



# National Masters Newsletter



13th Issue

September 1979

Published Monthly

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

## HIGHLIGHTS

- Phila. Masters capture Eastern Regional titles
- Higdon improves 1-B one-hour run mark
- 12th annual National AAU Masters results
- 263 compete in North American Championships
- 170 vie in New Jersey meet
- New age records set in world meet
- American winners at Hannover listed
- An open letter to Masters LDR Committee
- 12th World Vets Road Running results from Bolton, England
- Press clippings from the Nationals
- Masters 'win' mythical title over women
- Reflections on the Nationals
- Buschman wins 9 in Midwest Regionals
- 1978 National Masters 10,000-meter rankings
- Bevilaqua resigns



Dean Smith in action at the World Veterans Championships where he won a gold medal in the 800-meter run in the 50-55 age group. Photo by Bob Pates.

## 3126 from 42 nations compete in 3rd World Veterans Championships

HANNOVER, WEST GERMANY, August 3. Three thousand, one hundred twenty-six athletes from 42 nations competed in the 3rd World Veterans Championships July 27-August 2.

It was the largest track and field meet in history, surpassing the 2799 competitors from 27 nations in the 2nd World Veterans Championships in Gothenberg, Sweden, in 1977.

Entrants competed in 5-year age divisions starting with 40-44 for men and 35-39 for women.

Oldest competitor in the meet was Petor Goic, 83, of Yugoslavia.

The caliber of competition was outstanding. A decade ago, few would have thought the human body was capable of such achievements.

Twenty-eight new world 5-year age division marks were set. John Gilmour, 60, of Australia put on a performance never to be forgotten. A prisoner of war in Japan in World War II, Gilmour won 5 gold medals and set four world records in the 800 (2:19.3), 1500 (4:32.5), 5000 (16:54.9) and 10,000 (35:07.7). His 1500 time was virtually the first "5-minute mile" in history for a man over 60.

Two world marks were broken by Americans: George Braceland ran

the 400-hurdles in 73.22 to break Bud Deacon's old mark of 73.7 in the 65-69 division. Herb Anderson won the same event in 90.65 to break his own standard of 92.5.

With 90% of the results tabulated, Americans won 59 gold medals, 60 silver medals and 38 bronze medals.

Of the 3126 entrants (about 200 didn't show), 1349 were from Germany and 1777 from other nations.

A total of 2688 of the competitors were men (86%) and 438 (14%) were women.

The USA was the 2nd largest delegation with 226 entrants. Great Britain had 201 and Sweden 199.

New Zealand, Australia, Yugoslavia and Japan bid for the 4th World Championships in 1981. New Zealand won and will host the Games in Christchurch in January, 1981.

Six new American records were established: Irene Obera's 12.62 in the women's 45-49 100 and 61.69 in the 400. Shirley Kinsey's 77'2" in the women's 50-54 Javelin; Ruth Anderson's 20:15.9 in the women's 50-54 5000; Cathy Hargus' 88.86 in the women's 60-64 400. Ed Oleata's 58.46 in the men's 40-44 400-hurdles and Ruth Anderson's 2:45.4 in the women's 50-54 800.

The American men swept the 100 and 200 in the 45-49 group. Lloyd Riddick, Marion Sanchez and Nick Newton ran 1-2-3 in both events. In the 100, Matt Brown was 4th.

Ernie Billups won the 40-44 800 in 1:56.6, and led all the way in the 1500 before tiring to 4th.

The great Jack Greenwood was "held" to only 3 gold medals in the two hurdles and 4x400 relay as competition was tougher than ever before.

Miki Gorman won 3 golds in the women's 40-44 5000, 10,000 and marathon. Dorothy Stock won both the 5000 and cross-country in the women's 45-49 group.

The ubiquitous Herb Anderson repeated his 1977 Sweden performances with 10 golds, 4 silvers and a bronze in the men's 75-79 class.

Ruth Anderson won first places in the women's 50-54 category in the cross-country, marathon and XC team.

The Germans generally put on a tight, well-run, precise meet. Equipment was first class. The electronic scoreboard, flashing the running time, names, lanes, numbers and countries of the finalists was a marvel. Every event ran right on

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At the water jump in the 3000-K steeplechase age 50-54 division at the World Games at Hannover. Photo by Bob Pates.

## World Veterans Championships

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time.

Yet hard feelings came about due to alleged cheating by German officials in favor of German competitors. There was lack of sufficient officials in the walk which led to "blatant running" and subsequent protests by competitors.

A sour note to the whole proceedings was what one described as "the biggest ripoff I've ever experienced."

"They charge you for everything," bemoaned Chris Miller on opening day. It got worse as the week progressed. From a \$2.25 extra entrance fee to a \$5.50 charge for results, to an \$18 admission charge to the farewell party (food and drinks extra) to a \$5.50 masseur charge, to very high meal and hotel prices, to a lack of free trolley fare (as we had in Sweden), to miscellaneous nickle-and-dime charges, competitors felt fortunate to survive the week with purses and wallets intact. Many didn't. As Leon Trout summed up, "Every time you go to the bathroom, they charge you."

The Germans were strict and precise, but not always. The

language was an enormous problem. Often, when a dispute came up, a German official would say "Nein," rather than try to resolve the problem.

(Ed. note—This story is being written in Hannover to meet the NMN September deadline. The October issue of NMN will cover the 3rd World Games in more specific and complete detail.)

The South Africans were allowed to run, but not as South Africans, but Rhodesians. If the logic of that escapes you, you're not alone. It was an 11th-hour compromise. No one was happy about it, but the South Africans at least got to compete.

Nearly-blind Norm Bright of Seattle raised enough money to make the trip and compete well.

Totally blind Fritz Assmy of Germany, with the aid of his nephew guiding him with a short rope connected to their wrists, won the 100, 200, 400 and 4x100 relay in an inspirational performance.

Nick Newton won 2 silvers and 2 bronze in the men's 45 division, just missing the 400 gold by 0.2 second in a photo-finish with took 2 hours to decide.

Dean Smith won the M50 800 in near world-record time of 2:03.5.

Bob Hunt won the M55 400-hurdles in 64.92. Bob Backus took the M50 hammer at 157'9½". Tom Patsalis successfully defended his long jump world's championship at 19'4¼".

Bill Andberg copped the 800 in the 65-69 class. Emery Curtice won the 70-74 javelin. Lou Gregory won the marathon.

Unnoticed by everyone but Al Guidet, the hurdle distances for men 50 and over were published as 8.6 meters (29 feet) instead of the usual 8.91 meters (30 feet).

Defending champion and world record-holder Jack Greenwood was livid, since the World Veteran's Athletic Association had never authorized such a change.

In spite of protests by virtually all competitors, who legitimately feared injury as well as a sub-par performance, the Germans were adamant.

To Greenwood's credit, and as a testament to his ability, he won the event, chopping his stride noticeably. Al Guidet, who cleverly had been practicing the shorter distance, also

won. Bob Hunt was not as fortunate, chop-chopping his way to a 4th place finish. Several hurdlers fell in their attempt at the unfamiliar situation.

The weather was generally fair and cool. Sweaters were needed during the day. The mornings were sunny, and it usually rained in the afternoon.

At the bi-annual VWAA meeting, the date-of-birth, not year-of-birth was reaffirmed as the basis for

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competition.

All present officers were re-elected for another 2-year term.

Italy is exploring an Indoor Veterans Championship for 1980.

Venezuela is expected to bid for the 1983 games.

English was designated as the official language for WVAA meetings with a French translation only.

The concept of meeting minimum standards to win a medal was tabled till 1981.

**ENTRANTS IN 3RD WORLD VETERANS CHAMPIONSHIPS BY COUNTRY AND SEX**

	MEN	WOMEN	TOTAL
Argentina	2	1	3
Australia	77	16	93
Austria	57	7	64
Brazil	3	0	3
Canada	51	3	54
Denmark	64	20	84
Spain	19	1	20
Finland	94	9	103
France	61	8	69
Germany	1134	215	1349
Great Britain	172	19	201
Guyana	2	0	2
Holland	53	11	64
Hong Kong	2	0	2
Hungary	11	4	15
India	22	1	23
Ireland	24	0	24
Isl	1	0	1
Israel	5	0	5
Italy	96	4	100
Japan	23	3	26
Korea	7	6	13
Luzembourg	1	0	1
Norway	99	8	107
New Zealand	20	6	26
Poland	1	0	1
Portugal	9	0	9
Puerto Rico	4	0	4
Rhodesia	3	1	4
South Africa	51	13	64
Romania	7	0	7
Singapore	3	0	3
Switzerland	20	2	22
Sweden	172	27	199
Syria	1	0	1
Czechoslovakia	76	14	90
Turkey	2	0	2
URS	1	0	1
Uruguay	1	0	1
USA	193	33	226
Venezuela	23	1	24
Yugoslavia	21	5	26
<b>TOTAL</b>	<b>2688</b>	<b>438</b>	<b>3126</b>

**U.S. MEDAL WINNERS**

Division	Gold	Silver	Bronze	Total
M 40	1	4	1	6
M45	3	7	5	15
M50	8	8	2	18
M55	4	3	4	11
M60	4	8	8	20
M65	3	5	5	13
M70	6	6	3	15
M75	14	9	3	26
W35	0	0	0	0
W40	5	4	3	12
W45	4	2	1	7
W50	6	1	0	7
W55	0	1	1	2
W60	0	2	2	4
W65	1	0	0	1
<b>Total</b>	<b>59</b>	<b>60</b>	<b>38</b>	<b>157</b>

**Schedule of Events**

Sat. Sept. 1. 2nd British Veterans Athletic Federation Decathlon Championships at Loughborough. Contact: David Williams, 19, Highfields Dr., Loughborough LE11 3JS, England.

Sun Sept. 2. 2nd annual Southwest T&F meet; Univ. of New Mexico, Albuquerque.

Contact Dave Douglass, 5804 Greenly Rd. NE, Albuquerque, N.M. 87111.

Sun. Sept. 16. National AAU Masters 50K Road Championships, Brattleboro, Vermont. Contact: Kurt Steiner, 1660 E. 21st St., NYC 11210.

Sat. Sept. 29. National AAU Masters 25K Road Championships, Tulsa, Okla. Contact: Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Ok. 74136.

Sun. Sept. 30. 1st British Veterans Athletic Federation Marathon Championships at Stoke-on-Trent. Contact: P. Hoon, I.C.L. Sports & Social Club, Westfield, Kidsgrove, Stoke-on-Trent, England.

Sat. Oct. 6. 6th annual Santa Barbara Masters T&F meet; Univ. of Calif., Santa Barbara, Calif. Contact: George Adams, P.O. Box K, Goleta, Ca. 93017.

Sat. Oct. 13. New Zealand Road Championships, Northland. Contact: Clem Green, 46 Hargreaves St., Wellington 2, New Zealand.

Sat. Oct. 13. National AAU Masters Marathon Championships, Niagara Falls, N.Y. (Skylon Marathon). Contact: George Bailey, Skylon Tower, 5200 Robinson St., Niagara Falls, Ontario, Canada L2 G2 A3.

Sun. Oct. 21. British Veterans Athletic Federation 20K Road Walk Championship (Men) and 10K (Women.) Coventry, England. Contact: Eric Horswill, "Pevensey," 79, Enville Road, Wall Heath, Brierley Hill, West Midlands. DY6 07X.

Sun. Oct. 28. National AAU Masters 15K Cross-country Championships, New York City. Contact: Kurt Steiner, 1660 E. 21 St., NYC 11210.

Sun. Nov. 4. National AAU Masters and 40K Walk Championships, West Long Branch, N.J.

Sun. Nov. 11. National AAU Masters 10K Cross-country, Belmont, Calif. Contact: Roger Bryan, 950 E. Hillsdale #210, Foster City, Ca. 94404.

Sat. Nov. 17. National AAU 50-mile open and Masters Track Championships, Los Angeles. Contact: Tom Sturak, Box 1602, Santa Monica, Calif. 90406.

Sat. Nov. 24. National AAU 5K Cross-country Championships, San Diego, Cal. Contact: Ken Bernard, x/o AAU, 1124 Garnet, San Diego 92109.

Sat. Dec. 1 and Sun. Dec. 2. Glendale College Decathlon Championships (Open & Masters), Glendale, Calif. Contact: John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale, Ca. 91203.

Sat. Dec. 8. Weightman's Pentathlon Championships (Open & Masters); Glendale College. Contact: John Tansley, above.

Sun. Dec. 16. National AAU Open and Masters 35K Walk Championships, Houston, Texas.

Sat. Dec. 29. Holiday Weight Pentathlon, Univ. of Florida. Contact: Roy Benson, Univ. Athletic Assn., Box 14485, Gainesville, Fla. 32604.

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

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

**New age records set in world meet**

The following new world men's 5-year division age records were set at the 3rd World Veterans Track & Field Championships in Hannover, Germany.

Listed are the division, event, name of the new record holder, country, mark, followed by the name of the previous record holder, his mark and the date set.

40-44  
Javelin, Urs Von Wartburg, Switzerland, 259'1 1/4", Urs Von Wartburg, 258'1", 8/10/77  
400H, Leon Hacker, South Africa, 54.08, Noel Clough, 54.3, 8/11/77.  
4x400 relay, Burger, Grujic, Mathe, Hacker, South Africa, 3:23.8, previous record not listed.  
45-49  
110H Valbojoern Thorlaksson, Iceland, 14.86, Jack Greenwood, 15.0, 9/14/72.  
50-54  
400, Peter Higgins, Great Britain, 52.26, Jack Greenwood, 52.9, 8/10/77.

3000SC, Arthur Taylor, Canada, 10:18.1, Arthur Taylor, 10:18.6, no date.  
Jav., Veikko Jaranainen, Finland, 184'3 3/4", Jaranainen, 183', 8/12/77.  
TJ, Carlos Vera-Guardia, Venezuela, 42'9", Tom Patsalis, 40'9", 6/29/75.  
55-59  
3000SC, Eligio Galicia, Mexico, 10:39.0, Eligio Galicia, 11:05.8, 4/1/79.  
60-64  
800, John Gilmour, Australia, 2:19.3, Ray Gordon, 2:19.9, 8/5/78.  
1500, Gilmour, 4:32.5, Don Longnecker, 4:49.8, 6/24/78.  
5000, Gilmour, 16:54.9, Erich Kruzycki, 17:23.0, 9/9/73.  
10,000, Gilmour, Australia, 35:07.7, Clive Davies, 35:19.8, 8/19/78.  
3000SC, Olle Evland, Sweden, 11:41.6, Elvland, 11:52.0, 65-69  
200, Yngve Brange, Sweden, 27.24, Harry Koppel, 27.5, 7/8/78.  
400, Brange, 63.19, Koppel, 63.88, 7/8/79.

400H, George Braceland, USA, 73.22, Bud Deacon, 73.7, 7/2/77.  
HJ, Richard O'Rafferty, Ireland, 4'9 3/4", Ivan Sand, 4'9 1/4", 8/8/77  
LJ, Willi Rumig, Germany, 16'11", John Satti, 16'1", 5/12/79.  
Shot, Konstanty Maksimczyk, Great Britain, 45'3 1/4", James York, 44'5", 10/7/78.  
Discus, Maksimczyk, 165'5", Olav Reppen, 157'4", 8/10/77.  
Hammer, Aarne Miettinen, Finland, 140' 1/4", Reppen, 137'7", 9/25/78.  
TJ, Heikki Simola, Finland, 35'6 3/4", Ivar Sand, 34'4 3/4", 9/13/78.  
70-74  
100, Frederick Reid, South Africa, 13.80, Joe Packard, 13.9, 8/9/77.  
200, Reid, 28.62, Packard, 29.2, 8/10/77  
Discus, Felix Erausquin, Spain, 130' 1/2", Verner Andersson, 128'4", 9/16/78.  
LJ, Josef Sahlmann, Germany, 15', Tormond Resell, 14'7 1/2", 9/14/78.  
75-79  
400H, Herb Anderson, USA, 90.65, Herb Anderson, 92.5, 8/11/77.



## American winners at Hannover

Here are the American medal winners in the 3rd World Veterans T&F Championships. The list is 95% complete. A few results are missing. WR—denotes world division record. AR—denotes American division record.

The listing is in this order: division, event, name and mark.

### GOLD MEDALISTS

- M40  
800, Ernie Billups, 1:56.6
- M45  
100 Lloyd Riddick, 11.25  
200, Riddick, 23.55  
HJ Rich Richardson, 5'11¼"  
M50  
110H, Jack Greenwood, 15.94  
800, Dean Smith, 2:03.5  
400H, Greenwood, 59.04  
4x400 relay (Dean Smith, 56.7; Bob Sieben, 55.5; Ozzie Dawkins, 54.5; Jack Greenwood, 54.2) 3:40.9  
Hammer, Bob Backus, 157'9½"  
M55  
400H, Bob Hunt 64.92  
LJ, Tom Patsalis, 19'4¼"  
Pole vault, Dave Brown, 10'2"  
Shot, William Walmroth, 46'10½"
- M60  
110H, A. Guidet, 19.81  
400H, Guidet, 70.78  
Pole vault, Jim Vernon, 10'6"  
Pen., Bill Morales, 3846 pts.
- M65  
800, Bill Andberg, 2:30.1  
400H, George Braceland, 73.22WR  
3000SC, Bob Boal, 13:22.2
- M70  
Jav Emery Curtice, 121'5½"  
4x400 relay (Anderson, Fairbanks, Madden, Chapson) 5:14.9  
3000SC, Walt Frederick, 17:24.9
- M75  
200, Herb Anderson, 32.92  
400H, Anderson, 90.65WR  
110H, Anderson, 27.15  
400, Harold Chapson, 73.78  
Pentathlon, Anderson, 2430 pts.  
Shot, Stan Herrmann, 35'10½"  
Discus, Herrmann, 99'10"  
800, Harold Chapson, 2:46.3  
1500, Harold Chapson, 5:43.0  
Marathon, Lou Gregory, 4:14:12  
HJ, Herb Anderson, 4'1¼"  
LJ, Konrad Boas, 11'9¾"  
TJ, Herb Anderson, 24'7½"  
Jav., Herb Anderson, 90'8¼"  
Pen, Anderson, 2430 pts.  
Shot, Stan Herrmann, 35'10½"  
HT, Herrmann, 99'10"  
800, Chapson, 2:46.3
- W40  
100, Cherrie Sherrard, 12.78  
5000, Miki Gorman, 17:39.2  
10,000, Miki Gorman, 36:21.9  
XC, Linda Sipprelle, 43:00.9  
Marathon, Miki Gorman, 2:54:10
- W45  
5000, Dorothy Stock, 19:35.9  
100, Irene Obera, 12:62AR  
XC, Dorothy Stock, 44:39.1  
Marathon, Nikki Hobson, 3:12:08
- W50  
XC, Ruth Anderson, 44:32.1  
Jav., Shirley Kinsey, 77'2"AR  
XC Team, Ruth Anderson, 1st;

- Marcia Spaeth, 5th; Anne Noble, 10th.  
Marathon, Ruth Anderson, 3:15:32.  
W65  
Discus, Dorothy Herrmann, 43'4¼"

### SILVER MEDALISTS

- M40  
PV, Henry Davenport, 12'5½"  
LJ, Al Henry, 21'7¼"  
20 Km. Walk, Ron Laird, 1:34:14.4  
110H Al Henry 15.59
- M45  
100, Marion Sanchez, 11.35

- 200, Sanchez, 23.65  
HJ, Nick Newton, 5'11¼"  
10,000, Hal Higdon, 32:32.0  
3000SC, Higdon, 9:55  
TJ, Dave Jackson, 43'3"  
LJ, Jackson, 20'½"  
M50  
200, Jack Greenwood, 24:23  
JH, Spotswood Hall, 5'4½"  
4x100 Relay (Green, Schuler, Dawkins, Greenwood) 46.78  
TJ, Novica Milicevic, 38'3"  
400, Jack Greenwood, 53.52  
M55  
400H, Ray Spencer, 68.95

- 400, Bob Hunt, 59.70  
110H, Tom Patsalis, 18.46  
M60  
Hammer, Tom McDermott, 137'2¾"  
Jav., Bill Morales, 159'3¼"  
Marathon, Jim Olesson, 2:59:09  
4x100 Relay (Killion, Guidet, Fairbank, Morales) 59.98  
PV, Orval Gillett, 10'  
M65  
400H, Bud Deacon, 77.3  
5000, Ed Stotsenberg, 18:44.3  
1500, Stotsenberg, 5:08.1  
Pen., George Braceland, 3278 pts.  
Hammer, Nolan Fowler, 123'4"  
M70  
TJ, Homer VanGelder, 26'3¾"  
4x100 Relay (Madden, Anderson, Boas, Chapson) 65.90  
110H, Walt Frederick, 24.21  
M75  
100, Herb Anderson, 15.60

*continued*



Ernie Billups leads in the 800 at the World Games enroute to his gold medal in 1:56.6. Photo by Bob Pates.



200, Konrad Boas, 33.65  
 HJ, Boas, 3'7¼"  
 400H, Walt Frederick, 93.55  
 Hammer, Stan Herrmann, 89'2½"  
 TJ, Konrad Boas, 20'4¼"  
 400, Herb Anderson, 74.04  
 Pen. Konrad Boas, 1666 pts.  
 800, Herb Anderson, 3:13.0  
 W40

5000 Walk, Lori Maynard, 26:10.2  
 Marathon (team) 1. Miki Gorman,  
 2:54:10; 6. Donna Gookin, 3:17:21;  
 14. Linda Sipprelle,  
 3:40:10—9:53:41.

W45  
 200, Irene Obera, 26.41  
 400, Obera, 61.69AR  
 W50  
 5000, Ruth Anderson, 20:15.9AR  
 W55  
 400, Martha Fairbank, 89.46  
 W60  
 100, Josephine Kolda, 17.11  
 200, Kolda, 35.74

## BRONZE MEDALISTS

M40  
 10Km. Walk, Ron Laird, 45:48.7

M45  
 100, Nick Newton, 11.65  
 200, Newton, 23.68  
 PV, Vic Cook, 13'1½"  
 400H, Leon Trout, 61.83  
 HJ, Herm Wyatt, 5'10"  
 M50  
 800, Kelsey Brown, 2:05.3  
 LJ, Novicia Milicevic, 19'1½"  
 M55  
 Discus, William Walmroth,  
 139'1¼"

3000SC, Avery Bryant, 11:17.8  
 TJ, Dave Brown, 35'10¼"  
 110H, Bob Hunt, 19.74  
 M60  
 Discus, Tom McDermott, 146'8"  
 100, Clarence Killion, 13.12  
 200, Killion, 27.42  
 4x400 Relay, (Killion, Deacon, Bill  
 Fairbank, Henry Fairbank) 4:25.9  
 400, Henry Fairbank, 62.94  
 M65

400H, Claude Hills, 79.57  
 10,000, Ed Stotsenberg, 39:43.6  
 Pole Vault, Bud Deacon, 8'2¼"  
 1500, Bill Andberg, 5:11.6  
 Pen., Claude Hills, 3263 pts.  
 M70  
 800, Paul Fairbanks, 2:49.1  
 3000SC, Paul Carmichael, 18:40.3  
 400, Paul Fairbank, 78.64  
 M75

XC, Lou Gregory, 53:29.0  
 100, Knorad Boas, 15.97  
 LJ, Herb Anderson, 10'8"  
 W40  
 SP, Cherrie Sherrard, 35'8½"  
 200, Sherrard, 27.01  
 XC, Sue Trees-Stricklin, 49:28.5  
 W45

200, Gretchen Snyder, 28.87  
 W55  
 XC, Els Tuinzing, 58:38.8  
 W60  
 400, Cathy Hargus, 88.86AR  
 5000, Hargus, 26:10.7

# 12th World Veterans Road Running Championships from Bolton, England

By TOM STURAK

The 12th World Veterans Road Running Championships attracted some 1500 competitors from 30 countries, but only 10 were American Masters (see "Open Letter," following this article). Runners ranging in age from 35 (the international lower limit for women) to over 80 came to England from South Korea and South Africa, New Zealand and Venezuela, and nations in between, including Guyana and Romania, to race against their age-group peers over 10Km. and 25 Km.

Among the 791 finishers in the first day's larger 10Km. race, English and German runners dominated individual standings, the latter taking three women's titles and scoring heavily in the over-60 categories. But local hero Michael Freary (40) was the big winner in 30 minutes "dead" (an Anglicism for "flat") over the single-loop course that featured three fair hills (the two steepest grades coming in the final 4Km.) and a quarter-mile finish over a turf athletics grounds.

A former cross-country internationalist and holder of the British Veterans 10,000m track record (29:33 on cinders), Freary won handily over compatriots David Turner (30:55) and Fred Pendlebury (31:03), the three giving Great Britain the "Country" team championship by a big margin over Ireland and Australia. The English over-50 team similarly trounced Canada and Belgium, with the top three individual finishers placing 34th through 36th overall inside of ten seconds (33:39-33:48).

The outstanding individual American performer was Ruth Anderson, just days shy of turning 50, who won the 45-49 category—as she did the next day in the 25Km. Only three other competitors (all males) took back-to-back championships. Highest placing among U.S. men was Jim Oleson's second in the 10Km 60-65 division. Suzanne Trees-Strickland placed third in the 40-44 category. Partially sighted Norman Bright, who was guided through both races, did best in the 10Km with a respectable 43:38—good for seventh among 43 65-69 finishers.

Both races were well-organized, except for a chaotic start of the 10Km reminiscent of the "voluntary seeding" nonsystem employed by some U.S. race directors. (At one point, a harried official bullhorned, "Please, move back of the start line. This is the world championships, not some bloody interscholastics match!" At the gun, as the shuffling, shoving mass lurched forward, one competitor's false teeth clattered to the pavement.) Also, though each kilometer was clearly marked, no split times were given. The weather both days—overcast, blustery,

threatening rain and unseasonably cold—proved almost ideal conditions.

In the 25Km Freary proved (in the words of a fellow Englishman) that "he is still a class runner," winning comfortably by over two minutes from a fresh John Robinson (40) of New Zealand and, in storybook style, leading the Bolton United Harriers to the club championships contested by 38 teams (31 English). A clubmate and competitive peer of Ron Hill's, Freary, though never in the international limelight, is a living legend among English roadracers (who, *in toto*, may be the world's best). Here, the day after racing 10Km at 4:49/mi. he cruised 5:09 pace for 15.5mi., his right thigh—limbs thin and hard as split-oak railings—tightly bandaged, painter's cap closely pulled aslant, relentlessly pulling away from Robinson (who two weeks earlier in Brugge, Belgium, had narrowly beaten Ron Hill—in his first Masters-only race—at 25Km. in 1:20-and-change).

Again led by Freary, Great Britain won the 40-49—as well as the 50-over—national team championships. In the younger category, however, the United States trio of Joe Burgasser (40), Alan Dirkin (40), and John Rudberg (45), came through with a strong second-place finish ahead of Germany, Ireland, Australia and four other national teams. All members of the Seniors Track Club of Los Angeles, they also placed third in the tougher club competition—the highest finish of only seven nonEnglish teams. Individually, Rudberg finished best among his peers, placing eighth among 177 45-49 finishers.

## RESULTS

10Km, July 21, 791 finishers

## Women

35-39  
 Valerie Howe (GB), 36:20  
 Bridget Cushen (GB) 38:16  
 Marianne Buttner (Ger.) 38:21  
 40-44  
 Sigrid Sucker (Ger.) 39:25  
 Denise Alfvoet (Bel.) 39:46  
 Suzanne Trees-Strickland (US) 41:10  
 45-49  
 Ruth Anderson (US) 41:36  
 Edith Holdener (Switz.) 43:27  
 Hazel Rider (GB) 43:48  
 50-54  
 Tetusko Nakagawa (Jap.) 48:57  
 Gitta Grunberg (Ger.) 49:02  
 Margret Reidt (Ger.) 50:54  
 55-59  
 Georgina Descamps (Bel.) 48:33  
 Liselotte Schule (Ger.) 54:24  
 Johanna Grelle (Ger.) 55:46  
 60-64  
 E. Tromp (NL) 53:14  
 Elisabeth Haule (Ger.) 54:21  
 Anneliese Krempel (Ger.) 65:56

65-69  
 Hildegard Keuchel (Ger.) 56:37  
 Leni Schuberack (Ger.) 63:33  
 70-over  
 Justine Bucher (Ger.) 65:06

## Men

40-44  
 Michael Freary (GB) 30:00  
 David Turner (GB) 30:35  
 Fred Pendlebury (GB) 31:03  
 45-49  
 Michael Barratt (GB) 32:24  
 Ronald Allen (GB) 32:29  
 Richard Balding (GB) 32:55  
 19th place, Tom Sturak (US) 35:50  
 50-54  
 Hugh Foord (GB) 33:39  
 Ronald Franklin (GB) 33:46  
 William Marshall (GB) 33:48  
 55-59  
 Edward Joynson (GB) 35:08  
 Germain Jean-Baptiste (Fr.) 35:11  
 Florian Leitner (Austria) 35:54  
 60-64  
 John Gilmour (Australia) 35:05  
 James Oleson (U.S.) 38:38  
 Gottfried Beck (Switz.) 39:24  
 65-69  
 Henri Michon (Fr.) 41:24  
 Erich Pawlak (Ger.) 41:51  
 David Morrison (GB) 42:34  
 7th, Norman Bright (U.S.) 43:48  
 70-74  
 Kizoshi Kiuchi (Jap.) 43:29  
 Jupp Berg (Ger.) 43:36  
 Arno Rudnick (Ger.) 44:06  
 75-79  
 Louis Charbonneau (Fr.) 48:45  
 Alfred Althaus (Ger.) 51:59  
 Robert Wiseman (GB) 55:12  
 80-over  
 Josef Galia (Ger.) 55:00  
 Monji Takazoe (Jap.) 70:34  
 Hermann Petzoldt (Ger.) 71:06

## Teams

Country  
 40-49  
 Great Britain 1:31:38  
 Ireland 1:40:11  
 Australia 1:41:18  
 50-over  
 Great Britain 1:41:13  
 Canada 1:49:01  
 Belgium 1:49:56  
 Club  
 40-49  
 Harrogate A.C. 1:37:55  
 Manchester Harriers A.C. 1:38:08  
 Bolton United Harriers 1:38:55  
 50-over  
 Cambridge Harriers 1:53:31  
 Canadian Masters 1:57:08  
 Wirral A.C. 1:57:53

25Km July 22 (632 finishers)

## Men

40-44  
 Michael Freary (GB) 1:20:07  
 John Robinson (NZ) 1:22:26

continued



continued

Richard Cooper (GB) 1:23:35  
45-49  
William Stoddart (GB) 1:26:08  
Thompson Gamble (GB) 1:26:34  
Alan Hughes (GB) 1:28:32  
50-54  
Arthur Taylor (Can.) 1:27:21  
Ronald Franklin (GB) 1:29:29  
Andre Monnot (Fr.) 1:30:03  
55-59  
Edward Joynson (GB) 1:33:55  
John Brent-Jones (GB) 1:35:32  
Reginald Ferneyhough (GB) 1:37:11  
48th place, Vern Whiteside (U.S.)  
2:06:19  
60-64  
Lim Bong Yong (Korea) 1:42:16  
Lee Deok Kyu (Kor.) 1:43:47  
Robert McMinnis (GB) 1:44:08  
6th, Ed Lowell (U.S.) 1:50:09  
65-69  
Gordon Porteous (GB) 1:42:06  
Henri Michon (Fr.) 1:45:15  
Samuel Lee (GB) 1:55:50  
16th, Norman Bright (U.S.) 2:11:43  
70-74  
Arno Rudnick (Ger.) 1:56:59  
Henri Bastien (Bel.) 2:03:44  
Kurt Kristahn (Ger.) 2:06:24  
75-79  
Friedrich Tempel (Ger.) 2:06:15  
Koichi Oshima (Jap.) 2:22:48  
Georg Cochius (Ger.) 2:30:33  
80-over  
Josef Galia (Ger.) 2:32:12  
Arthur Frey (Switz.) 2:49:48  
Hermann Petzoldt (Ger.) 3:32:52

## Women

35-39  
Ichiko Hokazono (Jap.) 1:39:26  
Bridget Cushen (GB) 1:42:54  
Anne Bland (GB) 1:46:01  
40-44  
Denise Alfvoet (Bel.) 1:43:08  
Brenda Cook (GB) 1:45:03  
Kazuko Ebata (Jap.) 1:46:07  
45-49  
Ruth Anderson (U.S.) 1:49:09  
Betz Norrish (GB) 1:54:14  
Edith Holdener (Switz.) 1:55:27  
50-54  
Resi Vaupel (Ger.) 2:14:14  
Anneliese Landwehr (Ger.) 2:29:47  
Paulette Rembes (Fr.) 2:32:15  
65-69  
Marie Lynnerup (Denmark) 2:12:09

## Teams

Country  
40-49  
Great Britain 4:07:58  
U.S.A. 4:27:30  
Germany 4:30:58  
50-over  
Great Britain 4:30:40  
Canada 4:43:59  
France 4:49:20  
Club  
40-49  
Bolton United Harriers 4:15:22  
Worcester A.C. 4:27:12  
Seniors Track Club, Los Angeles  
4:27:30  
50-over  
Thames Valley Harriers 4:42:56  
East Cheshire Harriers A.C. 5:11:38  
Canadian Masters 5:14:36

## An open letter to the Masters Long-Distance Running Committee

By TOM STURAK

[Reprinted by permission of *Running Times*]

At the recent World Veterans Road Running Championships held in Bolton, England, I became the first U.S. finisher—97th among 791—in the 10Km. race with a 35:50 clocking, a fact that I personally found absurd and embarrassing. Enroute to race 800m and 1500m in the 3rd World Veterans Track & Field Championships in Hannover, W. Germany (July 27-Aug. 2), I was using this road race strictly as training—but had hoped perhaps to contribute to the U.S. 40-49 team effort. As it was, my sole male compatriots were Jim Oleson—who, racing seriously and well, placed second in the 60-64 category (38:38)—and the courageous partially sighted Norman Bright, who, guided by his young companion, finished seventh among 65-69-year-olds with 43:48.

Oleson's success—and the victories in both races by Ruth Anderson—indicate how well other top U.S. long-distance runners might have fared at Bolton had they been informed of this opportunity—or even helped—to compete against their foreign peers. Of the nearly 1500 entrants from 30 countries competing in 17 5-year age categories from 35 (for women) through 80 and over, only 8 men and 2 women came from the United States. By comparison, Australia and Japan were both represented by at least 20 runners, and New Zealand, South Africa and South Korea by 10 or more. Even an 'Iron Curtain' contingent from Czechoslovakia, Romania and Yugoslavia outnumbered the U.S. entry.

Americans like Oscar Moore and Herb Lorenz, Miki Gorman and Linda Sippelle, Ray Hatton and Toshiko D'Elia, Margaret Miller and Alex Ratelle, Clive Davies and Grace Switzer, Monty Montgomery and Paul Spangler, et al. can run with the best in the world in their respective age divisions. The Bolton road races would seem to have been a natural stop-over for the scores of U.S. distance runners headed for Hannover (as were several of the above-named), especially since those championships included, in addition to the usual longer track events, a 10Km. cross-country race (July 29) and a marathon (August 2).

Why, then were not scores of Americans at Bolton? My own personal "poll" taken in the last weeks before coming abroad and since being here indicates that 1) the 12th annual World Veterans Road Running Championships—the longest standing Masters athletics competition in the world—was one of the best-kept secrets in the United

States, and 2) many who did know—or found out late—of the road championships simply could not afford the trip (even if coming to Hannover).

In part, the organizers of the Bolton championships are perhaps at fault for not advertising in American running periodicals. Instead, they seemed to have relied primarily on a selective mailing of entry forms to American Masters better-known on the international scene—and entries closed on May 31.

But to a great extent, the blame must lie with those in control of the National AAU Masters Long-Distance Running Committee and their counterparts within the RRC of America. Surely some of those officials knew about Bolton. But the former body apparently exists solely (in the words of its immediate past chairman) "to set policy" (e.g., to harass the U.S. cross-country and marathon entrants at Hannover into getting Travel Permits, despite the fact that the track and field competitors needn't have them) and not to provide essential services—including notices of championships—to its estimated 12,000 registered runners. For its part, the American RRC (despite its English heritage) seems philosophically provincial and not particularly responsive to the phenomenon of increasing participation by Masters in LD running. (When's the last time anyone heard of an RRC Masters championship race?)

If the breakdown of entries in the past two Boston Marathons are any indication, Masters athletes probably constitute nearly a third of the total LDR competitors in the United States. Like all other runners, these men and women pay entry fees to sanctioned races and dues to AAU and RRC-registered clubs and to AAU-district associations.

Reportedly, the National AAU LDR Committee's treasury now exceeds \$6000.00—yet that committee neither publishes a newsletter nor provides financial assistance to send top athletes to national or international championships. (Its conduct as host of the 2nd U.S.-Canada Cross-Country Match in Seattle last November was embarrassingly tawdry.) Both services would seem to me proper uses of those mouldering funds. As for the RRC, to my knowledge, only the New York chapter has helped (two) Masters runners with travel expenses to international races.

Masters athletes from other countries—e.g., Canada, Sweden, South Africa, Japan, Belgium, Mexico—routinely receive financial support from their respective athletics federations. Ironically, Canada, South Africa and Belgium have even paid travel expenses for U.S. Masters to compete in those countries.

At Bolton, the only full U.S. club team was the Seniors Track Club of Los Angeles. That team received no official (i.e., AAU) support, but instead were sent all-expenses-paid as its prize for winning the Masters division of the 20Km. "NIKE/U.S. Club Roadracing Championships" this past April in Atlanta. (The Southern Pacific Association AAU did provide STC partial expenses to that event.) These three runners—members of one of the largest clubs in the United States—learned of the Bolton championships and received their entry forms from a NIKE representative. Running the race of their lives, they placed second to Great Britain in the "Country" competition—as the United States team, and finished third in the "Club" competition against 37 other teams from a dozen nations.

So that if it weren't for the singular generosity of an American sportshoe company, and the outstanding performances of a California-based team comprised of three American citizens (one a naturalized Britisher at that), the United States would not have been represented in the team standings at the WVRR Championships at all.

For the record, let it be known that the 13th WVRR Championships at 10Km. and Marathon will be held 23-24 August, 1980, in Glasgow, Scotland. Address all correspondence: The Organising Committee, 1980 World Veterans Events, Scottish Amateur Athletic Association, 16 Royal Crescent, Glasgow G3 7SL, Scotland.

In addition to the usual individual five-year categories (40 through 80-plus for men; 35 through 70-plus for women), "Nation team events will be held in each (race) and for all categories subject to entry." A "subsidiary friendship jog for veterans, family, friends and supporters" will also be staged "over a pleasant 8-kilometers trail."

Come on AAU and RRC, why not reward some of the top individuals or teams in your respective Masters national championships (or designated trials) at the 10Km. and the Marathon with travel expenses to Glasgow? These talented and dedicated athletes set an example and help to inspire literally tens of thousands of Americans of all ages to pursue healthful and fulfilling competitive goals. They are the peak of the pyramid, the service and care of which is your reason for being.

Also, if nothing else, please get the word out.

Sincerely,  
Tom Sturak



# 12th annual AAU Masters Track and Field Championships

GRESHAM, OREGON, July 6-8. In the August issue of NMN, we highlighted the National Masters Track & Field Championships. In this issue are the complete results.

A summary of events and outstanding performances by divisions:

## MEN

30-34. Hilliard Sumner of Woodland Hills, California, won the 100 and 400 (48.07), and took 2nd in the 200 and 800. Both Sumner and Mike Marbut of Seattle leaned into the tape in the 100 in 10.94, with Hilliard getting the judges' nod. Ruben Whitney of San Antonio, Texas, successfully defended his 200 championship, edging Sumner, 21.80 to 21.85.

Steve Waggener of Santa Barbara, California, won the 1500 and 5000. Mat Pruitt won the 400-hurdles in 55.85 after a strong 48.41 2nd in the 400.

Carl Flowers of Northridge, Cal., won both the jumps, while Fred Johnston of Foster City, Cal., nabbed the shot and discus.

35-39. Walt Butler of Altadena, Cal., kept his 3-year undefeated streak intact by successfully defending his national championship in the 100, 200 and 110-hurdles. Dave Romain won the 400 in 49.66, close to Ron Whitney's division record of 48.9. Ralph Lee of Los Angeles edged Romain in a fast 800, 1:53.8 to 1:54.8.

Jack Petty of Odessa, Texas, took the 1500 in 4:02.2. Harvey Franklin of Canada outdueled George Conefrey of Eugene, Oregon, in the 5000 in

15:20.5 with Conefrey winning the 10K in 32:04.5.

Doug Wells of Taft, Calif., tripled with wins in the Javelin, Shot and Discus.

40-44. American 400 record holder Gary Miller of Glendale, Calif., won 3 events—the 400, 400-hurdles and 200.

Chicago's Ernie Billups set 2 American records in the 40-44 category with a 1:55.96 in the 800 and 4:03.33 in the 1500.

Earl Ellis of Seattle won the 5000 in 15:34.9 and 10,000 in 33:00.8. Ron Laird won both walks, while 11 other men each won single victories in a very competitive division.

45-49. Lancaster, California's Percy Knox won the 100. Inglewood, California's Nick Newton took the 400. Knox and Newton met in the

100, with Newton winning it in 23.69. Newton was only a half-second away from Dick Stolpe's world 400 mark (51.7) with a 52.26.

John Weldy of Scottsdale, Arizona, garnered the 800 and 1500.

Ray Hatton of Bend, Oregon, set a new American record in the 5000 in 15:35:5, outgunning Hal Higdon of Michigan City, Indiana, in a classic duel.

Higdon won the Steeplechase in 10:20.

The great Jack Foster of New Zealand flew over for the meet to lap everyone with a 30:47.8 breathtaking performance in the 10,000. After a 4:54 first mile by both Foster and Hatton, Jack settled into a series of consistent 75-second quarters, with Hatton running equally consistent 78's.

Van Parish of Menlo Park, California, win both hurdles and Bob Fine of New York City took both walks.

Victorville, California's Shirley Davisson notched both jumps. Vic Cook of Woodland Hills, Cal., pole vaulted to his first national title.

Richard Richardson of Decatur, Ill., tied his American mark with a 6'0" high jump, and won the Pentathlon.

Phil Brady of Littleton, Colorado, copped the shot and discus titles.

50-54. The all-time Masters great Jack Greenwood of Medicine Lodge, Kansas, was ready, as usual, for the nationals. The savings and loan executive won the 100, 200, 400 and both hurdles (using the international heights to tune up for Hannover.)

World mile and 800 record holder Bill Fitzgerald of Palos Verde, California, after being out with injuries for two years, returned to the national scene in style with two triumphs in the 800 in 2:04.76 and 1500 in 4:21.94. His 800 win came over the toughest 800 field ever assembled, anywhere, in this division. The first 7 finishers broke 2:14. Dean Smith of Lombard, Illinois, defending champion in the 800 and Gothenburg fold medalist, took the field through a 28-sec. 200 and 59-sec. 400 with Fitz and Kelsey Brown of Andover, New Jersey, the Eastern champion, right behind.

Smith edged Brown for the place, 2:06.06 to 2:06.80. San Diego's Bob Sieben, bronze medalist in Sweden, was 4th in 2:09.11, followed by Don Jackson, Ian Jamison and Lake Oswego's George Puterbaugh, the silver medalist in Sweden.

In the 1500, Fitzgerald topped defending champion Brown, 4:21.94 to 4:25.54. Brown improving on his 1978 winning time in Atlanta. Fitz' mark was only 3 seconds off his American 1500 mark of 4:18.5.

Jim O'Neil of Sacramento repeated his twin victories in the 5000 and 10,000, edging Santa Monica's Pete Mundle in the 10K when Pete, with an apparent safe lead, caught a hamstring cramp 10 meters from the tape as O'Neil moved through on the inside to win it.

Bob Mimm of Willingboro, New Jersey, won both the walks. Harry Hawke of San Diego took the

*continued*

## Postal Relay Championships

The National AAU Postal Relay Championships for Masters are sponsored by Occidental Life Insurance Company of North Carolina, Financial Fitness, Inc., and the AAU National Masters Track & Field Committee.

The following relays will be held in two age divisions: Division 1 (40-49) & Division 2 (50+) 440, 880, 1 mile, 2 mile, 4 mile, sprint medley (440-220-220-880); distance medley (3/4 mile, 440, 880, 1 mile.) All distances will be in yards. There will also be an age group medley at 4 x 440 with a leadoff of a 40-49-year-old; 2nd leg 50-59-year-old; 3rd leg 40-49-year-old; anchor leg 60+.

These relays can be run as part of any track meet or on a time trial basis. We will operate on the honor

system. The following rules will prevail:

1. All times must be run from April 15 to Sept. 15.
2. An individual can run in more than one relay but not more than once in any one relay event. (Example: a competitor can run the 440 in the mile relay, spring medley, distance medley and the age-medley, but can not run in more than one mile relay, sprint medley, etc.)
3. An athlete can go down in age but not up in age. A Division 2 athlete can compete in a Division 1 relay but a Division 1 athlete can not compete in a division 2 event.
4. For the 440 and 880-yard relays, if 400 meters & 800 meters are run instead, an adjustment in the time

will be made.

5. A separate entry form must be used for each relay.

NO ENTRY FEES: (Thanks to the sponsorship of Occidental Life-Financial Fitness).

PRIZES: Official A.A.U. National Championship medals will be given to the first three teams in each relay plus A.A.U. National Championship Masters Team patches to the winning teams.

PROCEDURE TO ENTER: John MacLachlan will coordinate these postal championships. All entries must be received by Oct. 1. The prizes will be mailed to the team director. All team members must be registered in the A.A.U.

RELAY EVENT \_\_\_\_\_ TEAM NAME \_\_\_\_\_

TEAM MEMBERS:

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

1st leg AGE: \_\_\_\_\_ AAU # \_\_\_\_\_

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

2nd leg AGE: \_\_\_\_\_ AAU # \_\_\_\_\_

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

3rd leg AGE: \_\_\_\_\_ AAU # \_\_\_\_\_

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

4th leg AGE: \_\_\_\_\_ AAU # \_\_\_\_\_

TIME: \_\_\_\_\_ TIME OF EACH LEG(OPTIONAL) \_\_\_\_\_

MAILING ADDRESS FOR PRIZE: NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

We certify that the above is a true time.

TEAM DIRECTOR \_\_\_\_\_ :CHIEF TIME \_\_\_\_\_ ADDRESS \_\_\_\_\_

Mail entry form to JOHN MacLACHLAN, HORSESHOE BAY, BOX 7770, MARBLE FALLS, TEXAS 78654



continued

Pentathlon, Javelin and Shot Put. Al Brenda from Turlock, Cal., garnered both jumps.

55-59. Indestructible Avery Bryant of Palos Verdes, California, won 4 events (and perhaps 5 when the 10,000 results for this division are determined). Bryant took the 800, 1500, 5000 and Steeple, seeming to get stronger as the weekend wore on.

Bob Hunt of Anaheim, California, won both hurdles. Bob Cooper of Davis, Calif., topped the 100 and 200 fields, defeating defending champ Jim Upham of Junction City, Kansas. Upham won the 400.

Ray Spencer of Chula Vista, Cal., nabbed the long jump, triple jump and Pentathlon.

60-64. Bill Bowers of Sagle, Idaho, won the 200 and 400 (and perhaps the 100?, results are missing). Portland's Clive Davies established a new American mark of 17:27.5 in the 5000, erasing the old mark of 17:35.0, set by Don Longnecker of Silver City, New Mexico, on June 25, 1978.

Santa Ana, California's Bill Morales won the long jump, javelin (Pentathlon results missing) and 110-hurdles.

Don Johnson garnered both walks and Jim Vernon repeated in the pole vault.

65-69. Harry Koppel of Belmont, Calif., won the 100, 200 and 400. He broke the 65-69 world 200 mark of 27.6, held jointly by Yngve Brange of Sweden and John Satti of San Francisco, with a 27.48. In the 400, Koppel broke his own world mark of 64.0 with a 63.88.

Bill Andberg of Anoka, Minnesota, quadrupled with triumphs in the 800, 1500, 5000 and 10,000. Gordon Wallace of Prescott, Arizona, notched both walks. Satti took both jumps. James York of Modesto, Cal., win the Shot, Discus and Hammer.

70-74. Ken Carnine of Sacramento took the sprints. Mel Shine of Lafayette, Cal., won the 400 and 800. Sid Madden of Santa Monica, Cal., copped the 1500 and 5000. Win McFadden of San Diego notched both jumps. Carnine also won the Pentathlon and Discus.

75-79. Herb Anderson of Bellevue, Colorado, won 10 gold medals, sweeping the field events and hurdles. He was the only competitor in each of the ten events. Joe Packard of San Francisco took the 100, 200 and 400 in times just short of his world records. Harold Chapson of Honolulu, a perennial crowd-pleaser, successfully defended his national titles in the 800 and 1500.

80-84. Paul Spangler of San Luis Obispo, California, moved into Division 5 this year and kept rolling along with wins in the 200, 1500 and 10,000.

85-89. Oldest competitor in the meet was Collie Wheeler, 86, of Portland who competed in the long jump and discus.

**WOMEN**

30-34. Janice Henderson of Sacramento won the 100, 200 Javelin and Shot Put. Ramsey Huseny of San Francisco took the 800, 1500, Long Jump, Discus and Pentathlon.

35-39. Miki Hervey of Dallas took the 200, 400 and 800, topping Mountain View, California's Miriam Gerard in the 400, 64:07 to 64.79. In the 200, Gerard was leading but pulled a hamstring. Gerard earlier won the 100 in 13.7.

Judy Coroombridge of Seattle nabbed the 1500 and 5000 crowns.

40-44. Former Olympian Sandra Knott of Cleveland Heights, Ohio, impressively won the 1500 (4:58.2), 5000 (18:22.5) and 10,000 (38:05.5). Knott represented the U.S. in the 800 in Tokyo in 1964.

Christel Miller of Glendale, Calif., won the long jump, triple jump, and javelin and tied a division American mark in the high jump at 4'6".

She had to share the mark, however, and even lost the gold medal on the basis of fewer misses, to newly-turned-40 Cherrie Sherrard of Chico, Calif., who tied her own mark set on June 23.

Sherrard won the shot, discus and pentathlon.

## Reflections on the Nationals

The National Masters Track and Field Championships never disappoint.

It's always a pleasant time for renewing friendships, making new ones and enjoying the highest quality of competition.

Images:

—Jack Foster's smooth striding around 25 laps of Mt. Hood Community College's good track, lapping two and three times some of the finest Masters 10,000 runners in the world. Even Ray Hatton finally succumbed with a few laps to go.

—Foster will soon move to Beaverton, Oregon, to work for Nike. In his New Zealand government job, Jack has not had the freedom to travel and compete as much as he'd like. Now he will, and we look forward to seeing him run in the U.S. We also are eager to learn his secrets of running and conditioning.

—\$300 was stolen from the cash box of equipment receipts. Moral: 99% of Masters participants are honest. Maybe 100%. But guard against those who hang around.

—For the first time in memory, a Masters meet ran ahead of schedule. At 5:15 p.m. Saturday, nine minutes ahead of schedule, the 45-49 men's 800 began. Watching curiously while pulling on his spikes was one of the favorites, Gaylord Kalchschmid. "Weldy and Sturak are really warming up hard," he must have thought. Embarrassed officials let Gaylord run with the 50-54's (a tougher group). His 2:11.2 placed him 2nd in the 45-49 division. Could he have beaten John Weldy's 2:10.95? We'll never know, but everyone seemed satisfied with the outcome.

—Where is everybody? Although 413 showed up, it seemed like another 413 stayed home. Where was Al Guidet, Dave Jackson, Lloyd Riddick, Arnold Budd and Dave Segal?

Almeta Parish of San Francisco took the 200 and 400.

45-49. Irene Obera of Moraga, Calif., continued her demolition of women's age 45-49 division records. Once again, she lowered her 400 record of 64.6 to 61.73.

Ruth Anderson won the 800 (Ruth turned 50 on July 27) and Marjorie Fox of Smartville, Cal., took the javelin, shot and discus.

50-54. La Crescenta, California's Shirley Kinsey won the 200, 100, javelin, shot and discus, breaking her own division mark in the javelin with a 66'7" heave.

Ellen Rose of Irvine, Cal., broke her own 400 mark with a 74.81 and won the 1500.

55-59. Edith Leiby of Honolulu won the 100, 200, 400, 800 and 1500 in a busy weekend.

60-64. Josephine Kolda of San Francisco copped the 100, 200 and 400.

65-69. Multi-record holder Polly Clarke of Loveland, Colorado, won the 100, 200, 400 and 800.

Where was Bill Gaedke, Wendy Miller, Mary Czarapata, Jim Carter and Art Conro?

Where was Al Henry, Thane Baker, Miki Gorman, Dave Pain, Ed Phillips, Manny and Toshiko D'Elia, Lew Schneider, Ray Adams, Alvis Andrews, Cliff Bertrand and Bill Gookin?

How about John Brennand, Joe Burgasser, Bob Emmerling, Bob Packard, Ernie Portillo, John Sanders, Hike Van der Wal, Dan Aldrich and Payton Jordan?

Where were John Damski, Gordon Farrell, Ray Gordon, Nat Heard, Bob Boal, Joe Caruso, Tony Castro, Freitiof Sjostrand, Dick Marlin, Don Cheek and Bill Adler?

What happened to George Ker, Dick Stolpe, Jack Noble, Dave Pratt, Jerry Smartt, Mauro Hernandez, Carole Brockman, Dick Marlin and Bob Messersmith?

We could go on. But you get the picture. A lot of very competitive Masters athletes didn't show up for the biggest national meet of the year. Why?

1) Clearly, although Californians will travel anywhere for a meet, Easterners don't go to West Coast meets, even when it's the national championships. Of the 413 entrants, only a handful were from east of the Mississippi.

2) Hannover loomed. One trip was all the budgets of many could afford.

3) Many are injured. In an effort to attain peak form, many Masters are breaking down. The ranks thin noticeably as you move from the 40-44 group to the oldest. For many, the body can't take it year after year.

4) Many refuse to compete unless they're in top form. They pass up the track meets and run in the local 10K where they can relax in the middle of the pack. (Yet some show up even if not in peak form out of a love for the sport, and the belief that fun, friendship and competition are more

important than winning.)

5) Others have simply dropped out. Why? Boredom? The sameness of it all, year after year? Not in shape? Too expensive to travel? Looking for more out of life? Family commitments? Career obligations?

Any opinions?

—Stu Thompson's got the right idea. He makes the nationals a camping outing for the family. The meet is a good excuse, but not the main reason, for a family fun trip.

—Didn't see a single AAU official the entire weekend, but what a dedicated, competent crew assembled by Jim Puckett. Dozens of people worked very long hours for three days to make the meet the success it was. Our thanks for a superb effort.

—Oregon people are among the friendliest in the world. Might be a great place to settle down. Weather good; overcast and a bit humid, but cool. Great running weather.

—Nike sponsored two seminars. Although we didn't hear all of it, what we did was informative. Those who attended said both were valuable. At Saturday's session, Gregory Heath, D.H.Sc., of the Washington University School of Medicine in St. Louis, discussed results of an ongoing study that suggests we don't necessarily slow down as we get older. At least, not so much as has been believed.

The Sunday panel on injury prevention and rehabilitation featured Jerome Bornstein, M.D., a Los Angeles orthopedic surgeon with extensive sports-medicine experience; Jack Foster, who offered many valuable insights and conditioning tips; Heath, who talked about applied physiology and nutrition, and Gary Moran, Ph.D. (Anatomy and Kinesiology), who works in Research and Development for Nike Sportshoes.

**NUMBER OF PARTICIPANTS**

Age	Men	Women
30-34	50	7
35-39	44	6
40-44	66	10
45-49	46	7
50-54	47	6
55-59	30	5
60-64	22	2
65-69	21	1
70-74	18	0
75-79	5	0
80-89	2	0

TOTAL 351 44

Miscellaneous - 13

TOTAL: 413



TWELFTH ANNUAL NATIONAL AAU MASTERS TRACK & FIELD OUTDOOR CHAMPIONSHIPS— July 6, 7, 8, 1979, Mt. Hood Community College, Gresham, Oregon.

\*=World Age Record +=American Age Record

100 meter dash 30-34 trial heats Heat 1 Mike Marbut 33 WA 11.13 Mike Jackson DC 11.14 Glen Johnson 31 CA 11.17 Paul Dungan 34 OR 11.33 Ken Johnson CN 11.78 Frank Wojtech UT 11.84 John North 30 OR 11.98 Heat 2 Hilliard Sumner 32 CA 10.95 Leon Lincoln 33 OR 10.96 Greg Marshall 11.17 Dan Thiel 30 CA 11.47 Rod Ferguson 11.61 FINAL Hilliard Sumner 32 CA 10.94 Mike Marbut 33 WA 10.94 Leon Lincoln 33 OR 10.95 Mike Jackson DC 11.03 Glen Johnson 31 CA 11.04 Greg Marshall CA 11.26 Paul Dungan 34 OR 11.27

35-39 Trial Heats Heat 1 Walt Butler 38 CA 10.93 Doug Smith 39 CA 11.27 Dan Fitzsimmons CA 11.38 Sam Robinson CA 11.56 Ron Mattile 37 WA 11.94 Heat 2 Tom Randolph 37 MH 11.53 Bobbie Simpson CA 11.58 Jim Puckett 39 OR 11.67 Lynn Eves 37 OR 12.06 Miguel Ucovich 38 CA 12.42 FINAL Walt Butler 38 CA 11.16 Doug Smith 39 CA 11.28 Tom Randolph 37 MH 11.38 Dan Fitzsimmons CA 11.56 Bobbie Simpson CD 11.58 Jim Puckett 39 OR 11.62 Sam Robinson CA 11.73

40-44 FINALS Lewis Smith 40 CA 11.60 Charles Fuller CA 12.00 Joseph Hoffman 44 OR 12.39

45-49 Trial heats Heat 1 Percy Knox 46 CA 11.73 Tony Nasralla 47 CA 12.09 James Parks 45 CA 12.13 Art Afremow 47 OR 12.71

100 meter dash 45-49 Trial heats heat 2 Nick Newton 46 CA 11.67 Bruce Springbett 47 CA 11.70 Van Parrish 45 CA 11.87 Harold Hitt 47 OR 12.36 Rich Richardson IL 12.81 Jack Coy 48 OR 12.97 Gene Ford OR 14.14 FINAL Percy Knox 46 CA 11.63 Van Parrish 45 CA 11.69 Nick Newton 46 CA 11.76 Bruce Springbett 47 CA 11.79 Harold Hitt 47 OR 12.23 Tony Nasralla 47 CA 12.28 Art Afremow 47 OR 12.88

50-54 Trial Heats Heat 1 Robert Watanabe 53 CA 12.58 George Weber 50 OR 13.83 Fremont Strumm OR 14.37 Emson Grimm 54 CA 16.09 Heat 2 Jack Greenwood 53 KN 12.43 Bob Roemer 54 CA 12.58 Delaine Wagner 53 CA 13.95 Ron Newton 50 WA 14.28 FINAL Jack Greenwood 53 KN 12.16 Robert Watanabe 53 CA 12.44 Bob Roemer 54 CA 12.54 George Weber 50 OR 13.87 Delaine Wagner 53 CA 13.88 Ronald Newton 50 WA 14.51 Fremont Sturm OR 14.64

55-59 Trial Heats Heat 1 Bob Cooper 55 CA 12.78 Jim Upham 58 KN 12.93 Bob Hunt 59 CA 13.39 John Ulam 53 PA 13.54 Lou Carline 59 OR 14.32

Heat 2 Wilbur Buchanan 55 CA 13.27 Bob Pruitt 56 OR 13.42 Don Watt 56 CA 13.64 Albert Johnson 57 OR 13.65 FINAL Bob Cooper 55 CA 12.67 Jim Upham 58 KN 12.86 Wilbur Buchanan CA 13.20 Bob Hunt 59 CA 13.33 John Ulam 55 PA 13.36 Albert Johnson 57 OR 13.63 Don Watt 56 CA 13.72

100 Meter dash 65-69 FINALS Harry Koppel 66 CA 13.26 John Satti 65 CA 13.72 Gerald Ward 14.58 Wayne Griffith 67 CO 18.20 70-74 FINALS Ken Carmine 71 CA 14.98 Lemar Jackson 74 CA 15.58 A.J. Puglizevich 71 CA 15.99 Henry Schumacher 70 WA 19.40

75-79 FINALS Joe Packard 76 CA 14.93 Herb Anderson 77 CO 15.62 Sing Lumm 75 CA 15.76

200 Meter dash 30-34 Trial Heats Heat 1 Hilliard Sumner 32 CA 22.14 Glenn Johnson 31 CA 22.64 Paul Dungan 34 OR 22.68 Mike Jackson DC 23.03 Ken Johnson MI 24.50 Heat 2 Ruben Whitney 34 TX 21.96 Leon Lincoln 33 OR 22.15 Matt Pruitt CD 22.73 Dan Theil 30 LA 23.69 Rodney Ferguson CA 23.83 FINAL Ruben Whitney 34 TX 21.80 Hilliard Sumner 32 CA 21.85 Leon Lincoln 33 OR 22.04 Glen Johnson 31 CA 22.51 Paul Dungan 34 OR 22.76 Dan Theil 30 LA 24.38

35-39 FINALS Walt Butler 38 CA 22.76 David Romain OR 22.78 Doug Smith 39 CA 23.19 Tom Randolph 37 MI 23.20 Bobbie Simpson CD 23.69 Lynn Eves 37 OR 24.43

40-44 FINALS Gary Miller 42 CA 23.56 Lewis Smith 40 CA 23.95 Charles Fuller CA 24.68 Haig Bohigian 43 NY 24.93 Joseph Hoffman 44 OR 25.01 Bernard Babbit 42 WA 28.83 45-49 FINALS Nick Newton 46 CA 23.69 Percy Knox 46 CA 23.98 Bruce Springbett 47 CA 24.12 Van Parrish 45 CA 24.19 Harold Hitt 47 OR 24.80 Jack Coy 48 OR 26.27

50-54 FINALS Jack Greenwood 53 KN 24.29 Ozzie Dawkins 50 CA 24.74 Bob Sieben 53 CA 25.33 Robert Watanabe 53 CA 25.46 Delaine Wagner 53 CA 27.79 Ronald Newton 50 WA 29.74 Don Uppendahl 50 OR 29.75

55-59 FINALS Bob Cooper 55 CA 24.95 Jim Upham 58 KN 26.41 Cal Boyd 58 OR 26.81 Wilbur Buchanan 55 CA 26.96 Ray Spencer 56 CA 27.42 Albert Johnson 57 OR 27.46 Bob Hunt 59 CA 27.60 Bob Watt 56 CA NT

60-64 FINALS Bill Bowers 61 ID 28.96 Carl Oates 60 OR 29.88 Robert Littlejohn 60 29.89

Merle Palmer 60 31.10

65-69 FINALS Harry Koppel 66 CA 27.48 John Satti 65 CA 29.13 Gerald Ward CA 30.55

70-74 FINALS Ken Carmine 71 CA 31.36 Mel Shine 70 CA 32.75 John Clarke 72 CO 33.04

75-79 FINALS Josiah Packard 76 CA 31.08 Herb Anderson 77 CO 33.22 Harold Chapson 77 HI 33.37 Sing Lumm 75 CA 33.41

80-84 FINALS Paul Spangler 80 CA 39.50

400 Meter Dash Trial Heat 1 Hilliard Sumner 32 CA 50.04 Ruben Whitney 34 TX 52.13 Dan Theil 30 LA 54.28 Chuck Holt 32 IL 54.46 Heat 2 Matt Pruitt CA 50.00 Glenn Johnson 31 CA 50.69 Frank Wojtech UT 52.02 Bill Weller 52.22 George Jenkins 32 MI 53.56 FINAL Hilliard Sumner 32 CA 48.07 Matt Pruitt 31 CO 48.41 Glenn Johnson 31 CA 50.13 Dan Theil 30 LA 51.83 Bill Weller 52.26 Chuck Holt 32 IL 54.46

400 Meter Dash 35-39 FINALS David Romain 37 CA 49.66 Dan Fitzsimmons CA 52.25 Lyn Eves 37 OR 51.65 Bryan Westfield 37 MI 53.03 40-44 FINALS Gary Miller 42 CA 52.28 Jack Brocksmith 54.38 Haig Bohigian 43 NY 54.96 William Mayer 42 TX 55.22 Herb Blanchard CA 60.22 Bernard Babbit 42 WA 63.98

45-49 FINALS Nick Newton 46 CA 52.26 Harold Hitt 46 OR 54.28 Hans Brunner 46 CA 55.26 Tony Nasralla 47 CA 55.56 James Parks 45 CA 57.72

50-54 FINALS Jack Greenwood 53 KN 54.24 Ozzie Dawkins 50 CA 54.68 Dean Smith 53 IL 55.77 Bob Sieben 53 CA 56.29 Dan Jackson 53 CA 56.69 George Weber 50 OR 62.74

55-59 FINALS Jim Upham 58 KN 58.73 Bob Hunt 59 CA 59.62 Wilbur Buchanan CA 60.03 Raymond Spencer 56 CA 61.24 Don Harris 57 PA 61.43 Calvin Boyd 58 OR 61.51 Mark Henderson 59 CA 67.50

60-64 FINALS Bill Bowers 61 ID 63.96 Robert Littlejohn 60 WA 69.88 Merle Palmer 60 WA 71.95 Frans Pauwels 61 OR 74.36

65-69 FINALS Harry Koppel 66 CA 63.88 John Satti 65 CA 65.67 Chet Beach 67 CA 69.34 Bud Deacon 67 OR 70.58 Gerald Ward CD 71.44

70-74 FINALS Mel Shine 70 CA 72.07 John Clarke 72 CO 72.20

75-79 FINALS Josiah Packard 76 CA 71.13 Sing Lumm 75 CA 82.01

800 Meter 30-34 John Perry 34 CA 1.56.93 Hilliard Sumner 32 CA 1.58.15 Frank Wojtech UT 1.58.30 George Jenkins 32 MI 1.59.41 David Shilling 34 WA 1.59.57 Steve Waggener 34 CA 2.00.26

35-39 Ralph Lee 38 CA 1.53.76 David Romain 37 CD 1.54.78 Jack Petty 35 TX 1.58.35 John Prinos 37 WA 2.23.83 40-44 Ernie Billups 42 IL 1.55.96 Jack Knebel 40 CA 2.00.16 William Mayer 42 TX 2.00.87 Pete Richardson 44 CA 2.01.67 Mel Elliot 41 CA 2.03.23 James Vella 42 OR 2.13.05 Walt Schaefer CA 2.14.12 Herb Blanchard CA 2.18.42 Bernard Babbit 42 WA 2.27.02 45-49 John Weldy 45 AZ 2.10.95 Gaylord Kalchschmid CA 2.11.14 Tom Sturak 48 CA 2.15.18 Dick Katte 46 IN 2.16.86 John Harper 46 CA 2.20.26 Jack Randolph 46 CA 2.31.99 Sandor Szabo 47 OR 2.41.70 50-54 Bill Fitzgerald 54 CA 2.04.76 Dean Smith 53 IL 2.06.06 Kelsey Brown 52 NJ 2.06.80 Bob Sieben 53 CA 2.09.11 Don Jackson 53 CA 2.11.84 Ian Jamison CD 2.12.54 George Puterbaugh 54 OR 2.13.84 Robert Kuepper 51 OR 2.15.54 David Stevenson 51 CA 2.16.94 Robert Poet 54 CA 2.22.44 55-59 Avery Bryant 55 CA 2.17.43 Jack Rice 59 FL 2.21.86 Wilbur Buchanan 55 CA 2.29.22 60-64 Merle Palmer 60 WA 2.41.53 Frans Powels 61 OR 2.43.67 65-69 William Andberg 68 MN 2.34.36 Bud Deacon 67 OR 2.43.46 Harry Koppel 66 CA 2.44.82 Norm Bright 69 WA 2.49.52 70-74 Mel Shine 70 CA 2.44.81 Sid Madden 72 CA 2.45.80 John Clarke 72 CO 2.45.97 Ken St. Clair 71 MO 3.24.33 75-79 Harold Chapson 77 HI 2.47.63

35-39 Ralph Lee 38 CA 1.53.76 David Romain 37 CD 1.54.78 Jack Petty 35 TX 1.58.35 John Prinos 37 WA 2.23.83

40-44 Ernie Billups 42 IL 1.55.96 Jack Knebel 40 CA 2.00.16 William Mayer 42 TX 2.00.87 Pete Richardson 44 CA 2.01.67 Mel Elliot 41 CA 2.03.23 James Vella 42 OR 2.13.05 Walt Schaefer CA 2.14.12 Herb Blanchard CA 2.18.42 Bernard Babbit 42 WA 2.27.02

45-49 John Weldy 45 AZ 2.10.95 Gaylord Kalchschmid CA 2.11.14 Tom Sturak 48 CA 2.15.18 Dick Katte 46 IN 2.16.86 John Harper 46 CA 2.20.26 Jack Randolph 46 CA 2.31.99 Sandor Szabo 47 OR 2.41.70

50-54 Bill Fitzgerald 54 CA 2.04.76 Dean Smith 53 IL 2.06.06 Kelsey Brown 52 NJ 2.06.80 Bob Sieben 53 CA 2.09.11 Don Jackson 53 CA 2.11.84 Ian Jamison CD 2.12.54 George Puterbaugh 54 OR 2.13.84 Robert Kuepper 51 OR 2.15.54 David Stevenson 51 CA 2.16.94 Robert Poet 54 CA 2.22.44

55-59 Avery Bryant 55 CA 2.17.43 Jack Rice 59 FL 2.21.86 Wilbur Buchanan 55 CA 2.29.22

60-64 Merle Palmer 60 WA 2.41.53 Frans Powels 61 OR 2.43.67

65-69 William Andberg 68 MN 2.34.36 Bud Deacon 67 OR 2.43.46 Harry Koppel 66 CA 2.44.82 Norm Bright 69 WA 2.49.52

70-74 Mel Shine 70 CA 2.44.81 Sid Madden 72 CA 2.45.80 John Clarke 72 CO 2.45.97 Ken St. Clair 71 MO 3.24.33

75-79 Harold Chapson 77 HI 2.47.63

1000 Meters 30-34 Steve Waggener 34 WA 4.08.36 Del Martin OR 4.09.61 Gordon Garlock 30 OR 4.12.56 George Jenkins 32 MI 4.14.01 David Shilling VA 4.14.25 Alan Lichtman 32 MD 4.17.48 Frank Wojtech UT 4.18.37 Marty Stitzel 34 WA 4.19.27

35-39 Jack Petty 35 TX 4.02.12 Ralph Lee 38 CA 4.02.55 Victor Wolfe 35 OR 4.08.55 David Bakley OR 4.15.27 Gene Timberlake 35 TX 4.19.95 John Prinos 37 WA 4.49.65 Ira Yawnick 38 CA 4.54.60 Ken Wilson 38 OR 5.09.00

40-44 Ernie Billups 42 IL 4.03.33 Jack Knebel 40 CA 4.14.05 Thomas Cathcart 41 CA 4.23.21 Mel Elliott 41 CA 4.27.31 Bernard Babbit 42 WA 4.50.58

45-49 John Weldy 45 AZ 4.31.01 Gaylord Kalchschmid CA 4.33.32 Martin Gurtin PA 4.34.29 Tom Sturak 48 CA 4.39.22 John Harper 46 CA 4.55.78

50-54 Bill Fitzgerald 54 CA 4.21.94 Kelsey Brown 52 NJ 4.25.54 Dean Smith 53 IL 4.30.12 Ian Jamison CD 4.38.27 Robert Keupper 51 OR 4.40.09 Bob Holmes 51 CA 4.34.39 George Puterbaugh 54 OR 4.48.99 Leo Sheehy 51 OR 4.49.50

continued on page 12



# Press clippings from the Nationals

## Nothing sad about it 69-year-old runs blind, but not scared

By BART WRIGHT  
of The Oregonian staff

Daylight began to dim through Norman Bright's eyes 15 years ago. It happened slowly, but perceptibly, and has worsened month by month ever since.

Now Norman Bright encounters serious difficulties when he trains for the running events in which he competes. He is blind.

"This is my mentor," Bright said Friday morning at Mount Hood Community College, placing his hand on the shoulder of Craig Coleman, a college student in Seattle. "I try to work out every day. I like to run about 50 miles a week, but at my age I have to pay more attention to my body than ever before. The body's made up of many parts, and they all have to be working together. Craig is my eyes."

Bright is 69 years old, wishing he were 70, which would place him in another age-bracket for competition in Masters' track meets. Like the national AAU championships he's competing in this weekend at Mount Hood.

Bright appears to be in excellent physical condition. He wears a tattered fisherman's cap with a narrow brim and an elastic strap held together under his chin with a safety pin. He has scruffy white whiskers and sports a red, white and blue jogging outfit. He lives alone in a Baptist rest home in Seattle, but he beams with pride when he tells you about his 7-month-old grandson.

Bright competed Friday night in the 55-69-year-old 10,000-meter run. He'll run the 800 meters Saturday and close out the weekend with the 1,500- and 5,000-meter runs Sunday.

"I'm not a loner, but I have to be. I hate it," Bright said. "In Seattle, when I don't have somebody to run with, I'm always bumping into trees, falling off curbs or running into walls. See my legs?" he asked, pulling up a pant leg to display a series of bumps and welts.

"I run around Green Lake a lot, and



BIG NIGHT — Norman Bright shows wear of 10,000-meter run in National AAU Masters track and field meet Friday night at Mount Hood C.C.

Staff photo by MIKE LLOYD

"I get very tense doing that," Bright said. "There's one lady who walks around there sometimes, and she'll see me coming and say, 'Look out, Norman.' 'Move to your right,' or something like that."

When Bright runs through the streets of Seattle, he wears a helmet and carries a white cane, but even that is not much of a help, not when young punks steal his cane and refuse to get out of his way.

But Bright doesn't dwell on the bad experiences. He likes to talk about the day in Toronto a few years ago when he set age-group world records in the 800, steeplechase and 1,500 meters, all in the same day. He was the first person over 60 to run the 1,500 in less than five minutes when he clocked a 4:59.8.

Bright currently is embroiled with the problems of raising necessary funds to send himself and Coleman to Hanover, West Germany, later this month for competition in the World Masters Championships. If they make it, they'll take pictures, record their experiences and try to set up speaking engagements when they return.

Bright figures it will take as much as \$5,000 or more for the trip. So far, he's raised \$917.

"Actually, I've taken in \$929, but I spent \$12 on a new folding walking cane to replace the one the kids stole from me," he said. "It's hard to get the money because the track clubs all say their money is going to support the Olympics. We seniors demand respect, and I'm going to get the money somehow and get over there, then come back and tell my story. I think it will be a good story."

Bright wandered off with Coleman to do some running. When he left, a 72-year-old Masters' competitor approached a reporter.

"He was a hell of a runner in his day," the man said. "The way he is now, you know, blind and all that, it's sort of sad isn't it?"

Sad that Norman Bright, blind at 69 years old, still manages to run 50 miles a week, is in better shape than most people half his age and has somehow managed to remain the eternal optimist?

There's nothing sad about that.



JOY OF RUNNING — Norman Bright, 69, shows elation after finish of his age group's 10,000-meter run Friday night in National AAU Masters track and field meet at

Mount and us him.



Ken Johnson gets set to unleash javelin throw during Friday action at National Masters Track and Field Championships at Mt. Hood Community College. Johnson, who lives in Connecticut, competed in the 30-

34 ag Final Sund

# Old friends reunite as Masters meet begins

by KEN SANDS  
of The Outlook staff

"Next year we'll be 60 and we'll give 'em hell," said Burl Gist, a competitor in this weekend's AAU National Masters Track Championships at Mt. Hood Community College.

Gist and Bob Hunt are both from San Diego, and at age 59 they have been competing with and against each other for several years. Next year the two will enter the 60-69 age category and once again will be the youngsters.

"I've always loved competition and I'll keep going as long as my old bones hold up and as long as it doesn't hurt too much," said Gist, who holds the age group world record in the high jump.

According to meet director Jim Puckett, 413 people are entered, and they range in age from 30 to 86. "Some guys are ex-Olympians and some didn't start until their 50s. Something different motivates each one of them."

For most of the competitors, a cross-country trip to Gresham is the highlight of a summer vacation. "These people aren't doing it for a school or a coach or a country, they're doing it because they like to and they like the

camaraderie. They like to come to these meets and see their old friends," said Puckett.

Gist usually beats Hunt in the high jump, but Hunt usually wins the hurdles. Theirs is a friendly competition, one that has developed over the years. When you get to that age, there aren't too many different faces.

That's why Gist had to come to Gresham, despite the fact that he has been on a long trip since May and hasn't worked out very much. But he said he's still in much better shape than when he returned to the track eight years ago.

"When I was 50 I quit smoking and I started to train and jog, and my first year in the Masters competition was when I was 51," said Gist, who still holds the 120-yard (42-inch high) hurdles record at Anaheim High School in California.

His first meet since junior college was disastrous — except that he got second place in the high jump. In the first event, the 100, he pulled both of his hamstring muscles, and could barely walk. The next day he loosened up enough to try the high jump, and cleared 4-6 on

the first try.

"I cleared that thing by 3 or 4 inches and the people 'oohed and aahed' and I was feeling pretty good," he said. Even though his goal was to get in the top six and win a medal, Gist wanted to win, despite the pain. At 5-0, with only one other person left, he pulled a groin muscle. That ended his day on the track, but it wasn't going to be that easy to forget.

"The next day that thing turned black and blue and purple and green and my shoulder hurt so much I couldn't eat for a week. It almost killed me, but I learned I had to practice a little more," he said.

Hunt's initiation wasn't nearly as dramatic. "My wife gave me a belt for Christmas and it was the right size but I couldn't fit into it. I couldn't believe I had gained that much weight."

After losing 40 pounds, Hunt has been able to win at least two gold medals in the national meets each year. Last year he won the high hurdles and the 400 hurdles, and took second in the 100, 200 and 400.

Hunt is now attempting another comeback after suffering a dislocated hip injury last year.

Although Ron Hubbell quit competing in 1927, he still had track and field in his blood when he came out of retirement 15 years ago. "I quit in 1927 because I ran out of schooling, and there wasn't any masters program then," he said.

So after a 37-year layoff, Hubbell began running again. After five years of undistinguished distance running, he saw a story about hammer throwers who were over 60. Hubbell had thrown the hammer at the University of Pittsburgh, and thought "the old men were crazy."

But after giving it some thought, he decided if they could do it, he could do it. He went out and won the national meet in his first hammer competition in 42 years, and he's won every meet since then.

"I never won anything running and I won the hammer the first time I tried it, so I've been on the field ever since," Hubbell said.

Even at 70 years of age, Hubbell has no immediate thoughts of quitting. "It helps my health a lot, and I intend to keep it up until it gets too embarrassing."

But Hubbell just entered the 70-79 age bracket, so he's just another youngster with a lot of years ahead of him.

## Masters must win — against friends

By DAVID HAMBURG  
Journal Sports Writer

GRESHAM — "Competition" is not a four-letter word. Only if "winning" can be construed as a dirty word can "competition" be similarly labeled.

This holds true for the old, as well as the young, athlete.

So don't believe for a moment that the participants in the 10th annual AAU Masters and Sub-Masters National Track and Field championships which ended here Sunday are just a bunch of hyperactive senior citizens, enjoying a weekend get-together.

"Sure, there's a lot of fun and a lot of fellowship out

here." 44-year-old Hal Smith said as he peeled sweat sock in the almost-empty Mt. Hood Community College locker room. "But everybody tries to win."

"If you lose, you can understand and accept it, because you're friends. We're mature people. We can forgive, lost and go out, have a beer and relax."

"But you'd rather die than let them beat you."

Smith, a tall, husky, yet fleet-of-foot pentathlete probably should understand this "win or die" competition more readily than anyone else. He played defensive in the 1960s for one of the winningest teams in National Football League history, the Oakland Raiders.

Smith, American age-group record-holder (43) in pentathlon, agreed that "certainly, any time you set a record, you feel good about it."

"But it's not like the younger athletes who feel they gotta go out and kill the other guy. We don't have to be macho anymore. We like to go out and have a good time."

"Still, when we get in the blocks, it's the same thing. Time to start over again."



# Records fall for Master's spikers

by JIM HAYS  
of The Outlook staff

It was raining lightly on the Mt. Hood Community College track Sunday night with lightning visible to the east and thunder rolling across the darkened skies.

The threat of a sudden cloudburst, however, couldn't put a damper on the spirits of more than 400 athletes from all over the United States and several foreign countries who made the trek to Gresham for the AAU Masters National Track and Field Championships.

World records were shattered in 17 events and new American marks were recorded in another nine as athletes ranging in age from 30 to 86 toiled through three humid days of competition.

Stars of the show? How about Irene Obera? A 45-year-old high school principal from Oakland,

mark she set May 12 by .07 seconds.

The next day she came back and captured the 200 and 400, again in record times. She eclipsed her old mark in the 200 by covering the distance in 26.57, then shaved three seconds off her 400 record by winning that race in 1:01.73.

Then there was Harry Koppel. Competing in division 3-B (65-69), Koppel picked up three gold medals and set two world records in the process. His 1:03.88 clocking in the 400 meters was 12 second better than the mark he set less than a month ago. Koppel then came back in the 200 to set another world mark with a time of 27.48. He also won the 100 meters in his age group and finished third in the 800, an event he hadn't competed in since his high school days a half-century ago.

Then there was Harry Koppel, a 65-year-old weight man from Alhambra, Calif., shattered the world age-group mark in the hammer throw. His heave of 124.3 bettered the three-year-old world mark by nearly 11 feet.

New American age-group records in the men's 800 and 1,500 were set by Ernie Billups, competing for the University of Chicago Track Club. The 42-year-old Billups, who set the American 800 mark exactly a year earlier at 1:57.5, this time covered the distance in 1:55.96, displaying a strong finishing kick that enabled him to win by five seconds. Then on Sunday Billups

turned in a 1,500 time of 4:03.33 to easily outdistance the field and carve 2.6 seconds off the record set by Wilbur Williams in 1973.

The sentimental favorite of the crowd throughout the meet, however, was Norman Bright, a blind, 69-year-old Seattle resident who puts in 14 miles of roadwork daily.

Assisted by his guide, college student Craig Coleman, Bright competed in the 10,000 meters on Friday, ran the 800 on Saturday (an event he holds an age-group world record in), then came back to double in the 1,500 and 5,000 on Sunday.

He finished out of the money in the 10,000 and was fourth in the 800 but came back Sunday to take silver medals in both the 1,500 and 5,000, receiving cheers and encouragement from the sizable audience each time he passed in front of the

In addition to his exploits on the track, Bright was also able to raise a substantial amount of money to help finance a trip to the International Masters championships in Hanover, Germany, later this year. Making that trip has been one of Bright's goals this year.

This year's meet marked the third time the AAU National Masters has come to Gresham and MHCC. The college becomes eligible to host the meet again in 1981. AAU regulations prohibit holding the competition at the same site two years in a row.



Staff photo by Kim Smith  
Kent Guthrie of Lafayette, Calif. hits the water jump during Saturday's steeplechase finals in the National Masters Track Meet. Guthrie finished second in his age group (40-44), completing the course in 10:38.10.

the sprinting events in every age group she has competed in. She owns world age-group records in four events that she set in 1976 when she competed in Division 1-A (40-44). Now running in Division 1-B (45-49), Obera set standards earlier this year in the 100, 200 and 400 meters. During this weekend's meet she lowered her marks in all three events.

In Saturday's women's 100-meter final, Obera not only outraced the competition in her own division but turned in the fastest time of everyone. Her world record time of 12.63 was .57 seconds faster than her nearest rival. The clocking also beat the

# Sprinter outraces cancer, snakebite

by JIM HAYS  
of The Outlook staff

Just call Harry Koppel the Comeback Kid. Koppel gave up track and field in 1929 when he was still in high school.

Now, at age 66, he holds world age-group records in two events, an American mark in a third, and almost incidentally also holds a national age-group swimming record.

Not bad, especially when you consider he returned to competition only three years ago and has overcome cancer and a paralyzing snake bite.

A retired maintenance man for United Airlines in Belmont, Calif., Koppel came back to athletics on the advice of his doctor.

"I had to lose 30 pounds and some high blood pressure," he said.

He started running, lost the weight and lowered his blood pressure. But rather than stop there, or just maintain the status quo, Koppel went a step further. Several steps further, in fact.

He began running competitively in Masters meets and made it to his first national meet in 1977. He was less than completely successful, but the next year he was back like gangbusters, setting world age-group records in the 200 and 400 meters and lowering each

mark twice. An excellent swimmer, Koppel also owns the American age-group record in the 50-meter



Harry Koppel

breaststroke and will be on hand next month when the national Masters championships are decided in Detroit.

It hasn't been an easy road for him, however. "I was bitten by a seasnake while swimming off the California coast," he said. The venom from the bite left him paralyzed for weeks and when he was finally able to get around again he was struck down by throat cancer.

"I was finally cured by cobalt and radiation treatments," he said, pointing to tiny black marks on both sides of his neck, marks left by the treatment he had to undergo.

At this year's National Master's, Koppel again lowered his world records in the 200 and 400. His 1:03.88 clocking in the 400 clipped .12 seconds off his previous best time and he took the same number of ticks off the world mark in the 200. The latter record was especially satisfying to Koppel, who had lost the mark last summer to Yngue Brange of Sweden.

"I ran a 27.4 last summer and I thought I had the record again," he said. "But they said the time was wind-aided and wouldn't allow it as a record. The Brange did his 27.6 and they let that stand. So I had personal reasons for wanting this record back."

Spoken like a true competitor.

# Bevilaqua resigns

John Bevilaqua has resigned as Director of Marketing for Financial Fitness, Inc.

(Financial Fitness is the arm of the Occidental Life Insurance Co. of North Carolina which is providing \$35,000 to support Masters track, field and long distance running in 1979.)

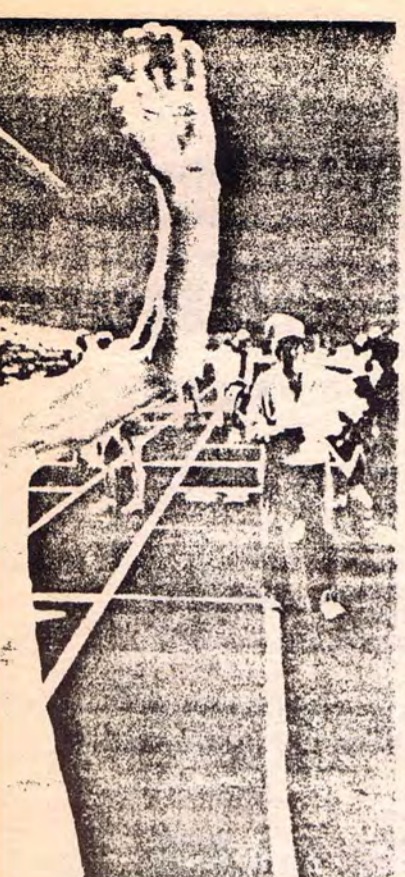
"A senior management change and reassignment of personnel,"

Bevilaqua states, "has prompted me to ask to be freed from my current obligations. I will continue to coordinate AAU activities with Occidental in my role as National AAU Masters Treasurer."

Svd Havely of Financial Fitness assures that "I talked with Tom Smith about the contractual agreement with Occidental/FFI concerning the National Masters Newsletter.

Tom has asked that I reaffirm all the elements of the agreement and emphasize to you that John Bevilaqua's leaving in no way alters anything in that regard.

"I hope that in the next few months we will be able to make our products more widely known...Recently, we have enjoyed an increase in the number of policy applications and a great deal of favorable press coverage.



Staff photo by MIKE LLOYD  
Mt. Hood Community College. Bright is legally blind friend Craig Coleman, background, to pace



Staff photo by Kim Smith  
group and won the event with a toss of 192.5. Most events are scheduled for Saturday and

Jack Greenwood, a world record-holder in a myriad of events, showed his flair for making friends.

A 53-year-old savings and loan manager, he traveled all the way from tiny Medicine Lodge, Kan., to run in seven events here because "it makes you feel clean, like you had a complete shower."

"Basically, I like to run for the fun of it. It's my way of unwinding. Instead of going out for a cocktail after a long day, I run."

Greenwood ingratiated himself at this Masters meet by stopping by to renew old acquaintances and enjoy camaraderie.

Then he pulled a fast one and walked off with five gold medals, including a world age-group record of 54.24 in the 400 meters.

Who says you can't beat old friends?



Is

ared

very tense doing that." Bright here's one lady who walks here sometimes, and she'll see and say, 'Look out, Nor-

Bright runs through the of Seattle, he wears a helmet es a white cane, but even that ch of a help, not when young al his cane and refuse to get way.

Bright doesn't dwell on the bad es. He likes to talk about the ronto a few years ago when he rous world records in the 800, ase and 1,500 meters, all in the . He was the first person over n the 1,500 in less than five when he clocked a 4:59.8.

currently is embroiled with ems of raising necessary funds himself and Coleman to Han- Germany, later this month for ion in the World Masters nships. If they make it, they'll ures, record their experiences o set up speaking engagements y return.

figures it will take as much 0 or more for the trip. So far, d \$917.

ually, I've taken in \$929, but I 2 on a new folding walking replace the one the kids stole " he said. "It's hard to get the ecause the track clubs all say oney is going to support the s. We seniors demand respect, going to get the money some- get over there, then come back y story. I think it will be a ry."

nt wandered off with Coleman me running. When he left, a -old Masters' competitor ad a reporter.

was a hell of a runner in his he man said. "The way he is ou know, blind and all that, it's ad isn't it?"

that Norman Bright, blind at 69 d, still manages to run 50 miles is in better shape than most half his age and has somehow d to remain the eternal opti-

re's nothing sad about that.



JOY OF RUNNING — Norman Bright, 69, shows elation after finish of his age group's 10,000-meter run Friday night in National AAU Masters track and field meet at

Mount Hood Community College. Bright is legally blind and uses friend Craig Coleman, background, to pace him.

Staff photo by MIKE LLOYD



Ken Johnson gets set to unleash javelin throw during Friday action at National Masters Track and Field Championships at Mt. Hood Community College. Johnson, who lives in Connecticut, competed in the 30-

34 age group and won the event with a toss of 192-5. Finals in most events are scheduled for Saturday and Sunday.

Staff photo by Kim Smith

# Masters must win — against friends

By DAVID HAMBURG  
Journal Sports Writer

RESHAM — "Competition" is not a four-letter word nly if "winning" can be construed as a dirty word "competition" be similarly labeled.

is holds true for the old, as well as the young. te. i don't believe for a moment that the participants in 10th annual AAU Masters and Sub-Masters National k and Field championships which ended here Sunday ust a bunch of hyperactive senior citizens, enjoying a end get-together.

ure, there's a lot of fun and a lot of fellowship out

here." 44-year-old Hal Smith said as he peeled off a sweat sock in the almost-empty Mt. Hood Community College locker room "But everybody tries to win.

"If you lose, you can understand and accept it, because you're friends. We're mature people. We can forget we lost and go out, have a beer and relax.

"But you'd rather die than let them beat you." Smith, a tall, husky, yet fleet-of-foot pentathlon man, probably should understand this "win or die" compulsion more readily than anyone else. He played defensive end in the 1960s for one of the winningest teams in National Football League history, the Oakland Raiders.

Smith, American age-group record-holder (43) in the pentathlon, agreed that "certainly, any time you add a record, you feel good about it.

"But it's not like the younger athletes who feel they've gotta go out and kill the other guy. We don't have to be macho anymore. We like to go out and have a good time.

"Still, when we get in the blocks, it's the same old thing. Time to start over again."

Jack Greenwood, a world record-holder in a myriad of events, showed his flair for making friends.

A 53-year-old savings and loan manager, he traveled all the way from tiny Medicine Lodge, Kan., to run in seven events here because "it makes you feel clean, like you had a complete shower.

"Basically, I like to run for the fun of it. It's my way of unwinding. Instead of going out for a cocktail after a long day, I run."

Greenwood ingratiated himself at this Masters meet by stopping by to renew old acquaintances and enjoy camaraderie.

Then he pulled a fast one and walked off with five gold medals, including a world age-group record of 54.24 in the 400 meters.

Who says you can't beat old friends?

# Records fall for Master's spikers

by JIM HAYS  
of The Outlook staff

It was raining lightly on the Mt. Hood Community College track Sunday night with lightning visible to the east and thunder rolling across the darkened skies.

The threat of a sudden cloudburst, however, couldn't put a damper on the spirits of more than 400 athletes from all over the United States and several foreign countries who made the trek to Gresham for the AAU Masters National Track and Field Championships.

World records were shattered in 17 events and new American marks were recorded in another nine as athletes ranging in age from 30 to 86 toiled through three humid days of competition.

Stars of the show? How about Irene Obera? A 45-year-old high school principal from Oakland,

the sprinting events in every age group she has competed in. She owns world age-group records in four events that she set in 1976 when she competed in Division 1-A (40-44). Now running in Division 1-B (45-49), Obera set standards earlier this year in the 100, 200 and 400 meters. During this weekend's meet she lowered her marks in all three events.

In Saturday's women's 100-meter final, Obera not only outraced the competition in her own division but turned in the fastest time of everyone. Her world record time of 12.63 was .57 seconds faster than her nearest rival. The clocking also beat the

mark she set May 12 by .07 seconds.

The next day she came back and captured the 200 and 400, again in record times. She eclipsed her old mark in the 200 by covering the distance in 26.57, then shaved three seconds off her 400 record by winning that race in 1:01.73.

Then there was Harry Koppel. Competing in division 3-B (65-69), Koppel picked up three gold medals and set two world records in the process. His 1:03.88 clocking in the 400 meters was .12 second better the mark he set less than a month ago. Koppel then came back in the 200 to set another world mark with a time of 27.48. He also won the 100 meters in his age group and finished third in the 800, an event he hadn't competed in since his high school days a half-century ago.

old weight man from Alhambra, Calif., shattered the world age-group mark in the hammer throw. His heave of 124-3 bettered the three-year-old world mark by nearly 11 feet.

New American age-group records in the men's 800 and 1,500 were set by Ernie Billups, competing for the University of Chicago Track Club. The 42-year-old Billups, who set the American 800 mark exactly a year earlier at 1:57.5, this time covered the distance in 1:55.96, displaying a strong finishing kick that enabled him to win by five seconds.

Then on Sunday Billups

turned in a 1,500 time of 4:03.33 to easily outdistance the field and carve 2.1 seconds off the record set by Wilbur Williams in 1973.

The sentimental favorite of the crowd throughout the meet, however, was Norman Bright, a blind, 69-year-old Seattle resident who puts in 14 miles of roadwork daily.

Assisted by his guide, college student Craig Coleman, Bright competed in the 10,000 meters on Friday, ran the 800 on Saturday (an event he holds an age-group world record in), then came back to double in the 1,500 and 5,000 on Sunday.

He finished out of the money in the 10,000 and was fourth in the 800 but came back Sunday to take silver medals in both the 1,500 and 5,000, receiving cheers and encouragement from the sizable audience each time he passed in front of the

In addition to his exploits on the track, Bright was also able to raise a substantial amount of money to help finance a trip to the International Masters championships in Hanover, Germany, later this year. Making that trip has been one of Bright's goals this year.

This year's meet marked the third time the AAU National Masters has come to Gresham and MHCC. The college becomes eligible to host the meet again in 1981. AAU regulations prohibit holding the competition at the same site two years in a row.

# Sprinter outraces

by JIM HAYS  
of The Outlook staff

Just call Harry Koppel the Comeback Kid. Koppel gave up track and field in 1929 when he was still in high school.

Now, at age 66, he holds world age-group records in two events, an American mark in a third, and almost incidentally also holds a national age-group swimming record.

Not bad, especially when you consider he returned to competition only three years ago and has overcome cancer and a paralyzing snake bite.

A retired maintenance man for United Airlines in Belmont, Calif., Koppel came back to athletics on the advice of his doctor.

"I had to lose 30 pounds and some high blood pressure," he said.

He started running, lost the weight and lowered his blood pressure. But rather than stop there, or just maintain the status quo, Koppel went a step further. Several steps further, in fact.

He began running competitively in Masters meets and made it to his first national meet in 1977. He was less than completely successful, but the next year he was back like gangbusters, setting world age-group records in the 200 and 400 meters and lowering each

mark twice.

An excellent swimmer, American age-group rec



Harry Koppel

# Bevilaqua

John Bevilaqua has resigned as Director of Marketing for Financial Fitness, Inc.

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Bevilaqua states to ask to be free obligations. I coordinate AA Occidental in n AAU Masters T Syd Havely o assures that "I Smith about the ment with Occide the National M



continued from page 9

**55-59**  
Avery Bryant 55 CA 4.42.26  
Jack Rice 59 FL 5.19.52

**60-64**  
\*Clive Davies 64 OR 4.54.19  
Robert Lehman 60 CA 5.19.78  
Alan Waterman 61 CA 5.21.79  
Frans Pauwels 61 OR 5.27.49

**65-69**  
\*William Andberg 68 MN 5.11.77  
Norm Bright 69 WA 5.50.62  
Fred Bierlein 69 CA 5.52.90

**70-74**  
Sid Madden 72 CA 5.45.07  
Ken St. Clair 71 MO 6.53.00

**75-79**  
\*Harold Chapson 77 HI 5.46.36

**80-84**  
\*Paul Spangler 80 CA 7.01.20

**5000 Meters**  
**30-34**  
Steve Waggner 34 CA 16.26.4  
Jacques Pittet 33 WA 16.33.7  
Gordon Garlock 30 OR 17.47.4

**35-39**  
Harvey Franklin CD 15.20.5  
George Conefrey 37 OR 15.31.8  
David Hambly 39 WA 15.38.9  
Jack Petty 35 TX 15.48.3  
Victor Wolfe 35 OR 15.53.9  
David Bakley OR 17.21.5  
Neal Weber OR 17.36.2

**40-44**  
Earl Ellis 43 WA 15.34.9  
Robert Welck CA 16.04.3  
Truman Clark 44 CA 16.07.1  
Jim Davis OR 16.13.7  
Bob Langenbach 42 WA 16.29.5  
Walt Schaefer WA 16.39.3  
David Page 40 WA 16.40.6  
Thomas Cathcart 41 CA 17.20.8  
Bernard Babbit 42 WA 18.11.2

**45-49**  
+Ray Hatton 47 OR 15.35.5  
+Hal Higdon 48 IN 15.41.5  
Derek Mahaffey 45 WA 16.16.5  
John Weldy 45 AZ 16.49.9  
Field Ryan WA 18.31.5  
Sandor Szabo 47 OR 19.17.9

**50-54**  
Jim O'Neil 52 CA 16.41.6  
David Stevenson 51 CA 16.58.0  
Roland Anspach 53 OH 17.08.4  
Don Pickett 51 CA 17.51.9  
Leo Sherry 51 OR 18.11.4  
Robert Kuupper 51 OR 18.15.7  
Bill McChesney OR 18.27.8  
Ray Gill CA 18.34.7

**55-59**  
Avery Bryant 55 CA 17.50.4  
Joe Mallon 58 OR 19.09.5  
Jack Rice 59 FL 19.58.0  
James Stephenson 59 CA 23.43.3  
Tom Holmer 55 OR 25.18.5

**60-64**  
\*Clive Davies 64 OR 17.27.5  
James Oleson 62 CA 18.31.3  
Frans Pauwels 61 OR 19.06.5  
Robert Lehman 60 CA 20.36.1

**5000 Meters**  
**65-69**  
William Andberg 68 MN 19.11.7  
Norm Bright 69 WA 23.03.7

**70-74**  
Sid Madden 72 CA 22.03.3  
Ken St. Clair 71 MO 24.48.1  
Paul Carmichael 71 CA 28.39.0

**10000 Meters**  
**30-34**  
Del Martin OR 33:43.8  
Jacques Pittet 30 WA 34:51.9  
Doug Sturm WA 36:54.8

**35-39**  
George Conefrey 37 OR 32:04.5  
David Hambly 39 WA 32:22.7

Ron Gayer 37 OR 35:08.7  
Val Schultz OR 35:24.5  
John Prinos 37 WA 35:39.2

**40-44**  
Earl Ellis 43 WA 33:00.8  
David Pitkethly 43 WA 33:51.6  
Truman Clark 44 CA 33:52.1  
Bob Langenbach 42 WA 33:54.4  
Jim Davis 34:41.3  
Guy McFarland 43 IA 35:30.9

**45-49**  
Jack Foster 47 NZ 30:48.5  
Ray Hatton 47 OR 32:17.4  
Derek Mahaffey 45 WA 34:41.3  
Joe Livesay 45 AZ 35:03.9  
Ed Rockwell 46 35:11.2  
Allyn Schwinkendorf WA 36:51.5

**50-54**  
Jim O'Neil 52 CA 34:03.6  
Pete Mundle 51 CA 34:03.7  
Roland Anspach 53 OH 35:33.5

**WOMEN 45-59**  
Ruth Anderson 49 CA 40:57.9  
Susan Means 46 OR 51:35.4  
Gladys Lehman 57 CA 56:58.4

**60-64**  
James Oleson 62 CA 38.38.9  
Frans Pauwels 61 OR 40.08.7  
Robert Lehman 60 CA 42.07.9

**65-69**  
+William Andberg 68 MN 40.26.5  
Norm Bright 69 WA 44.41.9

**70-74**  
Ken St. Clair 71 CA 55.37.2  
Paul Carmichael 71 MO 56.53.5

**80-84**  
+ Paul Spangler 80 CA 49.22.7

**110 Meters High Hurdles**  
**30-34**  
Chuck Holt 32 IL 16.29  
Frederick Johnston CA 18.42

**35-39**  
+Walt Butler 38 CA 14.71  
Cornelius McCormack CA 15.38  
Jim McAbee 37 OR 15.46  
Bryan Westfield 37 MI 16.11

**40-44**  
Lew Thorne 41 OR 16.23  
Charles Fuller CA 16.23  
Hal Smith 44 CA 16.50  
Bruce Mills 40 IL 18.38

**45-49**  
Van Parrish 45 CA 17.08  
Tony Nasralla 47 CA 18.84  
Dave Douglass 48 NM 21.08

**50-54**  
\*Jack Greenwood 55 KN 15.57  
Robert Higginbotham CA 19.96  
Don Donnelly 51 CA 20.33

**55-59**  
Bob Hunt 59 CA 17.48  
Burl Gist 59 CA 18.46  
Albert Johnson 57 OR 19.98

**60-64**  
Bill Morales 63 GA 20.33  
Robert Littlejohn 60 WA 20.99

**65-69**  
Chet Beach 67 CA 19.37  
Bud Deacon 67 OR 21.86

**70-74**  
A.J. Puglizevich 71 CA 29.12  
Louis Pefsenyi 71 CA 47.00

**75-79**  
\*Herb Anderson 77 CO 27.36

**400 Meter Hurdles**  
**30-34**  
Matt Pruitt CD 55.85  
Chuck Holt 32 IL 57.86  
Roger Carlon 33 CA 60.12  
Warren Cummings 30 CA 65.70

**35-39**  
Bryan Westfield 37 MI 57.92  
Cornelius McCormack CA 57.99

**40-44**  
+ Gary Miller 42 CA 57.74  
Edward Oleata CA 58.76  
James Thomas CA 58.84

John Brocksmith GA 60.13  
Lewis Thorne 41 OR 60.99  
Bruce Mills 40 IL 66.27  
Raymond Fitzhugh 44 CA 76.70

**45-49**  
Van Parrish 45 CA 63.82  
Tony Nasralla 47 CA 64.71  
Al Sheahan 47 CA 65.00

**50-54**  
\* Jack Greenwood 53 KN 60.08  
Dean Smith 53 IL 63.66  
+ Ed Dowell 52 CA 64.88  
Bob Holmes 51 CA 67.07  
Bob McGuire 52 CA 68.88  
David Stevenson 51 CA 69.00

**55-59**  
Bob Hunt 59 CA 67.96  
Bob Pruitt 56 OR 69.18  
Avery Bryant 55 CA 74.95

**60-64**  
\* Alan Waterman 61 CA 76.06

**65-69**  
\* John Satti 65 CA 76.99  
Bud Deacon 67 OR 78.26  
\* Fred Bierlein 69 CA 108.42

**75-79**  
\* Herb Anderson 77 CO 103.99

**3000 Meter Steeplechase**  
**30-34**  
Allan Lichtman 32 MD 11.06.1

**35-39**  
Valdemar Schul OR 10.59.5  
Gary Timms 37 OR 11.11.3  
Yawnick Ira 38 CA 11.17.3  
Lew Schoenberg 38 OR 11.27.9

**40-44**  
Bob Langenbach 42 WA 10.37.9  
Kent Guthrie 43 CA 10.38.1

**45-49**  
+ Hal Higdon 48 IN 10.20.4  
Dan Halvorson 46 CA 11.11.4  
Gerald Warrock 45 OR 11.32.1

**50-54**  
+ David Stevenson 51 10.53.7  
+ Roland Anspach 53 OH 11.17.4  
Bob Holmes 51 12.51.5  
Jim Waste 50 13.57.9

**55-59**  
+ Avery Bryant 55 CA 11.41.0

**60-64**  
\* Alan Waterman 61 CA 12.53.6

**65-69**  
\* Bob McTarnahan 67 OR 15.33.6

**70-74**  
\* Paul Carmichael 71 CA 18.36.5  
Kelly Bagby OR 21.11.8

**5000 Meter Walk**  
**30-34**  
David Himmelberger CA 22.26.9  
Marty Stitzel 34 WA 26.03.3

**40-44**  
+ Ron Laird 41 CA 22.26.9  
Raymond Fitzhugh 44 CA 31.41.7  
Jim Cullen 32.29.9

**45-49**  
Bob Fine 48 NY 26.05.1  
Dick Vanderhoff 47 WA 26.27.6  
Paul Kaald 46 WA 27.31.6

**50-54**  
Robert Mimm 54 NJ 25.26.0  
John Friesen 52 CA 29.54.5  
Bob McGuire 52 CA 30.05.5

**60-64**  
Don Johnson 62 NJ 28.08.5  
Don Jacobs 60 OR 35.53.6

**65-69**  
Gordon Wallace 69 AZ 29.29.6

**70-74**  
Chesley Unruh 73 CA 31.53.3

**20 Kilometer Walk**  
**30-34**  
Dave Himmelberger 33 CA 1.39.59

**40-44**  
Ron Laird 41 CA 1.51.50  
Ray Fitzhugh 44 CA 2.29.15

**45-49**  
Bob Fine 48 NY 1.55.49  
Dick Vanderhoff 47 WA 1.57.57  
Paul Kaalb 46 WA 1.59.23

**50-54**  
+Robert Mimm 54 NJ 1.52.53  
John Friesen 52 CA 2.23.34

**60-64**  
Don Johnson 62 NJ 2.04.20

**65-69**  
+Gordon Wallace 69 AZ 2.12.45

**Javelin**  
**30-34**  
Ken Johnson CN 192'5  
Frederick Johnson 33 CA 174'9  
Jim Trujillo 32 OR 173'4  
Richard Stepp 34 CA 143'1

**35-39**  
Doug Wells 35 CA 200'10  
Cornelius McCormack CA 165'11

**40-44**  
Larry Stuart CA 212'2  
Phil Conley 44 CA 192'0  
Robert Darling 44 OR 173'11

**45-49**  
+ Spencer Letcher 47 CA 181'0  
Ralph Sutton 48 CA 170'0  
Robert Sonneman 48 IL 126'7

**50-54**  
Harry Hawke 50 CA 133'0  
Harold Wallace 52 CA 109'4  
Phil Walden 52 OR 96'2  
Emson Grimm 54 CA 49'4

**55-59**  
John Ulam 55 PA 124'8  
Bob Stone 59 CA 115'11  
Don Harris 59 PA 105'3  
Jim Holland 55 OR 91'6

**60-64**  
\* Bill Morales 63 CA 163'0

**65-69**  
Phillip Henn 66 IO 71'10

**70-74**  
\* Winfield McFadden 74 CA 108'9

**75-79**  
\* Herb Anderson 77 CO 92'5

**Shot Put**  
**30-34**  
Fred Johnston 33 CA 39'0  
Warren Cummings 30 CA 36'3 3/4  
William Henderson 33 CA 35'9

**35-39**  
Doug Wells 35 CA 49'9 1/2  
Edward Hill 37 CA 46'8  
Cornelius McCormick CA 38'3

**40-44**  
Doug Smart 43 WA 46'6  
James Hart 43 HI 44'2  
Hal Smith 44 CA 42'2  
Richard Fox 41 CA 38'7 1/2  
Carl Klehm 41 IL 36'4 1/4

**45-49**  
Phil Brady 45 CO 45'0  
Stewart Thompson 46 CA 41'10 1/4  
Spencer Letcher 46 CA 33'11 1/2  
Dave Douglass 48 NM 28'10 1/4

**50-54**  
Harry Hawke 50 CA 43'0 1/2  
Harold Wallace 52 CA 37'1  
Phil Walden 52 OR 35'3

**55-59**  
William Walmroth 56 MI 46'8 1/4  
James Holland 55 OR 39'2  
David Batchelor 59 PA 35'4

**60-64**  
Jack Thatcher 63 CA 45'11 3/4  
Mike Castaneda 60 MN 45'11 1/2  
William Coleman 61 VI 44'11 1/2

**65-69**  
James York 66 CA 43'4  
Ross Carter 65 OR 41'11  
Phillip Henn 66 IO 33'4

continued



continued

**70-74**  
Louis Perfsenyi 71 CA 37'4 3/4  
A.J.Puglizevich 71 CA 35'9 1/4  
Bob MacCongly 71 CA 34'10

**75-79**  
Herb Anderson 77 CO 29'6 1/2

**Hammer Throw**  
**30-34**  
Bill Henderson 33 CA 75'8

**35-39**  
Edward Hill 37 GA 112'0

**40-44**  
Gordon Bobbell 43 CA 149'8  
James Hart 43 HI 124'0  
Carl Klehm 41 IL 114'2  
Hal Smith 44 CA 101'7  
Dick Fox 41 CA 75'2

**45-49**  
Stewart Thomson 46 CA 159'5  
Frank Miller 45 OR 112'2  
Dave Douglass 48 NM 96'7  
Gerald Wojcek 49 CA 93'1

**55-59**  
David Batchelor 59 PA 111'1  
Ralph Hassman 55 CA 99'4  
R.K.Stone 59 CA 83'4  
James Holland 55 OR 63'5

**50-54**  
Phil Walden 52 OR 58'0  
Emson Grimm 54 CA 48'9

**60-64**  
C.R.Collins OR 117'3  
Mike Casteneda 60 WA 103'1

**65-69**  
+James York 66 CA 123'6  
Phillip Henn 66 IO 83'1  
B.J.LaBorde 69 OR 80'4

**70-74**  
\*Randolph Hubbell 70 CA 124'3  
Louis Perfsenyi 71 CA 99'10  
Jack Carson 70 HI 73'9

**75-79**  
Herb Anderson 77 CO 64'3

**High Jump**  
**30-34**  
Dennis Olafson 32 OR 6'1  
Ken Johnson CO 5'8  
Warren Cummings 30 CA 5'4

**35-39**  
Alonzo Littlejohn 37 MI 6'0  
Mike Atterman 38 MI 5'6

**40-44**  
Tom Langenfeld 42 MN 5'10  
Robert Darling 44 OR 5'8  
Floyd Smith 44 IO 5'7

**45-49**  
\* Richard Richardson IL 6'0  
\* Nick Newton 46 CA 5'10  
\* Ed Austin 49 CA 5'6

**50-54**  
Hal Buck 54 OR 4'10 1/8  
Phil Walden 52 OR 4' 6 1/8  
Harold Wallace 52 CA 4' 4 1/8

**55-59**  
Burl Gist 59 CA 5' 3/4  
Dave Brown 57 CA 4' 8 1/8  
Bob Pruitt 56 CA 4' 6 1/8

**60-64**  
Orval Gillett 60 CA 4'7 3/4  
James Vernon 63 CA 4'4 1/8

**65-69**  
James McCarthy 65 NV 4'4 1/8  
Chet Beach 67 CA 4'2 1/8  
Bud Deacon 67 OR 4' 1/8

**70-74**  
Louis Perfsenyi 71 CA 3'10  
Homer Van Gelder 74 CA 3'10  
Winfield McFadden 74 CA 2'8 1/2

**75-79**  
Herb Anderson 77 CO 4'2 1/8

**Discus**

**30-34**  
Frederick Johnston 33 CA 118'1  
Warren Cummings 30 CA 110'2  
William Henderson 33 CA 92'6

**35-39**  
Doug Wells 35 CA 148'2  
Edward Hill 37 CA 144'9  
Cornelius McCormack CA 123'9

**40-44**  
Bob Humphreys 43 CA 148'3 1/2  
James Hart 43 HI 138'8 3/4  
Hal Smith 44 CA 122'2  
Doug Smart 43 WA 121'1  
Richard Fox 41 CA 115'10 1/  
Carl Klehm 41 IL 105'2 1/2  
Sam Fort 40 OR 91'3 1/4

**45-49**  
Phil Brady 45 CO 148'4 3/4  
Stewart Thomson 46 CA 141'6 1/2  
Spencer Letcher 47 CA 112'1 1/2  
Robert Sonneman 48 IL 93'103/4  
Dave Douglass 48 NM 81'5 3/4

**50-54**  
Byrl Thompson 50 CA 147'3  
Harry Hawke 50 CA 136'1 3/8  
Richard Straub 51 CA 119'8 1/2  
Harold Wallace 52 CA 115'5 3/4  
Harold Buck 54 OR 89'6  
Emson Grimm 54 55'8 1/4

**55-59**  
William Walmroth 56 MI 130'1  
R.K.Stone 59 CA 110'5  
Ralph Hassman 55 CA 108'4 1/2  
Mark Henderson 59 CA 90'11  
James Holland 55 OR 90' 1/2

**60-64 (meters)**  
\*Mike Casteneda 60 MN 43.67  
\*Jack Thatcher 63 CA 40.95  
\*Paul Fanning 64 CA 40.30  
William Coleman 61 VI 39.26  
Murray Oguss 62 NY 32.29

**65-69 (meters)**  
+James York 66 CA 34.57  
James McCarthy 65 NV 31.99  
Phillip Henn 66 CA 30.31  
Wayne Griffith 67 CA 25.95  
H.J.LaBorde 69 OR 23.94  
Ray Moe 69 OR 20.22

**70-74 (meters)**  
\*Ken Carmine 71 CA 38.27  
Louis Perfyni 71 CA 32.56  
Bob MacCongly 71 CA 28.40  
\*Winfield McFadden 74 CA 26.07  
Randolph Hubbell 70 CA 24.54  
Jack Carson 70 HI 23.85

**75-79 (meters)**  
\*Herb Anderson 77 CO 23.30

**85-89 (meters)**  
\*Collie Wheeler 86 OR 19.69

**LONG JUMP 30-34**  
Carl Flowers 32 CA 22'7 1/4  
Luther Goin 31 OR 20'6  
Bill Henderson 33 CA 15'4 1/4

**35-39**  
Sam Robinson CA 19'11 3/4  
Robert Gent 38 OR 19' 1/2  
Miguel Ucovich 38 CA 19' 1/2

**40-44**  
Kermit Walker 43 CA 20'4 1/2  
Sam Taylor OR 19'1 1/4  
Charles Fuller CA 18'8 1/4  
Phil Conley 44 CA 17'10 1/2  
Haig Bohigian 43 NY 16'8 3/4

**45-49**  
\* Shirley Davisson 49 CA 20'1 3/4  
Tony Nasralla 47 CA 19'1 1/4  
Philip Schlegel 49 CA 18'2  
Jerry Donley 49 CO 17'7 1/2

**50-54**  
Albert Brenda 51 CA 17'9 3/4  
Don Donnelly 51 CA 16'3 3/4  
Phil Walden 52 OR 13'4

**55-59**  
Raymond Spencer 56 CA 17'6 3/4  
James Johnson 57 CA 17' 1/2  
Dave Brown 57 CA 16'9 3/4  
Lou Carline 59 OR 16'2 1/4  
Bob Pruitt 56 OR 15'3 1/4  
Don Harris 57 PA 14'9 1/4

**60-64**  
Bill Morales 63 CA 15'4 1/4  
Robert Littlejohn 60 WA 14'7

**65-69**  
\*John Satti 65 CA 15'8 3/4

**70-74**  
\*Winfield McFadden 74 CA 13' 1/4  
Homer VanGelder 74 CA 11'3 1/4  
Jack Carson 70 HI 9'5 1/4  
Henry Schumacher 70 IO 9'3 3/4

**75-79**  
Herb Anderson 77 CO 10'2 1/4

**85-89**  
\*Collie Wheeler 86 OR 8'3 3/4

**TRIPLE JUMP**  
**30-34**  
Carl Flowers 32 CA 42'10 1/4  
Paul Roberts 33 WA 42'1  
Ken Johnson CO 38'11 1/4

**35-39**  
Miguel Ucovich 38 CA 38'1  
Alonzo Littlejohn 37 MI 35'4

**40-44**  
Melvin Ramey 41 CA 42'9  
Kermit Walker 43 CA 40'10 1/4  
Haig Bohigian 43 NY 35'4 1/4  
Tom Langenfeld 42 MN 34'5 1/4

**45-49**  
Shirley Davisson 49 CA 37'7 1/4  
Tony Nasralla 47 CA 36'4

**50-54**  
Albert Brenda 51 CA 34'2 1/4  
Donald Donnelly 51 CA 33'8  
Phil Walden 52 OR 30'10 1/4  
Freeman Marr 54 TR 29'2 1/4  
John Friesen 52 CA 26'10 1/4

**55-59**  
Raymond Spencer 56 CA 34'2 1/4  
Dave Brown 57 CA 33'10 1/4  
James Johnson 57 CA 32'9 1/4

**60-64**  
Robert Littlejohn 60 WA 27'1 1/4

**65-69**  
John Satti 65 CA 29'5 1/4  
Bud Deacon 67 OR 28'9 3/4

**70-74**  
\*Winfield McFadden 74 CA 27'4  
Homer VanGelder 74 CA 24'3  
Jack Carson 70 HI 20'11  
Henry Schumacher 70 WA 19'7 3/4

**75-79**  
Herb Anderson 77 CO 24'1/2

**POLE VAULT**  
**30-34**  
Warren Cummings 30 CA 14'0  
Richard Stepp 34 CA 12'6  
Tim Sills 31 OR 12'6

**35-39**  
Brian Bergman OR 12'6  
Gary Isham WA 10'0

**40-44**  
Gerard Durmas 44 CN 12'0  
Ron Fleming 42 CA 11'6  
Leslie Weed CA 11'0  
Hal Smith 44 CA 10'0

**45-49**  
\* Vic Cook 44 CA 13'9  
Jerry Donley 49 CO 12'6  
Jim Holmes 48 OR 11'0  
Dave Douglass 48 MN 9'6

**50-54**  
Don Grosh 54 CA 10'5  
Harold Wallace 52 CA 10'6  
Albert Brenda 51 CA 10'6

**55-59**  
Dave Brown 57 CA 11'0  
James Johnson 57 CA 9'6  
Lowell Donnelly 59 CA 8'6

**60-64**  
Jim Vernon 63 CA 11'6  
Orval Gillett 60 CA 9'6

**65-69**  
Bud Deacon 67 OR 9'0

**70-74**  
\* Bob MacCongly 71 CA 8'0  
Louis Perfenyi 71 CA 6'0  
A.J.Puglizevich 71 CA 6'0

**WOMEN****100 Meters**

**30-34**  
Janice Henderson 32 CA 15.2

**35-39**  
Miriam Gerard 38 CA 13.7\*

**40-44**  
Cherrie Sherrard 41 CA 13.20  
Almeta Parish 43 CA 13.65  
Christa Miller CA 13.94  
Grace Vanderhoff 41 WA 15.27  
Connie Wilson 44 OR 16.60

**45-49**  
\* Irene Obera 46 CA 12.63  
Gretchen Snyder 45 CA 15.07

**50-54**  
Shirley Kinsey 50 CA 15.93

**55-59**  
Edith Leiby 56 HI 18.06  
Maggie King WA 18.82  
Dorothy Donnelly 56 CA 19.04

**60-64**  
Josephine Kolda 61 CA 17.08  
Marjorie Hunt CA 20.38

**65-69**  
\* Polly Clarke 68 CO 16.72

**200 meters**

**30-34**  
Janice Henderson 32 CA 31.78

**35-39**  
Miki Hervey 37 TX 29.16

**40-44**  
Almeta Parish 43 CA 28.71

**45-49**  
\* Irene Obera 46 CA 26.57  
\* Gretchen Snyder 45 CA 30.81

**50-54**  
Shirley Kinsey 50 CA 32.82  
Mary Cooper CA 40.00

**55-59**  
Edith Leiby 56 HI 40.85

**60-64**  
\* Josephine Kolda 61 CA 38.08

**65-69**  
\* Polly Clarke 68 CO 35.56

**400 Meters**

**35-39**  
Miki Hervey 37 TX 64.07

**40-44**  
Miriam Gerard 38 CA 64.79

**45-49**  
Almeta Parish 43 CA 64.48  
Grace Vanderhoff 41 WA 70.42

**50-54**  
\* Irene Obera 46 CA 61.73  
\* Gretchen Snyder 45 CA 68.36

**55-59**  
\* Ellen Rose 51 CA 74.81

**60-64**  
\* Edith Leiby 56 HI 88.13

**65-69**  
\* Josephine Kolda 61 CA 92.25

**70-74**  
\* Polly Clarke 68 CO 84.60

**800 Meters**

**30-34**  
Remzy Huseny 33 CA 3.40.22

**35-39**  
\*Micki Hervey 37 TX 2.29.78  
Miriam Gerard 38 CA 2.33.82

**40-44**  
\*Judy Groombridge 39 WA 2.39.68

**45-49**  
\*Noel Murchie 44 HI 2.39.49

**50-54**  
\*Ruth Anderson 49 CA 2.45.92

**55-59**  
\*Edith Leiby 56 HI 3.33.12

**60-64**  
\*Polly Clarke 68 CO 3.38.02

**1500 Meters**

**30-34**  
Ramsay Husney 33 CA 7.22.5

**35-39**  
\*Judy Groombridge 39 WA 5.23.52  
Miriam Gerard 38 CA 5.44.38

**40-44**  
Sandra Knott 42 OH 4.58.42

**45-49**  
\*Noel Murchie 44 HI 5.32.65

**50-54**  
\*Ellen Rose 51 CA 6.20.17

**55-59**  
Maggie King 7.37.80

**60-64**  
Edith Leiby 56 HI 7.14.47

continued



continued

**5000 Meters**

30-34  
Vicki Tino 30 OR 18.20.2

35-39  
\*Judy Coroombridge 39 WA 19.24.4

40-44  
\*Sandra Knott 42 OH 18.22.5  
Noel Murchie 44 HI 20.55.1

45-49  
Marsha McChesney OR 23.41.8  
Susan Means 46 OR 24.16.7  
Delores Orth 47 OR 28.20.2

55-59  
Gladys Lehman CA 27.02.8

**10000 Meters**

30-34  
Vicki Tino 30 OR 38.04.2

40-44  
Sandra Knott 42 OH 38.05.5  
Noel Murchie 44 HI 42.08.6  
Shirley Milliman 47.05.9

**WOMEN FIELD EVENTS**

**LONG JUMP**

30-34  
Ramsey Husney 33 CA 9'0

40-44  
Christa Miller CA 13'10 3/4

**JAVELIN**

30-34  
Janice Henderson 32 CA 71'6  
Ramsey Husney 33 CA 60'4  
Susan Sherke 34 IL 57'2

40-44  
Christa Miller CA 102'0

45-49  
\*Marjorie Fox 46 CA 51'10

50-54  
\*Shirley Kinsey 50 CA 66'7

**TRIPLE JUMP**

45-49  
Christa Miller 27'11/4

**HIGH JUMP**

40-44  
\*Cherrrie Sherrard 41 CA 4'6  
Christa Miller CA 4'6

**SHOT PUT**

30-34  
Janice Henderson 32 CA 24'11 1/4  
Susan Sherke 34 IL 24'5  
Ramsey Husney 33 CA 20'3 1/2

40-44  
\*Cherrrie Sherrard 41 CA 36'7  
\*Connie Wilson 44 OR 28'8  
Almeta Parish 43 CA 25'10  
Ursula Schrieber 41 CA 24'0

45-49  
Marjorie Fox 46 CA 15'8 1/2

50-54  
\*Shirley Kinsey 50 CA 24'4  
\*Cora Gerber 52 OR 19'2

55-59  
\*Dorothy Donnelly 56 CA 19'10 1/2

**DISCUS (meters)**

30-34  
Ramsey Husney 33 CA 20'65  
Susan Sherke 34 IL 19.88

40-44  
Cherrrie Sherrard 41 CA 27.68  
Connie Wilson 44 OR 24.68  
Ursula Schrieber 41 CA 22.44

50-54  
\*Shirley Kinsey 50 CA 22.77  
\*Cora Gerber 52 OR 16.88

45-49  
\*Marjorie Fox 46 CA 14.34

**MEN'S PENTATHLON**

30-34  
Douglas Shaw 34 CA 2890.5  
Greg Marshall 2728.5  
James Trujillo 32 OR 2246.5  
Bill Henderson 33 CA 1680

35-39  
Robert Gent 38 OR 2157.5  
Miguel Ucovith 38 CA 1619.5  
John Bruington 1507.5

40-44  
Sam White 42 GA 3135.42  
Ed Oleata CA 3018.08  
Larry Means 44 CO 2711.04  
Haig Bohigian 43 NY 2585.24  
Phil Conley CA 2520.48

Hal Smith 44 CA 2481.32  
Leslie Weed CO 2291.76  
Ray Fitzhugh 44 CA 1558.48  
Don Greg 772.60

45-49  
Richard Richardson 2606.67  
Robert Sonneman 48 IL 2454.65  
Philip Schlegel 49 CA 2243.65  
Tony Nasralla 47 CA 2174.28  
Dave Douglas 48 NM 1965.63  
Gerald Wojcek 49 CA 1758.55  
Randall Lindsey 45 OK 1019.84  
Gene Ford 876.26

50-54  
Harry Hawke 50 CA 3296.0  
Bob Roemer 54 CA 3127.26  
Hal Wallace 52 CA 2722.4  
Bob Chado 52 CO 2216.0  
Richard Nordquist 54 OR 2015.1  
Al Brepda 51 CA 2006.9  
Dick Staub 51 CA 1807.3  
William Fix 53 WA 1598.24

55-59  
Ray Spencer 56 CA 2968.68  
Dan Harris 57 PA 2682.89  
Joe Mallon 58 OR 1597.63

70-74  
Ken Carnine 71 CA 3761.7  
Jack Carson 70 HI 641.4  
Henry Schumacher 70 WA 545.4

75-79  
Herb Anderson 77 CO 2793.75

**WOMEN'S PENTATHLON**

30-34  
Ramsey Husney 33 CA 436.2

40-44  
Cherrrie Sherrard 41 CA 2834.84  
Christel Miller 2305.3

**CODE OF STATES**

AZ ARIZONA  
CA CALIFORNIA  
CD CANADA  
CN CONNETICUTT  
CO COLORADO  
DC DISTRICT OF COLUMBIA  
FL FLORIDA  
GA GEORGIA  
HI HAWAII  
ID IDAHO  
IL ILLINOIS  
IN INDIANA  
KN KANSAS  
LA LOUISIANA  
MI MICHIGAN  
MN MINNESOTA  
MO MISSOURI  
IO IOWA  
NV NEVADA  
NJ NEW JERSEY  
NM NEW MEXICO  
NY NEW YORK  
OR OREGON  
PA PENNSYLVANIA  
TN TENNESSEE  
TX TEXAS  
UT UTAH  
VI VIRGINIA  
WA WASHINGTON

A. Budd 43 NY 23.1  
D. Pratt 43 PM 23.8  
R. Barnes 42 PC 24.1  
M. O'Neal 41 PC 24.4  
H. Bohigian 43 NY 24.8  
J. Snell 44 PM 24.9  
L. Trout 44 GS 25.0  
T. Lingenfelter 40 ? 25.6

45-49  
M. Brown 45 SH 24.6  
S. Derry 45 PM 25.6  
R. Parker 45 PV 26.9  
C. Summers 49 TR 27.5

50-54  
\*B. Lancaster 51 PM 24.1  
E. Schuler 52 UN 25.2  
L. Trubey 50 UN 28.4  
M. Lentzer 53 NY 28.6  
H. Colen 51 NY 29.0

55-59  
J. Manno 58 NJ 27.8

60-64  
\*M. Neuhof 63 NY 29.3  
M. Pickl 61 PM 28.5  
R. Mulliken 63 FA 30.5

70-74  
\*M. D'Elia 71 NJ 31.5

**Women**

30-34  
A. Mapps 31 FK 29.4  
N. Ransom 33 FK 31.7  
D. Shipper 30 FK 31.7

35-39  
S. Paskin 35 FK 29.5

40-44  
L. Black 40 NY 30.2  
A. Johnson 42 FK 32.3

45-49  
\*C. McKenzie 47 NY 30.7

**400 meter run**

30-34  
B. Whitehead 30 UN 51.5  
G. Jenkins 32 UN 52.0  
J. O'Dell 30 PO 54.7  
C. Grossman 32 PM 55.1

35-39  
J. Burnett 39 PP 50.5  
B. Hill 37 EO 51.4  
E. King 37 GS 52.3

**Women**

40-44  
L. Black 40 NY 67.1

J. Sanders 42 PM 52.1  
M. O'Neal 41 PC 52.5  
D. Pratt 43 PM 54.3  
H. Bohigian 43 NY 55.6  
J. Bradley 43 PV 55.7  
R. Barnes 42 PC 56.0  
R. McClintock 44 PM 56.3  
C. Pauling 44 NY 62.3

45-49  
\*R. Enders 47 PV 54.7  
H. Scott 47 UN 59.9

50-54  
R. Willis 50 UN 38.4  
L. Trubey 50 UN 62.4  
B. Parsons 53 PM 61.4

55-59  
D. Harris 55 PM 61.5  
A. Messinger 56 NY 62.4

60-64  
\*M. Pickl 61 PM 71.6  
R. Mulliken 63 FA 71.5

65-69  
C. Witkowski 66 JS 69.7  
S. Monastero 67 PM 74.7

**800 meter run**

30-34  
A. Jennings 33 PM 2.04.6  
A. Lichtman 32 PV 2.05.4  
G. Jenkins 33 UN 2.06.3  
J. O'Dell 30 HP 2.06.4  
R. Plemons 32 UN 2.10.3  
P. Taylor 34 UN 2.28.5

35-39  
J. Demma 39 PV 2.01.6  
M. Canoyer 35 UN 2.06.6  
J. Verdier 37 PV 2.10.9  
T. Strah 39 UN 2.14.2

40-44  
L. Harvey 40 PM 2.08.2  
E. Hotham 42 PM 2.08.2  
C. Pauling 44 NY 2.09.0  
B. Krebs 44 NY 2.12.0  
F. Bove 41 PM 2.14.8  
S. Young 40 PM 2.14.9

45-49  
R. Enders 47 PV 2.13.9  
R. Glatz 49 JS 2.16.9  
M. Geurtin 45 WP 2.18.4  
G. Jackson 46 PM 2.19.7

## Philadelphia Masters capture Eastern Regional team titles

PHILADELPHIA, Pa. June 23. The Philadelphia Masters Club won 3 of the 4 team titles to highlight action in the Eastern Regional Outdoor Masters Track and Field Championships at Franklin Field.

The host squad took the age 30-39, 50-59 and 60-69 team championships. The New York Masters won the 40-49 crown.

Among the highlights:  
—Lloyd Riddick's 22.9 in the 40-44 200.  
—B. Lancaster's 24.1 in the 50-54 200.  
—John Sanders' 52.6 in the 40-44 400.  
—E. Hothar's 4:23.3 in the 40-44 1500.  
—Kelsey Brown's 4:33.2 in the 50-54 1500 and 2:14.0 in the 800.  
—Bob Fine's 25:49 in the 45-49 5000 walk.

—R. Jackson's 19'4" long jump, 16.7 110H and 107'2" Discus wins in the 40-44 group.  
—S. Hagey's 208'6" javelin toss in the 30-34 category.  
—B. Detweiler's 122'7" in the 65-69 Hammer.

Eastern Regional AAU Outdoor Championships—Track & Field—June 23, 1979, Franklin Field, Phila., Pa., 80 degrees and clear.

\*meet record  
+world age-group record  
F Female  
t Tie

**100 meters**

30-34  
K. Johnson 32 UN 10.8  
A. Wright 32 PM 11.5  
J. Lafferty 30 PM 11.7  
C. Grossman 32 PM 12.3

35-39  
B. Stanford 38 PM 11.4  
J. Burdett 39 PP 11.6

B. Hill 37 EO 11.7  
A. Hill 37 PM 11.8

40-44  
\*J. Moon 41 NY 11.3  
L. Riddick 44 NY 11.4  
A. Budd 43 NY 11.7  
R. Barnes 42 PC 12.0

45-49  
\*M. Brown 45 SH 11.9  
S. Derry 45 PM 12.0  
R. Enders 47 PV 12.4

50-54  
\*B. Lancaster 51 PP 11.9  
E. Schuler 52 UN 11.9  
L. Trudey 50 UN 13.3  
M. Lentzer 53 NY 13.5  
H. Colen 57 NY 13.6

55-59  
J. Manno 58 NJ 13.2  
O. Harris 55 PM 13.4

60-64  
\*M. Neuhof 63 NY 13.9  
M. Pickl 61 PM 13.9  
L. Rothbart 64 NY 14.4

70-74  
\*M. D'Elia 71 NJ 15.2

**Women**

30-34  
A. Mapps 31 FK 14.2  
D. Shipper 30 FK 14.5  
N. Ransom 33 FK 14.5

40-44  
A. Johnson 42 FK 15.2  
A. Cirulnick 44 NY 15.8

45-49  
C. McKenzie 47 NY 14.6

**200 meters**

30-34  
A. Wright 32 PM 23.0  
K. Johnson 32 UN 24.7  
C. Grossman 32 PM 24.8  
P. Lane 30 ? 26.0

35-39  
J. Burnett 39 PP 22.4  
B. Stanford 38 PM 22.7  
B. Hill 37 EO 23.1  
E. King 37 GS 24.2  
R. Alexander 35 NY 24.3  
G. Majors 35 PM 24.9  
H. Cohen 36 PM 27.8

40-44  
L. Riddick 44 NY 22.9  
J. Moon 41 NY 23.0

continued



continued

J. Kernan	49 NY 2.22.0
J. Barnes	46 PM 2.52.8
50-54	
*K. Brown	51 JS 2.14.0
55-59	
A. Messinger	56 NY 2.20.6
D. Geer	59 CA 2.39.5
60-64	
*A. Newman	63 JM 2.32.8
65-69	
C. Witkowski	66 JS 2.45.3
S. Monastero	67 PM 2.52.0
F. C. McKenzie	47 NY 2.40.6
1500 meter run	
30-34	
A. Jennings	33 PM 4.03.9
J. Waters	30 SJ 4.04.6
E. Andrews	32 PH 4.06.3
R. Myers	33 SJ 4.08.7
J. Grube	30 UN 4.14.3
R. Clemons	32 UN 4.15.0
35-39	
J. Verdier	37 PV 4.27.6
D. Gerridge	39 UN 4.28.5
T. Strab	39 DL 4.38.9
T. Clauser	35 UN 4.40.2
V. Russell	37 GS 4.57.4
40-44	
E. Hothar	42 PM 4.23.3
C. Pauling	44 NY 4.29.8
W. Preston	41 UN 4.30.7
P. Steel	44 PM 4.31.0
F. Wasterson	40 UN 4.34.2
B. Bosworth	44 PM 5.06.8
45-49	
M. Gurtin	45 UN 4.34.3
R. Glatz	47 JS 4.38.4
G. Jackson	46 PM 4.49.2
J. Kernan	49 NY 4.55.4
A. Williams	46 RA 5.10.5
50-54	
*K. Brown	51 JS 4.33.2
55-59	
*H. Greenberg	59 GS 5.06.8
D. Geer	59 CA 5.30.3
60-64	
*A. Newman	63 JM 5.01.9
J. Sponseller	61 UN 5.46.0
65-69	
S. Monastero	67 PM
Women	
S. Pashkin	36 FK
45-49	
E. Henn	45 UN
5000 meter run	
30-34	
A. Cortez	31 PV 19.52.2
J. Mannis	33 UN 20.11.1
T. Rodgers	33 RA 20.43.6
35-39	
T. Clauser	35 UN 17.24.8
G. Sickels	35 PV 18.26.6
40-44	
T. Fort	43 DL 17.24.2
P. Steel	44 PM 20.19.4
45-49	
A. Williams	46 RA 19.39.8
B. Heany	48 UN 21.07.8
50-54	
E. Smith	50 RA 19.59.6
G. Schiavi	52 DL 20.10.3
55-59	
H. Greenberg	59 GS 20.23.2
Women	
E. Henn	45 UN 24.32.5
10000 Meter run	
35-39	
G. Sickels	35 PV 38.49.5
P. McGrath	35 PM 40.02.0
45-49	
J. Blood	48 PM 41.34
N. Cirulnick	48 NY 46.41
50-54	
J. Maloney	50 PM 42.17
D. Webster	51 PM 42.37
55-59	
D. Geer	59 CA 42.49.2
High hurdles	
30-34 39"	
J. Ackroyd	34 GS 15.5
J. Vogler	31 GS 18.0
R. Salvo	30 SH 20.6
35-39 39"	
B. Ayton	35 PM 17.3
40-49 36"	
*R. Jackson	40 UN 16.7
L. Judd	41 NY 16.7
N. Byrd	40 PM 17.2
45-49 36"	
*R. Enders	47 PV 18.3
W. Clark	47 PM 19.6

G. Taylor	48 PM 22.3
50-54 33"	
H. Colen	52 NY 20.3
60-64 30"	
*M. Neuhof	63 NY 20.2
M. Pickl	61 PM 20.6
400 meter Intermediate	
30-34	
J. Ackroyd	34 GS 59.4
J. Vogler	31 GS 62.4
R. Salvo	30 SH 66.7
35-39	
B. Westfield	36 AA 59.9
D. VanDusen	35 PM 62.8
40-44	
L. Trout	44 GS 61.7
J. Bradley	43 PV 64.1
45-49	
*R. Enders	47 PV 63.0
W. Clark	47 PM 73.6
J. Barris	46 PM 80.2
G. Taylor	48 PM 82.0
50-54	
*R. Willis	50 UN 67.1
60-64	
*M. Pickl	61 PM 68.7
65-69	
*G. Braceland	65 PM 74.6
5000 meter walk	
30-34	
R. Salvo	30 SH 27.39
J. Barber	31 NY 33.19
K. Beely	32 SH 36.29
40-44	
*W. Preston	41 UN 26.04
J. Stefanowicz	41 PN 26.57
B. Kaufman	40 IS 33.19
45-49	
R. Fine	48 NY 25.49
P. Walkovic	45 PN 35.48
55-59	
*T. Dyas	59 NJ 29.13
Long Jump	
30-34	
C. Santiago	32 PM 18' 9 1/2
C. Austin	31 PV 17' 1
J. Vogler	31 GS 16' 2 1/2
T. Haider	30 SJ 15' 9
R. Salvo	30 SH 15' 4
35-39	
B. Ayton	35 PM 18' 2
G. Krow	37 UN 16' 2
40-44	
R. Jackson	40 UN 19' 4
N. Byrd	40 PM 17' 10
G. McGurdy	40 GM 17' 9
L. Judd	41 NY 17' 6
H. Bohigian	43 NY 16' 8 1/2
45-49	
*R. Enders	47 PV 18' 6 1/2
W. Clark	47 PM 18' 2
P. Carstensen	47 NY 15' 10 1/2
50-54	
*E. Schuler	52 UN 17' 4
R. Willis	50 UN 15' 2
H. Colen	53 NY 14' 11 1/2
55-59	
*O. Harris	55 PM 15' 10
D. Harris	56 PM 15' 1 1/2
60-64	
M. Pickl	61 PM 14' 1 1/2
Women	
30-34	
A. Mapps	31 FK 14' 8
D. Shippen	30 FK 9' 10 1/2
Pole Vault	
35-39	
B. Ayton	35 PM 12' 6
S. Virgilio	38 11' 0
40-44	
E. Zuraw	40 PV 12' 6
K. DeCarlo	40 PM 10' 6
45-49	
J. Bankert	45 RA 6' 6
G. Taylor	48 PM 6' 0
50-54	
D. Anderson	50 PM 9'
Discus	
30-34	
J. Ackroyd	34 GS 104' 5
J. Vogler	31 GS 95' 8
J. Barber	31 NY 87' 10
35-39	
K. MacKenzie	39 PM 106' 9
J. Yacka	35 PM 106' 1
H. Friedman	37 GS 95' 5
40-44	
R. Jackson	40 UN 107' 2
L. Trout	44 GS 102' 11
L. Judd	41 NY 98' 3

45-49	
C. Fraundorfer	47 UN 126' 3
P. Carstensen	47 NY 85' 3
50-54	
L. Trubey	50 UN 90' 4
A. Harris	UN 77' 9
55-59	
R. Peters	55 WP 93' 5
J. Selig	57 RA 87' 1
P. Eberhardinger	59 PM 71' 4
P. Flournoy	56 PM 64' 7
60-64	
H. Hand	62 PM 85' 3
65-69	
C. Hills	67 PM 104' 4
B. Detweiler	65 PM 103' 0
W. Eipel	66 AC 87' 10
Women	
30-34	
A. Mapps	31 FK 51' 5
40-44	
A. Cirulnick	44 NY 70' 8
Weight Throw	
30-34	
J. Ackroyd	34 GS 37' 8
J. Vogler	31 GS 37' 8
J. Barber	31 NY 26' 6
35-39	
K. MacKenzie	39 PM 29' 0
H. Friedman	37 GS 24' 2
40-44	
R. Deere	41 NY 30' 3
45-49	
H. Bussman	RA 41' 7
G. Fraundorfer	47 UN 39' 0
55-59	
I. Mondschein	PM 33' 8
R. Peters	55 WP 27' 0
T. DeVaughn	36 CD 26' 5
R. Eberhardinger	PM 22' 1
60-64	
H. Hand	62 PM 24' 8
M. Pickl	61 PM 24' 1
65-69	
B. Detweiler	65 PM 32' 0
W. Eipel	66 AC 28' 10
C. Hills	67 PM 20' 6
Javelin Throw	
30-34	
S. Hagey	HP 208' 6
J. Vogler	31 GS 146' 6
J. Ackroyd	34 GS 145' 5
35-39	
K. MacKenzie	39 PM 125' 0
45-49	
*J. Reider	45 RA 165' 2
G. Taylor	48 PM 80' 0
50-54	
A. Harris	UN 92' 6
55-59	
A. Selig	57 RA 100' 5
T. DeVaughn	56 CD 81' 0
P. Everhardinger	59 PM 79' 11
60-64	
H. Hand	62 PM 98' 5
65-69	
*W. Eipel	66 AC 111' 1
C. Hills	67 PM 102' 7
B. Detweiler	65 PM 89' 6
Shot Put	
30-34	
S. Hagey	HP 37' 9
D. Shechtman	32 PM 37' 5 1/2
J. Vogler	31 GS 37' 0
J. Ackroyd	34 GS 35' 3 1/2
35-39	
K. MacKenzie	39 PM 39' 8
J. Yacka	35 PM 37' 7 1/2
H. Friedman	37 GS 30' 5
40-44	
E. Smith	40 GS 35' 1/2
R. Deere	41 NY 34' 1 1/2
H. Bohigian	43 NY 27' 10
45-49	
C. Fraundorfer	47 UN 39' 2
J. Reider	45 RA 37' 6
P. Carstensen	47 NY 34' 11
50-54	
*J. Kahnert	51 PV 47' 10
H. Arthur	51 UN 31' 5 1/2
55-59	
*R. Peters	55 WP 34' 0
J. Selig	57 RA 28' 5
P. Flournoy	56 PM 26' 5
60-64	
H. Hand	62 PM 35' 7
65-69	
*W. Eipel	66 AC 38' 3 1/2
B. Detweiler	65 PM 33' 4
C. Hills	67 PM 26' 10 1/2
Women	
A. Mapps	31 FK 20' 10
A. Cirulnick	44 NY 26' 1
H. Carstensen	47 UN 19' 9

High Jump	
30-34	
K. Johnson	UN 5' 8
J. Littlejohn	34 DL 5' 6
J. Ackroyd	34 GS 5' 2
R. Salvo	30 SH 4' 10
35-39	
K. Grant	UN 5' 2
40-44	
E. Zuraw	40 PV 5' 4
L. Judd	41 NY 5' 2
45-49	
W. Hutchins	47 PM 5' 4
R. Enders	47 PV 4' 6
50-54	
R. Willis	50 UN 4' 8
55-59	
I. Mondschein	PM 4' 10
R. Peters	55 WP 4' 6
T. Ille	59 NJ 4' 2
P. Eberhardinger	PM 4' 0
60-64	
M. Neuhof	63 NY 4' 8
M. Pickl	61 PM 4' 6
65-69	
W. Eipel	66 AC 4' 4
G. Braceland	65 PM 4' 0
Women	
S. Pashkin	36 FK 3' 9
Hammer Throw	
30-34	
J. Vogler	31 GS 94' 7
J. Barber	31 NY 77' 9
J. Ackroyd	34 GS 68' 10
35-39	
K. MacKenzie	39 PM 72' 4
40-44	
L. Judd	41 NY 82' 4
45-49	
H. Brossman	47 RA 120' 8
C. Fraundorfer	47 UN 120' 4
P. Carstensen	47 NY 105' 1
55-59	
*I. Mondschein	PM 136' 5
T. DeVaughn	56 CD 103' 9
R. Peters (16#)	WP 97' 11
60-64	
*H. Hand	62 PM 85" 10
65-69	
*B. Detweiler	65 PM 122' 7
W. Eipel	66 AC 99' 8
C. Hills	67 PM 74' 2
Relays	
1600 meters	
Philadelphia Masters "A"	3:42.5
New York Masters	3:43.5
Philadelphia Masters "B"	4:00.2
3200 meters	
New York Masters	10:05.5
TEAM SCORES (6-4-3-2-1 per each 5-year division for both men and women, after which all the scores are added together for each 10-year group)	
30-39	
PM 118	Phila. Masters
FK 75	Manhattan Flight Kings
GS 73	Garden State
PV 39	Potomac Valley
SH 19	Shore Athletic Club
PP 16	Phila. Pioneers
NY 15	New York Masters
HP 14	High Point
EO 10	Eastern Ontario
SJ 8	South Jersey
DL 7	Delaware Sports Club
AA 6	Ann Arbor Track Club
40-49	
NY 153	New York Masters
PM 111	Phila. Masters
PV 55	Potomac Valley
RA 35	Reading Athletic Attic
GS 16	Garden State
SH 12	Shore Athletic Club
FK 10	Manhattan Flight Kings
JS 8	Jersey Senior Masters
PC 7	New York Pioneers
DL 6	Delaware Sports Club
PN 4	Penn Athletic Club
IS 3	Island Track Club
TR 2	Trenton Track Club
50-59	
PM 80	Phila. Masters
NY 25	New York Masters
NJ 21	North Jersey Masters

continued



continued

RA 20 Reading Athletic Attic  
 WP 17 West Penn Masters  
 CD 14 Corona Del Mar  
 CA 14 Capital Track Club  
 JS 12 Jersey Senior Track Club  
 GS 12 Garden State  
 DL 10 Delaware  
 PV 6 Potomac Valley

60 +  
 FM 128 Phila. Masters  
 AC 29 New York Athletic Club  
 NY 27 New York Masters  
 NJ 12 North Jersey Masters  
 JM 12 Jersey Masters Swim Team  
 JS 10 Jersey Senior Track Club  
 FA 7 Falmouth

## Buschman wins 9 in Midwest Regionals

EVANSTON, ILL., June 23. Among top performances at the Midwest Masters Regional Track and Field Championships at Dyche Stadium at Northwestern University were:

—Hal Higdon's 10:36 in the age 45-

49 3000 Steeplechase.

—Ernie Billups' 4:12 in the 40-44 1500.

—Jack Greenwood's four wins in the 50-54 100 (11.87), 200 (23.97), 110-hurdles (15.47) and 400-hurdles (62.24).

—Dean Smith's four triumphs in

the 50-54 400 (57.2), 800 (2:09), 1500 (4:34) and 5000 (18:46).

—Mary Czarapata's triple in the women's 40-44 800 (2:38.4), 1500 (5:15) and 5000 (21:00).

—Mel Buschman's wins in the 55-59 200 (27.48), 400H (80.2), 110H (19.3) Long Jump (15'9 3/4"), Triple Jump (29'11"), High Jump (4'0"), Shot Put (30'7 1/2"), Discus (90'1"), and Javelin (106'1").

—Paul Wolf's win in the 2-mile predict-your-time run, missing by only 2 seconds in 15:42.

MIDWEST MASTERS  
 REGIONAL T/F MEET  
 DYCHE STADIUM - NORTHWESTERN UNIVERSITY  
 JUNE 23, 1979

### 100 METER DASH

30-34  
 1. Jerry Hedgcock, Chi. 11:45 2. Chuck Holt, St. Louis, MO 11.9  
 3. John Hess, Byron 12:37 4. Rohell Miller, Chi. 12:4 5. Rich Steder, Chi. 12:96  
 35-39  
 1. Jerry Byrd, Chi. 11:2 2. Lou Tutt, E. Lansing 11:5 3. Dave Shevitz, Highland Pk. 12:34  
 40-44  
 1. Lynn Ferguson, Hinsdale 15:1 2. Shirley Marshall, Chi. 17:57  
 45-49  
 1. Robert Humke, Urbana 12:24 2. Donald Zimmerman, Speedway, IN 13:02 3. Philip Marshall, Chi. 13:7  
 50-54  
 1. JoAnne Grissom, Indianapolis 13:0 2. Betty Mayer, Chi. 13:4  
 55-59  
 1. Dick Richardson, Decatur 12:7 2. Tom Twitchel, Mt. Prospect 12:9  
 3. Tom Hinkes, Madison, WI 13:7 4. Hershel Reiter, Chi. 13:8  
 60-64  
 1. Jack Greenwood, Medicine Lodge, KS 11:87 2. Rush Jacobs, Davison, MI 12:6 3. Mel Albright, Davenport, IO 12:7 4. Al Treichel, Milwaukee 13:0 5. Charles Olson Nevis, MN 13:35  
 Harold Comm, Chi. 14:5 2. Robert Zenke, St. Louis 14:6

### 200 METER DASH

30-34  
 1. Gerald Hedgcock, Chi. 24:4 2. Paul Skubic, Chi. 24:7 3. Mike Miller, Glencoe 25:1 4. John Hess, Byron 25:8 5. Jim Hess, Byron 25:9  
 35-39  
 1. Lou Tutt, E. Lansing 23:4 2. Jerry Byrd, Chi. 23:7 3. John Shaw, Davison, MI 25:6 4. J. N. Pennington, Naperville 26:0 5. Jim Ferguson, Chi. 26:53  
 40-44  
 1. Robert Humke, Urbana 25:19 2. Donald Zimmerman, Speedway, IN 27:1 3. Bill Smith, Wilmette 27:2 4. Thomas Allen, Western Spgs. 27:5 5. Philip Marshall, Chi. 28:95  
 45-49  
 1. Dick Richardson, Decatur 26:54 2. Dan Hendrix, Chi. 27:1 3. Thomas Twitchell, Chi. 27:7 4. Robert Sonneman, Libertyville 27:9 5. Charles Cox, Madison 28:44  
 50-54  
 1. Jack Greenwood, Medicine Lodge, KS 23:97 2. Dean Smith, Lombard 25:9 3. Rush Jacobs, Davison, MI 26:1 4. Al Treichel, Milwaukee 26:44 5. Mel Albright, Davenport, IO 26:7  
 55-59  
 1. Mel Buschman, E. Lansing 27:48 2. Roy Smith, Rantoul 28:1  
 60-64  
 1. Frank Pillsticker Clarendon Hills 34:2 2. Harold Comm Chi. 38:8

30-34W  
 1. Gail Maston-Tutt, E. Lansing, MI 35:5  
 35-39W  
 1. Shirley Marshall, Chi 35:6  
 40-44W  
 1. JoAnne Grissom, Evanston 31:1

### 400 METER DASH

30-34  
 1. James Rice, Chi 51:4 2. Gary Carr, Mascoutah 51:6 3. Chuck Holt, St. Louis 56:2 4. Jim Benton, Chi 64:07 5. Rich Jimmy, Mexico, MO 64:62  
 30-34W  
 1. Gail Maston-Tutt, E. Lansing 91:0  
 35-39  
 1. Lou Tutt, E. Lansing 54:2 2. J. Pennington, Naperville 60:4  
 40-44  
 1. Robert Humke, Urbana 59:07 2. Bruce Mills, Libertyville 60:3 3. Philip Marshall, Chi 66:69  
 45-49  
 1. Dick Katte, Warsaw, IN 58:7 2. Charles Edmonds, Chi 62:4  
 50-54  
 1. Dean Smith, Lombard 57:2 2. Al Treichel, Milwaukee 59:47 3. Rush Jacobs, Davison, MI 62:0 4. Donald Walsh, Western Spgs 63:13 5. Morton Krakow, Chi 72:02  
 55-59  
 1. Jack Rice, Tamps, FL 64:34 2. Frank Bucaro, Bartlett 65:30 3. Bill Bennett, Chi 72:20  
 60-64  
 1. Art McLendon, Chi 83:32 2. Pat Wearen, Madison 85:4  
 65-69  
 1. Jack Boulton, Chi. 86:28 2. Ray Edwards, Alton 92:1

### 400 METER HURDLES

30-34  
 1. Charles Holt, St. Louis 61:5 2. Edwin Moss, Chi 62:4  
 40-44  
 1. Bruce Mills, Libertyville 66:5 2. Bill Smith, Wilmette 71:11  
 50-54  
 1. Jack Greenwood, Medicine Lodge, KS 62:24 2. Donald Walsh, Western Spgs. 71:42  
 55-59  
 1. Mel Buschman, E. Lansing 80:2 2. Larry Largent, Valpariso, IN 84:2

### 800 METER RUN

30-34  
 1. Gary Carr, Mascoutah 2:03 2. James Rice, Chi 2:05  
 35-39  
 1. James O'Neill, Hoffman Estates 2:07 2. Warren O'Shea, Chi 2:12  
 40-44  
 1. Robert Sadler, Chi. 2:07 2. Jay Avery, Wheaton 2:26  
 40-44W  
 1. Mary Czarapata, New Berlin, WI 2:38.4 2. Edie Smith, Chi 2:51.4  
 45-49  
 1. Billy Goedke, Clovis, NM 2:11 2. Dick Katte, Warsaw, IN 2:23 3. Terry Jayne, Decatur 2:24 4. Wendell Childs, Chi 2:32 5. Charles Edmonds, Chi 2:33  
 50-54  
 1. Dean Smith, Lombard 2:09 2. Al Treichel, Milwaukee 2:24 3. Marcus Muillo, Chi 3:29  
 55-59  
 1. Jack Rice, Tamps, FL 2:31 2. Frank Bucaro, Bartlett 2:32  
 65-69  
 1. William Andberg, Anoka 2:40 2. Bob Carlson, Winona 2:59

### 1500 METER RUN

30-34  
 1. Larry Leonard, 4:37 2. Frank Levy, Chi 4:55 3. Rich Zinny, Mexico, MO 4:58 4. Jim Benton, Chi 5:07 5. Paul Skubic, Chi 5:19  
 35-39  
 1. Eric Zemper, Mokemos 4:21 2. J. O'Neill, Hoffman Estates 4:36 3. Roget Shaw, 4:38 4. Paul Basbagill, 4:53 5. Tom Sefick, Chi 5:20  
 30-34W  
 1. Linda Rhea, Gary 6:05  
 40-44  
 1. Ernie Billups, Chi 4:12 2. Bob Sadler, Chi 4:35 3. Bob Pates, Wilmette 4:59 4. Guy McFarland, Iowa City 5:04 5. Bill Smith, Wilmette 5:20  
 40-44W  
 1. Mary Czarapata, New Berlin 5:15  
 45-49  
 1. Hal Higdon, Michigan City IN 4:47 2. Terry Jayroe, Decatur 4:55 3. Wendell Childs, Chillicothe, IL 5:11 4. Jim Isbell, South Bend 5:22 5. Robert Sonneman, Libertyville 5:21  
 50-54  
 1. Dean Smith, Lombard 4:34 2. Al Treichel, Milwaukee 4:51 3. Jack Githens, Naperville 5:39 4. Mort Crackow, Milwaukee 6:35 5. Tom Mayen, Chi 6:37  
 55-59  
 1. Jack Rice, Tampa FL 5:12 2. Frank Bucaro, Bartlett 5:13 3. Jim Stronks, Chi 5:47 4. Mel Bushman, E. Lansing 6:22 5. Ted Zimke, LaCrosse 6:27  
 65-69  
 1. Bill Andberg, Anoka 5:25

### 5,000 METER RUN

30-34  
 1. John Burrell, Evanston 16:40 2. Humphrey Godfrey Chi 17:55  
 3. Jim Bente, Chi 18:06  
 35-39  
 1. Eric Zemper, Mokemos 16:17 2. Robert Schrader, Naperville 16:18 3. Bob Pates, Wilmette 18:08 4. Guy McFarland, Iowa City 18:21 5. Fred Krueger, Chi 21:16  
 40-44W  
 1. Mary Czarapata, New Berlin, WI 21:00 2. Barbara Battey, Chi 24:20 3. Beth Gately, Chi 24:31  
 45-49  
 1. Clyde Baker, Evanston 16:25 2. Dick Wilson, Chi 17:33 4. Jim Hunt, Golf 19:53  
 50-54  
 1. Dean Smith, Lombard 18:46 2. Ed Battey, Chi 19:00 3. Jack Githens Naperville 21:16 4. John Kech, Addison 21:22  
 55-59  
 1. Dick King, Chi 22:49 2. Ed Murphy, Omaha 23:14  
 65-69  
 1. Bill Andberg, Anoka 21:03

### 10,000 METER RUN

30-34  
 1. Steve Kearney, South Bend 34:45 2. Humphrey Godfrey, Chi 35:42 3. Roy Gillette, Sheboygan 35:42:1 4. Rich Medema, Chi 37:39 5. Ray Poter, Chi 37:42  
 35-39  
 1. Joe O'Shea, Chi 33:08 2. Pat Mooney, Berwyn 36:58 3. Jim Bohm, Deerfield 40:25 4. Dick McQuite, Dixon 42:14 5. Wayne Brown, Edwardsville 42:27  
 40-44  
 1. Bob Pates, Wilmette 36:05 2. Guy McFarland Iowa City, IA 37:10 3. Dennis Twohig, Darien 39:03 4. Wally Byron, Milwaukee 40:13  
 45-49  
 1. Al Brodzick, Chi 36:06 2. Terry Jayroe, Decatur 37:48 3. Neil King, Winnetka 38:15 4. Paul Wolf, Hi Park 39:46 5. Leonard Evens, Chi 41:08

continued



- 35-39W  
 1. Bobbie Widman, Chi 43:42 2. Liz Almassy, Dolton 44:12  
 50-54  
 1. Gerry Schmidt, Chi 44:38 2. John Keck, Winona 45:08 3. Mark Munillo, Chi 56:30  
 55-59  
 1. Richard King, Chi 47:03 2. John Gall, Oak Park 48:02  
 60-64  
 1. Frank Prilsticker, Clarendon Hills 45:50 2. Harold Comm, Chi 52:51  
 65-69  
 1. Jack Bolton, Chi 50:39 2. Ted Kaliski, Burbank 1:02:27

110 METER HIGH HURDLES

- 30-34  
 1. Charles Holt, St. Louis 16:6 2. Ray Warpeha, Oak Brook 16:9  
 35-39  
 1. Bruce Mills, Libertyville 18:1 2. Dudley Knutson, Chi 18:8  
 40-44  
 1. Fred Gallardo, Riverside, CA 18:77 2. Bud Qual Iowa City 18:9  
 45-49  
 1. Jack Greenwood, Medicine Lodge, KS 15:47 2. Al Gras, Chi 17:6  
 3. Donald Walsh, Western Spgs. 18:7  
 50-54  
 1. Mel Buschman, E. Lansing 19:3 2. Fred Shurz, Mt. Prospect 19:7

STEEPLE CHASE

- 30-34  
 1. Bill Bradna, Naperville 10:21 2. Jim Benton, Chi 12:05  
 35-39  
 1. John Shaw, Davison, MI 13:32 2. Steve Willis, Flossmoor 14:04  
 40-44  
 1. Hal Rhea, Gary, IN 12:32 2. Chuck Bednar, Quincy 12:79  
 45-49  
 1. Hal Higdon, Michigan City, IN 10:36 2. Fred Levere, Moline 13:14

LONG JUMP

- 30-34  
 1. Paul Skubic, Chi 18-5 1/4 2. Pat Morse, Chi 15-5 3. Richard Steder, St. Paul 15-3 4. Jim Hess, Byron 15-1  
 35-39  
 1. Robert Remmert, Wil. 16-4 1/2 2. James Gerguson, Chi. 15-18 1/2 3. John Shaw, Davison, MI. 13-10 1/4 4. Tom Sefick, Chi 13-1/4  
 40-44  
 1. Thomas Allen, Chi 15-11 2. Donald Zimmerman, Speedway, IN 15-9 3/4  
 3. Bill Smith, Wilmette 14-7 1/2 4. Lou Sefick, Chi 12 1 3/4  
 45-49  
 1. Charles Cox, Carson 15 8 1/2 2. Robert Sonneman, Libertyville 15 4 3/4  
 3. Dan Hendrix, Chi. 12-11 1/2  
 50-54  
 1. Mel Albright, Davenport, IA 15-3 2. Rush Jacobs, Davison, MI 14-11 1/4  
 3. Al Treichel, Milwaukee 14-9 1/2 4. Morton Krakow, Homewood 11-2  
 55-59  
 1. Mel Buschman, E. Lan. 15-9 3/4 2. Leon Potter, Chi 15-7 3. Bill Larson, Green Bay 14 3 3/4  
 40-44W  
 1. JoAnne Grisson, Indianapolis, IN 13 1/4

TRIPLE JUMP

- 30-34  
 1. Pat Morse, Carbondale 29- 1 1/4 2. Dick Tesch, Charles City 27-9  
 35-39  
 1. Fred Gallardo, Riverside, CA 35-3 3/4 2. Charles Cox, Carson 29-4 1/2  
 40-44  
 1. Al Treichel, Mil. 30 9 1/4 2. Mel Albright, Davenport, IO 29-1/2  
 3. Charles Olson, Nevis, MN 28-1  
 45-49  
 1. Mel Buschman, East Lansing, 29-11 1/2 2. John Stratton, Muncie, 28-10 IN

HIGH JUMP

- 30-34  
 1. Jim Benton, Chi 410" 2. Erv Nixon, Columbus 3'10"  
 35-39  
 1. H. Sandstead, Morton Grove 5'6" 2. Ron Symthe, Columbus 5'4"  
 3. Floyd Smith, Clinton, IO 5'8" 4. Thomas Allen Western Spgs 5'0"  
 5. Bruce Mills, Libertyville 4'10"  
 40-44  
 1. Richard Richardson, Decatur, IL 6'0" 2. Peter Peterson, Chi 5'0"  
 3. Fred Gllardo, Riverside, CA 4'10"  
 45-49  
 1. Mel Albright, Davenport, IO 4'6" 2. Charles Colson, Nevis, MN 4'0"  
 50-54  
 1. Mel Buschman, E. Lansing 4'0" 2. Mike Dawson Springfield 3'10"

POLE VAULT

- 30-34  
 1. Jim Benton, Milwaukee 8'10"  
 35-39  
 1. Thomas Allen, Western Spgs 10'0"  
 40-44  
 1. Fred Gallardo, Riverside, CA 10'0" 2. Tom Hinkes, Madison 10'0"  
 3. Neil King, Winnetka, 9'6"

SHOT PUT

- 30-34  
 1. Steve Kiser, Chi 45'7 1/2" 2. John Hess, Byron 33'10"  
 3. Jim Hess, Byron 29'3 1/2" 4. Jerry Hedgecock 29'0" 5. Rich Steder, 26'4"  
 35-39  
 1. Ed Johnson, Palatine 38'9" 2. George Doss, Carpentersville 31'4"  
 3. Tom Sefick, Chi 26'11" 4. Rich Maguire, Chi 25'3"  
 40-44  
 1. Carl Klem, Arlington Hgts 37'1" 2. Lee Slick, Palos Park 30'9"  
 3. Lou Sefick, Chi 25'10"  
 45-49  
 1. Ed Zalig, Countryside 34'0" 2. Gene Hendrix, Aurora 33' 11 1/2"  
 3. Jack Scott, Joliet, 32' 2" 4. Bob Sonneman, Libertyville 28' 11"  
 5. Pete Peterson, Manitowac, WI 26'7"  
 50-54  
 1. Rich Walton, Chi 35'0" 2. Mort Krakow, Homewood 24'11" 3. John Gustafson, Waukegan 24'9"  
 55-59  
 1. Mel Buschman, E. Lansing, MI 30'7 1/2" 2. Rollie Tibbits, Chi 29'8"  
 30-34W  
 1. Jo Anne Grisson, Indidnapolis 31' 11" 2. Sue Skerke Chi 20'7"  
 35-39W  
 1. Karen Huff, Wilmette 28'1"

DISCUS

- 30-34  
 1. Steve Kiser, Chi 125'7" 2. John Hess, Byron 96'1"  
 3. Paul Skubic, Chi 87' 4. Jim Hess, Byron 78'

- 35-39  
 1. Pete Toughhill, Chi 112' 11" 2. George Doss, Carpentersville 107'3" 3. Ed Johnson, Chi 104'9" 4. Tom Sefick, Chi 71'5" 5. John Shaw, Chi 53'5"  
 40-44  
 1. Carl Klem, Arlington Hgts 99'6" 2. Lee Slick, Palos Park 87'3" 3. Bill Smith, Wilmette 81' 11" 4. Thomas Allen, Chi 72'4"  
 5. Don Zimmerman, Speedway, IN 67'9"  
 45-49  
 1. Jack Scott, Chi 99'11" 2. Gene Hendrix, Chi 94'7" 3. Bob Sonneman, Libertyville 84'6" 4. Pete Peterson, Madison 72'10"  
 5. Dick Richardson, Decatur 72'9"  
 50-54  
 1. Richard Walton, Chi 68'6" 2. Morton Krakow, St. Louis 60'5"  
 55-59  
 1. Mel Buschman, E. Lansing 90'1" 2. Lou Grengs, Duluth 84'2"  
 30-34W  
 1. Sue Skerke, Chi 62'2"  
 35-39W  
 1. Roberta Widman, Chi 70'4" 2. Karen Huff, Wilmette 63'3"

JAVELIN

- 30-34  
 1. Paul Skubic, Chi 104-3 2. Richard Steder, Champaign 100-5 3. Jerry Hedgecock, Chi 96-5 4. Jim Hess, Byron 74-1 5. John Hess, Byron 73-9  
 35-39  
 1. Ed Johnson, Chi 158-5 2. George Doss, Carpentersville 121-9 3. Tom Sefick, Chi 107-1 4. John Shaw, Davison, MI 63-11  
 40-44  
 1. Lee Slick, Palos Park 118-0 2. Bill Smith, Wilmette 116-7  
 3. Carl Klehm, Arlington Heights 92-4 4. Tom Allen, Chi 86-11  
 5. Lou Sefick, Chi 82-8  
 45-49  
 1. Ed Zalig, Countryside 163-11 2. Bob Sonneman, Libertyville 112-9  
 3. Charles Cox, Chi 112-4 4. Gene Hendrix, Chi 104-4  
 5. Jack Scott, Chi 89-4  
 50-54  
 1. Richard Walton, Chi 73-6 2. Morton Krakow, Chi 59-8 3. Ray Mack, 57-1  
 55-59  
 1. Mel Buschman, E. Lansing 106-1 2. Tom Thomas, Evanston 103-0  
 30-34W  
 1. Sue Skerke, Chi 54-3 2. Barb Wilson, Waukegan 51-7  
 35-39W  
 1. Karen Huff, Wilmette 98-2 2. Jane Lungly, Wilmette 91 1/4

2 MILE PREDICTION

1. Paul Wolf, CNS	-15:40-15:42	+2
2. Kerry Richardson, Decatur	13:40-13:33	-7
3. Tim Miskiewicz	10:30-10:42	+12
3. Tom Keck	13:48-14:00	+12
4. Brad Stene	13:00-12:42	-18
5. Ernie Glenesk, CNS	15:41-15:15	-26

PENTATHLON

- 30-34  
 1. Paul Skubic, Chi 2,164 2. Jim Hess, Byron 1,289  
 3. John Hess, Byron 1,228

PENTATHLON

- 34-39  
 1. Tom Sefick, Chi 1,321 2. John Shaw, Chi 919  
 40-44  
 1. Bill Smith, Wilmette 1,703 2. Tom Allen, Chi 1,292 3. Don Zimmerman, Chi 1,283 4. Lou Sefick, Chi 1,000  
 45-49  
 1. Bob Sonneman, Libertyville 1,709 2. Gene Hendrix, Chi 1,394  
 3. Charles Cox, Carson 1,260  
 50-54  
 1. Morton Krakow, Chi 458 2. Jack Nesbitt, Ann Arbor 378  
 55-59  
 1. Mel Buschman, E. Lansing 1,534 2. Noel Nelson, Madison 1,240

# Higdon improves 1-B one-hour run mark

Hal Higdon, running in a twilight All-Comers meet in his home town of Michigan City, Indiana, added nearly a quarter mile to the American 1-B (age 45-49) One-Hour Run record.

His distance of 11 miles, 223 yards bettered the 10-mile, 1554-yard standard established by Dick Bartek of Santa Barbara in 1978.

The mark also improved on the listed world age 48 record of 10 miles, 512 yards by Bob Bartling of Brookings, South Dakota, in 1947.

Co-author of the recently published "Runner's Cookbook," his training meal for lunch had been a peanut butter and jelly sandwich. He warmed up for the hour run by competing earlier in the 330-yard low hurdles (3rd in heat in 55.3).

But the temperature was around 60, the humidity low, the wind still, and Higdon may have been irritated by a sub-par 3000-meter steeplechase performance two days earlier in the Midwest Masters Regional Cham-

pionships in Evanston. He had tripped and fallen on his nose before one barrier, and had to clamber over another after misjudging his steps.

"Sometimes you have those days," he said.

"The record was there for the taking," Higdon remarked afterwards. "Any time Ray Hatton wants to step on a track, he can add another lap to my mark. Get us both together and we might add two or three."

(France's Alain Mimoun, 1956 Olympic Marathon Champion, owns the world 1-B record with 11 miles, 1268 yards at age 45. Britain's William Stoddart ran 11 miles, 1309 yards at age 40.)

"If we ran the one-hour run more often, we'd probably have better records," said Hal, who in 1958 set the American open record in the event, and won the national AAU title in 1963. "That's the first time I've run the race in 6 years."



# 263 compete in North American Championships

By BRIAN OXLEY

Dear Friends: Thanks. It was such a pleasure to organize.

A small committee of willing folk who knew what they were doing; a Meet Director (George Mitchell) and officials who were the best you'll find anywhere; and 263 entrants who were so much more than names on paper.

A special thanks to our sole sponsor, Pilkington Glass. Due to their generous and immediate response to our approach, we were able to plan with confidence and live with our entry fees despite the shortfall in entries.

Travel difficulties and, I understand, a conflicting event, kept many away who we would otherwise have been delighted to see. They missed a good meet.

Sponsorship money also allowed us to absorb the cost of the banquet hall, the stadium, publishing and incidental expenses, and still come out sufficiently ahead to make a modest contribution to the future operating expenses of the North American Masters Council and the CMITT. Thanks indeed.

"Fitness Over Forty" is now more than a gleam in Hal Higdon's eye,

and the high level of activity now needs the kind of enlightened support we had from Pilkington.

## NOTES BY NORM BAUM

Rudolph Valentine of New York City broke his own age 55-59 world 400 record of 54.8, set July 25, 1978, with a new world standard of 54.56.

Canadian records went to the following:

George Braceland (65-69) of Philadelphia, Pa., ran the 110m hurdles in 19.69. He broke another Canadian record in the Pole Vault with 3 meters.

Diane Palmason (40-44) recorded a 19:24.9 in the 5000, an Open Record (i.e. made by any nationality in a Canadian meet) and Native (i.e. made by a Canadian anywhere in the world.) Diane's 1500m in 5:12.5 was another C.N.R.

Marcia Speath (50) (50-54)

Marcia Spaeth (50-54) of Fingerlake T.C., U.S.A., won the 800m in 3:00.2, an open record. She also won the 5K & 10K.

Cliff Hall (50-54) of Metro Toronto Fitness Club, a great runner from 400m to marathons, established a new C.N.R. of 2:09.3 in 800m. Cliff

was second in the 10,000m to Arthur Taylor.

Art, transplant from Waterloo, now at Fort McMurray but soon to return to city life in Calgary, is obviously back in form and ready to defend his World titles in Hannover. His 10,000m. C.N.R. of 34:44.1 knocked almost 2½ minutes off the previous, long undisturbed record. Art also won the 5000m.

Archie Messenger (55-59), New York Masters, set a C.O.R. in 800m of 2:20.3. He also won the 1500m.

There were several field events records.

William Eipel (65-69), U.S.A., struck three times. He set a C.O.R. with a 12.00m Shot Put, another with a 35.04m Javelin and equalled the High Jump C.O.R. with 1.30m. He did no better than first in the Discus.

Nolan Fowler (65-69) of Mason-Dixon A.C., Tennessee, broke the Hammer C.O.R. by over 5 metres with a stupendous throw of 38.10m.

Kermit Hollingsworth (45-49), Scarborough, Ontario, for the third time equalled his own High Jump Open and Native record of 1.75m. He had the satisfaction of reaching 1.78 after the event and, no doubt, will eventually raise his record.

Leonard Olsen (45-49) of Green

Mountain A.A., Vermont, set a C.O.R. of 12.78 in the Shot Put. He also won the Discus and was second in the Javelin.

James Johnson (55-59), N. Cal Seniors, leapt 5.12 for a new Long Jump C.O.R. This was only .06 farther than Max Pickl's mark. He won the Triple Jump, too.

John Satti (65-69), a clubmate of Johnson's, broke two C.O.R.'s: Long Jump of 4.39m and 200m of 29.22. He also won the 100m.

Jan Versteeg (50-54) of Vancouver Olympic Club shattered John Pavulich's Shot record by half a metre with a new C.N.R. of 12.48m. In fact Jan cornered the throwing gold market in his class with wins in Discus, Javelin and Hammer. He showed his versatility with a third in the Triple Jump.

Albert White shares with Mark Brennan the distinction of oldest participant in the championships. Both are 75. Albert broke virgin territory as all his results established both Open and Native marks in the Shot, Javelin, Discus and Hammer!

Mark had already established 200m time. Now he owns, too, all Canadian records in 100m (18.17), 400m (90.04), 800m (4:00.9).

## From the editor

My thanks to everyone who took time to respond to the June survey.

From about 1000 subscribers we received 43 replies; results are printed below.

Twenty-five (58%) of the replies feel the newsletter should cover both track & field and long distance running. Seventeen (40%) feel we should cover mostly T&F.

Almost everyone wants national and regional results. Next, in order, came regional schedules, age-records, international results, entry blanks, national rankings and world rankings.

"Masters" is the clear choice over "Veterans" and "Seniors." Thirty-two (74%) favor "Masters," vs. 3 for each of the others.

Most like the present name and format, but say "do what you have to do to make it profitable."

Meet directors should note that 25 (58%) want exact ages listed in the results. 19 want the first name, 15 the first initial, 13 the home town, and only 7 care about the club.

We will do our best to follow your suggestions.

Since this is your newsletter, I'll confide some problems to you.

One is late results. Putting on a Masters event is an enormous project. Too often, when it's over, the director heaves a sigh of relief and feels the job is finished. It isn't. Results are as important to competitors as good officials. Too often, we receive results a month or more after the event. Sometimes not at all. By the time you read them in the newsletter, they're old news. We urge directors (or even caring competitors) to send results, or even a few highlights, of your event to NMN right away.

Another problem which we're trying to cure is logistics. I'm editing the material in Los Angeles, then sending it to Ed Gildea in Pennsylvania. He prints and mails it

from there. Expenses are paid by Financial Fitness in Raleigh, N.C. There have been snags and delays. We think we have it under control now, but that's why some items have been late. Please send your contributions as early as possible.

We're going through a few growing pains with the newsletter, but hope that you enjoy reading it. Pass the word to your friends to subscribe. Thanks, also, for your supportive comments. We didn't print them all, because it would get a bit boring, but Ed and I appreciate your kind words.

We welcome and need your criticisms and suggestions.

## Survey for National Masters Newsletter

### FINAL RESULTS

- The National Masters Newsletter should report on:
  - Only Track & Field 1
  - Only Long Distance 0
  - Mostly Track & Field 17
  - Mostly Long Distance 0
  - Both T&F & LDR 25
  - Don't care 4
  - WALKING 4
- The newsletter should feature: (check one or more)
  - National results 42
  - Regional results 41
  - Local results 19
  - International results 32
  - Entry blanks 31
  - Regional schedules 38
  - Local schedules 18
  - Photos 12
  - Age-records 36
  - National rankings 29
  - World rankings 24
  - Profiles 10
  - Human interest 16
  - Health tips 14
  - Medical Q&A 16
  - Letters to editor 18

- Travel info 13
  - AAU/IAAF info 19
  - Regional reports 14
  - International report 15
  - President's report 12
  - TRAINING TIPS 2
  - w. \_\_\_\_\_
  - x. \_\_\_\_\_
  - y. \_\_\_\_\_
  - z. \_\_\_\_\_
- How should age-groups be identified? For example, should the 40-44 men be listed as:
    - 40-44 16
    - 1A 6
    - M1A 3
    - M40-44 11
    - M40 2
    - Don't care 2
    - g. \_\_\_\_\_
  - Field events should be listed in:
    - Feet & inches 6
    - Meters 7
    - Both 19
    - Don't care 11
    - e. \_\_\_\_\_

- What style format do you prefer:
  - Present newspaper tabloid 15
  - 8½ x 11" 8
  - Slick cover magazine 4
  - Don't care 12
  - e. \_\_\_\_\_
- How much should the annual subscription price be?
  - \$3 6
  - \$6 17
  - \$10 5
  - \$15 11
  - Don't care 11
  - PROFITABLE 7
- What results of competition should we publish? 156

	All finishers	1st 3 places	Winners only	Highlights	None	U.S.	Don't care
a. World Games	<u>4</u>	<u>17</u>	<u>16</u>			<u>7</u>	
b. National Championships	<u>5</u>	<u>16</u>	<u>18</u>	<u>2</u>			
c. Regional Championships		<u>12</u>	<u>24</u>	<u>2</u>			
d. Local Championships		<u>7</u>	<u>13</u>	<u>7</u>	<u>5</u>		
e. Local meets		<u>7</u>	<u>7</u>	<u>4</u>	<u>4</u>	<u>1</u>	
f. _____							

- When meet directors submit results, what information on each entrant (besides last name, place & time) should be included: (Check one or more).
  - First name 19
  - First initial 15
  - Home town 12
  - Club 7
  - Exact age 25
  - Don't care 2
  - STATE 1
- What should the name of the newsletter be:
  - National Masters Newsletter 19
  - U.S. National Masters Newsletter 1
  - U.S. Masters Newsletter 7
  - National Veterans Newsletter 1
  - National Seniors Newsletter 1
  - Don't care 6
  - MASTERS T&F NEWS 1

- What other sports publications do you read?
  - Track & Field News 23
  - Runner's World 22
  - On the Run 7
  - Runner's Gazette 4
  - Track Master 6
  - National Jogger 4
  - Club newsletter 15
  - Sports Illustrated 17
  - The Runner 3
- Internationally, we're known as "veterans." In the U.S., it's "masters." Which do you prefer?
  - Masters 32
  - Veterans 3
  - Seniors 3
  - Don't care 1
  - e. \_\_\_\_\_



# 1978 National Masters 10,000-meter rankings

COMPILED BY GEZA FELD

1978 TOP PLACERS EVENT: 10,000 METER AGE GROUP: 40-49				AGE GROUP: 60 AND OVER							
PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME
1	FRITZ MUELLER	43	32:02	51	L. FUELIER		34:44	1	CLIVE DAVIES	63	35:19
2	OSCAR MOORE	40	32:11	52	HANLEY BAKKENSEN		34:48	2	CHAN LING WANG		37:59
3	BRIAN HARRIS		32:19	53	ILHAN BILGUTHAY	41	34:48	3	BOB HARMON		38:00
4	DAVID LONG		32:26	54	APT. BECHOFFER	43	34:49	4	DON LONGENECKER		39:00
5	J. METSING		32:26	55	E. CONNOR	43	34:50	5	J. OLESON		39:35
6	PAUL NOREEN	43	32:28	56	BOB SHRODER	40	34:52	6	FRANCISCO MORALES	63	40:31
7	DARYL BEARDALL		32:29	57	JIM CAVINESS		34:52	7	RAY GORDON	60	40:40
8	RALPH BOWLES	42	32:47	58	LEE WILCOX	40	34:57	8	WILSON VIBLE	60	40:43
9	TOM GERRITY		32:59	59	P.H. FARRIER	41	34:58	9	MAX QUACKENBOS	61	40:49
10	B. OLRICH		33:12	60	BARRY DAVIS		35:01	10	B. BOAL		41:13
11	BRIAN HOWLEY	40	33:18	61	ROBERT LAGENBACH	41	35:01	11	JOHN WOODS	60	41:16
12	WILLIAM HOSS		33:22	62	E. DEMAPPAIS	48	35:02	12	H. MARSHALL		41:25
13	CHARLES ROSS		33:25	63	STEVE SIM		35:03	13	WALLACE MCROY		41:26
14	BILL BUTLER	45	33:32	64	W. HIXSON	41	35:06	14	RAY SEARS	71	41:39
15	JOE MCKUSKER		33:36	65	HENRY KUPEZYK		35:06	15	RAY PEISER	67	41:40
16	JOE BURGASSER		33:36	66	JOHN CONROY	40	35:06	16	BILL ANDBERG		41:45
17	JOHN BUTTERFIELD		33:42	67	DICK KLOEPFER	42	35:07	17	JOE CAREY	60	42:06
18	GEORGE VERNOSKY	48	33:43	68	ARZIE L. BROWN	41	35:09	18	R. PHINNEY	63	42:26
19	B. ALMOND	44	33:46	69	J. WOODS	44	35:10	19	JOHN ARCHER		43:24
20	CHARLEY PRATT		33:49	70	ED STABLEY	49	35:11	20	GEORGE MAJOR		43:25
21	K. WINN		33:57	71	D. DANFORD	43	35:12	21	JOHN MONTOYA	66	43:27
22	L. RAMON	45	33:58	72	MIKE LOW	46	35:13	22	HANK BRADDOCK	63	44:16
23	CHANDLER ROBBINS	41	33:58	73	MIGUEL RUIZ	40	35:13	23	L. YOUNG	66	44:20
24	NED PRICE		34:00	74	D. CHARTIER	45	35:14	24	DON JOHNSON		44:33
25	JEROME C. LEWIS	43	34:01	75	TAD PINKERTON	40	35:14	25	J. JOHNSON	61	44:39
26	PHIL GUISTO	42	34:01	76	A. PHILLIPS	47	35:19	26	LARRY PATTERSON		44:46
27	RON DAVIS	40	34:06	77	VINCE CHIAPETTA	45	35:20	27	M. HUCKINS	60	44:58
28	JACK TUTTLE	41	34:07	78	DAVE COLTON		35:20	28	OSCAR HARTMANN		44:59
29	ADRIAN CRAVEN	41	34:07	79	JOHN HALL		35:22	29	J. MARTIN	60	45:02
30	AL CLAREMONT	42	34:09	80	RAY E. DATZ	40	35:28	30	LUIS RIVERA	70	45:10
31	K. BELL		34:10	81	P. SALTHARSH	47	35:29	31	W. WESTERHOLM	64	45:12
32	JOE CAREY	40	34:11	82	ALVIN MARCY	42	35:29	32	RICHARD ELTON		45:12
33	LOWELL MONTGOMERY	43	34:12	83	ART COHKO	41	35:31	33	W. SHRADER	63	45:17
34	GLYNN WOOD		34:12	84	FRED YEAGER		35:32	34	R. HERBERT	60	45:19
35	JERRY MCNEAL	41	34:13	85	CLYDE BAKER		35:34	35	C. SMITH	60	45:28
36	DICK GOTTSBALL		34:14	86	T. DICK	48	35:35	36	A. CUTTAG	60	45:28
37	HAROLD TINSLEY		34:15	87	TOM WIDHALM		35:36	37	PAUL T. FAIRBANK	71	45:33
38	R. PAKLAIAN		34:17	88	TOM FORT		35:36	38	LOU P. GREGORY	76	45:38
39	C. FORTIER	45	34:23	89	J. MCCOWAN	46	35:37	39	EDWIN F. ESTLE	68	45:40
40	ROBERT PACKARD	41	34:23	90	JAMES WILLIS	40	35:38	40	H. SAWIZKY	63	46:04
41	TOM WARD		34:25	91	DICK JAMBORSKY	42	35:39	41	JOE EICHLITZ		46:27
42	WERNER F. TERSACO	42	34:36	92	F. WICK	46	35:39	42	JAMES BOLE	70	46:37
43	A. WICK	46	34:37	93	PHILLIP GRAFE		35:39	43	AARON FIALOW	67	46:38
44	JOHN UNDRIA		34:37	94	MYRON ANDERSON	41	35:39	44	J. FIELDING	60	46:46
45	KEN MUELLER	42	34:37	95	ERNIE BILLUPS	41	35:39	45	W. MURRAY	65	47:11
46	KEN BAKER	41	34:38	96	MIKE GOODRICH		35:40	46	B. HANLEY	60	47:24
47	ROGER ROULLER	40	34:39	97	P. WATSON	47	35:41	47	J. CARROLL	69	47:28
48	BRYAN HAWLEY	40	34:42	98	DAVE EDEN		35:41	48	CLIFF GREENWOOD		47:33
49	REAGAN BENEDICT		34:43	99	HARRY KENNEDY		35:42	49	E. SIENKIEWICZ	65	47:41
50	A. DOYLE	40	34:44	100	JOHN WHITEHOUSE	42	35:45	50	R. DELANEY	63	47:51

AGE GROUP: 50-59

1	ALEX RATELLE	54	33:31	51	JACK RICE		39:08
2	JIM O'NEIL	53	33:40	52	TOMMY HODGES	51	39:15
3	PETE MUNDLE		34:09	53	BILL JACKSON		39:15
4	RICHARD WIDENER	51	34:46	54	BILL JACKSON	50	39:15
5	HOWARD RUBIN	50	34:52	55	GEORGE SHEENAN	59	39:18
6	MYRON MERER		35:05	56	JOHN LURTON	55	39:18
7	DON DIXON	51	35:20	57	R. LANE	50	39:20
8	JERALD MORRISON	55	35:38	58	EDDIE LEVINE		39:24
9	DON ADAMS	53	35:45	59	HARRY M. BRATT	50	39:27
10	MAX NEMAZI	52	35:53	60	R. SAWYER	53	39:27
11	R. PACKARD	50	36:05	61	JOHN COCHRAN		39:28
12	LUIS TORRES	50	36:24	62	H. HENRIQUES		39:29
13	W. MCCAFFREY	52	36:31	63	C. MURPHY	53	39:32
14	L. DREHER		36:46	64	GORDON SEIFERT	50	39:33
15	AUGUSTUS PRINCE	54	36:48	65	TOM BASLICK	51	39:37
16	R. GRAY	50	36:57	66	S. GOMEZ	51	39:38
17	CARL LARSON		37:11	67	RICH MUELLER		39:39
18	G. ETHERINGTON	50	37:13	68	GENE FARPELL		39:41
19	W. HANSON		37:26	69	JACK SCOTT	53	39:45
20	GLENH COLEMAN	55	37:26	70	TED BURROW	51	39:47
21	HERB CHISHOLM	52	37:30	71	BOB BRUCE		39:48
22	HARRISON ROWE	52	37:35	72	R. NORDBLOM	51	39:52
23	L. WILLIAMS	54	37:37	73	SAMUEL DELUCA		39:52
24	ROLAND ANSPACH	50	37:37	74	JERRY REABER	50	39:53
25	KEN WALKER	51	37:39	75	JOHN DAVENPORT	56	39:56
26	NICK COSTES		37:41	76	HAROLD GREENBERG	59	39:58
27	ROBERT CARLSON	53	37:42	77	BOB CHRISTIANSEN		40:00
28	FRANK RULIFFSON	52	37:42	78	WILLARD SHANK		40:01
29	BOB MCCIFFERT		37:45	79	JOHN PEPLINSKI	52	40:02
30	J. TOBEY	52	37:46	80	EDWIN KRAWITZ	50	40:04
31	T. PERSONS		37:46	81	BOB THURSTEEN		40:07
32	DON ROSS	50	37:52	82	SAM GRATCH	53	40:11
33	ED CALLAHAN	50	38:17	83	WILSON VIBLE		40:11
34	KELSEY BROWN	50	38:17	84	DAN DAUGHERTY	50	40:13
35	HAROLD KHAPP		38:19	85	DEL COBB		40:13
36	R. E. BRUCE	57	38:21	86	E. STETSON	53	40:13
37	MYRON MEYER		38:22	87	HARRY FREESTONE	51	40:14
38	E. LORD	50	38:23	88	C. ELLIS	50	40:15
39	R. HINMONS		38:23	89	MERLE KNOX		40:16
40	G. BROWN	53	38:24	90	R. QUICK	52	40:18
41	CHRIS MEERNAN	50	38:28	91	HENRY BATTAN		40:20
42	JOHN CAVANAUGH		38:28	92	ROD JOHNSON		40:25
43	RICHARD J. LYONS	52	38:41	93	BOB MIMM		40:27
44	RON KIEHL		38:42	94	ROBERT LAYHORN		40:31
45	WILLIAM COUGHLIN	50	38:43	95	A. RICHARD	52	40:31
46	DAVID MACKENZIE	51	38:45	96	PAUL SPENCER	51	40:33
47	HAROLD DAUGHTERS	57	38:52	97	ROBERT LABELL		40:36
48	J. WALNUT	54	38:53	98	JOHN BATES		40:49
49	BOB BIANCALANA		39:05	99	MIKE KALT		40:49
50	HORN LUMIAN	50	39:08	100	G. DANIELLE	52	40:49



Californians Earl Rippee, Jim Olesson and Wilbur Buchanan.

## 170 vie in New Jersey meet

By KELSEY BROWN

PARAMUS, N.J., June 16. The 4th annual J NJAAU outdoor championships were held at Berger Community College.

A record 170 entrants, including 25 women, turned out to compete in the 90-degree weather.

Running without spikes didn't seem to hamper the athletes as 26 meet records were set. One world age group mark was set by Tim Dyas, 59, North Jersey Masters, in the 2-mile walk, 19:01. This was 5 seconds below his 19:06 in the MSA championships May 27, 1979.



# Masters 'win' mythical national championship over open women

If the winning marks in the AAU National Masters Track and Field Championships are compared to the winning marks in the AAU Women's National Championships, the men-over-40 win, 5-3, in the eight events where conditions are virtually the same.

However, if the 8 events were scored like a dual meet (1st-5 pts., 2nd-3 pts., 3rd-1 pt.), the greater depth of the women win, 37-35.

In the 100 and 200, Evelyn Ashford would have "beaten" Masters Lewis Smith and Gary Miller.

In the 400, Nick Newton edges Patricia Jackson. In the 800, Ernie Billups tops Essie Kelly in the 800

and Francie Larrieu in the 1500. (Now there's a race we'd *really* like to see.)

Jack Foster would have lapped Mary Shea in the 10,000. Ron Laird wins over Sue Broddock in the 5000 walk. Debbie Brill easily takes Rich Richardson in the high jump.

The 400-hurdles and triple jump are hard to compare. Gary Miller sailed over 33" barriers in 57.74, while Edna Brown one-lapped 30" obstacles in 57.60. Kathy McMillan out-leaped Kermit Walker in the triple, but it was wind-aided.

It makes for an interesting match-up.

The "results":

100	Age	Mark
1. Evelyn Ashford		11.01
2. Brenda Morehead		11.13
3. Chandra Cheeseborough		11.33
9. Lewis Smith	40	11.60

200	Age	Mark
1. Evelyn Ashford		22.07
2. Valerie Briscoe		22.53
3. Brenda Morehead		22.75
9. Gary Miller	42	23.56

400	Age	Mark
1. Nick Newton	45	52.26
2. Gary Miller	42	52.28
3. Patricia Jackson		52.37

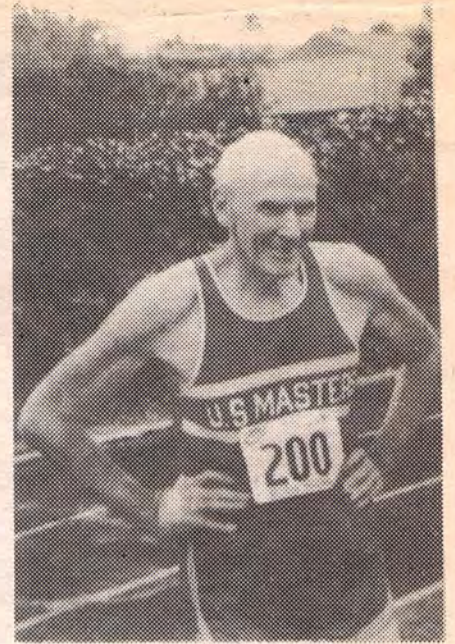
800	Age	Mark
1. Ernie Billups	42	1:56.0
2. Jack Knebel	40	2:00.2
3. Bill Mayer	42	2:00.9
5. Essie Kelly		2:02.3

1500	Age	Mark
1. Ernie Billups	42	4:03.4
2. Francie Larrieu		4:06.6
3. Mary Decker		4:06.8

10000	Age	Mark
1. Jack Foster	47	30:48.5
2. Ray Hatton	47	32:17.4
3. Mary Shea		32:52.5

5000 WALK	Age	Mark
1. Ron Laird	41	22:26.9
2. Sue Broddock		24:07.6
3. Paula Kash		25:21.2

HIGH JUMP	Age	Mark
1. Debbie Brill		6'4"
2. Louise Ritter		6'2½"
3. Pam Spencer		6'2½"
4. Rich Richardson	46	6'



U.S. Senator Alan Cranston at Western Regionals.



Bill Fitzgerald

## Race Walking

Lori Maynard set a PR at an age 43 women's American mark in the 5000 walk May 28 with a 26:39.2 in the Pacific Association AAU meet.

Elene Carola set an age 71 standard at 41:41.2

Bill Ranney was the 1st Master, 6th overall, with a 48:18 at the National AAU 10K Walk in Chicago May 26. Ranney is 44.

Bonnie Dillon, 32, in her 1st mile race did 15:31, lowered it in 4 months to —:43, winning two open

competitions against women and men in Northern California.

Katherine York of Modesto set age-66 women's marks this year in the 5K at 41:58 and 2-mile in 23:05.

Ranney won the Pacific AAU 30K Open Championship July 1 in 2:33:45. Ron Laird was 2nd in 2:34:20.

Maynard won the open 10K PAAAU the same day in 56:49. Dillon was 3rd in 58:59.

## Letters to the Editor

For your information, I resigned the position of Far Western Regional Masters Track & Field Meet Chairman on April 6, 1979.

The powers-that-be had over 2½ months to find someone to run the Far Western Regionals Meet. I do not feel that I, in any way, contributed to the problem of lack of time in obtaining a Meet Director.

Hal Smith  
Tarzana, Calif.

Past results are interesting, of course; however, what I personally need most are dates of future meets and entries.

Richard Lacey  
Pelham, N.Y.

The local Queensland Veterans still will not answer my phone calls or correspondence. You wouldn't believe how petty they can be.

They cannot stop me running in Germany. I was going to run as an independent. However, the Australians wrote to Germany and told them I *could* run for Australia, only after I threatened to run in a black uniform, with "God save Australian Veterans" written on the singlet.

As yet, the Australians have not decided whether us ex-pros can run or not. We don't know until we have a meeting in Germany.

I've had a public apology from Wal Sheppard, Secretary of the Austral-

ian Veterans Association, for his claim that I used a false Australian card when I ran in Sweden, when in fact I was running with the Americans. I took legal action against both Sheppard and Jack Pennington for defamation, as a result of their article in the Australian Veterans Magazine.

Once again, I thank Helen Pain, Dave Pain, who I never met, Pete Mundle, Hal Smith, Ozzie Dawkins, Nick Newton, Dave Jackson and all you people who have helped me in my fight to run against people of my own age group.

I still have my problems here. However, they cannot stop me running internationally. I feel Germany will be my last effort, at 58. I feel I can't continue to fight stupidity any longer. I may take up parachute jumping; at least I may get a fair go at that sport.

On the brighter side of things, I have trained harder for Germany than I have ever trained, mainly because I'm at the end of my age group.

Aileen is the European and Australian 100 and 200 Champion with two world records. I'm still world champion—until Germany, anyway—so it's a very unique situation.

Cheerio for now,

Aileen and Bernie Hogan  
Brisbane, Australia



Jerry Wojcik, Granada Hills, Calif., throws hammer as admirer looks on.

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