

CANADIAN MASTERS TRACK & FIELD CHAMPIONSHIPS - AUG 13/14

METRO CENTRE, TORONTO

RESULTS

100 metres

<u>M40</u>		<u>W50</u>		<u>M75</u>		<u>M60</u>
BRA 11:62 Scott Tyler		SCM 15.44 Doreen Carmichael		*MTFC 36.26 Blain Till		MTFC 68.87 Alex Woodhouse
PHLM 12:03 James Burnett		UNI 15.67 Eveline Saull				MSC 71.71 Gilbert Jamieson
NCRA 12:53 Brian Lamarre						
12:60 Alan Slater						
EH/S 13:08 Bryan McKinnon		<u>W65</u>		<u>SM</u>		<u>M65</u>
		UNI 17.71 Isobel Saumier		QK 23.81 John Bailey		S'64 71.02 Hans Warwas
<u>M45</u>				EH/S 24.72 Francisco Machado		MSC 72.48 Ben Mackereth
KAJ 12:07 Rob Musselle		<u>W70</u>				LTFC 73.72 Jim Breslin
MSC 12:62 John vander Vleuten		20.01 Ivy Granstrom		<u>W40</u>		
LTFC 12:89 David Morris				TEMK 30.09 Linda Scott		<u>M75</u>
				SCM 31.23 Audrey Hiemstra		MTFC 94.3 Blain Till
<u>M50</u>				SPAR 31.34 Jutta Riegel		<u>SM</u>
12:26 Bernie Smith						EOL 49.86 Ray Cardinal
MSC 12:70 Eric Malmstrom		<u>200 Metres</u>		<u>W45</u>		BRFD 53.04 Ray Tucker
YUTC 13.14 George Gluppe				SCM 33.43 Anne vander Vleuten		ALML 53.59 Basil Tomlinson
MSC 13:49 Ken Morris		<u>M40</u>				EH/S 54.59 Francisco Machado
TYR 13:90 Barry Wheeler		PHLM 23.73 James Burnett		<u>W50</u>		EH/S 56.34 Phil Lapides
		BRA 23.93 Scott Tyler		UNI 32.63 Eveline Saull **		EH/S 58.18 John Powell
<u>M55</u>		25.41 Bill Kennedy		SCM 32.71 Doreen Carmichael		<u>W40</u>
MSC 12.97 Stan Egerton		NCRA 26.00 Brian Lamarre				TEMK 68.74 Linda Scott
MSC 13.05 Norm Baum		EH/S 26.12 Bryan McKinnon		<u>W65</u>		
S'64 13.46 Kurt Hering		26.23 Alan Slater		UNI 38.03 Isobel Saumier		<u>W45</u>
MSC 13.57 Jim Flowers				<u>W70</u>		NY 73.18 Libby McIver **
MSC 13.86 Karl Kinanen		<u>M45</u>				SCM 73.25 Anne vander Vleuten
		KAJ 25.31 Rob Musselle				NCRA 82.12 Barbara McLeod
<u>M60</u>		MSC 25.37 Edmund Andrade				
14.41 Cecil Paul		SCM 26.02 John vander Vleuten		<u>W70</u>		
MSC 14.70 Gilbert Jamieson						
ESTM 15.68 Theo Vellend		<u>M50</u>				
		SPAR 26.35 Jacques Varden-Abeele				<u>W50</u>
<u>M65</u>		MSC 27.26 Eric Malmstrom		<u>400 Metres</u>		MSC 75.60 Doreen Carmichael *
S'64 14.56 Max Pickl		MSC 27.70 Ken Morris				UNI 77.40 Eveline Saull
S'64 15.03 Hans Warwas		TYR 29.65 Barry Wheeler		<u>M40</u>		NY 80.23 Ruth Carrier
MSC 15.06 Ben Mackereth		MSC 30.75 Walter Mozewsky				
		<u>M55</u>		PHLM 52.23 James Burnett		<u>W55</u>
<u>M70</u>		MSC 26.70 Stan Egerton		AATC 56.15 Bryan Westfield		NY 117.38 Marjorie Bailey *
LTFC 16.01 William Koski		MSC 26.86 Norman Baum		BEDC 58.64 Tay Wilson		
ESTM 16.50 Karl Trei		MSC 27.76 Karl Virkavs		YB 59.36 Bill Thompson		<u>W70</u>
17.49 Bill Rich		MSC 27.79 Jim Flowers		BRA 60.46 Scott Tyler		
<u>M75</u>						
MTFC 16.63 Blain Till		<u>M60</u>		<u>M45</u>		98.93 Ivy Granstrom
<u>SM</u>		MSC 30.52 Gilbert Jamieson		*MSC 53.81 George Horton		
EOL 11.29 Ray Cardinal		32.07 Cecil Paul		63.67 Clark Little		<u>800 Metres</u>
QK 11.73 John Bailey		ESTM 33.66 Theo Vellend		65.13 John Boyd		
NAC 12.12 Jean-Pierre Mayer		<u>M65</u>		<u>M50</u>		
EH/S 12.37 Francisco Machado		S'64 30.39 Max Pickl				
13.38 Owen Crane		MSC 31.19 Ben Mackereth		58.44 Bernie Smith		<u>M40</u>
		S'64 31.65 Hans Warwas		YUTC 59.18 George Gluppe		EH/S 2:09.40 Bruce Mitchell
<u>W40</u>				SPAR 60.33 Jacques Vanden-Abeele		YB 2:09.46 Bill Thompson
TEMK 14.79 Linda Scott		<u>M70</u>		62.74 Stan Quinell		2:16.33 James Skalski
SCM 15.14 Audrey Hiemstra		ESTM 32.55 Ermo Kulmar		MSC 63.47 Ken Morris		
SPAR 15.63 Jutta Riegel		LTFC 34.75 William Koski		<u>M55</u>		<u>M45</u>
		ESTM 36.47 Karl Trei		MSC 58.62 Norman Baum *		EH/S 2:06.05 Gary Baker
<u>W45</u>		ESTM 37.62 Bill Rich		MSC 60.18 Karl Virkavs		KAJ 2:06.69 Don Trethewey
SCM 15.89 Anne van der Vleuten				MSC 61.42 Stan Egerton		2:09.53 Blair Bowling
NY 16.70 Libby McIver				ESTM 68.39 Valden Sadul		MTFC 2:18.42 Earl Crangle

CANADIAN MASTERS TRACK & FIELD CHAMPIONSHIPS (Cont'd.)

<u>M50</u> YUTC 2:15.80 George Gluppe WCAA 2:26.07 Alastair Lynn MSC 2:27.34 Vic Masi	<u>M65</u> MTFC 5:22.95 Stan Smith *	<u>W40</u> LBRR 20:03.11 Christine Walker	<u>M45</u> 22.81 Sutcliffe Campbell
<u>M55</u> MTFC 2:23.34 Clifford Hall	<u>SM</u> SS/D 4:09.91 Gord Michener BRFD 4:25.03 Ray Tucker	<u>W45</u> 19:18.78 Yvonne Horintz NCRA 22:37.93 Barbara McLeod	<u>M50</u> MSC 20.89 Eric Malmstrom
<u>M60</u> MTFC 2:40.31 Alex Woodhouse 2:41.03 Andrew Thomson	<u>W35</u> NAC 5:17.24 Shirley Pommier ARF 5:30.85 Janet Gaskin EH/S 5:43.00 Lyn Sands BEDC 5:57.12 Charlotte Neff	<u>W50</u> PRRC 21:34.29 Rayma Dixon NY 22:11.28 Ruth Carrier 23:06.54 Marlene Murdoch	<u>M55</u> MSC 20.70 Jim Flowers 22.81 Jim Mathers
<u>M65</u> MTFC 2:49.37 Stan Smith LTFC 2:57.08 Jim Breslin 3:32.79 Ross Cruikshank	<u>W45</u> NCRA 6:01.25 Barbara McLeod	<u>W70</u> 31:15.7 Ivy Granstrom **	<u>M40</u> AATC 62.72 Bryan Westfield
<u>W40</u> TEMK 2:48.88 Linda Scott	<u>W60</u> 6:56.49 Judith Kazdan **	<u>10000 Metres</u>	<u>M45</u> *SCM 66.49 John Vander vleuten MSC 69.33 Edmund Andrade
<u>W45</u> 2-***NY 2:50.66 Libby McIver NCRA 3:08.37 Barbara McLeod	<u>5000 Metres</u>	<u>M40</u> 32:10.85 John Cliffe 32:14.69 Robert Moore 34:51.54 Glen Norcliffe	<u>M50</u> MSC 80.34 Ken Morris
<u>SM</u> EOL 2:03.13 Ray Cardinal ALML 2:06.29 Basil Tomlinson EH/S 2:07.96 Phil Lapidis EH/S 2:16.11 John Powell	<u>M40</u> 14:59.62 Ken Inglis 15:41.73 Bob Moore 15:44.81 John Cliffe 17:00.70 Wim Van-Gennip 17:28.33 Brian Drewett	<u>M45</u> MKHC 35:38.92 Dave Wallace NIKE 36:20.02 Jerry Gowser BRAD 42:42.08 Joe Watson	<u>M55</u> MSC 80.66 Jim Flowers
<b>TAC/EASTERN REGIONAL MASTERS CHAMPIONSHIPS EAST STROUDSBURG, PENN. JUNE 25, 1983</b>	<u>M45</u> EH/S 16:26.38 Gary Baker MKHC 17:22.95 Dave Wallace S'64 19:02.04 Gerhard Krolow BRAD 20:10.00 Joe Watson	<u>M50</u> S'64 46:54.92 Len Trzetzziak	<u>SM</u> EH/S 61.29 Francisco Machado EH/S 70.46 John Powell
<b>800 M: 1B 45-49 (W) 1. Diane Paterson 2:29.6</b>	<u>M50</u> EH/S 17:56.74 Richard Graves MTFC 18:12.80 David Milne 20:49.09 Douglas Murdoch	<u>M55</u> EH/S 38:51.27 Ralph Lang MTFC 39:33.10 Jim Morrow 48:37.98 Ron Carroll	<u>3000 Metre Steeple Chase</u>
<u>1500 Metres</u>	<u>M55</u> EH/S 18:42.49 Bill Cameron MTFC 18:52.55 Jim Morrow EH/S 19:07.70 Ralph Lang MTFC 21:24.63 Peter Fellowes	<u>M60</u> NAC 41:02.27 Kurt Gelhbaar MTFC 41:56.28 Jack Webb WCAA 44:58. George McGrorey 54:04. George Peterson	<u>M40</u> EOL 11:09.88 Wim Van-Gennip EH/S 12:17.82 Bruce Savage
<u>M40</u> KAJ 4:07.08 Barry Adams 4:09.99 Ken Inglis 4:23.92 William Dunn YB 4:32.12 Bill Thompson EOL 4:35.99 Wim Van-Gennip EH/S 5:04.52 Bruce Savage	<u>M60</u> HAC 18:58.33 Samuel Groves NAC 19:25.18 Kurt Gelhbaar MTFC 19:51.71 Jack Webb MTFC 20:37.10 Edward Vivancos	<u>M70</u> 52:04.39 Guy Poyton	<u>M45</u> KAJ 10:43.90 Don Trethewey SCM 13.24.94 James Pascoe
<u>M45</u> EH/S 4:15.54 Gary Baker KAJ 4:20.35 Don Trethewey TOC 4:38.77 Don Fergusson S'64 5:00.56 Gerhard Krolow SCM 5:03.01 James Pascoe	<u>M65</u> ** MTFC 20:21.39 Stan Smith 25:11.43 Gilbert Collins	<u>SM</u> SS/D 32:09.29 Gord Michener TOC 34:06.89 Joaquin Carneiro OAKL 35:20.33 Dan McVeigh 38:15.34 Terry Jackson	<u>M55</u> MTFC 14.30.13 Don Farquharson
<u>M50</u> 4:48.92 Mendal Smith EH/S 4:49.97 Richard Graves NI 5:00.23 Ed Johnston MSC 5:03.37 Vic Masi	<u>M65</u> TILL 17:30.78 Linda Findley ** NAC 19:12.48 Shirley Pommier	<u>W35</u> LBRR 40:16.62 Dawn Hardie **	<u>5000 Metre Walk</u>
<u>M55</u> EH/S 5:06.55 Ralph Lang ESTM 5:22.38 Valden Sadul MTFC 5:35.79 Don Farquharson	<u>W40</u> MSC 45:52.25 Jeanne Bocci	<u>W50</u> NY 46:30.07 Ruth Carrier 47:46.35 Marlene Murdoch	<u>M40</u> 24:56.42 Brad Lessard ** 27:44.61 Mike Freeman
<u>M60</u> HAC 5:15.19 Samuel Groves 5:22.97 Gary Bakker 5:36.32 Andrew Thomson MTFC 5:39.43 Jack Webb WCAA 5:55.19 George McGrorey	<u>W50</u> SRR 28:56.36 Ron Turner **	<u>W60</u> 49:10.12 Judith Kazdan	<u>M45</u> MCS 26:13.12 Gerald Bocci @



CM T&F Champs. (cont'd)

5x Walk (cont'd)

M65  
 EH/S 27:55.37 Max Gould  
 33:34.71 Gilbert Collins

M70  
 MTFC 33:52.28 Ernie Sharpe \*\*

M75  
 MTPA 37:37.82 Art Keay \*\*

W40  
 MCS 26:15.51 Jeanne Bocci @  
 CAMN 27:08.33 Jocelyne Richard \*

W45  
 BHHT 31:27.96 Cecilia Roth \*\*

LONG JUMP

M40 6.13 Alan Slater  
 BRA 5.96 Scott Tyler  
 NCRA 5.90 Brian Lamarre

M45  
 KAJ 6.10 Rob Musselle

M50  
 4.93 Fred Klassen  
 MSC 4.66 Walter Mozewsky  
 TYR 4.20 Barry Wheeler

M55  
 MSC 5.25 Karl Kinanen \*\*  
 S'64 5.16 Kurt Hering  
 4.69 Jim Mathers  
 LTFC 4.60 Karl Pavasars  
 MSC 4.57 Jim Flowers  
 ESTM 4.15 Valden Sadul

M60  
 MSC 4.06 Gilbert Jamieson  
 ESTM 3.73 Theo Vellend

M65  
 S'64 4.52 Max Pickl

M70  
 ESTM 4.07 Karl Trei \*\*  
 3.27 William Dunham  
 LTFC 3.18 William Koski

W40  
 SCM 4.62 Audrey Hiemstra

SM  
 NAC 6.55 Jean-Pierre Mayer  
 6:02 George Pachovsky

HIGH JUMP

M40  
 NCRA 1.65 Brian Lamarre

M45  
 SCM 1.55 John van der Vleuten  
 LTFC 1.55 David Morris  
 NAC 1.30 John Boyd

M50  
 MSC 1.40 Walter Mozewsky  
 MSC 1.35 Eric Malmstrom  
 S'64 1.30 Max Woerle

M55  
 S'64 1.45 Kurt Hering  
 1.40 Jim Mathers

M65  
 S'64 1.30 Max Pickl  
 LTFC 1.13 Eduards Purgalis

M70 1.20 William Dunham  
 ESTM 1.15 Karl Trei

M75  
 LTFC 1.10 Arnolds Ticmanis

SM  
 NAC 1.65 Jean-Pierre Mayer

W40  
 SCM 1.25 Audrey Hiemstra

TRIPLE JUMP

M40  
 11.85 Alan Slater

M45  
 MSC 11.59 Edmund Andrade  
 KAJ 11.52 Rob Musselle

M55  
 MSC 10.21 Karl Kinanen \*  
 9.89 Jim Mathers

M60  
 ESTM 7.75 Theo Vellend

M65  
 S'64 8.70 Max Pickl  
 LTFC 7.56 Eduards Purgalis

M70  
 ESTM 8.02 Karl Trei  
 LTFC 6.40 William Koski

SM  
 NAC 12.89 Jean-Pierre Mayer

WEIGHT THROW

M40  
 12.18 Carl Klehm  
 LTFC 11.44 Bob Burniston

M45  
 LTFC 9.11 Alf Sundin  
 EOL 8.78 Bob Staveley  
 LTFC 6.63 George Xekominos

M50  
 S'64 9.79 Max Woerle  
 6.86 Fred Klassen

M55  
 LTFC 9.81 Helmut Lange  
 LTFC 9.26 Gus Giagnogloy  
 LTFC 9.04 Alfred Karklins

M60  
 LTFC 9.04 Alfons Caune  
 ESTM 8.90 Antoni Truuvert  
 LTFC 8.06 Karl Jirgens

M65  
 VAC 13.70 Nolan Fowler @  
 LTFC 9.67 Eduards Purgalis

M70  
 LTFC 8.96 William Koski

M75  
 LTFC 7.99 Arnolds Ticmanis  
 S'64 6.03 Albert Brosz

SHOT PUT  
M40  
 11.91 Carl Klehm  
 SS/D 11.61 Jim Griffin  
 LTFC 10.96 Bob Burniston  
 NY 8.17 Stephen Irwin

M45  
 LTFC 10.66 Alf Sundin  
 LTFC 10.10 Fred Cechl  
 LTFC 7.53 George Xekominos

M50  
 10.68 Fred Klassen  
 S'64 9.88 Max Woerle  
 MSC 9.55 Walter Mozewsky

M55  
 LTFC 11.93 Helmut Lange  
 ESTM 11.36 Jaan Lents  
 LTFC 9.74 Gus Giagnogloy

M60  
 ESTM 12.47 Antoni Truuvert  
 ESTM 10.97 Walter Lood  
 LTFC 9.75 Alfons Caune  
 LTFC 9.30 Karl Jirgens

M65  
 ORM 12.40 Ross Carter  
 LTFC 11.07 Eduards Purgalis  
 S'64 8.88 Hans Warwas

M70  
 ESTM 9.39 Karl Trei  
 LTFC 7.57 William Koski

M75  
 LTFC 10.06 Arnolds Ticmanis  
 S'64 7.26 Albert Brosz

SM  
 NAC 11.25 Jean-Pierre Mayer

W40  
 7.25 Gudrun Oswald

W55  
 LTFC 7.34 Velta Tomsons \*\*

HAMMER THROW

M40  
 36.82 Carl Klehm  
 LTFC 29.24 Bob Burniston

M45  
 EOL 28.54 Bob Staveley  
 LTFC 20.02 George Xekominos

M50  
 S'64 35.16 Max Woerle

M55  
 LTFC 33.76 Gus Giagnogloy  
 LTFC 25.96 Alfred Karklins  
 LTFC 25.44 Helmut Lange

M60  
 LTFC 34.38 Harold Parsons  
 ESTM 31.24 Lembit Rand  
 LTFC 27.20 Alfons Caune

M65  
 VAC 36.32 Nolan Fowler  
 LTFC 29.46 Eduards Purgalis

M70  
 LTFC 25.90 William Koski

M75  
 LTFC 22.54 Arnolds Ticmanis  
 S'64 17.12 Albert Brosz

C7 T&F Champs (cont'd)

<u>JAVELIN</u>	<u>M65</u>	<u>M50</u>	<u>SM</u>
<u>M40</u>	LTFC 37.42 Eduards Purgalis S'64 26.64 Hans Warwas	S'64 31.74 Max Woerle YUTC 29.60 George Gluppe MSC 26.84 Walter Mozewsky TYR 23.10 Barry Wheeler	NAC 32.72 Jean-Pierre Mayer
NY 39.92 Stephen Irwin LTFC 35.10 Bob Burniston	<u>M70</u>		
<u>M45</u>	25.00 William Dunham ESTM 23.58 Karl Trei		<u>W40</u>
LTFC 44.60 David Morris LTFC 44.20 Alf Sundin 41.36 Patrick Conley LTFC 22.64 George Xekominos	<u>M75</u>	<u>M55</u>	SCM 24.12 Audrey Hiemstra 17.84 Gudrun Oswald
	S'64 18.66 Albert Brosz	ESTM 32.28 Jaan Lents LTFC 31.50 Helmut Lange LTFC 31.36 Karl Pavasars LTFC 27.80 Gus Giagnogloy	<u>W55</u>
<u>M50</u>	<u>W40</u>		LTFC 23.02 Velta Tomsons **
YUTC 32.86 George Gluppe MSC 32.80 Walter Mozewsky S'64 32.52 Max Woerle MSC 31.24 Eric Malmstrom 29.12 Fred Klassen TYR 29.08 Barry Wheeler	20.56 Gudrun Oswald	<u>M60</u>	
	<u>W50</u>	ESTM 34.72 Antoni Truuvert LTFC 34.32 Harold Parsons ESTM 33.68 Lembit Rand LTFC 26.72 Karl Jirgens	
	NY 13.30 Ruth Carrier SCM 12.18 Doreen Carmichael		<u>POLE VAULT</u>
<u>M55</u>	<u>W60</u>	<u>M65</u>	<u>M40</u>
LTFC 36.04 Helmut Lange MSC 35.74 Karl Kinanen S'64 28.68 Kurt Hering LTFC 27.12 Gus Giagnogloy MSC 25.86 Jim Flowers	13.74 Gabrielle Donnay	ORM 40.08 Ross Carter LTFC 28.20 Eduards Purgalis S'64 27.16 Hans Warwas	UTTC 3.35 Brian Merrilees
	<u>DISCUS</u>		<u>M50</u>
	<u>M40</u>	<u>M70</u>	MSC 2.40 Walter Mozewsky MSC 2.40 Eric Malmstrom
<u>M60</u>	LTFC 37.34 Bob Burniston SS/D 33.28 Jim Griffin 33.26 Carl Klehm NY 26.92 Stephen Irwin	ESTM 28.22 Karl Trei 23.04 William Dunham LTFC 23.00 William Koski	<u>M55</u>
LTFC 37.58 Rudolph Mikelsons ESTM 28.36 Walter Lood LTFC 22.94 Alfons Caune LTFC 21.90 Karl Jirgens	<u>M45</u>	<u>M75</u>	ESTM 2.70 Jaan Lents
	LTFC 33.50 Fred Cechl LTFC 33.16 David Morris LTFC 30.90 Alf Sundin NAC 26.00 John Boyd LTFC 19.46 George Xekominos	LTFC 24.94 Arnolds Ticmanis S'64 16.16 Albert Brosz	

Many thanks are due to the officials who worked hard so that the championships would run smoothly and without problems. Those who worked the meet were:

- |                |                    |
|----------------|--------------------|
| Jim Griffin    | Ann Perry          |
| Donald Brown   | Bart Guthrie       |
| Elaine Lake    | Raffi Sarafian     |
| Ken Lake       | Libby McIver       |
| Owen Crane     | Judy Willmott      |
| Sue Crane      | Dorly Bruelbacher  |
| Chuck Knapp    | Carol Stepak       |
| Gary Knapp     | Alastair Lynn      |
| Arthur Morton  | Gord Michener Jr.  |
| John Gilmour   | Don Farquharson    |
| Albert White   | Alex Woodhouse     |
| Marilyn Sidon  | Mary Woodhouse     |
| Dave Hughes    | Hans Warwas        |
| Bill Coulby    | John(Metro Centre) |
| Alia Al-Sharif |                    |
| Randy Cook     |                    |
| Jennifer Cook  |                    |

Not many, but I hope you will agree they did a superb job.

CLUBS ABBREVIATIONS

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| AATC Ann Arbor TC (Michigan)      | NCRA National Capitol Runners Assoc.  |
| ALML Almonte Legion               | NI Northern Ireland Masters           |
| ARF ARF Runners                   | NIKE Nike                             |
| BHTT Burlington Halton Track Team | NY North York TFC                     |
| BRA British Airways               | OAKL Oakville Legion TFC              |
| BRAD Bradford Harriers            | ORM Oregon Masters TC                 |
| BEDC Bedford County AC            | PHLM Philadelphia Masters             |
| BRFD Brantford TFC                | PRRC Peterborough Road Runners Club   |
| BUR Burlington Runners            | QK Quinte Knights                     |
| CAMN Quebec                       | S'64 Sportclub '64                    |
| CLTC Clifton TC (Ohio)            | SCM Scarborough Masters TC            |
| EH/S Etobicoke Huskies/Striders   | SCRR St. Catharines Road Runners      |
| EOL East Ottawa Lions             | SPAR Spartiates (Sherbrooke)          |
| HAC Hamilton Athletic Club        | SRR Sarnia Road Runners               |
| KAJ Kajaks TC                     | SS/D South Simcoe/Dufferin TC         |
| LBRR Longboat Road Runners        | TEMK Temiskaming TC                   |
| LTFC Latvian TFC                  | TOC Toronto Olympic Club              |
| LW London-Western TC              | TYR Truro YMCA Runners                |
| MCS Motor City Striders           | UNI UNI Athletic Club                 |
| MKHC Markham Centaurs             | UTTC University of Toronto TC         |
| MSC Masters Sprint Club           | VAC Victory Athletic Club (Tennessee) |
| MTFC Metro Toronto Fitness Club   | YB "Y" Bandits                        |
| MTPA Metro Toronto Police AAA     | YUTC York University Track Club       |
| NAC Northland Athletic Club       | WCAAA Waterloo County A.A.A.          |

PLEASE NOTE: All Canadian Native and Open records noted are subject to confirmation by the C.M.A.A. Executive.

- \* Canadian Native Record
- \*\* Canadian Native & Open Record
- @ Canadian Open Record

• Runners who run more than about 15 miles a week are "getting more exercise than they need," Dr. Kenneth Cooper, a founder of the running boom, said at his aerobics clinic in Dallas. "More than that will greatly increase the incidence of joint and bone injuries." His comments may be challenged by masters long distance runners who put in 80-100 miles a week. (NMN Sept)