



National Masters Newsletter



36th Issue

August 1981

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

★ Highlights ★

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- 11 U.S. Masters Age-Division Records Broken
- Results of T&F Meets:
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 - Higdon's 50th Birthday 15K
 - And more
- 1980 Masters 15K Rankings
- British Set 100-Mile Relay Mark



Brian Harris, 45, winning masters division of Hal Higdon's 50th Birthday Party 15K Run June 20 in Michigan City, Indiana in 49:57.9. See story on page 13. photo by Steve Peterka

KAEMPF, KINSEY BREAK U.S. RECORDS

Bigelow, Caselli Set World Marks in Western Regionals

by AL SHEAHEN

LOS GATOS, California, June 20-21—Vicki Bigelow and Jaclyn Caselli ignored a blazing sun to smash world age-division records in the 5000-meter run today in the 7th Annual Penn Mutual/TAC Western Regional Masters Track & Field Championships.

Ulrich Kaempff and Shirley Kinsey each set new American records in the 10000 and shot put, respectively.

Two-hundred-fifty-seven over-age-30 athletes competed in 5-year age divisions in the 2-day, 23-event meet on the Los Gatos High School track, the site of the 1981 TAC National Masters T&F Championships August 15-16.

The event was hosted by the Los Gatos Athletic Association and directed by Bruce Springbett and his able all-volunteer crew. The Penn Mutual Life Insurance Co., Nike Sportshoes and the Athletics Congress co-sponsored, with a Saturday-night barbecue adding to the enjoyment of the participants.

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25,000 RUNNERS

Lorenz Sets 10K Mark in Peachtree

ATLANTA, July 4—In the finest condition of his sensational career, Herb Lorenz, 42, of Willingboro, New Jersey finally broke the American masters (over age 40) 10K record he's been threatening all year.

As one of 25,000 runners in the 1981 Peachtree Road Race today, Lorenz won the masters division by over a minute in the superb time of 30:41.5 on the certified course.

The time broke the old American masters mark of 31:03, set by Tom Laris in San Jose, California March 22, 1981.

Lorenz had sped a 31:09 to win the masters title in the Cotton Row 10k May 25, and was 2nd to Antonio Villanueva in the International Veterans 25K in 1:19:58 (3 minutes under the US record) in Belgium June 28. In that race, he took the measure of the finest European veteran runners.

Nancy Parker of Atlanta was the first woman masters in 38:09.7.

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SALMINI SETS 2 U.S. MARKS

258 in Eastern Regionals

PARAMUS, New Jersey, June 28—Two-hundred-fifty-eight over-age-30 athletes set 32 meet records today in the 13th Annual Penn Mutual/TAC Eastern Regional Masters Track & Field Championships at Bergen Community College.

Adrienne Salmini, the oldest of 31 women competitors, set two American records for women age 65-69. Her

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500 Expected for Nationals

Up to 500 men and women veteran athletes are expected to compete in the 14th Annual Penn Mutual/TAC National Masters Track & Field Championships August 15-16 in Los Gatos, California, according to meet director Bruce Springbett.

Entries are anticipated from throughout the nation and from several foreign countries, as well, for the

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Write On!



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WAVA HURDLE RULES

I must register a strong protest to the acceptance of the WAVA hurdle rules for several reasons.

1. These rules have decreased participation because many hurdlers will not attempt the extended heights.

2. Hurdlers who have been four-striding at the ten yard spacing and cannot three stride with the shorter spacing thus experience slower times (due to chopping the stride).

3. There have been more injuries associated with these rules changes.

4. Meets are lengthened due to the different spacings and heights for each division.

5. Considering the number of U.S. hurdlers that attend the World Games, the rules penalize the many who do not attend. I must say the last two games were accompanied by much protest and confusion regarding the hurdles rules (as reported by the *NMN*).

I strongly urge a return to U.S. spacings and heights for the benefit of all.

*Bob Higginbotham
Visalia, Calif.*

I have been running hurdles off and on for 40 years, and by changing the distance between the hurdles you will have more people getting hurt.

Last year I got hurt twice running. One time because of low hurdles and the other time trying to run the distance they ran at the World Games in New Zealand.

In high level racing, the hurdles seem to come up closer as the race progresses.

Let's leave the hurdles distance alone. I do not think the decision to change them should be made by people who do not run them.

I have asked some of the high school and college coaches around our area if we could change the distance of the high hurdles and mark the tracks. They said "no," they already had enough marks on their tracks.

Also by changing the distance, if you cannot put the marks on the track, but have to measure them for each meet, it just extends the time it takes to run the meet—another delay.

In high school most freshmen and sophomores have trouble with the highs, and it is mainly the distance between hurdles—trying to get three steps—and they sure have not changed the distance there. So let's leave things like they are and have a hurdle race.

*Jack E. Greenwood
Medicine Lodge, Kansas*

GOOD MEETS

I have just returned from a truly out-of-this-world experience. The 1981 TAC-PENN MUTUAL National Masters Decathlon Championships, held at Northside Stadium in San Antonio June 6th and 7th, was my first real Masters competition and fully lived up to my expectations.

The conditions were excellent, the companionship heart-warming. Competition in virtually every age group was keen, and a sizable number of impressive performances resulted. Especial thanks should be offered to Steve Smith and his top-notch crew of officials. In spite of the extreme heat and the large number of competitors, they generally kept the action moving at a good clip, and were, at all times, polite and agreeable.

Despite some physical problems and the amount of dust I ate from more rapid competitors, I have become hooked. I plan to get more involved in Masters track from now on; nevertheless, I suspect that no meet will ever be quite as exciting as this first one!

*Frank Bowles
Greeley, Colorado*

I just had to write about the charming Bob Coughlin's well-run 4-day Senior Olympics in Indianapolis.

My first events were on the Indianapolis 500 track. There were 4 bike races: 1/2 mile, 2 1/2 miles, 5 miles & 10 miles. Then a 10K run thru the country. Then a full-scale track meet in 5-year divisions.

If you missed Indianapolis, you missed a great meet.

*Ernestine Yeomans
Cincinnati, Ohio*

SOUTH AFRICA

As a follow-up to the South Africa/John MacDonald story:

The action of the South African Non-Racial Olympic Committee in

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schedule

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

TRACK & FIELD

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS Age 30 and over

☆ **August 15-16** (Sat-Sun): Penn Mutual/TAC National Masters Track & Field Championships, Los Gatos High, Los Gatos, CA (near San Francisco). Bruce Springbett, P.O. Box 1328, Los Gatos CA 95030. (408) 354-7333.

September 12-13 (Sat-Sun): Penn Mutual/TAC National Masters Weight Pentathlon. Woodstock, IL. Chuck Klehm, 2 E. Algonquin Rd., Arlington Heights, IL 60005.

EAST

Every Tuesday thru September 1. MSA, Metro AC and NYRRC open and masters development T&F meets and long distance runs, Randall's Island, Bronx, NY. 6:30 p.m.

August 1 (Sat): Philadelphia Masters T&F Championships. Ursinus College, Collegeville, PA. Walt Fisher, 263 S. Roberts Rd., Bryn Mawr, PA 19910.

MIDWEST

☆ **August 1** (Sat): Penn Mutual/TAC Midwest Regional Masters Track & Field Championships, Milikan U., Decatur, Illinois. Dick Richardson, P.O. Box 667, Decatur, IL 62525. (217) 429-4301.

August 8 (Sat): All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston IL. Bill Smith (312) 346-1797.

MID-AMERICA

August 8 (Sat): Denver Track Club Decathlon. (303) 341-2980.

September 6 (Sun): Triangular Masters T&F Meet: Kansas, Nebraska and Colorado. Others welcome. (Masters 10K next day)

MOUNTAIN

August 22 (Sat): 3rd Montana Masters T&F Championship, Bozeman, Montana. Track Office, MSU Fieldhouse, Bozeman-MT 59717. (406) 994-4221.

WEST

Thru August 7 (Mon thru Thurs): All-comers T&F meets, Los Angeles area. Mon: Gardena HS; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 pm. Masters at Birmingham on Wednesdays.

August 2,23 (Sun): All-comers meets, 8 a.m., Kaiser HS, Honolulu. Jack Karbens, Masters TC, 404 Opihikao Pl., Honolulu HI 96825.

August 1 (Sat): 9th Annual Corona Del Mar Track Club "Don Palmer Memorial" Relays, Santa Ana College, Santa Ana, Ca. Seven relays plus individual fields events. Dave Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

☆ **August 8-9** (Sat-Sun): 5th Annual Home Savings & Loan Pan-American Masters Track & Field Championships, USC, Los Angeles. Hilliard Sumner, 22713 Ventura Blvd., Woodland Hills, CA 91367. (213) 884-1349.

October 3 (Sat): 8th Annual Santa Barbara Masters Track & Field Meet, Univ. of California at Santa Barbara, Goleta, CA. George Adams, P.O. Box K, Goleta, CA 93017. (805) 687-6323.

December 4-8: Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206. (317) 638-9155.

NORTHWEST

August 29-30 (Fri-Sat): Shakespeare Masters Track & Field Classic. Ashland, Oregon. 5:30-9 p.m. First class facility at So. Oregon State College. Write P.O. Box 119. Phoenix, OR 97535. Include SASE.

CANADA

August 8 (Sat): Prairie Masters T&F Meet, Winnipeg, Manitoba.

August 15 (Sat): Inter-Club T&F Championships, Northview, Toronto and other provinces.

☆ **August 22-23** (Sat-Sun): Canadian Masters Track & Fields Championships, Richmond, British Columbia. (604) 936-9045.

PUERTO RICO

September 19-20 (Sat-Sun): 1st Annual San Juan Masters T&F Meet. Gilberto González-Julia, P.O. Box 11074, Caparra Heights Sta., San Juan PR 00922.

LONG DISTANCE RUNNING

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 40 and over)

Sept: TAC National Open and Masters 50 Mile Track Championships, Buffalo, NY. Niagara TAC, 3925 Harlem Rd., Buffalo NY 12246. (716) 839-3936.

Sept. 13 (Sun): Penn Mutual/TAC National Masters 50K Road Championships, Brattleboro, Vermont. Ann Parry, Famolare AA, 4 E. 54th St., New York, NY 10022.

Sept: TAC National Junior and Masters 20K Road Championships, Catskill, NY. Dick Vincent, Jct. 9W & 23A, Catskill NY 12414. (518) 943-4767.

Sept. 26 (Sat): Penn Mutual/TAC National Masters 10K Road Championships, Kent, WA. Bob Langenbach, 4261 So. 184th St. Seattle, WA 98188. (206) 433-8868.

October 3 (Sat): Penn Mutual/TAC National Masters 15K Road Championships, Washington DC (Hains Point). SASE to Larry Noel, 105 Northway Rd., Greenbelt MD 20770. (301) 474-9362.

October 4 (Sun): Penn Mutual/TAC National Masters 15K Cross-Country Championships, New York, NY. New York RRC, Box 881, FDR Station, New York NY 10150. (212) 580-6880.

October 18 (Sun): Penn Mutual/TAC National Masters 5km Road Race Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. (504) 822-9051.

November 21 (Sat): Penn Mutual/TAC National Masters 10K Cross-Country Championships, Houston. Ed Lang, 14 Sandalwood, Houston, TX 77024. (713) 781-2810.

November 28 (Sat): Penn Mutual/TAC National Masters 5K Cross-Country Championships, San Diego (Balboa Park). Bill Stock, 7160 Baldrich Rd., La Mesa CA 92041. (714) 466-8700. continued on page 4

On Tap for August

TRACK & FIELD

This is the big month of the year for Masters Track & Field. On August 1st, three meets are on tap: The Philadelphia Masters T&F Championships in Collegeville, Pa; the Penn Mutual/TAC Midwest Regional Masters T&F Championships in Decatur, Illinois; the "Don Palmer Memorial Relays" in Santa Ana, Calif.

That's just a warm up for what is traditionally one of the best masters meets of the year: the 5th Annual Home Savings Pan-American Masters T&F Championships on the 8th & 9th, which, last year, saw over 400 participants break 10 World and 11 American age-division records.

Then, the biggest meet of the year: the prestigious 14th Annual Penn Mutual/TAC National Masters Track & Field Championships on the 15th and 16th in Los Gatos, California.

Masters who are planning their 1981 vacation around the major meets have 2 choices on the 22nd: the Canadian Masters T&F Championships in Vancouver, and the 3rd Annual Montana Masters T&F Championships in Bozeman.

The fifth meet on the West Coast in as many weeks takes place on the 28th-29th in the beautiful Rogue Valley area of Ashland, Oregon, home of the renowned Shakespearean Festival. You can combine exquisite scenery, culture and competition in one trip.



LONG DISTANCE RUNNING

Despite the heat, at least 4 major runs are set for August: The Pikes Peak Marathon is set for the 2nd; the Bobby Crim 10-miler in Flint, Michigan, and the San Diego 1/2 marathon on the 22nd; and the Avon International Women's marathon Championships in Ottawa the 23rd. Don't forget, August 31 is the deadline for the postal one-hour run national championships. □

WEIGHT PENTATHLON SCHEDULE 1981

August 1, 1981 Millikan University (not a Wt Pentathlon but all five throwing events)
Midwest Masters Regional T & F Meet
Entries to Dick Richardson P O Box 667 Decatur, Ill 62525

Sept. 6, 1981 Latvian Track Club Stouffville, Ontario Canada
Canadian Masters Weight Pentathlon Championship
Entries to Jackson Tovell 183 Duncan Rd Thornhill, Ont. Canada
L3T 3E7

Sept. 12, 13 Nat'l Masters Wt. Pent. Championship
Ware Road & Route 47 Woodstock, Ill.
Entries to Chuck Klehm 2 E. Algonquin Rd Arlington Heights, Ill.
60005

Sept. 26, 1981 North American Weight Pentathlon Championship
Ware Road and Route 47 Woodstock, Illinois
Entries to Chuck Klehm 2 E. Algonquin Rd Arlington Heights, Ill.
60005

Oct. 10, 1981 Midwest Regional Masters & Submasters Wt Pentathlon
Ware Road and Route 47 Woodstock, Illinois
Entries to Chuck Klehm 2 E. Algonquin Road Arlington Heights, Ill.
60005

Oct. 24, 1981 Great Lakes Masters & Submasters Wt Pentathlon
Ware Road and Route 47 Woodstock, Illinois
Entries to Chuck Klehm 2 E. Algonquin Rd Arlington Heights, Ill
60005

Dec. 13, 1981 West Coast Weight Pentathlon
Glendale College, Glendale, California
Entries to John Tansley 1500 N. Verdugo Rd Glendale, Cal. 91208

Dec. 27, 1981 Holiday Weight & Regular Pentathlon
Atlantic High School Seacrest Blvd Delray Beach, Florida
Entries to Randy Cooper Community School Atlantic E 8 Delray Beach
Fla.

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NEW ENGLAND

August 15 (Sat): 9th Falmouth Road Race, 7.1 mile, Woods Hole, Mass. (4000) Falmouth Recreation Dept., Main St. Falmouth MA 02540. (617) 540-4417.

August 23 (Sun): 2nd Annual Twilight 10K. 6 pm, Riverside Park, Agawam, Mass. All ages from 9 to 60+. Cash and merchandise prizes. PO Box 307, Agawam MA 01001. (413) 786-9300.

Sept. 13 (Sun): 5-mile Masters Run, Westfield, Mass. 12 Noon. Walter Childs, P.O. Box 1484, Springfield MA 01101.

Sept. 20 (Sun): Maple Leaf Half-Marathon, Manchester, Vermont. Guy Thomas, Way's Lane, Manchester Center VT 05255. (802) 362-3401.

EAST

August 12 (Wed): Firefly 9KM Run, Franklin, N.Y. 7 p.m. Delaware County Runners, 36½ Main Street, Delhi NY 13753. (607) 746-6555.

Sept 13 (Sun): Koo Koose River 9K Run, Deposit, NY. Delaware County Runners, 36½ Main St., Delhi NY 13753. (607) 746-6555.

Sept. 20 (Sun): Philadelphia Distance Half-Marathon Run, YMCA, 1421 Arch St., Philadelphia PA 19102. (215) 241-1223.

Sept 27 (Sun): The Great Race 10K, Pittsburgh. 400 City County Bldg., Pittsburgh PA 15219. (412) 255-2350.

October 10 (Sat): National Jogging Day. Nationwide. To organize or participate in your area, contact Glenn Petherick, NJA, 2420 K St. N.W., Washington DC 20037.

October 17 (Sat): 8th Skylon International Marathon, Buffalo to Niagara Falls. (2000) Box SIM, Bidwell Station, Buffalo NY 14222.

October 25 (Sun): 12th New York City Marathon. (16,000) P.O. Box 1388 GPO, New York NY 10001.

SOUTHEAST

August 30 (Sun): Charleston Distance Run, 15-mile, Charleston, West Virginia. P.O. Box 2749, Charleston WV 25330. (304) 348-6801.

Sept. 26 (Sat): Virginia 10-miler. Lynchburg VA. (4000) Racing Ltd., 2484 Rivermont Ave., Lynchburg VA 24503. (804) 528-2857.

October 25 (Sun): Richmond Newspapers Marathon. (2000). P.O. Box 26971, Richmond, VA 23261.

MIDWEST

August 22 (Sat): Bobby Crim 10-miler, Flint, Mich. Box 16179, Lansing MI 48901. (517) 485-5209.

August 30 (Sun): Midwest Masters 25K Road Championships, Lake Bluff Jr. High School (Rt. 176 & Sheridan Rd.), Lake Bluff IL. 8 a.m.

August 31 (Mon): Blueberry Stomp 15K, Plymouth, Indiana. Box 34, Plymouth IN 46563.

Sept. 6 (Sun): Cleveland Heart-athon, Cleveland. 1689 East 115th St., Cleveland OH 44106. (216) 791-7500.

Sept. 27 (Sun): America's Marathon, Chicago. (7000) 676 N. LaSalle Chicago IL 60610. (312) 951-0660.

October 18 (Sun): Detroit Free Press Marathon. Ed Kozloff, Box 170, Detroit MI 48231. (313) 222-6415.

MID-AMERICA

Sept. 6 (Sun): 3rd Black Hills Marathon, Rapid City, S.D. Guest speaker: Al Lawrence. Box 9243, Rapid City SD 57701.

Sept. 7 (Mon): Penn Mutual/TAC Masters Triangular 10K: Kansas, Nebraska, Colorado. Others welcome.



SOUTHWEST

August 8 (Sat): 7th Bisbee Distance "Light" 15K Run, Bisbee, Arizona. BCE, Drawer G, Bisbee AZ 85603. (602) 432-4361.

MOUNTAIN

August 1 (Sat): Heritage Days 5K, Columbia Falls, Montana. (406) 755-5300.

August 2 (Sun): Pikes Peak Marathon, Colorado. Rudolph Fahl, 15 El Paso Blvd., Manitou Springs CO 80829. (303) 685-1034.

WEST

August 9 (Sun): 4th Annual North Orange County 10K, Fullerton, Ca. Patsy Wendler, (714) 879-9622.

August 22 (Sat): American's Finest City Half-Marathon, San Diego. Neil Finn, 3861 Front St., San Diego CA 92103. (714) 297-3901.

Sept. 26 (Sat): Heritage Day Run: 10K & 2-mi, Beard Park, Waterford, Calif. Don Lundberg, 12607 Lone Oak Rd., Waterford CA 95386. (209) 874-2229.

October 11 (Sun): 10th Berkeley to Moraga Half-Marathon. John Notch, 230 marlow Dr. Oakland CA. (415) 562-2210.

NORTHWEST

August 1 (Sat): Resurrection Marathon "Adventure Run" from Gold Gulch to East Creek, Alaska. (907) 279-2975.

Sept. 13 (Sun): Nike/OTC Marathon, Eugene, Oregon. (1000) P.O.Box 10412, Eugene OR 97440. (503) 687-2477.

Sept. 19 (Sat): Prefontaine Memorial Classic 10K, Coos Bay, Oregon. Mike Hodges, Box 210, Coos Bay OR. (503) 267-7255.

CANADA

Sept. 13 (Sun): Montreal International Marathon, Montreal. (3000) COMIM, Case Postale 1570, Succursale B., Montreal, PQ H3B 3L2.

Sept. 20 (Sun): Canadian Masters 10K Road Race, Winnipeg, Manitoba.

Sept. 26 (Sat): Canadian Masters AA 3rd Women's Masters 5K Championships (restricted to women over 35). 2 pm. Sunnybrook Park, Toronto. Prizes in 5-year divisions. Christine Walker, CMAA, 34 Rodda Blvd., West Hill, Ontario M1E 2Z6. (416) 284-0695.

INTERNATIONAL

August 23 (Sun): Avon International Women's Marathon Championships. Ottawa, Ontario, Canada, Avon, 9 W. 57th St., New York NY 10019. (212) 593-4257.

October 14-November 1: Masters Distance Running Tour to China. Sports Travel, P.O. Box 7823, San Diego CA 92107. (714) 225-9555.

POSTAL

January 1 to August 31: One-hour run. All Huff, 18127 1st Ave. N.W. Seattle, WA 98177. (206) 542-2930.

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500 Expected for Nationals

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prestigious event—the highlight of the year's masters track & field activity—at the 1st-class Los Gatos High School facility. Entry deadline is August 1st.

The annual TAC Masters T&F Meeting will be held on Saturday, the 15th at 6 p.m. at Mountain Charlie's Banquet Room in Los Gatos. The day's events end at 4:30 p.m. and the banquet starts at 7:30 p.m. So there's only about an hour to conduct a year's worth of business.

Please plan to attend, and bring recommendations for improving the masters T&F program. On Chairman Jim Weed's agenda will be WAVA vs. Pentathlon scoring, WAVA hurdles heights, and other important issues.

While nothing decided at this meeting is officially binding, all action will likely be approved by the official Masters T&F Meeting at the TAC Convention in Reno in December. □

4 Marks Fall in Connecticut

NEW HAVEN, June 14—Four records were set at the Ninth Annual Connecticut Masters Track & Field Championships at Bowen Field today.

Windsor's Tom Butterfield (45-49 division) set all four on his way to winning the Pentathlon. He took the long jump, bettering the old mark by six inches. He also set records in the 110 hurdles by two seconds, triple jump, and Pentathlon total score. In all he racked up 2049 points in the Pentathlon to surpass all age groups. The conditions were far from ideal as it rained the entire meet, making conditions miserable and hazardous on the all weather runways and track surfaces. □

Results in back pages.



Ruin Puerto Rico!

The San Juan Annual Masters Track & Field Championships will be held at the Sixto Escobar Stadium, San Juan, Puerto Rico on September 19 & 20, 1981.

Eligibility: Open to all men and women 30 years of age or older.

Deadline for Entries: September 8, 1981. *NO* late entries.

Entry Fee: \$5.00 first event. \$3.00 each additional event. \$16.00 per relay.

Facilities: Sixto Escobar is an 8 lane tartan track with all modern equipment. A 220 meter tartan warm-up track is available. (1/4 inch spikes maximum length permitted.)

Relays: By country with divisions in 10 year increments.

Awards: Medals to three in each age division. Certificates of participation to all competitors.

Registration: At Sixto Escobar Stadium from 7:00 AM to 7:00 PM, Friday, September 18 and from 7:00 AM to 12:00 Noon, Saturday, September 19.

Banquet: Sunday evening, September 20, 1981. Place to be announced. \$10.00 per person.

Accommodations: Take advantage of our many fine hotels within walking distance to the stadium. Our highly attractive low summer season

rates make it easy to combine a fabulous Puerto Rico vacation with your participation in the Masters Championships. Stay on and enjoy great water sports, magnificent beaches, beautiful countryside, a magical rain forest, unparalleled night life, and the finest cuisine in the Caribbean.

For official entry form, please write to the San Juan Annual Masters **PUERTO RICO, U.S.A.** Association, G.P.O. Box 3123, San Juan, Puerto Rico 00936.

It takes a great island to deliver a great vacation.



***THE SAN JUAN
ANNUAL MASTERS
TRACK & FIELD
CHAMPIONSHIP.
SEPTEMBER 19 & 20, 1981.***

***THE FIFTH
WORLD VETERANS
CHAMPIONSHIP
TRACK & FIELD.
SEPTEMBER 1983.***



This month we introduce two new features. The first is a Classified Section. As a service to improve communications in the masters community, we'll publish all non-commercial announcements free of charge. See the inside back page for details.

The second is a new column called "Phil the Philosopher." For months we've been trying to persuade javelin ace Phil Conley to articulate his ideas—always thought-provoking, usually controversial—in a monthly column. Phil finally consented, and his first creation—sort of an introduction—appears in this issue. With Conley, Wendell Miller and Mike Tymn each contributing monthly columns, we feel *NMN* offers a good variety of thought, and can boast one of the top columnist lineups in the athletic community.

We like to let it all hang out at *NMN*—or at least most of it—perhaps at our peril. We figure you have a right to know what's going on. So here's a brief look at the financial condition of the *Newsletter* to date:

We broke dead even in 1980. For the first 6 months of 1981, we've lost \$1997. We hope to wipe out that loss by the end



From the Editor

of the year, but with rising printing costs, we have our work cut out for us. We'll have to be more selective with our editorial content.

The deficit came about mainly because we tried to increase the quality of the paper in spite of increased costs of up to 125%, hoping that an influx of new subscribers and advertisers would result.

Subscriptions are picking up slowly, thanks to your efforts in telling your friends, but not fast enough. We still are

only at about 1700. Many subscribers are slow to renew. They miss issues and we miss their subscription. We don't want to spend a fortune sending out a series of notices. So when you get your renewal notice, a prompt renewal will save *NMN* time and money, and guarantee you don't miss any issue.

If you'd like to pass out the paper and flyers at meets, races or stores in your area, let us know and we'll send you a batch.

We are in the market for advertising sales representatives who would work on a commission basis. If you're interested, or know of anyone, drop us a line.

The *Newsletter* is receiving a \$200 per month subsidy from the Athletics Congress (TAC) Masters Track & Field Committee (Jim Weed, Chairman) and \$200 per month from the TAC Masters Long Distance Running Committee (Ken Bernard, Chairman.)

In addition to that, of the \$15,000 which the Penn Mutual Life Insurance Co. is donating to the TAC Masters T&F Committee in 1981, *NMN* is receiving \$2000 (about \$167 per month). Of the \$15,000 which Penn Mutual is donating to the TAC Masters LDR committee in

1981, *NMN* is receiving nothing.

The remaining \$13,000 for the T&F Committee is being used to support national and regional championships, and in other ways as outlined from time to time in these pages by Weed. Of the \$15,000 for the LDR Committee, Bernard told *NMN* he wanted to use the entire \$15,000 for purposes such as "flying former TAC Masters champions to this year's championship races." Bernard has been out of the country on business part of the year and *NMN* has been unable to contact him to determine the present status of the \$15,000.

Specifically, *NMN's* income for the 1st 6 months of 1981 was \$17010 (Subscriptions \$7932; Advertising \$5345; TAC T&F \$1200; TAC LDR \$1200; Penn Mutual T&F 1000; Penn Mutual LDR \$0; Misc. \$333.) Expenses were \$19007 (Printing \$6252; Postage & mailing \$3544; Editing & administration \$7330; Supplies, telephone & misc. \$1781.)

We're getting excellent regional reports from Pete Taylor, Bob Fine, Bill Gentry, Harry Crockett, Alistair Aitken, Tymn, Ron Fox, Danny Thiel, Val

continued on page 7



SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS - 1981 SIXTO ESCOBAR STADIUM, SAN JUAN, PUERTO RICO 19-20 SEPTEMBER 1981

SPONSORED BY THE CITY OF SAN JUAN AND THE PUERTO RICO MASTERS ASSOCIATION

AGE DIVISIONS: 30-34 (OA); 35-39 (OB); 40-44 (IA); 45-49 (IB); 50-54 (IIA); 55-59 (IIB); 60-64 (IIIA); 65-69 (IIIB); 70-74 (IVA); 75 AND OVER (IVB).

ELIGIBILITY : Open to all men and women 30 years of age or older.

ENTRY FEE : \$5.00 First Event. \$3.00 Each Additional Event. \$16.00 Per Relay.

AWARDS : Medals to three (3) in each age division. Certificates of participation to all competitors.

DEADLINE FOR ENTRIES : September 8, 1981. No post entries.

FACILITIES : SIXTO ESCOBAR is an 8 lanes tartan track with all modern facilities. In addition has an adjacent 220 meters tartan warm-up track. (1/4 inch spike, maximum length permitted.)

RELAYS : By countries with divisions in 10 years increments.

REGISTRATION : At Sixto Escobar Stadium from 7:00 A.M. to 7:00 P.M. Friday 18 and from 7:00 A.M. to 12:00 Noon Saturday 19.

BANQUET : Sunday evening. Place to be announced. \$10.00 per person.

HOTELS NEARBY:

WALKING DISTANCE: Ocean Side, 54 Muñoz Rivera St. Tel. (809) 722-2410, 34 air-conditioned rooms, Single \$16.80, Double \$18.90-\$25.20; Caribe Hilton, Tel. (809) 725-0303, Luxurious 644 air-conditioned rooms, Single \$79-119, Double \$85-\$125; Condado Holiday Inn, 999 Ashford Ave. Luxurious 580 air-conditioned rooms, Single \$75-95, Double \$80-100; The Regency, 1005 Ashford Ave., Luxurious, 129 air-conditioned rooms, Single \$56-95, Double \$60-95.

ONE TO TWO MILES FROM STADIUM :

Gran Bahía, Fernández Juncos Ave. Tel. (809) 725-1212, 552 air-conditioned rooms, Single \$28-48, Double \$85-125; Toro, 605 Miramar Ave., Tel. (809) 725-5150, 44 air-conditioned rooms, Single \$15-18, Double \$16-21; Olimpo Court, 603 Miramar Ave., Tel. (809) 724-0600 100 air-conditioned rooms, Single \$18-26, Double \$22-30; Capitol, 800 Ponce de León Ave. Tel. (809) 724-1860, 126 air-conditioned rooms, Single \$24, Double \$30; Tanamá, Joffre St. Condado, Tel. (809) 724-4160, 95 air-conditioned rooms, Single \$19-21, Double \$30-32; Excelsior, 801 Ponce de León Ave., Tel. (809) 725-7400, 140 air-conditioned rooms, Single \$32-40, Double \$34-42.

EVENT TITLE	HEIGHTS AND WEIGHTS BY DIVISION									
	OA	OB	IA	IB	IIA	IIB	IIIA	IIIB	IVA	IVB
110 M Hurdles	99.6cm 39"	99.6cm 39"	91.4cm 36"	91.4cm 36"	84.0cm 33"	84.0cm 33"	76.2cm 30"	76.2cm 30"	76.2cm 30"	76.2cm 30"
400 M Hurdles	91.4cm 36"	91.4cm 36"	91.4cm 36"	91.4cm 36"	84.0cm 33"	84.0cm 33"	76.2cm 30"	76.2cm 30"	76.2cm 30"	76.2cm 30"
Shot Put	7.26kg 16 Lbs	7.26kg 16 Lbs	7.26kg 16 Lbs	7.26kg 16 Lbs	5.44kg 12 Lbs	5.44kg 12 Lbs	4.00kg 8 Lbs	4.00kg 8 Lbs	4.00kg 8 Lbs	4.00kg 8 Lbs
Discus	2.0kg 4.4Lbs	2.0kg 4.4Lbs	2.0kg 4.4Lbs	2.0kg 4.4Lbs	1.6kg 3.55Lbs	1.6kg 3.55Lbs	1.0kg 2.2 Lbs	1.0kg 2.2 Lbs	1.0kg 2.2 Lbs	1.0kg 2.2Lbs
Javelin	800 grms	800 grms	800 grms	800 grms	800 grms	800 grms	600 grms	600 grms	600 grms	600 grms
Hammer	7.26kg 16 Lbs	7.26kg 16 Lbs	7.26kg 16 Lbs	7.26kg 16 Lbs	7.26kg 16 Lbs	7.26kg 16 Lbs	5.44kg 12 Lbs	5.44kg 12 Lbs	5.44kg 12 Lbs	5.44kg 12 Lbs

SCHEDULE OF EVENTS:

SATURDAY SEPTEMBER 19

TRACK EVENTS	FIELD EVENTS
4:00 P.M. 1-400 Meters Hurdles +	6-Pole Vault
4:30 P.M. 2-5 Km. Walk	7-Long Jump
5:30 P.M. 3-110 Meters Hurdles +	8-Hammer
6:00 P.M. 4-3000 Meters Steeplechase	9-Discus
7:00 P.M. 5-100 Meters +	
8:00 P.M. 10-1,500 Meters	
9:00 P.M. 11-10,000 Meters	

SUNDAY SEPTEMBER 20

TRACK EVENTS	FIELD EVENTS
2:00 P.M. 12-400 Meters +	17-Shot Put
3:00 P.M. 13-800 Meters	18-High Jump
4:00 P.M. 14-5,000 Meters	19-Javelin
4:30 P.M. 15-200 Meters +	
5:30 P.M. 22-21 Km. Marathon	20-Triple Jump
5:35 P.M. 16-4 X 100 Meters Relay	
6:00 P.M. 21-4 X 400 Meters Relay	

EVENTS FOR WOMEN ONLY:	
23-1,500 Meters	
24-100 Meters	
25-200 Meters	
26-400 Meters	
27-5,000 Meters	

+NOTE: If heats are needed first three places will be determined by time.

EVENTS WILL BE RUN OLDER TO YOUNGER, THEN WOMEN.

MAKE CHECKS PAYABLE TO SAN JUAN ANNUAL MASTERS AND MAILED THEM WITH YOUR ENTRY FORM TO: PUERTO RICO MASTERS ASSOCIATION, G. P. O. BOX 3123, SAN JUAN, PUERTO RICO 00936.

OFFICIAL ENTRY FORM

NAME _____ AGE _____ MALE _____ FEMALE _____ BIRTHDAY _____
Please Print

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EVENT NO.	EVENT TITLE	FEE	EVENT NO.	EVENT TITLE	FEE

ATHLETIC RELEASE

In consideration of the right to participate in the San Juan Annual Masters T & F Championships, I do hereby, for myself, my heirs and executors waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the City of San Juan, the Puerto Rico Masters Association, the Organizing Committee or their officers or agents and the Sixto Escobar Stadium and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have recently undergone a thorough physical examination by a certified doctor.

continued from page 6

Schultz, Bob Martin, Marty Post, Alvin Clark, John Trent, Jim Scannell, Hal Higdon, Stan Thompson, Gilberto Gonzalez-Julia, Haig Bohigian, Jim Gerard, Ruth Anderson and others. We're grateful, and we could use more info from New England. Also more photos from anywhere.

We're having trouble learning the exact dates of some of the TAC National Masters LDR Championships. Some dates and sites have been switched. Others are apparently still up in the air. Only 31 masters showed up for the National TAC Masters Marathon Championships in Raleigh.

We must thank Nike for its continued support, not only of the *Newsletter*, but of the entire Masters program. They always seem to be there helping out with numbers, medals, prizes, financial aid . . . whatever is needed to make an event a success.

We're still having some problems with the delivery of the paper to some areas. We're working on the problems and apologize for any delays.

Hope to see you at the Nationals. □



Susan Pollard, 35, of Leonia, NJ leads Sue Erickson, 18, in Sidney, NY.

Hatton Sets Two U.S. Marks

from ALVIN CLARK

Ray Hatton, 49, of Bend, Oregon, one of the finest over-40 runners in the world over the past decade, and holder of dozens of middle and long distance age records, has set two new age-division records in the 3000 meters on the track and 10 kilometers on the road.

In the Viking Classic 10K May 31, Hatton recorded a blazing 32:35.0 to obliterate Hal Higdon's pending U.S. age 45-49 10k mark of 33:10, run November 2, 1980.

On June 14, at the Mt. Hood All-Comers meet, Hatton clipped off a rapid 9:02.95 in a 3000-meter race, to better Pete Mundle's 6-year old U.S. mark of 9:14.2 for men 45-49.

Hatton also turned in a 4:30.76 mile on May 28, only 1.2 seconds off Bill Fitzgerald's American 45-49 best. □

Monsoon Fails to Stop NY Runners

from NED ROESLER

SIDNEY, NY, June 13-14—In the Delaware County Runners first annual 24-hour relay, dubbed "Long Day's Journey Into Night," age made no difference as 12 teams, each with 10 runners (of which at least 3 had to be women) survived conditions reminis-

cent of Hurricane Carla.

Each runner carried the baton 4 laps (1600 meters) per leg on the Sidney High School Track. The weather was hot at the Saturday afternoon start, chilly in the evening, then a driving rain put the track 2 inches under water, knocking out lights, and scattering officials. Looking like mud-wrestling

survivors as they splashed around the oval, the runners voted whether to cancel the relay. In true "show must go on" tradition, the teams voted 10-2 to continue.

The WSL All-Stars of Jeffersonville, NY completed 236½ 4-lap legs to triumph in the Bendix Corporation-sponsored event. □

Entries now being accepted for the 5th Annual

HOME SAVINGS PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS

(co-sponsored by the Southern California Striders)

August 8 and 9

University of Southern California (U.S.C.)
Los Angeles, California

Entry fee: \$8.00 — 1st event, \$3.50 — each additional event

Program and T-shirt to each competitor

Dinner Dance — Saturday evening, August 8 — \$16.00 per ticket

For additional information and entry application, send self-addressed, stamped envelope to:
Hilliard Sumner, Jr., Meet Chairman
22713 Ventura Boulevard
Woodland Hills, California 91364
213/884-1349

Accommodations available nearby:

University of Southern California
Dormitory Summer Housing
Birnkranth Hall
University Park, California
213/741-2022





THE Gun Lap

by MIKE TYMN

The "Original" Mueller

For two or three years, he had become known in running circles as "the other Mueller." But Ken Mueller is not the type of guy to take a back seat to anyone, even Fritz Mueller, the reigning Masters champion from 1977 to 1979.

You could say that Ken Mueller is the "original" Mueller. In fact, when Fritz first gained national prominence by winning the over-40 division in the 1977 New York Marathon, it was Ken's national Masters' record of 2:27:55 that Fritz broke.

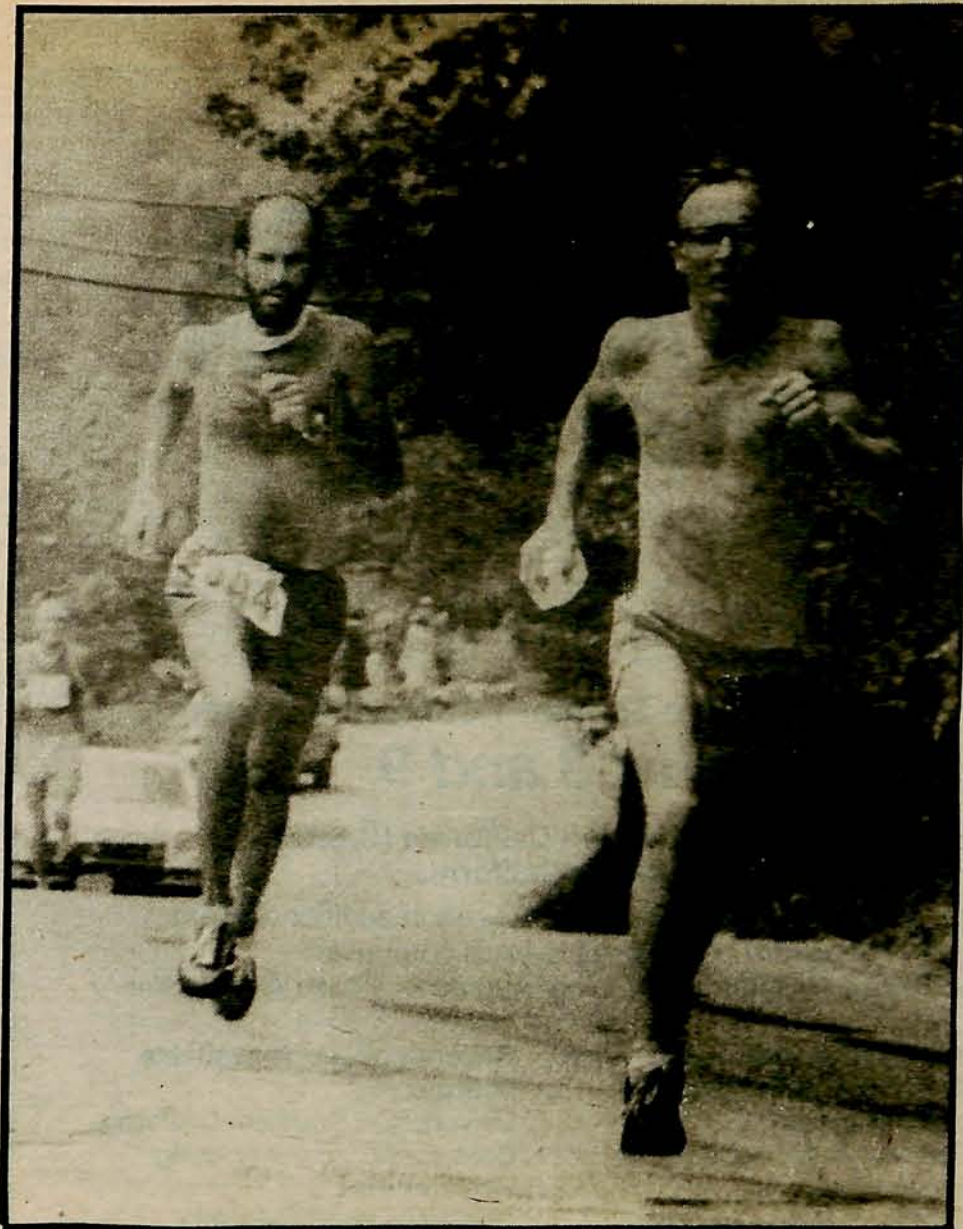
Although Fritz is still going strong, he's slipped a little in the standings, and Ken feels that the story can now be told.

"I may as well take the time to reveal the truths about Fritz," Ken said when I talked to him not long ago.

"Jack Brennan, a New York City lawyer and fleet footed teammate of Fritz, discovered that Fritz was my il-

legitimate brother," Ken revealed. "Because of his insatiable appetite, Dad got mad and left 400 pound, four-year-old Fritz behind when we migrated to a small town in Minnesota. The story should have ended there, but Fritz set out looking for us. The trip took 37 days and 300 pounds off of him, but he swam ashore in New York City, climbed over the sludge in the Hudson River and hitch-hiked to Central Park. Fritz liked the park so much that he decided to give up the hunt and stay in New York City.

"Many years went by, then the fickle fingers of fate brought us together again. It was for the National 30K race in Albany, N.Y. I managed to beat him, but I didn't know who the skinny fellow was. While groveling in the locker room, Fritz recognized a birthmark I have that is usually well covered, realized who I was, and decided to go into intense secret training. It worked. He won every matchup after that.



Ken Mueller in front.

"The only way I could get even was to eliminate his name from the computers in the National Running Data Center by informing them that he was an illegitimate illegal alien."

And that's why you won't find Fritz Mueller's name in the American age-class record book. But you'll still find Ken Mueller listed in it here and there. At one time or another he has held between 15 and 20 national age records between the 10K and the marathon. And he has won four national Masters titles.

Now 44, Ken grew up in the suburbs of Minneapolis. While serving in the army and stationed in Natick, Mass, he saw a crowd gathering in Natick Center one afternoon in April of 1957. A little later some guys ran by en route to Boston. It looked pretty easy to Mueller, who had run a 2:09.7 half-mile in high school off of some pole vault training, so he began training then for the 1978 Boston Marathon.

Although he dropped out at 23 miles in 1958, Mueller, who settled down in Bellingham, Mass, not far from Boston, after being discharged from the army, has finished almost every Boston marathon since then. His best performance came in 1975 when he recorded his PR of 2:22:26.

Mueller's best marathon as a Master runner came in 1978 when he ran Boston in 2:25:23, finishing second among the over-40 runners. Who beat him? You guessed—Fritz.

"I really don't care for the marathon," Mueller remarked. "I prefer races from 15K to 25K. I've never had the basic speed for races under 15K and have never enjoyed racing beyond 30K. My dislike for marathons has grown stronger in recent years. Maybe it's because too much emphasis is placed on marathon times and this results in good performances at other distances being overlooked."

Mueller's best single effort may have come in 1973 at age 36 when he covered 11 miles, 1,065 yards for the one-hour run. That performance is still in the age-class record book. However, he feels that his best years were in 1976-77 at ages 39 and 40.

"My training was more consistent then and I was getting in some good weekend workouts with top talent," he explained.

After joining the Masters ranks in October 1976, Mueller put together 32 consecutive victories in his division, including national titles for 10K and 15K cross-country, 15K on the road, and the national postal one-hour run. In addition, he set over-40 records at the half-marathon (1:09:53), 25K (1:23:18), and that one in the marathon that Fritz broke. The 25K record stood the longest, falling last November to Jim Bowers. Ken doesn't know why Fritz missed that one.

"Two years ago, I injured my lower back," Mueller said when asked if his slightly slower times recently are due to age. "I've frequently aggravated the

problem while on my job as a physical education teacher. My training mileage has been down and so has the confidence, so it's hard to shift into fourth gear and sustain the effort. As for age, I may have been more motivated when I turned 40, but physically I don't feel any slower now."

What kind of training regimen does he follow? "I'm doing about the same now as 10 years ago. Most of my weeks are in the 90-99 mile range, but I've run 280 weeks of 100 miles or more and have a top week of 182 miles. I prefer a long Sunday run and Tuesdays and Thursdays are supposed to be fast days, but it doesn't always happen that way. I had my best results when I raced frequently. It provided hard work that I was too lazy to do during the week."

Mueller writes a column on Masters running for the *New England Running Review* because he feels that the media gives too little recognition to outstanding age-class performances and they should be mentioned some place. In addition to better coverage by the media, he would like to see the Athletic Congress offer support and inducements in getting top Masters runners together for championship races. And he thinks more shoe companies and insurance companies should join in and offer support.

Mueller is looking forward to moving into a new five year age class this October, even though Fritz is going to join him in it at about the same time. *They're twins???*

Whether or not Ken beats Fritz in future races, Ken prefers not to be called "the other Mueller." After all, he is the "original" Mueller. □



Put Your Best Feet Forward!



...Go Jogging on National Jogging Day.

Join the festival of fitness and fun! Come out and jog on National Jogging Day.

For information, write or call the National Jogging Association, 2420 K Street, N.W., Washington, D.C. 20037. (202) 965-3430.

**National Jogging Day
October 10, 1981**

**SEATTLE'S FALCON TC WINS WOMEN'S
TEAM TITLE IN INTERNATIONAL 25K**

Villanueva, Lorenz Run 1-2 in Belgium

by VAL SCHULTZ

BRUGGE, Belgium, June 28—Brugge, Belgium may not be a household word to most Americans. Increasingly, however, it may become so—for two reasons. First, as an example of a medieval walled town. Everything looks old and permanent in the inner city, with the possible exception of the McDonald's, located just off the Market Square.



Jacques Serruys, Director of Brugge, Belgium International Veterans 25K and WAVA Vice President.

Second, Brugge stages each year one of the largest and best-organized all veterans' (masters') race anywhere. This year's was the eighth edition of the popular race and over 500 competitors from mostly northern and western European countries showed up to run 25 kilometers over a flat, well-designed course.

Brugge lies in the western part of Belgium, not far from the terminus of several ferry lines plying the North Sea from London, Dover and other English ports. There are canals, dams and wind-mills commonly associated with northern neighbor Holland.

And green, everywhere green, due to the fertile soil and the mild marine climate. The guidebook says the climate is similar to the Pacific Northwest. As a matter of fact on race day, the temperature was in the mid-50's and it was very wet.

I accompanied a team of NIKE-assisted athletes—eight Americans and one Mexican—to Brugge from various parts of North America. Four men from

the Snohomish Track Club and three women from the Falcon Track Club, both of Seattle, had won their trip as the grand prize for the winning masters' clubs at the NIKE/U.S. Club Road Racing Championships in Philadelphia, April 11th. The drippy weather and cool temperature (this was a week into summer after all!) made them feel right at home.

Antonio Villanueva and Herb Lorenz liked the weather, too! They performed magnificently, finishing 1-2, neither one being challenged. Antonio did a 30:50 10k split on his way to a superb 1:18:33 win (5:04 mile pace). Herb let him do his thing, but soon got loose of a following pack, passed 10k in 31:36, then smashed the 1:20 barrier by two seconds. If the course were accepted by NRDC, it would be a 2½ minute improvement on Jim Bowers pending AR set earlier this year.

Pierre Voets of Belgium, Ron Hill of England and Jim Avis, also of England, completed the first five. Piet van Alphen, whose 2:22 at last year's NIKE/OTC Marathon just days after his 50th birthday, shocked the masters world, was a four-minute victor in the 50+. He finished 14th overall.

Among the women, Carol Gould won it in a slow 1:34:32. Carol had been in the top 50 overall the previous year, but had still lost to Joyce Smith. This year, Joyce reportedly was injured by Denise Alfvoet of Brugge itself came fairly close to overtaking Gould in 1:35:01. The few hundreds of spectators huddled under the stadium roof applauded as mightily for Denise as for anyone else in the race.

Then the Falcons. Running nearly together as is their custom, Doris Heritage, Trina Hosmer and Vicki Foltz finished in 1:38, 1:39 and 1:40 to take club and country honors. Traditionally this race has not had an impressive women's field overall, but this may

change with the introduction of these team awards.

Snohomish TC was also strong, finishing its team members 20th through 43rd. Earl Ellis, Roy Reisinger, and Dave Pitkethly finished second club to Wirral of England; Derek Mahaffey ran well for fourth on the team. Ellis managed the third place award in the 1B category (45-49).

The efforts of all the runners were very much appreciated by the crowd. Except for the weather—good for running, bad for every other aspect of the race—Brugge was a marvelous host for this event. Race director Jacques Serruys and his crew truly put on a runner's race. Invited runners were housed comfortably in the stadium itself; all were treated to special features such as an "oompah" band leading the participants to the start and a nicely orchestrated awards ceremony. Sponsors NIKE/Belgium and Siemens Computers provided financial and technical assistance.

Master runners who don't mind being humbled by the great running of the British and the Continental veterans should consider this race. It is a demonstration of what can be done and a good omen for the future. □

Results in back pages.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404.

Potomac Valley Wins Triangular Meet

COLLEGEVILLE, Pa., June 13—The Potomac Valley Seniors topped the Philadelphia Masters and New York masters in four of the five contested divisions today in a triangular masters track & field meet at Ursinus College.

The Washington club captured the men's 30-39, 40-49, 50-59 and women's divisions, losing only the 60-69 men's division to Philadelphia.

George Vernosky, 51, of PVS, clocked impressive wins in the 1500 (4:35.5) and 3000 (9:45.0). Rudy Enders of PVS edged 1956 Olympic bronze medalist Josh Culbreath of Philadelphia, 60.7 to 61.5, in the 40-49 400-meter hurdles.

George Braceland and Claude Hills led the Philadelphia squad to their 60-69 victory.

Larry Colbert, PVS, ran 53.9 in the 40-49 400. Jim Demma, PVS, posted a 2:03.2 in the 40-49 800. W. Coleman, PVS, lofted the shot 42' 4" and discus 115' to win the 60-69 competition. □

Results in back pages.

Braceland Wins 13

COLLEGEVILLE, PA., June 6—George Braceland entered 13 of the 17 events on the program and won them all today at the Middle Atlantic TAC Masters T&F Championships at Ursinus College.

With competition held in 5-year age divisions, Braceland was the only entrant in the 65-69 division, turning in good marks in each of the 13 events. □

Results in back pages.

Pepacton Paleface Marathon

The Country Alternative to New York City

Margaretville to Downsville, New York
Saturday, October 17 at 10:30 a.m.
RRCA's

**New York State Championship
in Delaware County**

The Home of Country Racing

Andes	Deposit	East Meredith	Hancock	Meridale	Sidney
Delhi	Downsville	Franklin	Margaretville	Stamford	Walton

Sponsored by the Margaretville Chamber of Commerce

- ★ Open to all
- ★ Entry deadline—September 26
- ★ Friday night—pasta feed and clinic
- ★ Course—point to point, slightly rolling
- ★ RRCA/TAC certified

- ★ T-shirts to all
- ★ Patches to all
- ★ Finishing buttons
- ★ Finishing certificates
- ★ Race booklets
- ★ Open awards to top five men/five women

- ★ 160 awards to top 5 men and women in 16 age categories
- ★ Age categories: Men and women: Open; 13 & under; 14-16; 17-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75 & over

Awards Ceremony at 3:30 p.m. Special drawing—all entrants eligible—4 running outfits from **Moving Comfort**, 4 running outfits from **Bill Rodgers & Co.**, 8 subscriptions to **Running Times**.

For flyers send self addressed stamped envelopes to **Delaware County Runners**, 36½ A Main St., Delhi, NY 13753.



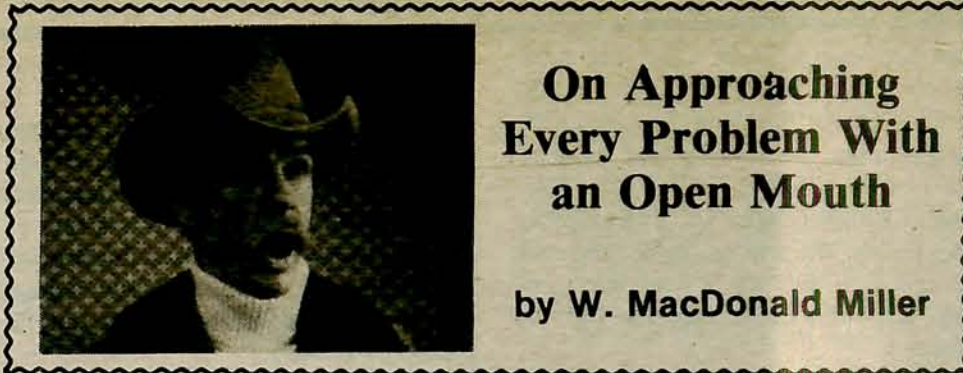
Mission Aborted, Etc.

Honesty, unfortunately, remains one of the primary forces in journalism, so let me make it quick. In my July article I took an imaginary trip to Eugene, Oregon, I also promised a more in depth look at this citadel of running in the August issue. Let me just say, my intentions were good.

I had asked Jim O'Neil to accompany me on the trip, much as Helen Pain has asked a variety of people to join her on trips to China, New Zealand and South Africa. Jim has been around, I mean really been around, and I felt comfortable having such a seasoned traveler at my side.

We met at the airport, collected our bags and Jim rented a Lancia X15. We strapped in and flattened out for town. So far so good—it was the following chain of events that put everything up for grabs.

Jim spotted his favorite restaurant, a Union 76 Trucker's Stop and we decided to land for a cup. We subsequently picked up two berry pickers who talked us into giving them a ride to Klamath Falls. Being an old pro at this kind of thing, O'Neil had no trouble with the scene. I,



On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

on the other hand, fell hopelessly in love with a raspberry picker with no front teeth; we are now expecting, and I'm trying to figure out how I should explain everything to my wife.

I always felt my Princeton background left me vulnerable to this type of situation. Don't get me wrong, Klamath Falls is a wonderful place. There's a Great Books Club and one of the doctors even has his own airplane. If I ever get the hang of picking these damn berries, we'll do okay. You see, back in Chicago I never felt our family did enough things together. We didn't relate, we didn't talk to one another in a meaningful way. We tried TM, I was into bio-feedback, the family did

primal scream but somehow I needed more space. I mean man, is there space in Klamath Falls! As they say, I'll keep you posted.

Seriously, several more pressing problems have been brought to my attention. First, Higdon's birthday surprise party was a memorable event. Hig showed up at this "surprise" affair dressed in white tails, a white top hat and white cane. Ditto for sons, Kevin and David with about as much surprise as Reagan winning in November. I keep forgetting all the experts termed that one "too close to call."

I was at my best during the roast, only to be outdone by a local podiatrist who looked like the guy who shot Lin-

coln, and a line by Dean Reinke. Reinke claimed Hig was running very well in his teens but under went a serious charisma bypass operation during college and has never fully recovered. Actually, Dave Cosill pretty much summed up the spirit of the evening when he said, "We all owe a great debt to the leadership and vision, the tenacity and determination, the support and encouragement provided by one man. So much for Ted Haydon."

Hig fought back by saying 200 people showing up at his birthday party was a complete surprise—"I was expecting more like 175." It all ended with someone getting off the inevitable story about wife Rose, cutting back Hig's sexual activity to once a month (in deference to his age) but Hig not complaining a bit. you see, he knew she'd cut two other guys in the neighborhood off completely. No one ever said Hig was dumb.

NOTES:

Because Al Sheahen is overworked and underpaid, I'm hesitant about anything that might be construed as nit-picking *BUT* I feel I must correct a typo in my July article. Al typed my line to read, "coming straight at me in powder blue Nike Murias is this beautiful red-head, naked with her hair on fire." It should have read "naked with *his* hair on fire." You think you've got problems, my podiatrist says I might be the first tri-sexual runner he's ever treated.

Didn't you love Bill Rodgers' line after finishing fourth at the Cascade Runoff: "Keep the prize money, I can make more under the table." Speaking of prize money and the proposed circuit, I'd love to see an end to all the hypocritical phoney baloney these top athletes must put up with to remain an amateur, whatever one of those may be, but I don't think the athletes have their deal structured right to win any fight with TAC. I can't see it working without the top foreign runners. I'm all for the athletes but what a hassle. makes me halfway happy to just be worrying about running a sub 3 hour marathon.

I did over hear a good line after the Club North Shore Chicago Half Marathon: "What could I do? The guy hammered 9:40's the whole way."

Good to see that old headline grabber, Fred LeBow, back in the news. By now you've all heard, in deference to the whole John Lennon affair, New York will officially start all their races from now on, with a mugging instead of a starter's pistol. Good going, Fred, makes sense.

The passing of Duncan McLean, well past 90, reminds one again of the real purpose of the Master's program, which is to provide a arena for Track and Field and Road Running participation, competition, and friendship, for men and women over 30 throughout the world. I remember Duncan's remark at a run in his favorite Glasgow, "It's not how, or how fast, but just to be there, one more time." That, folks, says it all! □

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DESTINATION CITIES

While Sports Travel International, Ltd. has no control over the itinerary within China which is determined solely by our Chinese hosts, the fact that meet dates have been set for specific times and sites means that every effort will be made to conform to the set itinerary. Therefore, we present to you the cities we expect to be included.

BEIJING

BEIJING (Peking) The capital of China, the second largest city with a population of 8.5 million people, has a history of one-half million years based on the discovery of "Peking Man" in 1929. The city has been in existence for 3,000 years and is filled with relics from the past as well as imposing accomplishments of the present. In addition to the world-class stadium, Tien An Men Square, the Great Hall of the People, the Gate of Heavenly Peace providing entrance to the Forbidden City (Imperial Palace), all of which are located within a short radius, exciting points of interest are the Summer Palace - a jewel of pagodas and pavilions in the setting of lovely lakes and gardens, the Ming Tombs, and the 3,600 mile Great Wall, whose construction first began as a military project in 770-476 B.C. Restoration has been on-going throughout the centuries. However, at the present time the section which is available for visitors' inspection is about 40 miles from Beijing and is less than one-half mile in length.

NANJING

NANJING (Nanking) Another ancient city, more than 2,400 years old, Nanjing served as the capital of eight dynasties from the 3rd to the 15th century. An attractive city with tree-lined streets, it is located on the Yangtze River near the Purple Mountains. One of the most impressive sights is the Mausoleum of Dr. Sun Yat-Sen. Although the revered doctor was born in the southern province of Guangdong and died in Beijing, he requested to be buried here. The Yangtze River Bridge is a Chinese engineering feat and is pointed out with great pride. The scenic beauty of Xuan Wu Lake, a center for recreational and cultural activities, will provide an inspirational setting for one of the Distance Runs.

WUXI

WUXI (Wuhsi) The resort city on the north bank of Tai Hu Lake, one of China's largest, has been known as the "land of fish and rice." Although it seems to consist primarily of parks, gardens, and lakes, this is an important silk producing area in addition to high production in agriculture and light weight industries.

SHANGHAI

SHANGHAI This formerly small fishing village which was founded about 1000 A.D. has grown to China's largest commercial and industrial center with a population approaching 11 million. Located midway on China's east coast, Shanghai has experienced a colorful history of foreign influence making it the country's most cosmopolitan city. The "paradise for adventurers" during the colonial period began its resistance to foreign domination in 1921 and in 1949 was liberated. Recognizing the importance of foreign trade, Shanghai maintains commercial relations with more than 115 countries throughout the world. Museums, parks, the zoo, fine sports facilities are all available for your enjoyment as are outstanding restaurants and shopping opportunities.

HANGZHOU

HANGZHOU (Hangchow) The world-famed silk and tea from Hangzhou pale in comparison with the dream-like beauty of this "heaven on earth." Glorious West Lake, surrounded by trees and flowers, provides the focal point of this "sightseer's paradise." Thick groves of bamboo, bubbling springs, carp pools and more sights of tranquil beauty are yours to enjoy in this harmonious balance of man and his surroundings.

HONG KONG

HONG KONG The Gateway to China during modern times, Hong Kong was born out of the Opium War and the 1842 Treaty of Nanking. The area consists of Hong Kong Island, Kowloon Peninsula, and the New Territories, and today bases its economy on the industries of textiles, electronics, and tourism. One of the world's most exciting cities, it provides a frenetic, luxurious, colorful flair to the center of Asian trade. Even more thrilling than the wonderful restaurants, shops, hotels, and places to explore is the joy of getting to know the people. This is a city of hope, opportunity, challenge...the Pearl of the Orient.

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PRESENTS THE

FIRST CHINA - U.S. MASTERS DISTANCE RUNNING TOUR

OCTOBER 14 TO NOVEMBER 1, 1981

Write On!

continued from page 2

blacklisting John and Harm Hendricks was not the end of the matter. Both John and Harm are now on the official blacklist of the United Nations, identified as "prime targets." Nor is this just a paper exercise. John had been requested to accompany and assist a group of handicapped New Zealand athletes to West Germany for an international meet (involving a dozen sports). After discussion between him and his financial sponsor, it was decided that the program might be placed in jeopardy if John participated. So he will not be going.

On the local scene the controversy is being kept alive by those who disapproved of the way the host committee handled the World Games. Perhaps this is because of the impending visit of the South African rugby team, a red-hot political issue throughout this country. A letter to the editor in today's Press reminds us of the confrontations during January last, with the intimation that the WAVA constitution ought to be brought into conformity with the anti-South Africa position of the International Amateur Athletic Federation. The seeds for future disruptions seem to be very much alive.

*Frank W. Finger
Charlottesville, VA
(lecturing in Christchurch)*

I have been receiving your newsletter since January of this year. It is a great effort.

I know Harry Lampert quite well and would like to add a comment or two to his article in your April issue. So many people in various countries abroad seem to think that all South

Africans agree with government policy—I am referring to the whites—this is obviously not the case—I do not have exact figures, but I think between 30-40% of whites are against government policy of separate development. At the other end of the scale this does not mean that these people would be in favour of enforced integration.

I feel that for some strange reason South Africa is judged by double standards, in most cases by people who do not have enough knowledge of the current situation. I, like Harry Lampert, and I believe the vast majority of the masters athletes in South Africa, want no part of discrimination. We would like to take part in track and field for the sure joy of competition and the opportunity to meet athletes from all over the world without hinderance from intolerant persons.

As a matter of interest I would like to mention that it is directly due to the visit of the U.S. Masters to our shores in Dec. 1976 that Sydney Maree, one of our top black athletes, was given the opportunity of going to study at Villanova University. The U.S. Masters competed in a meeting at the country town of Paarl near Cape Town on Boxing Day (the day after Christmas) in 1976, met Sydney, saw him compete, were duly impressed and the rest is history.

I was responsible for the U.S. Masters competing at Paarl and made many friends during their stay in the Cape (the area around Cape Town) and still hear from the great Harold Chapson (what a fine gentleman and sportsman), Jon Hutchinson (he stayed in my home for about 3 days—we have been corresponding regularly for 5 years), Helen Pain and Dave Jackson.

*Leo Benning
Cape Town, South Africa*



Several runners who were active in the 60's got together at the Nike U.S. Club 15K Championships in Philadelphia April 11. Left to right: **Richie Meyers**, 35, Seton Hall '67, 4:11 miler; 2:26 marathon. **Fred Best**, 44, 3rd in the 1964 AAU Steeplechase; 8:52.2 in '65; 2:24 marathon in '75. **Hugh Sweeney**, 37, Princeton '66, 9:26 2-mile in '65; 50:30 10-mile in '78. **Herb Lorenz**, 42, Trenton State '63; 9th in '64 AAU Steeplechase in 9:08; 4:06 mile in '67; 47:18 15k in 1981. **Lou Coppens**, 38, Delaware Valley College '64; 1:09:50 half-marathon in '69. **Vic Zwolak**, 42, Villanova '64; 1963 NCAA X-C champion, 1964 Olympic team in Steeplechase; Steeple PR of 8:46; ran 2:37 marathon in '81.

from Hugh Sweeney. Photo by Susan Marcus

NY Pioneers Set Relay Mark

from PETE TAYLOR

PHILADELPHIA, June 20—The New York Pioneers 40-49 squad sped to a new American masters record of 11:13.7 today to win the Distance Medley Relay in the Philadelphia Masters Relay Carnival at Franklin Field.

The time for the race (800-400-1200-1600) broke the old mark of 11:19.4, set by the Southern California Strider team of John Cull, Stan Coben, Tom Sturak and Jerry Smartt on March 17, 1973.

The New York tandem also took the 1600-meter relay in a good 3:34.8, but lost to the host team 1:37.6 to 1:38.6 in the 800-meter relay. □

Results in back pages.

TWO GREAT 1981 WEIGHT MEETS

SEPT. 12 & 13, 1981 . . . National Masters TAC Penn Mutual Weight Pentathlon Championships - PLUS - National Invitational Throw-A-Thon

SEPT. 26, 1981 North American Weight Pentathlon - PLUS - North American Invitational Throw-A-Thon

SITE: Ware Road and Route 47, Woodstock, Illinois

EVENTS: Pentathlon (Hammer, Shot, Discus, Javelin & 35# Weight Throw) - 6 Throws in each event.

ELIGIBILITY: Open to men and women above 30, five-year age groups.

AWARDS: Medals to first three finishers in each division.

ENTRY FEE: \$6.00

TIME: 10:00 A.M.

MEET DIRECTOR: Chuck Klehm
2 E. Algonquin Road
Arlington Heights, IL 60005

CLARK, GALLUP EDGE ALBY THOMAS

3453 in Hawaii 10K

by MIKE TYMN

HONOLULU, June 28—Australia's Alby Thomas, 46, first World Veterans Games (Toronto, 1975) gold medalist, 3-time Olympian and former world record holder at 2 and 3 miles turned up for the Diet Pepsi 10K run today at



Jim Gallup leads Jerry Clark in Hawaii Pepsi 10K. Photo by Mike Tymn

Mililani Town, which produced 3453 finishers.

Passing through Hawaii on a vacation to Canada, Thomas held a slight edge in the men's 35+ division over local runners Jerry Clark, 44, and Jim Gallup, 45, at the two mile mark. However, by three miles, Clark and Gallup were fighting for the lead with Thomas about 20 yards behind and Brian Clarke another 30 yards back.

Clark and Gallup battled to the final turn, then talked it over and finished in an intentional tie, taking 7th and 8th place overall (Tom Wysocki won in 29:46) in 33:01. Thomas crossed in 33:24 and Clarke in 33:30.

"It was much more humid than I'm accustomed to," Thomas said.

Trips to the regional Pepsi championships in Spokane, Wash. were awarded to the top local male and female finishers under 35 and over 35. Noel Murchie, 45, won the trip for women over 35 as she recorded a 41:27. Scott-Hamilton (37:22) and Jan Newhart (47:39) led the over-50 competitors. □

Results in back pages.

National Running Data Center

from BOB MARTIN
Executive Director

The NRDC has been trying to acquire its own computer system to compile race results and records. Several promised grants and support money voted by national bodies gave hope that a system could be acquired and installed early in 1981. However, receipt of such monies did not materialize as anticipated. So after much delay, the NRDC just recently completed arrangements to purchase a portion of a new system and lease the remainder. Programming of the new system is just now beginning.

All 1981 results will be processed through the new system. So there aren't any new age records to report,

even though we know there have been many new ones set this year.

The top 50 masters 15K runners in 1980 in each division are printed in this issue of *NMN*.

The marathon records reported by National Masters Track & Field Records Chairman Pete Mundle (June and July *NMN*) are sometimes different than the official NRDC marathon records because all NRDC marks must be run on certified courses. For example, Toshiko d'Elia's 2:57:24 in Glasgow is listed by Mundle, but is not recognized by NRDC because we could not obtain certification of the course. □

NEW U.S. AGE-DIVISION ROAD RECORDS OFFICIALLY APPROVED BY NRDC IN PAST MONTH

Dist	Age	Time	Name	Birth-date	Residence	St	Race Date	St
NONE								

PENDING U.S. AGE-DIVISION ROAD RECORDS REPORTED TO NMN IN PAST MONTH

Dist	Age	Time	Name	Residence	St	Race Date	Old Record	Held by
15k	M50	51:22	Hal Higdon	Michigan City	IN	6-21	53:55	Don Dixon
10k	M45	32:35	Ray Hatton	Bend	OR	5-31	33:10	Hal Higdon
Mara	M50	2:34:51	Ulrich Kaempf	Los Altos	CA	3-7	2:35:24	Alex Ratelle
10k	M50	32:59	Ulrich Kaempf	Los Altos	CA	4-28	33:21	Ulrich Kaempf
10k	M40	30:42	Herb Lorenz	Willingboro	NJ	7-4	31:03	Tom Laris
25k	M40	1:19:58	Herb Lorenz	Willingboro	NJ	6-28	1:22:39	Jim Bowers
15k	M65	55:15	Clive Davies	Portland	OR	6-28	1:04:41	Bob Boal
15k	W35	53:53	Cindy Dalrymple	Honolulu	HI	6-28	54:23	Cindy Dalrymple
15k	W60	1:13:47	Patricia Dixon	Bend	OR	6-28	1:17:46	Patricia Dixon



Winning women's West Valley Track Club team in Nike/Penn Mutual San Diego 15K Grand Prix March 22. Joan Ulyot, Bonnie Storm and Karen Lanterman.

DAVIES, DALRYMPLE AND DIXON
CASCADE TO 15K MARKS

6000 in Cascade Pro Race

from CHUCK GALFORD and
VAL SCHULTZ

PORTLAND, Oregon, June 28. Ushering in what promises to be a new era in the world of running, the 1st ARRA Professional Road Race took place today as the 15-kilometer Cascade Run Off, with Greg Meyer and New Zealand's Anne Audain each taking home a first place purse of \$10,000.

The race kicked off the ARRA Championship Circuit, a series of road races whereby any athlete may compete as an "amateur" or "professional." NIKE put up a total purse of \$50,000 for the event, which drew 6000 runners.

Meyer outdueled Herb Lindsay, Domingo Tibaduiza 31, and Bill Rodgers, 33, to win a virtual photo finish (six seconds apart) in a new U.S. record 43:18.9. Audain clocked 50:32.8 ahead of New Zealand teammates Allison Roe (winner at Boston) and Lorraine Moller as the trio put a \$16,000 dent in the U.S. balance of payments. Rodgers declined his prize money; saying in effect: "I make more money as an amateur."

Sounding more like a New York law firm, the masters trio of Davies, Dalrymple and Dixon each established new age-division records for the distance.

Clive Davies, 65, of Portland, posted a sparkling 55:15 to take an astounding 9 minutes off the previous U.S. age 65-69 best of 1:04:41, set by North Carolina's Bob Boal in 1978.

Cindy Dalrymple, 39, sped to a 53:52.1 to break her own women's 35-39 standard of 54:23 which she set in May, 1980. Perhaps more significant to Dalrymple was that, by finishing 8th overall, she left town with 300 big ones to go with her two \$10,000 triumphs in the Jordache marathons.

Patricia Dixon, 62, logged 1:13:47 to topple her own 60-64 mark of 1:17:46, set in this race last year.

In the tough men's 40-49 competition, Ray Hatton, 49, of Bend, Oregon, who has never been lower than 2nd master in this race, ran his fastest Run Off, yet he was overwhelmed by New Zealanders Terry Manners and Keith Pearce; by local flash Mike Heffernan; by Cherry Blossom masters winner, Bob Jenkins of Salem, Virginia; and by 1980 TAC long-distance master of the year, Dave Hambly of Seattle.

Among the women masters, Letha Figg Hoblyn, 40, of Portland took a 45-second decision from Louise Taylor, 46, of Olympia, Washington, 62:27 to 63:12.

Bill McChesney, 53, of Eugene continued his great running year with a triumph in the 50-59 bracket in 54:49. He was all out to edge Davies by less than 30 seconds.

Norm Bright, now 71, is still at it. Though blind, he finished well in the 60+ division in 75:23. Alice Turowski won the women's 50-59 handily over Marcia McChesney.

ARRA's challenge to the system of "shamateurism" drew a top field of runners without the benefit of any appearance money. "The support of the race by the athletes", said race director Chuck Galford, "poses the most serious challenge in history to the authority of TAC and the IAAF and to the status quo system of under-the-table payments."

Despite announcements by TAC that it would declare all 6000 runners ineligible for future competition, race organizers received only 3 major defections from their invited field and only 5 from the rest of the field. □

Results in back pages.

4th ANNUAL HISTORIC GETTYSBURG MARATHON

SATURDAY
SEPTEMBER 12, 1981

5 Hours Running Time
Starting Time: 8 A.M.

26 Mi., 385 Yds.
of Scenic Running Route
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35 Carlisle St., Dept. M-4, Gettysburg, Pa. 17325

Name _____
Address _____ Zip _____
Age _____ Male _____ Female _____

Signature _____



Lorenz Sets 10K Mark

continued from page 1

Lorenz was followed by Dereck Fernee, 43, of Toronto in 32:00, Bill Hall, 44, of Durham, NC in 32:02, Earl Ellis, 45, of Seattle in 32:29, Bill Olrich of Lexington, KY in 32:41, Ken Winn, 43, of Stone Mountain, GA in 32:49 and Richard Van Scotter, 41, of Boca Raton, FL in 33:27.

Crain Virgin outran a competitive field to better his own U.S. open 10,000 meter record with a winning time of 28:03.4. New Zealand's Allison Roe, the 1981 Boston women's winner, took 10 seconds off the women's course record, set last year by Patti Catalano, with a time of 32:38.54.

Peachtree is a demanding course and not generally considered to be a record-breaking course. Race director Royce Hodge attributed the record-breaking times to both the relatively cool temperature (69° at 8 a.m., compared to 80° in 1980) and the caliber of the field.

The "cool" temperatures also made it a quiet day for medical teams. Out of the 25,000, fewer than 40 runners were treated at the medical tents, and only 3 were sent to emergency rooms for observation, all released shortly in good condition.

This year's race was televised live in its entirety nationwide on WTBS, a first in road racing. More than 100,000 spectators lined the route. □

Results in back pages.

Lorenz Wins Cotton Row 10K

HUNTSVILLE, Alabama, May 25—Herb Lorenz, 42 and improving with age, nearly set a new U.S. 10k mark for men over 40 today, overpowering a top field of masters runners in the Cotton Row 10K in a time of 31:09.

The time is only 6 seconds off Tom Laris' pending American best of 31:03, set in San Jose March 22.

The Memorial Day weekend affair has become a staple in this scientific, northern Alabama community, the operating base of the late Wehrner von Braun and other space technology experts.

Lorenz of Willingboro, New Jersey, took nearly two minutes off his 1980 winning time, defeating New York's Bob Fischer for the masters crown by over a minute. Fischer posted a good 32:28 to edge Mississippi's Jim Ewing by 5 seconds. Another 5 ticks back was Ron Hill in 32:38, followed by Georgia's Ken Winn, 32:56, Richard Vanscotter in 33:18, Alton Miguez in 33:58, and Louisiana's Larry Fuselier in 34:06, good for 1st place in the 45-49 division.

Linda Sippelle, 46, of Bethlehem, Pa. drew out from Pat Bessel, of Grand Island, NY to cop ladies' masters honors, 39:01 to Bessel's 39:28.

Director Ray Roberts annually invites some of the top masters runners to the event, which drew 2500 runners this year. □

Results in back pages.

Higdon Turns 50; Breaks 15K Mark

MICHIGAN CITY, Indiana, June 21—Hal Higdon's 50th Birthday Party turned into a "mild disaster," the runner for whom it was named declared. On Saturday night at a celebrity roast attended by more than 200 guests, Higdon had to "suffer every conceivable insult known to man"—then in the 15 kilometer race the next morning, he finished well behind 45-year-old Brian Harris of Royal Oak, Michigan. "I sucked eggs," Higdon said. But he managed to salvage the weekend with a new U.S. over-age-50 record of 51:22.

Wendell Miller was among those roasting Higdon. "Every area needs a village idiot," Miller said, and added about Hal's home town, Michigan City, Indiana, "It's a town where they carry Velveeta Cheese in the gourmet food section." Dave Costill added: "Hal is characterized physiologically has having a very large heart—but we learned there is no relationship between heart size and empathy for one's fellow man." Podiatrist Mann Spittler said Hal would be easy to spot the next day at the starting line: "He'll be the one with the aluminum walker."

In honor of Hal's advancing years, master runners and women were given a five-minute head start over open runners, a move Higdon claimed was "to allow me to win." Unfortunately, Higdon caused his own demise by inviting Brian Harris, who moved effortlessly away after an opening mile of 5:24 to Higdon's 5:31 and won by nearly a quarter mile in 49:57.9 in moderately warm weather over a course that is not considered fast. "I had planned to let Brian go at first, then run him down as we went through the hills in the middle part of the course," Higdon said afterwards. "Unfortunately, I let him get too far ahead, then couldn't reel him in."

Higdon's time of 51:22 was slower than his 1980 best of 49:24, nevertheless established an American 50-54 record over the certified course. The previous mark was 53:55 by Don Dixon of New York with Alex Ratelle holding an "aided" time of 52:43.

Third master was Ernie Billups, 44, in 51:30 with Ray Carey 54:22.

Fastest overall time was by another Higdon: Kevin, 22, a student at Indiana University, who had placed third in the Big Ten 3000 meter steeplechase this spring. Kevin Higdon's time of 46:37 was the fourth fastest ever run on the course behind times of 45:38, 46:18, and 46:24 by Garry Bjorklund, Bill Rodgers, and Frank Shorter respectively. □



Australian T&F Championships

from BERNIE HOGAN

BRISBANE, Australia, April 17-20—The 1981 Australian National Veterans Athletic Championships saw several outstanding performances:

•World Games gold medalist Reg Austin captured the M40 100 (11.12) and 200 (22.86).

•Bernie Hogan won the M60 100 (12.15), 200 (25.23) and 400 (59.41).

•U. Lund won the women's 40-44 100 (12.48) and 200 (26.01).

•Aileen Hogan took the W55 100 (15.12) & 200 (31.19).

•D. Browne won the W40 800 (2:20.02), 1500 (4:47.94), 5000 (18:44.16) and 10000 (38:47.4).

•L. Snelling garnered the M50 100 (11.56), 200 (23.81) and 400 (52.50).

•R. Young won the M50 1500 (4:20.95).

•J. Bowers notched the M40 5000 (15:30.41) with World Games medalist A. Bradford 2nd in 15:45.18. Bradford took the 10000 (33:23.54) and 1500 (4:22.88). Bowers won the steeplechase in 9:39.58.

•J. McDonald of New Zealand edged Doug Worling in the M45 5000, 15:47.50 to 15:49.89. McDonald also won the 10000 in 33:06.98. Worling annexed the steeple in 9:50.66. □

1982 Masters Sports Festival Set

The Penn Mutual Life Insurance Co. is firming plans for a 1982 National Masters Sports Festival in Philadelphia August 12-15.

The date ties in with the city-wide celebration of William Penn's founding of Pennsylvania.

Over 2000 athletes and their families are expected for the competitions in

rowing, swimming, diving, cycling, track and field, and long distance running.

John Kelly will serve as president of the Festival, with George Hatzfeld as vice-president and Nelson Fellman of Spiro & Associates as secretary-treasurer. All masters chairmen will participate in the operation. □

Race and Meet Directors

It seems many race and meet directors have found it profitable to have their entry form or race notice printed in the newsletter. They save the printing and postage expense of a mass mailing. Or, it acts as a good supplement to the normal mailing.

Readers of the newsletter are mainly active masters athletes who are always looking around for a good race or meet to compete in. So it's a way to attract additional entries.

Such ads often pay for themselves several times over. Bob Coughlin of Indianapolis says: "I want to tell you

how much the National Masters Newsletter ad helped our Senior Olympic track & field meet (in June, 1980). We will definitely use that means again for our next affair.

Race and meet notices/entry forms get a 50% discount off the normal rate. For example, if you type your notice or form on a single sheet of paper (normal 8 1/2 x 11 size), it reduces down to a 1/4 page ad in the newsletter. So your cost is only \$40.

If you want to go a little heavier, a half-page is \$65. For big spenders, \$100 gets you a full page.

If you have a product to sell, just double those figures to \$200 for a full page, \$130 for a half-page, etc.

If you want more info, or want to place an ad, write or call (after 12 Noon PST) to:

National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404
(213) 785-1895

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
54	Back page	\$400	10" 13"
54	Full page	200	10" 13"
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27	1/2 page	130	5" 13" 10" 6 1/2"
14	1/4 page	80	5" 6 1/2" 10" 3 1/4"
7	1/8 page	50	5" 3 1/4" 2 1/4" 6 1/2"
3 1/2	1/16 page	40	2 1/4" 3 1/4"
1		20	2 1/4" 1"

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An Introduction

Aristotle, Socrates, Plato, I ain't! Nor by reading further will you find the "how to" chestnuts in the writings of a Jim Fixx, a Joe Henderson, or a Joan Ulyot. You certainly cannot expect the articulate profound observations of a Bert Nelson, a Kenny Moore, a Hal Higdon, or a George Sheehan. On the other extreme, I would hope that mine will not come across like the indecipherable babblings of my compatriot, and friend, Wendy Miller!

Editor Al and I have had a discussion over the past several months about adding a column to the *NMN* focusing on aging in the competitive masters athletics environment, and more importantly, on the necessary mental adjustments and coping mechanisms which can and must be employed by the individuals involved.

At first, when Al broached the idea, my immediate response was that I, of all people, have not navigated through my various mid 40's crises, nor have I adjusted successfully to reduced performance levels as I have aged. Thus it would be extremely presumptuous of me to advance suggestions to others for their consideration and potential digestion. However my good wife, Fran, helped to change my mind by noting that such a commentary hasn't been done, and at least I'm out there flailing away at the problems, and suggested that many people, who undertake such an assignment, find some personal answers while acting as a sounding board for others.

A major thrust of this column as it develops will be to address the question of individual motivation of the masters athlete, and to act as a survey vehicle and clearing house for personal turn-ons and turn-offs. If we individually identify and share our own findings with others, it should contribute to the ultimate benefit of everyone—that these athletic activities be fun and the performance levels be satisfying.

It would seem as though each of us involved in competitive masters athletics is swimming upstream. It does not take long while thumbing through the *Masters Age Records* booklet, prepared by Pete and Kathy, to determine that, by and large, the running

event numbers grow larger and the field event numbers grow smaller as the age level increases. Of course, there are



by PHIL CONLEY

PHIL THE PHILOSOPHER

anomalies like Al Oerter's discus marks, but I bet there are skeptics who believe that even he will find a 227 '11" distance hard to manage *someday!*

Why then do we select the extremely quantitative pursuits of LDR and track and field, where the unrelenting criticality of measurement by digital clock and steel tape are imposed upon our marks? Why not just train, or jog and enjoy life? Why not avoid *absolute* evaluation? Why not play tennis where one can safely win 6-2 6-4 all one's life? Why not play golf where handicap adjustments are made, and net scores are compared. Why not engage in bowling important in the scoring than strength and aerobic capacity? Why not play sports like fly fishing or restoring old cars?

In the following columns I plan to explore various factors which may or may not have a bearing on the motivation and satisfactions that we strive for in our sports. Likewise I will focus on the demotivating and dissatisfying factors. Some preliminary ideas include: 1. staying healthy, both physically and mentally; 2. weight control and/or "being able to eat anything I want"; 3. escapism from tobacco, drug, or alcohol excesses; 4. escapism from anxiety, depression, marital difficulties, or career frustrations; 5. desire for camaraderie, or on the other hand, for solitude; 6. looking good and attracting the opposite sex; 7. renown and the publicity of winning; 8. the size, cost and cultural significance of the physical awards; 9. travel to exotic places for elite competition; and 10.

ego and doing *something* well.

Other allied subjects I will consider are: 1. Is it of concern that rising travel costs have made competition at distant venues provincial affairs, or just an activity for the financially secure, rather than true National or World championships? 2. Does it bother you that the masters movement apparently has not pierced the Iron Curtain countries, and few competitors from there or the Third World countries appear at the World Championships? 3. Is it of concern that cheating on age, implement weights, hurdling clearances, and walking techniques is undoubtedly more rampant than is generally suspected? 4. What can be done about the generally poor level of volunteer officiating in masters track? 5. Does publishing age records (to shoot for) help or hinder the movement? 6. Are we satisfied with the present absence of rules surrounding the coaching and pacing by spouses in combined races, and concerning human or mechanical aids for the handicapped in competition?

The library sections on gerontology and middle age transitions are full of books on those subjects, and I would hope to suggest titles and excerpts which might be valuable for the

readers. However few of the tomes I have seen specifically focus on the problems I've addressed above. The entire subject is quite intriguing to me, and is beginning to be treated in a variety of media sources, including a May issue of the *Wall Street Journal*.

I am encouraging the reader to consult objectively his or her own psyche and to report what aspects of the LDR and track environments are found to be most *stimulating* (and that should be encouraged) and those that are most *distasteful* (and need to be corrected). I will analyze, correlate, and attempt to draw some conclusions from the input submitted. In addition I will seek out a commentary from the legendary and the unknown who haven't conducted a self-appraisal.

Please send these comments to me as follows: Phil Conley, P.O. Box 61, The Sea Ranch, CA. 95497. I will feel free to mention or credit your name to the observation on anything used in the column unless you specifically request anonymity. Also I cannot undertake any responses unless a self-addressed stamped envelope is included. Please continue to send your letters-to-the-Editor type mail to the *NMN* itself. □

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Phil Conley instructing Jack Sanchez in javelin throwing.

photo by Sue Slakey

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Bill, Bill, Highlight Twilight

Bill McChesney, Jr. is the 2nd fastest American 5000 runner at 13:15.77. On May 28, McChesney was seen running back and forth across the University of Oregon field in the twilight meet, encouraging another runner, Bill McChesney, Sr., 53, who was attempting to set a new U.S. age-53 mile record. Bill, Sr. succeeded, posting a 4:51.5. Later, Bill, Jr. took 2nd in the open mile in 3:56. "We hope," Bill, Sr. said, "that this is a start of more masters running at the U of Oregon invitational track meets." □

Stevens 1st Master in Lincoln Marathon

LINCOLN, Nebraska, May 10—Ray Stevens, 40, was 1st master in the 4th annual Lincoln marathon with a time of 2:35:39, nearly a minute ahead of Gene McKerlie, 41, 2:36:38 and Bob Elwood, 46, 2:38:04.

Art Hinman, 52, led the 50+ contingent in 3:06:28. John Volk, 38, was best 35-39 in 2:35:43. Janet Gillum, 45, topped the 40+ women in 3:47:10. □

Results in back pages.

MASTERS SCENIE

● **Marilla Salisbury**, 73, oft-seen runner on the masters running circuit, is one of the sharpest PR people around. She's been featured in *Women's Sports* magazine. She was on *Gary Collins' Hour Magazine* TV program. She'll be on *Real People* and *Kids Are People Too* sometime this fall. An outgoing personality, Salisbury dubs herself "Sunbonnet Sue," which draws media types like flies. She appears with her orange sweats and sunbonnet, delivering a positive health-and-running message, telling any 70-year-olds in the audience to get off their duff, exercise and run.

● "Putting Your Best Feet Forward" is the theme this year for **National Jogging Day**, a nationwide celebration of running and fitness on October 10, 1981. Sponsored annually by the National Jogging Association, NJ Day is designed to inform people about the benefits of running and exercise. Last year an estimated one million Americans participated in diverse NJ Day events, such as races, fun runs, sports seminars, food fairs, etc. For more info, contact Glenn Petherick at NJA, 2420 K St. NW, Washington DC 20037. (202) 965-3430.

● The June 2 *Wall Street Journal* featured masters sports on page one, with a report from the **Penn Mutual/TAC Southeast Regional T&F Championships** in Raleigh. "The Master program attracts more than 50,000 registered athletes and many more unregistered competitors," staffer **Doron Levin** reported. "These men and women compete in everything from judo to weight lifting to long jumping."

EAST

● Only 13 of 38 starters finished the NYRC 100-mile run June 6-7 in Flushing Meadow Park, Queens. It was 80 during the day. **Stu Middleman** won in 13:00:11. **Cahit Yeter**, 48, was 2nd in 14:08:10. **Park Barner** was 3rd in 14:11:14.

● **Tom Sheahan**, 40, of Derwood, Maryland was 1st master in the Washington, D.C. Hecht 10-miler in 57:13. **Herb Chisholm** of Alexandria, Va. turned 55 and posted a 59:57 as best 50+.

● **Willman Landon** of Bellingham, Wash. was the first 40+ finisher in the **1st Annual Oxford Triathlon** June 7 in Oxford, Maryland. 95 of 100 starters finished the grueling 72-mile event, consisting of 2 miles of swimming, a 20 mile run, and a 50-mile bike through Talbot County. Landon's combined swim and run time was 3:45:1. His bike time of 3:08:18 gave him a total of 6:54:13. The winner, **Russ Jones**, won in 6:02:12. The fastest biker recorded 2:36:40. The fastest swim & run was 3:17:20. The 95th finisher logged 11:48:36, as triathlons gain in popularity.

● Washington's **River Inn Hotel** is placing a jogging map in each guests' suite, which guides the runner along three scenic courses in the nation's capital.

● The **NYRR** reports 36,000 New York marathon requests were received between June 2-8. Last year, they got 26,422. 8,000 completed forms were accepted along with 8,000 others drawn by lot by **Mayor Ed Koch** July 28.

● Over 2000 checked in for the **Citibank 4-Miler** in Central Park, New York City, June 21. Men only outnumbered women, 2-1 (1358 to 680). 1647 finished, including **Bob Fischer**, 41, 8th overall and 1st master in 20:52. **Anna Thornhill**, 40, led women masters in 25:02, 6th overall among female finishers.

● **Carl Hammen** of Saunderson, RI set a new 3000-meter age 58 mark of 10:58.0 June 14.

● **NIKE, Inc.** announced sponsorship of a 3-mile road race, Thurs. Sept. 10 at 8:30 a.m., which will feature as competitors several Senators, Congressmen, White House biggies and Media members. The "Capitol Challenge" will be open to teams only, each of which be

captained by either a Senator, Congressman, Cabinet or Sub-Cabinet appointee, U.S. Ambassador or professional journalist. (Captains must actually run the race.) Other team members may be selected from congressional staff, federal agencies or communications companies. The race will benefit the **Special Olympics** with NIKE donating \$1000 in the names of the top finishes. "NIKE is sponsoring the race to highlight the fitness of many of the Capitol's top leaders," coordinator **Jeff Darman** said. "Our aim is also to settle the age old Washington question—who is fittest, the Legislative branch, the Executive branch, or the Media that covers them?" For info, contact Darman at 2737 Devonshire Place NW Washington DC 20008. (202) 462-3245.

SOUTHEAST

● We had hoped to feature, in this issue, the **1981 TFA National Masters T&F Championships in Atlanta** June 13-14, but we have not yet received the results.

MIDWEST

● **Richard Bredenbeck**, 75, set two world age 75-79 marks in the Ohio Senior Olympics June 26 in Akron. He clocked 6:46 in the mile, bettering **Paul Spangler's** global standard of 6:54.0, set in 1977; and 13:09.0 in the 3000, lowering **Lou Gregory's** world mark of 13:13.8, set in 1978. Born and raised in Germany, Bredenbeck said: "I hope to take 20 seconds off that mile time next month."

MID-AMERICA

● **Nocus McIntosh** logged 37:03 in a Tulsa 10k to cop the 50+ division. **Joe Leake** PR'd in 37:10 for 40-49 honors.

● Tulsa's **Hewlett Nash**, 40, raced to a PR 10:51 2-mile.

● **Jim McFadden**, 42, from Burbank, Okla ran the fastest marathon ever for an Oklahoma master, 2:43:11. This was done on a 50-mile-per-week training schedule—intense miles—with 11 miles the longest run.

● The Kansas City Avon 10k April 26 drew 1364 entrants and 1313 finishers. **Nancy McCormick**, 46, led the 40-49 women in 41:22 with **Joy Austin**, 43, 2nd in 44:14. **Joan Dodge** was best over-50 in 48:48. **Betty Robinson** was the lone 60+ finisher in 60:21.

● **Al Oerter**, 44, placed 3rd in the open competition in the discus with a 205'4" heave at the 1981 TFA 3rd Annual Championships in Wichita.

SOUTHWEST

● The Dallas Masters Track & Field Club has been formed, electing **Fred White**, President; **Thane Baker**, V.P.; **Joe Murphy**, Treasurer; and **Max Goldsmith**, Sec'y. The club has 41 members and is growing rapidly.

WEST

● Two women over age 40 won 1st and 2nd overall in the Palos Verdes, California Marathon June 13. **Sandra Kiddy**, 44, was 1st in 3:07:53 and **Sue Hutchison** 2nd in 3:13:56 on a hot day. This is a new "first." The following weekend, Kiddy was 1st master woman (2nd overall) in the Loma Linda 15K in 61:27.

● **Stan Thompson** cautions that all the 100, 200, hurdles and long jump marks in the **Hawaii International Meet** in April were wind-aided.

● **Jaclyn Caselli**, 60, set an official new U.S. record for women 60-64 with a 6:30.4 in the 1500 June 27 at the Senior Olympics in Los Angeles. The time broke **Pat Dixon's** 1980 mark of 6:40.1. While there may have been other records unofficially broken during the two-day meet, National Records Chairman **Pete Mundle** said he wouldn't allow them because of "the lack of appropriate timing procedures." "The timing was being done by students instead of experienced track officials, and only one watch was on each runner,"

Mundle said. "For record purposes you should have three, or at least two."

● Masters athletes are virtual guinea pigs in the embryonic study of how far we can extend ourselves physically as the body ages. The latest casualty is world hurdle gold medalist **Bob Hunt**, 61. The Anaheim, Californian strained and stretched ligaments in his ankle area. His orthopedic man put it in a cast for two weeks. Nothing's broken, but total immobility for a while was the prescription. Hunt still hopes to compete in the big meets this month.

● **Don Ardell** was 1st master in the PA-TAC 20k championships April 11 in Lakeport, Calif. in 1:11:52. **Karen Scannell**, 42, led all female runners in 1:18:15.

● **Sal Vasquez**, 41, finished 6th in the Woodminster Handicap Run in California with a handicap of 3 minutes and a time of 49:26. **Ruth Anderson**, with a handicap of 15, placed 14th in 51:21. **Sharlet Gilbert**, 30, with a 9 handicap, won in 47:08.

● **Ed Lowell**, 63, is curing his achilles tendon problems by using **Dr. Alex Ratelle's** method. "I warm-up each day on a stationary bicycle," Lowell said. "Ratelle says the circulation is weak in the achilles area, and bicycling gets the blood moving... so when you start running, there's more support. Ratelle says he's done it twice a day—before and after his workout—for years."

● **Claude Taggart**, of Costa Mesa, California is a newcomer to masters T&F at age 70. One June 29, he set an unofficial new world age 70-74 high jump mark of 4'8" in Los Angeles, erasing the world standard of 4'7 1/4", set by **Josef Sahllman** of West Germany at the 1979 World Games.

● **Dave Parker**, 50, was 1st master in the SPA TAC 50K April 26 in 3:50:08, 7th overall, along the banks of the California Aqueduct. **Dennis Parrish**, 39, was 2nd overall in 3:35:13.

● **Pete Petersen**, 40, edged **Andre Tocco**, 46, 70:16 to 70:17 in the 25th Rockwell 20K May 2, finishing at the Irvine Bowl, home of the Laguna (Calif.) Art Festival.

● **Mike Tynn**, one of the top masters long distance men in the nation (49:17 15K on March 22 at age 43), joins the long list of those who know how it feels to grow older. Shortly after that 15k, he came up with a low back injury, which sidelined him for 2 months. Now the back is okay, but he turned 44 on April 12, broke some cartilage in his knee and is undergoing surgery. Tynn was hoping to make the National T&F Championships in Los Gatos, but that's definitely out now.

● **Birthe Kirsch**, 42, was 1st master woman in the TRAC 10-miler in San Jose, Calif., May 25 in 69:20. In Holte, Denmark, June 5, the Impala Racing Club standout was 3rd in the 36-49 division in a 20.5 mile cross country race in 1:35:30.

● **Ted Jones** of San Francisco was 1st master in the Clearlake, Calif. Marathon April 11 in 2:55:46.

● **Stan Herrman**, 76, of Santa Barbara, Calif. journeyed to Atlanta for the TFA National Masters T&F Championships, scoring 25 points with 5 1st places in the hammer, shot discus, 35 lb. weight, and 56 lb. weight.

● **Karen Scannell**, 42, was 1st master woman in the PA-TAC 15k championship in Los Altos, Calif. June 27 in 58:57.

NORTHWEST

● **Cindy Dalrymple**, 39, won \$300 as 8th place finisher in the June 28 Portland, Oregon Cascade Run-Off 15K in 53:52.1. Three New Zealanders—**Audain**, **Roe** and **Moller**—won the 1st three prizes (\$10,000, \$4,000, and \$2,000) in the first of six professional races sponsored by Nike and the new Association of Road Racing Athletes (ARRA). **Greg Meyer** edged **Herb Lindsay** and **Bill Rodgers** to win the \$10,000 first-place men's award. The next pro race will be the \$100,000 Nike Marathon Sept. 13 in Eugene, Oregon, to be followed by the \$50,000 Virginia 10-miler in Lynchburg Sept. 26, the \$35,000 Boston 8-miler Oct. 4, the \$30,000 Lasse Viren 20k in Malibu, Ca. Nov. 15, and the \$30,000 Orange Bowl 10k in Miami Dec. 31. Masters runner and Nike executive

Tom Sturak has been instrumental in the movement to bring professional running to the United States for the first time in history.

● **Alvin Clark**, 42, of Portland, posted a sizzling 15:44 in the 5K Starlight Run June 6. **Mike Heffernan**, 40, covered the Beaverton Banking Co. Classic 10k in 32:46 June 13. **Ron Barker**, 34, logged 32:50.8.



Toshiko d'Elia and Pat Bessel in 1980 National Masters T&F Championships.

INTERNATIONAL

● Must be great to live in a country so advanced the main problem isn't inflation, unemployment, nuclear proliferation, poverty, crime, energy, abortion or busing—but RUGBY! The #1 political issue in New Zealand, which could well bring down the government, is whether the **South African Rugby team** should be allowed to play in New Zealand this summer. The issue has split the country of 3 million people right down the middle. **HART**, the group which interrupted the World Veterans Games in Christchurch last January in protest against a handful of South African competitors, has joined forces with church groups, labor unions and the opposition Labor Party to protest the visit. **Prime Minister Muldoon's** ruling National Party has come out against the Springbok tour, but the government has not refused to issue visas to the South Africans. It is not, Muldoon says, in accordance with the laws and customs of New Zealand to "interfere with public transport for whatever reason." Regardless of the outcome, the dispute promises to become the hottest issue in New Zealand's November elections. All black African nations have threatened to boycott future international sports events in which New Zealand participates if the Springboks—who are white with the exception of one player of mixed race—are permitted to play there. Australia has refused to issue transit visas to the South Africans, fearing that a 3rd World boycott of New Zealand could wreck a Commonwealth heads-of-government conferece in Australia in October, not to mention the Commonwealth Games, also scheduled for Australia in 1982.





ATTENTION! RANKINGS!

225 Hunter Avenue
North Tarrytown, New York 10591
June 24, 1981

Dear Masters Athlete:

I need your help in compiling the 1981 and 1980 track and field rankings. The bulk of these rankings will come from meet results. I have all those that have been published in the National Newsletter. What I need is the following for the 1980 and 1981 seasons:

1. meet results not listed in the Newsletter,
2. additional place finishers not listed in the Newsletter,
3. missing ages, first names, and home States of the competitors.

I will accept certified times from workouts, time trials, practice runs, etc., though I would prefer meet results. The following track and field events will be ranked: 100M, 200M, 400M, 800M, 1500M, 5000M, 110 HH, 400 IH, LJ, TJ, HJ, PV, ST, WT, HR, DS, JN, 2 Mile and 5K race walk, and regular pentathlon and decathlon.

It is my understanding that all longer track events will be ranked by the National Running Data Center. All running and walking events must have been done on a track in order to qualify.

Where possible the ranking will be done for the first 50 in 5 year age categories for men from 30 to 79, and women from 30 to 79, or the first 100 individuals in 10 year age categories.

Indoor events can be used if they are in the above list of events, but the other indoor events will not be ranked in 1980 or 1981 - if the demand develops then they will be ranked in the future. The indoor records will be compiled and published at the end of the 1982 indoor season - a future notice giving more details will follow.

As of now only U.S., Can., Mex marks will be ranked, but this too could change if the demand develops.

Please send in your marks as recorded. I will uniformly make all conversions. For example, do not convert mile times to 1500M, 3 mile to 5K or meters to feet. Indicate hurdle height and implement weight where needed. List the mark (not the score) for each event of the pentathlon and decathlon.

As of now the schedule and deadlines for the rankings are still the same:
1980 deadline - August 31, 1981; 1980 publication - October 1, 1981,
1981 deadline - January 31, 1982; 1981 publication - March 31, 1982.

I am indebted to Pete Mundle, Robert Martin, and Geza Feld for their numerous suggestions, encouragement, and data assistance.

If you are sending in personal results please use the revised ranking form provided, otherwise send a clear copy of meet results.

Thank you in advance for your cooperation. This will also enable you to receive each year's complete ranking book for \$4 instead of the regular \$6 price. Also, if you know anyone who wishes to buy full page advertising at \$100, tell them to send camera ready copy and check to me by the above dates - they are going to be very attractive books.

Haig E. Bohigian
National TAC Masters T&F Rankings
Chairman



Bill Knocke winning M40 200 in 22.9 in Western Regionals in Los Gatos, California June 21.

photo by George Cohe



A triple jump of 35' 11 3/4" won the gold medal for Sammy White 43, at Southern Masters April 11.

photo by Bill Gentry

Masters Sports Association Pentathlon

by HAIG BOHIGIAN

A regular pentathlon was held for the first time in the Masters Sports Association Championships held at New York City's Downing Stadium on Randall's Island on May 23, 1981.

Richard Landry, 34, of the New York Athletic Club, and Dave Schmeltzer, 30, of the New York Pioneer Club put on the closest contest, and turned in the best individual and overall performances. Landry's 6.00m long jump, 34.85m discus, and 4:52.5 1500 meters were the best of the day, and they set the pace for his 30-34 division victory with a 2769 point total. Schmeltzer's 56.89m javelin, and 24.22 200 meters were the best of the day, and gave him a one point lead after four events—he finished with 2670 points.

Even a casual examination of the scoring again raises serious questions about the discrepancies between IAFF and WAVA point allocations. Certainly, a study is in order in order to resolve the conflicts and contradictions that exist between these two systems. Results in back pages.

1981 RANKING FORM

PLEASE PRINT

DIVISION _____ M or F DATE OF BIRTH _____ AGE _____
 EVENT _____ MARK _____ HURDLE HEIGHT OR IMPLEMENT WEIGHT _____
 LAST NAME _____ FIRST _____
 ADDRESS _____ STATE _____
 ZIP _____ PHONE _____ CLUB _____
 MEET OR WHERE SET _____ DATE SET _____
 PENTATHLON OR DECATHLON _____

DIVISION AND AGE ARE AS OF THE DATE THE MARK WAS SET.
GIVE MARKS AS RECORDED, DO NOT CONVERT.

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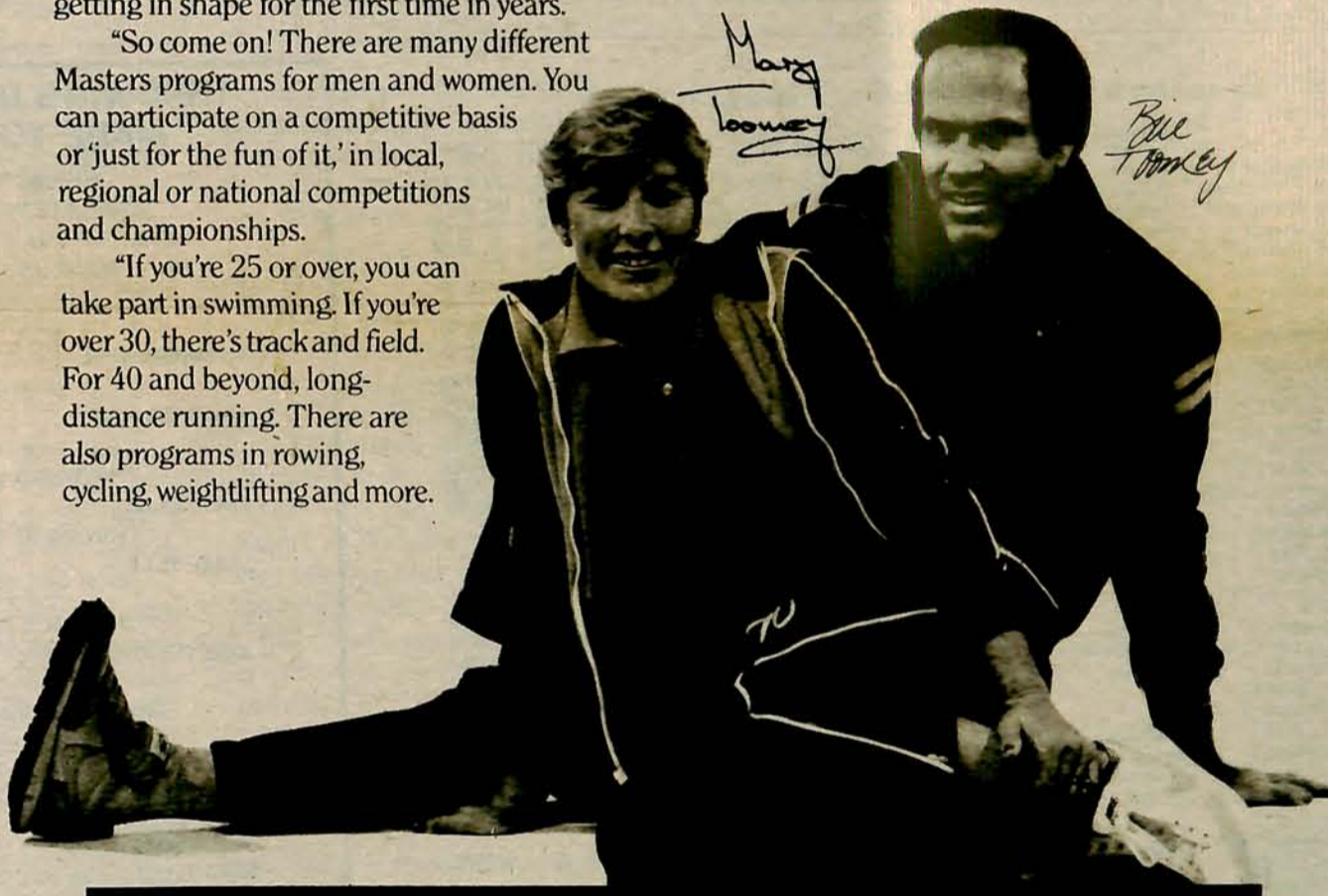
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146 SURVIVE

Master Wins 100-Miler

AUBURN, California, June 28—Some say the Hawaii triathlon (swim 2 miles, bike 100 miles, run a marathon) is the toughest race in the world. Others say the French 23-day bicycle race through the Alps is the most grueling of all. But many claim this weekend's Western States 100-mile Endurance Race through the toughest terrain of the Sierra Nevada Mountains in northern California is king of them all.

Of this year's 251 starters, over 50%—146—survived the entire 100-mile distance with Doug Latimer, 42, of Redwood City, Calif. and Jim Howard, 29, each setting a new course record of 16 hours, 2 minutes, 37 seconds, tying for 1st place.

After jousting for the lead with each other through much of the contest, Latimer and Howard agreed, at about the 75-mile point, to help each other in.

Both crossed the finish line together, nine minutes ahead of the old course mark (which was only 96 miles, as it turns out).

The race is 100 miles, but plays more like 200. It's probably the most scenic run in the world. You start near Truckee, Calif., at the 6000-foot level, just north of Lake Tahoe and west of Reno. You head west up the steep eastern slope of the Sierra Nevada into Immigrant Pass, at 9600 feet, where the air is thin, to put it mildly. Then you head southwest, criss-crossing the top of the Sierra Nevada range, running (or walking) up and down steep hills from the 4000-foot to 9000-foot level. Finally, you wind down the more gradual western slope of the mountains, finishing in the town of Auburn, northeast of Sacramento.

"Each runner needs at least three support people," Ruth Anderson said. "It was very hot this year." Anderson, who dropped out in 1980, was disappointed again. "I had to stop at 60 miles," she said. "My back started to

spasm when I tried to walk. It's a dirty gyp, 'cause I really trained better than last year."

Latimer/Howard averaged 9:37-per-mile.

Bill Weigle, 40, was 8th overall and 2nd master in 18:16. Richard Belleveau, 43, of Northridge, Calif. was 3rd male master in 21:03, followed by Rich Goodhead of Tigard, Oregon in 21:25.

Bjorg Austrheim-Smith, 37, originally from Norway now living in Sacramento, led all women in 18:46, a new female mark. She was 8th overall. Sally Edwards, 33, was 2nd woman in 20:07.

Of the 28 women starters, 8 finished under 24 hours. Jody Payne, 42, from Los Angeles, was 3rd woman. Nicki Lewis, 48, of Santa Monica was 4th. Skip Gibbs (nee Swannack), 39, was 5th with Marti Maricle, 47, 6th.

So it seems as the distances get longer, masters runners are more competitive, and can even win in open competition. □

Kaempf Sets U.S. Marathon Mark

CHICO, Calif., March 7—Ulrich Kaempf, 50, of Los Altos, Calif., today set a pending new American marathon record for men over age 50, with a superb clocking of 2 hours, 34 minutes, 51 seconds in the Annual Bidwell Classic Marathon.

The time bettered the official U.S. age 50-54 marathon standard of 2:35:24, held by Alex Ratelle of Minnesota since September 9, 1979. (Ratelle has also run a 2:31:56 at age 53 in 1978 over an "aided," point-to-point course. Official records are only kept over courses which start and end at approximately the same point.)

Kaempf turned 50 on February 17, 1981, and is aiming for a multitude of 50+ records this year. □



NEW WORLD AND AMERICAN 5-YEAR AGE-DIVISION TRACK & FIELD RECORDS SET SINCE APRIL 15, 1981

EVENT	DIV.	MARK	NAME	RESIDENCE	ST	AGE	DATE	OLD MARK	NAME	AGE	RES	DATE
WR 400	M60	59.0	John Alexander	McCamey	TX	60	6-7	59.1	Russ Niblock	60	WA	7/ 6/74
WR Mile	M75	6:46.0	Richard Bredenbeck	Independence	OH	76	6-26	6:54.0	Paul Spangler	77	CA	10/ 2/76
WR 3000	M75	13:09.0	Richard Bredenbeck	Independence	OH	76	6-27	13:13.8	Paul Spangler	75	CA	5/ 6/78
WR 110H	M75	20.83	Russell Meyers	Pensacola	FL	77	5-9	20.83	Russell Meyers	76	FL	7/ 5/80
WR 400H	M75	89.58	Russell Meyers	Pensacola	FL	77	5-9	92.5	Herb Anderson	75	CO	8/11/77
WR HJ	M70	4'8"	Claude Taggart	Santa Ana	CA	70	6-29	4'7 1/2"	Josef Sahlmann	71	WG	7/28/79
WR Shot	M70	42'3 1/2"	Vern Cheadle	CA	71	5-16	42' 1/2"	Ron Drummond	70	CA	9/ 3/77	
WR Dec.	M40	6784	Wolfgang Linkmann	Los Angeles	CA	40	6-7	6615	Horst Mandl	40	AUT	7/ 4/76
WR Pen.	M60	2182	John Alexander	McCamey	TX	60	5-18	2051	Adolf Koch	61	WG	8/12/77
WR 400	M55	70.9	Anne McKenzie	Cape Town	SA	55	5-21	71.8	Anne McKenzie	55	SA	11/ 5/80
WR 400	M70	87.6	Polly Clarke	Loveland	CO	70	4-18	96.65	Bess James	71	CA	1/13/81
WR 800	M70	3:38.7	Polly Clarke	Loveland	CO	70	4-17	3:53.4	Bess James	71	CA	1/ 9/81
WR 1500	M70	7:34.0	Polly Clarke	Loveland	CO	70	4-8	7:59.5	Bess James	71	CA	1/14/81
WR 5000	M45	18:14.0	Vicki Bigelow	CA	45	6-21	18:16.6	Maria De Orlando	45	ITA	8/ 6/80	
WR 5000	M60	23:19.2	Jacklyn Caselli	San Jose	CA	60	6-21	24:16.4	Elizabeth Tromp	63	HOL	8/ 7/80
WR LJ	M40	18'2 1/2"	Helen Farrell (tie)	AUS	40	4-23	18'2 1/2"	Marlene Altmann	40	WG	7/30/77	
WR LJ	M70	7'5"	Edith Mendyka	Tujunga	CA	70	5-9	None				
WR Shot	M70	29'3"	Edith Mendyka	Tujunga	CA	70	5-16	None				
WR Discus	M70	60'9"	Edith Mendyka	Tujunga	CA	70	5-16	None				
WR Jav	M70	68'6"	Edith Mendyka	Tujunga	CA	70	5-16	None				
AR 3000	M45	9:02.95	Ray Hatton	Bend	OR	49	6-14	9:14.2	Pete Mundle	46	CA	1/18/75
AR 10000	M50	33:05.6	Ulrich Kaempf	Los Altos	CA	50	6-20	33:30.0	Jim O'Neil	51	CA	7/ 2/76
AR HJ	M40	6'3 1/2"	Dave Thoreson (tie)	Santa Barbara	CA	40	6-7	6'3 1/2"	Jim Brown	40	CA	5/31/80
AR 1500	M60	6:30.4	Jaclyn Caselli	San Jose	CA	60	6-27	6:40.1	Pat Dixon	61	CA	8/ 3/80
AR 5000	M65	30:36.4	Adrienne Salmini	NY	65	6-28	30:52.0	Edna Berg	65	MT	6/14/80	
AR 10000	M65	63:33.0	Adrienne Salmini	NY	65	6-28	67:45.0	Ruth Updegrave	67	HI	4/23/78	
AR HJ	M60	2'11"	Dorothy Callan	Honolulu	HI	63	4-17	None				
AR LJ	M60	5'9"	Dorothy Callan	Honolulu	HI	62	12-31	None				
AR Shot	M50	30'4"	Shirley Kinsey	La Crescenta	CA	52	6-20	29'1 1/2"	Shirley Kinsey	51	CA	7/12/80
AR Disc	M50	88'8"	Shirley Kinsey	La Crescenta	CA	51	5-19	88'6"	Shirley Kinsey	50	CA	4/19/80
WR 100X												
1 mile	M40	8:45:21	Veterans Ath. Club	London	GB	40+	5-31	9:15:44	San Diego TC	40+	CA	10/19/80
AR DisMed												
Relay	M40	11:13.7	New York Pioneers	New York	NY	40+	6-20	11:19.4	So. Cal. Striders	40+	CA	3/17/73

WR = World Record AR = American Record

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IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES AGAINST THE CANADIAN MASTERS INTERNATIONAL TRACK TEAM & THE FORTHCO LATVIAN TRACK AND FIELD CLUB, THEIR AGENTS, REPRESENTATIVES, SUCCESSORS AND ASSIGNS, FOR ANY AND ALL INJURIES SUFFERED BY ME WHILE GOING TO, RETURNING FROM AND COMPETING AT THIS MEET.

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Address _____ City _____

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Phone No. _____

Birth Date _____ AGE GROUP _____

CANADIAN MASTERS & SUBMASTERS

THROWING PENTATHLON CHAMPIONSHIP

Sponsored by the Latvian Track & Field Assn.

Date: Sunday, September 6, 1981

Site: Latvian Club, Bloomington Side Road, Stouffville, Ontario

Events: Pentathlon (Hammer, Shot, Discus, Javelin, Weight)
 Womens Triathlon (Shot, Discus, Javelin)

Note: Competition will be by age class and each event will have six throws

Eligibility: Open to all male & female amateur athletes

Awards: Medals, to first four places
 Trophies for overall events

Entry Fee: \$8.00 payable to J. E. Tovell
 103 Duncan Road,
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Bigelow, Caselli Set World Marks

continued from page 1

With temperatures in the sun hovering close to 100 degrees, Bigelow and Caselli turned in superb races. Bigelow, 45, was trying to lower her American women's age 45-49 5000 mark of 18:35, and it soon became clear she would easily do it if the heat didn't do her in first.

Midway, it also became clear that she had a shot at the world record of 18:16.6, set by Italy's Maria de Orlando, the World Games champion, last year.

With fellow athletes shouting encouragement, Bigelow put on a last-lap burst to reach the finish line in 18:14.0, breaking de Orlando's mark by 2.6 seconds.

Almost overshadowed by Bigelow in the same race was Caselli. (Although Caselli competes in the 60-64 group, several age groups were running concurrently, as usual.)

Caselli, 60, destroyed the old world mark of 24:16.4, set by Elizabeth Tromp of Holland last year, with a time of 23:19.2.

Kaempf put on a phenomenal performance. Running on Saturday, when the temperatures were up to 115 in the sun (over 100 in the shade), Kaempf broke Jim O'Neil's age 50-54 10000 meter mark of 33:30 with a time of 33:05.6.

This was Kaempf's first track mark in the 50-54 division. Earlier this year, he set pending new U.S. 50-54 road marks in the 10-mile (54:12) and 10K (33:21).

Shirley Kinsey of La Crescenta, Calif. broke her own U.S. women's 50-54 shot put mark of 29'1 3/4" with a heave of 30'4". She also won the 100, 200, 400, discus, javelin and relay.

R. Schupbach, 40, turned in another impressive 1500 and looms a threat to dethrone Chicago's Ernie Billups as

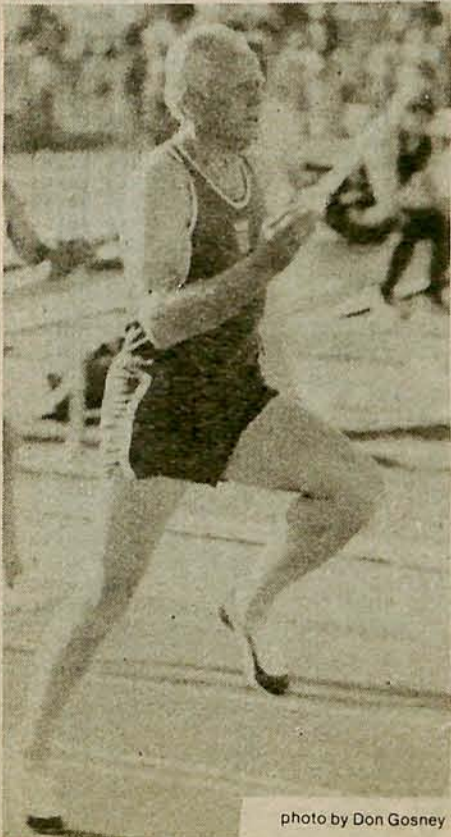


photo by Don Gosney

Payton Jordan, 64, holder of World Records for men over age 60 in 100 meters (11.8) and 200 meters (24.9), won both events in Western Regionals in Los Gatos, CA June 20-21.

national 1500 champion in August. Schupbach had run a 4:09 in the Pacific Championships in May. Today he proved it was no fluke by storming to a 4:07.5, leaving World Games 800 gold medalist George Cohen in his wake in 4:19.8.

Cohen won his specialty, however, notching a 1:59.8 as five men clocked 2:05 or better in the 40-44 800.

Pete Richardson clipped off a fast 2:03.9 to win the 800 in the M45 division.

Dave Stevenson, 52, impressed with strong wins in the 800 (2:14.5), Steeplechase (11:07.2), 1500 (4:40.6) and 400 hurdles (72.1).

Bob Watanabe of Los Angeles recently turned 55 and blew everyone away with triumphs in the 100 (12.1), 200 (25.9) and 400 (62.2).

Don Cheek of San Luis Obispo, always a tough competitor, lost a photo to Dick Marlin in the M50 100 (both timed in 12.0), but garnered the 200 (24.8) and the 400 by 35 meters in 55.7.

Bill Ranney, 45, led all finishers in the combined 5000 meter walk in 24:31.1, over a minute ahead of M. Adriano, 33.

The Southern California Striders approached the U.S. masters 400-meter relay mark (43.5, held jointly by the New York Pioneer Club and the Corona del Mar Track Club) with a speedy 43.8, anchored by newly-turned-40 Walt Butler.

Butler, gunning for 4 American masters records this year, sped to wind-aided triumphs in the 100 (11.0) and the 110-hurdles in a mind-boggling 14.2. (The world veterans mark is 14.4. The U.S. record is 14.7.) It was a near-perfect race but there was no wind gauge and National Records Chairman Pete Mundle said there clearly was a following wind.

Bill Knocke completed a fast double in the M40 division with a 51.2 400 and 22.9 200.

Meet director Bruce Springbett of Los Gatos exchanged wins with Nick Newton of Los Angeles in the M45 group, winning the 100 (11.5 to 11.7) and losing a tight 200 (both in 23.9). Newton also captured the 400, and placed in the high jump, won by World Games gold medalist Herm Wyatt in 6-2. Wyatt, who holds the world 45-49 record at 6-2 3/4, made three attempts at a new world record height of 6-3, but narrowly missed. "I'll get it at the Nationals," Wyatt predicted.

Jim Brown, 41, also leaped 6-2 to win the M40 title.

World sprint record holder Payton Jordan, 64, easily won the 100 (12.1) and 200 (25.7) but may not be able to compete in the nationals due to family commitments.

Jerry Wojcik, 51, and Paul Evans, 55, were each double winners in the hammer and discus, as were J. Hart, 44, R. Stone, 61, Jim York, 67, and Stu Thompson, 48. □

Results in back pages.

ALEXANDER SETS WORLD 400 MARK;
THORESON TIES HIGH JUMP BEST

Linkmann Breaks World Veterans Decathlon Record

SAN ANTONIO, June 6-7—Wolfgang Linkmann, a 40-year-old from Los Angeles, smashed one of the most prestigious marks in world veterans athletics today, scoring 6784 points in the Penn Mututal/TAC National Masters Decathlon Championships.

Linkmann's extraordinary effort in the demanding 2-day, 10-event contest surpassed the old record for men over age 40, 6615 points, set by Austria's Horst Mandl in 1976. Linkmann's total far exceeds Bruce Hescocock's American masters mark of 6001 points, established in 1975.

The feat was all the more remarkable because it was attained in 97-degree heat on both days.

Forty-two of the finest veteran athletes in the nation took part in the competition, as 38 national masters decathlon records were broken. The top score was turned in by Lloyd Sigler, 33, of Princess Anne, Maryland, who tallied 6849 points. (The IAAF point scale was used for men 30-59. The WAVA scale was used for men 60+).

World Games pentathlon gold medalist John Alexander of McCamey, Texas finally broke Russ Niblock's 7-year-old 60-64 global best of 59.1 in the 400-meter run, clocking 59.0. Alexander had been closing in on the world mark all year. He was paced by a younger, 57-second runner in his carefully planned, successful quest.

Linkmann compiled his stunning total with outstanding marks in each event except the 1500. His marks: 100 (11.51), long jump (21' 1/2"), shot put (47' 1 3/4"), high jump (5' 11"), 400 (55.2), 110-hurdles (15.12 for 39"), discus (145' 1"), pole vault (12' 9 1/2"), javelin (176' 8"), 1500 (5:19.2).

Many of those marks would be good enough to win the 40-44 title in most masters meets. On the IAAF scale, Linkmann's best event was the 110-hurdles where he scored 836 points.

Dave Thoreson, 40, of Santa Barbara, turned in a performance which would have been the talk of the weekend were it not for Linkmann. Thoreson also broke Hescocock's old American record with a total of 6212 points. His best efforts were a 13' 5 1/2" pole vault, 21' 2 1/4" long jump, 16.02 hurdles and 6' 3 1/4" high jump. His high jump ties the existing U.S. 40-44 mark held by Jim Brown of San Francisco.

Richard Legas of Colorado Springs dominated the 35-39 group with 6746 points.

"We had a fantastic meet," director Steve Smith said. "The Chevron 400 track was extremely fast. Many of the athletes were surprised to find a beautiful city instead of a bunch of cactus and jackrabbits. I think everyone had a great time, and it was certainly the most competitive meet we've ever had." □

Results in back pages.

258 in Eastern Regionals

continued from page 1

30:36.4 in the 5000 bettered the old mark of 30:50.2, set by Edna Berg of Bozeman, Montana June 14, 1980. Salmini ran the 10000 in 63:33.0 to take 4 minutes off the previous best of 67:45, recorded by Honolulu's Ruth Updegrove April 23, 1978.

Other top performances included:

•Jack Start's 4:54.3 in the 60-64 1500, only 5 seconds off Don Longenecker's U.S. mark.

•Jack Rice's 2:19.8 in the 60-64 800, close to Ray Gordon's U.S. 60-64 best of 2:19.9 for 880 yards (which equates to a 2:19.2 for 800)

•Cliff Pauling's twin wins in the M45 400 (54.1) and 800 (2:10.1).

•Bob Williams edging Bob Stanford in the M40 100 (11.3 to 11.5) and 200 (both in 23.5). Stanford notched the 400 in 53.4.

•Lloyd Riddick won both the 100 (11.7) and 200 (23.7) in the M45 category.

•Rudy Enders captured the high jump (4-9), long jump (19-4), and triple jump (35-8), also in the 45-49 class.

•Boo Morcom set 3 meet records in the 60-64 pole vault (11-3), high jump (4-9) and long jump (15-4).

•World Games M40 gold medalist Wilfred Sokolowski topped all pole vaulters in 14 feet, short of his world games triumph of 15-1.

•In the 10000, Tom Baylis and Tom Sheahen, both in the 40-44 division, had a personal duel while easily besting the entire field of 22 runners in the combined-age-group race. Baylis won at the finish in a meet record 33:47 to Sheahen's 33:57.

•Rich Ross cleared 6-1 in the M40 high jump.

•Sandy Pashkin won the 100, 200, 400, 800, high jump and javelin in the women's 35-39 bracket.

•Bob Stone of the Northern California Seniors flew in to take 60-64 honors in the shot (48-6), javelin (38.27m) and discus (134 3/4) □

Results in back pages.



Fran Solomon, 37, won \$1000 as 6th place woman in Jordache Marathon March 29 in 2:53:32.

photo by Richard Lee Slotkin

1980 MASTERS RANKINGS FOR 15 KILOMETERS

Top 50 in each 5-year age group from age 35 up.
Compiled by the National Running Data Center
exclusively for the National Masters Newsletter.

MEN- 35 THRU 39

46:43	JARRETT SLAVEN	35	TAMPA	FL	(9 FEB 80,FL-A)
46:52A	BARRY BROWN	35	GAINESVILLE	FL	(15 JUL 80,NY-A)
47:29	KARL WEISER	37			(10 MAY 80,WA-A)
48:25	BRUCE MORTENSON	36	ROCHESTER	MN	(29 JUN 80,OR-A)
48:29	GEORGE WISNEWSKI	37			(10 FEB 80,NY-A)
48:36	TONY KEARNS	36			(10 FEB 80,NY-A)
49:11A	RALPH ZIMMERMAN	39	BUFFALO	NY	(15 JUL 80,NY-A)
49:34	RANDALL HOFFMAN	39	KALAMAZOO	MI	(29 JUN 80,OR-A)
49:36	DARYL ZAPATA	35	MILLBRAE	CA	(29 JUN 80,OR-A)
49:39	JOHN SULLIVAN	35			(29 JUN 80,OR-A)
49:49	DAVID STOREY	36	ORLANDO	FL	(9 FEB 80,FL-A)
49:57	BOB FISCHER	39	NEWARK	NJ	(10 FEB 80,NY-A)
50:05A	JERRY A SMITH	37	MANLIUS	NY	(15 JUL 80,NY-A)
50:13A	RAY KWEER	38	HOMER	NY	(15 JUL 80,NY-A)
50:21	FRANK BOZANICH	35	BOTHELL	WA	(10 MAY 80,WA-A)
50:35	HUGH SWEENEY	35	JERSEY CITY	NJ	(10 FEB 80,NY-A)
50:44A	JOHN CEDERHOLM	37	BOSTON	MA	(15 JUL 80,NY-A)
50:48	LESLIE CHRISTIAN	35	SAN DIEGO	CA	(6 DEC 80,CA-A)
50:49	RICK ALDERFER				(5 APR 80,TN-A)
50:51	JOHN KENTON	36	LYNWOOD	IL	(15 JUN 80,IN-A)
51:00	JOHN MAIR		PARK FOREST	IL	(17 AUG 80,IL-A)
51:02	JOHN MAFFI	35	LONG ISLAND	NY	(5 OCT 80,NY-A)
51:26	JOE VEGA	35	CHICAGO HGTS	IL	(15 JUN 80,IN-A)
51:32	WERNER MEZGOLITS		CHICAGO	IL	(17 AUG 80,IL-A)
51:34A	CHARLES PARMALEE	36	MORRIS	NY	(15 JUL 80,NY-A)
51:38	PATRICK BECKER	38			(29 JUN 80,OR-A)
51:43	GARY NOVAK	36	SAN DIEGO	CA	(27 APR 80,CA-A)
51:54	ROGER HAUCK	35	CLEARWATER	FL	(9 FEB 80,FL-A)
52:12	TED BITTER	35			(10 FEB 80,NY-A)
52:12	PETE PETERSEN	39	LAGUNA BCH	CA	(29 JUN 80,OR-A)
52:12A	DENNIS COLETTA	37	SCOTIA	NY	(15 JUL 80,NY-A)
52:13	JOE ANAYA	38	ALBUQUERQUE	NM	(2 AUG 80,CO-A)
52:15	TOM GRAHAM	36			(15 MAR 80,FL-A)
52:16	ROY HERRING				(5 APR 80,TN-A)
52:19	LEROY FANNING				(5 APR 80,TN-A)
52:20	EAMONN MCEVILLY	37	ALEXANDRIA	VA	(5 APR 80,VA-A)
52:20	KEN OSHER	37			(29 JUN 80,OR-A)
52:26	KEN YOUNG	38	TUCSON	AZ	(9 MAR 80,AZ-A)
52:29	DOUG FORMSMA	35	BERRYVILLE	AR	(6 SEP 80,OK-A)
52:30	KENNETH HINDS	37			(29 JUN 80,OR-A)
52:30	SOLLOMON EPSTEIN	39	INDIANAPOLIS	IN	(1 SEP 80,IN-A)
52:34	ROY REISINGER	39			(29 JUN 80,OR-A)
52:36	RAY KNEER	38			(30 MAR 80,NY-A)
52:46	BENNETT GERSHMAN	38	NEW YORK	NY	(10 FEB 80,NY-A)
52:53	MICHAEL HEFFERNAN	39			(29 JUN 80,OR-A)
52:56	DOUG HAWLEY				(5 APR 80,TN-A)
52:56	BOB TREONIS	39	CHICAGO	IL	(15 JUN 80,IN-A)
52:57	KEN BURNS	35	SOUTH BEND	IN	(15 JUN 80,IN-A)
53:00A	RICHARD JENNINGS	36	STITTVILLE	NY	(15 JUL 80,NY-A)
53:01	BRIAN ILLENCIK	37	MARLBOROUGH	CT	(9 FEB 80,FL-A)

MEN- 45 THRU 49

50:06	RAYMOND HATTON	48	BEND	OR	(29 JUN 80,OR-A)
51:16	HAL HIGDON	49	MICHIGAN CITY	IN	(1 SEP 80,IN-A)
52:00	DEREK MAHAFFEY	45	BELLEVUE	WA	(29 MAR 80,WA-A)
52:40	STEPHEN MURPHY	47	CHICAGO	IL	(17 AUG 80,IL-A)
53:35	RENE ARMENGOL	45	TAMPA	FL	(9 FEB 80,FL-A)
54:13	JOE CARY	47	SIERRA VISTA	AZ	(9 MAR 80,AZ-A)
54:21	EDWARD NAGEL	45	WINTER PARK	FL	(9 FEB 80,FL-A)
54:44	RONALD GAFF	46	FOREST PARK	GA	(6 DEC 80,GA-A)
54:46	JOE ERSKINE	49	BRONX	NY	(10 FEB 80,NY-A)
54:56	GEORGE STILLMAN	46	NEW YORK	NY	(5 OCT 80,NY-A)
55:01	KEITH BAKER		REDMOND	WA	(10 MAY 80,WA-A)
55:11	CHARLES CLARK	45			(5 OCT 80,NY-A)
55:14	BOB W JONES	45	ATLANTA	GA	(6 DEC 80,GA-A)
55:35	BILL SCHMIDT	45	FT WAYNE	IN	(1 SEP 80,IN-A)
55:48	JAMES BAGGETT	45	SEATTLE	WA	(29 MAR 80,WA-A)
55:49	CHARLES ANDERSON	49	SAN DIEGO	CA	(27 APR 80,CA-A)
55:50	EDWIN GOOKIN	46	SAN DIEGO	CA	(6 DEC 80,CA-A)
56:06	KEN WIDMAN	45			(10 FEB 80,NY-A)
56:06	JACK MARTIN	45			(29 JUN 80,OR-A)
56:09	LEWIS STERN	45	BROOKLYN	NY	(10 FEB 80,NY-A)
56:10	DON WIDHALL	46	WINTER PARK	FL	(25 MAR 80,FL-A)
56:38	JOSEPH WILSON	45	SAN DIEGO	CA	(6 DEC 80,CA-A)
56:43	RALPH PASQUALINI	46			(29 JUN 80,OR-A)
56:43A	STANLEY SMILEY	49	PITTSFORD	NY	(15 JUL 80,NY-A)
56:52A	JIM MCDADE	47	WHITESBORO	NY	(15 JUL 80,NY-A)
56:53	RICHARD HEESCHEN	46	TAMPA	FL	(9 FEB 80,FL-A)
57:01	DAVE WEAVER	48	TULSA	OK	(11 OCT 80,OK-A)
57:05	JIM GANLEY	47	RENTON	WA	(29 MAR 80,WA-A)
57:08A	WILBERT GRIFFIN	45			(11 JUL 80,MI-A)
57:12A	BEN LONDEREE	46	COLUMBIA	MO	(19 JUL 80,MO-A)
57:20	PAUL VANTURE	45			(29 JUN 80,OR-A)
57:21	DAYNE MARTIN	45	NOBLESVILLE	IN	(18 OCT 80,IN-A)
57:22	ROBERT HUNT	49	MAPLE VALLEY	WA	(29 MAR 80,WA-A)
57:47	TERREL EDDY	47	POWAY	CA	(6 DEC 80,CA-A)
57:52A	ROBERT ROTHER	47	POUGHKEEPSIE	NY	(15 JUL 80,NY-A)
57:54	MARSHALL HARADEN	49	DEL MAR	CA	(27 APR 80,CA-A)
57:54	MARLIN SCHMIDT	45	SOUTH BEND	IN	(15 JUN 80,IN-A)
57:55	CHARLES JOHNSON	49	NEW YORK	NY	(5 OCT 80,NY-A)
58:00	BOBBY ASKEA	46	SARASOTA	FL	(9 FEB 80,FL-A)
58:00A	ROBERT HUNTER	46	AUBURN	NY	(15 JUL 80,NY-A)
58:01	MARSHALL MORTIARTY	45			(27 APR 80,CA-A)
58:06	JIM SHEA	45	TUCSON	AZ	(9 MAR 80,AZ-A)
58:14A	NORM COLTER	48	VALLEY PARK	MO	(20 APR 80,MO-A)
58:24	JOHN W GOUGH	49	ST PETERSBURG	FL	(9 FEB 80,FL-A)
58:24	GEORGE HIRSH	45	NEW YORK	NY	(5 OCT 80,NY-A)
58:29A	DICK KENDALL	45	BUFFALO	NY	(15 JUL 80,NY-A)
58:35	LLOYD GARRISON	48			(10 FEB 80,NY-A)
58:36	JOSEPH PAWL	48	SOUTHFIELD	MI	(1 SEP 80,IN-A)
58:41	MALCOLM MCPHAUL	46	COCHRAN	GA	(9 FEB 80,FL-A)
58:47	EDWARD CURTIS	47	SEATTLE	WA	(29 MAR 80,WA-A)

MEN- 40 THRU 44

48:38	DAVID HAMBLY	40	SEATTLE	WA	(10 MAY 80,WA-A)
48:46	BRIAN HARRIS	44	ROYAL OAK	MI	(16 MAR 80,MI-A)
48:46	DAN CONWAY	41	CHETEK	WI	(29 MAR 80,WA-A)
49:23	SAL VASQUEZ	40	ALAMEDA	CA	(29 MAR 80,WA-A)
49:32	MICHAEL TYMN	43	HONOLULU	HI	(29 JUN 80,OR-A)
49:53	JOHN BRENNAND	44	SANTA BARBARA	CA	(29 MAR 80,WA-A)
49:57	WILLIAM HALL	40	DURHAM	NC	(1 SEP 80,NC-A)
50:06	PHILIP WALKDEN	41	SEATTLE	WA	(10 MAY 80,WA-A)
50:23	RAY HUGHES	41	MT BALDY	CA	(29 MAR 80,WA-A)
50:26	GEOFF PIETSCH	42	MIAMI	FL	(9 FEB 80,FL-A)
50:30	DAVID PITKETHLY	44	KIRKLAND	WA	(29 MAR 80,WA-A)
50:36	FRITZ MUELLER	43	NEW YORK	NY	(10 FEB 80,NY-A)
50:38	CARL CAREY	43	SPENCER	IN	(1 SEP 80,IN-A)
50:46	EARL ELLIS	44			(10 MAY 80,WA-A)
51:01	REED MILLER	41	LONGVIEW	WA	(29 MAR 80,WA-A)
51:02	TONY BAYLIS	43	BERKELEY HGTS	NJ	(5 OCT 80,NY-A)
51:10	ILHAN BILGUTAY	42	CLEARWATER	FL	(9 FEB 80,FL-A)
51:27	ROBERT PAKLAIAN	43	DETROIT	MI	(9 FEB 80,FL-A)
51:48	DAVE PELLE	42	ANN ARBOR	MI	(1 SEP 80,IN-A)
51:53	CHARLES BOLTON				(23 MAR 80,OH-A)
51:59	ROGER ROUILLER	41	LOCKPORT	IL	(23 MAR 80,OH-A)
51:59	JOHNNY FAERBER	44	KAILUA	HI	(22 JUN 80,HI-A)
52:01	BILL BULMER				(22 JUN 80,HI-A)
52:05A	CALVIN LOOMIS	41	CAMPBELL	NY	(15 JUL 80,NY-A)
52:21	GARY SAMPSON	40	SPRING VALLEY	CA	(6 DEC 80,CA-A)
52:24	MAURICE PRATT	40	FEDERAL WAY	WA	(10 MAY 80,WA-A)
52:28	ROGER BRYAN	44	FOSTER CITY	CA	(29 MAR 80,WA-A)
52:30	ROBERT HUGHES	40			(29 JUN 80,OR-A)
52:43A	BRUCE FREDRIKSON	42	CAZENOVIA	NY	(15 JUL 80,NY-A)
53:00	JAMES MURPHY	40			(29 JUN 80,OR-A)
53:19	PETER FORET	40	TAMPA	FL	(9 FEB 80,FL-A)
53:21	MARTIN BREKELLER	43			(5 OCT 80,NY-A)
53:24	MIKE CHRISTIANSEN	43	MARYSVILLE	WA	(29 MAR 80,WA-A)
53:29A	DAVID PEARCE	42	NEW HARTFORD	NY	(15 JUL 80,NY-A)
53:33	AL HUFF	42	SEATTLE	WA	(29 MAR 80,WA-A)
53:35	CAL ALSLEBEN	42	MILWAUKIE	OR	(29 JUN 80,OR-A)
53:36A	WILLIAM FULLER	41	LIVONIA	NY	(15 JUL 80,NY-A)
53:38	CAL HAMREN	41			(27 APR 80,CA-A)
53:43	MAURICE HALLIHAN		ARLINGTON HGTS	IL	(17 AUG 80,IL-A)
53:45	DAVID MELLADY	41	TUCSON	AZ	(9 MAR 80,AZ-A)
53:48	SID HOWARD	40			(10 FEB 80,NY-A)
53:48	OTIS WILLIAMSON	43	ARLINGTON	VA	(5 APR 80,VA-A)
53:49	HENNING FAULKENSTEIN	44	VALPARISO	IN	(15 JUN 80,IN-A)
53:51	ROBERT P LUDLOW	40	ORLANDO	FL	(9 FEB 80,FL-A)
53:54	WALT SCHAFER	41			(29 JUN 80,OR-A)
54:01A	DAVID REICHERT	44	HOLLAND PTNT	NY	(15 JUL 80,NY-A)
54:04	DICK JAMBORSKY	43	RESTON	VA	(5 APR 80,VA-A)
54:04	GUY EALEY	40			(29 JUN 80,OR-A)
54:07	WOLF MASHOHN	44			(29 JUN 80,OR-A)
54:11	DON BRANAHAN	41	TUCSON	AZ	(9 MAR 80,AZ-A)

MEN- 50 THRU 54

54:22	BILL STOCK	51	LA MESA	CA	(6 DEC 80,CA-A)
54:34	JOE BURNS	51	BOGOTA	NJ	(5 OCT 80,NY-A)
54:57	CHARLES ANDERSON	50	SAN DIEGO	CA	(6 DEC 80,CA-A)
55:21	DON DIXON	52	HASTINGS/HUDSN	NY	(10 FEB 80,NY-A)
56:18A	BOB BARTLING	54	BROOKINGS	SD	(6 SEP 80,SD-A)
56:31	HOWARD MILLER	53	MERCER IS	WA	(10 MAY 80,WA-A)
56:50	AL TREICHEL	51	MILWAUKIE	WI	(1 SEP 80,IN-A)
56:53	RUBEN VIGIL	52	ALBUQUERQUE	NM	(9 MAR 80,AZ-A)
57:01	MYRON MEYER	53	FT WAYNE	IN	(15 JUN 80,IN-A)
57:02A	TOM HOVEY	50	UTICA	NY	(15 JUL 80,NY-A)
57:06	TOM BAILEY	50	DENVER	CO	(2 AUG 80,CO-A)
58:02	FORREST MILLER	52	CHICAGO	IL	(15 JUN 80,IN-A)
58:05	RICHARD WIDENER	53	IRVING	TX	(5 OCT 80,NY-A)
58:06A	WALTER CONNOLLY	50	WATERLOO	NY	(15 JUL 80,NY-A)
58:07	GEORGE LUNDIN	51	SEATTLE	WA	(10 MAY 80,WA-A)
58:10	ROBERT GOOD	50	SKOKIE	IL	(15 JUN 80,IN-A)
58:15	JIM BLOUNT	50	WINTER PARK	FL	(9 FEB 80,FL-A)
58:16	HAROLD McDONALD	53	BROKEN ARROW	OK	(11 OCT 80,OK-A)
58:20	JACK BURKETT				(23 MAR 80,OH-A)
58:21A	OLCOTT BROWN	51	WILLIAMSVILLE	NY	(15 JUL 80,NY-A)
58:29	JOSEPH SIMONTE	52			(5 OCT 80,NY-A)
58:42	RAY WUNDERLICK	50	ST PETERSBURG	FL	(9 FEB 80,FL-A)
58:44	RAUL ARBESU	52	SAN DIEGO	CA	(27 APR 80,CA-A)
58:59	JIM STOLTZFUS	53			(10 FEB 80,NY-A)
59:08	BILL SELLERS	51	TUCSON	AZ	(9 MAR 80,AZ-A)
59:19	ROBERT PHELPS	52	SEATTLE	WA	(10 MAY 80,WA-A)
59:24	JOHN FREY				(29 JUN 80,OR-A)
59:34	HERB FFKES	51	N JUDSON	IN	(1 SEP 80,IN-A)
59:37	STEWART LANCASTER	53	TUCSON	AZ	(9 MAR 80,AZ-A)
59:38	LEO SHERRY	52	PORTLAND	OR	(29 JUN 80,OR-A)
59:49	DON S WILLIAMS				(23 MAR 80,OH-A)
1:00:10	STU ROBERTSON				(10 MAY 80,WA-A)
1:00:26	MIKE MURRAY	52	LEUCADIA	CA	(6 DEC 80,CA-A)
1:00:28	BOB WASHBURN	51	YAKIMA	WA	(29 MAR 80,WA-A)
1:00:35	JERRY MAHRER	51	NEW YORK	NY	(5 OCT 80,NY-A)
1:00:44A	WALTER BAUER	54	ST LOUIS	MO	(20 APR 80,MO-A)
1:00:45	ROGER GILDERSLEEVE	50			(29 JUN 80,OR-A)
1:00:47	THEODORE LEHMAN	53			(29 JUN 80,OR-A)
1:00:53	KAZ PADUKIEWICZ	51	TACOMA	WA	(29 MAR 80,WA-A)
1:00:53A	BILL HAWVER	54	MORAVIA	NY	(15 JUL 80,NY-A)
1:00:57	BILL HOROWITZ	51			(5 OCT 80,NY-A)
1:01:10	JACK HERRING	52	SEATTLE	WA	(29 MAR 80,WA-A)
1:01:24	LEWIS SCHWARTZ	51	NEW YORK	NY	(10 FEB 80,NY-A)
1:01:25	KARL VEHRIS	50	MANASSAS	VA	(5 APR 80,VA-A)
1:01:26	DON SCHMIDT	50	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:01:29	EDWIN PEETS	50	NEW YORK	NY	(10 FEB 80,NY-A)
1:01:32	WAYNE CORDER	50	TUCSON	AZ	(9 MAR 80,AZ-A)
1:01:33	JACK RYAN	50			(10 FEB 80,NY-A)
1:01:44	ROBERT BENAVIDES				(23 MAR 80,OH-A)
1:01:46	GERRY HOPKINS	54	HINSDALE	IL	(15 JUN 80,IN-A)

MEN-55 THRU 59

55:29	ALEX RATELLE	55	EDINA	MN	(2 AUG 80,CO-A)
56:04	ED ALMEIDA	57	SAN DIEGO	CA	(27 APR 80,CA-A)
56:56A	HUBERT MORGAN	58	SAYRE	PA	(15 JUL 80,NY-A)
57:01	EVAN KANE	55	NEW PROVIDENCE	NJ	(5 OCT 80,NY-A)
57:56	NOCUS MCINTOSH	55	TULSA	OK	(11 OCT 80,OK-A)
58:30	BOB MULLER	55		NY	(10 FEB 80,NY-A)
59:31	BERNARD D KEEFE	56	OLYMPIA FLDS	IL	(15 JUN 80,IN-A)
1:00:09	WILLARD SHUMATE	59	TAMPA	FL	(9 FEB 80,FL-A)
1:00:36	DON CARTER	56	VESTAL	NY	(30 MAR 80,NY-A)
1:00:56	GEORGE PUTERBAUGH	55	LK OSWEGO	DR	(29 JUN 80,DR-A)
1:01:04A	GEORGE IOCOLANO	56	AUBURN	NY	(15 JUL 80,NY-A)
1:01:26	RUDY IGLESIAS	56	SAN DIEGO	CA	(27 APR 80,CA-A)
1:01:38	WILLIAM PETERSON	56	LOUISVILLE	KY	(23 MAR 80,OH-A)
1:01:41	BOB MARTIN	59	TUCSON	AZ	(9 MAR 80,AZ-A)
1:01:44	JOHN DAVENPORT	58	SILVER SPG	MD	(5 APR 80,VA-A)
1:02:06	WILLIAM EPPRIGHT	59	CLEARWATER	FL	(9 FEB 80,FL-A)
1:02:30	STANLEY EDELMAN	55		NY	(10 FEB 80,NY-A)
1:02:34	HARRY ROBERTS	57	HOMWOOD	IL	(15 JUN 80,IN-A)
1:02:50	WALTER SCHMITT	55	LA JOLLA	CA	(6 DEC 80,CA-A)
1:03:00	ANDERS JACOBSEN	55	LK STEVENS	WA	(10 MAY 80,WA-A)
1:03:23	NORMAN CLARK	55	KENT	WA	(29 MAR 80,WA-A)
1:03:32A	EDWARD BUCKLEY	58	CLINTON	NY	(15 JUL 80,NY-A)
1:03:43A	SAM GRATCH	55	UTICA	NY	(15 JUL 80,NY-A)
1:03:45	REID ELDER	55	OCALA	FL	(9 FEB 80,FL-A)
1:03:45	ROBERT CHRISTIANSEN	55	CHICAGO	IL	(1 SEP 80,IN-A)
1:03:47	GIB FRYE	56		CA	(2 AUG 80,CO-A)
1:03:47	BILL DAVIS	55	INDIANAPOLIS	IN	(1 SEP 80,IN-A)
1:03:54	WILLIAM TUTDROW	57	CASSOPOLIS	MI	(1 SEP 80,IN-A)
1:03:54	HOWARD J HENRY	58	KNOX	IN	(1 SEP 80,IN-A)
1:05:02	JOHN HELMER JR	56		CA	(29 JUN 80,DR-A)
1:05:06	PAUL SMITH	58	SEATTLE	WA	(29 MAR 80,WA-A)
1:05:11	NORMAN FERNEE	59	JACKSONVILLE	FL	(15 MAR 80,FL-A)
1:05:39	BART ROSS	57	WINTER PARK	FL	(9 FEB 80,FL-A)
1:05:42	GEORGE TAYLOR	59	OKLAHALLA	FL	(15 MAR 80,FL-A)
1:05:51	ROGER ELLSBURY	58	COCOA BCH	FL	(15 MAR 80,FL-A)
1:06:11	HUGH PASCOE	55		CA	(2 AUG 80,CO-A)
1:06:18	BOB LEHNERT	58		CA	(2 AUG 80,CO-A)
1:06:43	BILL KOWALISYN	59	HAMMOND	IN	(1 SEP 80,IN-A)
1:07:01	AL NORDEN	55		FL	(15 MAR 80,FL-A)
1:07:04	BUD WHITTAKER	58	JACKSNVLE BCH	FL	(9 FEB 80,FL-A)
1:07:09	RAYMOND REED	57	TUCSON	AZ	(9 MAR 80,AZ-A)
1:07:16A	THOMAS MCCARTHY	58	BINGHAMTON	NY	(15 JUL 80,NY-A)
1:07:17	ROSS WALTZER	58	TULSA	OK	(6 SEP 80,OK-A)
1:07:24A	EDWARD CARROLL	55	BERNARDSVILLE	NJ	(15 JUL 80,NY-A)
1:07:26	LIONEL ORTEGA	57	ALBUQUERQUE	NM	(9 MAR 80,AZ-A)
1:07:33	CHARLES LASLEY	58	LARGO	FL	(9 FEB 80,FL-A)
1:07:39	MORT KAIL	55		NY	(10 FEB 80,NY-A)
1:07:44	JAMES GODDALL	55	SOUTH BEND	IN	(1 SEP 80,IN-A)
1:07:45A	GERALD HAMMOND	55		CA	(11 JUL 80,MI-A)
1:07:49	JACK PENNINGTON	57		NJ	(15 MAR 80,FL-A)

MEN- 60 THRU 69

1:09:14	JOSEPH GALABURRI	69	NEW YORK	NY	(10 FEB 80,NY-A)
1:09:41	AARON FIALKOV	69		NY	(23 NOV 80,NY-A)
1:09:58	DICK BERGATH	65	SAN DIEGO	CA	(27 APR 80,CA-A)
1:13:11	JOHN HAMPTON	65	JACKSONVILLE	FL	(15 MAR 80,FL-A)
1:13:27	JERRY SATTERLEE	65	SEATTLE	WA	(29 MAR 80,WA-A)
1:15:30	PAUL ZUMWALT	67	PEORIA	IL	(9 FEB 80,FL-A)
1:17:45	WALT WESTERHOLM	66		NY	(23 NOV 80,NY-A)
1:17:54A	LAURENCE BIERNAT	66	UTICA	NY	(15 JUL 80,NY-A)
1:19:40A	JOHN DESCHAMBAULT	67	DEWITT	NY	(15 JUL 80,NY-A)
1:20:11	BILL PUMFORD	66	KALAMAZOO	MI	(15 JUN 80,IN-A)
1:20:33	DONALD FORDNEY	65	HUACHUCA CITY	AZ	(9 MAR 80,AZ-A)
1:20:57	EUGENE HESS	68	SELAH	WA	(29 MAR 80,WA-A)
1:21:37	HERBERT MILLER	68	YAKIMA	WA	(29 MAR 80,WA-A)
1:22:11	DICK LEIS	66	AUBURNDALE	FL	(9 FEB 80,FL-A)
1:22:22	PHILIP THOMAS	68	MT DORA	FL	(15 MAR 80,FL-A)
1:22:43	OLLIE HOOD	66	TROY	AL	(6 DEC 80,AL-A)
1:23:52	ADAM SCHELL	66		CA	(29 JUN 80,DR-A)
1:25:21	C H KONG	68	NEW YORK	NY	(5 OCT 80,NY-A)
1:25:34	BERT LOGAN DUNCAN	66	BLOOMINGTON	IN	(1 SEP 80,IN-A)
1:26:49	ALBERT SCALESE	66		CA	(29 JUN 80,DR-A)
1:27:07	JOHN SUSCINSKI	66	AKRON	OH	(7 SEP 80,OH-A)
1:29:05	JOHN MEYER	66	BEVERLY SHORES	IN	(15 JUN 80,IN-A)
1:31:43	CARL HOLZMAN	65	TUCSON	AZ	(9 MAR 80,AZ-A)
1:31:52	NORMAN ART	67	TUCSON	AZ	(9 MAR 80,AZ-A)
1:35:05	WILLIAM HUTCHINSON	65	JACKSONVILLE	FL	(15 MAR 80,FL-A)
1:36:36	GEORGE JACOBSON	68	RENTON	WA	(29 MAR 80,WA-A)
1:39:39	WILLIAM JONES	69	NEW YORK	NY	(5 OCT 80,NY-A)
1:44:03	JACOB JOST	67	CLEVELAND	OH	(7 SEP 80,OH-A)
1:48:36	HAL HIGGINS	65	JACKSONVILLE	FL	(15 MAR 80,FL-A)
1:49:16	MICKEY BLAKESLEY	68		CA	(6 DEC 80,CA-A)
1:49:38	KELLY BAGBY	66		CA	(29 JUN 80,DR-A)

MEN- 70 THRU 79

1:12:37	NORMAN BRIGHT	70	SEATTLE	WA	(29 MAR 80,WA-A)
1:13:33A	CHARLES HACKENHEIMER	74	CENTRAL SQ	NY	(15 JUL 80,NY-A)
1:18:01	GORDON SHERBECK	73	VANCOUVER	WA	(29 JUN 80,DR-A)
1:19:10	RAY SEARS	73	SHELBYVILLE	IN	(31 AUG 80,MD-A)
1:19:50	ED WIBERG	72	FLINT	MI	(15 JUN 80,IN-A)
1:20:19	JOE MARINUCCI	71	NEWBURGH	NY	(5 OCT 80,NY-A)
1:23:05	BEN HOSTOW	76	SKOKIE	IL	(17 AUG 80,IL-A)
1:30:07	JEROME STAGGENBORG	76	KEY LARGO	FL	(15 MAR 80,FL-A)
1:30:08	WILLARD BENTON	76	SAN DIEGO	CA	(27 APR 80,CA-A)
1:34:04	EVERETT AMOS	78	KNOX	IN	(15 JUN 80,IN-A)
1:34:45	CHESLEY UNRUH	73		CA	(6 DEC 80,CA-A)
1:35:52	JOHN HANNA	71		CA	(6 DEC 80,CA-A)
1:38:42A	LOU ROBERTS	76	UTICA	NY	(15 JUL 80,NY-A)
1:39:59	ED ROOT	72		FL	(15 MAR 80,FL-A)

MEN- 60 THRU 64

55:09	CLIVE DAVIES	64	PORTLAND	OR	(29 JUN 80,DR-A)
56:45	DON LONGNECKER	63	SILVER CITY	NM	(9 MAR 80,AZ-A)
58:43	GEORGE SHEEHAN	61	RED BANK	NJ	(10 FEB 80,NY-A)
1:00:09	JOE MCGINNESS	62	LOOKOUT MTN	TN	(5 APR 80,TN-A)
1:00:33	FRANK GREY	60	POULSBOD	WA	(10 MAY 80,WA-A)
1:01:25	STEVE RICHARDSON	60	RIVERSIDE	CT	(23 NOV 80,NY-A)
1:01:57	WAYNE ZOOK	63	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:02:46	DAN BIELE	60	FT LAUDERDALE	FL	(15 MAR 80,FL-A)
1:02:49	REG ROLLASON	63		FL	(15 MAR 80,FL-A)
1:03:01	RUFUS SCHATZBERG	62	BRONX	NY	(10 FEB 80,NY-A)
1:03:50	WENDELL PARSON	60	ANDERSON	IN	(18 OCT 80,IN-A)
1:04:04	LLOYD LUNDIN			CA	(5 APR 80,TN-A)
1:04:58	HAL ELRICK	62	BONITA	CA	(6 DEC 80,CA-A)
1:05:04	JOE BUZAN	60	ST PETERSBURG	FL	(9 FEB 80,FL-A)
1:05:45	PAUL LARGER			CA	(23 MAR 80,OH-A)
1:05:53A	JOHN RASTANI	61	UTICA	NY	(15 JUL 80,NY-A)
1:06:41A	ANDREW MALANCHUK	64	JOHNSON CITY	NY	(15 JUL 80,NY-A)
1:06:42	FLOYD SMITHBERG	61	S ELGIN	IL	(17 AUG 80,IL-A)
1:06:47	VICTOR HARKOFF	61	SEATTLE	WA	(29 MAR 80,WA-A)
1:07:31	DOUGLAS WATTS	62	MOGADDRE	OH	(7 SEP 80,OH-A)
1:07:41	LYNN BROWN	61	SEATTLE	WA	(29 MAR 80,WA-A)
1:07:54A	NATHANIEL WHITE	61	FAYETTEVILLE	NY	(15 JUL 80,NY-A)
1:08:18	JOE SHEPHERD			CA	(5 APR 80,TN-A)
1:08:38	ROBERT MCALLISTER	60		CA	(29 JUN 80,DR-A)
1:08:48	PETER STAREK	63	CHAPEL HILL	NC	(1 SEP 80,NC-A)
1:09:10	ROBERTO RENNY	62		NY	(10 FEB 80,NY-A)
1:09:25	CLIFTON WILSON	60	TUCSON	AZ	(9 MAR 80,AZ-A)
1:11:07	MILBURN HINDS			CA	(23 MAR 80,OH-A)
1:11:09	CHARLES FELDMAN	64	NEW YORK	NY	(5 OCT 80,NY-A)
1:11:30	GAZA KOCHY	60	YOUNGSTOWN	OH	(7 SEP 80,OH-A)
1:12:01A	JOHN BRALOSKI			CA	(20 APR 80,MD-A)
1:12:14	ROY COX			CA	(5 APR 80,TN-A)
1:12:41	SEF TORRES	63	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:12:43	ALVIN GUITAG	61	BETHESDA	MD	(5 APR 80,VA-A)
1:12:56	HERB SPITTLER	61		CA	(5 APR 80,TN-A)
1:12:57	GRANT ERWIN	61	SEATTLE	WA	(29 MAR 80,WA-A)
1:13:38	ELBERT SMITH	64	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:14:31	DOUGLAS HOTCH	62		FL	(15 MAR 80,FL-A)
1:14:36	HERSCHEL MCCORD	61	MISHAWAKA	IN	(1 SEP 80,IN-A)
1:14:45	HAROLD JUDENFRIEND	60		NY	(5 OCT 80,NY-A)
1:14:49	PAUL ENNIS			CA	(23 MAR 80,OH-A)
1:15:13	BOB HUTCHINS	64	CORONADO	CA	(6 DEC 80,CA-A)
1:15:21	FRANK PEELSTICKER	62	CLARENDON HLS	IL	(1 SEP 80,IN-A)
1:15:39A	WILLIAM SHRADER	64	ALBANY	NY	(15 JUL 80,NY-A)
1:16:15	EDWIN GREENBLATT	60	NEW YORK	NY	(5 OCT 80,NY-A)
1:16:20	JOHN LINDE	61		CA	(29 JUN 80,DR-A)
1:16:22	FRANK BRODANAN		ARLINGTON HGTS	IL	(17 AUG 80,IL-A)
1:16:24	JON ROBERE			CA	(5 APR 80,TN-A)
1:16:26	WILLIAM FAY	61		CA	(6 DEC 80,CA-A)
1:16:26	FRED BRUECKER	64	TORRANCE	CA	(6 DEC 80,CA-A)

WOMEN- 35 THRU 39

54:23	CINDY DALRYMPLE	38	SEATTLE	WA	(10 MAY 80,WA-A)
56:46	SUE PETERSEN	35	LAGUNA BCH	CA	(29 JUN 80,DR-A)
57:00	FORD MADIERA	35	SHERBORN	MA	(28 SEP 80,MA-A)
57:04	VICKI FOLTZ	36	MONROE	WA	(29 JUN 80,DR-A)
58:37	SUZANNE HUNTER	37	LINCOLN	MA	(28 SEP 80,MA-A)
59:49	GAYLE BARRON	35	ATLANTA	GA	(15 JUN 80,IN-A)
1:00:06	PATRICIA THOMAS	39	SEATTLE	WA	(9 MAR 80,AZ-A)
1:00:29	JOAN ULLYOT	39	SAN FRANCISCO	CA	(29 JUN 80,DR-A)
1:01:04	ANNA THORNHILL	39	NEW YORK	NY	(10 FEB 80,NY-A)
1:01:21	DIANE SIMS PAGE	36	HIGHLAND PK	IL	(17 AUG 80,IL-A)
1:01:36	LOLITIA BACHE	38	SAN DIEGO	CA	(27 APR 80,CA-A)
1:03:01	CHOD CORFIELD	38	NEW YORK	NY	(5 OCT 80,NY-A)
1:03:18	KATHY LOPER	38	OMAHA	NE	(11 OCT 80,NE-A)
1:03:29	LAURIE ROSSI	35	PARK RIDGE	IL	(17 AUG 80,IL-A)
1:03:47	HIDEKO PIRIE	35		CA	(5 APR 80,VA-A)
1:03:53	DONNA PFEFFER	35	ELKHART	IN	(1 SEP 80,IN-A)
1:04:03	LILA BRASHER	37	ATLANTA	GA	(15 MAR 80,FL-A)
1:04:09	MARY JO HOUSE	38	VALPARISO	IN	(15 JUN 80,IN-A)
1:04:19	CATHY FOGARTY	38		CA	(27 APR 80,CA-A)
1:04:20	BETTE POPPERS	37	LITTLETON	CO	(2 AUG 80,CO-A)
1:04:39	SUE MASHOHN	37		CA	(29 JUN 80,DR-A)
1:05:14	HEDY JACKSON	35		CA	(29 JUN 80,DR-A)
1:05:15	M E BYRN	35	NEW YORK	NY	(5 OCT 80,NY-A)
1:05:27	LYNNE STEELE	36		CA	(29 JUN 80,DR-A)
1:05:49	BECKY KLEIN	35	LA JOLLA	CA	(6 DEC 80,CA-A)
1:05:58	BARBARA PIKE	39	CONCORD	MA	(1 SEP 80,IN-A)
1:06:21	DREEN MANGAN	35		NY	(10 FEB 80,NY-A)
1:06:40	MARTHA JENSEN	39		CA	(29 JUN 80,DR-A)
1:06:41	ELFRIEDA WYNER	37		FL	(15 MAR 80,FL-A)
1:06:55	DONNA TANG	38	TUCSON	AZ	(9 MAR 80,AZ-A)
1:07:05	DEBBIE HORNING	37	BLOOMINGTON	IN	(1 SEP 80,IN-A)
1:07:10A	MARSHA CRIST	37	HOLLAND PTNT	NY	(15 JUL 80,NY-A)
1:07:13	LEAH ROBERTS	37		FL	(15 MAR 80,FL-A)
1:07:25	JENNIFER THOMPSON	35	TUCSON	AZ	(9 MAR 80,AZ-A)
1:07:41A	ROSE HOSP	38	BARMVELD	NY	(15 JUL 80,NY-A)
1:07:45	IRMA BASSETT	37	QUEENS	NY	(10 FEB 80,NY-A)
1:07:50	JANICE BOYER	35		CA	(29 JUN 80,DR-A)
1:08:00	JAYE HOROWITZ	39		CA	(27 APR 80,CA-A)
1:08:05	SHEILA SIMKIN		WHEELING	IL	(17 AUG 80,IL-A)
1:08:14	SUSAN SMALL	35	TUCSON	AZ	(9 MAR 80,AZ-A)
1:08:19A	LYNN LELAND	36	GLENS FALLS	NY	(15 JUL 80,NY-A)
1:09:12	DODDIE GAUDRY	38		CA	(15 MAR 80,FL-A)
1:09:26	KATHERINE JANZ	37		CA	(29 JUN 80,DR-A)
1:09:33A	CATHERINE HOWELL	37	HONESDALE	PA	(15 JUL 80,NY-A)
1:09:38	KATHY SCHUBERT	38	CHICAGO	IL	(15 JUN 80,IN-A)
1:09:42	HILDEGARD VETTER	39		NY	(5 OCT 80,NY-A)
1:09:44	LETHA FIGG	39		CA	(29 JUN 80,DR-A)
1:09:45	BRONWEN JOB	36	NEW YORK	NY	(10 FEB 80,NY-A)
1:10:02	NANCY GLASER	35	NEW YORK	NY	(5 OCT 80,NY-A)
1:10:04	VICTORIA MYERS	36		GA	(15 MAR 80,FL-A)

WOMEN- 40 THRU 44

58:21	KAREN SCANNELL	41	SAN FRANCISCO	CA	(29 JUN 80,DR-A)
59:05	SANDRA KIDDY	43	PALM SPRINGS	CA	(29 MAR 80,WA-A)
1:00:23	JUDY GROOMBRIDGE	40	SEATTLE	WA	(29 MAR 80,WA-A)
1:01:07	NANCY PARKER	44	ATLANTA	GA	(6 DEC 80,GA-A)
1:03:26	ANNE VANDERHOFF	42	BOTHELL	WA	(29 MAR 80,WA-A)
1:03:34	NOEL MURCHIE	44	HONOLULU	HI	(22 JUN 80,HI-A)
1:04:26	JUDY SPLITGERBER	40	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:04:29	ROSE VANLAERHOVEN	41		FL	(15 MAR 80,FL-A)
1:05:02	ELISABETH MCCOLL	41			(29 JUN 80,DR-A)
1:05:08	JILL MARTIN	41	NEW YORK	NY	(10 FEB 80,NY-A)
1:06:00	BETSY HARROWER	42		CO	(2 AUG 80,CO-A)
1:06:23	LILIAN WOODWARD	43	SAN RAFAEL	CA	(29 MAR 80,WA-A)
1:06:54	CHRISTINE CURTIS	42	SEATTLE	WA	(29 MAR 80,WA-A)
1:07:25	GUDRUN PHILIPS	44	NEW YORK	NY	(5 OCT 80,NY-A)
1:07:31	CARDL PERKINS	42		NY	(5 OCT 80,NY-A)
1:08:06	BARBARA BOOKER	44	ITHACA	NY	(30 MAR 80,NY-A)
1:08:12	NANCY O FALLON	41	NAPERVILLE	IL	(15 JUN 80,IN-A)
1:08:15	UNA MARIE PIERCE	42	BONITA	CA	(6 DEC 80,CA-A)
1:08:32	NANCY O HALLEY	42	HINSDALE	IL	(15 JUN 80,IN-A)
1:09:05	DIANE BRDMSTEAD	43	SAN JOSE	CA	(17 AUG 80,IL-A)
1:09:06	NANCY BUSSA	42	CARMEL	IN	(17 AUG 80,IL-A)
1:09:19	PRISCILLA SEABERG	40	TACOMA	WA	(29 MAR 80,WA-A)
1:09:24	JOY AUSTIN	43	JENKS	OK	(6 SEP 80,OK-A)
1:09:27A	BECKY MORRIS	42	NEW HARTFORD	NY	(15 JUL 80,NY-A)
1:09:32	LYNN FLANAGAN	40	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:09:36	STANS KOIZUMI	42		NY	(10 FEB 80,NY-A)
1:09:36	CARDLYN WOODBURY	43			(29 JUN 80,DR-A)
1:09:58	BARBARA MOELLER	42	MADEIRA BCH	FL	(9 FEB 80,FL-A)
1:10:00	CARDL SHAFER				(23 MAR 80,OH-A)
1:10:20	MARINO KRAABEL	43			(10 MAY 80,WA-A)
1:10:36	SAMARA BALFOUR	44	NEW YORK	NY	(10 FEB 80,NY-A)
1:10:38	ANITA GOEBEL	42	TACOMA	WA	(10 MAY 80,WA-A)
1:10:45	MAVIS LANNING				(10 MAY 80,WA-A)
1:10:48	MARGIT BROSNAN	40		NY	(10 FEB 80,NY-A)
1:10:49A	RAE BOSTROM	40	VESTAL	NY	(15 JUL 80,NY-A)
1:10:53A	PEGGY BLOUNT	41	PARISH	NY	(15 JUL 80,NY-A)
1:11:00A	LENNIE TUCKER	41	LIVERPOOL	NY	(15 JUL 80,NY-A)
1:11:09	GAIL HANNA	40	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:11:13	CHLDE FOOTE	40		NY	(10 FEB 80,NY-A)
1:11:19	SUE LINEBERRY	42			(18 OCT 80,IN-A)
1:11:31	JOYCE NOLEN	40	ELGIN	IL	(17 AUG 80,IL-A)
1:11:38	ANNE KENEFFICK				(10 MAY 80,WA-A)
1:11:44	MARGRET BETZ	43			(30 MAR 80,NY-A)
1:11:48	EDITH JONES	41	NEW YORK	NY	(5 OCT 80,NY-A)
1:11:59	AGNES CHRIETZBERG				(23 MAR 80,OH-A)
1:12:01	MAGGIE DABSON	40		FL	(15 MAR 80,FL-A)
1:12:33	GAIL BECHER				(23 MAR 80,OH-A)
1:12:44	LIZ DICKERSON				(5 APR 80,TN-A)
1:12:45	ODESSA BARNETT				(23 MAR 80,OH-A)
1:12:56	SUE SUBIN	41		FL	(15 MAR 80,FL-A)

WOMEN- 50 THRU 54

1:02:00	ANNE JOHNSON	52	DEL MAR	CA	(6 DEC 80,CA-A)
1:03:12	RUTH ANDERSON	50	DAKLAND	CA	(29 MAR 80,WA-A)
1:03:47	BETTE MIHALEK	51	MILWAUKEE	WI	(17 AUG 80,IL-A)
1:08:50	NOLA BRUHN	51	SEATTLE	WA	(10 MAY 80,WA-A)
1:09:48	KATHRYN BERNARDI		PARK RIDGE	IL	(17 AUG 80,IL-A)
1:10:51	RACHEL BOURN	50	FAIRFAX	VA	(5 APR 80,VA-A)
1:10:59	RUTH POGUE	54	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:11:14	EMILY WEBER		BROADVIEW	IL	(17 AUG 80,IL-A)
1:11:32	MERRY VANSANT	50	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:12:40	ALICE TURONSKI	52			(29 JUN 80,DR-A)
1:13:41	ANNE KENEFFICK	52	MERCER ISLAND	WA	(29 MAR 80,WA-A)
1:14:02	PEGGY NAAS	51	EL CAJON	CA	(6 DEC 80,CA-A)
1:14:27A	PEGGY STEIG	50			(21 JUL 80,HI-A)
1:16:31	VIVIAN KANE	50	BRISTOL	IN	(1 SEP 80,IN-A)
1:16:35	JOAN DODGE	50	LEAVENWORTH	KS	(9 FEB 80,FL-A)
1:16:53	VIRGINIA MCLAUGHLIN	50	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:17:14	GLORIA PLESENT	52		NY	(5 OCT 80,NY-A)
1:17:36	GRACE HENRY		CHICAGO	IL	(17 AUG 80,IL-A)
1:17:49	CARDLYN GOSSARD				(10 MAY 80,WA-A)
1:18:43	PHYLLIS ROEMER	50	CLEARWATER	FL	(9 FEB 80,FL-A)
1:18:49	IRENE HERBERTSON	54	JACKSONVILLE	FL	(15 MAR 80,FL-A)
1:19:13	WILMA WATERS				(10 MAY 80,WA-A)
1:19:19	PAT MARTIN	50	TUCSON	AZ	(9 MAR 80,AZ-A)
1:19:32	DOROTHY LAKER	52	TAMPA	FL	(15 MAR 80,FL-A)
1:21:07	BETTY ROBINSON	51		CO	(2 AUG 80,CO-A)
1:21:14	BARBARA CASH	51	TAMPA	FL	(9 FEB 80,FL-A)
1:21:44	DOROTHY KUTCHERA				(29 MAR 80,OH-A)
1:22:27	TAMI MITSUI	50	RENTON	WA	(29 MAR 80,WA-A)
1:23:06	DORIS LEHNERT	52			(2 AUG 80,CO-A)
1:23:11	LAVERNE BLASCHKE	51	MISHAWAKA	IN	(1 SEP 80,IN-A)
1:23:55	JOYCE KUSCHKE	51		NJ	(5 OCT 80,NY-A)
1:24:12	EMMA BOWMAN	52	PHOENIX	AZ	(9 MAR 80,AZ-A)
1:24:24	BEVERLY GOODMAN	52	SELAH	WA	(29 MAR 80,WA-A)
1:25:13	MARION HONSBERGER				(10 MAY 80,WA-A)
1:25:15	GLORIA GLISSMANN	50	OMAHA	NE	(11 OCT 80,NE-A)
1:25:22	JOANNE CARPENTER				(10 MAY 80,WA-A)
1:25:48	BARBARA HUSTON	53	GREENFIELD	IN	(18 OCT 80,IN-A)
1:26:05	JULIE STERLING	50			(29 JUN 80,DR-A)
1:26:19	JOY PETERSON	52	LOUISVILLE	KY	(23 MAR 80,OH-A)
1:26:23	AUDREY JACOBSON	51		NY	(10 FEB 80,NY-A)
1:26:53	JOANNE FLEISCHMANN	53	RALEIGH	NC	(1 SEP 80,NC-A)
1:27:12	JENNY MUREN	53	TUCSON	AZ	(9 MAR 80,AZ-A)
1:28:24	BEVERLY JONES	50	ENDICOTT	NY	(30 MAR 80,NY-A)
1:29:17	BETTY MUSCOVE				(23 MAR 80,OH-A)
1:29:18	PHYLLIS GOODSON	52	JACKSONVILLE	FL	(15 MAR 80,FL-A)
1:29:25	JEAN WOOD	54	SELAH	WA	(29 MAR 80,WA-A)
1:29:27A	RHODA SEGAL	50	UTICA	NY	(15 JUL 80,NY-A)
1:29:39	FAYE MORRIS	51	TULSA	OK	(6 SEP 80,OK-A)
1:30:27	DOROTHY GOATER				(23 MAR 80,OH-A)
1:31:26A	KATIE STROUD				(20 APR 80,MO-A)

WOMEN- 45 THRU 49

58:18	DOROTHY STOCK	48	LA MESA	CA	(6 DEC 80,CA-A)
1:02:26	LINDA SIPPRELLE	46	BETHELEHEM	PA	(23 NOV 80,NY-A)
1:06:11	MARTHA MARICLE	46	SAN FRANCISCO	CA	(29 MAR 80,WA-A)
1:07:02	ELSA EVANS	45	DEL MAR	CA	(27 APR 80,CA-A)
1:07:24	RUTH WATERS	46	SAN CARLOS	CA	(29 MAR 80,WA-A)
1:10:24	SOCORRO REED	46	COLUMBUS	GA	(9 FEB 80,FL-A)
1:10:57	NANCY TIGHE	49	NEW YORK	NY	(5 OCT 80,NY-A)
1:10:59	GLORIA NYCUM	45	FT WAYNE	IN	(1 SEP 80,IN-A)
1:11:59	FRANCES WIDMANN	45	CHAPEL HILL	NC	(1 SEP 80,NC-A)
1:12:16	JENNIE MORRIS	46	NAPLES	FL	(9 FEB 80,FL-A)
1:13:06A	BEVERLY GOODWIN	48	CANTON	NY	(15 JUL 80,NY-A)
1:13:16	KAY FOX	47		CA	(27 APR 80,CA-A)
1:13:30A	ANNY STOCKMAN	48	RENSELAER	NY	(15 JUL 80,NY-A)
1:13:41A	NATALIE TICKNER	47	NORWALK	CT	(15 JUL 80,NY-A)
1:13:49	ANDREA ANDERSON	45	SAN DIEGO	CA	(6 DEC 80,CA-A)
1:13:52	MOLLY BARG	47			(27 APR 80,CA-A)
1:15:06	JOYCE FLETCHER	45	NEW YORK	NY	(10 FEB 80,NY-A)
1:16:08A	SHIRLEY HOLLEN	48	BERNARDSVILLE	NJ	(15 JUL 80,NY-A)
1:16:11	FERN NEFF	45	GOSHEN	IN	(1 SEP 80,IN-A)
1:16:24	OVENE WEBER	45		FL	(15 MAR 80,FL-A)
1:16:36	SUSAN MEANS	47			(29 JUN 80,DR-A)
1:16:39	PATRICIA LUNNEBORG	46	SEATTLE	WA	(29 MAR 80,WA-A)
1:17:21	BETTY OLSON	48	LINCOLN	NE	(11 OCT 80,NE-A)
1:17:42	DORIS MAYNARD	46			(29 JUN 80,DR-A)
1:18:07	MARGIT RITCHIE	48	NEW YORK	NY	(10 FEB 80,NY-A)
1:18:13	SUSAN DAVIS	45	ATLANTA	GA	(6 DEC 80,GA-A)
1:19:10	ELINA ARBESU	45			(27 APR 80,CA-A)
1:19:11	ANDREE LEWIS	45	TUCSON	AZ	(9 MAR 80,AZ-A)
1:19:11	ANN BROWN	49	LINCOLN	NE	(11 OCT 80,NE-A)
1:19:13	DOLORES SCHAEFFER	45	NEW YORK	NY	(9 OCT 80,NY-A)
1:19:15	NANCY WENNINGER	46	KENT	OH	(7 SEP 80,OH-A)
1:19:39	JOYCE ELMES	47	OLYMPIA FLDS	IL	(1 SEP 80,IN-A)
1:20:10	LORRAINE JOHNSON	49	LONG BEACH	CA	(9 MAR 80,AZ-A)
1:20:33	PATSY ABE	45			(29 JUN 80,DR-A)
1:20:53	KITTY MULDOON-STEEL	47		NY	(5 OCT 80,NY-A)
1:21:27	MARY PALADINO	48			(29 JUN 80,DR-A)
1:21:36	LISPETH GEIS	48	GAINESVILLE	FL	(15 MAR 80,FL-A)
1:21:36	ELEANOR PRICE	49			(29 JUN 80,DR-A)
1:22:18	ANNE SOFFE	48	MERCER ISLAND	WA	(29 MAR 80,WA-A)
1:22:23	CARDLYN ENGELKEN	46			(2 AUG 80,CO-A)
1:23:15	CARDLYN HOFFMAN	47		FL	(15 MAR 80,FL-A)
1:23:59	EDITH ABICHT	49			(29 JUN 80,DR-A)
1:24:27A	ROSEMARIE BOWMAN	49	N SYRACUSE	NY	(15 JUL 80,NY-A)
1:24:32	SHIRLEY SEAGREN	48			(6 DEC 80,CA-A)
1:24:49A	MARCIA RIZIKA	45	NEW HARTFORD	NY	(15 JUL 80,NY-A)
1:25:20	DOROTHY MORGAN	48			(29 JUN 80,DR-A)
1:25:57	BETTY BENSON	45	JACKSONVILLE	FL	(15 MAR 80,FL-A)
1:26:00	ESTER SMITH	46	ERIE	IL	(6 DEC 80,CA-A)
1:26:17	DOLORES BARRIOS	49			(6 DEC 80,CA-A)
1:26:19	SHIRLEY JOHNSON	49		NY	(10 FEB 80,NY-A)

WOMEN- 55 THRU 59

1:06:13	MARY STOREY	55	RIVERSIDE	CA	(29 MAR 80,WA-A)
1:11:39	LOIS AMSTUTZ	55	SEATTLE	WA	(10 MAY 80,WA-A)
1:19:45	MARY OTLEY	58	BURNS	OR	(29 JUN 80,DR-A)
1:20:24	GERRY DAVIDSON	59	FALLBROOK	CA	(6 DEC 80,CA-A)
1:22:04	MARILYN HOLSINGER	57	CORVALLIS	OR	(29 JUN 80,DR-A)
1:26:41	VIRGINIA REINHARDT	57		GA	(15 MAR 80,FL-A)
1:27:28	SHIRLEY MUELLER	57	LA GRANGE	IL	(17 AUG 80,IL-A)
1:29:46	KAY LUNDBERG	55			(29 JUN 80,DR-A)
1:30:07	MAUREN SCHMAHL	58			(29 JUN 80,DR-A)
1:30:08	HAZEL KLINE	58		CA	(6 DEC 80,CA-A)
1:31:13	ALBERTA WATSON	55	THREE RIVERS	MI	(1 SEP 80,IN-A)
1:33:45	NANCY HALLER	56	TUCSON	AZ	(9 MAR 80,AZ-A)
1:34:04	PEGGY DOLL	55	TAMPA	FL	(9 FEB 80,FL-A)
1:36:12	VIVIAN GOBLE	56			(29 JUN 80,DR-A)
1:42:15	AGNES SMITH	55		FL	(15 MAR 80,FL-A)

WOMEN- 60 THRU 69

1:15:51	ALTHEA WETHERBEE	61	HUNTINGTON STN	NY	(15 MAR 80,FL-A)
1:17:46	PATRICIA DIXON	61	BEND	OR	(29 JUN 80,DR-A)
1:18:31	JOSEPHINE HESS	61	SELAH	WA	(29 MAR 80,WA-A)
1:30:39	ELEANOR WAITE	61	OCEANSIDE	NY	(5 OCT 80,NY-A)
1:31:01	ANN KOEHLER				(23 MAR 80,OH-A)
1:31:33	ERNESTINE YEMANS	61	CINCINNATI	OH	(23 MAR 80,OH-A)
1:37:41	EVELYN HAVENS	64	NEW YORK	NY	(5 OCT 80,NY-A)
1:42:41	ALICIA MARTINE	68			(27 APR 80,CA-A)



Triangular Meet - June 13, 1981 - Ursinus College, Collegeville, Pennsylvania

Participating Teams: POTOMAC VALLEY SENIORS, PHILADELPHIA MASTERS, NEW YORK MASTER

Team Results: Ages 30 - 39 Male : Winner, Potomac Valley
 40 - 49 Male : Winner, Potomac Valley
 50 - 59 Male : Winner, Potomac Valley
 60 - 69 Male : Winner, Phila. Masters
 Women : Winner, Potomac Valley

100 meters

30-39: 1. G. Fitzgerald, PVS 11.5
 2. E. Martin, PVS 11.7
 3. J. Lafferty, Phila 11.9
 4. K. Smith, Phila 12.0
 5. R. Ficker, PVS

40-49: 1. W. Crutchfield, PVS 11.40
 2. D. Abayomi, Phila 11.44
 3. E. McCombs, Phila 11.77
 4. D. Pratt, Phila 12.26
 5. R. Enders, PVS 12.30

50-59: 1. B. Liddell, Phila 13.7
 2. F. Portner, PVS 13.34
 3. E. Summers, Phila 13.4
 4. O. Harris, Phila 13.4
 5. B. Tober, PVS 13.51

60-69: 1. G. Braceland, Phila 14.9
 2. D. Hall, Phila 15.7
 3. C. Hills, Phila 15.17

(women)

30-39: 1. R. Avery, PVS 16.7
 2. M. Hayden, PVS 18.0

40-49: 1. M. Barrie, Phila 16.5
 2. A. Ficker, PVS 18.1

50-59: 1. J. Tober, PVS 18.4

200 meters

30-39: 1. E. Martin, PVS 23.39
 2. K. Smith, Phila 23.81
 3. R. Ficker, PVS 24.23
 4. G. Fitzgerald, PVS 24.24
 5. J. Lafferty, Phila 24.60

40-49: 1. D. Abayomi, Phila 23.34
 2. D. Pratt, Phila 23.96
 3. W. Crutchfield, PVS 24.03
 4. E. McCombs, Phila 24.32
 5. L. Colbert, PVS 24.34

50-59: 1. J. Holman, PVS 26.60
 2. F. Portner, PVS 27.22
 3. B. Liddell, Phila 27.63
 4. E. Summers, Phila 27.92
 5. O. Harris, Phila 27.99

60-69: 1. G. Braceland, Phila 33.06
 2. C. Hills, Phila 34.17

(women)

30-39: 1. R. Avery, PVS 40.77

40-49: 1. M. Barrie, Phila 36.02

50-59: 1. J. Tober, PVS 42.01
 2. E. Hardwick, PVS 45.16

400 meters

30-39: 1. R. Ficker, PVS 52.4
 2. K. Smith, Phila 53.5
 3. E. Martin, PVS 54.3
 4. C. Grossman, Phila 56.4

40-49: 1. L. Colbert, PVS 52.9
 2. D. Pratt, Phila 54.2
 3. J. Demma, PVS 54.6

50-59: 1. F. Portner, PVS 59.9
 2. E. Summers, Phila 61.0
 3. D. Harris, Phila 68.6
 4. A. Bradley, NY 71.0
 5. D. Ross, Phila 74.5

(women)

30-39: R. Avery, PVS 1:43.4

40-49 J. Szafran, PVS 1:29.7

800 meters

30-39: 1. C. Vehorn, PVS 2:01.7
 2. D. Shilling, PVS 2:02.4
 3. J. Schaeffer, PVS 2:13.3
 4. G. Sanders, Phila 2:14.0
 5. K. Vener, PVS 2:34.8

40-49: 1. J. Demma, PVS 2:03.2
 2. R. Elliott, PVS 2:19.0
 3. L. Harvey, Phila 2:22.0

50-59: 1. S. Corrallo, PVS 2:42.6

(women)

40-49 J. Szafran, PVS 3:27.8

1500 meters

30-39: 1. D. Shilling, PVS 4:28.4
 2. C. Vehorn, PVS 4:28.4
 3. G. Sanders, Phila 4:39.1
 4. J. Schaeffer, PVS 4:42.2
 5. G. Sickles, PVS 4:44.6

40-49: 1. B. Clerk, NY 4:39.2
 2. R. Elliott, PVS 4:39.4
 3. C. Desjardins, PVS 4:48.7
 4. R. Fine, NY 4:59.6
 5. P. Robertson, PVS 6:19.5

50-59: 1. G. Verosky, PVS 4:35.5
 2. S. Corrallo, PVS 5:07.2
 3. N. Hewson, PVS 5:07.9
 4. D. Ross, Phila 5:44.5
 5. H. Sanderson, Phila 5:53.7

(women)

40-49 J. Szafran, PVS 6:43.9

50-59 E. Hardwicke, PVS 8:17.3

1600 meter walk

30-39: 1. Avery, PVS 11:25.0

40-49: 1. R. Fine, NY no time
 2. P. Robertson PVS 8:52.2
 3. H. Holm, Phila 10:24.2

50-59: 1. S. Corrallo, PVS 7:47.7
 2. J. Holman, PVS no time
 3. C. Croneberg, PVS 8:49.0
 4. D. Ross, Phila 9:31.0
 5. H. Sanderson, Ph 10:08.2

60-69: 1. G. Braceland, Ph 9:25.2
 2. J. Choi, NY 9:57.2

400 meter hurdles

30-39: 1. K. Sherlock, PVS 58.7
 2. K. Smith, Phila 61.6

40-49: 1. R. Enders, PVS 60.7
 2. J. Culbreath, Phi 61.5
 3. J. Littlejohn, Ph 70.9
 4. J. Barrie, Phila 75.3

50-59: 1. J. Martin, PVS 78.1
 2. D. Harris, Phila 80.8

60-69: 1. G. Braceland, Ph 84.5

Long Jump - men (no women competed)

30-39: 1. K. Sherlock, PVS 20-3/4"
 2. K. Vener, PVS 20-2/4"
 3. R. Beale, Phila 19-4 3/4"
 4. R. Ficker, PVS 17-1/4"
 5. C. Austin, PVS 16-5"

40-49: 1. R. Enders, PVS 18-7/8"
 2. W. Clark, Phila 18-0"
 3. J. Snell, Phila 16-6 1/2"
 4. E. McCombs, Phila 15-8 1/2"

50-59: 1. O. Harris, Phila 15-5 1/2"
 2. H. Colen, NY 14-9"
 3. E. Summers, Phila 14-2"
 4. D. Hemphill, PVS 13-10 3/4"
 5. J. Martin, PVS 13-1"

60-69: 1. C. Hills, Phila 11-7"
 2. G. Braceland, Phi 11-1 3/4"
 3. P. Eberhardinger, Phila 10-7"

Triple Jump

30-39: 1. K. Vener, PVS 38-3"
 2. K. Sherlock, PVS 37-9 1/2"
 3. R. Ficker, PVS 35-8"

40-49: 1. R. Enders, PVS 34-8"

50-59: 1. H. Colen, NY 29'1"
 2. D. Hemphill, PVS 28-6 3/4"

60-69: 1. G. Braceland, Ph 25-10 3/4"
 2. C. Hills, Phila 25-2 1/8"

High Jump (no women competed)

30-39: 1. K. Vener, PVS 5-0"

3000 meters

30-39: G. Sickles, PVS 10:21.9
 G. Sanders, Phila 12:31.8

40-49: B. Clerk, NY 9:52.5
 C. Desjardins, PVS 10:29.9
 R. Elliott, PVS 11:37.7
 P. Robertson, PVS 14:17.9

50-59: G. Vernosky, PVS 9:45.0
 N. Hewson, PVS 11:17.3
 H. Sanderson, Phil 12:31.9

MASTERS ALL-COMERS T&F MEET. GRESHAM, OREGON JUNE 14, 1981

100 M30 Dan Wigart 11.26
 M40 Jim Puckett 11.73
 M45 Art Afremow 12.45
 M50 Jack Coy 12.60
 M55 Al Johnson 13.58

200 M30 Dan Wigart 23.20
 M35 Paul Dungan 22.58
 M45 Joe Hoffman 25.15
 M50 Jack Coy 26.06
 M60 Joe Mallon 33.45

400 M35 Don Martin 56.92
 M40 Jim Puckett 54.86
 M45 Joe Hoffman 56.10
 M60 Joe Mallon 72.29

1500 W45 Susan Means 6:21.67
 M40 Rob Roy 5:46.23
 M60 Jack Hazen 7:14.99

3000 M40 Val Schultz 9:58.12
 M45 Ray Hatton 9:02.95AR

DISCUS W25 Mary Martin 68-2
 W30 Charlene Fort 53-8
 M30 Jim Trujillo 115-2
 M40 Sam Fort 103-8
 M60 Jack Hazen 112-10

SHOT PUT W26 Mary Martin 28-11
 W30 Charlene Fort 20-7
 M40 George Fort 32-0
 M45 Bob Eisenhower 23-7
 M60 Jack Hazen 35-2

JAVELIN W30 Charlene Fort 61-1
 M40 George Fort 135-0
 M45 Bob Eisenhower 78-6

HIGH JUMP W25 Mary Martin 3-6
 W30 Charlene Fort 3-6
 M40 George Fort 5-0
 M45 Kirk Nieland 4-10

LONG JUMP M45 Bob Eisenhower 13-4

PHILADELPHIA MASTERS/DEPT. OF RECREATION RELAY CARNIVAL, FRANKLIN FIELD, PHILADELPHIA, JUNE 20.

400 RELAY M35 NY Pioneers 44.3
 Phila Masters 44.8

M40 Phila Masters A 45.5
 (McCombs, Abayami, D Pratt, Sanford)
 NY Pioneer 46.8
 Phila Masters B 48.8

M50 Phila Masters A 50.6
 Phila Masters B 53.1

800 RELAY M40 Phila Masters A 1:37.6
 (McCombs, Abayami, D Pratt, Sanford)
 NY Pioneers 1:38.6
 Phila Masters B 1:42.8

1600 RELAY M40 NY Pioneers 3:34.8
 Phila Masters 3:41.2

SPRINT MEDLEY RELAY M40 NY Pioneers 3:50.8
 Phila Masters A 4:14.6
 Phila Masters B 4:42.9

110 meter hurdles

30-39: 1. K. Sherlock, PVS 14.94
 2. G. Fitzgerald, PVS 16.97

40-49: 1. W. Clark, Phila 16.99
 2. R. Enders, PVS 19.01
 3. J. Barrie, Phila 19.2

50-59: 1. J. Martin, PVS 18.36
 2. H. Colen, NY 19.0
 3. B. Tober, PVS 19.1

60-69: 1. G. Braceland, Phil 19.07
 2. CLAUDE HILLS, PHILA 20.3

DISTANCE MEDLEY RELAY (800-400-1200-1600)

M30 Phila Masters 10:26.8
 (Jim Waters 1:57.9
 Ken Smith 53.0
 Rich Myers 3:15.4
 Gary Fanelli 4:20.5)

M40 NY Pioneers 11:13.7 AR

M50 Phila Masters 13:45.4

PENN MUTUAL/TAC MASTERS

WESTERN REGIONAL CHAMPIONSHIPS Los Gatos, California Saturday, June 20, 1981

HAMMER

Age Group 30-34 1. G. Kelmenson, 31 69'3"

Age Group 40-44 1. J. Hart, 44 115'10"
 2. E. Pearson, 43 72' 1"

Age Group 45-49 1. S. Thompson, 48 152'11"
 2. D. Douglass, 49 108'10"

Age Group 50-54 1. J. Wojcik, 51 79' 5"

Age Group 55-59 1. P. Evans, 55 92' 8"
 2. B. Wolf, 58 52' 1"

Age Group 60-64 1. R. Stone, 61 113'

Age Group 65-69 1. J. York, 67 85' 7"

Age Group 70-74 1. D. Pierotti, 70 103' 7"
 2. R. Hubbell, 70 102' 1"
 3. L. Peresenyi, 73 90'

SHOT PUT (WOMEN) Age Group 40-44 1. U. Schreiber, 42 25'11"

Age Group 45-49 1. J. Tyksinski, 49 20' 4"

Age Group 50-54 1. S. Kinsey, 52 30' 4" AR

SHOT PUT (MEN) Age Group 30-34 1. B. Henderson, 34 38' 1 1/2"

Age Group 35-39 2. G. Kelmenson, 31 36' 5"

Age Group 40-44 1. F. Johnston, 35 38' 5"

Age Group 45-49 1. J. Hart, 44 43' 1/2"
 2. J. Kidd, 44 36' 2"

Age Group 50-54 1. S. Thomson, 48 41'11"
 2. H. Smith, 45 41' 6"
 3. S. Letcher, 49 26' 1 1/2"
 4. D. Douglass, 49 30'11 1/2"
 5. M. Black, 45 33' 9 1/2"

Age Group 55-59 1. J. Waste, 52 25'10 1/2"

Age Group 60-64 1. J. Thatcher, 65 44' 6 1/2"
 2. J. York, 67 41' 2 1/2"
 3. R. Carter, 67 39' 5"

Age Group 65-69 1. D. Pierotti, 70 33' 9 1/2"
 2. L. Peresenyi, 73 33' 1 1/2"
 3. R. Hubbell, 70 29' 3 1/2"



1. G. Flowers, 34 19' 7 1/2"
 2. S. Franklin, 34 16' 3 1/2"
 3. H. McGuire, 33 13' 11"

Age Group 35-39 1. L. Bond, 37 22' 3/4"
 2. D. Romain, 39 20' 1 1/2"
 3. M. Uovich, 39 19' 1 1/2"
 4. J. Adams, 39 15' 3"

Age Group 40-44 1. D. Dewitt, 42 18' 3"
 2. W. Mitchell, 41 16' 8 1/2"
 3. E. Pearson, 43 16' 4"
 4. J. Sanchez, 41 16' 2 1/2"

Age Group 45-49 1. M. Andrews, 47 18' 6 1/2"
 2. J. Randolph, 48 16' 6"

Age Group 50-54 1. A. Brenda, 53 17' 2 1/2"
 2. F. Gallardo, 50 17' 2"
 3. E. Mahany, 50 16' 5 1/2"

Age Group 55-59 1. J. Johnson, 58 17' 8"
 2. R. Spencer, 58 17' 2"
 3. C. Tracy, 55 14' 5 1/2"

Age Group 60-64 1. J. Vernon, 64 16' 5 1/2"
 2. B. Gist, 61 16' 3 1/2"
 3. M. Henderson, 60 13' 6 1/2"

Age Group 65-69 1. J. Sutt, 67 1-6"
 2. H. Miller, 65 12' 9"

Age Group 70-74 1. T. Hatlen, 70 11' 4 1/2"

POLE VAULT Age Group 30-34 1. W. Wilks, 33 14' 4 1/2"

Age Group 35-39 1. S. Schwartz, 32 14' 6"
 2. O. Gillett, 61 10'

Age Group 40-44 1. B. Rotland, 37 12' 6"

Age Group 45-49 1. J. De Witt, 41 11' 6"
 2. T. Jones, 42 8' 6"

Age Group 50-54 1. A. Brenda, 53 11'
 2. F. Gallardo, 50 10' 6"

Age Group 55-59 1. J. Johnson, 58 8' 6"
 2. O. Gillett, 61 10'

5000 METER WALK (WOMEN) Age Group 35-39 1. E. Sibley, 36 27:30.5

Age Group 45-49 1. N. Proctor, 47 33:32.3
 2. C. Smith, 47 36:45.4

Age Group 50-54 1. M. Salisbury 39:18.8

5000 METER WALK (MEN) Age Group 30-34 1. M. Adriano, 33 25:37.2

Age Group 35-39 2. E. Chow, 31 27:59.4
 3. B. Richardson, 30 30:15.6

Age Group 40-44 1. D. Gustafson, 37 25:20.3
 2. R. Duran, 39 29:06.3

Age Group 45-49 1. C. Marut, 43 26:22.9

Age Group 50-54 1. B. Ranney, 45 24:31.1

Age Group 55-59 1. J. MacLachlan, 30 33:46.6
 2. J. Priesen, 34 32:20.1

Age Group 60-64 1. H. Siitonen, 55 31:08.0
 2. D. Teppola, 59 33:33.8
 3. B. Edwards, 59 34:52.2

Age Group 65-69 1. O. Sommerauer, 63 31:14.2
 2. F. Saylor, 67 34:04.8
 Age Group 70-74 1. G. Wallace, 71 31:35.7
 2. C. Unruh, 74 33:55.1
 Age Group 75-79 1. R. Booth, 75 38:41.2
 Age Group 80- 1. P. Spangler 36:47.3

Table with columns for event name, age group, and winner details. Includes STEEPLECHASE, 10,000 METER RUN (WOMEN), 100 METER HURDLES (MEN), 100 METER HURDLES (WOMEN), 110 ELITE HURDLES, 400 METER RELAY (WOMEN), 400 METER RELAY (MEN), 800 METERS (WOMEN), 800 METERS (MEN), and 80 METER HURDLES (WOMEN).

Table with columns for event name, age group, and winner details. Includes 80 METER HURDLES (MEN), 100 METER HURDLES (MEN), 100 METERS (WOMEN), 100 METERS (MEN), 110 METER HURDLES, 400 METER HURDLES (WOMEN), 400 METER HURDLES (MEN), 400 METERS (WOMEN), 400 METERS (MEN), 5,000 METERS (WOMEN), 5,000 METERS (MEN), and PENTATHLON.

Table with columns for event name, age group, and winner details. Includes 100 METERS (cont), 100 METERS (MEN), 100 METERS (WOMEN), 400 METER INTERMEDIATE HURDLES, 200 METERS (WOMEN), 200 METERS (MEN), and 5,000 METERS (WOMEN).

Table with columns for event name, age group, and winner details. Includes DISCUS (WOMEN), DISCUS (MEN), DISCUS (WOMEN), DISCUS (MEN), and JAVELIN (WOMEN).

Table with columns for event name, age group, and winner details. Includes DISCUS (WOMEN), DISCUS (MEN), DISCUS (WOMEN), DISCUS (MEN), and JAVELIN (WOMEN).

JAVELIN (M.N)
 Age Group 30-34
 1. W. Wilke, 33 189'10"
 2. G. Power, 30 155'1"
 3. B. Henderson, 34 136'10"
 Age Group 35-39
 1. F. Johnston, 35 160'
 2. S. West, 37 157'9"
 3. J. Adams, 39 96'1"
 Age Group 40-44
 1. G. Barton, 40 166'8"
 2. G. Miller, 44 155'5"
 age Group 45-49
 1. P. Conley, 46 190'6"
 2. S. Letcher, 49 182'8"
 3. D. Rose, 46 150'1"
 4. H. Spith, 45 141'10"
 5. B. Griff, 45 120'9"
 Age Group 50-54
 1. R. Sutton, 50 169'6"
 2. J. Wojcik, 51 116'2"
 Age Group 55-59
 1. W. Chynoweth, 57 149'6"
 2. B. Roemer, 56 121'9"
 3. C. Tracy, 55 79'7"
 Age Group 60-64
 1. R. Stone, 61 129'8"
 Age Group 65-69
 1. J. Thatcher, 65 100'7"
 Age Group 70-74
 1. K. Carnine, 73 100'7"
 2. R. Hubbell, 72 79'8"
 3. L. Williams, 72 73'6"
 4. J. Pierotti, 70 66'11"
 Age Group 75-79
 1. R. Boothe, 75 59'5"

1500 METERS (WOMEN)
 Age Group 40-44
 1. J. Ulyot, 40 5:16.0
 2. A. Parish, 44 6:42.7
 Age Group 45-49
 1. V. Bigelow, 45 5:10.0
 Age Group 70-74
 1. M. Salisbury, 73 12:13.5

1500 METERS (MEN)
 Age Group 30-34
 1. C. Downing, 32 4:06.9
 2. R. Corona, 31 4:10.5
 3. D. Moon, 33 4:28.5
 Age Group 35-39
 1. S. Waggener, 36 4:16.0
 2. P. Day, 36 4:17.0
 3. R. Bergstrom, 37 4:22.0
 Age Group 40-44
 1. R. Schupbach, 40 4:07.5
 2. G. Cohen, 41 4:19.8
 3. J. Pitman, 42 4:21.9
 4. W. Schafer, 42 4:22.2
 5. J. McPadden, 40 4:23.5
 6. W. Wade, 40 4:32.0
 7. B. Mayer, 43 4:33.3
 8. H. Hart, 40 6:07.3
 Age Group 45-49
 1. G. Wood, 47 4:21.6
 2. P. Richardson, 46/4:38.1
 3. S. Geraghty, 49 6:26.0
 Age Group 50-54
 1. D. Steevenson, 52/4:40.6
 2. P. Devine, 52 4:59.4
 3. G. Wetzork, 50 5:02.3
 4. H. Hill, 53 5:13.4
 5. D. Jackson, 54 5:13.4
 Age Group 55-59
 1. J. Noble, 55 5:05.4
 Age Group 60-64
 1. G. Poloynis, 63 5:50.2
 Age Group 65-69
 1. E. Stotsenberg, 67/5:24.5
 2. R. Mahannah, 65 5:33.5
 Age Group 70-74
 1. S. Hadden, 73 6:16.3
 Age Group 80-84
 1. P. Spangler, 82 7:58.4

MILE RELAY
 Submasters 30-39
 1. S. Cal Striders 3:22.7
 2. West Valley TC 3:34.3
 Masters 40-49
 1. Nor-Cal Seniors A 3:51.0
 2. Nor-Cal Seniors B 4:00.1

20 KM WALK (WOMEN)
 Group 35-39
 E. Sibley, 36 2:22:17.9
 Group 45-49
 H. Proctor, 47 2:50:00.

KILOMETER WALK (MEN)
 Group 30-34
 M. Adriano, 33 1:56:39.6
 W. Penner, 34 2:02:33.9
 E. Chow, 31 2:04:17.5
 B. Richardson, 30/2:05:51.0
 Group 35-39
 W. Jaquith, 38 1:52:32.7
 D. G. Coffman, 37 1:52:51.9
 Group 40-44
 C. Marut, 43 1:59:14.6
 G. West, 40 2:05:42.0
 Group 55-59
 H. Siitonen, 55 2:22:18.2
 D. Teppola, 59 2:35:24.4
 Group 70-74
 G. Wallace, 71 2:31:44.8
 C. Warrin did not finish

METROPOLITAN ATHLETIC CONGRESS, OUTDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS
 JUNE 21, 1981, COLLEGE OF STATEN ISLAND, N.Y.

100 yards
 M-30
 DENNIS BROWN 31 PC 13.39
 M-45
 LLOYD RIDDICK 46 NY 10.51
 HAIG BOHIGIAN 45 NY 10.89
 TOM TALBOTT 48 NY 13.29

M-50
 TOM BROOKS 51 PC 11.93
 AL COHEN 52 NY 13.06
 M-55
 MAURICE LENTZER 55 NY 12.98
 M-65
 LEO ROTHBART 66 NY 13.91
 M-70
 JOE MCCLUSKY 70 AC 17.44

220 yards
 M-30
 DENNIS BROWN 30 PC 23.94
 DAVID SCHMELTZ 30 PC 25.74
 M-40
 MEL BARNWELL 42 PC 24.67
 FRANK MCCARTNEY 44 NY 27.33
 M-45
 LLOYD RIDDICK 46 NY 23.87
 HAIG BOHIGIAN 45 NY 25.48
 CLIFF PAULING 46 NY 28.84
 TOM TALBOTT 48 NY 31.38
 M-50
 TOM BROOKS 51 PC 29.26
 M-65
 LEO ROTHBART 66 NY 32.84
 M-70
 JOE MCCLUSKY 70 AC 43.36

440 yards
 M-30
 JOSEPH DAVICYAN 32 WR 53.8
 M-45
 CLIFF PAULING 46 NY 55.3
 HAIG BOHIGIAN 45 NY 55.7
 TOM TALBOTT 48 NY 66.5
 M-55
 ART BRADLEY 55 NY 71.5

880 yards
 M-30
 JOSEPH DAVICYAN 32 WR 2.05.0
 M-45
 CLIFF PAULING 46 NY 2.18.4
 TOM TALBOTT 48 NY 2.46.7
 M-50
 HERBERT KANIS 52 ML 2.19.3
 JOE KERNAN 51 NY 2.49.1
 WALTER SIDEROWITZ 52 SI 2.55.0

HIGH JUMP
 M-30
 DON PIERSON 34 NY 4'11"
 M-40
 JOHN MALONEY 43 NY 4'6"
 M-55
 ARTHUR BRADLEY 55 NY 4'1"
 M-65
 BILL EIPEL 68 AC 4'6"
 JOHN BRUCE 67 AC 3'10"
 M-70
 JOE MCCLUSKY 70 AC 3'8"

DISCUS
 M-30
 JIM BARBER 33 NY 106
 DON PIERSON 34 NY 96'2.5
 M-40
 NORM CYPRUS 42 NY 119'6"
 JACK GOLDSTEIN 42 NY 109'7"
 BRIAN MCKENNA 40 NY 105'4"
 M-45
 MARTIN KINTISH 48 UN 121'7"
 KURT KRASIN 46 NY 93'5"
 M-50
 CHAR. STEVENSON 51 AC 98'1"
 ED TERRANOVA 51 NY 125'1.5
 JOE KELLY 52 NY 90'1"
 M-60
 MURRAY OGUSS 64 NY 111'9"
 M-65
 BILL EIPEL 68 AC 109'4"
 PAUL SEREGHY 65 NY 104'8"
 JOHN BRUCE 67 AC 86'6.5

HAMMER THROW
 M-30
 JIM BARBER 33 NY 102'8"
 DON PIERSON 34 NY 72'11"
 M-40
 NORM CYPRUS 42 NY 131'5"
 M-45
 KURT KRASIN 46 NY 84'6"
 MARTIN KINTISH 48 UN 82'8"
 M-50
 AWIN PHILLIPS 53 NY 121'9"
 CHAR. STEVENSON 51 AC 113'7.5
 CAL WEDDERBURN 52 UN 74'10"

100 yards
 M-30
 CAROL COREM 30 NY 11.46
 M-45
 CHRIS MCKENZIE 49 NY 13.14
 ANN CIRULNICK 47 NY 13.20
 M-50
 BUFF MESSENGER 53 NY 20.62

220 yards
 W-30
 CAROL COREM 30 NY 30.31
 M-45
 CHRIS MCKENZIE 49 NY 34.52
 ANN CIRULNICK 47 NY 35.74

440 yards
 W-30
 CAROL COREM 30 NY 67.6
ONE MILE RUN
 W-30
 FAYE BARTH 32 PP 6.38.8

TWO MILE WALK
 W-50
 BUFF MESSENGER 53 NY 29.02.0
 W-55
 AGNES COSTIGAN 56 NY 29.11.1

880 yards
 M-55
 GEORGE THOMPSON 55 UN 2.25.0
 ARCHIE MESSENGER 58 NY 2.25.5
 ARTHUR BRADLEY 55 NY 2.56.7

ONE MILE RUN
 M-30
 MIKE O'GRADY 31 GR 5.08.4
 MARC BLOOM 34 GR 5.17.4
 M-45
 JIM ANESHANSKY 45 PP 4.49.5
 LOU STERN 47 PP 5.06.1
 BILL KREBS 46 NY 5.07.6
 M-40
 JAMES O'NEILL 43 GR 5.08.5
 M-50
 HERBERT KANIA 52 ML 5.09.6
 BOB FINE 50 NY 5.21.6
 JOE KERNAN 51 NY 5.56.6
 AL COHEN 52 NY 5.56.8
 M-55
 ARCHIE MESSENGER 58 NY 5.15.8
 M-60
 JOHN POPOWICH 62 NY 6.18.8

THREE MILE RUN
 M-30
 MIKE PATTERSON 31 NY 17.28.9
 M-35
 FRED SCHAMING 38 UN 16.03.3
 JOE DESOLE 35 NY 23.15.6
 M-45
 LOU STERN 47 PP 18.01.6
 TOM TALBOTT 48 NY 21.55.1
 EFRAIN RONDON 47 UN 24.33.9
 M-50
 BOB FINE 50 NY 19.30.1
 AL COHEN 52 NY 21.10.1
 WALTER SIDEROWITZ 52 SI 23.02.75

SIX MILE RUN
 M-30
 JON FOLBER 33 NY 33.43.5
 M-45
 EFRAIN RONDON 47 UN 42.02.0
 M-50
 GORDON MCKENZIE 53 NY 35.10.7
 KEN JONES 50 NY 35.35.6
 AL COHEN 52 NY 43.54.8
 NAT CIRULNICK 50 NY 47.54.7

TWO MILE WALK
 M-35
 JOE DESOLE 35 NY 20.53.9
 M-45
 BERNARD KAUFMAN 46 IT 21.09.1
 M-50
 BOB FINE 50 NY 19.37.3
 TOM COSTIGAN 52 NY 22.06.1

SHOT PUT
 M-30
 ED TERRANOVA 51 NY 35'8"
 TOM BROOKS 51 PC 33'8"
 JOE KELLY 52 NY 31'9"
 M-60
 MURRAY OGUSS 64 NY 41'11.5"
 M-65
 PAUL SEREGHY 65 NY 38'2"
 BILL EIPEL 68 AC 36'7"
 JOHN BRUCE 67 AC 28'11"
 M-70
 JOE MCCLUSKY 70 AC 28'8"

HIGH HURDLES
 M-30
 DAVID SMELTZER 30 PC 16.76
 M-50
 JOSEPH KELLY 52 NY 20.24
 HAROLD COLEN 53 NY 20.48
 M-55
 ART BRADLEY 55 NY 21.80

WOMEN
100 yards
 W-30
 CAROL COREM 30 NY 11.46
 M-45
 CHRIS MCKENZIE 49 NY 13.14
 ANN CIRULNICK 47 NY 13.20
 M-50
 BUFF MESSENGER 53 NY 20.62

220 yards
 W-30
 CAROL COREM 30 NY 30.31
 M-45
 CHRIS MCKENZIE 49 NY 34.52
 ANN CIRULNICK 47 NY 35.74

440 yards
 W-30
 CAROL COREM 30 NY 67.6
ONE MILE RUN
 W-30
 FAYE BARTH 32 PP 6.38.8

TWO MILE WALK
 W-50
 BUFF MESSENGER 53 NY 29.02.0
 W-55
 AGNES COSTIGAN 56 NY 29.11.1

TEAM SCORES (5-3-1)
 30-39 40-49 50-59
 NY - 105 NY 114 NY 127
 PC - 23 PP 13 AC 18
 WR - 10 PC 5 PC 13
 GR - 8 AC 5 ML 10
 IT - 5 GR 5 SI 2
 IT 5

60+ Overall GR 13
 AC 75 NY 394 WR 10
 NY 48 AC 98 ML 10
 PC 41 IT 5
 PP 18 SI 2

TWO MILE WALK
 M-60
 JIMMY CHOY 61 NY 21.21.1
 M-70
 DAVE LAKRITZ 71 NY 19.53.1

LONG JUMP
 M-30
 DON PIERSON 34 NY 16'5"
 M-35
 JOE DESOLE 35 NY 11'11"
 M-40
 GERALD COUNTHAN 42 AC 18'3.5"
 JOHN MALONEY 43 NY 14'5"
 M-50
 ED TERRANOVA 51 NY 17'6"
 HAROLD COLEN 53 NY 14'0"
 AL COHEN 52 NY 11'7"
 M-70
 JOE MCCLUSKY 70 AC 9'6.5"

TRIPLE JUMP
 M-30
 DONALD PIERSON 34 NY 34'6"
 M-45
 HAIG BOHIGIAN 45 NY 33'1"
 M-50
 CHARLES STEVENSON 51 AC 33'0"
 HAROLD COLEN 53 NY 26'6"
 M-70
 JOE MCCLUSKY 70 AC 19'0"

JAVELIN M-30
 DAVE SCHMELTZER 30 PC 173'3"
 JIM BARBER 33 NY 129'4"
 DON PIERSON 34 NY 124'5"
 M-40
 NORM CYPRUS 42 NY 138'10"
 M-45
 KURT KRASIN 46 NY 102'8"
 MARTIN KINTISH 48 UN 99'11"
 M-65
 BILL EIPEL 68 AC 100'4"
 M-70
 JOE MCCLUSKY 70 AC 65'0"

WEIGHT THROW
 M-30
 JIM BARBER 33 NY 32'4.5"
 DON PIERSON 34 NY 32'0"
 M-40
 NORMAN CYPRUS 42 NY 43'3"
 M-45
 KURT KRASIN 46 NY 33'8"
 MARTIN KINTISH 48 UN 23'2"
 M-50
 CHARLES STEVENSON 51 AC 32'3"
 M-65
 PAUL SEREGHY 65 NY 38'2"
 BILL EIPEL 68 AC 36'7"
 JOHN BRUCE 67 AC 28'11"
 M-70
 JOE MCCLUSKY 70 AC 28'8"

LONG JUMP
 W-30
 CAROL COREM 30 NY 15'1.75"

JAVELIN
 W-50
 BUFF MESSINGER 53 NY 40'5"

HIGH JUMP
 W-30
 MARIE BERETY 31 NY 4'6"

DISCUS
 W-45
 ANN CIRULNICK 47 NY 70'7"
 W-50
 BUFF MESSINGER 53 NY 49'3"

SHOT PUT
 W-30
 MARIE BERETY 31 NY 26'4"
 W-45
 ANN CIRULNICK 47 NY 23'7"
 CHRIS MCKENZIE 49 NY 21'1"
 W-50
 BUFF MESSINGER 53 NY 18'6"

TEAM CODES
 AC = NEW YORK ATHLETIC CLUB
 NY = NEW YORK MASTERS SPORTS CLUB
 PC = NEW YORK PIONEERS
 IT = ISLAND TRACK CLUB
 ML = MILLROSE ATHLETIC ASSOC.
 GR = GREENERY RUNNERS
 SI = STATEN ISLAND TRACK CLUB
 PP = PROSPECT PARK TRACK CLUB
 WR = WESTCHESTER ROAD RUNNERS
 UN = UNATTACHED

TEAM SCORES (5-3-1)
 30-39 40-49 50-59
 NY - 105 NY 114 NY 127
 PC - 23 PP 13 AC 18
 WR - 10 PC 5 PC 13
 GR - 8 AC 5 ML 10
 IT - 5 GR 5 SI 2
 IT 5

60+ Overall GR 13
 AC 75 NY 394 WR 10
 NY 48 AC 98 ML 10
 PC 41 IT 5
 PP 18 SI 2

T A C
 13th Eastern Regional Outdoor Championships

June 28, 1981 at Bergen Community College, Paramus, N.J.

100 meters
 SA 30-34
 1. Bob Puryear Shore AC 11.4
 2. Dennis Brown NY Pioneers 11.5
 3. Booker Jones Shore AC 11.5
 4. Jim Lafferty Phila. M. 11.6
 5. John Borden Phila. M. 11.7
 6. Joe Roberti unatt. 12.0
 7. Bob Beale Phila. M. 12.4

SB 35-39
 1. Joe Kopka unatt. 11.6
 2. George Majors Phila. M. 11.8
 3. Jay Gibbs unatt. 12.4

1A 40-44
 1. Bob Williams Shore AC 11.3 MR
 2. Robt. Sanford Phila. M. 11.5
 3. Rich Deere NY Pioneers 11.5
 4. Ernie McCombs Phila. M. 11.6
 5. Rich Barnes NY Pioneers 11.8
 6. Mason O'Neal NY Pioneers 12.0
 7. Russ McDonald Shore AC 12.4
 8. Wm. Wheelock Garden St. 12.6

1B 45-49
 1. Lloyd Riddick NY Masters 11.7 MR
 2. Matt Brown Shore AC 11.9
 3. Lawrence Pratt Phila. M. 12.0
 4. Haig Bohigian NY Masters 12.1
 5. Gus Franze Hudson Moh. 12.6
 6. John McCarthy unatt. 13.6
 7. Tom Talbott NY Masters 14.7
 8. Frank Cargo No. Jersey M. 15.4

2A 50-54
 1. Tom Brooks NY Pioneers 12.5
 2. Matt Boyle unatt. 12.9
 3. Norman Anderson No. Jersey M. 12.9
 4. James Dowling NY Masters 13.2
 5. Gene Kelly Shore AC 13.3
 6. Delbert Payne Phila. M. 13.8
 7. Charles Irace No. Jersey M. 13.8
 8. Joe Zanko No. Jersey M. 14.0
 9. Bill Sganbati No. Jersey M. 15.4

2B 55-59
 1. Oscar Harris Phila. M. 13.3
 2. Lester Smith unatt. 14.0
 3. Parton Keese unatt. 16.0

3A 60-64
 1. Jim Manno No. Jersey M. 13.3 MR

3B 65-69
 1. Warren Tashion No. Jersey M. 14.7
 2. Leo Rothbart NY Masters 14.8
 3. Bob Detweiler Phila. M. 18.6

4A 70-74
 1. Manfred d'Elia No. Jersey M. 14.9

WSB 35-39
 1. Sandy Pashkin Man. Flt. Kings 14.1
 2. Lillian Tomasini No. Jersey M. 14.2
 3. Barb. Richardson Man. Flt. Kings 14.4
 4. Lorraine Kaleda No. Jersey M. 18.4

W 1A 40-44
 1. Kathleen Riss Garden St. 14.7
 2. Helene Samuelson No. Jersey M. 15.3
 3. Alexandria Johnson Man. Flt. Kings 15.3
 4. Carole McDonald Shore AC 15.8

W 1B 45-49
 1. Marilyn Fitzgerald Shore AC 14.2

W 2A 50-54
 1. Flit. Messenger NY Masters 24.3
 2. Beverly Cohen NY Masters 24.8

200 meters
 SA 30-34
 1. Flaworth Robinson NY Pioneers 23.1
 2. Dennis Brown NY Pioneers 23.5
 3. David Larson Sugarloaf M. 23.8
 4. Ken Smith Phila. M. 24.5
 5. Booker Jones Shore AC 25.4
 6. Joe Roberti unatt. 25.5
 7. Paul Zachman Shore AC no t.

SB 35-39
 1. Joe Kopka unatt. 23.6
 2. Ray Alexander NY Masters 24.2
 3. Ed King Garden St. 24.6
 4. George Majors Phila. M. 25.0
 5. Jay Gibbs unatt. 25.1
 6. David Laird Garden St. 25.9
 7. Simon Gurney Shore AC no ti.

1A 40-44
 1. Bob Williams Shore AC 23.5
 2. Bob Stanford Phila. M. 23.5
 3. Rich Rizzo NY Pioneers 24.3
 4. Ernie McCombs Phila. M. 24.5
 5. Rich Barnes NY Pioneers 24.6
 6. Jerry Sullivan unatt. 32.4

1B 45-49

1. Lloyd Riddick	NY Masters	23.7
2. Matt Brown	Shore AC	24.0
3. Dawson Pratt	Phila.M.	24.0
4. Lawrence Pratt	Phila.M.	24.9

5. Haig Bohigian NY Masters 25.0
6. Gus Franze Hudson Moh. 27.0
7. Tom Talbott NY Masters 29.3
8. John McCarthy unatt. 29.5
9. Frank Cargo No.Jersey M.41.9

2A 50-54

1. Norman Anderson	No.Jersey M.	27.1
2. Matt Boyle	unatt.	27.5
3. Bill Liddell	Phila.M.	28.0
4. Gene Kelly	Shore AC	28.2
5. Charles Irace	No.Jersey M.	29.6
6. Joe Zenko	No.Jersey M.	30.5

2B 55-59

1. Doh Harris	Phila.M.	28.1
2. Oscar Harris	Phila.M.	28.5
3. Lester Smith	unatt.	29.9

3A 60-64

1. Jim Manno	No.Jersey M.	28.1 MR
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3B 65-69

1. Leo Rothbart	NY Masters	33.4
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W SB 35-39

1. Sandy Pashkin	Man.Flt.K.	29.6
2. Lillian Tomasini	No.Jersey M.	30.1
3. Barb.Richardson	Man.Flt.K.	30.8

W 1A 40-44

1. Kathleen Riss	Garden St.	30.6
2. Alexandria Johnson	Man.F.King	32.5
3. Helene Samuelson	No.Jersey M.	32.7

W 1B 45-49

1. Marilyn Fitzgerald	Shore AC	30.2
2. Helene Bedrock	No.Jersey M.	35.1

400 meters SA 30-34

1. David Larson	Sugarloaf M.	52.7
2. Ken Smith	Phila.M.	52.7
3. Doug.Castellana	Shore AC	55.6
4. Joe Roberti	unatt.	56.1

SB 35-39

1. Joe Kopka	Unatt.	52.4
2. Ray Alexander	NY Masters	54.6
3. Ed King	Garden St.	54.7
4. Davis Laird	Garden St.	57.4
5. Simon Gurney	Shore AC	57.5

1A 40-44

1. Bob Stanford	Phila.M.	53.4
2. Rich Rizzo	NY Pioneers	53.8
3. Mason O'Neal	NY Pioneers	54.0
4. Ed Small	NY Pioneers	54.2

5. Andy Boyajian No.Jersey M. 60.6
6. Varkey Abraham No.Jersey M. 68.1

1B 45-49

1. Cliff Pauling	NY Masters	54.1 MR
2. Rudy Enders	Potomac V.	54.1
3. Haig Bohigian	NY Masters	55.0
4. Dawson Pratt	Phila. M.	58.0
5. Bill Krebs	unatt.	60.1
6. Dan Durdorf	Garden St.	61.1
7. Gus Franze	Hudson Moh.	63.0
8. Tom Talbott	NY Masters	65.2.

2A 50-54

1. Charles Irace	No.Jersey M.	65.5
2. Tony Gonzales	Shore AC	67.5
3. Joe Zenko	No.Jersey M.	68.9
4. Bill Sgambati	No.Jersey M.	70.2

2B 55-59

1. Archie Messenger, NY Masters	63.3
2. Don Harris	Phila. M. 63.7
3. Lester Smith	unatt. 68.0
4. Arthur Bradley NY Masters	71.7

3A 60-64

1. Jim Manno	No.Jersey M.	66.8 MR
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3B 65-69

1. Casey Witkowski	No.Jersey M.	72.3
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W SA 30-34

1. Maureen Skelton	No.Jersey M.	92.4
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W SB 35-39

1. Sandy Pashkin	Man.Flt.Kings	66.7
2. Lillian Tomasini, No.Jersey M.	70.1	
3. Rosalie Ratcliffe, No.Jersey	87.5	

W 1A 40-44

1. Kathleen Riss	Garden St.	70.4
2. Alexandria Johnson, Man.Flt K.	77.1	
3. Carole McDonald, Shore AC	77.6	

W 1B 45-49

1. Marilyn Fitzgerald, Shore AC	74.2
2. Lorraine Dawson	No.Jersey M. 84.2

800 meters SA 30-34

1. James Waters	Phil.Pioneer,	1:59.3
2. John Serrao,	No.Jersey M.	2:01.4

SB 35-39

1. Rich Myers	Phila.Masters	2:03.4
2. Russ Robinson	Man.Flt.Kings	2:10.5
3. John Saarman	Unatt.	2:11.0
4. Dick Suggs	No.Jersey M.	2:11.5
5. Bob Pratt	Unnat.	2:16.3

1A 40-44

1. Ken Baker	NY Masters	2:05.8
2. Ed Small	NY Pioneers	2:08.7
3. Arthur Conro	Boston AA	2:09.1
4. Mason O'Neal	NY Pioneers	2:20.4

1B 45-49

1. Cliff Pauling	NY Masters	2:10.1 MR
2. Frank Vallardito,	unatt.	2:13.1
3. Haig Bohigian, NY Masters	2:16.5	
4. Doug Deutsch,	Shore AC	2:26.0
5. Tom Talbott	NY Masters	3:22.3

2A 50-54

1. Kelsey Brown	No.Jersey M.	2:17.3
2. Ray Cherniak	Shore AC	2:30.4
3. Jim Fedrick	No.Jersey M.	2:30.5
4. Joe Kernan	NY Masters	2:30.7

2B 55-59

1. Archie Messenger, NY Masters	2:21.1
2. Arthur Bradley, NY Masters	2:51.7

3A 60-64

1. Jack Rice	West Fla. R.	2:19.8 MR
2. John Hubbard	Hartford TC	2:36.1
3. Jay Sponseller, Phila. M.	2:43.1	
4. John Popvich	NY Masters	2:54.7

3B 65-69

1. Casey Witkowski, No.Jersey M.	2:51.7	
2. George Jaffe	NY Masters	3:07.2

4A 70-74

1. Henry Zachman	No.Jersey M.	3:20.5
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WSB 35-39

1. Sandy Pashkin	Man.Flt.Kings	2:51.7
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W 1A 40-44

Marcia Freeman	Garden St.	2:52.6
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W 1B 45-49

1. Lorraine Dawson,	No.Jersey M.	3:06.8
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1500 meters SA 30-34

1. Jim Waters	Phila.M.	3:58.3
2. John Serrao	No.Jersey M.	4:02.3
3. Ken Kling	So.Jersey AC	4:07.9

SB 35-39

1. Rich Myers	Phila M.	4:04.1
2. Sam Huckel	Phila M.	4:13.0
3. Bob Pratt	Unatt.	4:37.9

1A 40-44

1. Seth Kaminsky	NY Masters	4:20.9
2. Ed Donoghue	Unatt.	4:23.4
3. Dave Gerridge	No.Jersey M.	4:25.2
4. Deleon Gibson	No.Jersey M.	4:30.6
5. Tom Jones	No. Jersey M.	5:08.2
6. Mike Freeman	Garden St.	5:11.4
7. Hugh McCaffery	Shore AC	5:51.4

1B 45-49

1. Hugh Sutherland, NY Masters	4:31.2	
2. Don Berdorf	Garden St.	4:31.3
3. Ed Fitzgerald	Shore AC	5:06.5

2A 50-59

1. Kelsey Brown	No.Jersey M.	4:39.4
2. Toe Asher	No. Jersey M.	5:00.9
3. Ray Cherniak	Shore AC	5:10.4
4. Tony Gonzales	Shore AC	5:18.1
5. Alan Cohen	NY Masters	5:25.6

2B 55-59

1. Archie Messenger, NY Masters	4:49.4 MR
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3A 60-64

1. Jack Start, Mercer Bucks	4:56.3 MR
2. John Hubbard, Hartford TC	5:16.8
3. John Popovich, NY Masters	5:46.2
4. Jay Sponseller, Phila.M.	5:47.9
5. Clyde Ruthroff, Shore AC	6:08.0

3B 65-69

1. Austin Newman, Unatt.	5:26.4 MR	
2. Alan Poole	Mercer Bucks	7:15.7

4A 70-74

1. Henry Zachman, No.Jersey M.	6:35.6 MR
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WSB 35-39

1. Linda Thurston, Warren St.AC	5:18.7
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W 1A 40-44

1. Anne Bing	No.Jersey M.	5:16.3
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W 1B 45-49

1. Helene Bedrock, No.Jersey M.	5:24.3	
2. Sara Andrea	No.Jersey M.	6:10.8
3. Dolly Wiedeman, Unnat.	6:30.8	



110 Hurdles SA 30-34

1. John Borden	Phila.M.	15.7
2. D.Schweltzer	NY Pioneer	15.8
3. Hob Rudrow	Shore AC	16.13
4. Rich Landry	NYAC	16.9
5. Bill Sikorsky	Garden St.	17.35
6. Ivan Black	NYAC	18.0

SB 35-39

1. Jackie Fassetto, Garden St.	16.1
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1B 45-49

1. Tom Butterfield, Athlet.At.	17.9 MR
2. James Broadley, Potomac V.	20.6
3. Haig Bohigian, NY Masters	25.3

2A 50-54

1. Harold Colan, NY Masters	21.3
2. Harry Graham, Shore AC	26.1

WSA 30-34

1. Betty Clair	Man.Flt.King	18.1
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400 meter Hurdles SA 30-34

1. Ivan Black	NYAC	64.6
2. Ron Salvia,	Shore AC	68.3

SB 35-39

1. David Gingras, Shore AC	68.3
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1B 45-49

1. Matt Brown	Shore AC	61.5 MR
2. Jim Bradley	Potomac V.	66.4
3. Tom Butterfield, Athl.At.	69.8	
4. Ed Fitzgerald, Shore AC	73.9	

2A 50-54

1. Gene Kelly,	Shore AC	73.1
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5000 meter walk SA 30-34

1. Ron Salvia	Shore AC	31:06.9
2. Ivan Black	NYAC	32:51.1
3. Peter Santos	Unatt.	33:09.5

SB 35-39

1. Manfred Kieschke, NY Masters	35:26.4
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1A 40-44

1. Ron Kulik	Shore AC	24:29.2 MR
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1B 45-49

1. David Wiedeman, Shore AC	32:23.0
2. Bernie Kaufman, Island TC	34:19.7
3. Paul Walkovic, Phila.Mas.	38:18.0

2A 50-54

1. Robert Fine	NY Masters	27:49.8 MR
2. Charles Rooney, Shore AC	27:57.0	
3. Ken Lane	No.Jersey M.	32:17.6
4. Thomas Costigan, NY Masters	36:17.2	

2B 55-59

1. George Heller,	No.Jersey M.	33:39.2
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3A 60-64

1. Don Johnson	Shore AC	29:09.7
2. Tim Dyas	No.Jersey M.	29:44.4
3. Geo.Langerfeld, Shore AC	33:30.0	
4. James Choy	NY Masters	33:59.2

4A 70-74

1. Roosevelt Cash, Shore AC	34:51.9 MR	
2. David Lakritz,	NY Masters	34:57.9

WSA 30-34

1. Jean Salvio	Shore AC	37:08.8
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W 2A 50-54

1. Fliz.Messenger,	NY Masters	44:20.2
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W 2B 55-59

1. Marie Henry	Shore AC	37:00.4
2. Agnes Costigan, NY Masters	46:52.2	

W 3A 60-64

1. Althea Jureidini,	NY Masters	37:56.4
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5000 meters run SA 30-34

1. Bill Scholl	Shore AC	15:17.6
2. Ralph Balsamo	No.Jersey M.	18:02

SB 35-39

1. Bob Ratcliffe	No.Jersey M.	17:57
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1A 40-44

1. Bob Aromando,	Sneaker Fac.	16:50.4 MR
2. Bob Fischer	Millrose	16:02.9
3. Bill King	Garden St.	20:27.9

1B 45-49

1. Hugh Sutherland, NY Masters	17:44	
2. Tom Talbott	NY Masters	21:07.2
3. Harlow Unger	No.Jersey M.	23:33.9

2A 50-54

1. Tom Asher	No.Jersey M.	19:32.2
2. Alan Cohen	NY Masters	22:47.5
3. Ken Lane, No.Jersey Mas.	23:45.9	

2B 55-59

1. Henry Barkemeyer, No.Jersey	23:58.9
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5000 meters run (cont) 3A 60-64

1. Jack Start	Mercer Bucks	18:20.1 MR
2. Max Quackenbos	Shore AC	20:13.0

3B 65-69

1. Alan Poole	Mercer Bucks	27:54.5 MR
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WSB 35-39

1. Ann Morris	No.Jersey M.	20:36.6
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W 1A 40-44

1. Anne Bing	No.Jersey M.	19:33.3
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W 1B 45-49

1. Helene Bedrock	No.Jersey M.	19:59.4
2. Dolly Wiedeman,	Unnat.	no tl.

W 3B 65-69

1. Adrienne Salmini,	No.Jersey	30:36.4
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10,000 meters SA 30-34

1. Bill Morrow	N.J.Striders	34:53.1
2. Ralph Balsamo	No.Jersey M.	37:45.8

SB 35-39

1. Elliot Jump	Unatt.	38:01.7
2. Manfred Kieschke,	NY Masters	42:26.2

1A 40-44

1. Tony Baylis	No.Jersey M.	33:47.7 MR
2. Tom Sheehan	Potomac V.	33:57.1
3. Charles Kennedy,	NY Masters	36:19.9
4. Armando Oliveira,	PRC	no time

1B 45-49

1. Ed Hill	Garden St.	39:50.2
2. Harlow Unger	No.Jersey M.	42:13.5
3. Neil Wortmann,	NY Masters	42:26.2
4. Reyes Martinez,	Unatt.	no time

2A 50-54

1. Bob Fine	NY Masters	40:45.2
2. Alan Cohen	NY Masters	43:44.7
3. Ken Lane	No.Jersey M.	44:50.6

2B 55-59

1. Jack Pennington,	Mercer Bucks	43:44.7
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3A 60-64

1. George Sheehan,	Shore AC	40:19.1 MR
2. Clyde Ruthroff,	Shore AC	44:10.7

3B 65-69

1. George Jaffe	NY Masters	47:57.7 MR
2. Bob Mulliken	Falmouth AC	52:31.8

W 1B 45-49

1. Lorraine Dawson,	No.Jersey M.	48:08.8
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High Jump(cont.)

- 3B 65-69
 1. Bill Eipel NYAC 4'4 1/2" MR
 2. John Bruce NYAC 3'10"
 3. Auston Newman, unatt. 3'9"

WBB 35-39

1. Sandy Pashkin, Man.Flt.King 3'8"

WIA 40-44

1. Marcia Freeman, Garden St. 3'8"

WSA 30-34

1. Jean Salvio, Garden St. 3'0"

LONG JUMP

SA 30-34

1. James Dickerson, Phila M. 21'11"
 2. Bob Beale, Phila M. 20'2 3/4"
 3. Bob Puryear Shore AC 19'7"
 4. Ivan Black NYAC 18'7"
 5. Rich Landry NYAC 18'0"
 6. Paul Zachman Shore AC 17'9"
 7. Bill Sikorsky, Garden St. 17'6"

SB 35-39

1. Ray Bury Garden St. 17'11 3/4"

LA 40-44

1. Russ McDonald, Shore AC 19'3"
 2. Hugh McCaffrey, Shore AC 13'1 1/2"

IB 45-49

1. Rudy Enders Potomac V. 19'4"
 2. Tom Butterfield, Ath.At. 17' 1/2"
 3. Haig Bohigan, NY Masters 16'5"
 4. Lynn Sweet Westport AC 14'9 1/2"
 5. Don Bozzone No.Jersey M 12'2 3/4"

2A 50-54

1. Ed Terranova, NY Masters 15'6 3/4"
 2. Chas.Stevenson NYAC 14'11 3/4"
 3. Harold Colen, NY Masters 14'7 3/4"
 4. Sanford Kalb, Shore AC 12'6"
 5. Harry Graham, Shore AC 11'5 1/2"
 6. Neal Cairns Garden St. 5'1"

2B 55-59

1. Oscar Harris, Phila. M. 14'7 3/4"

3A 60-64

1. Boo Morcom, Phila M. 15'4" MR
 2. Ted Ille, No.Jersey M. 13'2 3/4"
 3. Geo.Langerfeld, Shore AC 11'4 1/2"
 4. Paul Eberhardinger, Phila. 10'3 1/2"

3B 65-69

1. John Bruce NYAC 10'11"
 2. Bob Detweiler Phila. M. 9'10"

4A 70-74

1. Joe McClusky NYAC 9'2 1/2"

WSA 30-34

1. Anna Mapps Man.Flt.Kings 13'2"
 2. Jean Salvio Shore AC 9'11 1/2"

WIA 40-44

1. Kathleen Riss Garden St. 12'3"
 2. Carole McDonald Shore AC 10'7 1/2"

W2A 50-54

1. Grace Cairns Garden St. 5'1"

Triple Jump

SA 30-34

1. Jim Dickerson Phila M. 42'6"
 2. Bob Beale Phila M. 41'8 3/4"
 3. Ivan Black NYAC 37'0"
 4. Wayne Schiele Garden St. 35'3 3/4"

SB 35-39

1. Ray Bury Garden St. 28'6 1/2"

LA 40-44

1. Rich Ross Garden St. 36'11 1/2"
 2. Bob Scully Garden St. 35'10 1/2"
 3. Varkey Abraham No.Jersey M. 29' 1/2"

IB 45-49

1. Rudy Enders Potomac V. 35'8" MR
 2. Tom Butterfield Athletic A. 34'5 1/2"
 3. Haig Bohigian NY Masters 32'1 1/2"

2A 50-54

1. Harold Colen NY Masters 26'8 3/4"
 2. Neal Cairns Garden St. 13'0"

3A 70-74

1. Joe McClusky NYAC 18' 8 1/2"

W2A 50-54

1. Grace Cairns Garden St. 8'10 1/2"

Pole Vault

SA 30-34

1. Ron Salvio Shore AC 7'9"

LA 40-45

1. Walt Sokolowski NYAC 14'0" MR
 2. Gerry Counihan NYAC 13'0"
 3. Norm Anderson, No.Jersey M. 11'0"

IB 45-49

1. Jim Harrington Unatt. 11'3" MR

2A 50-54

1. Chas.Stevenson NYAC 8'3" MR

2B 55-59

1. Tom DeVaughn Potomac V. 7'9" MR

3A 60-64

1. Boo Morcom Phila.M.s. 11'3" MR

Hammer Throw

SA 30-34

1. Joe Ross Torrington TC 132'4 1/2"
 2. Jim Barber NY Masters 107'8"
 3. Wayne Schiele, Garden St. 90'4"
 4. Ron Salvio Shore AC 90'1"

SB 35-39

1. Jack Cashion unatt. 110'8 1/2"

LA 40-44

1. Carl Klehn U.of Chic. 132'11 1/2"
 2. Norm Cyprus NYAC 129'9"
 3. Bill King Garden St. 57'2"

IB 45-49

1. Len Olson GMAA 123'2"
 2. Martin Kintish NY Masters 68'6"

2A 60-64

1. Arwin Phillips NY Masters 127'1"
 2. Chas.Stevenson NYAC 125'5"
 3. Calvin Wedderburn, Brevoort 76'3"

2B 55-59

1. Tom DeVaughn Potomac V. 110'3"
 2. Herbert Cantor NY Master 109'9 1/2"
 3. Payton Flournoy Unatt. 58'

3A 60-64

1. Bob Stone Norcan Srs. 134' 1/2"
 2. Bill Gilligan Eagle AC 128'7 1/2"
 3. Greg Battick Upper Valley 116'0"
 4. Gene Wood Phila. M. 96'10 1/2"
 5. Geo.Langerfeld Shore AC 55'6"

3B 65-69

1. Bob Detweiler Phila.M. 123'0"
 2. John Bruce NYAC 100'11"
 3. Bill Eipel NYAC 104'6"

Discus

SA 30-34

1. Mike Grisko Central Conn 161'4"
 2. Paul Corrigan Shore AC 149'11 3/4"
 3. Rich Landry NYAC 107' 4 1/2"
 4. Rich Dunphy Shore AC 103'4"

SB 35-39

1. Larry Pratt Phila. M. 145'5"
 2. Geo. Lavandis Potomac V. 139' 3/4"
 3. Len Watson Shore AC 134'4 1/2"

LA 40-44

1. Carl Klehn U.of Chicago 115'10 1/2"
 2. Bob Scully Garden St. 112'5 1/2"
 3. Norm Cyprus NYAC 111'8 1/2"

IB 45-49

1. Len Olson GMAA 121'9"
 2. Martin Kintish NY Masters 120'8 1/2"
 3. Tom Jackson Garden St. 97'8 1/2"
 4. Tom Butterfield, Athletic A. 92'2"

2A 50-54

1. Ed Terranova NY Masters 115'11 1/2"
 2. Ray Thomsen Phila. M. 103'0"
 3. Don Henry Shore AC 63'10"

2B 55-59

1. Herbert Cantor, NY Masters 114'1 1/2"
 2. Don Harris Phila. M. 79'1"
 3. Payton Flournoy, unatt. 68'8"

3A 60-64

1. Bob Stone Norcal Srs. 134' 3/4"
 2. Bill Gilligan Eagle AC 128'7 1/2"
 3. Greg Battick Upper Valley 116'0"
 4. Murray Oguss NY Masters 111'3 1/2"
 5. Gene Wood Phila M. 96'10 1/2"
 6. Mel Van Houten, No.Jersey 93'4"
 7. Geo.Langerfeld, Shore AC 55'6"

3B 65-69

1. Bob Detweiler, Phila M. 106'5"
 2. Bill Eipel NYAC 105'2"
 3. Paul Sereghy NY MASTERS 100'6"

4A 70-74

1. Joe McClusky NYAC 81'8"
 2. Ray Connolly unatt. 79'10"

WSA 30-34

1. Anna Mapps, Man.Flt.Kings 62'8"
 2. Jean Salvio Shore AC 48'9"

W2A 50-54

1. Eliz.Messenger, NY Masters 46' 1/2"
 2. Grace Cairns, Garden St. 44'3"

Javelin

SA 30-34

1. Dave Schmeltzer, NY Pioneers 61.41
 2. Jim Caldwell Shore AC 51.67
 3. Glenn Delmonico Garden State 49.4
 4. Rich Landry NYAC 47.88
 5. Larry Mianowski Garden St. 45.11
 6. Wayne Schiele Garden St. 40.77
 7. James Barber NY Masters 38.78
 8. Bill Sikorsky Garden St. 34.5

SB 35-39

1. Ray Bury Garden St. 53.95
 2. Tony Minni Garden St. 50.90
 3. Jack Cashion unatt. 44.65
 4. Joe Blanck NY Masters 33.58

LA 40-44

1. Bob Balderston Garden St. 56.70
 2. Norm Cyprus NYAC 44.50
 3. Pat Conley unatt. 43.30
 4. Bill King Garden St. 37.13

IB 45-49

1. Bob Youngs unatt. 52.50
 2. Len Olson GMAA 41.38
 3. Rudy Enders Potomac V. 39.48
 4. Tom Jackson Garden St. 33.59
 5. Martin Kintish NY Masters 31.68
 6. Ted Biesiadecki Shore AC 22.50

2A 50-54

1. Harry Graham Shore AC 39.60
 2. Tom Brooks NY Pioneers 32.26
 3. Neil Cairns Garden St. 15.50

2B 55-59

1. Herbert Cantor NY Masters 37.90
 2. Don Harris Phila M. 27.30
 3. Tom DeVaughn Potomac V. 22.95

3A 60-64

1. Bob Stone Norcal Srs 38.27
 2. Bill Gilligan Eagle AC 32.54
 3. Geo.Langerfeld Shore AC 29.41
 4. Paul Eberhardinger, Shore AC 29.41
 5. John Hubbard Hartford TC 21.27

3B 65-69

1. Bill Eipel NYAC 28.76
 2. Bob Detweiler Phila M. 27.67
 3. Howard Ward Shore AC 21.94

4A 70-74

1. Joe McClusky NYAC 29.96

WSA 30-34

1. Anna Mapps Man.Flt.King 23.23
 2. Karyn Girolami No.Jersey M. 15.40
 3. Jean Salvio Shore AC 12.21

WSB 35-39

1. Sandy Pashkin Man.Flt.Kings 16.97

WIA 40-44

1. Kathleen Riss Garden St. 21.4
 2. Helene Samuelson, No.Jersey M. 16.87

Shotput

SA 30-34

1. Paul Corrigan Shore AC 43.3 1/2"
 2. Rich Dunphy Shore AC 39' 1/2"
 3. Wayne Reynolds unatt. 36'4"
 4. Wayne Schiele Garden St. 34'3 1/2"
 5. Bill Sikorsky Garden St. 31'11 3/4"

SB 35-39

1. Len Watson Shore AC 49'1 1/2"
 2. Larry Pratt Phila M. 42'7"
 3. Joe Roberson Shore AC 42'4"
 4. Jack Cashion unatt. 41'2"

LA 40-44

1. Carl Klehn U.of Chic. 39'4 1/2"
 2. Rich Deere NY Pioneers 37'5 3/4"
 3. Brian McKenna NY Masters 35'3"
 4. Bill King Garden St. 34'4"

IB 45-49

1. Len Olson GMAA 39'5 3/4"
 2. Tom Jackson Garden St. 34'2 1/2"
 3. Martin Kintish NY Masters 32'7 3/4"

2A 50-54

1. Ray Thomsen Phila M. 36'4"
 2. Ed Terranova NY Masters 35'4"
 3. Norm Anderson No.Jersey M. 34'6"
 4. Don Henry Shore AC 24'8 1/2"
 5. Neal Cairns Garden St. 23.8

2B 55-59

1. Herbert Cantor NY Masters 38'5 3/4"
 2. Payton Flournoy Unatt. 26'8"

3A 60-64

1. Bob Stone Norcal Srs 48'6"
 2. Bill Gilligan Eagle AC 45'1"
 3. Murray Oguss NY Masters 43'7"
 4. Greg Battick Upper V. 43'0"
 5. Gene Wood Phila M. 36'11"
 6. John Wislocky Garden St. 35'7"
 7. Geo.Langerfeld Shore AC 29'8"

3B 65-69

1. Bill Eipel NYAC 38'8" MR
 2. Paul Sereghy NY Masters 36'6"
 3. Bob Detweiler Phila M. 32'5 1/2"
 4. John Bruce NYAC 27'4 3/4"

4A 70-74

1. Ray Connolly unatt. 28'7"
 2. Fred d'Elia No.Jersey M. 25'10"

WSA 30-34

1. Betty Clair Man.Flt.Kings 29'9"
 2. Marie Beretey NY Masters 27'8 3/4"
 3. Anna Mapps Man.Flt.Kings 24'10 1/2"
 4. Jean Salvio Shore AC 20'4 3/4"

WIA 40-44

1. Alexandria Johnson Man.Flt K. 22'4 1/2"

W2A 50-54

1. Grace Cairns Garden St. 21'9 1/2"

Number of participants by age division:

	Men	Women	M	W
30-34	37	6	55-59	12
35-39	27	7	60-64	23
40-44	41	6	65-69	12
45-49	36	5	70-74	6
50-54	33	3	75+	0
			Total	227

MASTERS ALL-COMERS MEET
 ST. HELENS, OREGON
 JUNE 28, 1981

100
 M30 Jim Trujillo 12.18
 M35 Emil Torquato 12.08
 M40 Jim Puckett 11.53
 M45 Art Afremow 12.50

200
 M30 Jim Trujillo 25.42
 M35 Emil Torquato 25.20
 M40 Jim Puckett 24.06

400
 M30 Phil Williams 56.80
 M45 Art Afremow 58.62

LONG JUMP
 M30 Jim Trujillo 18-7

POLE VAULT
 M30 Jim Healey 10-6

JAVELIN
 W30 Charlene Fort 73-0

DISCUS
 W30 Charlene Fort 66-6
 M30 Jim Trujillo 119-3
 M40 Rob Roy 129-8

SHOT PUT (12 lb.)
 W30 Charlene Fort 20-10
 M35 Emil Torquato 34-6 1/2
 M30 Jim Healey 40- 1/2
 M40 George Fort 34-5 1/2

PENN MUTUAL/TAC MID-AMERICA REGIONAL MASTERS

TRACK AND FIELD CHAMPIONSHIPS
 Ed Weir Stadium, UN-L July 4-5, 1981

100 M Men
 30-34 1. Clifton Jackson, 11.3
 2. David Lee, 11.4
 3. Larry Rodenbeck, 11.9
 4. Ken Cauble, 12.0

35-39 1. Tom Bassett, 11.3
 2. Larry Harvey, 11.7
 40-44 1. Thornton Shelton, 11.7
 45-49 1. Austin Allen, 12.2
 2. John Wilson, 13.2
 3. Robert Bartlow, 14.2

50-54 1. Alex Pappas, 12.3
 60-64 1. James Upham, 12.7
 Women
 30-34 1. Marg Sutter, 13.7
 2. Lora Black, 16.0
 3. Debby Brehm, 18.5
 45-49 1. Betty Pappas, 15.2</

400 M Men (continued)

- 50-54 1. Alex Pappas, 1:01.2
60-64 2. James Upham, 1:01.3

400 M Intermediate Hurdles Men

- 30-34 1. Tie Jim Barker, 1:05.2
Don Knapp, 1:05.2
35-39 1. Jim Shoemaker, 1:07.5
2. Jacques Lebel, 1:11.7
3. Jim Jeffries, 1:14.2
45-49 1. Austin Allen, 1:11.8

800 M Men

- 30-34 1. Jim Barker, 2:08.4
35-39 1. Rod Lechtenberger, 2:10.1
2. Gerald Holmberg, 2:17.4
40-44 1. Terry Campbell, 2:11.1
2. Richard Endacott, 2:26.1
50-54 1. Leonard Jennings, 2:36.9
55-59 1. Chester Peters, 2:43.4
70-74 1. William Andberg, 2:46.8

1500 M Men

- 35-39 1. Rod Lechtenberger, 4:19.4
2. Ken Katz, 4:41.3
40-44 1. Lowell Gaither, 4:26.3
2. Richard Endacott, 4:46.1
3. Ross Greathouse, 4:47.5
50-54 1. Leonard Jennings, 5:31.0
55-59 1. Chester Peters, 5:45.0
70-74 1. William Andberg, 5:33.2

Women

- 30-34 1. Debby Brehm, 6:24.0

5000 M Men

- 30-34 1. Jim Barker, 18:35.0
35-39 1. Rod Lechtenberger, 16:10.5
2. Ken Katz, 17:28.5
3. Doug Savery, 22:15.0
40-44 1. Fred Chrastil, 19:37.0
45-49 1. Bob Elwood, 16:57.2
50-54 1. Harry Crockett, 22:01.0
2. Forrest Doling, 24:26.0
70-74 1. William Andberg, 20:54.1

Women

- 30-34 1. Aletia Berkemeier, 20:54.0
2. Debby Brehm, 24:38.0

Shot Put Men

- 30-34 1. John Roehr, 42' 9"
16# 2. Clifton Jackson, 23' 9"
35-39 1. Phil Scholl, 40' 3"
16# 2. Lynn Senkbeil, 38' 0"
3. Ray Ostrander, 32' 4"
4. Larry Harvey, 31' 9"
Jim Shoemaker, 31' 9"
40-44 1. Tim Wesselowski, 41' 2 1/2"
16# 2. Bob Warren, 37' 8"
45-49 1. Tom Wesselowski, 38' 4"
16# 2. Robert Bartlow, 22' 9"
60-64 1. Joe Shy, 30' 0"
8#
65-69 1. David Shrader, 37' 6 1/2"
8# 2. Wayne Griffith, 33' 7 1/2"
3. Philip Henn, 32' 10"

Women

- 30-34 1. Lora Black, 36' 1 1/2"
8#

Biscus Men

- 30-34 1. John Roehr, 113' 1"
35-39 1. Jacques Lebel, 112' 2"
2. Jim Jeffries, 102' 3"
3. Lynn Senkbeil, 96' 8"
4. Jim Shoemaker, 86' 11"
40-44 1. Bob Warren, 118' 6"
2. Tim Wesselowski, 112' 11"
45-49 1. Tom Wesselowski, 103' 5"
2. Robert Bartlow, 68' 10"
60-64 1. Joe Shy, 54' 3"
65-69 1. Philip Henn, 99' 4"
2. David Shrader, 98' 5"
3. Wayne Griffith, 75' 1"

Women

- 30-34 1. Lora Black, 64' 9"

Pole Vault Men

- 30-34 1. Don Knapp, 14' 8"
2. Fred McVay, 9' 0"
35-39 1. Jim Jeffries, 10' 0"
50-54 1. Jerry Donley, 12' 6"
60-64 1. Joe Shy, 5' 0"

Long Jump Men

- 30-34 1. Larry Rodenbeck, 21' 1/2"
2. Fred McVay, 16' 0"
3. John Roehr, 13' 2"
35-39 1. Tom Bassett, 16' 5 1/2"
40-44 1. Bob Warren, 19' 3 1/2"
2. John Tate, 16' 6 1/2"

Long Jump Men (continued)

- 45-49 1. Robert Bartlow, 13' 1"
50-54 1. J. C. Brown, 18' 2 1/2"
60-64 1. Joe Shy, 13' 8 1/2"
65-69 1. Wayne Griffith, 10' 3 1/2"

Women

- 30-34 1. Marg Sutter, 14' 8"
40-44 1. Suzanne Pickard, 12' 8"

Triple Jump Men

- 30-34 1. Larry Rodenbeck, 47' 1 1/2"
2. Don Knapp, 37' 8"
3. Jim Barker, 29' 11"
35-39 1. Tom Bassett, 31' 7 1/2"
2. Jim Jeffries, 28' 4"
40-44 1. John Tate, 32' 5 1/2"
45-49 1. Robert Bartlow, 25' 3"
50-54 1. J. C. Brown, 36' 9"
60-64 1. Joe Shy, 27' 6 1/2"

High Jump Men

- 30-34 1. Ken Cauble, 5' 6"
2. Don Knapp, 5' 4"
35-39 1. Tom Bassett, 5' 2"
45-49 1. Tom Langenfeld, 5' 8 1/2"
2. Austin Allen, 4' 10"
50-54 1. J. C. Brown, 5' 8 1/2"
60-64 1. Joe Shy, 4' 0"

Javelin Men

- 35-39 1. Jerry Holmberg, 118' 0"
2. Tom Bassett, 114' 8"
3. Larry Harvey, 88' 1 1/2"
4. Ray Ostrander, 79' 6"
40-44 1. Bob Warren, 133' 0"
2. Richard Endacott, 66' 0"
50-54 1. J. C. Brown, 122' 3"
60-64 1. Joe Shy, 67' 10"
65-69 1. Philip Henn, 72' 3"
2. Wayne Griffith, 66' 0"
3. David Shrader, 61' 8"



LONG DISTANCE RESULTS

Please send masters race results to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

4TH LINCOLN MARATHON
LINCOLN, NEBRASKA
MAY 10, 1981

Men's 35-39

1 Volk, John	38	2:35.43.9
2 McClain, Gene	35	2:36.07.9
3 Hendricks, Tim	35	2:38.00.3
4 Wiedel, Clarence	39	2:38.24.3
5 Smith, Bob	38	2:39.42.5

Men's 40-49

1 Stevens, Ray	40	2:35.39.5
2 McKeefe, Gene	41	2:36.38.5
3 Elwood, Bob	46	2:38.04.4
4 Seagrave, Dick	45	2:42.05.0
5 McFadden, Jim	41	2:43.11.9

Men 50+

1 Hinman, Art	52	3:06.18.3
2 Blood, John	50	3:07.08.7
3 Stear, Bob	55	3:08.29.5
4 Burdan, John	53	3:16.27.7
5 Buchholz, Mark	52	3:20.21.6

Women 40+

1 Gillum, Janet	45	3:47.10.6
2 Ginther, Marilyn	43	3:57.44.1
3 Fowlkes, Dolores	41	4:02.53.1
4 Becker, Lil	47	4:10.24.3
5 Blomfield, Jean	40	4:11.09.6

PA/TAC 10-MILE ROAD CHAMPIONSHIP
SUNNYVALE, CALIF.
MAY 24, 1981.

Open
Andy McFarlane 51:18

M40-49
Bill Meinhardt 53:28
Tim Rostege 54:29
Jim Baichtril 59:44

M50-59
Ulrich Kaempf 54:12AR
Don Carpenter 62:04
Flory Rodd 64:13

M60+
Dale Yee 79:50
John Guinee 82:44
Joe Goodman 84:32

W40-49
Birthe Kirsch 68:20
Betsy Smith 71:15
Ruth Waters 72:32

W50+
Etta Palmer 88:31
Mercy Smullen 99:00

from John Baumgartner

5TH ANNUAL BRENTWOOD
10K, BRENTWOOD, CALIF.
MAY 24, 1981.

Open Richard Byrne 29:26
M40 Charles McClung 33:52
M45 Jim Knerr 47 33:41
M50 Jan Fekkes 51 35:56
M55 Ray Gil 56 37:28
M60 Eddie Lewin 64 39:39
W35 Molly Thayer 38 37:41
W55 Helen Dick 56 41:56

COTTON ROW 10K RUN
HUNTSVILLE, ALABAMA
MAY 25, 1981.

M40-44
Herb Lorenz 31:09
Bob Fischer 32:28
Jim Ewing 32:33
Ron Hill 32:38
Ken Winn 32:56
Dick Vanscotter 33:18
Alton Migues 33:58
Jim Oaks 34:07
Alton Dickerson 35:38
Larry Boussett 35:54

M45-49
Larry Fuselier 34:06
Gerald Koch 35:06
Sam Turnbull 36:07
Charles Feaux 36:41
Jim Foreman 36:53
Rick Richter 37:43
Al Owens 37:52
Joe Vickers 37:56
Robert Alt 38:48
Tommy Tate 39:41

M50-59
Grady Silver 39:12
Gordon English 40:50
Ben Griffin 40:57
Cecil Smyth 41:31
Gerald Mallette 42:34
Hector Ramirez 43:15
Weston Plymate 44:20
Charles Cozelos 45:26
Bill Smoot 45:40
Paul Goode 45:50

M60+
William Ray 48:17
Ross Cruickshank 49:35
Behn Taylor 51:56
Dewitt Benson 54:47
Charles Jacklin 58:59

W40-49
Linda Sippelle 39:01
Pat Bessel 39:28
Ruth Kuykendall 44:33
Martha Dixon 48:03
Joyce Smith 48:46
Agnes Alt 49:40
Betty Byrne 49:51
Gay Havard 51:14
Alice Clements 51:47
Jean Sirote 52:01

W50+
Aene Park 50:19
Lynn Avery 56:22
Frances Smith 56:32

OREGON ROAD RUNNERS CLUB
20K. JUNE 6, 1981.

M30-34
Jim Sapp 31 1:12:06
Jerry Petersen 33 1:13:31

M35-39
Warren Finke 39 1:09:54
Toby Skinner 36 1:12:31
Ron Gayer 39 1:13:36

M40-49
Mike Heffernan 40 1:07:43
Richard Forbes 44 1:12:48
Cal Alsleben 43 1:14:03

M50-59
Leo Sherry 53 1:22:57
Don Stark 50 1:26:50

M60+
Clive Davies 65 1:14:21
Frans Pawels 62 1:29:17

W30-39
Donna Hatfield 31 1:22:50
Cheryl Nangeroni 32 1:28:09

W40+
Karen Clement 40 1:33:17
Martha Jensen 40 1:34:07

From Alvin Clark

19TH ANNUAL 'JACKRABBIT'
15' SOUTH DAKOTA
JUNE 6, 1981.

M40+
Dave Bushard 44 1:35:54
Russ Strande 47 1:38:58
Maynard Isaacson 41 1:41:17
Art Hinman 52 1:41:21
Ed De Antoni 40 1:43:42

DIET PEPSI 10K
HONOLULU, HAWAII
JUNE 28, 1981

Open
Tom Myssocki 24 29:46

M40-49
Jeremy Clarke 44 33:01
James Gallup tie 45 33:01
Alby Thomas 46 33:24
Larry Axmaker 35:23
William Seymour 35:49

M50+
Scott Hamilton 37:22
Joseph Goo 41:18
Thomas Limm 42:06
Itsuo Tomita 42:27
David Rarangoi 43:54

W40-49
Noel Murchi 45 41:27
Joan LaPierre 42:49
Patti Buholm 44:47
Christa Obara 45:21
Betty Nakasone 49:38

W50+
Jan Newhart 47:39
Joan Flynn 49:26

from Mike Tymn

CITIBANK 4-MILER
(THE BIG RACE)
CENTRAL PARK, NY
JUNE 21, 1981

Subvet (30-39)
Cleary, Mike, 31 (2nd overall) 19:53
1. Gambacini, Peter, 31-NYC 20:32
FF Halman, Ted, 38-NY 20:43
2. Holt, David, 37-Bklyn 20:49
3. Velez, John, 33-NY 21:48
4. Fitz, Richard, 37-NYC 22:07
5. Gall, Gregory, 30-CPTC 22:11
6. McNamee, Jonathan, 37-NJ 22:18
7. Maxima, Michael, 32-Bx 22:30

Vel A (40-44)
1. Fischer, Bob, 41-NJ 20:52
FF Konrad, Manfred, 42-NY 22:20
2. Lauer, Bob, 43-NYC 22:35
3. Ruiz, Ramon, 41-NYC 22:45

Vel B (45-49)
1. Stillman, George, 49-Bx 24:09
2. Butler, Kenneth, 48-NJ 24:11
3. Gallant, Robert, 49-NYC 26:28
FF Camacho, Israel, 48-Bklyn 26:50

Masters (50-59)
1. Goady, Charles, 50-NYC 24:03
2. Simons, Joseph, 52-NYC 24:16
FF Stoltz, Jim, 54 24:27
3. Jensen, James, 55-NYC 24:44

Seniors (60-69)
1. O'Connor, Bill, 60-NYC 26:26
2. Judenfriend, Harold, 61-NYC 29:34
FF Gibbons, Tom, 60-NY 29:36
3. Rios, Wilfredo, 64-NY 30:09

Super Senior (70 plus)
Wallach, Robert, 78-NYC 40:33

Subvet (30-39)
1. Jackson, Irene, 34-NYC 25:32
2. Marin, Flavia, 31-NY 26:48
3. Oakes, Sophia, 35-NYC 26:59
4. Corless, Yvonne, 33-NYC 27:06
5. Wahl, Linda, 33-NYC 27:25
6. Stewart, Sally, 34-NYC 27:33
7. Shillig, Christine, 37-NYC 27:38

Vel A (40-44)
1. Thornhill, Anna, 40-NYC 25:02
2. Schonfeld, Polly, 42-NYC 27:13
3. Barwick, Renee, 41-NYC 28:47

Vel B (45-49)
1. Kelley, Dorothy, 45-NYC 27:39
2. Stroh, Adele, 47-NYC 35:10
3. Lyons, Ann, 45-NYC 36:26

Masters (50-59)
1. Tighe, Nancy, 50-NYC 29:23
2. Antovino, Ethel, 51-NY 34:13

Senior
1. Salmini, Adrienne, 65-NY 38:39

BONNIE BELL 10K
WASHINGTON, DC

W40-49
Trudy Rapp 38:14
Linda Sippelle 38:58
Lynne Lauck 40:11
Carol Thompson 42:02
Ines Kerch 42:32

W50-59
Helen Hamilton 44:19
Pat Nesley 49:03
Joan Danzig 50:26

W60+
Joan Lorr 65:52

INTERNATIONAL VETERANS
25K. BRUGGE, BELGIUM.
JUNE 28, 1981.

M40-44
Antonio Villanueva MEX 1:18.33
Herb Lorenz USA 1:19.58
Pierre Voets BEL 1:21.22
Ron Hill GB 1:21:34
Jim Avis GB 1:21.44
Wim Roelofs NL 1:21.49
Georges VanLaereBEL 1:21.51
Leo Carroll GB 1:22.01
Les Presland GB 1:22.03
Gunter Schmidt GER 1:22.13

M45-49
Alfred Lennon GB 1:22.19
Eric Austin GB 1:23.52
Earl Ellis USA 1:24.23
Richard Cooper GB 1:24.57
John Mills GB 1:25.23

M50-54
Piet Van Alphen NL 1:22.43
Roger Monseur BEL 1:26.45
Eddie Kirkup GB 1:29.22
Jean Sauber L 1:31.36
Ron Franklin GB 1:31.50

M55-59
Omer Denie BEL 1:34.34
John Foden GB 1:35.51
A Wisman NL 1:36.22
Remi Boterberg BEL 1:38.26
A VanDenBossche BEL 1:39.29

M60-64
John Jenkins-Brynmor GB 1:46.33
George Scutts GB 1:51.11
David Blyth GB 1:51.16
Jozef VanDeCauter 1:54.46
Bievenno Lams BEL 1:59.29

M65-69
Adolf Heuninck BEL 1:47.12
Petrus Poelman BEL 1:49.52
Georges Betts GB 1:55.20

M70-74
Ernest Harrison GB 1:57.30
Henri Bastien BEL 2:09.05

M75-79
Louis Charbonneau FRA 2:13.26
Pierre Ponthieu FRA 2:28.45
Claus Bendig GB 2:38.24

W35-39
Carol Gould GB 1:34.32
Doris Heritage USA 1:38.15
Trina Hosmer USA 1:39.07
Vicki Foltz USA 1:40.29
Wil Kroon-NoldusNL 1:44.04

W40-44
Yvonne Miles GB 1:44.50
Patricia Day GB 1:51.08
Bridget Cushen GB 1:54.13
Ingrid Schmitt GER 1:58.48
Raymonde Branders 2:00.06

W45-49
Denise Alfvoet BEL 1:35.07
Beatrijs RombautBEL 2:22.32
Annie Adenis FRA 2:23.09

W50-54
Sophie Wisman NL 1:49.25
Vict DeSchoenmaeker 1:50.10
Bertilia DePreter 1:51.32

W55-59
Reine Gasteuil FRA 2:00.00
Jeannine Fontaine 2:11.32

NATION CHAMPIONSHIPS:

MEN
Great Britain 4:05.19
(Hill, Avis, Carroll)
Belgium 4:05.53
Netherlands 4:08.21
USA (Lorenz, Ellis, Roy Reisenger-1:26.34) 4:10.55
Germany 4:32.48

CLUB CHAMPIONSHIPS:
MEN
Mirral AC - Britain 4:06.40
Snohomish TC-Seattle4:20.12
Ellis 1:24.23
Reisinger 1:26.34
Pitkethly 1:29.15
Sparta Bornen 4:22.28
Worcester AC 4:25.43
Hillingdon AC 4:25.58

WOMEN
Falcon TC-Seattle 4:57.51
(Heritage, Hosmer, Foltz)

(Falcons also top women's team by nation)
from Jacques Serruys

PEACHTREE 10K ROAD RACE
ATLANTA, JULY 4, 1981.

Open
Craig Virgin 25 IL 28:03
Rod Dixon 31 PA 28:11
Adrian Leek 23 TN 28:24

Women
Allison Roe 25 WZ 32:38
Ann Audain CO 33:18
Sue King 22 AL 33:38

Masters Men
Herb Lorenz 42 NJ 30:42 AR
Dereck Fernee 43 CAN 32:00
Bill Hall 44 NC 32:02
Earl Ellis 45 WA 32:29
Bill Olrich 45 KY 32:41
Ken Winn 43 GA 32:49
Richard Van Scotter 41 FL 33:27
Chuck Tucker 40 GA 34:19
Al Venanzi 40 NJ 34:29
Harold Tinsley 43 AL 34:33
Jim Streeby 41 IA 34:35

Masters Women
Nancy Parker 44 GA 38:10

from Royce Hodge



CLASSIFIEDS

Starting this issue, the *National Masters Newsletter* inaugurates a new classified section.

As a public service to the masters community, we will publish all announcements free of charge.

If you operate a small business, or are promoting a race meet, or offer a service or product, the rate is 25¢ a word. Payable with copy.

(This month, all classifieds are freebies to give you an idea of what it looks like.)

Deadline is the 10th of the month prior to issue date. Send to: *NMN*, PO Box 2372, Van Nuys CA 91404

ANNOUNCEMENTS

WORLD GAMES CERTIFICATES. *NMN* still has certificates of performance for the following: R. Daws, J. Don, M. Dunham, H. Falkenstein, E.M. Fuller, V.A. Granby, G. Greeter. To receive your certificate, please send a 9X12 (or larger) self-addressed, stamped envelope to *NMN*, PO Box 2372, Van Nuys, CA 91404.

WOMEN'S SPORTS. For information, contacts and referrals on women's sports, call toll-free, 800-227-3988. (In California, 800-652-1455.) The Women's Sports Foundation provides free film loans on women in sports, and 25% discount on books and equipment.

RECORDS. If you set an age record in a track & field event, notify National Masters T&F Records Chairman Pete Mundle, 4017 Via Marina, #C-301, Venice CA 90291. If you set a road record, notify NRDC, PO Box 42888, Tucson AZ 85733.

MOVING? The *National Masters Newsletter* is mailed third class bulk rate and will not be forwarded by the Post Office. When you move, please try to let us know at least six weeks in advance.

DEADLINE. *NMN* is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of publication. Send to *National Masters Newsletter*, PO Box 2372, Van Nuys CA 91404.

ADVERTISING SALES REP WANTED: Make extra money on the side. Contact potential advertisers for *National Masters Newsletter*. Commission. Contact: *NMN* PO Box 2372, Van Nuys CA 91404. (213) 785-1895 after 12 Noon PST.

Brian Murphy is looking for suggestions to rehabilitate his back. The Plymouth, Michigan resident had a promising future in masters track until injuring his low back in a fall last year. He lost all feeling in his left leg and still hasn't regained total use of the muscles and nerves in the leg. He'd still like to compete in the decathlon. Write *NMN*.

PUBLICATIONS

MASTERS AGE RECORDS 1981. 44-page booklet contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 15, 1981. Includes 4th World Veterans Games results. Plus walking and championship records. 44 pages. Lists name, age, state and date of record. Send \$3 plus \$1 postage and handling to *NMN*, PO Box 2372, Van Nuys CA 91404.

NEED BACK ISSUES? Most back issues of the *National Masters Newsletter* are available for \$1.25 each, plus 50¢ postage and handling for each order. Send to: *NMN*, PO Box 2372, Van Nuys, CA 91404.

MASTERS AGE TIME STANDARDS. Convert your time run to performance level (%). Find whether or not you're improving with age. 24-page booklet lists time standards for each event, each age. Send \$2 to Dr. Track, 5130 Nebraska Ave N.W., Washington DC 20008.

THE HUNTSVILLE, ALA. TRACK NEWS covers southeast road action and RRCA doings. Contact Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

SUBSCRIBE NOW to the *National Masters Newsletter*, the bible of the masters movement and the only national publication devoted exclusively to track & field and long distance running for men and women over age 30. \$12 for 12 issues a year. *NMN*, PO Box 2372, Van Nuys CA 91404.

TRAVEL

CHINA LONG DISTANCE RUNNING TOUR. October 14-November 1, 1981. Your chance to

be part of history. First-ever masters running tour of China. \$2995 for 3-week, 8-city running tour. Sports Tavel, Ltd., PO Box 7823, San Diego CA 92107. (714) 225-9555. Also contact Sports Travel for all your travel needs.

FLY CONTINENTAL to the 14th Annual Penn Mutual/TAC National Masters Track & Field Championship in Los Gatos, Calif. August 15-16. For info and reservations, call 800-525-1130.

FOR SALE

HONOLULU MARATHON TAPE. For a video tape of the 1980 event, contact: Marathon Video, PO Box 300, Honolulu HI 96809. \$39.95 for BETA, NTSC, VHS or PAL systems.

RACE INFORMATION

November 21, 1981, 9 AM. National Masters 10K Cross Country Championship and GAC Masters & 10K Cross Country Championship. Houston, Texas. Ed Lang, Meet Director, 14 Sandalwood, Houston TX 77024. (713) 781-2810. This event will be run on an all grass course on the sloping banks of Buffalo Bayou in what is called Allen Parkway, one of the favorite running areas in Houston. The course, used for many years for the GAC Masters Cross Country 10K Championship has been described as "hard but honest." It makes a very pleasant, scenic run on soft, yielding grass on a crisp fall day in Houston.

Half the prizes (80) in the Peapack Paleface Marathon will be awarded to Masters. Five-year age divisions for masters. Other divisions down to 13 and under. Sat. Oct. 17 at 10:30 AM from Margaretville to Downsville, New York. Special feature: All runners will be announced at the 13.1 mile point and coming down the home stretch. Open to all T-shirts to all. Patches to all. Finishing certificates. SASE to Delaware County Runners, Dept. 36 1/2 Main St., Delhi NY 13753.

MOVING?

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Report From Britain

by ALISTAIR AITKEN

The Veterans Athletic Club, running at Crystal Palace in London May 31, set a new 100 X 1 mile world best time of 8:45:21 to break the standard of 9:15:44, set by the San Diego Track Club on October 19, 1980.

Roy Gill's 4:29 and ex-world steeplechaser Gerry Stevens' 4:35 were the fastest of the 100 runners who achieved the record.

The same day, the Cambridge Harriers lowered the world 50 + 4 X 1 mile relay to 21:04.2. Jackie Brown, Dereck Thomas, Tony Michell and Dave Dellar composed the quartet. Thomas' 4:58.4 was best.

A new United Kingdom 45-49 long jump record was set by Frank Taylor at 6.14 (20' 1 1/2") on June 14. Dave Everett, M40, won in 20' 10". Taylor also won the 100 in 11.4 and 200 in 23.5.

Alan Hughes, 50, logged 33:56 in the over-40 10k road race June 3. The next day, he copped the Barnet 50 + 800 in 2:11.9 and 1500 in 4:37.2. □

Kaempff Breaks 10K Road Mark Again

SANTA ROSA, Calif., April 28—Ulrich Kaempff, 50, ran the fastest 10-kilometers ever by an American over age 50—32:59—today in The Fools Run 10k over a course pending certification by Ted Corbitt.

Kaempff broke his own pending age 50-54 U.S. mark of 33:21, set on March 22, and bettered the official record of 33:51, run by New York's Joe Burns.

The time also exceeds the existing U.S. mark for men 45-49, established by Hal Higdon last November in 33:10. Higdon turns 50 on June 17 and can be expected to go after Kaempff's formidable mark. □

CASCADE RUN-OFF 15K -- PORTLAND, OREGON JUNE 28, 1981

(1st race of ARRA Professional Championship Circuit)

Open

1 Greg Meyer	25 Holliston	MA	43:18.9	\$10000
2 Herb Lindsay	26 Boulder	CO	43:20.5	\$ 6000
3 Domingo Tibaduiza	31 Columbia		43:23.6	\$ 4000
4 Bill Rodgers	33 Stoneham	MA	43:25.0	
5 Jon Sinclair	23 Fort Collins	CO	44:08.8	\$ 2000
6 Benji Durden	29 Stone Mountain	GA	44:09.5	\$ 1000
7 Pete Pfitzinger	23 Ithaca	NY	44:12.6	\$ 800
8 Stan Mavis	26 Boulder	CO	44:14.4	
9 John Glidewell	24 Fairborn	OH	44:32.2	\$ 600
10 Pablo Vigil	29 Alamosa	CO	44:44.0	\$ 500
11 Rex Wilson	21 Hastings	NZ	44:46.9	
12 Ed Mendoza	28 Flagstaff	AZ	44:49.5	\$ 350
13 Steve Bolt	26 Pinson	AL	44:52.0	\$ 300
14 Michael Layman	27 Billings	MT	44:53.8	
15 Ric Rojas	29 Boulder	CO	45:17.6	\$ 200

Women

1 Anne Audain	25 Auckland	NZ	50:32.8	\$10000
2 Allison Roe	25 Auckland	NZ	50:57.9	\$ 4000
3 Lorraine Moller	26 Auckland	NZ	51:24.9	\$ 2000
4 Patti Catalano	28 West Roxbury	MA	51:55.5	\$ 1500
5 Laurie Binder	33 San Diego	CA	52:03.8	\$ 1000
6 Janice Oehm	21 Walnut Creek	CA	52:23.0	
7 Patsy Sharples	19 Moscow	ID	52:54.2	
8 Cindy Dalrymple	39 Honolulu	HI	53:52.1	\$ 300
9 Beth Sheridan	26 Poland	OH	53:59.1	
10 Ann Locke	17 Anchorage	AK	54:40.4	

M35-39

1 Phillip Weiser	38 Denver	CO	50:07	
2 Karl Weiser	36 Denver	CO	50:09	
3 Frank Bozanich	38 Bothell	WA	50:47	
4 Lynn Harmon	35 Portland	OR	51:28	
5 Thomas Iredale	36 Phoenix	AZ	51:39	
6 Dave McCraney	36		51:45	
7 Chuck Pankratz	37		52:30	
8 Jim Noonan	35		52:31	
9 Erik Sten	37		52:35	
10 Jim Hampton	35		52:39	

M35-39

1 Cindy Dalrymple	39 Honolulu	HI	53:52.1	AR
2 Wendy Robertson	37 Portland	OR	58:18	
3 Lisbeth Westerberg	36		61:17	
4 Kathy Burgess	35 Portland	OR	64:17	
5 Janet Sherman	37 Portland	OR	65:24	

M40-49

1 Terry Manners	41 New Zealand		48:25	
2 Michael Heffernan	40 Portland	OR	48:56	
3 Keith Pearce	44 New Zealand		49:17	
4 Bob Jenkins	41 Salem	VA	49:22	
5 Dave Hambly	41 Seattle	WA	49:31	
6 Ray Hatton	49 Bend	OR	49:41	
7 Ron Daws	44		51:20	
8 Eino Rompanen	41 Malibu	CA	51:22	
9 Phil Walkden	42		51:47	
10 Bob Hughes	41		52:03	
14 Bill Gookin	48 San Diego	CA	54:17	

M40-49

1 Letha Figg Hoblyn	40 Portland	OR	62:27	
2 Louise Taylor	46 Olympia	WA	63:12	
3 Alice Jones	42 Corbett	OR	65:23	
4 Barbara Tarr	41 Menlo Park	CA	66:01	
5 Dale Ward	43		66:05	
6 Barbara Carlson	46 Orinda	CA	72:40	
7 Joan Klopfer	49		72:51	
8 Millie Williams	43		74:48	
9 Robin Rifer	41		74:53	
10 Janet Miller	40		75:40	

M50-59

1 Bill McChesney	53 Eugene	OR	54:49	
2 Pierce Cornelius	50 Bend	OR	57:32	
3 Robert Kuepper	52 Portland	OR	57:52	
4 Donald Wilson	51 Portland	OR	57:58	
5 George Puterbaugh	56 Lake Oswego	OR	59:59	

M50-59

1 Alice Turowski	53 Portland	OR	70:56	
2 Marcia McChesney	51 Eugene	OR	75:22	
3 Delight Leonard	50 Portland	OR	84:25	

4 Harriet Wilson	53 Eugene	OR	85:57	
5 Julie Sterling	51 Portland	OR	92:29	
M60+				
1 Clive Davies	65 Portland	OR	55:15	AR
2 Richard Kasal	60 Portland	OR	64:48	
3 Irving Weiss	62 Portland	OR	65:12	
4 Bob McAllister	61 Portland	OR	67:51	
5 Brice Hammack	61 Portland	OR	69:35	
M60+				
1 Patricia Dixon	62 Bend	OR	73:47	AR
2 Josephine Hess	63 Selah	WA	78:06	

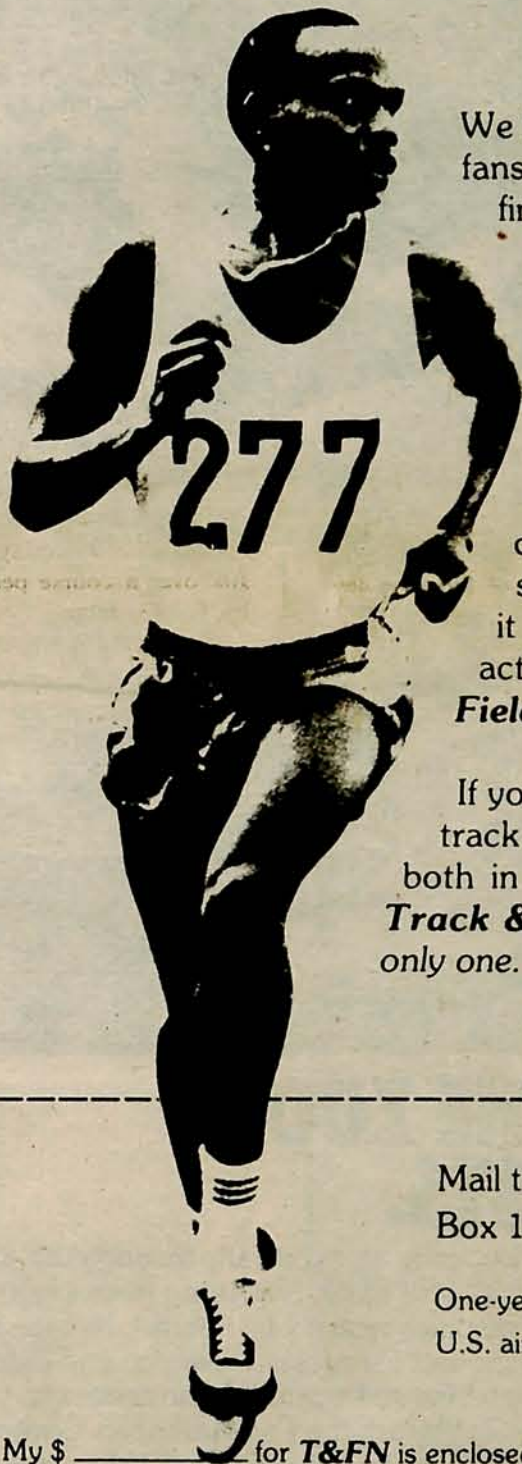
from Val Schultz and Chuck Galford



Wilfred Bigelow of the USA clears water jump en route to new world mark of 14:34.64 in M70 steeplechase in World Games.

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Renewal



BEFORE INTRODUCING THE ZOOM, WE RAN A FEW TESTS.

They looked good on paper. And even better in the lab. These new spikes were definitely the lightest prototypes we'd ever put together — by about 90 grams.

What made that important was the old physiologist's rule-of-foot: for every 100 grams you knock off a pair of shoes, you also cut energy costs by about one percent.

It appeared, we'd come up with the fastest Nikes ever.

But that wasn't the only good news. For all the weight loss, these prototypes showed no loss in cushioning. None.

That really got us going. Because our own studies showed that comfort can also save runners energy.

So we went even further. Introduced the Variable Width Lacing

System™, for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weight-bearing phase, the spikes would bite the dirt. Not the foot.

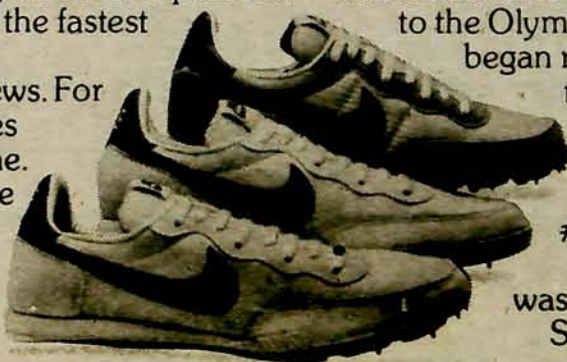
We developed models for sprints, distance and indoor. Then the heavy research began. We put them on international tour. And from the Pan American Games, to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more than their share of victory laps.

That started a lot of people talking.

But nobody, nowhere used their proper name: Prototype #45711 TF.

All they could say was ZOOM.

Sounded good to us.



Beaverton, Oregon