Bill Fitzgerald   **DOB: May 20, 1925**   [**Highlights**] July 4, 2020 Updated

Records: World, American, Championship Meet, and Meet Records [5 Year Age Brackets]

World Record: Bill Fitzgerald (44) 440 Yard at 52.3 (San Diego, July 1969)
World Record ? : Bill Fitzgerald (46) 400 m at 52.2 (Senior Games in L.A., June 19-21, 1971)

American Record   ? : Bill Fitzgerald (44) 880 Yard at 1:59.8 (Gardena, June 24, 1969)
World Record   ? : Bill Fitzgerald (45) 880 Yard at 2:01.4 (July 1970)
World Record   ? : Bill Fitzgerald (46) 880 Yard at 2:00.9 (July 1971 National Outdoor Championship)
World Record   ? : Bill Fitzgerald (47) 800 m at 1:58.4 (July 1-3, 1972 National Outdoor Championship)
World Record: Bill Fitzgerald (48) 800 m at 1:58.1 (July 6, 1973)
World Record: Bill Fitzgerald (50) 800 m at 2:01.1 (June 29, 1975 Senior Games in L.A.)
World Record: Bill Fitzgerald (55) 800 m at 2:08.9 (July 5, 1980)

World Record: Bill Fitzgerald (45) 1500 m at 4:13.6 (Los Angeles, June 20, 1970)
World Record: Bill Fitzgerald (47) 1500 m at 4:10.4 (Sept 14, 1972)
American Record: Bill Fitzgerald (50) 1500 m at 4:18.5 (June 28, 1975 Senior Games)
American Record: Bill Fitzgerald (55) 1500 m at 4:28.9 (July 12, 1980)

World Outdoor Record   ? : Bill Fitzgerald (44) Mile at 4:28.0 (June 7, 1969 Compton-Coliseum in L.A.)
World Record   ? : Bill Fitzgerald (45) Mile at 4:39.1 (May 2, 1971 Orange)
World Record   ? : Bill Fitzgerald (46) Mile at 4:33.6 (July 3, 1971 San Diego)
World Record: Bill Fitzgerald (46) Mile at 4:29.5 (April 23, 1972)
World Record   ? : Bill Fitzgerald (50) Mile at 4:37.1 (June 7, 1975 SCA / Fullerton)
World Record: Bill Fitzgerald (50) Mile at 4:32.2 (July 13, 1975 at Gresham, Oregon)

Current West Region Meet Record: Bill Fitzgerald (50) 800 m at 2:01.8 (1975)
Current West Region Meet Record: Bill Fitzgerald (50) 1500 m at 4:23.7 (1975)

Bill Fitzgerald at Masters US National Outdoor Championship:

1968 Outdoor Championship: M40-49: Age 43: 1st 440 Yard at 54.4 and 1st 880 Yard at 2:04.3 (July 1968)

1969 Outdoor Championship: M40-49: Age 44: 1st 440 Yard at 52.31, 1st 880 Yard at 2:14.1, and 1st Mile 4:37.0 (July 1969)

1970 Outdoor Championship: M40-49: Age 45: 880 Yard at 2:01.4   (July 2-5, 1970)

1971 Outdoor Championship: M40-49: Age 46: 440 Yard at 57.5, 1st 880 Yard at 2:00.9, 1st Mile at 4:33.6 (July 1971)

Bill Fitzgerald at Masters US National Outdoor Championship:- continued

1972 Outdoor Championship: M40-49: Age 47: 3rd 400 Meter at 52.9, 1st 800 Meter at 1:58.4, 3rd 1500 M at 4:14.3 (July 1972)

1973 Outdoor Championship: M40-49: Age 48: 2nd 800 m at 1:58.1 and 6th 1500 M at 4:12.1 (July 1973)

1974 Outdoor Championship: M40-49: Age 49: 2nd 800 m at 1:59.46 and 3rd at 1500 m at 4:12.82 (July 5-7, 1974)

1975 Outdoor Championship: M50-54: Age 50: 800 m at 2:03.8 (Aug 8-10, 1975)

1976 Outdoor Championship: M50-54: Age 51: 800 m at 2:04.34 and 1500 m at 4:18.53 (1976)
1976 – continued: Side note: ran with M40-44 group

1979 Outdoor Championship: M50-54: Age 54: 1st 800 m at 2:04.76 and 1st 1500 m at 4:21.94 (July 6-7, 1979)

1980 TAC Outdoor Championship: M55--59: Age 55:   1st 800 m at 2:08.9 and 1st 1500 m at 4:38.2 (TAC: July 4-6, 1980)   Side Note: ran with the M40-49 group

Bill Fitzgerald at Masters Outdoor World Championship:

1975: M50-54: Age 50: 1st 800 m at 2:01.9 and 1st 1500 m at 4:23.4 (Aug 11-17, 1975 at Toronto)

Bill Fitzgerald at London, Helsinki, Stockholm, Gothenburg, and Germany:

1972: London: M40-49: Age 47: 1st 800 m at 2:00.5 (Aug 24-25, 1972)
1972: Helsinki: M40-49: Age 47: 1st 1500 m at 4:17.0 (Aug 1972)
1972: Stockholm: M40-49: Age 47: 1st 1500 m at 4:11.5 (Aug 1972)
1972: Gothenburg, Sweden: M40-49: Age 47: 1st 1500 m at 4:15.5 (1972)
1972: Cologne, Germany: Age 47: 2nd 800 m at 2:00.8 and 5th 1500 m at 4:10.4 (Sept 13-14, 1972)

Bill Fitzgerald at Senior Games (Olympics) Los Angeles:

1970 1st Ever Senior Games (Olympics) (which was held in LA): Age 45: 400 m at 52.2 and 1st 1500 m at 4:13.6 (June 19-21, 1970)

1971: M45-49: 1st 400 m at 52.2, 1st 800 m at 2:08.2 and 1st 1500 m at 4:42.5 (June 19-21, 1971)

1972: Senior Games in LA: M45-49: 2nd 400 m at 53.2, 1st 800 m at 2:06.5 and 1st 1500 m at 4:29.0 (June 17-18, 1972)

1980: Senior Games in LA: M55-59: Age 55: 1st 800 m at [?} and 1st 1500 m at 4:28.7 (July 12-13, 1980)

Bill Fitzgerald at Senior Games (Olympics) Irvine, Calif.:

1975: M50-54: Age 50: 1st 800 m at 2:01.1 and 1st 1500 m at 4:18.5 (June 28--29, 1975)
1976: M50-54: Age 51: 1st 800 m at 2:03.2 (June 27, 1976)

Bill Fitzgerald at Grandfather Games in LA:

1975: Grandfather Games: M40-49: 1st 800 m at 2:06.3 and 1st Mile at 4:38.4 (May 17-18, 1975)

Bill Fitzgerald at Masters SCA Championship:

1975: SCA: M50-54: Age 50: 1st 880 Yard at 2:07.2 and 1st Mile at 4:37.1 (June 7-8, 1975)
1980: SCA: M55-59: Age 55: 1st 800 m at 2:09.7 (June 7, 1980)

Bill Fitzgerald at Masters West Region Championship:

1975: West: M5-54: Age 50: 1st 800 m at 2:01.8 and 1st 1500 m at 4:23.7 (1975)
1980: West: M55-59: Age 55: 1st 800 m at 2:09.3 and 1st 1500 m at 4:28.9 (June 21-22, 1980)

Bill Fitzgerald at Masters Northeast Championship at Oregon:

1975: (50) 1st Mile at 4:32.2 (July 13, 1975 at Gresham, Oregon)

Bill Fitzgerald at Mt Sac Relays:

1976: (50) 1st Masters Mile at 4:24.8 (April 24-25, 1976)

Bill Fitzgerald at Pan AM Games:

1981: (56) 1st 400 m at 58.6, and 1st 800 m at 2:17.5 (Aug 8-9, 1981 in L.A.)

Bill Fitzgerald at Compton-Coliseum Invitation:

1969: Senior Mile: B. Gookin (36) 4:24.2, D. Waco (36) 4:26.6, B. Fitzgerald (44) 4:28.0, P. Mundle (41) 4:28.2, J. Van Tatenhove (39) 4:32.1   (Per June 8, 1969 Independent Press Telegram)   (June 7, 1969 at Compton-Coliseum Meet)   (Broke Mundle's meet records of 4:30.0 from 1968)

Bill Fitzgerald at Mexico:

1976: (51): 800 m at 2:25.0 and 1500 m at 5:06.2 (Oct 21-26, 1976)

Bill Fitzgerald as Athlete of year:

1975: M50-54 Track and Field News Masters of the Year (5 year age bracket)
1976: M50-59 Calif. Athlete of Year (per Calif. Track News)
1980: M55-59 TAC Masters of the Year (5 year age bracket)

Bill Fitzgerald as Masters Hall of Fame:

2000: Elected to Masters Hall of Fame in 2000 (2000)

Information on Bill Fitzgerald per the Aug 1974 USMTT:

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            a new issue is out compiled by Pete Mundle
(a labor of love).  Copies can be purchased by
writing to Pete or the U.S. Masters International
Track Team.  Price $2.00, plus postage.  For
those flash-in-the-pan Masters who appear for a
year or two, compete and then drop out, we are
compelled to refer to the record of Bill Fitzge-
rald (49), who has competed in all seven Masters.
His performances are a picture of improvement and
dedication.
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	1968	1969	1970	1971
440/499m	54.4	52.3	54.0	--
880/800	2:04.4	2:14.1	2:01.4	2:00.9
Mile/1500m	---	4:37.0	4:48.0	4:33.6

	1972	1973	1974
440/400m	4:14.3m	4:12.1(m)	4:13(m)

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   The "Anoka Ghost" writes he left the U.S.MITT
tour to return home a week early, due to an unea-
sy feeling that all was not well.  On his return,
he learned that Ruth had tripped over a wooden
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Information on Bill Fitzgerald per the July 1975 SFVTC newsletter:

U.S. MASTERS REPORT

Less than two weeks after turning 50,
the legendary Bill Fitzgerald of Palos
Verdes, a member of the Seniors Track
Club, broke the world record for men
50 and over with a 4:37.1 mile at the
SPA-AAU Masters Championships at Sunny
Hills High in Fullerton on June 7.

Fitz' time broke the old mark by ten
seconds -- a 4:47.0 set by Australia's
Wally Sheppard in 1972.

He also broke the American 880 50+
record with a 2:07.2, beating the 3-
week old record of 2:09.1, set in the
Grandfather Games by George Puterbaugh
of Lake Oswego, Oregon.

Fitzgerald holds virtually every world
middle-distance record from age 44 thru
49 - a total of 18 records in all. His
1:58.1 800-meter run in 1973 at the age
of 48 has been called "the most outstan-
ding track achievement of all time, sur-
passing even Jim Ryun's 3:51.1 mile set
at age 20."

Fitzgerald's world age records:

Year	Age	400M	800M	1500M	Mile
1969	44	52.3	1:59.8y		4:28.0
1970	45		2:01.4y	4:13.6	
1971	46	52.2	2:00.0y		4:29.5
1972	47		1:58.4	4:10.4	4:34.5
1973	48		1:58.1	4:12.1	4:32.8
1974	49		1:59.5	4:12.8	4:37.7
1975	50		*2:00.0		4:37.1

*On June 29, at the Senior Olympics at
UC Irvine, he broke the WORLD 800-meter
record of 2:05.0 by five seconds in
2:00.0. This unbelievable mark, accor-
ding to Age-Graded Tables, is the equiv-
alent of a 1:39.8 by a 25-year old.
(The current world 800 record is 1:43.7)

Also at Irvine, John Satti broke the

Information on Bill Fitzgerald per the 1970 Masters US National Outdoor Championship program:

It's Bill Fitzgerald, 45, of the Los Angeles Senior's Track Club who walks away with the hardware.

He's out to win.

At last year's U.S. Masters championships he took the "Athlete of the Meet" as he won the 440 in 52.3, won a strategical 880 in an easy 2:14.6, ran on the winning mile relay team (his leg was 51.1), ran on the winning two-mile relay team and then capped all this on the final night of the meet by beating out Peter Mundle in a 4:37 mile. This performance brought kudos and a picture in Sports Illustrated.

It's not bread alone that carries Bill through such rigors. He admits to no special diet. But his secret might be in training routine. He won't tell what it is, except to say:

It wasn't until Jim Gardner, a friend who's just written a book on computerized running, gave me an interval training schedule that I started improving rapidly.

"I average 7-10 miles a day, six days a week."

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Fitzgerald's times haven't fallen much more than his hair, which is full and grey, since his high school and collegiate days at Boston University, class of '52.

Best times in those days were 50.0 for the 440 and 1:53.6 for the 880.

He just continued to get fat and sassy until 1967. And then the seniors bug bit him. It struck one night as he watched a senior's track event, slouched in front of the living room TV.

"I think it was the sight of Jim Gorrell that brought forth the old urge to run," he said.

"I guess it's the actual competition that I enjoy best—that's why I run."

Bill made his over-40 debut at a coming-out race at San Pedro called the Yankee Doodle run. He did a respectable third place.

Scooty Donald from the LA Senior's was watching, asked Bill to join the club, and gave him the encouragement to keep running.

From the East Coast, the Fitzgeralds came to California six years ago. He works for TRW in Redondo Beach as a systems analyst.