Marathon
Championship.

*Dubbed
"Godfather
of
the
Ageing
Jocks",
David
Pain
running
at
Crystal
Palace,
England,
1972.*



should try to work to the level of running two miles a day, five days a week. As one becomes more fit the pace can be increased. Most reasonably fit individuals can run two miles in 14-16 minutes. Anything under this level creates another standard. Competitive Master runners (over 40) have trained to the level of 100 miles a week or more, sometimes at a six minute mile pace or under.

Competitive Running

A few who commence running for fitness will want to enter competition. In the last few years there has been a proliferation of events which has developed into a world wide pattern and will reach a high point with the World Masters Track and Field Championships in Toronto in 1975. Track clubs exist in most Canadian cities. Membership enables the individual to meet others with similar interests, to develop talents and skills. A number of excellent publications are oriented to the running public with practical articles and information on all phases. The leading one is *Runners World* of Mountain View, California, 94040. It also publishes a continuing series of booklets on training programs, equipment, and diets written by authorities.

Need For Additional Exercises

Every program from the beginning runner to the top competitor should have daily exercises designed to improve range of movement and flexibility. One of the best is the yoga technique which develops these features in an atmosphere of relaxation, an excellent balance to the cardiovascular pulmonary stress of running. Five minutes a day are all that is needed.

Weight Reduction

Any fitness program usually implies weight reduction. Overweight is a disease amongst affluent physically indolent North Americans. Exercise is not a good way

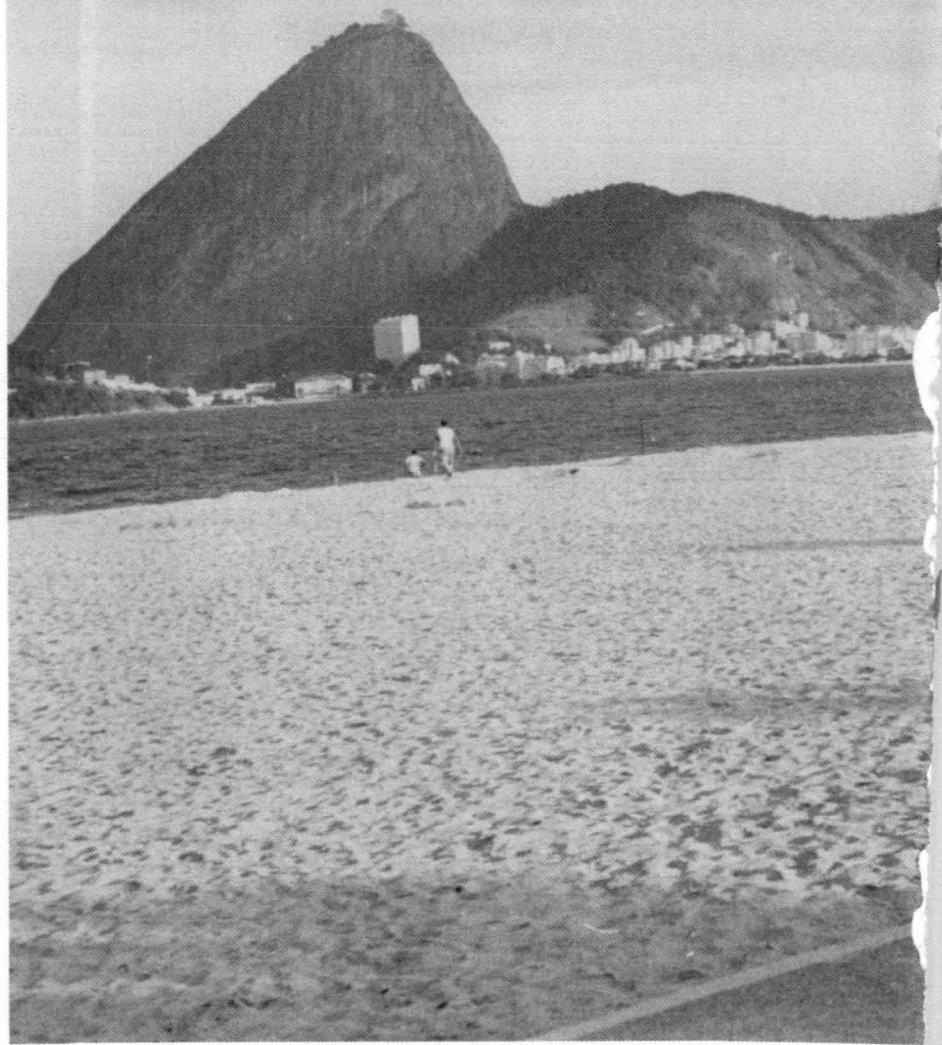
to lose weight: in fact it has been estimated one must run 23 miles in order to lose one pound. Running creates an atmosphere where an individual *wants* to lose weight and thereby curbs his food intake — the only way to lose weight. Dieting needs a psychological impetus — a desire to look well and be fit. The impetus is supplied by running. No special diet is recommended for runners, just a well balanced daily calorie intake to achieve what is needed. Daily weighing, preferably shortly after rising, is the best way to keep track of one's weight goal and then to maintain it when reached.

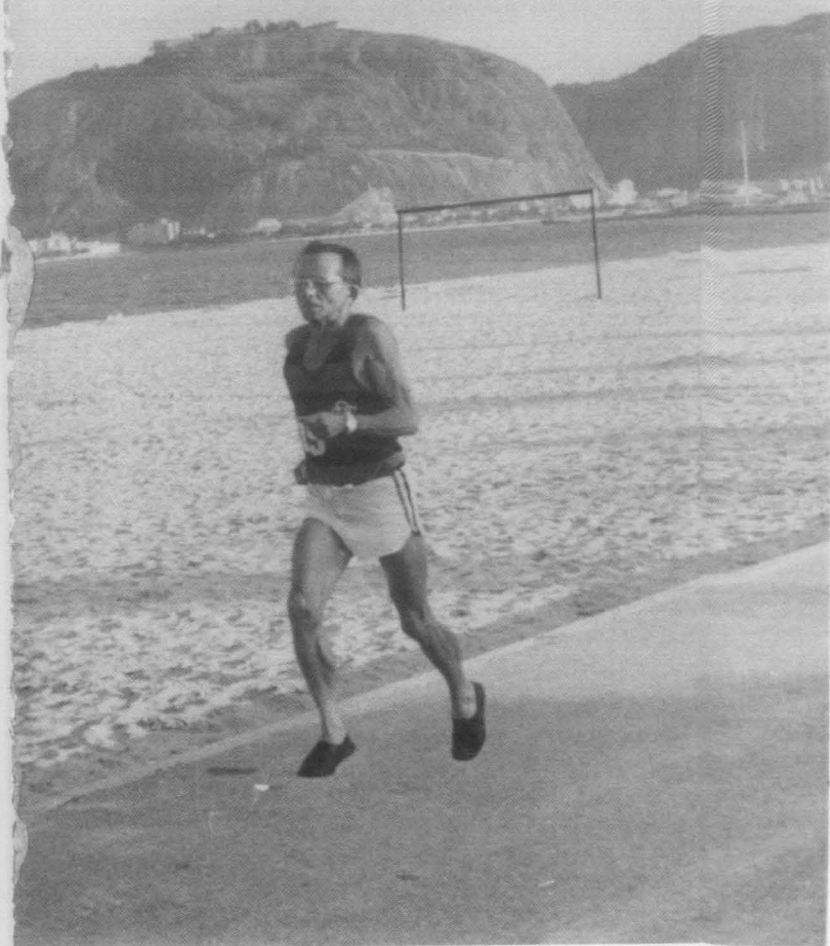
Injuries

Physicians are frequently asked for advice on injuries which occur in runners. It is beyond the scope of this article to deal with this subject, but most involve muscle, ligament and tendon, usually resolving with a short rest or temporary decrease in exercise load. In my experience most of these can be 'run through' with judicious application of common sense. Blisters are treated by drainage and the application of plain narrow adhesive tape wrapped around the toes and left in place for several days. The usual bandaids will work loose, wrinkle and add further discomfort, particularly if not wrapped around the circumference of the toe. Vaseline will obviate abrasion encountered in longer runs.

Where and When to Run

I have frequently been asked where should one run, what time of day, what should one drink before and after running. Running can be done anywhere. The only limits are the resourcefulness and determination of the individual. A long run on a hot day should be preceded by some extra fluid, but after the run take fluids sparingly, avoiding milk and carbonated beverages. Water is usually best, without added salt, since this may induce nausea.





Jose Silveria
Rio de Janeiro
Brazil

I have always been impressed that the great runners love the beauty of the outdoors and are always aware of their surroundings; the sights, odours and sounds of life around us. Their motivation to run is not only physical, to become a champion, but also the deeper emotional satisfaction of being part of nature. The ability to pass through the world as a true part of it, in the way man has done since his creation, is a special privilege shared with the other animals of the earth in a unique sense.

Psychological and Physical Satisfaction

In the final analysis what do fitness and health mean, particularly in regard to running? They mean a deep psychological and physical satisfaction, the ability to cope with the pressures and demands of life with increased reserve, the ability to maintain youth and, if not increase the length of life, at least to increase its pleasure. Happiness is the right of all; running fitness leads to happiness.

(With acknowledgements to *The Canadian Family Physician*).



Scotland's Duncan MacLean (90) "The Tartan Flash" dean of all veteran runners epitomizes the spirit of the Masters.

