



National Masters Newsletter



35th Issue

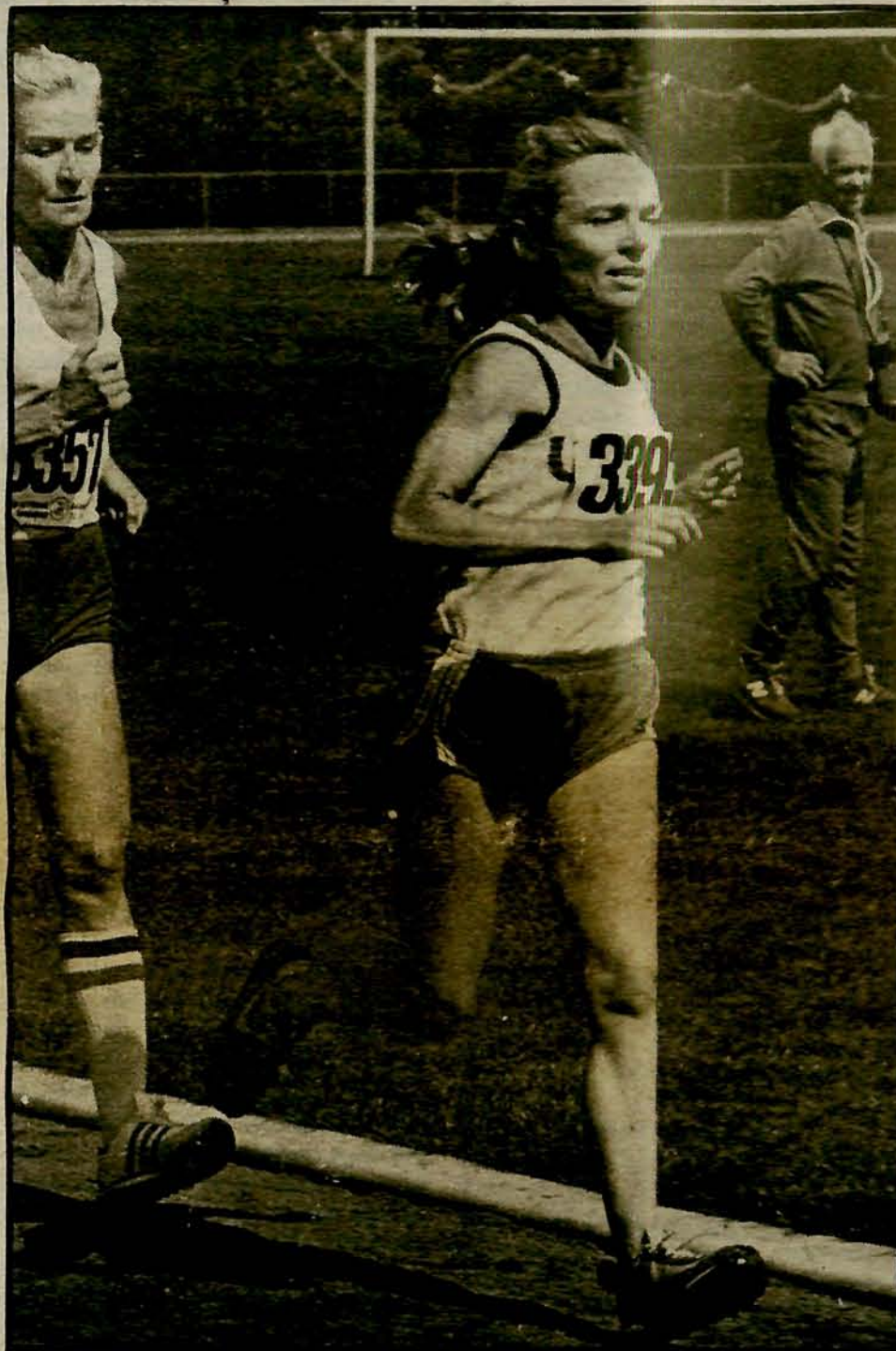
July 1981

\$1.25

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

★ Highlights ★

- New List of World and U.S. Men's 5-Year T&F Age Marks
- 1980 Masters 10k Rankings
- National TAC and RRCA Marathons
- Results of T&F Meets in:
 - Raleigh
 - Los Angeles
 - South Carolina
 - Oregon
 - New York
 - Pittsburgh
 - New Orleans
 - San Francisco
- Marathon Results from:
 - Boston
 - Chicago
 - Avenue of Giants
 - San Diego
 - Yonkers
- New Proposals for T&F
- All-Time Best Masters Marathoners
- New Technique for Faster Distance Running



Linda Sipprelle, American Women's Age 45-49 Long Distance Record Holder.
Photo by Bob Pates

Villanueva 2nd, Sheahan 3rd

Zimmerman Wins RRCA National Masters Marathon

CLEVELAND, May 24—Ralph Zimmerman just turned 40 and decided to celebrate by running the fastest official U.S. masters marathon of the year today to win the Road Runners Club of America National Masters Marathon Championship.

The Kenmore, New York resident clocked a superb 2:25:38 in 80-degree, humid weather through the streets of downtown and westside Cleveland. (Bill Hall, 41, ran 2:21:19 on a point-to-point, "aided" course in Boston).

In so doing, Zimmerman dealt a rare defeat to World Veterans 10k Champion Antonio Villanueva, 40, of Xalapa, Mexico. Villanueva had run a 2:19 marathon in December, and 14:04 5000-meters last month. But "he didn't care for the oppressive heat," said one source.

Villanueva's time of 2:36:10 was good for runner-up honors, three minutes ahead of Tom Sheahan, 40, of Derwood, Maryland, who ran a lifetime best 2:39:20 for third place.

continued on page 5

Records Fall In Pacific T&F Meet

LOS GATOS, California, May 30, 1981—Top performances and a flavor of international competition highlighted the annual TAC Pacific Association Masters T&F Championships today at the showcase Los Gatos High School track. The locale is the site of the Western Regionals June 20-21 and the National Masters T&F Championships August 15-16. The facility is used as a model by Chevron to demonstrate the outstanding surface to potential buyers.

Keith Whittaker, 50, of Great Britain, set meet records in the 200 (24.7), 400 (55.0) and 400 hurdles (64.5). Harry Koppel defeated Alan Cranston and John Satti in the 65-69 sprints. World record-holder Payton Jordan, 64, easily won his 100 and 200 dashes. Alphonse Juliand, 58, who still holds the world 50-54 100 record of 11.4, returned to masters action after an 8-year layoff to win the 55-59 100 in 12.5. Bruce Springbett (M45), Ben Anixter (M40) and Dick Marlin (M50) beat tough fields in the 100. Nick

continued on page 15

Quality and Quantity in Southeast Regional

by AL SHEAHEN

The "Southeastern" Masters Meet is one of the oldest and most popular masters events in the nation.

Started 11 years ago by the effervescent Bob Boal, this year's edition was officially titled the 11th annual Penn Mutual/TAC Southeast Regional Masters Track & Field Championships.

Boal's promotional efforts through the years, and the superb way the meet is handled, year after year, always draw a quality field of masters athletes

continued on page 12

Sprinters Highlight 10th M.S.A. Meet

by BOB FINE

NEW YORK, N.Y., May 23—The 10th Annual Masters Sports Association Championship took place on a warm but pleasant day at Randall's Island.

The 40-44 year-old sprinters provided the closest races.

Only one second separated the first four in the 100 yard dash, with Bob Williams of the Shore A.C. winning in 10.67. In the 220-yard-dash, only one second separated the first six, with Bob Stanford of the Philadelphia Masters winning in 23.83. Hannover World

continued on page 5

BULK RATE
U.S. POSTAGE
PAID
Van Nuys, CA 91404
Permit No. 848

National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404



National Masters Officers

ATHLETICS CONGRESS

TRACK & FIELD CHAIRMAN:

Jim Weed
11672 E. 2nd Ave.
Aurora, CO 80010
(303) 341-2980

LONG DISTANCE CHAIRMAN:

Ken Bernard
P.O. Box 80512
San Diego, CA 92138
(714) 488-3737 (home)
(714) 281-5585 (office)

VICE-CHAIRMAN:

Track & Field:

Men: Ron Salvio
Squan Rd.
Millstone Township, NJ 08520
(201) 266-8202

Women: Joann Grissom
4223 Norrose Dr.
Indianapolis, IN 46226
(317) 547-8841

Long Distance:

Men: Bob Boal
Women: Jo Lacetera

TREASURER:

George Vernosky
5004 Glen Cove Parkway
Washington, DC 20016
(301) 229-8391

SECRETARY

J.J. Perry
Dept. of Microbiology
No. Carolina State U.
Raleigh, NC 27650
(919) 782-0182

TRACK & FIELD RECORDS:

Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

LONG DISTANCE RECORDS:

Bob Martin
National Running Data Center
P.O. Box 42888
Tucson, AZ 85733
(602) 323-2223

INDOOR RECORDS AND RANKINGS:

Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591
(914) 631-1547

DECATHLON:

Ed Oleata
2870 Glenbrook Way
La Jolla, CA 92037
(714) 453-4570

ADVISOR:

Tom Sturak
3900 S.W. Murray Blvd.
Beaverton, OR 97005
(503) 641-6453

T & F REGIONAL CHAIRMEN

EAST:

Rudy Clarence
484 Troy Ave.
Brooklyn, NY 11203
(212) 732-3301

SOUTHEAST:

Ken Kirk
3800 Stonewall Terrace
Atlanta, GA 30339
(404) 436-6918

MIDWEST:

Wendell Miller
351 Birkdale Ave.
Lake Bluff, IL 60044
(312) 234-5936

MID-AMERICA:

Jack Greenwood
917 N. Cedar
Medicine Lodge, KS 67104
(316) 886-3484

SOUTHWEST:

Tom Spillman
9411 Lanshire Dr.
Dallas, TX 75238
(214) 348-8004

WEST:

Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-2005

NORTHWEST:

Jim Puckett
2600 W.E. Stark
Gresham, OR 97030
(503) 667-7354

WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill, Ontario
Canada M1C 2X3

NORTH AMERICAN REP:

Bob Fine
77 Prospect Place
Brooklyn, NY 11217
(212) 789-6622

TECHNICAL CHAIRMAN:

Ian Hume
R.R. #1
Melbourne, Quebec
Canada
819-826-5418

WOMEN'S DELEGATE:

Irene Obera
203 Paseo Bernal
Moraga CA 94556
(415) 376-8967

PENN MUTUAL

NATIONAL MASTERS DIRECTOR:

Jon Buzzard
AAU House
3400 W. 86th St.
Indianapolis, IN 46268
(317) 872-2900

MASTERS SPORTS ASSOCIATION

Thomas Talbott, President
55 Frontier Road
Cos Cob, CT 06807

REGIONAL CONTACTS:

EAST:

Bert Lancaster
P.O. Box 29541
Philadelphia, PA 19138

MIDWEST:

Ron Fox
3272 Western Ave.
Highland Park, IL 60035
(312) 432-3411

SOUTHWEST:

Don Slocumb
29 Waugh Drive
Houston, TX 77007
(713) 869-5605

WEST:

John Brennand
4476 Meadowlark Lane
Santa Barbara, CA 93105
(805) 965-2591

Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(415) 339-0563

Dave Jackson
19103 S. Andmark Ave.
Carson, CA 90746
(213) 638-7125

Stan Thompson
1549 Ipukula St.
Honolulu, HI 96821

NORTHWEST:

Carole Langenbach
4261 S. 184th St.
Seattle, CA 98188
(206) 433-8868



Write On!



Address letters to:

National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404

GREENVILLE MEET

I recently attended the TAC Masters Track & Field meet held in Greenville, South Carolina, on Saturday, July 16th. The officiating was excellent, my events were on time, and the facilities at Furman University were superb. The Meet officials made visitors feel very much at home.

I am writing to recommend this Meet to all Masters in the southeast. It was not as big as Raleigh, but was in the same class. With more participation from area Masters from the Carolinas to Florida, the Meet could become an outstanding event on our calendar.

Spotty Hall
Richmond, Virginia

BROTHERS' KEEPER

When Bernie Hogan (NMN, May) blames his failure (to get to the start in the World Games M60 200 final) on the other finalists for not reminding him that the starting time had been moved up, he is telling us that we are our "brothers' keeper." Well, we are not.

Before a race, each of us is occupied with his or her own thoughts. When he takes that low punch at Sylvester Stein with the remark "Stein may have the medal, but he knows he is not the champion," that is an insult to all Masters competitors, for Mr. Hogan has forgotten a most important word: sportsmanship.

I would like to remind Mr. Hogan who seems so consumed by his own importance and ego that, before he considers himself the best in the world in his age group, he had better stop and consider how he would stack up against the likes of a quiet soft spoken gentleman by the name of Payton Jordan, who I believe, at age 64, would eat up Mr. Hogan in the 100 and 200 meters seven days out of seven. How do Mr. Hogan's times compare to those of Payton when their ages and times are set side by side? Who is in the record holder in these events, year after year?

Who is really the champion? I'm sure you know, Mr. Hogan, it is not you, if this is your line of thinking.

Al Guidet
California City, Calif.

(While you're correct that Jordan is the M60 world 100 and 200 record holder, Masters athletes have traditionally always been their brother's keeper. It is what the movement is all about. Most masters competitors will make sure a fellow athlete knows of a time change, even if it means certain defeat in an event. That Hogan was not informed by his fellow competitors is unfortunate.—Ed)

SCOBIEY SLUGFEST

Somebody got their facts wrong on the alleged Bill Scobey slugfest at the Fiesta Bowl Marathon in Phoenix. The "slugee" was actually John Wilderman, a respected businessman and race director who was involved in calling unofficial splits and spectating when Scobey mistakenly took him for an intruder in the race. According to Wilderman, no punches were landed and he repeatedly told Scobey that he was merely on a training run and had no number. The story made the A.P. across the country, largely as you reported it. Knowing John as I do, I'm sure the report is all wrong.

Jim Gerard
Centerville, Ohio

(We just picked up the report from another source without checking. Thank you for straightening the story out.—Ed.)

WOMEN'S AGE BESTS

I studied the latest age-group bests with interest. The truth is that women can run very much faster after the age of 40 than people ever realized. I believe these times will still improve much, much more. I was pleased to see I had a few records left, but it won't be for long as the standard is improving tremendously.

I need hardly tell you how much your newsletter means. I only wish I had received it years ago.

Anne McKenzie
Pinelands, South Africa

continued on page 7

MOVING?

National Masters Newsletter is mailed third class bulk rate and is not forwardable. When you move please let us know at least 3 weeks in advance.

National Masters Newsletter

35th Issue
July, 1981

Editor
Al Sheahan

Production
Express Publishing

Subscription Rates
\$12 for 1 year (12 issues)
\$20 1st-class airmail
Canada \$20; Overseas \$22

Additional Information
(213) 785-1895
P.O. Box 2372
Van Nuys, CA 91404

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. Site to be chosen.

EAST

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

☆**July 4-5 (Sat & Sun):** North American Masters Track & Field Championships, Philadelphia. Fred Mannis, (215) 642-2478 (days); (215) 525-3173 (eves).

July 11-12 (Sat-Sun): Kendall Women's Classic, Boston College. Track Meet for women of all ages. Conventures, Inc. 45 Newbury St., Boston MA 02116. (617) 267-0055.

July 18 (Sat): New York Masters Relay Carnival. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

SOUTHEAST

Each Tuesday thru **July 28.** All-comers meets, Atlanta(404) 231-9065.

MIDWEST

July 11 (Sat): TFA Midwest Regional Masters Track & Field Championships. U. of Illinois at Chicago Circle. Midwest Masters, 180 N. LaSalle St., Chicago IL 60044. (312) 236-1315.

July 16 (Thurs): Minnesota TAC Masters T&F Meet. 30-and-over. Bob Waxlax, St. Cloud State U., St. Cloud MN 56301.

☆**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, Dyché Stadium, Northwestern University, Evanston IL. Bill Smith (312) 346-1797.

MID-AMERICA

☆**July 4-5 (Sat-Sun):** Penn Mutual/TAC Mid-America Regional Masters Track & Field Championships, Lincoln, Nebraska.

July 11 (Sat): All-comers T&F meet, Aurora Central High School, Aurora, CO. 10 a.m.

July 25 (Sat): TAC Colorado Open and Masters T&F meet.

July 25-26 (Sat-Sun): Penn Mutual/Nike TFA/USA National Masters Decathlon Championships, Eureka, Kansas. Tom Thorne, 314 N. Mulberry, Eureka KS 67045. (316) 583-5686.

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)

SOUTHWEST

July 25 (Sat): Masters T&F Meet, Mesquite HS, Dallas, 6 pm. Joe Murphy, 4308 N. Central Expressway, #206, Dallas TX 75206. (214) 826-9650.

MOUNTAIN

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

WEST

June 22-July 31 (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.

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:
National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404

July 5, 26, August 2,23 (Sun): All-comers meets, 8 a.m., Kaiser HS, Honolulu. Jack Karbens, Masters TC, 404 Opihikao Pl., Honolulu HI 96825.

July 11 (Sat): CDM vs. Striders Dual Meet, Los Angeles.

July 11 (Sat): TAC Hawaii Open T&F Championships. Masters welcome. Punahou HS.

July 18 (Sat): TFA Pacific Masters Track & Field Championships, UCLA, Los Angeles. Michael Sims & Assoc., 5419 Sunset Blvd., Los Angeles CA 90029. (213) 462-7360.

August 1 (Sat): 9th Annual Corona Del Mar Track Club "Don Palmer Memorial" Relays, Santa Ana College, Santa Ana, Ca. Seven relays plus individual field 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.

CANADA

July 18 (Sat): Canadian Pentathlon Championships, Toronto. Aaron Kazdan, 58 Stonedene Blvd., Willowdale, Ontario M2R 3C9. Fee \$5.

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.

On Tap For July

Track & Field

The 4th of July weekend is the date for the North American Masters T&F Championships in Philadelphia and the Penn Mutual/TAC Mid-America Regional Masters T&F Championships in Lincoln, Nebraska.

The TFA Midwest Regionals are set for Chicago on the 11th. There's a Minnesota masters meet on the 16th, and the Canadian Masters Pentathlon Championships in Toronto on the 18th.

Also on the 18th is the New York Masters Relay Carnival, and the 1st Annual TFA Pacific Masters T&F Championships at UCLA in Los Angeles.

On the 24th, the annual Northwest Seniors Track Classic takes place in Gresham, Oregon. The 25th sees the TFA National Masters Decathlon in Eureka, Kansas, and the Texas Masters T&F Championships in Dallas.

Throughout the month, there are all-comers meets with masters competition in Los Angeles, Hawaii, Atlanta and New York as the season gets into full swing.

Long Distance Running

The Peachtree Classic, one of the largest events of the year with 25,000 entrants, goes on the 4th in Atlanta. The next day, the New England Masters 10k Championships are set for Fitchburg, Mass.

The San Francisco Marathon will be run on the 12th, and the Deseret Marathon is set for Salt Lake City on the 24th. □

PUERTO RICO

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

Subscribe Now!

The National Masters Newsletter is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$12. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

- \$12 for 1 year/12 issues \$20 for Canada New
 \$24 for 2 years (beat inflation!) \$22 for overseas Renewal
 \$20 for 1 year 1st-class air-mail
 \$4 for Age Record Book

Name _____
 Address _____
 City _____ State _____ Zip _____

Send to: National Masters Newsletter
 P.O. Box 2372
 Van Nuys, CA 91404

INTERNATIONAL

December 12 to January 6: Masters tour to South Africa.

NORTHWEST

☆July 24-25 (Fri-Sat): Northwest Seniors Track Classic. Gresham, OR. 6-11 p.m. Ideal conditions. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. 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.



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 Nor-

thway 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.

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.

EAST

July 4 (Sat): 15-mile "Country Special," East Meridith, N.Y. Delaware County Runners, 36½ Main St., Delhi NY 13753. (607) 746-9983.

July 5 (Sun): New England Athletics Congress Men's Masters 10km Championship. 9:30 a.m. Fitchburg, Mass. \$1.50. Mail to Finnish Memorial Field, Box 2231, Fitchburg MA 01420. (617) 756-9614.

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

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.

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

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

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 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

July 4 (Sat): Peachtree Road Race, 10K, Atlanta (25,000). Royce Hodge, 3224 Peachtree St. NE. Atlanta GA 30305.

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

July 5 (Sun): Chicago 20K Distance Classic. Lung Assoc., 1440 W. Washington, Chicago IL 60607. (312) 243-2000.

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. 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

July 24 (Fri): 12th Annual Deseret News Marathon, Salt Lake City. P.O. Box 1257, Salt Lake City UT 84110.

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

July 4 (Sat): Embarcadero 5-mile run, Estuary Park, Oakland, Calif. John Notch, 230 Marlow Dr., Oakland CA 94605.

July 4 (Sat): Coronado Half-Marathon, San Diego. George Green, 626 5th St., Coronado CA 92118. (714) 435-3633.

July 12 (Sun): San Francisco Marathon. P.O. Box 27385, San Francisco CA 94127. (415) 564-4771.

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 Women's 5K, Sunnybrook, Toronto.

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. Al Huff, 18127 1st Ave. N.W., Seattle, WA 98177. (206) 542-2930.

MASTERS AGE TIME STANDARDS

Time Standards now available which include-

- Each year of age 30 to 75
- Men's and women's
- Sprints to marathon
- Meters and yards/miles

CONVERT YOUR TIME RUN TO PERFORMANCE LEVEL (%)
FIND WHETHER OR NOT YOU ARE IMPROVING WITH AGE

24 page booklet lists 1981 Time Standards and explains how to use Dr. Track Performance Measuring System.

To order 1981 Time Standards booklet send \$2.00 to Dr. Track, 5130 Nebraska Ave NW Washington, DC 20008

Name _____

Address _____

City _____ State _____ Zip _____

Sprinters Highlight M.S.A. Meet

continued from page 1

Champion Lloyd Riddick of the New York Masters won both sprints in M45 in 10.75 and 24.04. Lloyd also took the 440 in 54.1.

Rudy Valentine is back in top form. The 57-year old Pioneer Club star won the 100 in 12.36, the 440 in 59.3, and then just outkicked Archie Messenger, 58, of the New York Masters, a world 800-meter finalist in New Zealand, in 2:25.72.

Carl Klehm came in from the Midwest to dominate the throwing events in M40 with a discus toss of 34.71 meters, hammer throw of 39.91, and shot put of 12.41. Carol Coram, who recently turned 30, of the New York Masters, did 28.26 for 220 yards and long jumped 4.795 meters. Dorothy Kelley, 45, of the New York Masters, walked an outstanding 17.28 for two miles. □

Results in back pages.

Zimmerman Wins RRCA

continued from page 1

Zimmerman placed 13th overall in the 2200-runner field, with Colorado's Charles Vigil the overall winner in 2:16:21. The first 3 masters led the women's open winner, Jane Wipf, who ran 2:40:42.

Don Adams captured the men's 50-59 title in 2:55:05, taking a close 22-second decision from Vere Bellian. Bill Koopman took 60+ honors in 3:23:26.

In the women's masters competition, Annette Johnson led the way in 3:26:17, with Neoma Corey the best over-50 female in 4:21:00.

Over 5000 additional runners took part in a concurrent 10-kilometer run. The marathoners ran a 13-mile-out-and-13-mile-back course. A half-hour after their start, the 10k runners ran the same route, but only 3-miles-out and 3-miles-back. Thus, spectators were treated to two exciting races. There was no interference, since the slowest 10k runner was finished before the fastest marathoner came in.

Dave Kofer posted a swift 32:52 for masters 10k honors. Luis Torres won 50-59 laurels in 36:02, with John Schadl best over-60 in 41:21. Marilyn Scullin was 1st female master in 42:19, with Helen Madro, 52:42, best over-50.

England's Nick Rose won the race in 28:38, with Norway's Grete Waitz leading the women in 32:20 in the star-studded event. (Hunt, Fredericks, MacDonald, Babiracki, etc.)

Thousands of cheering and water-spraying spectators lined the course as the 7000+ runners braved the sultry conditions. "I finished last in the 10k," said 69-year-old Cleveland Heights attorney John Jaeger, who ran it in 90 minutes. "It was the hottest and toughest race I've ever run."

Sheahen managed to PR in the heat by having his bicycle-riding nephew spray him with water through much of the race. It's a new technique which

might help other marathoners. In an exclusive to *NMN* readers, Sheahen details in this issue how the method can be used by any runner. □

Results in back pages.

Report From Britain

by ALISTAIR AITKEN

Les Presland, 42, has undoubtedly been the outstanding UK veteran road runner this spring. He defeated 736 open runners in Switzerland March 15 in 33:56 for 11 kilometers (=30:51 for 10K). He ran 15:46 in the Southern Road Relays, only 6 seconds behind 1980 Olympic steeplechaser Roger Hacking.

7055 started the London Marathon March 29. The first over-50 was Southern Vet 1500 Champion George Smith, 52, in 2:44:25. Nat Booth, 56, was first 55+ in 2:49:53.

Jim Avis, who won the National Veterans Marathon at Stoke last October, took 10th place among 147 in the Herne Hill Harriers 10-mile road race April 25 in incessant rain on a hilly course in Brockwell Park.

Fred Smith, a member of the 4 X 400 gold medal British relay team in the 1st World games in Toronto in 1975, had a serious stomach operation, but is in good spirits and will be organizing the Veterans Athletic Clubs 50th Anniversary T&F meet at Enfield August 2. □



Ed Stotsenberg, Santa Monica, won gold medal in 4th World Games in age 65-69 1500-meter run in 5:06.

Photo by Richard Lee Slotkin

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
Birnkrant Hall
University Park, California
213/741-2022



From the Editor

by AL SHEAHEN

I don't know about you, but sometimes I get a little bored with masters track & field.

Don't get me wrong. I still like to compete. I still get excited watching a great race or great performance. I tingle when Billups and Cohen come charging down the stretch together. I'm awe-struck when Fitzgerald blazes an 800. Chapson inspires me. I'd PAY to see Greenwood over the hurdles, Newton coming off the turn in a 400, Higdon gliding through a steeplechase, Morcom over the bar.

But the sameness of it all is getting to me. It's always the same old 5-year age-group competition. Every time I go to the line in the 400-hurdles, there's Tony Nasralla in the next lane. We're the same age and, it just occurred to me, we always will be. We'll be racing each other when we're 90.

Now Tony is a prince of a guy. We take turns beating each other. We often have our own race within a race. It's been fun. I'd rather see him there than not there. But the honeymoon is fading. Tony's probably as bored as I

am. I used to think new people would come out every year; that we'd gradually increase the size of our meets to 300, 400, 1000...like LDR. But it hasn't happened. It's the same faces, year after year. A few new people show up, but old ones drop out.

The attendance at most master T&F meets hasn't increased. Oh, maybe the total number has. Maybe there are more meets now, so athletes can pick and choose. But we never seem to wind up with more than 200 for most meets, except the nationals. The Western Regionals are stuck at 175-200. The Midwest Regionals only get 100-125. Indoor meets often get less.

It seems nobody outside our hard core understands the sport. People think of "masters" as a golf tournament in Georgia; or a high school track meet in Los Angeles; or a tennis tour.

The Penn Mutual Life Insurance Company is doing its best to educate America as to what the Masters program is all about. Bill Toomey, former Olympic decathlon champion, is Penn Mutual's national masters spokesman. Toomey has been touring the country promoting the value of masters sports and fitness programs. In May, KABC-

TV, the top rated television news station in Los Angeles, presented a 5-part series on masters sports. The station received upwards of 5000 inquiries from Southern Californians interested in running, cycling, swimming and other competitions for over-age-30 individuals.

Yet should these and others decide to get involved in the masters program, we should have a solid product to offer them. Today, we have a good program, but I think we can do better.

Look around at any masters meet. Who's in the stands? Nobody. The whole thing is too complicated. Einstein would shrug and walk away.

Look around at any masters meet. Who's in the stands? Nobody, except a few captive family members sitting in the hot sun, probably wishing they were somewhere else.

The whole thing is too complicated. Einstein would shrug and walk away. On the few occasions I've been able to cajole the Los Angeles press and TV to a meet, they wind up totally baffled. I try to explain the 5-year age-groups, and how 3 or 4 groups often race together with the "winner" of one group finishing maybe a half-a-lap behind another "winner." They nod "uh-huh," take a shot of a 70-year-old high jumping, and run it as a "human interest" feature, if they run it at all. They never show up again. We send in results to the *LA Times*. That we consider it a sport is laughable to them. They toss them in the wastebasket.

In a typical meet, there are about 20 events and 20 potential separate 5-year age groups (men and women). That's 400 potential gold medals—1200, including silver and bronze—for 200 competitors. It's gotten so that if you don't leave with at least two gold medals, you wonder where you went wrong.

In the 1980 Western Regionals, a guy took home 8 medals—4 gold and 4 silver—and didn't beat anybody. He was the only entrant in 4 events, and was one of two in the other four. In the 1981 Hawaiian Masters Championships, a guy won 7 gold medals and beat nobody. It's ludicrous. A gold medal is supposed to be meaningful. No wonder the media think we're peculiar.

And where do the medals wind up? Most of mine are buried at the bottom of a dresser drawer. Or in a box somewhere. And I've got very few, compared to most masters athletes. Some collections make Fibber McGee's closet look orderly.

Oh, I admit, the first time I got one, I was thrilled. It's natural. You get kicked around all your life: in school,

at home, on the job, in life. You turn 40. You wonder what it's all about. Then, one day, you win a medal. Instant achievement. Recognition. Approval. Acceptance. A pat on the head. Someone noticed you. It's like your first A on a report card.

But what happens? For a few years, I picked up a silver medal here, a gold there. Sometimes because I was the only one who showed up in my age group. Without thinking, I put them all on a "trophy shelf" in the living room. No one was impressed. One day, a friend looked at the clutter and said: "That's gauche." I took a close look. It was.

That's when the medals went in the drawer. Except for a few I'm especially proud of. They stayed.

Not that I have anything against collecting medals. To each his own. At each national and world meeting, the proposal to cut down the number of medals has met with rousing defeat. Opponents said, "Let everyone have their chance at a medal." I went along.

Trouble is, the damned things are expensive. They're always the most costly item in a meet director's budget. To make ends meet, a director has to jack up entry fees.

It seems such a waste to shell out \$5 or \$10 for an entry fee, when most of it is going to go to some company that makes medals which will wind up between someone's socks in a drawer.

The main thing is the competition and the fun. Isn't it? In too many meets, there isn't any competition. See for yourself. Check out the results in this or any issue. Racing, throwing or jumping against one person isn't competition. You need at least three or four to make a contest of it.

In one meet, a guy took home 8 medals—4 gold and 4 silver—and didn't beat anybody . . .

Our present solution is one of the worst and most confusing aspects of our sport. When only one or two in an age-group show up, we run them with another group. This prevents the obvious absurdity of having a solo runner do an 800. But to award a gold medal to the 5th finisher in a race defies logic and good sense. It's incomprehensible to spectators and the media. If you finish 5th in the race, but are given the gold medal because you were 1st in your age group, NOBODY knows you "won" except you. Anyone watching the race—competitors and spectators alike—thinks you were 5th. So, in many cases, do you, since you don't always know who's in your group and who isn't.

Several solutions have been proposed to bring new life and new competitors to the masters program:

1) In Chicago, Wendell Miller gives away the first medal at this meets, but the athletes must pay for subsequent

continued on page 7



Mac McCormick

Photo by Sue Slakey

continued from page 6

medals they earn. "Some do, some don't," Miller says. With the money saved, Miller can 1) cut entry fees, or 2) upgrade the quality of the meet.

2) Return to 10-year groups. Some meets do this now. George Ker directs the popular Grandfather Games. Over 200 showed up this year to compete in 10-year age divisions for men and one division for women. "Only a couple complained this year," Ker said. "Most people think it's fine." For meets with less than 250 competitors, 10-year groups seems a logical way to go.

3) Running several groups together is simply too confusing and bad theater. And it's unfair to the athlete. It should be avoided whenever possible. Under our present structure, it's unavoidable, of course, for the 5000 and 10000. But the 1500 and under shouldn't combine age groups.

4) Team competition. This is popular in the east and in England, but is virtually non-existent in the rest of the U.S. Advocates say it brings out competitors who wouldn't normally show up, because even by finishing

5th, they add a point to their club's total points. It builds camaraderie. The Eastern Regionals used a 6-4-3-2-1 scoring system this year.

5) Except for world and national championships, if there aren't at least 4 contestants, you compete in the next lowest age group. This would guarantee full fields and good competition. The problem is: you drive a long way to a meet, then discover you're the only entrant in your age group in your event. Maybe you've even scared off all the competition. Why shouldn't you get a gold medal, you ask? Well, if your purpose in all this is to win medals, maybe you should. But if your purpose is to compete, what good's a medal if you didn't beat anybody? Wouldn't you rather drop down to a lower group and have some competition and some fun? So you don't win. So what? You may be pulled to a better mark. Aren't we really competing against ourselves anyway? Laying it on the line to prove to ourselves we can still do it? This isn't the Olympics. We're just trying to stay fit, do the best of which we're capable, and have some fun.

6) Age-handicap competition. Instead of 20 age-groups, you have 2 groups. Men and women. Better yet, ONE group.

Could Ernie Billups, 44, overtake Bill Fitzgerald, 56? Could Hilliard Sumner, 35, catch Payton Jordan, 64?

How? By using age-handicap tables and running the events the way the professional Australians do with so much success. In the distance races, you use the "Portsmouth Start." You start the oldest runner first, the youngest one last, and whoever gets to the finish line first, wins. Simple.

There's ONE winner in the 1500, not 20. It's like an open meet, where there's one winner per event. It's pure. It's clean. The media and spectators could understand it. You can run semi-finals, or finals in sections. It would make a medal really meaningful. It just

might attract more publicity which would mean more competitors and more members.

Could Ernie Billups, 44, overtake Bill Fitzgerald, 56? could Hilliard Sumner, 35, catch Payton Jordan, 64? Is Harold Chapson, 78, better for his age than George Cohen, 41? Could Sandra Knott, 44, put away Ed Stotsenberg, 66? I'd love to know.

In the sprints, you can't start everyone at a different time, so you do it by distance. In the 100 meters, the 80-year-old starts midway up the track. The 30-year-old starts at scratch. Sure, you don't get an actual time for the 100 this way, because you've only run, say, 92 meters. But if you crave an exact time, you run the full 100 later the same day, or the following week in the next meet. This format needn't be used all the time. Just often enough to generate some excitement and interest into the program. To bring new people in. For the athlete, it's a great chance to compete against other athletes—on a fair basis—from other age divisions.

The field events are easy. You allow for the age-handicap and you know ex-

continued on page 31

\$ 2,925.00 YOUR CHANCE TO MAKE HISTORY

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 (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 (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 (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 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 (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 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.

IF YOU WANT TO KNOW MORE about this history-making tour and how you may be a part of it, you may phone or write SPORTS TRAVEL INTERNATIONAL, LTD.

(714) 225-9555
P.O. Box 7823, San Diego, CA 92107

To be certain of visas: deposits must be received by July 15th. Acceptance of applications received after that date will depend on availability of additional visas from China.

SPORTS TRAVEL INTERNATIONAL, LTD.
PRESENTS THE
FIRST CHINA - U.S. MASTERS
DISTANCE RUNNING TOUR
OCTOBER 14 TO NOVEMBER 1, 1981

BEIJING

NANJING

SHANGHAI WUXI

HONG KONG HANGZHOU

Write On!

continued from page 2

REPORT FROM GERMANY

As reader of NMN since 1979, I am much better informed of the masters activities in the USA than of those in my own country. In Germany we have nothing similar to your fine monthly paper.

Reading your June issue I could admire another astonishing performance of Burl Gist in M 60 high jump at the Grandfather Games, Los Angeles Valley College, Van Nuys, with 5-2 (1.57 m) very close to his own world mark. I am well aware that my gold medal in high jump at the Hannover World Championships in 1979 could have turned very easily into silver if Burl had participated.

Your last issue told me as well that Tom Patsalis was the outstanding participant of the M 50-59 field events at the same Grandfather Games. Obviously he has not lost much of his efficiency in long jump compared with his performance in Hannover 2 years ago when he won the gold medal in front of me, the silver medalist, in a respectful distance. Tom, world mark holder of the M 55 long jump will certainly set a new world mark when he turns 60. As I am his senior by 2 years I have this

clearly limited time for setting a new world mark myself. At the National Masters Games at Gaggenau, 2nd May of this year, I jumped 17-10 (5.44 m) raising the world M 60 mark of my German fellow Hans Schneider 17-8 (5.38 m). But according to our poor communication about the veterans activities my performance will be published not before the end of this year and then only as a new German mark because world marks have never been registered here.

Is there no cooperation in the registration of world marks between the USA and Germany? Have German veterans the opportunity to be entered in your world mark list only when they set new marks at World Championships?

Hans Bitter
Herzogenaurach,
West Germany

(All world records should be sent to U.S. National Masters T&F Records Chairman Pete Mundle, who is also on the WAVA Records Committee. [You can use the forms on page 17 of the November, 1980 Newsletter.] Mundle prepares a semi-annual computerized list of world age-division marks, which are printed in NMN. He's receiving very little info from Germany. So perhaps you can advise the proper people there.—Ed.)



THE Gun Lap

by MIKE TYMN

Don't Jerk The Trigger

"... let us run with patience the race that is set before us."

—New Testament, Hebrews 12:1.

Baseball players do it. So do golfers, swimmers, tennis players, and archers. And, yes, even runners do it. Masters runners may do it more than anyone else.

What is it that they all do? They often try too hard. I call it "jerking the trigger."

Baseball players learn that just making contact is more important than swinging from the heels. Giving it that old college try isn't the way to win ball games. Concentration, relaxation, and timing are the essential ingredients. Put them all together and the key word is control.

Runners do not depend upon a swing or a single motion as with ballplayers, but the same principle can be applied to our sport. We try harder to move ahead and we end up going in reverse. It is a lesson that many of us learn, forget, relearn, and forget again.

Every time I come up with an injury, I realize that I violate the rule first taught to me by my Marine Corps rifle range instructor when he scowled, "Don't jerk the trigger."

The tendency in shooting a gun is to rush the shot by pulling the trigger hard as soon as the target is lined up in the sights. However, this does not make for accuracy. The jerk of the trigger causes the gun to be thrown out of line with the target. The key in marksmanship is squeezing the trigger gently while continually focusing in on the target.

In *Zen in the Art of Archery*, Eugen Herrigel spends years studying under a Japanese Master in hopes of becoming proficient with the bow and arrow. He feels that he is failing and is ready to give up the pursuit. He tells the Master of his confusion and uncertainty.

"The more obstinately you try to learn how to shoot the arrow for the sake of hitting the goal, the less you will succeed in one and the further the other will recede," the Master tells him. "What stands in your way is that you have a much too willful will. You think that what you do not do yourself does not happen."

"What must I do then?" Herrigel asks.

"You must learn to wait properly," the Master responds.

For the runner, this "trying too hard" syndrome can hit in two ways. The most obvious one is going out too fast in a race. You would think that Masters runners, being wise and mature, would not be guilty of this. Yet, from my participation in several "Masters only" races in the past year it has been my observation that Masters, myself included, are just as guilty of this as younger runners.

Perhaps more critical than in the race itself, the syndrome often manifests itself in our training. The typical pattern goes something like this: The runner turns in a good performance, or at least one that he or she is pleased with. He then sets a higher goal and reasons that more effort will get him to this new plateau. He drives himself harder and harder than ever before. Then he crashes.

The "crash" may be a series of poor performances brought upon by the fatigue of his harder training. Or it

might be an injury from the added stress. "What went wrong?" the runner asks himself. "Why did it have to happen now when I was so close to peaking?"

As with ballplayers, control is the key. In running, control means patience and knowing when to back off. Pacing oneself in training is just as important as proper pacing in the race.

"Most people train hard, but they forget that rest is the other half of it," says Dr. David Costill, director of the Human Performance Laboratory at Ball State University in Indiana (Runner's World, Jan. 1980). "They think if 50 miles gives you good training, then 100 miles ought to make you twice as good and 200, four times as good. But there is a point at which you begin to get a diminishing return on your input and begin breaking down the system. You have to be able to identify some of the signs: muscle tenderness, weight loss, problems with sleeping and your resting heart rate and chronic fatigue."

That point of diminishing returns that Costill speaks of may be reached sooner for Masters runners. While we don't always like to face up to it, aging does place added limitations on us. I doubt that even Jack Foster will be running sub 2:20 marathons at age 80.

Former great jockey Eddie Arcaro had this to say in an interview back in 1957: "When a jockey gets into a riding slump it's usually not just a run of bad mounts that causes it. The jock will generally find something that he's doing wrong—like riding too hard on a horse's mouth, or trying to ride faster than the horse can run and thereby getting out of rhythm with him."

When we try too hard, we also get out of rhythm. The rhythm can be maintained by exercising patience and control.

There is a big difference between trying to make something happen and allowing it to happen. When we try to make things happen, we allow the mind to race ahead of the body. We become obsessed with the goal and we lose control. Concentration must be on the present. We need to take each individual workout as it comes and allow the body to dictate what is best for us, not the mind.

In his best seller, *Tales of Power*, Carlos Castaneda expresses frustration over his inability to understand and acquire the knowledge of his teacher, Don Juan. "If one is to succeed in anything, the success must come gently, with a great deal of effort but with no stress or obsession," Don Juan tells him.

If "trying harder" produces results, then certainly Avis would be No. 1 by this time. Sometimes, you have to take it easy and let things shape up. Ask Masters & Johnson. They'll be the first to tell you not to jerk the trigger. □

Masters Top NFC Football Champs in Relay

by PETE TAYLOR

PHILADELPHIA, May 30—The Philadelphia Masters 4 X 100 meter relay team of Larry Wilson, Dhamiri Abayami, Bert Lancaster and Bob Stanford blazed to a winning time of 44.5 seconds in the 4 X 100 "Eagles Relay" at the Jumbo Elliott Invitational Track Meet at Villanova Stadium. The time approaches the U.S. Masters (all runners over age 40) record of 43.5, set by the New York Pioneer Club (Riddick, Budd, Thomas, Bertrand) in 1977.

Among the victims of the speedy quartet were the Philadelphia Eagles Super Bowl football team, who got a nice leadoff leg from linebacker Jerry Robinson and were anchored by kick-returner/end Wally Henry. The Eagles' soft spot was their second leg—coach Dick Vermiel.

At Ursinus College in Collegeville, Pa., the Philadelphia Master held a Runners' Pentathlon. Jim Waters, 31, well-known submaster from New Jersey, starred in this 4-hour extravaganza by sweeping five first places in the 30-34 year-old age-group. Waters' performance included a 2:02.9 800 meters and a 54.2 400 meters. Other events were a 4.4 mile cross-country, 2-mile cross-country and 1400 meter grass run.

Other division winners were Fred Mannis (40-49, 2:17 800, 58.9 400), Paul Gorka, 50-59, 2:43.4 800, 72.3 400), John McCarthy (60-69, 3:01.2 800, 76.2 400), Pat Speer, 70+ (7:08.2 800, 2:54.9 400). No women competed. □

Hatton, Heffernan Sparkle in Oregon

Ray Hatton, 49, nearly broke Bill Fitzgerald's American age 45-49 mile record of 4:29.5 in the University of Oregon Twilight T&F meet May 28 in Eugene.

Hatton was timed in 4:30.76 for a new age-49 record. The Bend, Oregon resident (100 miles east of Eugene) holds the 40-44 U.S. mile mark of 4:24.0, set in 1975.

Mike Heffernan, 40, of Portland, ran a good 4:31.38 in the same race to establish himself as a potential threat to Chicago's Ernie Billups for masters middle-distance honors this year. Following Heffernan in M40 competition were George Tiger, 4:44.85, and Val Schultz, 4:50.05. Bill McChesney, logged a 4:51.5 to capture M50 honors.

Portland's Paul Dungan, M35, sped to a fast 51.69 400 meters in a masters all-comers T&F meet in Hillsboro May 31. □

Results in back pages.

Most Complete Inventory of Track & Field Equipment in the Country!

Write for FREE Catalog!

Same day Service!



UNCLE MARTY'S SNEAKER BARN CALL THE UNCLE MARTY HOTLINE 415 345-8856
15 West Oakland Avenue Doylestown, Pa. 18901



Bring Your Own Rain

by TOM SHEAHEN

When it's really hot, the most important thing to the long-distance runner is water. Aid stations give you plenty to drink, but usually you're dependent upon an infrequent spectator for a split-second dousing with a hose. Sometimes sponges or ice cubes are handed out to be rubbed on the head or neck; but again, these are infrequent.

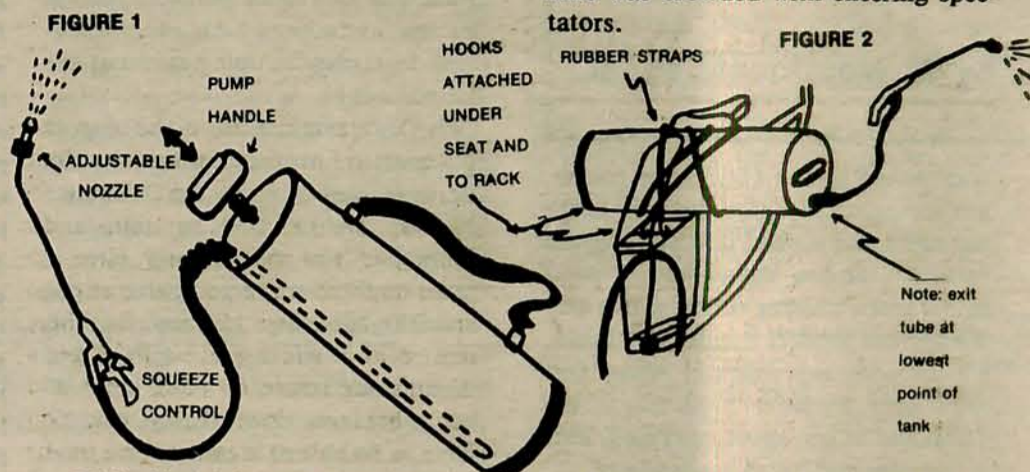
The running literature also stresses the importance of water, both internal and external. To cite a single example, *Runner's World* for June 1981 reminds us that "incidence of heat-related problems can be significantly lowered when spectators assist by spraying water on runners during races."

The theory of keeping your head cool is fairly simple: The brain calls the shots within the body, while the heart is just a mechanical pump. If the brain overheats, it will demand more blood for itself by widening some vessels and constricting others. Many marathoners have experienced a slight numbness in their arms, and ignore it. However, when the legs start getting shortchanged on blood, disaster lurks about 10 miles ahead: the inability of the blood to carry away lactic acid leads to cramps, often in the calves, unless the runner slows down to compensate for the lesser blood supply. The way to maintain speed without cramps is to keep the brain cool in the first place, so that more blood is available to the legs.

The best conditions to run in are 50°F and a light rain, so why not bring along your own personal rain conditions? All that's needed is a steady, light dousing atop the head for the great majority of the race; so you need a supply of rain and a way to keep it near you.

Enter the portable bug sprayer. These devices (typically sold in the gardening section of stores like K-Mart, Montgomery Ward, Penney & Sears) hold around 4 gallons of water and are pressurized by a hand-operated pump on one end. The water exits through a hose leading out of the tank to a metal wand with a spray nozzle at the end. There is an on-off valve,

usually controlled by a hand-squeezed lever, and the nozzle is adjustable to provide wider or narrower spray. Figure 1 is a drawing of such a sprayer. The range of the spray can be 20 feet when the tank is fully pressurized.



With hindsight, we now estimate that a single 4-gallon tank, $\frac{3}{4}$ full at the start, can service one runner for an entire marathon. Or two equal-speed runners with two friends and one bicycle could replace both tank and rider at the midpoint, since one rider can easily spray two runners. Factors like the nozzle setting and the frequency of spraying affect the average lifetime of a tank, so data from other runners would be valuable in refining the estimate. In this race, the second sprayer (not Sears') later suffered a mechanical failure in the pump, so Jimmy was unable to continue spraying after 20 miles.

From the runner's point of view, the only problem is deciding when the rider should quit spraying. Although I both drank and dumped a cup of water on my head at the 3-mile aid station, I was so hot after the rainless initial 5 miles that for the next 5 I wanted rain almost constantly. It was not until I realized how soggy my sox were that I told him to back off. Within about $\frac{1}{2}$ mile, I was ready for more spray. On the other hand, between 15 and 20 miles I was sufficiently comfortable that we mainly turned on the rain while passing clusters of spectators ($\frac{2}{3}$ of the time).

The overwhelming approval of the spectators toward this invention provided an important psychological lift. Everywhere, we saw people stepping into the street with cameras, and heard shouts of "great idea" and "that's

smart". During the last 6 miles without Jimmy alongside, I was just one more runner. Fortunately, the spectators during the closing miles had plentiful sponges and cups of water to pour on my head, and of course the final half mile was crowded with cheering spectators.

The nicest approval I learned of later in the afternoon: Jimmy's mom cheered us on at one point. Soon another spectator came over and said "I'll bet that guy's a physicist from Case." [Case Institute of Technology in Cleveland]. She replied, "Well, you're close—actually, he went to M.I.T." Amazed, the guy replied "But he is a physicist?!" and she said, "Yep." With that, he turned and ran back to this buddy, shouting gleefully, "I was right! I was right!"

What's the bottom line? 2:39:20 on a hot, humid day, compared to a previous Personal Record of 2:43:09 in a equally flat (but much cooler) marathon last November, and a 2:50:52 on a hilly Washington DC marathon in April '81 under very similar heat and humidity conditions. However, in April I wore Adidas TRX Trainers and in May at Cleveland I wore Adidas TRX Super Comps, so some of the credit belongs to the shoes.

Will I do it again next time? Yes, if I can find a friend willing and able to ride and spray that far. For the rider, it's harder than a normal 25-mile trip, due to the weight of the sprayer, the requirement to pump it up occasionally, and the attention required to watch out for traffic, other cyclists etc.

Next you need a way to move this rainfall along with you. Since carrying a metal tank with 4 gallons of water probably cuts into your speed appreciably, a helper on a bicycle is

recommended. The rider would be very uncomfortable with a tank slung over one shoulder for 26 miles, so it is best to attach the tank to the bike. Many bikes contain a luggage rack over the back wheel, with a spring-loaded clamp to hold down books, etc. The tank can lie horizontally on this rack. Typical clamps will not suffice to keep the tank from moving sideways, so additional attachments are needed. For example, thick rubber straps about 3 feet long with hooks on both ends can be stretched and wrapped tightly around the tank, then hooked to the frame and luggage rack. Two straps will keep the tank from slipping. All this is portrayed in figure 2. Note, incidentally, that the can should be rotated so that its exit tube is on the bottom, so that when the tank gets low on water the tube will still be immersed.

In action, the rider controls the bicycle with one hand, and squeezes the lever on the sprayer wand to direct a suitable stream of water at the runner's head, neck, etc. Occasionally the rider must stop and get off to pump up the pressure again, but it is never hard to catch up swiftly.

We introduced this when I ran the Revco-Cleveland marathon on May 24, 1981, with temperatures ranging from 70-80°F, overcast mixed with sunlight, and high humidity. My nephew, Jimmy Sheahen, began to bicycle alongside me at the 5 mile point. (With 4500 runners, I was afraid I'd be too packed in for a bicycle to be alongside in the early part of the race.) In retrospect, he could easily have come alongside at 2 miles.

From 5 miles to 12 miles, we used a Sears #786.15590 portable sprayer. We filled it quite nearly full, so at first Jimmy had to stop every $\frac{1}{2}$ mile to repump the sprayer, until the water level went down enough to give a reasonable air volume. Had we followed the instructions and filled the sprayer only $\frac{3}{4}$ full, even this minor problem would not have occurred.

Not knowing how much water would be used up, we arranged to replace the tank near the race midpoint. For this out-and-back course, this was done at the 12-mile point (= 14 miles) while I

continued on page 11



Tom Sheahen, 40, 3rd finisher in RRCA National Masters Marathon, keeps cool with water-spray from Jim Sheahen, on bike.



On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

On the Roads With Harry, Eugene and David

I have been and I've pretty much seen. Boston, Honolulu, Falmouth, Millrose, Jack-in-the-Box, Mt. Sac, World Masters, The Olympic Games. Seemingly everywhere and everything, right? Wrong! I've never been to Eugene.

I've read all the articles and I've heard the endless stories, ad infinitum ad nausea as they may be, but I'll be honest—I know I should have, but I've never been. In my mind, I think I know what it would be like. How could you hang on every word *Track and Field News* offers up and not have a fairly good idea? Hell, over the winter *T&FN* is down to how the Aamco Transmission shops in Eugene are doing. Even *Runner's World*, on those rare occasions they can stop patting themselves on the back, will get off a **THIS IS VERY IMPORTANT TO THOSE OF US WHO REALLY KNOW** article about Eugene. Like the fraternity handshake, the esoteric identification is simply a knowing look and the name—Eugene.

I know, for instance, when I arrive in Eugene, sinister men in dark glasses and dirty raincoats, who look like Eric Ambler characters at the airport in Istanbul, will note my arrival and interested parties shall be informed. I have everything I own neatly compartmentalized in my over-the-shoulder heavy duty Sub Four canvas carry-all. I arrange for my carry-all to be

transported to the City. I, of course, will have ducked under the door in the pay toilet and slipped into bottle-green vertical Dolphin shorts and a solid amber green training singlet with a tiny "WM" on the left breast. For shoes, I'll go with experimental Nikes that were worn by Mike Buhmann in the Trials and as yet, never marketed. This is truly the stuff runs are made of.

I start out easy, I'm passing people, people are passing me. As we approach the 7-11 on the edge of town, I'm right where I want to be. I haven't shown much but I haven't been intimidated either. When your next Marathon will quite likely take you under 3:30—you don't back off from anyone, whether you're in Oildale, California or Eugene damn Oregon.

As I glance in the window of the 7-11, I recognize Colin Anderson and Jeff Braun. My mind does a quick calculation. It isn't crucial now, but later my ability to make these calculations could be the difference, so I practice. Colin Anderson, rated 9 in the US in 1980, 17th in the World with a best of 67-1½. Jeff Braun, 11th in the US in 1980, 21st in the World, best of 66-11. Down where the meat counter used to be (unused now, you red-meat geek) is a solid wall. The two of them are taking turns manning the check-out counter and heaving a few against the wall. Huge jagged holes have been torn by their primitive grunts. What earthy bodily noises they make. How can they possibly throw the shot in the Ivy League?

A small but informed crowd offers

knowing glances and insider comments, "His elbow extended from the tuck much too late." There is a group doing overhead filming of the workout and as I run closer I notice the floor is glass. A cluster of Japanese are filming the throws from below. A near sexual awakening stirs in my groin. If you get this much at a lousy 7-11, can you imagine what they're doing down at the Travel Lodge?

The mile markers from the airport into town are overhead green jobs like the ones they use on the Interstate Highway system, both in miles and kilometers. For fartlek and interval workouts there are large lighted casios (unmarketed) every 110 meters. Different color bulbs indicate 4:30, 5 and 6 minute pace. At each street intersection there are place chutes, digital timers, a finish tent in case of rain, and free Dannon Yogurt.

As I pass one intersection, I spot a group of runners in serious discussion. I eavesdrop as I pass: "Give me my money back you bastard, I was told there would be Perrier!" It sounds familiar and I notice the guy is wearing an America's Marathon/Chicago T-Shirt. I should have known.

Now I'm next to them and recognize his face. What a sweetheart, he couldn't hold 9's in Chicago Distance Classic, lungs were sticking out his ears and he pulled the old "go ahead fellas, I've got a rock in my shoe" routine. I wave with a smile and comment under my breath, "You don't need a Perrier stiff—do everyone a favor and get a new sport." I conceal my hate as I'm forced to speak, "How's it going buddy?"

He responds hysterically, "I was headed for a PR. It was as good as in *Running Times* (the result magazine) if they'd given me a split with a thousand meters to go. How stupid could they be! I told the marshall at 2 miles I had a wave—they should have known I needed splits from there on in. I'd never run another race in this lousy dump if they paid me. It's a rotten goddamn shame, poor flavor assortment

of yogurt and no Perrier. God! I don't care if Harry and David are from here, I should write Bob Anderson and have these hillbillies banned from the shoe ratings, the Corporate Cup, and National Running Week."

I can't remember the guy's name but believe me—I know the type very well. It's too light—it's too dark, it's too wet—it's too dry, it's too long—it's too short, too up, too down, too on and on and on. The signal of a good race has to be the runners not saying a word. What a bunch of ingrates. The top runners are fine, the fun runners a delight—how could a split matter when survival is uppermost in your mind. "You incompetent, miserable son-of-a-bitch, there was no 3-mile marker!! And furthermore, there was no call for the way that middle class slut treated me at registration. Telling me to have a nice day. Are people so insensitive as to not realize 'race day' is not a nice day—it's RACE DAY!!"

Kinda reminds me of my brother-in-law who lives in this "I went to Harvard, and don't you forget it" world, Someone much kinder than I once said, "10% of all runners are decent people with jobs, mortgages and spouses. The remaining 90% are 22 karat jerks."

By now I've cleared the intersection and what I see ahead quickly allows me to forget forgettable people I have met while running. So help me God, coming straight at me in powder blue Nike Murias is this beautiful red-head, naked with her hair on fire! Everything's cool, I mean I've been around, but I'm still thinking to myself, people said it was going to be great but no one said it was going to be kinky too. Man, what a place! If only Steve Subotnick the Podiatrist with a stethoscope was here! I feel so emancipated, I'd ask him the question I've never dared ask before, "Doctor, do I really need 12 pairs of orthotics to run Sub 8's?"

Next Month: Inside Eugene, or Gene as those inside call it.

Jack's Athletic Supply

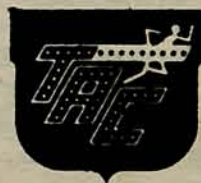
Screened T-Shirts as Low as \$1.85 (\$1.50 in Kid's Sizes)

Embroidered Patches — Ribbons
CHRONOMIX Timers & Clocks
Race Supply Warehouse (Buy-Rent)



Also—We offer free or discounted race-equipment rentals, advertising, prizes, etc., with large volume purchases...call & see what we can offer!

Jack Leydig — Box 1551K, San Mateo, CA 94401
Ph. 415/341-3119



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.

National Masters Newsletter

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
54	Back page	\$400	10" 13"
54	Full page	200	10" 13"
40	¼ page	170	10" 9½"
			7½" 13"
27	½ page	130	5" 13"
			10" 6½"
14	¼ page	80	5" 6½"
			10" 3¼"
7	1/8 page	50	5" 3¼"
			2¼" 6½"
3½	1/16 page	40	2¼" 3¼"
1		20	2¼" 1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

50% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- No color ads.

8. CLOSING DATES

The 15th of month before date of issue.

9. CIRCULATION (Feb. 1981)

Paid: 1750 Distribution: 4000
Published monthly. Subscriptions \$12/year.

continued from page 9

went on to the turnaround alone. We learned two things: first, the rubber-strap binders are so easy to take off and put on that the transfer of cans took only 30 seconds or so; second, the tank was still well over half full, so there was no real need to change it.

What if everyone does this? There will be a lot more water on the pavement, a lot fewer heat-related injuries, and lots more riders alongside runners. I have never found bicycles to be a nuisance in any marathon I have run, but then, only about 1 out of 50 runners has a bicycle companion in a

typical race. I believe that a marathon could handle 10 times the number of bicycles, as long as the cyclists realize that they are absolutely subordinate to the runners. This means that all cyclists must expect to break contact with their runners intermittently, for example, near aid stations, turn-around points, police-controlled intersections, etc. And the cyclist may not even join the parade until the runners are well-separated, 2 to 4 miles into the race. Experienced marathoners whose rider is less familiar with protocol should make these simple rules very clear ahead of time. □

Visalia 5-Miler

by MARTY HIGGENBOTHAM
VISALIA, California, May 23—Impressive times were turned in by Masters runners at the Natural Light California Classic 5-mile run today.

Gary Campbell took the submasters (30-39) title in a record time of 25:47, 18 seconds ahead of Dave Bronzan. Fernie Montanez ran 28:33 to nab the 40-49 age group title, 3 seconds in front of Edward Leyan. Len Thornton clocked 28:12 for a new 50-59 course record. Thornton ran a 2:43:46 marathon earlier this year. Harry Harder took the 60+ title in 35:10.

Debbie Aschwanden captured honors in the 30-39 women's division in a record 33:57. JoAnn Branco, winner of the 30-39 crown in 1980, moved up to the W40 division and kept up her winning ways in a 35:49 effort.

In team competition (40+), the Fresno Track Club of Montanez, Dick Cain and Frank Delgado was victorious.

The Natural Light California Classic is now one of the finest road racing events in the Central California Valley. Good competition on a flat fast 5-mile layout and a well run race. □

Results in back pages.



5th Annual Home Savings Pan American Masters Track & Field Championships 1981

Other Sponsors: Southern California Striders
Nike Shoe Co.

Sanction: Southern Pacific Athletic Congress—Competitors must have current T.A.C. card.

Date: August 8 & 9, 1981

Site: University of Southern California
University Park
Hoover Street and Childs Way

Age Divisions: Men: OA (30-34) OB (35-39) 1A (40-44) 1B (45-49) 2A (50-54) 2B (55-59) 3A (60-64) 3B (65-69) 4A (70-74) 4B (75-79) 5A (80 and over)
Women: XA (30-34) XB (35-39) X1 (40-44) X2 (45-49) X3 (50-54) X4 (55-59) X5 (60-64) X6 (65-69) X7 (70-74) X8 (75-79) X9 (80 and over)

Awards: Medals to first three places
Trophies will be awarded to the outstanding performer in each age group after meet on Sunday.

Dinner/Dance: Saturday, 7:00 PM Ticket price \$16.00

Housing: University Hilton
3450 S. Figueroa St.
Los Angeles, Calif. 90007
213-748-4141
Single: \$51.00 Double: \$68.00
Triple: \$78.00 Quad: \$88.00

Dormitory Housing: University of Southern California
Summer Housing
Bimkrant Hall
University Park, Calif. 90007
213-741-2022

Daily Room Rates: Single: \$15.00 (per day)
Double: \$20.00 (2 in a room, \$10.00 per person, per day)
1 Bedroom: \$25.00 (includes separate private bath & kitchen, \$12.50 per person, per day)
2 Bedroom: \$48.00 (includes 2 private baths, \$12.00 per person, per day)

Further Information: Hillard I. Sumner, Jr., Executive Director
22713 Ventura Blvd., Suite "F"
Woodland Hills, Calif. 91364
213-884-1349
Rodney Ferguson, Field Director
929 West Balboa Blvd.
Newport Beach, Calif.
714-673-2141

Division	Javelin	Discus	Shot	Hurdles
OA	800 GM.	2.0 KG.	16 lb.	39 HH, 36 IH
OB	800 GM.	2.0 KG.	16 lb.	39 HH, 36 IH
1A	800 GM.	2.0 KG.	16 lb.	39 HH, 36 IH
1B	800 GM.	2.0 KG.	16 lb.	39 HH, 36 IH
2A	800 GM.	1.5 KG.	12 lb.	36 HH, 33 IH
2B	800 GM.	1.5 KG.	12 lb.	36 HH, 33 IH
3A	600 GM.	1.0 KG.	8 lb.	33 HH, 33 IH
3B	600 GM.	1.0 KG.	8 lb.	33 HH, 33 IH
4A	600 GM.	1.0 KG.	8 lb.	30 HH, 30 IH
4B	600 GM.	1.0 KG.	8 lb.	30 HH, 30 IH
5A	600 GM.	1.0 KG.	8 lb.	

Entry Fees: \$ 8.00 First Event
\$ 3.50 Each Additional Event
\$16.00 Each Relay Team
\$ 8.00 includes T-shirt and Souvenir Program to each competitor

Entry Deadline: July 20, 1981 (Midnight Postmark)

Late Entries: Late or incomplete entries will be assessed a \$3.00 fee. Clerk, of course, has right to reject late entries.
No event changes!

Registration: Entrants are encouraged to register at the Heritage Hall (Meet Headquarters) on the U.S.C. campus, Los Angeles, between 8:00 and 9:00 PM Friday evening. Late arrivals should report 90 minutes before your event on Saturday.

Mail to: Hillard I. Sumner, Jr.
Meet Chairman
22713 Ventura Blvd.
Suite "F"
Woodland Hills, CA 91364

Checks should be made payable to "Pan American Masters"

5th HOME SAVINGS PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIP OFFICIAL ENTRY FORM

T.A.C. Number _____ Team Affiliation _____

Name _____ Age _____ Birthday _____

Address _____ City _____ State _____ Zip _____

Phone _____ Division _____

Events	Best Performance in 1981	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____

University of Southern California Dormitory Housing
Single \$15.00 X _____ # of days = \$ _____
Circle Nights Desired: Thursday, August 6 (2 people) Double \$20.00 X _____ # of days = \$ _____
Friday, August 7 (2 people) 1 bedroom \$25.00 X _____ # of days = \$ _____
Saturday, August 8 (4 people) 2 bedroom \$48.00 X _____ # of days = \$ _____
Sunday, August 9

Dinner/Dance tickets (Saturday, August 8, 7:00 PM) \$16.00 each \$ _____

T-Shirt: S M L XL XXL All participants must sign waiver, and entry form must be filled out completely or it will be returned. TOTAL \$ _____

5th Home Savings Pan American Masters Track & Field Championships Schedule of Events

TIME	EVENTS	DIVISIONS	TIME	EVENTS	DIVISIONS
SATURDAY, AUGUST 8, 1981					
8:30	5,000 Meter Walk	All Ages	5:00	4 x 200 Meter Relay	50-59
9:15	10,000 Meter Run	50+ Over & Women	5:05	4 x 200 Meter Relay	40-49
10:15	10,000 Meter Run	30-49	5:10	4 x 200 Meter Relay	30-39
11:00	400 Meter Prelims	30-34	SUNDAY, AUGUST 9, 1981		
11:05	400 Meter Prelims	35-39	9:00	20 Kilometer Walk	(off track during race) All Div.
11:10	400 Meter Prelims	40-44	9:30	200 Meter Prelim	2B
11:15	400 Meter Prelims	45-49	9:35	200 Meter Prelim	2A
11:20	400 Meter Prelims	50-54	9:40	200 Meter Prelim	1B
11:30	400 Meter Relay	Women	9:45	200 Meter Prelim	1A
11:35	400 Meter Relay	30-39	9:50	200 Meter Prelim	0B
11:40	400 Meter Relay	40-49	9:55	200 Meter Prelim	0A
11:45	400 Meter Relay	50-59	10:00	5000 Meter Run Div.	50-over Women
12:00 pm	800 Meter Final	Women & 4A-4B-5A	10:30	5000 Meter Run Div.	30-49
12:05	800 Meter Final	3B	11:00	400 Meter Int. Hurdles	3A-3B
12:10	800 Meter Final	3A	11:05	400 Meter Int. Hurdles	2B
12:15	800 Meter Final	2B	11:10	400 Meter Int. Hurdles	2A
12:20	800 Meter Final	2A	11:15	400 Meter Int. Hurdles	1B
12:25	800 Meter Final	1B	11:20	400 Meter Int. Hurdles	1A
12:30	800 Meter Final	1A	11:25	400 Meter Int. Hurdles	0B
12:35	800 Meter Final	0B	11:30	400 Meter Int. Hurdles	0A
12:40	800 Meter Final	0A	11:45	200 Meter Final	Women
12:40-1:10	Lunch	Officials Opening Ceremonies	11:50	200 Meter Final Men	4A-4B-5A
1:10	100 Meter Prelim Women	(As needed)	11:55	200 Meter Final Men	3B
1:15	100 Meter Prelim Men	3B & 3A	12:00	200 Meter Final Men	3A
1:20	100 Meter Prelim Men	2B	12:05	200 Meter Final Men	2B
1:25	100 Meter Prelim Men	2A	12:10	200 Meter Final Men	2A
1:30	100 Meter Prelim Men	1B	12:15	200 Meter Final Men	1B
1:35	100 Meter Prelim Men	1A	12:20	200 Meter Final Men	1A
1:40	100 Meter Prelim Men	0B	12:25	200 Meter Final Men	0B
1:45	100 Meter Prelim Men	0A	12:30	200 Meter Final Men	0A
2:00	110 Meter Hurdles	3B	12:35-1:00 pm Lunch		
2:05	110 Meter Hurdles	3A	1:05	1500 Meter Final	Women & 4A-4B-5A
2:10	110 Meter Hurdles	2B	1:15	1500 Meter Final	3A & 3B
2:15	110 Meter Hurdles	2A	1:25	1500 Meter Final	2B
2:20	110 Meter Hurdles	1B	1:30	1500 Meter Final	2A
2:25	110 Meter Hurdles	1A	1:35	1500 Meter Final	1B
2:30	110 Meter Hurdles	0B	1:40	1500 Meter Final	1A
2:35	110 Meter Hurdles	0A	1:45	1500 Meter Final	0B
2:45	Celebrity Men's & Women's 60 Yard Dash and Mixed Relay		1:50	1500 Meter Final	0A
3:00	400 Meter Finals	Women	2:00	3000 Meter Steeplechase	All Div.
3:05	400 Meter Finals Men	4A-4B-5A	2:30	1600 Meter Relay	50-59
3:10	400 Meter Finals Men	3B	2:35	1600 Meter Relay	40-49
3:15	400 Meter Finals Men	3A	2:45	1600 Meter Relay	30-39
3:20	400 Meter Finals Men	2B	3:00	Closing Ceremonies & Awards Presentations	
3:25	400 Meter Finals Men	2A	FIELD EVENTS		
3:30	400 Meter Finals Men	1B	Oldest Age Group First		
3:35	400 Meter Finals Men	1A	SATURDAY 8-8-81		
3:40	400 Meter Finals Men	0B	SUNDAY 8-9-81		
3:45	400 Meter Finals Men	0A	9-1 pm Discus		
4:00	100 Meter Finals	Women	9-1 pm Pole Vault		
4:05	100 Meter Finals Men	4A-4B-5A	12-4 pm Shot Put		
4:10	100 Meter Finals Men	3B	12-4 pm Long Jump		
4:15	100 Meter Finals Men	3A	*Hammer to be held at Cal State Long Beach		
4:20	100 Meter Finals Men	2B			
4:25	100 Meter Finals Men	2A			
4:30	100 Meter Finals Men	1B			
4:35	100 Meter Finals Men	1A			
4:40	100 Meter Finals Men	0B			
4:45	100 Meter Finals Men	0A			

OFFICIAL RELAY FORM

(\$16.00 Per Team)

Event _____ Division _____ Club _____

Names: 1. _____ 3. _____
2. _____ 4. _____

Alternates: 1. _____ 2. _____

Total Estimated Time _____

Note: Separate entry forms and \$16.00 for each event. Payment to Pan American Masters must be submitted for each team entered. Club official certifies with his signature below that all men named are members of the club and each member has sent an official individual entry form.
*If Relay is athlete's 1st event, he/she must pay \$8.00.

Club Official _____ Phone _____
Address _____ City _____ State _____ Zip _____

WAIVER FOR ALL EVENTS:

In consideration of the right to participate in the 1981 Home Savings Pan American Masters Track & Field 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 T.A.C. or their officers or agents, Home Savings and Loan, the Southern Calif. Striders, University of Southern California, and the City of Los Angeles, and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have trained for several months or have recently undergone a thorough physical exam by a certified medical doctor.

Date _____ Signed _____

Mail to: Home Savings Pan American Masters Track & Field Championships
Hillard I. Sumner, Jr.
22713 Ventura Blvd. Suite "F"
Woodland Hills, Calif. 91364

From the T&F Chairman

JIM WEED

Decathlon

Steve Smith and his many excellent helpers held the biggest and highest quality Masters Decathlon Championship ever held anywhere that I am aware of. Seventeen of the forty-two finishing competitors returned from the 1980 Nat'l Decathlon in Denver. Next year the Decathlon will be in Oregon and in '83 in Merced. A complete breakdown of scores will be in next month's newsletter. Below are first placers & scores

IAAF Tables		
30	Lloyd Sigler	6849
35	Richard Legas	6749
40	Wolfgang Linkmann	6784
45	Hector Cisneros	4099
50	Frederick Gallardo	4085
55	Richard Nordquist	3732
WAVA Tables		
60	J.E. Alexander	7977
65	Gilberto Gonzalez	7202
70	A.J. Puglizevich	4800
75	Herb Anderson	6890

Scheduling of Meets

National level meets require a major effort to make them successful, competition-wise, for the athletes and, financially, for the meet director. Therefore, as meet organizers, your consideration in not scheduling a com-

peting meet with a national class meet is requested.

1982 will have the Nat'l T&F Meet August 8th in Wichita followed by the Penn Mutual Masters Sports Festival in Philadelphia August 12-16. The thinking: two big meets on one vacation or trip. If this is desirable, consideration for the '83 Nationals a week or two before the world games in Puerto Rico could be worked out. We need your input by December for the TAC convention in Reno.

Athletes Meeting - Nat'l T&F Meet

Masters competitors have many questions and some concerns on rules, records and other T&F related problems. The Association Masters T&F chairmen, in theory, would vote on any proposals in Reno. In reality, few make the convention, resulting in poor representation of masters. This makes the meeting of masters competitors at the Nat'l T&F meet an important step in knowing T&F competitors' wants. If you have a concern you want discussed, let me know. Some items to be discussed: a) updating masters rules for T&F Decathlon and Pentathlon; b) which age groups should use WAVA scoring for Pentathlons; c) site preference and date for '83 Nat'ls. Results of this meeting are not binding but give guidance in Reno. □

Southeast Regional

continued from page 1

to the annual spring event, held the 2nd weekend in May in Raleigh, North Carolina.

Close to 300 showed up this year, most from the east coast, but some from as far away as Taiwan.

They produced literally dozens of outstanding performances, including two new world age-division hurdle bests by Pensacola, Florida's Russ Meyers, 77, in the 75-79 age group.

Meyers broke his own 110-meter standard of 20.93 by a tenth of a second in 20.83. In the 400 hurdles, he broke Herb Anderson's old mark of 92.5 by nearly three seconds in 89.58.

In the past, masters track & field has been notably devoid of former Olympians, who, many claim, "don't want to do the training and are afraid they might get beat."

Yet three former Olympic stars showed up for this meet. One, 1968 Olympic decathlon champion Bill Toomey, is the official national masters spokesman for the Penn Mutual Life Insurance Co., sponsor of virtually all major masters events this year.

Toomey, 42, must be really working at it, for he won the 40-44 high jump in 5'6", and the javelin in 173'9". He also placed 3rd in the shot with a 38 foot heave.

Josh Culbreath, 48, the bronze medalist in the 400 hurdles in the 1956 Olympics in Melbourne, competed for the first time in a masters meet. Culbreath placed 2nd in the 45-49 400 in 58.0, and 3rd in his Olympic event in 63.42, a bit off his '56 time of 51.6.

One is reminded of Lon Spurrier, another ex-Olympian and former world 800 record holder who showed up for a 1975 masters meet, and was soundly beaten by guys he blew away 20 years before. Spurrier never entered another masters meet after that. We hope Culbreath doesn't follow that example. All masters feel honored to compete against former Olympians, and will look forward to seeing Culbreath, Toomey, and other ex-greats in future masters meets.

Among the top performances were:

- John Alexander, 61, nearly broke Russ Niblock's 7-year-old, 60-64 world 400-meter mark of 59.1. This mark has withstood assaults by Sjostrand, Hogan and others, but Alexander is closing in on it with a superb 59.34 effort. The world pentathlon record holder and world veterans champion also won the 100 (13.17), 200 (26.44), pentathlon (3182 pts.) and took 2nd in the discus.

- New York's Rudy Valentine, 57, notched strong wins in the 200 (26.43), 400 (55.90) and 400-hurdles (69.25).

- Lew Faxon impressed with triumphs in the 40-44 1500 (4:25.1), 5000 (15:46.5) and 10,000 (33:07.2).

- Art Conro, 44 of Boston, who had formally bid farewell to masters action last year because of injuries, fortunately resurfaced to press Faxon in the 1500 (4:30.7).

- All the 800 winners were outstanding: Ramsay Thomas, M35 (1:57.82); Jim Demma, M40 (2:03.53); Rudy Enders, M45 (2:07.36); Kelsey Brown, M50 (2:14.76); Archie Messenger, M55 (2:23.90), and Milt Bass, M60 (2:24.24).

- Ireland Sloan, 39 posted a 15:21.1 5000 and 32:24.4 10,000.

- Sal Corrallo (M50), Bob Mimm (M55) and Don Johnson (M60) all notched double wins in the 5k and 20k walks. Corrallo's times were the best of any division, 25:02.9 and 1:49:32.

- Olympian Boo Morcom failed in his bid for the 60-64 world record of 12-9½, but still won the event in 11-6½ and captured the high jump and long jump for good measure.

- Enders, 49, completed one of the most unusual doubles, even for masters, adding the long jump (18-11) to his 800 victory.

- Carlos Fraundorfer and Len Olson had a personal duel in the M45 weight events. Fraundorfer took the hammer and discus, with Olson copping the 35 pound weight, shot put, and weight pentathlon.

- An epic battle occurred in the M65 weight events between Dave Shrader, Jim York, Gilberto Gonzalez and Nolan Fowler. York beat Shrader and Gonzalez in the shot; Shrader beat York and Gonzalez in the discus; Fowler beat York and Shrader in the hammer; York beat Fowler and Gonzalez in the weight pentathlon; and Fowler beat York and Shrader in the 35-pound weight. Gonzalez got even by taking the 100 and 200 sprints to win the unofficial versatility award.

- Roland Anspach came in from Ohio to win the steeple, 5000, 10000 and 1500 in the M55 division.

- Jeff Hughes captured M30 honors with wins in the 100 (11.22), 200 (22.85) and long jump (20-9).

- Not too many women participated, but Phil Raschker, 34, took the women's W30 crowns in the 100 (12.54), 200 (25.69), 400 (58.6) and long jump (17-1). Anne Cirulnick garnered the 100, 200, shot and discus in the W45 bracket. □

Results in back pages.

Trent Lowers 10k Mark

by JOHN TRENT

ANCHORAGE, Alaska, June 6. Marcie Trent, 63, raced to a pending new American 10k mark for women over age 60, running a sparkling 46:23 in the 4th annual Nordstrom Women's Run which drew 1350 runners.

Her time lowered the pending 47:26 mark of San Francisco's Kay Atkinson, run on February 1, 1981. It smashed Atkinson's official standard of 49:46, set in 1979.

Brenda Rigler led the over-40 women's division in 44:35, with Barbara Fleek posting a 40:50 as best 35-39. Patti Catalano was 1st overall finisher in 34:04. □

Results in back pages.



BERRY TRAVEL SERVICE

985 University Avenue • Suite 14
Los Gatos, California 95030
Phone: 408-395-0395

Application for lodging, please circle dates required.

National Masters
Arrive August 14th, out 16th

Available hotels. Please note all hotels listed with the exception of the Hacienda are within easy walking distance of the track. The Hacienda is about 2 miles away.

1. Los Gatos Lodge. June rate \$40.47, August \$46.86
2. Los Gatos Motor Inn, \$40.47.
3. Los Gatos Garden Inn, \$42.60 to \$49.00.

Addition hotels available for August events

4. Los Gatos Village Inn, \$38.00
5. Hacienda Inn, from \$36.00 to \$50.00

All rates are per room per night.

Please indicate your choice of hotel 1.....
2.....3.....Other.....

Name.....Number in party.....

Address.....Zip.....

Home phone.....Work phone.....

Will you need a car.....(There is little or no public transportation between San Jose airport and Los Gatos.)

Would you like this agency to arrange air transportation?.....
If so please give name of your nearest major airport.....

In order to reserve a room we need full prepayment sent to

Berry Travel Service at the above address. If you have any questions please give us a call.

If you are making your own travel arrangements, please give flight arrival time.....

Peter Berry



PENN MUTUAL, TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS INFORMATION SHEET



Entry Fees

\$5 first event \$16 relays
\$3 additional events \$10 pentathlon

AGE AS OF AUGUST 15 DETERMINES AGE GROUP

Entry Deadline

Postmarked August 1, 1981

Transportation

From San Jose Airport to Motel and return — Call 354-5660. This number will be in operation on Thursday, Friday, Saturday and Sunday only.
To San Jose City College for Steeple & Hammer — The transport will leave Los Gatos Lodge

Late Entries

Will be returned

Facilities

Chevron 400 Track & Runways
1/4 inch Spikes or Flats only
Concrete Throwing Rings
Grass Javelin Runway
Lockers & Showers — Bring lock & towel
Physiotherapy & First Aid Tent — 8-4 daily

Awards

TAC Championship Medals — First three places
Certificates first six places

Schedule of Events

Published schedule will be closely adhered to — prelims scheduled and not needed will be announced on meet day. This info will also be available by phone after August 7, 1981, according to info available at that time. Elite hurdles entrants may not enter WAVA spacing hurdle events.

Registration

NO REGISTRATION NEEDED ON RACE DAY
1. Pick up packet
2. Report to start when event called
3. No refunds for no-show
4. TAC registration will be available and required to obtain your packet.

Banquet or BBQ

400 only — Steak dinner — Saturday Night, 7:30, St. Mary's Hall — \$16 per person

TAC Masters Meeting

Saturday, August 15, Mountain Charlie's Banquet Room — 6:30

Results

Results will be published in the September National Masters News Letter. No results will be mailed. Subscription to NMN for \$12/year — write: National Masters News Letter, P.O. Box 2372, Van Nuys, California 91404.

10,000 METERS — will be run in 2 sections — 50 & over and Women and 30-49
1st section the clock will be stopped after 1 hour, 10 minutes 2nd section — 55 minutes
800m OR ABOVE — if there are too many entrants, sections will be run and entrants selected — seeded according to submitted times.
ORDER OF COMPETITION FIELD — Women first, oldest to youngest
STEEPLECHASE & HAMMER THROW — will be contested at San Jose City College
*Please note W.A.V.A. hurdle spacing, heights and weight implements will be used.
70+ steeplechase will be at 2,000 meters.

Los Gatos, California August 15, 16, 1981 Los Gatos High School Track

• ENTRY FEES •
\$5.00 first event, \$3.00 each additional event
\$16 for relays, \$10.00 for Pentathlon

ENTRY DEADLINE: August 1, 1981

AWARDS FOR 6 PLACES WHEN EVENTS FULL.

Banquet — \$16 per person, Saturday, August 15

Saturday, August 15

STEEPLE CHASE
HAMMER
5,000 WALK
10,000 METER
400 PRELIMS
400 RELAY
800 FINAL
POLE VAULT
SHOT PUT
LONG JUMP
100m PRELIM
110m HURDLES
110m ELITE HURDLES
400m FINALS
100m FINALS

Sunday, August 16

5,000m RUN
200m PRELIM
DISCUS
HIGH JUMP
400m I.H.
200m FINALS
1500m FINAL
JAVELIN
TRIPLE JUMP
1800m RELAY
PENTATHALON

TEAR OFF ENTRY BLANK AND RETURN TO:

PENN MUTUAL TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030, 408/354-7333

Name (Last) (First)

Phone Address (Number & Street)

Date of Birth (City) (State) (Zip)

Age as of August 15, 1981

Events Entered

Current Times

Club Affiliation

Amount Enclosed

(Make checks payable to Los Gatos Athletic Association, Inc.)
NO REFUNDS FOR DEFAULT

Circle one: MALE FEMALE

Banquet

T-Shirts
S M L XL

Your TAC #

Please indicate any recent records or championships.
Submit photos if available.



PENN MUTUAL - TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS AUGUST 15, 16



LOS GATOS, CALIFORNIA
LOS GATOS HIGH SCHOOL TRACK

Sponsored by
Penn Mutual Life Insurance Company
Nike
Track-Athletics Congress
Los Gatos Athletic Association

SATURDAY, AUGUST 15, 1981

8:00 2,000m steeple chase over 70
8:00 3,000m steeple chase San Jose City College
8:00 5,000m walk
8:45 10,000m run
10:00 10,000m run
10:55 400m prelims 30-49
11:00 400m prelims 30-34
11:05 400m prelims 35-39
11:10 400m prelims 40-44
11:15 400m prelims 45-49
11:20 400m prelims 50-54
11:20 400m relay women
11:25 400m relay 30-34, 35-39
11:30 400m relay 40-44, 45-49
11:35 400m relay 50-54, 55-59
11:40 400m relay 60-64, 65-69, etc.
12:00 800m final women, 70-74, 75-79, 80+
12:05 800m final 65-69
12:10 800m final 60-64
12:15 800m final 55-59
12:20 800m final 50-54
12:25 800m final 45-49
12:30 800m final 40-44
12:35 800m final 35-39
12:40 800m final 30-34

LUNCH FOR OFFICIALS

1:10 100m prelim women
1:15 100m prelim 60-64, 65-69
1:20 100m prelim 55-59
1:25 100m prelim 50-54
1:30 100m prelim 45-49
1:35 100m prelim 40-44
1:40 100m prelim 35-39
1:45 100m prelim 30-34
1:55 100m hurdles women 30-40
2:00 80m hurdles women 40+
2:05 100m hurdles 65-69
2:10 100m hurdles 60-64
2:15 110m hurdles 55-59
2:20 110m hurdles 50-54
2:25 110m hurdles 45-49
2:30 110m hurdles 40-44
2:35 110m hurdles 35-39
2:40 110m hurdles 30-34
2:45 110m hurdles Elite*
2:50 400m final women
2:55 400m final 70+
3:00 400m final 65-69
3:05 400m final 60-64
3:10 400m final 55-59
3:15 400m final 50-54
3:20 400m final 45-49
3:25 400m final 40-44
3:30 400m final 35-39
3:35 400m final 30-34
3:40 100m final women
3:45 100m final 70+
3:50 100m final 65-69
3:55 100m final 60-64
4:00 100m final 55-59
4:05 100m final 50-54
4:10 100m final 45-49
4:15 100m final 40-44

*Elite hurdle event 10 yard spacing
(30-39) 42", (40-49) 39", (50-59) 36"

4:20 100m final 35-39
4:25 100m final 30-34

FIELD EVENTS: SATURDAY, AUGUST 15

8:00 hammer San Jose City College
9:00 pole vault
1:00 45-up
1-4 shot put
1-4 long jump

SUNDAY, AUGUST 16

8:00 5,000m run All ages
8:30 5,000m run 60+ women
9:00 200m prelim 36-49
9:05 200m prelim 55-59
9:10 200m prelim 50-54
9:15 200m prelim 45-49
9:20 200m prelim 40-44
9:25 200m prelim 35-39
9:45 400m I.H. 30-34
9:50 400m I.H. 65-69, 60-64
9:55 400m I.H. 55-59
10:00 400m I.H. 50-54
10:05 400m I.H. 45-49
10:10 400m I.H. 40-44
10:15 400m I.H. 35-39
10:20 400m I.H. 30-34
10:35 200m final women
10:40 200m final 70+
10:45 200m final 65-69
10:50 200m final 60-64
10:55 200m final 55-59
11:00 200m final 50-54
11:05 200m final 45-49
11:10 200m final 40-44
11:15 200m final 35-39
11:20 200m final 30-34
11:30 1500m final women
11:40 1500m final 70+
11:50 1500m final 65-69
12:00 1500m final 60-64
12:10 1500m final 55-59
12:20 1500m final 50-54
12:30 1500m final 45-49
12:40 1500m final 40-49
12:50 1500m final 35-39
1:00 1500m final 30-34

LUNCH FOR OFFICIALS

1:30 1800m relays
2:00 pentathlon

FIELD EVENTS: SUNDAY, AUGUST 16

9:00 Discus
9:00 High Jump — North pit — Women and 60+ Men
High Jump — South pit — Men 30-59
11:00-2:00 Javelin
11:00-2:00 Triple Jump

WAVA By-Laws, Heights and Standards

Men	Shot	Discus	Hammer	Javelin
40	7.26	2.00	7.26	800
50	5.50	1.50	7.26	800
60	4.00	1.00	6.00	600
70+	4.00	1.00	4.00	600

Women	Shot	Discus	Hammer	Javelin
35	4.00	1.00		600
40	4.00	1.00		600
50	3.00	1.00		400
60	3.00	1.00		400
70+	3.00	1.00		400

Hurdles: a = distance to first hurdle
b = distance between hurdles
c = distance from last hurdle to the finish

Men	Height	a	b	c	
40	110 meters	99.6	13.72	8.7	17.98
50	110 meters	91.4	13.72	8.5	19.78
60	100 meters	84.0	13.00	8.5	10.50
70+	80 meters	76.2	12.00	8.0	12.00 (8 hurdles)

Women	Height	a	b	c	
35	100 meters	76.2	13.00	8.5	10.50
40+	80 meters	76.2	12.00	8.0	12.00 (8 hurdles)

Elite Hurdles, 110m — 10 yards spacing (same as submasters)
(30-39) 42", (40-49) 39", (50-59) 36", 5 year age groups.

STEEPLECHASE

The steeplechase shall be run at 3000 meters for all age groups except those over 70, for which the distance will be 2000 meters.

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, or my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Penn Mutual Life and Nike and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Penn Mutual, TAC National Masters Track & Field Championships held August 15 and 16, 1981, at Los Gatos High School, Los Gatos, California.

Date: _____ Signature: _____

World & U.S. Men's Age Group Bests by Five Year Categories

AS OF APRIL 15, 1981

Compiled by Peter Mundle, National Masters Track and Field Records Chairman

N = NON-WINNING TIME
H = HEAT
M = METRIC EVENT
I = INDOOR MARK
DEC = MARK MADE IN DECATHLON
PEN = MARK MADE IN PENTATHLON

AGE GROUP BESTS BY FIVE YEAR CATEGORIES
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)
(0-B, 1-A, 1-B, 11-A, 11-B, 111-A, 111-B, 111-A, 111-B)

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9.6	CLIFTON BERTKAM (KINISDAU, BRONX, NY)	35	6-8-77
	9.7	MALT BUTLER (ALTADENA, CA)	37	6-11-78
40-44	9.8	THANE BAKER (DALLAS, TEXAS)	42	7-13-74
	9.8	PERCY KNOX (EDWARDS, CALIF)	41	7-11-75
45-49	10.0	THANE BAKER (DALLAS, TEXAS)	46	5-27-78
50-54	10.5	ALPHONSE JILLAND (STANFORD, CALIF)	50	8-18-73
	10.5	EDMUND SCHULER (ST. PETERSBURG, FLA)	50	7-26-78
55-59	10.7	PAYTON JORDAN (LOS ALTOS, CALIF)	55	7-25-78
	10.7	ALFRED GUIDET (PETALUMA, CALIF)	56	7-16-74
60-64	10.9	CHARLES BEAUDRY (EDINBURG, TEX)	61	8-10-78
65-69	11.1	PAYTON JORDAN (LOS ALTOS, CALIF)	66	7-19-79
70-74	13.6	HARRY KOPPEL (BELMONT, CA)	72	8-2-76
75+	13.4	SING LUM BAKER (FIELD, CALIF)	75	10-1-77

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	10.3	EDWARD JEFFERIS (S. AFR)	35	11-24-71
	10.3	RUBEN WHITNEY (SAN MARINO, TX)	35	6-14-80
40-44	10.7	THANE BAKER (DALLAS, TEXAS)	41	9-13-72
45-49	11.1	THANE BAKER (DALLAS, TEXAS)	48	6-14-80
50-54	11.4M	ALPHONSE JILLAND (STANFORD, CALIF)	50	8-18-73
55-59	11.6	PAYTON JORDAN (LOS ALTOS, CALIF)	56	6-23-73
	11.6M	ALFRED GUIDET (CALIFORNIA CITY, CA)	56	6-24-74
60-64	11.8	PAYTON JORDAN (LOS ALTOS, CALIF)	61	5-27-78
65-69	12.8	YNGVE BRANGE (SWE)	65	5-10-78
	13.0	HARRY KOPPEL (BELMONT, CA)	65	6-17-78
70-74	13.5	FRED REID (S. AFR)	71	7-19-80
	13.9	JOSIAH PACKARD (SAN FRANCISCO)	73	8-9-77
	13.9	ANTHONY CASTRO (LA CANADA, CA)	70	5-31-80
75+	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	20.8	DECIANO BERTIERI (US)	35	6-9-78
40-44	21.9	REGINALD AUSTIN (AUST)	40	8-10-77
	21.9	THANE BAKER (DALLAS, TEXAS)	42	7-13-74
45-49	23.3N	GEORGE RHODES (JAMAICA, SAN DIEGO)	45	7-2-77
	23.9	RICHARD STOLPE (OHAMA, NEBR)	45	6-20-70
	23.9	MILTON NEWTON (INGLEWOOD, CA)	46	6-22-80
50-54	25.6M	JACK GREENWOOD (MENDEICINO LODGE, KANS)	50	8-7-76
55-59	25.6	ALFRED GUIDET (PETALUMA, CALIF)	56	6-24-73
60-64	26.9	PAYTON JORDAN (LOS ALTOS, CALIF)	60	6-19-77
65-69	26.32	FRIIZ ASSMY (WEG)	65	1-11-81
	27.3Y	FRANK FINGER (CHARLOTTEVILLE, VA)	65	8-5-80
70-74	27.5	FRED REID (S. AFR)	71	7-19-80
	29.2	JOSIAH PACKARD (SAN FRANCISCO)	73	8-10-77
75+	29.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-24-79

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	46.97	HUGHES ROBERT (FRA)	35	9-27-76
	46.74	DENNIS DYER (NYPC)	35	9-21-79
40-44	49.5	NOEL CLOUTH (AUSTRALIA)	40	8-10-77
	49.6	JIM BURNEY (CHICAGO, IL)	40	8-16-80
45-49	51.0	MILTON NEWTON (INGLEWOOD, CA)	46	7-5-80
50-54	52.8	PETER HIGGINS (GB)	50	8-1-79
	52.8	JACK GREENWOOD (MENDEICINO LODGE, KANS)	50	8-10-77
55-59	54.56	RUDOLPH VALENTINE (NYC, NY)	55	6-9-75
60-64	59.1	RUSSEL NIBLOCK (VANCOUVER, WASH)	60	7-6-74
65-69	63.19	YNGVE BRANGE (SWE)	65	7-1-79
	63.88	HARRY KOPPEL (BELMONT, CA)	65	8-7-79
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO)	73	8-10-77
75+	68.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	1:29.2V	GEORGE SCOTTINZ, LONG BEACH, CALIF)	35	5-12-76
	1:52.1	RALPH LEE (SCS)	37	9-7-79
40-44	1:52.5	KLAUS MAINKA (WEG)	40	7-16-77
	1:52.9	GEORGE COHEN (INGLEWOOD, CA)	40	8-16-80
45-49	1:57.9	JOHAN HASSELBERG (NORWAY)	45	8-9-77
	1:58.1N	BILL FITZGERALD (PALOS VERDES, CALIF)	45	7-9-77
50-54	2:01.1	BILL FITZGERALD (PALOS VERDES, CALIF)	50	7-2-75
55-59	2:08.9	FRANK EVANS (GB)	55	1-11-81
	2:08.7	BILL FITZGERALD (PALOS VERDES, CALIF)	55	7-5-80
60-64	2:17.0	JOHN GILMOUR (PERTH, AUSTRALIA)	60	1-11-81
	2:18.9Y	JOHN GORDON (WASHINGTON, DC)	60	8-5-78
65-69	2:25.3	FRANK FINGER (CHARLOTTEVILLE, VA)	65	7-5-80
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	71	9-4-77
75+	2:40.0	HAROLD CHAPSON (HONOLULU)	75	5-14-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	3:22.4	GERARD VERVOORT (FRANCE)	37	6-24-76
	3:52.7	RAMSEY THOMAS (CANTONVILLE, MD)	35	7-11-79
40-44	4:05.0	MICHEL BERNARD (FRANCE)	40	6-20-72
	4:00.1	ERNEST BILLUPS (CHICAGO)	43	8-17-80
45-49	4:07.2	PIET MAYOOR (HOLLAND)	45	6-8-77
	4:10.4M	BILL FITZGERALD (PALOS VERDES, CALIF)	47	9-14-72
50-54	4:14.0	JACK RYAN (AUSTRALIA)	53	3-26-76
	4:18.5	BILL FITZGERALD (PALOS VERDES, CALIF)	50	6-28-75
55-59	4:20.7	JACK RYAN (AUSTRALIA)	55	3-25-78
	4:28.9	BILL FITZGERALD (PALOS VERDES, CALIF)	55	7-12-80
60-64	4:31.3	JOHN GILMOUR (PERTH, AUSTRALIA)	60	11-10-79
	4:49.6	DON LONGENECKER (SILVER CITY, NM)	62	6-24-78
65-69	4:59.1	WILLIAM ANDBERG (ANOKA, MINN)	65	7-4-76
70-74	5:11.8	MERY JENKINSON (AUSTRALIA)	70	1-6-80
	5:21.1	HAROLD CHAPSON (HONOLULU)	73	8-16-75
75+	5:30.1	HAROLD CHAPSON (HONOLULU)	75	8-11-77

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:03.7	GEORGE SCOTTINZ, LONG BEACH, CALIF)	35	4-22-76
	4:18.4	RAMSEY THOMAS (CANTONVILLE, MD)	35	7-28-77
40-44	4:18.5	JIM McDONALD (NZ)	43	7-18-75
	4:24.0	RAY HATTON (BEND, ORE)	43	7-18-75
45-49	4:28.2M	LOUIS VINK (HOL)	45	6-3-80
	4:32.2M	BILL FITZGERALD (PALOS VERDES, CALIF)	46	4-23-72
50-54	4:32.2M	BILL FITZGERALD (PALOS VERDES, CALIF)	50	7-13-75
55-59	4:40.4	JACK RYAN (AUSTRALIA)	55	12-15-77
	5:02.2	GEORGE SHEEHAN (RUMSON, NJ)	55	7-20-74
60-64	4:57.1	JOHN GILMOUR (PERTH, AUSTRALIA)	61	11-13-80
	5:15.2	CLIVE DAVIES (PORTLAND, ORE)	63	6-9-79
65-69	5:22N	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	65	4-8-72
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	70	7-9-77
75+	6:54.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	77	10-2-76

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	7:15.2M	MICHEL BERNARD (FRANCE)	35	6-14-79
	8:31.5	RAMSEY THOMAS (CANTONVILLE, MD)	35	6-14-79
40-44	8:17.4M	JACK FOSTER (NEW ZEALAND)	43	1-31-76
	8:50.0	HAL HIGDON (MICHIGAN CITY, IND)	44	7-13-75
45-49	8:36.0	LAURIE OHARA (GB)	46	7-8-77
	9:14.2	PETER MUNDLE (VENICE, CALIF)	46	1-18-75
50-54	9:00.9	GUNTHER HESSELHANN (WEG)	54	-80
	9:30.8	PETER MUNDLE (VENICE, CALIF)	50	5-20-78
55-59	9:12.8	JACK RYAN (AUSTRALIA)	55	1-24-78
	10:39.0	NORMAN HANSEN (SEATTLE, WASH)	55	12-27-76
60-64	9:41.2	JOHN GILMOUR (PERTH, AUSTRALIA)	61	11-22-80
	10:47.0	BILL ANDBERG (ANOKA, MINN)	64	8-13-75
65-69	10:47.8	STAN NICHOLS (AUSTRALIA)	66	11-8-77
	10:51.0	NORMAN BRIGHT (SEATTLE, WASH)	65	6-17-75
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73	3-28-76
75+	13:13.8	LOU GREGORY (PENSACOLA, FLA)	75	5-6-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:37.2M	DAVE POEY (AUSTRALIA)	35	12-4-83
	8:37.61	GEORGE YOUNG (ARIZONA)	35	5-9-73
40-44	9:10.4	FRED NORRIS (GB)	40	4-17-82
	9:17.6M	RAY HATTON (BEND, ORE)	40	4-1-72
45-49	9:37.8	DENNY MEYER (SEATTLE, WASH)	45	5-5-78
50-54	10:12	GEORGE MCGRATH (AUST)	53	10-18-75
	10:15.2	DAVID STEVENSON (PALO ALTO, CA)	50	7-26-79
55-59	10:37.6	GERALD MORRISON (KANSAS CITY, MO)	55	7-22-78
60-64	11:09	DON LONGENECKER (SILVER CITY, NM)	62	6-25-78
65-69	11:30.0M	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	66	3-12-73
70-74	12:40.0	HAROLD CHAPSON (HONOLULU)	73	3-12-76
75+	14:30	LOU GREGORY (PENSACOLA, FLA)	76	9-30-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:51.6	GASTON ROELANTS (BEL)	37	9-24-74
	13:44.2	PETER MCARDLE (NYC, NY)	35	6-11-64
40-44	14:18.2	DAVID FRANCIS (GB)	40	9-2-68
	14:29.2	RAY HATTON (BEND, ORE)	42	6-15-74
45-49	15:07	PETER MUNDLE (VENICE, CALIF)	46	7-7-74
50-54	15:37.0	JAMES O'NEIL (SACRAMENTO, CALIF)	50	1-10-76
55-59	15:57	JOHN GILMOUR (AUST)	55	8-8-75
	16:51.2	CLIVE DAVIES (PORTLAND, ORE)	59	7-13-75
60-64	16:59.2	DON LONGENECKER (SILVER CITY, NM)	62	6-25-78
65-69	17:59.2	NORMAN BRIGHT (SEATTLE, WASH)	65	7-22-75
70-74	19:20	J. STEVENS (US)	70	6-16-79
75+	21:10.8	LOU GREGORY (PENSACOLA, FLA)	75	5-6-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:30.4	NIKOLAY SVIRTIDOV (USSR)	35	9-18-75
	13:51.7	MIKE MANLEY (EUGENE, ORE)	40	5-23-80
40-44	13:45.8	LUCIEN RAULT (FRANCE)	41	8-25-72
	14:59.6M	HAL HIGDON (MICHIGAN CITY, IND)	45	5-29-66
45-49	14:56.4	ALAIN MIMOUN (FRANCE)	48	8-2-80
	15:17.4	RAY HATTON (BEND, ORE)	48	6-6-71
50-54	15:31.0	ALAIN MIMOUN (FRANCE)	50	6-3-72
55-59	16:12.8	PETER MUNDLE (VENICE, CALIF)	51	5-31-79
	16:27.1	JACK RYAN (AUSTRALIA)	55	4-20-78
60-64	16:52.8	JAMES O'NEIL (SACRAMENTO, CALIF)	55	1-12-81
	17:19.0	JOHN GILMOUR (PERTH, AUSTRALIA)	60	4-6-80
65-69	18:10.0	CLIVE DAVIES (PORTLAND, ORE)	64	8-2-80
70-74	18:30	STAN NICHOLS (AUSTRALIA)	66	11-12-77
	19:33	WILLIAM ANDBERG (ANOKA, MINN)	65	7-4-76
75+	20:05.4	JOHN FARRELL (GB)	70	6-20-79
	21:19	RAY SEARS (CHICAGO)	70	8-8-77
	21:53.0	LUIS RIVERA (MEX)	75	9-4-77
	21:53.0	LOU GREGORY (PENSACOLA, FLA)	75	5-6-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	27:52.8M	JIM HOGAN (GB)	35	7-12-88
	28:02.4	PETER MCARDLE (NYC, NY)	35	3-3-64
40-44	29:25	FRED NORRIS (GB)	41	9-25-82
	29:59.0	RAY HATTON (BEND, ORE)	43	4-26-75
45-49	30:47.0	RAY HATTON (BEND, ORE)	45	6-17-77
50-54	32:40	ALAIN MIMOUN (FRANCE)	50	10-1-78
55-59	35:05	PETER MUNDLE (VENICE, CALIF)	59	7-12-75
60-64	36:15.8	CLIVE DAVIES (SANTA MONICA, CALIF)	60	6-11-78
65-69	38:15.6	STAN NICHOLS (AUSTRALIA)	66	12-12-77
70-74	38:17.6	NORMAN BRIGHT (SEATTLE, WASH)	65	7-12-75
	42:38.0	FRED GRACE (LOS ANGELES)	73	5-29-71
75+	44:35	LOU GREGORY (PENSACOLA, FLA)	76	9-30-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	27:52.8M	NIKOLAY SVIRTIDOV (USSR)	35	7-18-75
	29:03.4	PETER MCARDLE (NYC, NY)	35	5-3-64
40-44	28:33.4	LUCIEN RAULT (FRANCE)	40	6-9-76
	30:56.0	RAY HATTON (BEND, ORE)	43	4-26-75
45-49	30:16.8	ALAIN MIMOUN (FRANCE)	45	6-17-86
	31:48	RAY HATTON (BEND, ORE)	45	6-11-77
50-54	32:14.0	ALAIN MIMOUN (FRANCE)	51	6-3-72
55-59	33:30	JAMES O'NEIL (SACRAMENTO, CA)	51	7-2-76
	35:03.2	JOHN GILMOUR (PERTH, AUSTRALIA)	55	8-5-74
60-64	34:23	JAMES O'NEIL (SACRAMENTO, CALIF)	55	8-16-80
	35:19.8	JOHN GILMOUR (PERTH, AUSTRALIA)	61	11-29-80
65-69	36:04.0M	CLIVE DAVIES (PORTLAND, ORE)	63	8-19-78
	38:15.6	STAN NICHOLS (AUSTRALIA)	66	12-12-77
70-74	40:48.0	EDWARD JEFFERIS (S. AFR)	65	9-12-72
	41:21.0	NORMAN BRIGHT (SEATTLE, WASH)	66	8-10-76
	41:21.0	ETAN R. NORDIN (SWE)	71	9-10-77
	42:34.8	RAY SEARS (CHICAGO)	70	8-10-77
	46:127	LUIS RIVERA (MEX)	75	9-4-77
	46:127	LOU GREGORY (PENSACOLA, FLA)	76	9-30-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	12:25.9V	20:774 GASTON ROELANTS (BEL)	35	9-20-72
	11:10.70	18:681 KEN MUELLER (BELLINGHAM, MASS)	35	5-13-72
40-44	11:13.09	18:900 WILLIAM STODDART (GB)	40	8-21-71

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	14.7M	BROCK RAMIREZ (ARIZONA)	35	6-11-75
40-44	14.4 (42")	HUGH ADAMS (REEDLEY, CA)	40	8-1-79
45-49	14.7M	DOM FIMLAY (CB)	41	8-13-75
50-54	15.0M	L. MARTEN (BEL)	40	7-2-77
55-59	15.1M	DAVE JACKSON (CARSON, CALIF)	45	8-7-79
60-64	16.8M	VALBJORN THORLAKSSON (ICE)	44	9-14-72
65-69	17.3M	JACK GREENWOOD (HENDECINO LODGE, KANS)	44	9-14-72
70-74	21.5M	JACK GREENWOOD (HENDECINO LODGE, KANS)	51	8-10-77
75+	20.93M	ANDRE FINDERL (FRA)	55	8-14-78
		CHARLES BAUDRY (EDINBURG, TEX)	55	8-24-74
		ROBERT HUNT (ANAHEIM, CA)	60	8-16-80
		BURL GIST (SAN MARCOS, CA)	60	8-18-80
		CHESTER BEACH (VISTA, CA)	66	8-19-78
		RICHARD LACEY (PELHAM, NY)	70	6-14-80
		RUSSELL NEYERS (PENSACOLA, FL)	76	7-5-80

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	51.72M	HERBERT ANDERSON (BELLVUE, COLO)	35	7-17-75
40-44	54.08M	ROM WHITNEY (SCS)	40	7-20-79
45-49	57.67M	LEON HACKER (S. AFR.)	40	7-20-79
50-54	55.7M	GEORGE MATHE (S. AFRICA)	40	6-5-79
55-59	58.1M	GARY MILLER (HOLLYWOOD, CA)	43	1-9-81
60-64	62.3M	JACK GREENWOOD (HENDECINO LODGE, KANS)	44	8-24-72
65-69	63.2M	JACK GREENWOOD (HENDECINO LODGE, KANS)	50	7-3-76
70-74	68.7M	ANDRE FINDERL (FRA)	55	9-10-78
75+	69.1M	RICHMOND MORCOM (PHILADELPHIA)	55	6-27-76
		MAX PICKL (CANADA)	61	6-23-70
		BUD DEACON (HONOLULU, HAW)	63	6-23-74
		ROBERT HUNT (ANAHEIM, CA)	60	6-17-80
		GEORGE BRACELAND (DREXEL HILL, PA)	65	7-29-79
		WILFRED BIGELOW (BERKELEY, CA)	73	1-10-81
		HERBERT ANDERSON (BELLVUE, COLO)	75	8-11-77

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	711	VIKTOR BULSHOV (USSR)	35	6-28-74
40-44	618 3/4	JOHN DOBROTH (VENTURA, CA)	38	5-13-79
45-49	618 3/4	EGON NILSSON (SWEDEN)	40	9-25-66
50-54	613 1/4	JIM BROWN (SAN FRANCISCO)	40	5-31-80
55-59	618 3/4	HERM WYATT (CALIF)	48	4-19-80
60-64	618 3/4	JOHN C. BROWN (GLADSTONE, MO)	50	7-5-80
65-69	512 1/2	RICHMOND MORCOM (PHILADELPHIA)	55	7-27-76
70-74	412 1/4	BURL GIST (SAN MARCOS, CA)	60	7-5-80
75+	413 1/4	JAN HUME (CAN)	67	5-2-80
		STAN THOMPSON (HONOLULU, HAW)	71	7-28-79
		JOSEF SAHLMANN (WG)	70	7-5-80
		WESLEY WARD (INDIANA)	70	7-5-80
		HERBERT ANDERSON (BELLVUE, COLO)	75	5-24-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	174 3/4	CHRISTOS PAPANIKOLAOU (GRE)	36	9-9-77
40-44	151 1/4	BOB NEUTZLING (US)	36	5-31-80
45-49	151 1/4	RUDOLF TOMASEK (CZE)	40	8-13-77
50-54	151 1/4	ROGER RUTHEUS (VICTORIA, CAN)	44	9-7-72
55-59	151 1/4	MAURICE HOUVION (FRANCE)	45	4-12-80
60-64	131 1/2	ROGER RUTHEUS (VICTORIA, CAN)	45	7-21-73
65-69	111 1/2	RICHMOND MORCOM (PHILADELPHIA)	52	11-8-73
70-74	91 1/2	RICHMOND MORCOM (PHILADELPHIA)	55	8-4-76
75+	71 1/2	HERBERT SCHMIDT (WG)	61	10-14-71
		JIM FERNO (WEST COVINA, CAL)	60	7-14-77
		HERBERT SCHMIDT (WG)	65	3-15-76
		STAN THOMPSON (HONOLULU, HAW)	66	5-1-76
		BOB MACCONNACHY (REDONDO BEACH, CA)	66	5-6-78
		MERT GAMBITO (US)	75	10-4-80

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	25 1/2	REIJO TOIVONEN (FIN)	35	1-30-72
40-44	24 3/4	Tom Chilton (KNOXVILLE, TENN)	35	6-8-72
45-49	21 1/4	Tom Chilton (KNOXVILLE, TENN)	40	3-24-78
50-54	21 1/2	SHIRLEY DAVISSON (VICTORVILLE, CALIF)	45	10-4-75
55-59	19 1/2	SHIRLEY DAVISSON (VICTORVILLE, CALIF)	50	4-12-80
60-64	17 1/8	Tom Patsalis (ALHAMBRA, CA)	55	3-12-77
65-69	17 1/4	HANS SCHWEIDER (WG)	60	6-22-74
70-74	16 1/2 1/4	GORDON FARRELL (VAN NUYS, CALIF)	62	8-16-80
75+	15 1/2	WILLI RUMIG (WG)	65	7-31-79
		JOHN SAITTI (SAN FRANCISCO)	65	7-21-79
		JOSEF SAHLMANN (WG)	71	7-31-79
		CARL VERA GUARDIA (MEX)	47	8-8-81
		GULAL SINGH (IND)	47	1-12-81
		WINFIELD MCFADDEN (SAN DIEGO, CALIF)	75	8-17-80

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	52 1/2	JOZEF SCHMIDT (POLAND)	35	8-3-70
40-44	49 1/2 1/2	DAVE JACKSON (CARSON, CALIF)	36	5-16-68
45-49	47 3/4 1/4	HERMANN STRAUSS (WG)	40	5-17-71
50-54	46 1/4	DAVE JACKSON (CARSON, CALIF)	41	7-7-73
55-59	45 1/2 1/4	HERMANN STRAUSS (WG)	42	8-11-77
60-64	45 1/8	DAVE JACKSON (CARSON, CALIF)	43	8-11-77
65-69	41 1/2	CARL VERA GUARDIA (MEX)	48	8-11-79
70-74	39 1/2	GORDON FARRELL (VAN NUYS, CALIF)	57	6-29-75
75+	34 1/2 3/4	GORDON FARRELL (VAN NUYS, CALIF)	62	5-24-80
		JAN HUME (CAN)	66	1-13-81
		FRED WHITE (DUNCANVILLE, TEX)	65	5-27-78
		WINFIELD MCFADDEN (SAN DIEGO, CALIF)	70	6-29-75
		GULAL SINGH (IND)	70	1-12-81
		WINFIELD MCFADDEN (SAN DIEGO, CALIF)	75	8-17-80

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	71 1/2	BRIAN O'LEARY (CALIF)	35	6-15-80
40-44	66 1/2 1/2	IVAN IVANCIC (YUG)	42	4-12-80
45-49	58 1/4 1/4	EDWARD MCOMAS (BALTIMORE, MD)	41	6-14-75
50-54	49 1/2 1/2	PIERRE COLNARD (FRANCE)	47	6-12-76
55-59	57 1/8 1/4	GEORGE KER (GRANADA HILLS, CALIF)	49	5-20-72
60-64	54 1/8	HERMANN HOMBRECHER (WG)	50	8-14-75
65-69	51 1/2	GEORGE KER (GRANADA HILLS, CALIF)	51	6-10-74
70-74	46 1/4	HERMANN HOMBRECHER (WG)	52	6-11-77
75+	36 1/5	GEORGE KER (GRANADA HILLS, CALIF)	55	8-13-80
		NATHANIEL HEARD (MARION, MASS)	60	7-8-78
		KONSTANTY MAKSYMCIUK (CB)	65	7-15-79
		JAMES YORK (MODESTO, CAL)	66	7-21-80
		RON DRUMMOND (CAPISTRANO BEACH, CA)	70	9-3-77
		ERNST KORTE (WG)	75	8-6-80
		STANLEY HERRMANN (SANTA BARBARA, CALIF)	75	5-12-79

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	227 1/2	ART SWARTZ (SHOME, AL)	35	5-31-80
40-44	227 1/2	AL OERTER (NYAC)	43	4-31-80
45-49	166 1/4	GUY HUSSON (FRA)	48	9-17-77
50-54	149 1/4	PHILIP BRADY (DENVER, CO)	45	8-19-79
55-59	177 1/2	KAIKU JOUPPI (FINLAND)	52	8-5-73
60-64	177 1/2	FORTUNE GORDIEN (SAN BERNARDINO, CALIF)	50	4-28-73
65-69	182 1/2	KAIKU JOUPPI (FINLAND)	56	9-3-77
70-74	151 1/2	GEORGE KER (GRANADA HILLS, CALIF)	53	6-25-78
75+	175 1/2	KONSTANTY MAKSYMCIUK (CB)	63	8-8-78
		DANIEL ALURICHNEFF (POMONA BEACH, CALIF)	62	8-17-80
		JOHN DICK (HAYWARD, CA)	65	9-17-79
		JOSE CELAYA (SPA)	70	10-4-80
		VERNON CHEEDLE (US)	70	6-7-80
		VERNON ANDERSON (SISIE)	75	1-14-81
		STANLEY HERRMANN (SANTA BARBARA, CALIF)	76	8-16-80

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	532 1/5	ANATOLY BONDARENKO (USSR)	38	6-24-76
40-44	532 1/7	HAROLD CONNOLLY (SANTA MONICA, CA)	37	7-20-69
45-49	522 1/2	RONALD KLIM (SU)	40	6-22-73
50-54	522 1/2	HAROLD CONNOLLY (SANTA MONICA, CALIF)	40	5-7-72
55-59	522 1/2	HANS POTSCH (AUT)	47	8-1-80
60-64	489 1/2	HAROLD CONNOLLY (SANTA MONICA, CALIF)	44	5-1-77
65-69	489 1/2	HAROLD CONNOLLY (SANTA MONICA, CALIF)	50	3-30-75
70-74	489 1/2	BOB BACKUS (PEMBROKE, MASS)	50	6-12-77
75+	489 1/2	KARL HEIM (WG)	56	-74
		MATT MCCRATH (USA)	56	6-18-33
		A. MIETTINEN (FINLAND)	63	9-12-76
		THOMAS McDERMOTT (MADISON, CONN)	60	7-9-78
		AARNE MIETTINEN (FIN)	67	8-6-80
		NOLAN FOWLER (COOKEVILLE, TENN)	67	1-14-80

70-74	113 1/9	34.68 ALBERT REISER (WG)	70	6-27-76
75+	97 1/8	31.72 STANLEY HERRMANN (SANTA BARBARA, CALIF)	71	10-4-73
		29.77 STANLEY HERRMANN (SANTA BARBARA, CALIF)	75	5-12-79

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	285 1/2	JANIS LUST (SU)	37	5-30-76
40-44	259 1/4	FRANK COVERLI (CALIFORNIA)	39	4-3-71
45-49	242 1/9	U. VON HARTBURG (SWITZERLAND)	42	8-2-79
50-54	222 1/3	LARRY STUART (CALIF)	41	6-9-79
55-59	196 1/2	JAN SMIDING (SWEDEN)	48	8-19-78
60-64	173 1/2	PHILIP CONLEY (WOODS IDE, CA)	46	8-1-80
65-69	160 1/2	VEIKKO JAVANAINEN (FINLAND)	54	8-3-80
70-74	147 1/2	BILL MORALES (SANTA ANA, CALIF)	61	7-3-80
75+	96 1/2	BILL MORALES (SANTA ANA, CALIF)	56	8-9-73
		BILL MORALES (SANTA ANA, CALIF)	68	1-9-77
		GERARD SCHEPE (WG)	67	9-3-78
		BOB MACCONNACHY (REDONDO BEACH, CA)	68	1-8-77
		BOB MACCONNACHY (REDONDO BEACH, CA)	70	6-24-78
		MERBERT ANDERSON (BELLVUE, COLO)	77	9-2-79

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	754 1/2	BERNER VON HOLTKE (WG)	35	5-12-72
40-44	623 1/2	PHIL MULKEY (BIRMINGHAM, ALA)	39	3-26-71
45-49	600 1/4	HORST MANDL (AUT)	40	7-4-76
50-54	588 1/4	BRUCE HESCOCK (BETHANY, CONN)	41	7-4-75
55-59	495 1/4	HARRY HAWKE (SAN DIEGO)	46	7-4-75
60-64	452 1/2	RICHMOND MORCOM (PHILADELPHIA)	50	3-12-72
65-69	428 1/2	RICHMOND MORCOM (PHILADELPHIA)	55	9-11-76
70-74	312 1/2	DUTCH WARNER (AMFRESNO, CA)	60	7-16-80
75+	165 1/2	JAN HUME (CAN)	65	8-24-77
		CLAUDE HILLS (FLOURTOWN, PA)	65	6-24-77
		HERBERT ANDERSON (COLO)	74	5-24-77
		HERBERT ANDERSON (BELLVUE, COLO)	75	5-24-78

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	524 1/2	CERHARDT TILMANN (WG)	36	9-29-75
40-44	495 1/2	HUGH ADAMS (REEDLEY, CA)	38	6-17-78
45-49	457 1/2	BERNER VON HOLTKE (WG)	40	9-24-78
50-54	428 1/2	BRAYTON MORTON (LAGUNA BEACH, CALIF)	42	7-1-76
55-59	428 1/2	VALBJORN THORLAKSSON (ICE)	45	7-30-74
60-64	362 1/2	HARRY HAWKE (SAN DIEGO)	47	7-1-75
65-69	324 1/2	VACLAV BARTL (CZE)	48	8-9-77
70-74	225 1/2	RICHMOND MORCOM (PHILADELPHIA)	54	4-2-76
75+	205 1/2	RICHMOND MORCOM (PHILADELPHIA)	56	8-12-77
		ADOLF KOCH (WG)	60	8-15-77
		BILL MORALES (SANTA ANA, CALIF)	60	8-12-77
		JAN HUME (CAN)	65	7-4-80
		CLAUDE HILLS (FLOURTOWN, PA)	68	7-4-80
		KARL WILMS (WG)	70	7-30-79
		ORRIN GRAF (DAYTONA, FL)	70	4-26-80
		HERBERT ANDERSON (BELLVUE, COLO)	75	8-12-77

Records Fall In Pacific T&F

continued from page 1

Newton, 47, won the M45 200 and 400 in an excellent 23.5 and 53.7. Bill Knocke, 41, blazed a world-class 50.9 to

MASTERS SCENE

● The 1981 Age-Record Book is now available. If you ordered a copy, it was air-mailed to you about June 23. So you should have it by now. If you'd like to order a copy, send \$4 to NMN, P.O. Box 2372, Van Nuys, CA 91404.

● Entry deadline for the 1981 Penn Mutual/TAC National Masters T&F Championships in Los Gatos, California is August 1st. Entry form in this issue.

● **Berny Wagner**, Executive Director of TFA/USA, has been named National Coach Coordinator of the Athletics Congress, America's governing body for track and field. "It's a step towards consolidation of U.S. track and field," said TAC spokesmen. Wagner will join TAC's national staff in Indianapolis this summer.

● The IAAF (International Amateur Athletics Federation) will hold its first official world marathon championship for women in Helsinki, Finland, August 13, 1983.

● The IAAF plans to put on the **Golden Marathon**, at the classical 42.195 kilometers distance, in the spring of 1982. The race will be between Marathon and Athens, Greece.

● **Larry Larson** complains "the 1981 TAC rule book really messed up the Masters Walking Rules Section, and it will have to be rewritten next year."

● **Helen Pain** just returned from Nassau and San Juan. She reports no firm dates have yet been set by the Puerto Rican authorities for the 1983 5th World Veterans Games. "It will be in September, but they're having trouble nailing down the exact dates," Pain told NMN.

● The **Women's Sports Foundation** is a non-profit, charitable organization whose main purpose is to increase opportunities for women in all areas of sport.

One of the Foundation's functions is to provide information, contacts and referrals on women's sports. You can call toll-free, 800-227-3988. (In California, 800-652-1455.) They provide free film loans on women in sports, and 25% discounts on books and equipment.

● **Don Kardong**, President of the Association of Road Racing Athletes, announced cash prizes will be awarded in six major road races this year, starting with the Cascade Run-Off 15K in Portland June 28. Nike has contributed prize money of \$50,000 for the Oregon race, with 1st place purses of \$10,000 each for the top man and top woman. "After months of negotiation with existing administrative bodies," Kardong said, "it became apparent that we would have to organize our own circuit in order to meet our goals of bringing about open competition and enabling athletes to control their own competitive careers. The commencement of the ARRA Championship Circuit marks both a great positive step for the sport and an end of the hypocritical system of 'shamateurism' which has prevailed for years. AFFA is very grateful to Nike, without whose support the race circuit concept would not have become a reality."

● A new book, **Contemporary Theory, Technique & Training**, covers all aspects of the high jump, pole vault, long jump and triple jump. It includes articles which build from the elementary to the highly sophisticated. Available for \$7.50 from Tafnews Press, P.O. Box 296, Los Altos CA 94022.

● A new 24-page booklet by **Charles Phillips, AKA Dr. Track**, is directed at masters athletes. Called "Masters Age Time Standards," the book shows how you can convert your time to a performance level to find out if you are improving with age. Send \$2 to Dr. Track, 5130 Nebraska Ave. NW, Washington DC 20008. NMN will review both of these books next month.

EAST

● In Toronto, May 3, **Pat Bessel**, 43, of Grand Island, NY, ran 37:32 in the Eaton 10K to win the women's masters' division and beat the Canadian record for women masters of 38:14.

● **Ed Benham**, 73, running on the track for the first time in a Bethesda, Maryland one-hour run May 2, set a new age 70-74 world 6-mile record of 42:14, breaking **Fred Grace's** 1971 mark of 42:38.0. The ex-jockey also approached **Ray Sears'** world and U.S. mark for the one-hour run, recording 8 miles, 435 yards. Sears set the 70-74 standard of 8 miles, 857 yards in 1978.

● **Val Schultz**, 40, was 1st master in 28:52 in a Staten Island 5-mile run April 12. **Charles Baxley** took 50-59 honors in 32:22, with **Anna Thornhill** edging **Linda Sipprelle** for female masters laurels, 32:06 to 32:42.

● **Warren Ohlrich** led the 40-49 category in 33:51 in an Upper Marlboro, Maryland 10k May 9. **Herb Chisholm** logged 36:19 as best 50-59 master. **Jeanne Uhrich** topped the 40+ women in 44:30.

● **Dick Hipp** was top master in the Columbia, Maryland American 10k May 3 in 34:05 ahead of **Chan Robbins'** 34:35. **Clarence Wingate** (38:47) led the over-50's.

● **Bernie Rubinsky** notched a swift 1:18:55 half-marathon in Wilmington, Delaware March 29, only 2 minutes off **Ed Almeida's** U.S. 50-54 mark of 1:16:53.

● **John Kelley**, 73, competed in his 50th Boston Marathon this year. As much a favorite as **Bill Rodgers**, Kelley won the race twice, in 1935 and 1945, took 2nd seven times, and placed in the top ten 19 times.

● The Boston Marathon brought together top masters from throughout the nation. West coast standout **Sue Stricklin** of San Francisco topped east coast champ **Anna Thornhill** of New York, 2:56:46 to 2:59:10, to win the masters female title. In the women's 50+ age division, Californian **Marion Irvine** defeated New Jersey's **Toshiko D'Elia**, 3:11:0 to 3:14:36.

● In men's action in Boston, New Yorker **Ed Stabler** took the measure of Minnesota's **Alex Ratelle** in the 50-59 division, 2:33:01 to 2:35:32. North Carolina's **Bill Hall**, 41, easily won the masters crown in 2:21:19, five minutes ahead of Bermuda's **Ray Swan** (2:26:37), **Pete Sponsel** (2:28:15), and New York's **Gary Muhrcke** (2:28:53). They were followed by national-class runners **Pete Jeffers** (2:29:50), Baltimore's **Mike Sabino** (2:30:19), **Dick Jamborsky** (2:30:26), Florida's **Joe Burgasser** (2:31:58), Chicago's **Roger Roullier** (2:32:37), **Ray Stevens** (2:33:10), and Virginia's **Bob Jenkins** (2:33:28). Forty-five over-40 runners broke 2:40. Perhaps the top effort of the day was the indefatigable Portland, Oregon world record-holder, **Clive Davies**, 65, whose 2:42:08 established a new marathon mark (albeit "aided") for men over age 65.

● The New York Masters Sports Club is developing one of the largest walking teams in the East. "We now have over two dozen members," **Bob Fine** reports.

● **Linda Sipprelle**, 46, was 1st woman master in the L'eggs Mini-Marathon (10K) in New York May 3, running 39:10 to finally defeat **Anna Thornhill**, 40, to whom she had lost at least twice in recent months. **Hermine Bartee** was 3rd. There were 4500 finishers, led by **Waitz**, **Urish** and **Catalano**. Official results are slow in being mailed.

● The date of the National TAC Masters 15K Road Run in Washington, DC has been changed from October 4 to October 3. The National Masters 15k Cross-Country Run is reportedly set for New York on October 4.

● The photo of **Mike Davis** (May, page 20) was taken by **Roy Bruce**, *TrackMaster Magazine*.

SOUTHEAST

● **Ken Winn**, 43, clocked 32:20 in the Dannon 6-miler April 25 in Atlanta. **Allen McDaniel**, 38, logged 32:51.

● **Larry Fuselier**, 45, of Metairie, Louisiana, broke his own pending 45-49 10k record of 33:09, running a 33:03 in the Fiesta of Five Flags 10k May 2 in Pensacola, Florida over a reportedly certified course.

● **Lolitia Bache**, a name from out of the West, is beginning to appear in the results of southeastern races. The tall, lithe,

beautiful one recently moved from San Diego to Annandale, Virginia. On April 5, she won the women's 30-39 division of the F&M Colonial Half-Marathon in Williamsburg, Va. in 1:35:18. **Dianne Headen** of Virginia Beach took 40-49 laurels in 1:37:17. **Lew Faxon** was 1st master in 1:15:33, followed by **Brian Hawley** (1:17:05) and **Mel Williams** (1:17:08). **Hank Coghill** took the 50-59 bracket in 1:32:48, with **Vern Geary** tops in the 60+ group in 1:42:56.

● **Linda Sipprelle** was 1st masters woman (8th female overall) in 39:01 in the popular Cotton Row 10K in Huntsville, Alabama May 25. **Pat Bessel** took 2nd in 39:28. Hope to have complete results next month.

MIDWEST

● **Dick Richardson** will direct the Penn Mutual/TAC Midwest Regional Masters T&F Championships in Decatur, Illinois August 1. Richardson is the former Bradley University high jumper and world veterans medalist. Decatur is halfway between Champaign and Springfield, roughly a 3½ hour drive from Chicago, all interstates with a good Holiday Inn for out-of-towners. "It's a good chance to move the meet out of Chicago," says **Wendell Miller**, Midwest Regional T&F Chairman.

● **Dean Reinke**, who helped put on the 1980 series of Brooks Master Runs, is now director of a new Sports Medicine Center in South Bend, Indiana.

● **Reinke** says **Hal Higdon**, asked in a running class what kind of food he ate before a race, answered: "The food has to taste good going down, taste good coming up, and look good on the pavement."

● **Joan Gibson**, 43, ran 75 minutes in the Revco-Cleveland 10k May 24. Gibson is legally blind and ran unaided.

● **Dr. George Knox**, a former heart attack victim, walked 100km in the Central Ohio "Run for Life," ahead of many younger men.

SOUTHWEST

● **Hewlett Nash**, 40, of Tulsa, logged 10:51 PR (personal record) in the Tulsa 2-mile race April 18. **Nocus McIntosh**, 55, topped the 50+ group in 11:15.

continued on page 20



Start of 10k race at Charlotte Observer Marathon.

Photo by KPC Photography

TOP 50 IN EACH AGE DIVISION 1980 Masters 10K Rankings

Beginning this issue, the National Masters Newsletter will publish 1980 masters rankings for long distance running events from 10 Kilometers up.

Compiled exclusively for NMN by the National Running Data Center, the rankings are 50 deep for both men and women in each 5-year age group from age 35. If less than 50, that's all there were.

The top 10 men and top 5 women are the same as in "U.S. Distance Rankings." Listed are the time, name, age,

Non-citizen residents are included. Results are from certified courses only.

The lists contain some fascinating information:

•Barry Brown, 35, ran the fastest 10K on the list, recording a 30:02 in a Florida 10K May 3.

•Tom Laris led the 40-44 group with a sparkling 31:31 on October 19. Dave Hambly (31:42), Jim Ewing (31:54), and Gary Murhcke (31:55) all posted sub-32's.

•Hal Higdon edged Ulrich Kaempf for 45-49 honors, 33:10 to 33:37, with

Jim Knerr 3rd in 33:55.

•Ed Stabler topped the 50-54's in 34:22. Jim O'Neil led all over-50's with his U.S. record 34:06 for age 55-59.

•Don Longenecker bested George Sheehan and Ed Lewin for 60-64 laurels. Joe Silber led the 65-69 contingent with Monty Montgomery best over-70.

•Judy Fox's 34:23 at age 39 led all women by a minute-and-a-half. Mila Kania's 36:29 at age 49 dominated the 40+ times, bettering Sandra Knott's 40-44 best of 38:27.

•Margaret Miller (38:46) topped 50-54 females. Mary Storey edged Helen Dick, 41:54 to 42:10 for best 55-59; and Althea Wetherbee led the 60+ runners.

•By checking the highest age in each group (39, 44, 49, etc.) you get an idea of who will be tough in their new division in 1981. Dan McCaskill, 39, ran 31:29. Earl Ellis, 44, ran 33:10. Both Higdon and Kaempf, amazingly, were 49 and yet led the division. Look for these two to start breaking 50-54 records this year, as Kaempf has already done. Elliot Galloway, 59, ran 39:20. Don Longenecker turns 65 this year. Judy Fox turned 40 late last year. And so on.

Next month, we'll print rankings for another event. □

1980 MASTERS RANKINGS FOR 10 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-43 THRU 49

33:10	HAL HIGDON	49
33:37	ULRICH KAEMPF	49
33:55	JIM KNERR	46
34:12	LARRY FUSELIER	45
34:35	BOB ELWOOD	45
34:39	BEN LUNDEREE	45
34:42	JOHN RUDBERG	45
34:52	GERALD KUCH	46
34:58	DONALD CUDJINS	46
34:59A	SAL LAMANDRE	46
35:01	GLYNN WOOD	46
35:07	CAHIT YETER	45
35:09	WALT WINDSOR	45
35:11	MALCOLM BETRAM	47
35:20	RICHARD T MURPHY	46
35:27	JOSEPH ERKINE	49
35:33	JIM CAVINESS	47
35:34	JOE CARY	48
35:39A	FENNER MCCONNELL	46
35:39A	BERNIE GAY	45
35:44	ROBERT BAUMER	46
35:51A	BILL KENWORTHY	47
35:56	GERALD WARKOCK	46
35:57	KEN WIDMAN	45
36:03	JIM GREEN	47
36:05	GEORGE STILLMAN	47
36:08	GEORGE CONN	45
36:10	KEN ATWELL	45
36:12	KARL PAHL	46
36:12	GEZA FELD	46
36:21	CHARLES ANDERSON	49
36:30	BILL SCHMIDT	46
36:35	LEWIS STERN	45
36:35A	BILL GOODIN	47
36:36	BUB DICAKLO	46
36:38	ERNE YOUNG	47
36:43	ARNJ NIEMAND	45
36:49	IAN MACLINES	45
36:51	BEN LULBERING	46
36:52	D EVANS	45
37:00	RUBERT WICKMAN	47
37:02	JAMES FURMAN	46
37:06	ED JASSAWAY	46
37:13	JERRY KUSHIUN	45
37:14	TOM GRIFFIN	45
37:18	DAVID SEILER	49
37:22	JIM BLANKINSHIP	48
37:23	GRAHAM WELLS	49
37:25	SCOTT MURKINS	45

MEN-50 THRU 54

34:22	EDWARD STABLER	51
34:27	TOM BAILLY	51
34:57	JAN ELKES	50
35:21	GEORGE VERKUSKY	50
35:26	IRACY BROWN	51
35:30	KENNETH JONES	53
35:33	HERB CALSHULM	50
35:53	ANTHONY SAPIENZA	52
36:02	DAVE STAVENSON	52
36:06	BILL FORTUNE	51
36:09	JOE BURNS	51
36:09	JOSEPH JANICEK	50
36:11	CHARLES ANDERSON	51
36:21	PETER MOOD	50
36:34	TOM HUVLY	51
36:42	DAVID DELLAR	50
36:44	MARSHALL HARADEN	50
36:49	HUMARU MILLER	53
36:53	MYRON MEYER	53
36:57	BILL IRLAND	51
36:57	AL TREIGHEL	51
36:58	KUBEN VELIL	53
37:04	HUG AINSLIE	50
37:08	KICHARD WIENER	53
37:12	WALT THURP	52
37:17A	BILL NEACE	50
37:17	DICK ROBINSON	50
37:21	BILL STOCK	50
37:25A	MILLIAM NICHOLLS	51
37:27	BUSTER TANKERSLEY	52
37:32	ORLY PHILLIPS	52
37:43	MILFRED PUTTER	52
37:44	RODERICK JOHNSON	51
37:46	ALFRED JEVENS	50
38:00	MAG ELLIOTT	54
38:16	JAMES STULTZEFUS	53
38:20	JOHN GIANTJITI	52
38:21	JIM BLOUNT	51
38:26	JOSEPH SIMONTE	52
38:29	MIKE KAST	52
38:33	BILL IRLAND	51
38:38	GURDON SEIFERT	52
38:40	FRANK LUKEY	50
38:40	ALFRED WERRAN	51
38:41	KRIGER WILCOX	51
38:47	BOB RANN	50
38:48	GUY FRUHLIIG	50
38:50	DICK COLTREL	50
38:50	K WHITE	50

MEN-55 THRU 59

34:50	JIM O NEIL	55
35:00	JERRY MURKINSON	55
35:03	KAY GIL	55
35:09	EVAN KANE	55
35:23A	AUGUSTUS PRINCE	58
35:24	HUBERT MURGAN	58
35:26	JAMES MCCUM	58
35:27	ART HULZMAN	57
35:31	NOGUS MCINTOSH	55
35:34	AVEY BRYANT	55
35:35	WALTER E BRUMN	55
35:38	ELLIOTT GALLOWAY	59
35:42	KEITH ASHBRIGHT	56
35:42A	BUB CARLSON	55
35:43	MILLARD SHUMATE	59
35:43	GEORGE LOCULAND	59
35:55	FRANCIS KELLEY	58
36:01	BUB MARTIN	59
36:02	BILL SCHMIDT	58
36:02	HAL M JONES	58
36:03	LUIS QUESA	56
36:07A	THOMAS WBBUNZ	59
36:07	GILLES IJHLINSON	58
36:08	BUB LEHNERT	58
36:12A	LEUWAKU MUSKOVIT	57
36:13	JOHN WHITNEY	55
36:14	VICTOR CONFORTI	58
36:18A	BUB MULLER	55
36:18	STANLEY EDELMAN	55
36:19	ARNJLD FREIDMAN	58
36:20	JACK RUSES	58
36:20	BEN RUF	55
36:21	JOHN BATES	56
36:23	DAVID MULLITON	57
36:24	CHARLES HARRINGTON	58
36:25	ELVER GASTON	57
36:26	KRIGER DUBMAN	58
36:27	ED STUCKLY	58
36:28	WALLACE ASH	55
36:28A	RUSS SPECK	55
36:29	RUBERT L JULEMAN	56
36:30	JOHN JERKIL	55
36:30	JIM DANSON	58
36:30	FRANK HOLBY	55
36:31	BILL STYLE	55
36:31	DUN CUSHMAN	59
36:32	DICK WALSH	57

MEN-35 THRU 39

30:02A	BARRY BROWN	35
30:45	RUBERT ANASTASIO	37
31:03	BOB DAY	35
31:29	DAN MCCASKILL	39
31:30	INELAND SLOAN	38
31:38	KAKL WELSER	37
31:40	BILL CLARK	36
32:01	DAN MURRAY	37
32:22	LEE COURKAMP	35
32:23	TOM VON RUDEN	35
32:25	GEORGE COBB	36
32:33	RUNALD HANSUN	36
32:34	KICK RICHARDSON	35
32:44	MIKE GREGORIO	35
32:44	ART WILLIAMS	37
32:45	STAN ARTHUR	37
32:56	JAN FRIEDY	36
32:57	CHKIS WINTERS	36
33:00	MATTEO GUCCHIARA	37
33:02A	THOMAS PULK	38
33:10	ROGER PRATT	38
33:11	KAY STEVENS	39
33:12A	JOHN RAVELING	38
33:17	TED BITTER	36
33:22	KENNETH HINDS	37
33:25A	PHIL WELSER	38
33:38	SCOT BACHEN	37
33:41	TOM BACHEN	37
33:41	JED MAKER	37
33:41	JEFFREY FISCHER	37
33:43A	AL MUGOLS	37
33:45	DON COFFMAN	37
33:45	HAL GUFURATH	35
33:50	DAVID THURASHOW	35
33:51	DUN SHANAHAN	38
33:53	KIRK SIMPSON	36
33:53	STEPHEN CONKRY	35
33:56A	ALLEN MCGANIEL	37
33:57	BUB GRIFFITH	39
33:58	RICHARD PANKOW	35
33:58	FRANK BOZANICH	36
33:58A	ROY HERRING	38
34:03	STUART TUCKER	38
34:06	KIRKE WHITE	38
34:08A	GARY GRAY	36
34:09	JOHN MAFFEL	35
34:11	MURGAN LOJNEY	38
34:12A	THOMAS ECKELMAN	37
34:15	VICTOR LOPELAND	37
34:15	HUMARU MUDDY	37

MEN-40 THRU 44

31:31	TOM LARIS	40
31:42	DAVID HAMBLY	41
31:54A	JIM EWING	41
31:55	GARY MURKCKE	40
32:00	JEFF PAYNE	42
32:03A	HEKS LOKLENZ	41
32:10	JIM BOWERS	41
32:25	MIKE TYMN	43
32:25	BOB FISCHER	40
32:40	DAN CONWAY	41
32:44A	KEN WINN	41
33:03	RYAN HAWLEY	42
33:10	EAKL ELLIS	44
33:12	CALVIN LOOMIS	44
33:14	LARRY FUSELIER	41
33:18	DAVID PLITKETHLY	44
33:42	JIM GALLUP	44
33:42	JOHNNY FAEBKER	44
33:46	ROGER KUELLER	41
33:47	KRITZ MULLER	44
33:46	RAYMOND HUGHES	41
33:55	TOM CATHCAKAT	41
33:57	LEUWAKU DUEY	41
34:01	ROBERT PACKARD	43
34:02	DICK HIPP	44
34:10	NURI SLCURU	43
34:12	BILL PORTER	41
34:13	CAL HAMREN	42
34:13	BRUCE FREURIKSON	41
34:13	BILL HENDEY	41
34:13	JAMES MCGUINNESS	41
34:16	OSCAR MOORE	42
34:23	JUE BURGASSER	41
34:23	RUSSELL PICKERING	41
34:23	PHILIP MALKDEN	41
34:23	HAROLD TINSLEY	41
34:23	ELN RUPPAPPAN	41
34:23	ANDRE FOCU	41
34:24	ROGER BRYAN	42
34:24	CHAYLLER KJBBINS	42
34:24	JACK BLAKELY	44
34:24A	CHUCK OARNEY	44
34:24	RUNALD ANDERSON	41
34:24	DAVE PELLE	42
34:24A	JOHN KEARNS	40
34:24A	KUJ KUJGENS	40
34:27	BILL KAMUSSLEN	41
34:27	KJN GJOURKAU	41
34:27	JIM JAKS	42
34:28	ART GUCKNA	41

MEN-60 THRU 64

38:23	DUN LONGNECKER	64
38:40A	GEORGE SRECHAN	61
38:52	ED LEWIN	62
39:09	RUBERT DELLO	62
39:45	BUB HUKMAN	60
39:53A	TAD DUBBS	60
40:02	FRANK GREY	60
40:16	JOHN LAFFEKY	62
41:34	PHIL CASTLE	62
41:41	STIEVE KILHARDSON	60
41:46	KUFUS SCHATZBERG	62
41:52A	GASTON LIPSLUMB	61
41:58	DUNALD DILWORTH	60
42:12	BUB MARTIN	60
42:21	ALBERTI VOLUSTEIN	60
42:21	LOUIS KOCHA	60
42:30	P DILLTRUK	61
42:30	WENDELL PARKSON	60
42:37	HAKULD BLRICK	62
42:50	WAYNE ZOUK	63
42:53	ROBERT HULCKER	60
43:11	NATHANIEL WHITE	60
43:46	RUBERTIO KENNY	62
43:49	WILFRED RUDS	63
43:54	LUKEY DAMAN	61
44:01	MUDDUKUM DERBY	61
44:18	MERLE RUSE	64
44:40	VIL GRUENING	62
44:47	K GEORGE	62
44:47	WILLIAM FARRELL	64
45:04	JERRY RUSENTHAL	60
45:17	WALT KREIMAN	62
45:19	BUB MASON	60
45:19	SEF TURKES	63
45:30A	JOE MCGINLESS	63
45:41	OSCAR HARTMANN	63
45:49	RUBERT CUMAN	62
45:50	RICHARD ELTON	60
46:07	MAHLOW OLCAMITH	63
46:14	MARK EL PATRAS	63
46:24A	RICHARD SASSER	63
46:27	BERNARD HANLEY	61
46:34	AP LSUM	61
46:36	L LLOUHARU	60
46:41	CLIFTON WELSON	60
46:51A	CHARKLS OJUALAS	61
47:08	MERU SPITLER	63
47:09A	GEORGE GOULDEN	64
47:24	DUNALD DENEN	64



MEN- 65 THRU 69

39139A	JOSEPH SILBERM	65
42143	HAY PEISER	66
43143A	JOHN HOLYJKL	65
44114	JOSEPH GALABURRI	69
44127	JOHN OKALJSKI	65
44131	LARRY PATTERSON	65
45111A	JOHN UELTMAN	68
45113	EAKL WERT	66
45120E	DAVE J HALL	65
45132	CLEJ CASADY	66
46136	BILL DYER	66
47101	JIM FLORES	65
47140	AL CLARK	66
47144	VERNUM BEARY	68
48141	ERNEST PIENCE	65
48147	GEMALD SATTERLEE	66
48157	WARREN WIGGINS	65
51105	WALT WESTERHOLM	65
51110	CARL SCHULER	65
51117	ALBERT CLAPP	65
51131	FRED KUSCH	67
51134	GYPSY BOOTS	69
51140A	LES PATON	66
52135	HERB PARKER	69
52154	HOWARD CAULKI	69
53102	MILTON WOOD	65
53120	DUN REICH	65
53126	GEORGE JACOBSON	68
54140	NURMAN NAIL	65
55135	ED BARNES	66
56101	JOHN GUJOWIN	67
56103	JOHN WALT	65
57122A	WILEY HILL	67
57135	DWIGHT CALVERT	65
57159A	MAX STAUFFER	67
58102	STANLEY GLYNN	69
58115	JAMES MALE	66
58122	CHANG HO KUNG	68
59142	LOUIS KANTER	67
1130105	HENRY FRENCH	68
1130131	FRED NICHOLS	66
1130136	WILLIAM JONES	69
1131159	JAMES JAY	66
1132157	TALMAGE LJVLLADY	65
1135146	STUCE WESTCOTT	67
1135151	ED GRAMOWITZ	66
1136100	EMBREY MILNER	66
1137103	SAH POMERANTZ	67
1138122	CLARENCE HOLJMAS	68
1140107	DAVID BREWER	66

MEN- 70 THRU 74

42108	MUNTY MONTGOMERY	73
43149	L L DABY	70
46137	NURMAN BRIGHT	70
46140	ED WIBERG	72
49143	CHARLES HACKENHEIMER	73
50149	RAY SEARS	73
51101	GEORGE SMALL	72
51126	HENRY BERLIN	72
51144	CARL STROUD	72
52125	WAYNE MCLEUD	72
52126	GLENN CALMES	72
54113	WILLARD BENTON	76
54123	ANTHONY DENARCIS	70
54135	JOE HAASE	71
54137	JACK GARNER	75
54156	LUCIAN SALAZAR	73
55130	MAX POPPER	77
55130	DAMON HIERONYMUS	71
55154	GREG WHITE	74
56148	BEN AVERY	74
59110	WADE LEDOLO	74
1100151	UWAYNE BLAIR	71
1103125	JAMES MCKEEHAN	71
1105118	RUBERT WALLACH	78
1106117	RALPH COCHRANE	72
1106137	REGINALD ARNOLD	71
1107116	J HANNA	71
1121110	AL TUCKER	72

MEN- 80 AND OVER

1107136	NOEL JOHNSON	81
1115149	IVOR WELCH	85
1122150	JOSEPH JOHNSON	81
1129102	THOMAS PAGAN	81

WOMEN- 35 THRU 39

34123	JUDY FOX	39
35156	FURJ MAULIKA	35
37143	MADELINE HARMELING	35
37150	ANNE KNIGHT	35
38106	MARY J BAKT	38
38112	SUZANNE HUNTER	37
38114	SUE PETERSEN	35
38118A	LILA BRASHEK	37
38126	BOBBI KOTHMAN	35
38136	BARB RAHMUSSEN	35
39108	ANNA THORNHILL	39
39119	ELIZABETH MARSHBARGER	37
39129	IKEME RUDOLF	39
39143	ANDREA HATCH	37
39146	BETIE POPPERS	37
39147	LINJA THURSTON	38
39148	DOROTHY LASH	37
39154	HIDEKO PIRIE	35
39157	CHEXYL MARTIN	36
40107	MAURKEN BATEMAN	36
40112	BARBARA PIKE	39
40113	ELFRIDA WYNER	38

40120	RUTH BLAKESLEE	35
40139	LOLITIA BAUME	38
40140	CAROL STROUD	37
40141	ROBIN VILLA	37
40142	SUSAN GUERTIN	39
40143	CANDLE HENRICK	39
40154	CATHERINE FARRELL	35
41116	CATHY FOGARTY	38
41117A	NANCY GUDSIL	37
41118	DIANE PAGE	36
41123	KARINA UUTINEN	38
41128	LINDY CURFIELD	38
41128	MARY SCHLIM	36
41141	CANDY NEWBY	35
41143	KATHERINE BLAKE	36
41144A	PENNY KAISEN	36
41147	DOTY FINE	36
41151	DUNYA M McDONALD	35
41152	PATSY MANGULIN	39
41159	DIANE STUCKLIN	39
42102	ELAINE FREDRICKSON	37
42106	DIANE HUMPHREY	37
42110	BARBARA W WILLIS	36
42115A	CAROL JILLSON	37
42119	BARBARA PORTER	37
42122	PAI WILLIAMSUSLOW	39
42122	JURNA PFEFFER	39
42126	LUNA MONTE	38

WOMEN- 40 THRU 44

38108	JANJRA KNOTT	42
38148	ANNA THORNHILL	40
39115A	NANCY PARKER	43
39134	HERMINE BARTEE	41
39136	SUSAN REDFIELD	41
39137	JULIANNE GRACE	42
39139	VICKI SIGELOW	41
39147	LINDY MCELWAIN	41
39151	JENNIFER WRIGHT	44
39156	PULLY SCHUMFELD	41
39157	CHRISTA ROMPANEN	41
40117	DEJY J NELL	41
40124	JUDITH GRUMBURIDGE	40
40135	AGATHA-SUE LEE	40
40136	JOANNE WICHARY	43
40139	PATRICIA BESSSEL	42
40140	LYNNE LAUCK	41
40145	NOEL MURKIE	44
40146	MARY CZARAPATA	44
40146	NINA KUSCISK	41
40151	CAROLYN CAPPETTA	44
41103	DEJY HARRJMER	42
41122	ANNE WYNNE	40
41127	DIANE STUCKLIN	40
41132	FAYE MELUORN	43
41149A	JUDY TAYLOR	41
41149	CARRIE PAKSI	41
41152	PATRICIA WHITTINGSLUM	41
41159	JUDY SPLITGERBER	40
42100	MARILYN DINGLEY	41
42102	JANE KASHUSSEN	43
42112	SUE STRICKLIN	42
42113	ANNE VANDERHUFF	42
42117	MIMI LERNER	43
42117	ANITA THOMAS	40
42118	MAE CLEVELAND	40
42127	MARLENA ATAMANUIK	42
42131	PATRICIA QUIANA	40
42133	JOAN DON	41
42148	MARILYN DAVIS	40
42149	UNA MARIE PIERCE	41
42157	HELEN REED	44
42159	PATTY LEE PARMALCE	40
43116	BETTY WOOD	41
43112	SANJRA KLEIDERMAN	41
43113	NANCY J FALLON	42
43120	SARAH DALFOUR	44
43121	MARILYN J BRLEN	43
43123	JAYNE HEADDEN	42
43124	GLORIA JERAINS	42

WOMEN- 45 THRU 49

36129	MILA KANIA	49
38131	DOROTHY STUCK	48
40105	MARY CZARAPATA	45
41102	NICKI HOBSON	49
41104	HELENE LAURENT	46
41116	NANCY MCCORMACK	45
41116	HELEN HAMILTON	49
41145	CHRISTA CURTIS	48
42102	MARGARETE DECKERT	47
42143	RUTH WATERS	49
42144	RUTH JOHNSON	48
42145	RUTH KUYKENDALL	45
43123	CYNTHIA ELLIMAN	47
43127	ALICE TAGGARES	49
43130	MARTHA MARICLE	46
43140	KATHY BRIEGER	48
44103	SHIRLEY TAYLOR	47
44106	CHARLOTTE MARTINEZ	46
44113	MARCIA HELLETT	45
44146	BARBARA ROBINSON	47
44148	KARIN TATE	47
44153	CYNTHIA FULENWIDER	47
44159	ELSA EVANS	45
44159	SUZIE GILLIS	46
45114	JOYCE FLETCHER	45
45116	MARIA SHULMAKER	47
45123	MARY MACFARLANE	45
45132	GERI UMENS	45
45137E	MARGARET D MILLER	45
45152	JOYCE LAFEBVRE	49
45157	MARJUMIE KRUEGER	46
45156	JU FORTUNE	47
46101	FATIMA ALI	46
46102E	PATRICIA B MILLER	45

46110	ANNE BUJD	46
46125	BARBARA FRANCESCHINI	47
46130	SOCJROO NEED	46
46133	FRANCIS ADAMS	47
46136E	JOYCE HALS	48
46149	ALICE LEICHT	47
46153	LAUETTE RINDLAUD	46
46158	KAY FOX	47
47100	LASSIE BRAUTIGAM	47
47104E	ELISE WALLACE	47
47110	ANITA MILLER	45
47113	CARROLL D CUNNER	49
47113E	PAULINE JOHNSTON	48
47115	KATHERINE KNIGHT	45
47120	GLORIA WYCOM	45
47122	BEATRICE DJLAN	48

WOMEN- 50 THRU 54

38146	MARGARET MILLER	54
39146	ANNE JOHNSON	52
40101	MARION IRVINE	50
40117	RUTH ANDERSON	50
40119	RUTH WEBBER	52
40130	JANET GRENDA	54
40144	PAULINE VIGIL	52
40145	HOLA BRUMN	51
40146	BERYL SKELTON	51
40153	KACHEL BURN	50
40159E	JEAN PENDERGAST	51
46136	ETHEL MAY COURIAN	52
47100	MARCIA SPAETH	51
47109	RUTH POGUE	54
47141	JOAN DODGE	51
48105	LILLIAN MILLER	51
48114	LYA KILLIAN	51
48117	ALEYE PARK	54
48130	CAROLYN GOSSARD	50
48139	VIVIAN KANE	50
48151	ADELE MILICEVIC	50
49102	GARTHEDON EMBLER	50
49111A	DURIS LEHNEK	52
49118	PAT WIESNER	54
49121	MEXKY VAN SANT	51
49128	VIRGINIA McLAUGHLIN	50
49151	ALICE SCOTT	54
49157	ANNA RUSH	52
49158	CHRISTINE DICKINSON	50
50100	JUDY OH	52
50108	JOAN NIX	52
50135E	PAT MARTIN	50
50154A	DORIS ROBINSON	50
50158	FAIRLE CARROLL	50
51104	KENEE KAMINSKINE	50
51117	TAMI HITSUI	51
51120	GRACE GAMMILL	54
51150	JEANNE NELSON	54
52100	BETTY ROBINSON	51
52108	BEATRICE LJVELL	50
52113	SHIRLEY FORSYTHE	50
52119	MAUEL PITTEKOFF	51
52122	JOYCE KUSCHKE	51
52124	LILLIAN LAKKIER	51
52135	PEGGY NAAS	50
52138	TERESA CUMPTON	53
52143	GUILLEKMA BURDONABA	50
52145	ANNE NAUMAN	52
52146	ANNISE BULLI	52
52150	CAROLINE EARL	50

WOMEN- 55 THRU 59

42104	MARY STONEY	55
42110	HELEN DICK	55
42111	KAINO SYVARI	55
42115	RUBY TAKI	55
42156	ANNE TRIGG	55
48151	VIRGINIA TERRY	55
49113	LUCILLE SANCHIOLI	55
49156	JACLYN CASELLI	55
50150	SADIE MORONG	55
50156E	CUNSTANCE WILLIS	55
51126	JEAN GRIFFIN	55
51147	PHYLLIS SCHWANDT	55
51149A	MARGARET WRIGHT	55
52113	TANIA KLEID	55
52124	VIRGINIA REINHARDT	55
52146	MARION CULP	55
52152	ANNE BELOVICH	55
53106E	JEAN PRICE	55
53129	JANE HORDSTROM	55
54108	NATHALIE CUDLEY	55
54112	MARYLOU SPUNKER	55
54132	REBECCA ZENKE	55
54158	LUCY KILLEA	55
55120	ROBERTA WADSWORTH	55
55122	MARYBELL RUSSELL	55
55128	MAUREEN SCHRAHL	55
55134A	SHIRLEY GRIFFIN	55
55137	GERRY DAVIDSON	55
55142	MARILETT MALLORY	55
55147	MARY RODRIGUEZ	55
56104	NAJMI BAKTUFF	56
56108	ANNE HOBSON	56
56122E	PEGGY CADE	56
56127	ANGIE SMITH	56
56131	RISTY WOOD	56
56137	GINNIE WARENS	56
56146	LOUISE ROSSETTI	56
56150	POLLY BAILEY	56
56155	CARROLL ROBERTSON	56
56156E	HELEN YELLE	56
57109	JEANNE MCKINLEY	57
57111	BARBARA BRUJK	57
57131	LURETTA SHEMAN	57
57133	RUTH LIPTON	57
57145	LUIS KUSS	57
57150A	SHIRLEY MUELLER	57

WOMEN- 60 THRU 69

38110E	MARY McLAUGHLIN	61
38115	MAUREEN WILCOX	61
38130	ROSEMARY MURROE	61
38140E	KATHRYN RODGERS	61
46144	ALTHEA WETHERBEE	61
49116	LOIS EDUS	60
49152	MAY ATKINSON	62
51127E	ROSE KURPIEL	60
54119	EDNA LAFLIN	61
54137A	PEARL MEHL	66
54136	CATHY HARGUS	61
57156	FLORENCE EWING	61
58124	DOROTHY MENEGHINI	60
58146	MARKIE GLANTZ	61
59107	JUDY SIMON	64
59128	ADRIENNE SALMINI	64
59138A	MARY LAHAIE	61
1130101	ERMA FIX	63
1131110	ELEANOR WALTE	61
1131158	GINNY WARDEN	60
1132135	TENESA HURLEY	62
1134126	ALICIA MARTINEZ	68
1134143	DOROTHY PLOWHAM	61
1134153A	EDNA BERG	65
1135147E	ESTHER SMITH	66
1136107	EUNICE WEBSTER	60
1136136	ANN SMYDER	61
1136157	JANE BAIRD	62
1137113	ANN GILMORE	60
1137156E	VIRGINIA TRAFTON	62
1138104	MILDRED JUDD	69
1138130	EVELYN HAVENS	64
1138149E	ARLENE APPLETON	65

More on the Masters' Club Championship

by VAL SCHULTZ

It's over two months since the NIKE/U.S. Club Road Racing Championships in Philadelphia, April 11th. For Masters, that race was the culmination of eight (8) NIKE/PENN MUTUAL Masters' Grand Prix races in Houston, St. Louis, Boston Atlanta, Salt Lake City, Seattle, San Diego and Brooklyn.

NMN presented articles and results of the Grand Prix races in the May issue and Bob Fine wrote about the Philadelphia champs last month. Next year, there will be another NIKE/PENN MUTUAL series of races and a final competition offering an international trip to the winning men's and women's club. The details have not yet been worked out.

Philadelphia offered an unusual touch to the club championship. How often have we gone to races, particularly marathons, where the theme from "Rocky" was played? This race did one better, the start being just at the steps of the Philadelphia Art Museum, which Sylvester Stallone exultantly bounded up in his expression of personal victory.

The awards ceremony for the championships was held in Memorial Hall, which had been built for the Centennial Exhibition in 1876. Although acoustics were poor for the presentation of awards, the surroundings lent majesty to the proceedings, without inhibiting the party which followed.

And, of course, the "run off" between winning master men's and women's teams from the Grand Prix races was held in the home city of one of the major sponsors, Penn Mutual. The General Agent for the Philadelphia area and the Director of Marketing and Communications were both at the race.

The open race was won by Herb Lindsay, with a time of 43:41. His team, Athletics West, won the Open Men's team title. Betty Springs of North Carolina broke 50 minutes by just a few seconds and her team also won.

Nine master men ran under 50:00, led by Herb Lorenz' 47:18, U.S. 15k record. He was followed by Dave Hambly of the winning Snohomish Track Club in 48:22. Mike Sabino of Baltimore ran for an open club and finished with a 49:21 for fifth individual master.

Ten(10) master women (35+) ran under 60:00, led by Vicki Foltz of the winning Falcon Track Club, 56:54. The first 40+ woman was Hermine Bartee of the Central Park Track Club in 60:14. The Warren Street Social & Athletic Club showed up with several women's teams and one men's. Because WS is a national club, it was not allowed in the masters competi-

tion. However, several of the W35 women did very well. Carolyn Bravakis ran 57:38 for third; Cindy Dalrymple ran 57:41 for fourth; Bobbi Rothman did a 59:15 for sixth, and Linda Thurston was ninth in 59:46.

Several observers were surprised to see so many 35-39 division women outrunning the "legitimate" masters. In fact, several of the 40+ women were a little unhappy to finish so far back in the masters' race. NIKE's explanation is that the prize offered to the winning women's club is to an international race. In all nations outside the U.S., veterans (masters) are 40+ men and 35+ women. NIKE felt our women's team would be more competitive, applying the international rules.

One of the highlights of the race was the large number of teams in the masters' category. 25 men's teams finished three or more members and ten women's masters teams participated.

Of course, the heavy sponsorship by Penn Mutual was partly responsible. PM assumed all travel costs for the winning men's and women's teams from the eight regional races.

Before the race, Snohomish was the established favorite on the basis of their impressive 1980 team record. They had won five national championships (of five contested) and won the trip to Glasgow, Scotland, as club champion in San Diego's 1980 NIKE/U.S. Club Road Racing Championships—April 5th. The Seniors Track Club, the winners in 1979's 20-kilometer Atlanta edition, did not compete in Philadelphia.

However, the Mid-Pacific Road runners, off their impressive performance at the San Diego Grand Prix, were expected to do serious battle with Snohomish. Their leading runner, Mike Tynn, couldn't make the trip at the last moment, and Mid-Pac was

seventh. Philadelphia Masters and Millrose A.C. would have been very serious contenders with a more balanced team. In addition, the West Valley Track Club didn't participate (for the men) at the regional or national level, but, on past performance, would have done well.

On the women's side, few had heard of the Falcons, but it's doubtful that would have made any difference as they overpowered the remaining teams. Nevertheless, there was a great race for second through fifth, only two minutes separating the clubs. Atlanta Track Club's team performance gave them the edge, only 2:15 separating their first and third finishers.

On To Belgium

Herb Lorenz, the Snohomish Track Club, the Falcon Track Club, and NIKE will all be represented at the International Veteran's race in Brugge, Belgium, Sunday, June 28th. Last year, some 800 masters men and women ran this prestigious race. More than twice that number are expected this year. U.S. individuals and teams are expected to do well.

Besides Lorenz, who runs for the Philadelphia Masters, Earl Ellis, Derek Mahaffey, David Pitkethly and Roy Reisinger will be running for Snohomish. Vicki Foltz, Doris Brown Heritage and Trina Hosmer will represent the Falcons and the U.S. In addition, NIKE athlete Antonio Villanueva of Xalapa, Mexico, and New Zealand runners John Robinson and Terry Manners will contend with the formidable European competition. NIKE representative, Valdemar Schultz will also be at the race and will report to NMN next month.

1982 NIKE/U.S. Club Championships

Still to be determined are the sites of several regional Grand Prix races and the site of the final for 1982. It is hoped

that some support will be available for 50+ masters' teams. A critique of this year's Grand Prix series and Club Championship is underway. Suggestions from 1981 participants and prospective 1982 participants will be welcomed at: NIKE/Masters' Program, 3900 S.W. Murray Blvd., Beaverton, OR 97005, (503) 641-6453, x 508. □



Runners Climb 7000 Feet

by BOB MARTIN

TUCSON, Arizona, April 19—Allyn Cureton, 43, won the Mt. Lemmon ascent run today in the race which rises from 2600 feet desert elevation to 9300 feet cold mountain air.

Ross Zimmerman, 28, led for over half the 19-mile course, with Cureton and Ken Young, winner of the three previous trail runs, in tow. In the steep stretch above Romero Pass, where even the best mountain runners admit to doing a little walking, Cureton charged into the lead to finish in 3:05:35. The win was the 2nd straight for the Williams, Arizona runner, but his time fell short of his record 2:59:15 set in 1980. Zimmerman logged 3:20:57 and Young, 3:31:05.

Jennifer Rasketh was the women's winner in 4:47:52, a new course record for the 35-39 division. The only other mark was a 4:35:57 by Bob Martin, who became the first over-60 runner to complete the run.

Race director Ken Young, keeper of all kinds of trivia records for these events, promptly announced that Tom Chaffin had set the record for "a runner ascending Mt. Lemmon wearing two right shoes." □

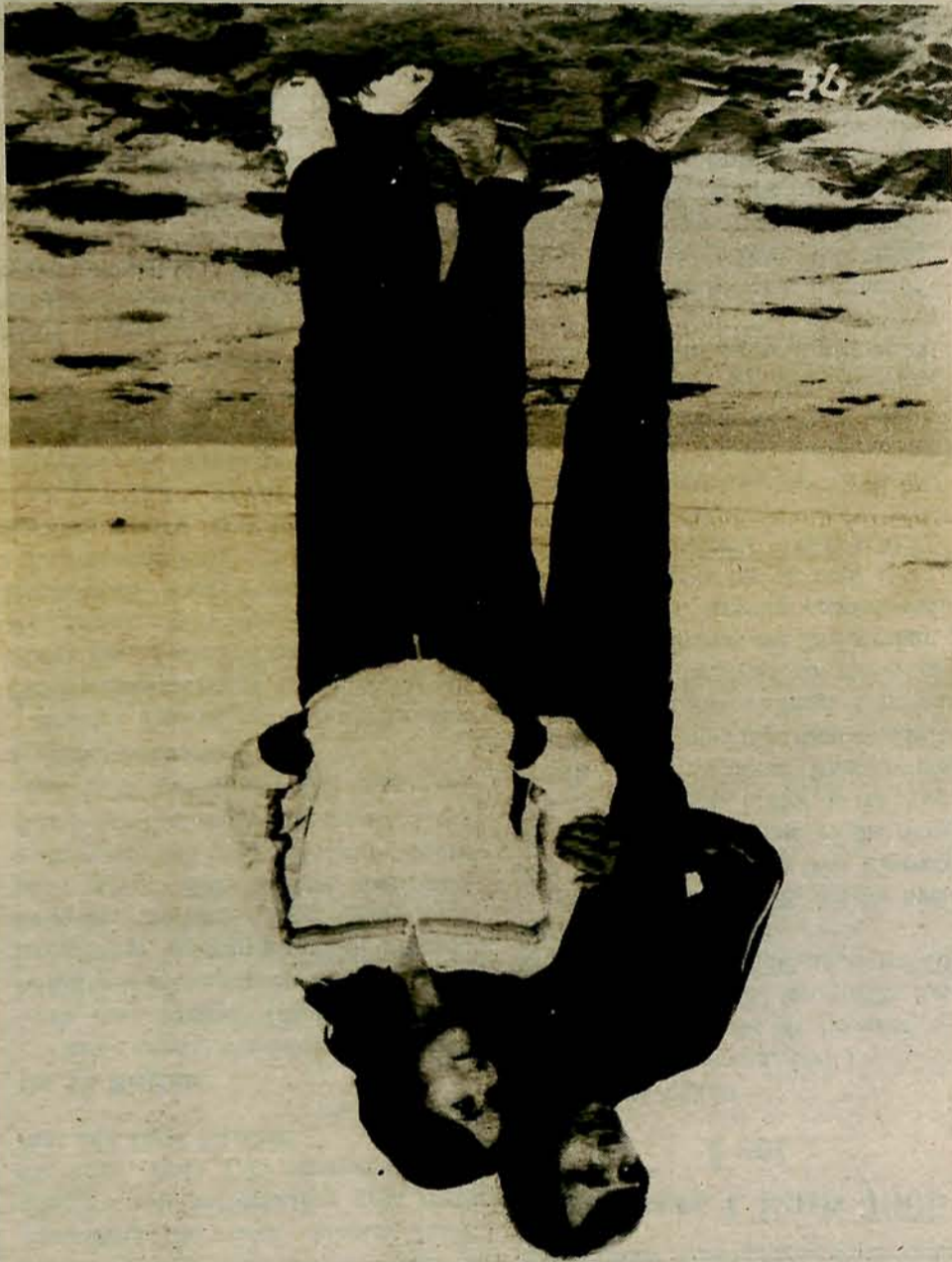


From left, unidentified, George Cohen, Ray Hughes, Skip Shaffer, Andre Tocco, Nikki Hobson, and (overall winner) Dan McCaskill, at Nike/Penn Mutual San Diego Grand Prix March 22.

Gorman's Life Made Into Movie

With running still a major part of her life, Los Angeles resident, Japanese-born Miki (Michiko) Gorman, the internationally famed marathon runner, who twice won both the Boston and the New York City marathons, now has a non-athletic credit to add to her long list of achievements. Her story has been made into a major motion picture.

Miki Gorman's list of achievements since then is long, and includes a world record of 2 hours 46 minutes 36 seconds in the 1973 25th Western



Yoko Shimada, as Miki Gorman, in the Shochiku release, "MY CHAMPION," which is based on marathon runner Miki Gorman's own story. Chris Mitchum co-stars as Mike Gorman.

Called "My Champion" the movie is based on Miki Gorman's own story, from her book "Run, Miki, Run" and stars Yoko Shimada, last seen by American viewers in NBC Television's "Shogun," as marathon runner Miki. Co-starring as Miki's insurance salesman husband, Mike, the man who first introduced her to running, love and marriage, is Chris Mitchum, son of the distinguished motion picture star, Robert Mitchum. "My Champion" traces the true facts of Miki Gorman's real life, from her arrival in Los Angeles in 1964 with Kawano as producer. □



Continued from page 16

● World 60-64 pentathlon gold medalist and record holder John Alexander of Texas, tells Pete Mundle he's going to Los Gatos for the National T&F Masters Championships in August to take a shot at the "unbeatable" Payton Jordan in the 100 and 200 meter sprints.

● John Knifton, 41, had a masters-on-the-best 10k walk in Austin in 45:15.

MOUNTAIN

● Buell Crane, 81, shot put record holder, of Twin Falls, Idaho just had both feet operated on. "But I threw away my crutches and am back at least trying."

● You can win \$1200 first prize down to \$45 8th prize in the Pack-Burro races in Colorado July 26, August 9 and 16. You select a burro, also known as a "donkey, or small ass," according to Chairman Lee Courkamp. "You run as a team with your burro, who must carry 33 pounds of pack equipment. No riding, needles, electric prods, whips, etc. may be used." Contact Courkamp at (303) 431-9848.

WEST

● Mundle spotted UCLA professor and former world-class 400 runner Fritof Sjostrand ran a 61:5 400 at age 64 in 1977, but hasn't been seen since.

● Mike Tym, 43, of Honolulu, recovering from a back injury, began running again on May 21, exactly two months after he led his team to victory in the San Diego Nike race. "I feel like a 300-pound wrestler," he groaned. "I'm 17 pounds over my 150 running weight." Tym's still having problems and is not optimistic about making the nationals in Los Gatos.

● Mike La Pierre, a 42-year-old airline pilot, captured the Hawaii 50-kilometer race May 24 in 3:26:13.

● Larry Axmaker, 40, a Hawaii U. professor, won the 50-mile the same day in 6:21:50.

● World class master-walker John Allen says he's nursing a heel bruise and his back is in bad shape. "It keeps tightening up," he told MNM. "So I'm taking it easy."

● Sheila Smith captured the Women's Master's 20k walk in Westlake Village, California May 2 in 2 hours, 10 minutes. Rose Kash was 2nd in 2:30:14 for a new W55 record. Lori Maynard placed 3rd in the open division in 1:55:07, another record. Kash won a bronze in New Zealand in the 5k in 34:18 and 10k in 68:44, setting U.S. age walk records in both.

● World Games gold medalist Bob Hunt, 60, of Anaheim, Calif., plans to retire from his phone company systems-engineer job in September, and coach the girls' track team at Katerella High School.

● World Games M40 800 champ George Cohen is working on his speed this year. "Last year, I ran a lot of 10k's," he recalled. "But not this year. I'm doing intervals 2 days a week with 4 sets of 440's at 75 seconds each." Cohen's been running 400's in early-season meets.

● John Tansley, track coach of Glen-dale College and top masters decathlete, proposes the elimination of all relay zones in the 400 meter relay. "It would eliminate the judging of zones," he suggests. "It would simplify the line cutter on all-weather tracks. Teams with one (or two) weak legs could minimize their problem. It would eliminate disqualifications. Spectators would see an exciting race with less judging and hassles."

● Shirley Kinsey broke her own women's 50-54 discus record by 2 inches in the Grandfather Games May 9 with a heave of 88'8". She also set a shot put mark of 29'10".

INTERNATIONAL

● One of the oldest women's world age bests (June MNM) on the books is Anne McKenzie's women's 40-44 800 mark of 2:06.5, set in 1967 at age 42. "My career was unfortunately cut short," the Pinebluffs, South Africa resident said, "by a cartilage operation at age 43." McKenzie, 55, says her knee is "completely finished," yet she still has managed to set new world marks in divisions W45, W50, and in 1980 in W55 in the 400 (71.8), 800 (2:43.5), 1500 (5:31.1). "I was lucky the knee held out in Christchurch," she said. McKenzie hopes her 2:06.5 mark will stand, but adds: "With this Gleana Riley of Romania around, it won't last, particularly since she has been reinstated after her drug taking." It's now mid-winter in South Africa and McKenzie says she's "catching up on all my garden work."

● Helen Pain reports strong interest in the 1st China-U.S. Masters Distance Running Tour, set for October 14-November 1, 1981. You can still get in on it (to July 15). See the announcement in this issue and call Sports Travel at 714-225-9555.

● No further word on the proposed South Africa tour this winter. Word is, it's still on, but MNM has no details on cost or schedule.

● Bob Martin of NRDC informs MNM that Bill Fouk's 2:31:40 in the May 3 Canadian Masters Marathon is a new age 45-49 American record if the course was certified. Fouk is 48. Hal Higdon won the world veterans 45-49 marathon in Christchurch in January in 2:29:27. However, NRDC has difficulty in obtaining certification from overseas courses.

● Gall Weizork of Oakland is the new chairman of the PA-TAC Masters LDR committee, and Ruth Anderson is now his second-in-command.

● Jim O'Neil, 56, posted a swift 34:37 in a Griffith Park 10k in Los Angeles April 18, and broke the American 55-59 10-mile record with a 57:10 in San Diego May 9.

● O'Neil capped an impressive season by marrying 35-year-old Linda White of Sacramento on June 19.

● Eddie Lawlin ran 38:57 to take 60+ honors in an Encino, Calif. 10k April 26. Helen Dick was 1st 50+ woman in 43:30.

● Only 17 showed up for the TAC Southern Pacific 50K championships in Lancaster, Calif. April 26. Dave Parker, 50, logged 3:50:08. Judy Kewey, 36, was 1st woman in 4:42:28.

● Eino, 43, negotiated a 52:36 in the Newbury Park-to-Point Mugu 15k May 3. Jan Fokkes was 1st 50+ in 54:47.

● The 5th Annual Home Savings Pan American Masters Track and Field Championships August 8-9 at USC's Cromwell Field is shaping up as one of the top masters events of the year. Over 400 took part in the 1980 meet, which saw 10 world and 11 American age-division marks established. Athletes from the USA, Mexico, Venezuela, Colombia and other Latin American countries will participate. The meet is sandwiched between the national masters championships in Los Gatos the following week, and the Don Palmer Memorial Relays in Santa Ana the preceding week. It enables easterners to take a 2-week vacation and compete in all 3 meets.



Of World Games and World Politics

by FRANK FINGER, Virginia; temporarily in New Zealand

The readers of the National Masters Newsletter may wonder what the real facts are, regarding the issue of South African participation in the 1981 World Games in New Zealand, and the aftermath. Here is the story, as recounted to me by John Macdonald, chairman of the organizing committee. John is currently on the blacklist of the London-based South African Non-Racial Olympic Committee for his role in "allowing South Africans to compete," as is Harm Hendricks, Treasurer of WAVA.

Originally the Games were to have been underwritten by TV and Adidas. When these sponsors withdrew, the only ready source of the budgeted \$40,000 on short notice was the New Zealand government, and the price they exacted was adherence to Gleneagles Agreement of the British Commonwealth countries. (It should be pointed out that John had raised this possibility in Hannover, at both the Executive meeting and the general membership meeting, when New Zealand was presenting its invitation for the IV Games. Obviously acceptance of the invitation, after this warning, included acceptance on the consequences of this possibility.)

Accordingly, South African athletes were notified that their entries would not be accepted, and at least two were rejected on this basis. The cause celebre was Danie Burger, residing in South Africa after having received medical training, and working, in the U.S. He supplemented his entry with a U.S. passport number.

When John sought government advice about processing the entry he was told (by the same agency that had imposed its interpretation of the Gleneagles Agreement on the committee) that Burger must on the basis of the information he had supplied be treated as a U.S. citizen, i.e., that his entry must be accepted. John was further cautioned that he had no right to request to see the passport itself. The same held for several others with South African addresses but claiming to hold

passports from other countries (two voluntarily showed passports from England, and one from Yugoslavia). The Netherlands Foreign Office, incidentally, has since stated that 41,575 South African residents have maintained their original Netherlands nationality and are therefore eligible to hold valid Netherlands passports.

Out of this anomalous situation came the demonstrations "against South African participation" during the Games, and John's subsequent blacklisting. At least in theory, this latter action means that he is no more acceptable in athletic competition than are South Africans.

Believe it or not, the hottest political issue in New Zealand during this election year is the projected visit of the South African rugby team, The Springboks. Literally not a day goes by without a quota of letters-to-the-editor on the subject, and there are three or four front-page stories each week in the Christchurch Press. The accompanying emotions are very reminiscent of the Vietnam days: the other day in this city a march protesting the Springbok visit attracted some 10,000, and of course many of the rugby lovers and the "don't-mix-sports-and-politics" group are just as vehement on the other side. With this attitude in the air it is unlikely that the World Games controversy will be allowed to fade away. John may wind up as the convenient scapegoat, and his career as world champion veteran runner may unhappily be in jeopardy. A poor reward for yeoman services rendered in a no-win situation!

What will happen at San Juan in 1983? How will the WAVA Constitution be reconciled with the blacklisting procedure, with or without United Nations backing? Will hurdles again be disarranged, exhausted marathoners threatened at the 42-km mark, uninvolved runners tripped? Will the organizers and the host country be subjected to abuse, however they decide to resolve the dilemma? In fairness to all concerned, of whatever honestly-held political view, we should unequivocally set our course well before the 5th Games.

by BOB FINE, North American representative to the World Association of Veteran Athletes

I recently completed a two week visit to South Africa as a guest of the South African Masters. I spent most of my time in Johannesburg, except for two days on a farm in the Orange Free State. My contacts were with the white South African Masters who were in the upper economic strata and who were well travelled. My impressions of the country were received from conversations with them, their newspapers and what I could see. You cannot talk about South Africa without discussing apartheid.

The background for the problem started when the first whites, primarily Dutch, settled in Cape Town (the southwestern portion of the country). The English came later but not en masse. The original native population was small in number and was easily subdued. There are very few of the original native population left. Eventually, the Dutch settlers trekked northeast to the Transvaal. It was when gold was discovered near Johannesburg that the English came in numbers and the Boer War resulted. The English ultimately prevailed after a bitter war. Blacks migrated from the areas north of South Africa as well as East Indians. The result today is a population of twenty six million, with four million whites; two million coloreds; two million Asians; and sixteen million blacks. The blacks are sub-divided into seventeen different tribes speaking many more dialects. The birth rate of the blacks far exceeds that of the other groups.

The country is rich in natural resources with Western Europe highly dependent on South African minerals. South Africa also has an agricultural surplus and its food is necessary for survival in the contiguous black countries. Only the whites have the franchise to vote. Parts of the country have been allotted to the blacks to create their own nations. Even with such a subdivision the blacks still outnumber the white 4 to 1.

The society is highly industrialized and the standard of living for the whites is very high. Johannesburg has a population of three and a half million and is a delightful city. The blacks can hold no land; housing is segregated with some private schools having a few blacks. Some of the universities are integrated. The country is bi-lingual with English and Afrikaans (a combination of Dutch, German and French) the official languages. The blacks supply cheap labor on the farms and as domestics. Their housing, in black towns such as Soweto, is subsidized.

To evaluate the conditions in South Africa one first has to determine what basis of comparison to use. If you

measure the standards of blacks against whites, the blacks obviously are being exploited and are second class citizens (if that high). If you measure the standards of the blacks against what they originally had and compared to blacks in other parts of Africa, their standards are quite high. There is a large influx of blacks to the country from other black nations.

For example, the black home in Soweto consist of four rooms on a small plot of land made basically of cement blocks. The government subsidizes these homes so that they cost about \$4,000. No taxes are paid and they are owned by the blacks with low cost mortgages being made available. A white would have to pay about four times as much. Presently, all of these homes are being electrified. Compared to the prior shanty town shacks these homes are quite good, compared to the homes of the whites they are hovels.

There is also "petty apartheid" which is similar to American Jim Crow. There are separate toilets and separate buses. In International Hotels there is complete integration. There is a Chinese population that is classified with the Indians as "Asian". Japan has substantial business ties with the country and visiting Japanese are treated as whites. A non-South African black would be treated quite well by the whites and in the international hotels but if left alone would be subject to petty apartheid.

The question is not whether this system will last—it won't. The question is how the change will come about and when.

Everyone that I have met advises me that there has been considerable change taking place. The education level of the blacks is improving. Skilled jobs are now opening up for the blacks. An urban black middle class is developing. Petty apartheid is being broken down. All of the parks are now integrated. The English language newspapers are quite liberal about apartheid. Some of the church groups, particularly the Catholic Bishop, are strongly outspoken against apartheid. Two plays that I attended were also open in their attack on the system. The Asians and Coloreds will be given an input into the government through an advisory council. The whites feel, with some justification, that the rest of the world is being hypercritical in attacking South Africa. They point to the lack of civil rights in the newly emerging African nations. The white population of what was Rhodesia is fleeing to South Africa and the economy of that country is in a shambles. Much of Western Europe has been experimenting racial or ethnic problems due to immigration.

The problem is that there are two widely divergent cultures: an in-

continued on page 31

1st Southern T&F Meet a Success

by DANNY THIEL

NEW ORLEANS, May 30—The 1st Annual Penn Mutual/TAC Southern Association Masters Track and Field Championships were highlighted by the 50-54 age groups, which featured world record holder Ed Schuler of Florida and former U.S. 60 yard-dash record holder Alex Pappas of Kansas in three exciting sprint races.

The two sprint kings battled yard for yard in the 60, 100 and 220-yard dashes. Schuler won all three, but not without working for it. Also in the 50-54 sprints were Lou Riecke, the

strength coach for the Pittsburgh Steelers and the New Orleans Saints, and John Pettibon, former all-American footballer from Notre Dame. Riecke placed 3rd behind Schuler and Pappas.

Distance runner Larry Fuselier of Metairie, Louisiana won the mile (4:47:17) and 3-mile (16:42.80) in his 45-49 age group. Margaret Turner captured the ladies 40-44 mile (6:15.60) and 3-mile (20:54.98). Miki Hervey of Dallas ran 2:36.54 in the ladies 35-39 880, while Betty Pappas of Kansas won the 60, 100, 200 and anchored the women's winning 440 relay.

National Running Data Center

from BOB MARTIN
Executive Director

Official U.S. road running records, as recognized by the Road Runners Club of America and the Athletics Congress, are compiled and maintained by the National Running Data Center.

Race results and materials to validate records for 1981 races have been slow in arriving, and the NRDC has been slow in processing them,

because of the pending installation of a new computer system.

NRDC publishes 18 up-dated books on running records, rankings, etc. *Certified Road Running Courses* is one. It lists 1326 road-running courses certified by the National Standards Committee to 1 Jan 1981. Send \$2.95 to NRDC, Box 42888, Tucson AZ 85733. □

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
10k	W60	46:44	Althea Wetherbee	3-1-19	Huntington	NY	9-27-80	NY
15k	W35	52:21	Cindy Dalrymple	3-5-42	Seattle	WA	3-8-81	AZ
50k	W50	5:33:05	Jan Newhart	2-5-28	Honolulu	HI	3-25-80	HI
Mara	M40	2:22:23	Jim Bowers	11-6-38	Santa Rosa	CA	10-12-80	CA

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
10k	W60	46:23	Marcie Trent	Anchorage	AK	6-6-81	47:26	Kay Atkinson
10mi	M50	54:12	Ulrich Kaempf	San Diego	CA	5-23-81	56:07	Herb Chisholm
10mi	M55	57:10	Jim O'Neil	San Diego	CA	5-9-81	58:12	Hubert Morgan
6mi	M70	42:14	Ed Benham	Portland	MD	5-2-81	42:38	Fred Grace
Mara	M65	2:42:08a	Clive Davies	Portland	OR	4-20-81	2:51:12	Clive Davies
Mara	M45	2:31:40	Bill Foulk	Bozeman	MT	5-3-81	2:32:43	Bill Foulk

All-Time World Masters Marathoners

In our June issue, we stated that Roger Robinson, 41, of Wellington, New Zealand, had become the 2nd fastest masters marathoner of all time with his 2:18:44 triumph in the Canadian Masters Marathon Championships May 3.

However, eagle-eye Marty Post, statistician of *Runner's World*, informs us that "after researching the matter, I came up with no less than 5 other 40+ marathoners with at least one better performance." Post graciously sent the list to us, adding: "Strange how New Zealand has four veterans with a sub-2:20 while the U.S. doesn't even have one fellow under 2:21."

Here is Post's list:

All-Time World Masters Marathoners/Men

1.	2:11:19	Jack Foster (NZL)	Christchurch	1/31/74
2.	2:15:09	Mamo Wolde (ETH)	Munich	9/10/72
3.	2:15:46	Ron Hill (GBR)	Metairie	2/18/79
4.	2:17:41	Eric Austin (GBR)	Harlow	10/25/75
5.	2:18:09	Gyorgy Sinko (HUN)	Prague	5/08/78
6.	2:18:45	Roger Robinson (NZL)	Vancouver	5/03/81
7.	2:19:24	Don MacGregor (SCO)	Glasgow	8/24/80
8.	2:19:25	Antonio Villanueva (MEX)	Las Vegas	12/06/80
9.	2:19:34	Renato de Palmas (ITA)	Christchurch	1/14/81
10.	2:19:37	Wilfried Irmen (GFR)	Essen	10/27/73
	2:19:37	Lloyd Walker (NZL)	Auckland	2/03/80
12.	2:19:38	John Robinson (NZL)	Glasgow	8/24/80
13.	2:19:41	Derek Fernee (CAN)	Glasgow	8/24/80

The WAVA Point Scale

by IAN HUME

Technical Chairman, World Association of Veteran Athletes

Several athletes, 40-49, particularly in the throwing pentathlon, have remarked that the WAVA scoring table is unfair to them because they get a higher score on the IAAF table. This occurs for the following reasons:

- 1) The present IAAF scoring table was based on performances in 1960 and is thus 20 years old and unrealistic.
- 2) Several times in the past 10 years, the IAAF has delegated committees to produce a more modern scale, based on present performances. But it's still waiting for an acceptable result.
- 3) The comparison between 1960 World Records and 1980 performances are as follows:

	1960 World Record	1980 Best Perf.	1980 (20th best)
Shot	20.06M	21.98M	20.67M
Discus	59.91M	70.98M	66.34M
Javelin	86.04M	96.72M	87.88M

In brief, the 20th best performance in 1980 was considerably better than the World Record in 1960, when the present IAAF scale was formed.

- 4) The WAVA point scale offers the same reward for each meter of improvement in a throwing event. The IAAF scale gives a much larger reward per meter at a low level than it does for average or better performance.

IAAF scale

	1st M Improvement above Base	5th M Improvement	10th M Improvement
Shot	102 points	76 points	62 points
	1st M Improvement above Base	15th M Improvement	25th M Improvement
Javelin	25 points	18 points	16 points
Discus	34 points	24 points	20 points

The IAAF table thus gives, in the discus, 70% more reward for the 1st meter of improvement above the base than for 1 meter at a fairly high level, 64% more in the shot and 56% more in the javelin. This is discrimination against the average or better athlete, is it not? It explains why lesser results get an over-liberal rating on the IAAF scale.

- 5) A new WAVA scale is made each 2 years and made tougher where greatly improved performances (mostly from 60 years up) make it necessary. 1B, 2B, 3B performances have a better rating on the 1978 scale than on the 1976 scale.

Comparison of the scores made by medalists in the World Championship Pentathlons in 1979 and 1981 in the various age groups show that they do a far better job of rating the athletes than the IAAF tables which over-reward shot and discus in the older ages and cause many athletes to drop out in the 1500 M.

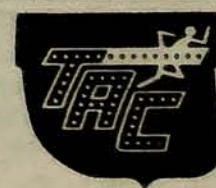
Meet Scoring

One or two letters have suggested that the WAVA scoring system is slow to use in calculating points. I can only suggest that multiplying (mentally) is perhaps becoming a lost art which we should not allow to become extinct.

As a test of the above assumption, this morning my wife wrote on a card imaginary performances for the 5 first-day decathlon events, passed them to me and started the stop watch. The five performances were scored, written down and a first day's total completed in 57.2 seconds. Anyone not satisfied with this facility of scoring is not going to be happy in this world.

The meet scorer for multiple events should be a person who from day to day does at least some mental calculations. The scorer at a meet should have a quiet place to work and not be interrupted continually if errors are to be avoided. A keen teen-aged mathematics student, given 5 minutes briefing, can do a good job with the WAVA point scale.

(Hume would like to receive suggestions or inquiries on point scales, events, implements, standards, etc. from NMN readers. Write IAN HUME, R.R. 1, Melbourne, Quebec, CANADA J0B2B0.—Ed).



Starter's Pistol Banned In NYC Races

by FRED LEBOW, President, New York Road Runners Club (Excerpted from New York Running News)

The NYRRC has banned the use of the starter's pistol in its races to call attention to the proliferation of illegal handguns in our country.

It is not a position that was taken lightly. In December, John Lennon was murdered by a disturbed young man armed with a handgun. A memorial service was held in Central Park the following Sunday. Since we were having a race nearby in the Park that day, I thought we also should pay tribute. The runners stood silently as the clock ticked down to zero and then ran off. The starter's gun was

eliminated because it was inappropriate that day.

There was a completely unexpected response, not to the tribute itself, but to our eliminating the starter's pistol. People sent letters and telephoned to express approval and ask that we eliminate the gun in future races. It gave us pause to think over something we had always taken for granted. Why a gun? Were we required to use it?

The starter's pistol does have certain advantages. It is light and portable. It produces a loud sound and a visual signal (the flash) for timers to start their watches. It's required by the international governing body (IAAF) for track meets, but not for road races.

We experimented, and came up with a self-contained unit that has a loud bell and a simultaneous flash for the timers to see. Only time will tell, but it does seem reliable.

Why are we doing this? We here at the New York Road Runners Club cannot solve all the problems of the world, but we can do our share. Handguns are deadly. They were designed for only

one purpose -- to kill people. According to the latest FBI statistics, in 1979 13,040 people in this country were murdered by firearms. We have inadvertently helped to perpetuate the mystique of the gun by our casual attitude with starter pistols, which are merely handguns with a solid barrel. We do not need them. I hope that other race organizers will follow our example. We will be happy to share our ideas with them.

(NYRRC, P.O. Box 1388 GPO, NYC 10001) □

Heffernan Tops Masters in 'Giants' Marathon

WEOTT, California, May 13—Michael Heffernan, 40, of Portland, Oregon was the first masters (over age 40) finisher today in the prestigious Avenue of the Giants Marathon, run through the centuries-old giant redwood trees in the Humboldt Forest in one of the country's most beautiful runs.

Heffernan clocked an outstanding 2:30:44 to defeat his nearest master rival, Craig Roland, 46, of Santa Rosa, by 10 minutes. Other top efforts were turned in by : Hans Roenall, 52, 2:49:10; Paul Reese, 64, 3:02:55; Nicki Hobson, 51, 3:11:43; Mavis Lindren, 74, 4:49:25. □

Results in back pages.



SCHEDULE OF EVENTS:

SATURDAY SEPTEMBER 19

4:00 P.M.
4:30 P.M.
5:30 P.M.
6:00 P.M.
7:00 P.M.
8:00 P.M.
9:00 P.M.

TRACK EVENTS

1-400 Meters Hurdles +
2-5 Km. Walk
3-110 Meters Hurdles +
4-3000 Meters Steeplechase
5-100 Meters +
10-1,500 Meters
11-10,000 Meters

FIELD EVENTS

6-Pole Vault
7-Long Jump
8-Hammer
9-Discus

SUNDAY SEPTEMBER 20

2:00 P.M.
3:00 P.M.
4:00 P.M.
4:30 P.M.
5:30 P.M.
5:35 P.M.
6:00 P.M.

12-400 Meters +
13-800 Meters
14-5,000 Meters
15-200 Meters +
22-21 Km. Marathon
16-4 X 100 Meters Relay
21-4 X 400 Meters Relay

17-Shpt Put
18-High Jump
19-Javelin
20-Triple Jump

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.

Signature _____

Date _____



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	5.44kg 12 Lbs	5.44kg 12 Lbs	5.44kg 12 Lbs	5.44kg 12 Lbs	5.44kg 12 Lbs

Viking 10K Draws Top Masters

PORTLAND, Oregon, May 31—A quality field of masters runners took part in the Viking Classic 10K run today.

Dave Hambly, 41, of Seattle, led all 40-and-over men across the line in 32:07.7, followed by Ray Hatton, 49, in 32:35.0, Earl Ellis, 45, in 33:06.0, and Dave Pitkethly, 45, in 34:13.2.

Vicki Foltz, 37, led the over-30

women in 36:37.4. Judy Groombridge, 41, was 1st over-40 female in 40:05.1. George Puterbaugh, 56, topped the 50+ group in 38:50.7. □
Results in back pages.



TEXAS MASTERS T&F CHAMPIONSHIPS

Saturday July 25, 1981
Dallas, Tx (Mesquite HS Hanby Stadium, Mesquite, Tx)
Chevron track 1/4" spikes or shorter

Age Groups: (date of meet determines age groupings.)
Men: Open 20-29
30-34
35-39
40-44
45-49
50-54
55-59
60 +
Women: 30-44
45 +
Women's events: All events except hurdles & field events.

Events & Time schedule:

7:00 AM 10K
8:00 AM 5K
5:00 PM Trials 100 & 220 (where necessary)

6:00 PM Finals
110 M Hurdles
Mile run
100 M
440 dash
330 IH
880 run
220 dash
5:00 PM Field Events
Javelin, Long J, High J, Shot, Pole V.
6:30 Discus, Triple J.

ENTRY FEE: 1st event \$5.00- 2nd event \$3.00- each event thereafter \$2.00
A \$2.00 charge will be assessed late entries.
Entries must be postmarked not later than Sat. July 18

Name _____ Age _____ Male _____ Female _____
Address _____ City _____ State _____ zip _____
Events entered: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

I will not hold the Dallas Masters T&F Club, MesquiteISD, any of their departments, agents, or representatives for my health, safety or any injury resulting from my participation in these events.

Signature _____ Date _____

Mail to: Dallas Masters T&F Club 4308 N. Central Expy Suite 206
Dallas, Tex 75206

Treonis Top Master in Chicago Marathon

by RON FOX

LAKE COUNTY, Illinois, April 27. Over 1000 runners started the first Lake County Marathon today with temperatures 37 degrees at the start and 60 degrees at the finish. The scenic course went past the mansions in Chicago's affluent north side suburbs, finishing in Ravinia Park, the summer home of the Chicago Symphony Orchestra.

Top master was one of "Chicago's Finest," Bob Theonis, who has represented the Chicago Police Department in local races for several years and just turned 40. His time was 2:46:46, six minutes ahead of John Forchetti, 44. Henny Volpe was first woman master in 3:20:01. Joe Seliber, 55, ran a good 2:59:05.

Chick Mostow, 77, ran 4:31:06. It was his 15th marathon (without one DNF) since he started running four years ago. Chick runs over 3000 miles and walks over 1500 miles a year. Accomplishments like this get lost when races don't have an age division beyond "60-and-over." We Masters should make this a crusade. Older Masters should get the recognition they deserve.

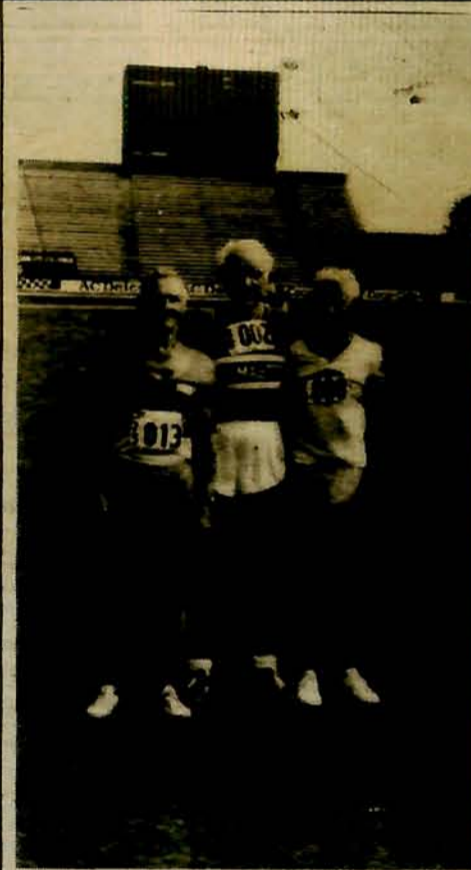
Ida Mintz, 75, (4:41:45) time is also noteworthy because she is 75 years old and this was only her second marathon. She may be the oldest woman marathoner. Her time was only 7 minutes slower than Mavis Lindgren's pending world record of 4:33:15 for 70+ women. Ida has been walking for many years and just started jogging 4 years ago. She's looking forward to this year's America's Marathon in Chicago in September. □

Results in back pages.



Cindy Dalrymple, 39, won \$25,000 as 1st woman finisher in Jordache Marathon, in 2:39:32

Photo by Richard Lee Slotkin



Herb Anderson, Paul Spangler, Harold Chapman.

photo from Tom Sturak

Kaempff Smashes 10-Mile Mark

from Marty Post

SUNNYVALE, California, May 23. Ulrich Kaempff, 50, continued his record-setting rampage with a stunning 54:12.3 in a 10-miler today, finishing 9th overall on a certified course.

Kaempff, who turned 50 earlier this year, has been re-writing the age 50-54 division record book. His time broke the mark of 56:07, set by Herb Chislom on March 30, 1980 in Washington, D.C. □

NOW AVAILABLE! Masters Age-Records 1981

Compiled by National TAC Masters Chairman Pete Mundle with Kathy Breiger, Lori Maynard and Alan Wood.

- 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.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 15, 1981.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state and date of record.

Send \$4.00 to:

NATIONAL MASTERS NEWSLETTER
P.O. Box 2372
Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____

MASTER RUNNERS!

Subscribe to TrackMaster



the monthly publication bringing you National Masters info. and selected East Coast results.

Trackmaster
900 S. Wash. St. Falls Church, Va. 22046

I would like to subscribe to TrackMaster. (The subscription price for 1 year, 12 monthly issues is \$12) Please make check payable to TrackMaster.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____

TRACK & FIELD RESULTS

Please send masters race results to *National Masters Newsletter*,
P.O. Box 2372, Van Nuys, CA 91404

NORTHEAST MASTERS RELAYS LOS ANGELES, APRIL 11.

100		
M30	Mike Jackson	10.9
M40	Walt Butler	10.9
M50	Tom Patsalis	13.0
M60	Pete Fetter	13.0
M70	Tony Castro	14.7

200		
M30	Mike Jackson	23.0
M40	Doug Smith	23.9
M50	Wilbur Buchanan	28.3
M60	Pete Fetter	28.0
M70	Tony Castro	30.9

400		
M30	W Spikes	51.9
M40	George Cohen	52.1
M50	Bill Fitzgerald	60.1
M60	Bob Hunt	65.9

800		
M30	Steve Waggener	2:10.2
M40	M. DeSefano	2:09.9
M50	Bill Fitzgerald	2:14.1
M60	B. Smith	3:23.0

1500		
M30	Steve Waggener	4:22.0
M50	Avery Bryant	5:02.1
M60	Ed Stosenberg	5:21.1

3000		
M30	T Baker	9:38.2
M40	Ed Field	10:16.2
M50	J Withers	10:18.0

110H		
M30	John Dobroth	15.3
M40	Al Henry	17.6
M50	Tom Patsalis	17.3
M60	Bob Hunt	17.9

400 RELAY		
M30	Corona Del Mar	44.8
M60	Combined team	57.3

LONG JUMP		
M30	C Flowers	21-11½
M40	Al Henry	20-5½
M50	Shirley Davison	19-2½
M60	Pete Fetter	15-6

TRIPLE JUMP		
M40	Dave Jackson	43-1½
M50	Tom Patsalis	39-3
M60	Bob Ogle	28-9½

HIGH JUMP		
M30	John Dobroth	6-¾
M40	Nick Newton	5-8½
M50	Dave Brown	4-10
M60	Orval Gillett	4-8

POLE VAULT		
M30	Tim Knappen	14-6
M50	Dave Brown	10-6
M60	Jim Vernon	10-0
M70	Bob Macconaghy	8-0

SHOT PUT		
M30	M Deller (16#)	45-2
M40	Chuck Klehm	39-11
M50	Bill Bangert (12#)	41-1
M60	Jack Thatcher (8#)	144-1½
M70	D Pierotti	32-10½

DISCUS		
M30	M Deller (2.0kg)	144-11
M40	Chuck Klehm	111-8
M50	T Allison 3.3#	123-4
M60	Jack Thatcher	132-9
M70	D Pierotti 2.2#	107-3

JAVELIN		
M30	D Selby	184-10½
M40	Roman Narenin	139-7½
M50	Hal Wallace	118-4½
M60	Pete Fetter	153-4
M70	Bob Macconaghy	93-½

HAMMER		
M30	M Deller	143-4
M40	Chuck Klehm	129-7
M50	B Bangert	84-10
M60	Joe Sanz	114-6
M70	Stan Herrmann	114-4

WOMEN		
100		
	C Castle	15.1
	Chris Miller	13.6
	Shirley Kinsey	15.1

200		
	B Cohen	32.3
	Shirley Kinsey	32.9

400		
	B Cohen	70.3
	Diana Smith	106.6

800		
	W Watson	2:37.7

3000		
	W Watson	13:05.0

LJ	A Steekelenburg	16-11
TJ	A Steekelenburg	34-1½
HJ	A Steekelenburg	4-10
Shot	S Klehm	21-7
	Shirley Kinsey	29-9
Disc	S Klehm	62-3
	Chris Miller	79-7
	Shirley Kinsey	84-7
Jav	S Klehm	68-5
	Chris Miller	104-4
	Shirley Kinsey	77-2

MT. SAC RELAYS, WALNUT, CALIFORNIA, APRIL 24-25.

DISCUS (40+)		
	Bob Humphreys	153-1½
	Stu Thompson	131-11
	Hal Smith	115-8½
	Ed Oleata	104-6½
	Dave Douglass	86-2½

1500 (40-49)		
	Ernie Billups	4:05.2
	George Cohen	4:19.4
	Lou Mayer	4:40.3
	Jim Cullen	4:54.3
	Tom Cullen	5:24.5

1500 (50+)		
	Bill Fitzgerald	4:37.8
	Jerry Withers	4:40.1
	Avery Bryant	5:05.2

5000 (40-49)		
	Truman Clark	16:27.7
	Nelson Crader	17:00.7
	Ed Field	NT

5000 (50+)		
	Patrick Devine	17:55.0
	Avery Bryant	18:40.0

10000 (40+)		
	Nelson Crader	35:29.0
	Jerry Daniels	35:29.0

JAVELIN (50-59)		
	Richard Straub	132-1½
	Hal Wallace	126-2
	Tom Allison	105-0½

JAVELIN (60+)		
	Dan Aldrich	147-10
	Pete Fetter	138-7½
	Bill Burke	117-6
	Hector Gonzalez(40)	116-4

800 (40+)		
	Ernie Billups	1:56.9
	George Cohen	1:58.2
	Mel Elliott	2:05.9
	Lou Mayer	2:13.5
	Patrick Devine	2:30.1

SHOT PUT (60+)		
	Dan Aldrich	46-10
	Jack Thatcher	41-½
	Pete Fetter	40-8½
	Bill Burke	38-10

HIGH JUMP (50-59)		
	Shirley Davison	5-0
	Hal Wallace	4-8
	Burton Otzinger	4-8
	Dave Brown	4-8

HIGH JUMP (60+)		
	Burl Gist	5-0
	Orval Gillette	4-10
	Bob Ogle	4-6

TRIPLE JUMP (40-49)		
	Dave Jackson	42-11
	Al Henry	41-11

TRIPLE JUMP (50-59)		
	Tom Patsalis	38-1½
	Shirley Davison	36-10
	Dave Brown	33-8½
	Fred Gallardo	32-8½

TRIPLE JUMP (60+)		
	Bob Ogle	28-10½
	Erich Jordan	26-5½

LONG JUMP ((40-49)		
	Al Henry	19-9½
	Dave Jackson	18-6½
	Nick Newton	17-11
	Gary Bane	17-9½
	Bob Hunter	16-9½
	Lewis Smith	16-5½

LONG JUMP (50-59)		
	Shirley Davison	19-2½
	Tom Patsalis	17-3½
	Dave Brown	16-0
	Burton Otzinger	15-7

LONG JUMP (60-69)		
	Jim Vernon	15-½
	Pete Fetter	14-4½
	Burl Gist	14-1½
	Erich Jordan	12-3

100 (40-49)		
	Walt Butler	11.28
	Doug Smith	11.50
	Ken Dennis	11.64
	Lewis Smith	11.88
	Nick Newton	12.10
	Ed Oleata	12.20
	Robert Hunter	12.60

HIGH JUMP (40-49)		
	Nick Newton	5-8
	Gary Bane	5-2
	Leon Frankamp	5-2

11TH ANNUAL PENN MUTUAL/TAC SOUTHEAST REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS, RAL EIGH, NORTH CAROLINA, MAY 8-10, 1981.

100		
M30	Jeffrey Hughes	31 11.22
	Ellis Martin	31 11.34
	Don Price	31 11.48

M35		
	William Branch	35 12.24
	George Murphy	35 12.36
	Joel Liles	35 12.72

M40		
	John West	42 11.63
	Robert Stanford	40 11.79
	Lavaughn Bell	40 11.84

M45		
	Lloyd Riddick	46 11.89
	Matt Brown	47 12.02
	Arnold Budd	45 12.09

M50		
	Harold Green	51 12.45
	Ed Schuller	53 12.50
	Oswald Dawkins	53 12.82

M55		
	Rudy Valentine	57 12.66
	Bernard Tober	57 13.56
	Floyd Simmons	58 14.40

M60		
	John Alexander	61 13.17
	William Carmen	61 14.25
	Don Hull	62 14.56

M65		
	Gilberto Gonzalez	67 13.91
	Hans Schneider	66 14.56
	Marcelus Miller	65 16.39

M70		
	Chris Tompkins	71 16.90

M75		
	Russ Meyers	77 15.70
	Dick Bartholemew	78 16.60

M30		
	Phil Raschker	34 12.54
	Elizabeth Holmes	32 15.60
	Marianne Winters	32 15.86

M40		
	Charlotte West	41 18.30

M45		
	Anne Cirulnick	46 16.04
	Marie Barrie	48 18.64

200		
M30		
	Jeffrey Hughes	31 22.85
	Ellis Martin	31 22.96
	John Danforth	33 23.91

M35		
	Robin Ficker	38 23.84
	William Branch	35 24.92
	Jim Bankhead	36 25.30

M40		
	Robert Stanford	40 23.66
	John West	42 23.87
	Haig Bohigian	44 26.00

M45		
	Lloyd Riddick	46 23.74
	Arnold Budd	45 24.24
	Matt Brown	47 24.41

M50		
	Harold Green	51 25.41
	Ed Schuller	53 25.99
	Joel Holman	50 26.09

M55		
	Rudy Valentine	57 26.43
	Bernard Tober	57 28.88
	J. Walker Pierson	58 30.20

M60		
	John Alexander	61 26.44
	Jack Rice	60 28.38
	William Carmen	61 29.36

M65		
	Gilberto Gonzalez	67 30.14
	Hans Schneider	66 31.96

M70		
	Dick Lacey	70 33.38

M75		
	Russ Meyers	77 33.59

M30		
	Phil Raschker	34 25.69
	Elizabeth Holmes	32 32.60
	Patricia Hill	33 33.82

M40		
	Charlotte West	41 37.05

M45		
	Anne Cirulnick	46 33.54
	Katie Poole	46 38.20

400		
M30		
	Jim Scott	30 50.2
	Ellis Martin	31 51.8
	John Danforth	33 52.4

M35		
	Robin Ficker	38 53.00
	Tom Cronan	38 57.29
	Bill Branch	35 59.04

M40		
	Bob Stanford	40 53.73
	Lavaughn Bell	40 54.93
	Haig Bohigian	44 56.45

M45		
	Jim Bradley	45 56.41
	Josh Culbreath	48 58.00
	Roger Parker	47 60.28

M50		
	Joel Holman	50 57.67
	Ferris Portner	52 59.79
	Joe Murphy	51 63.79

M55		
	Rudy Valentine	57 55.90
	Earl Foster	58 64.50
	Don Harris	58 65.05

M60		
	John Alexander	61 59.34
	Jack Rice	60 61.07
	William Carmen	61 66.26

M70		
	C E Kline	70 70.19
	Dick Lacey	70 74.06
	Jim Speer	72 138.47

M30	
-----	--

M50	Sal Corrallo	50	25:02.9
M50	Joel Holman	50	29:08.2
M55	Bob Mimm	56	26:13.7
M60	Don Johnson	64	28:44.1
M70	Lu-Ko Gee	71	34:24.6
M70	Ching-Hsieh Yang	70	36:19.3
M30	Maiba Edwards	32	33:38.7
M35	Marjorie Hayden	35	35:55.4
M45	Liz Pettersen	48	34:01.2
M50	Jennie Capparella	50	32:37.7
20K WALK			
M30	Eric Bigham	34	1:58:01
M30	Danny Spell	31	2:19:19
M30	Kerey Beely	34	2:50:11
M40	Roy Rosenquest	42	2:07:14
M40	Jan Fleagle	43	2:11:05
M45	Shaul Ladany	45	1:52:07
M45	Andrew Briggs	49	2:01:42
M45	Ronald Chandross	46	2:21:06
M50	Sal Corrallo	50	1:49:32
M50	Joel Holman	50	2:07:41
M50	Jennie Capparella	50	2:25:56
M55	Bob Mimm	56	1:59:30
M60	Don Johnson	64	2:04:26
M60	Harold Canfield	61	2:26:46
LONG JUMP			
M30	Jeffrey Hughes	31	6.33
M30	Bob Beale	31	6.26
M30	Cortez Austin	33	5.42
M35	Bill Meadows	35	6.11
M35	Joel Liles	35	5.74
M35	Tom Cronan	38	5.58
M40	Dave Ellis	41	5.63
M40	Ervin Mitchell	41	5.18
M40	Haig Bohigian	44	5.17
M45	Rudy Enders	49	5.76
M45	Phil Mulkey	49	5.48
M45	Pay Carstensen	49	5.05
M50	Ed Schuler	53	5.28
M55	Floyd Simmons	58	4.65
M55	Dick Jenkins	59	4.39
M60	Boo Morcom	60	4.39
M60	Bill Carmen	61	4.09
M60	Joe Shy	60	4.01
M65	Hans Schneider	66	4.09
M65	Paul Hao	68	3.84
M65	Don Hummel	69	3.58
M70	Sherman Burho	70	3.45
M70	Jim Speer	72	2.10
M75	Russ Meyers	77	3.66
M75	Arnolds Ticmanis	75	2.93
M30	Phil Raschker	34	5.21
HIGH JUMP			
M30	Ron Salvio	32	1.47
M35	Frank Costello	37	1.96
M35	Jim Littlejohn	36	1.73
M35	Bill Meadows	35	1.68
M40	Bill Toomey	42	5.8
M40	Ed Kelly	40	4.2
M40	Michael Valle	40	3.37
M45	Tom Langenfeld	45	1.68
M45	Phil Mulkey	49	1.58
M45	Jim Baggett	47	1.37
M50	Charles Engle	52	1.47
M50	Albert Anderson	51	1.42
M55	Spotswood Hall	56	1.58
M55	Floyd Simmons	58	1.47
M60	Boo Morcom	60	1.37
M60	Joe Shy	60	1.26
M60	Don Hull	62	1.02

M65	Bob Boal	69	1.31
M65	Paul Hao	68	1.21
M65	Don Hummel	69	1.16
M70	Dick Lacey	70	1.21
M75	Arnolds Ticmanis	75	1.11
M30	Phil Raschker	34	1.52
POLE VAULT			
M30	Joe Michiline	34	4.10
M35	Jack Hasty	39	3.52
M35	Bill Willis	37	2.91
M35	Joel Liles	35	2.75
M40	Ed Zuraw	42	3.79
M40	Ed Kelly	40	2.75
M45	Henry Davenport	45	3.64
M45	Phil Mulkey	49	3.07
M45	Jim Baggett	47	2.91
M50	Charles Engle	52	2.45
M50	George Taylor	50	2.15
M60	Boo Morcom	60	3.52
M60	Joe Shy	60	1.36
M65	Don Hummel	69	2.45
M65	Bill Patterson	65	2.31
M65	Gilberto Gonzalez	67	2.15
M70	Sherman Burho	70	2.75
M75	Arnolds Ticmanis	75	1.60
SHOT PUT			
M30	Barry White	31	15.42
M30	Anthony Bianchi	34	10.48
M35	Manny Buchmueller	38	17.68
M35	Ed Hill	38	15.46
M35	Dick Kurnik	37	13.84
M40	Carl Klehm	42	12.25
M40	Juergen Juergens	41	11.78
M40	Bill Toomey	42	11.57
M45	Len Olson	49	12.50
M45	Carlos Fraundorfer	49	12.37
M45	Phil Mulkey	49	11.66
M50	Don Holst	51	11.69
M50	Charles Engle	52	11.48
M50	Jim Waste	52	7.67
M55	Floyd Simmons	58	11.38
M55	J. Walker Pierson	58	9.27
M60	Fred Geiter	61	13.80
M60	Greg Battick	61	13.13
M60	Murray Oguss	64	12.95
M65	Jim York	67	13.00
M65	Hans Schneider	66	12.67
M65	Dave Schrader	66	10.70
M70	Phil Partridge	70	10.35
M70	Chris Tompkins	71	10.10
M75	Arnolds Ticmanis	75	10.02
M75	Arthur Wright	78	6.47
M45	Anne Cirulnick	46	7.76
DISCUS			
M30	Barry White	31	48.76
M30	Tony Bianchi	34	33.32
M30	Jim Barber	33	32.02
M35	Ed Hill	38	47.16
M35	Larry Pratt	39	45.00
M35	Richard Kurnik	37	38.78
M40	Louis Bartek	41	36.38
M40	Carl Klehm	42	35.28
M40	Michael Valle	40	34.58
M45	Carlos Fraundorfer	49	38.36
M45	Len Olson	49	37.18
M45	Henry Davenport	45	35.66
M50	Don Holst	51	36.56
M55	Floyd Simmons	58	32.92
M60	Greg Battick	61	37.44
M60	John Alexander	61	36.68
M60	Fred Geiter	61	36.54

M65	Dave Schrader	66	35.62
M65	Gilberto Gonzalez	67	33.80
M65	Jim York	67	32.72
M70	Phil Partridge	70	37.58
M70	Sherman Burho	70	27.38
M70	Chris Tompkins	71	27.38
M75	Arnolds Ticmanis	75	24.24
M75	Arthur Wright	78	15.34
M30	Joel Littlejohn	30	15.96
M45	Anne Cirulnick	46	22.32
JAVELIN			
M30	Bob Conroy	31	61.08
M30	Tony Bianchi	34	43.54
M30	Jim Barber	33	31.60
M35	Ed Hill	38	48.08
M35	Malachi McGruder	39	47.54
M35	Joel Liles	35	33.92
M40	Bill Toomey	42	52.96
M40	George Miller	44	44.62
M40	Peter Hoyt	40	35.84
M45	Robert Youngs	47	53.64
M45	Len Olson	49	44.62
M45	Ben Tench	48	40.22
M50	Don Holst	51	33.96
M55	Floyd Simmons	58	45.00
M60	Fred Geiter	61	39.42
M60	Gordon Nordgren	62	37.86
M60	Harold Parsons	62	29.10
M65	Hans Schneider	66	35.04
M65	Don Hummel	69	32.16
M65	Gilberto Gonzalez	67	26.72
M70	Chris Tompkins	71	31.06
M70	Phil Partridge	70	28.22
M70	Jim Speer	72	13.70
M75	Arnolds Ticmanis	75	19.14
M75	Arthur Wright	78	15.20
HAMMER			
M30	Joe Ross	34	41.90
M30	Jim Barber	33	31.24
M30	Tony Bianchi	34	27.74
M35	Ed Hill	38	42.58
M40	Peter Hoyt	40	40.78
M40	Carl Klehm	42	40.68
M40	Lou Bartek	41	31.72
M45	Carlos Fraundorfer	49	38.80
M45	Len Olson	49	38.52
M45	Pay Carstensen	49	30.62
M50	Bob Backus	54	47.26
M50	Don Holst	51	15.20
M60	Harold Parsons	62	40.26
M60	Greg Battick	61	39.06
M60	Gordon Nordgren	62	29.54
M65	Nolan Fowler	67	41.54
M65	Jim York	67	32.50
M65	Dave Shrader	66	27.06
M70	Phil Partridge	70	30.16
M70	Sherman Burho	70	24.42
M75	Arnolds Ticmanis	75	29.60
M75	Arthur Wright	78	21.44
35 LB. WEIGHT			
M30	Joe Ross	34	12.17
M30	Tony Bianchi	34	10.69
M30	Jim Barber	33	10.05
M35	Ed Hill	38	14.16
M40	Peter Hoyt	40	13.50
M40	Carl Klehm	42	13.45
M40	Juergen Juergens	41	10.25
M45	Len Olson	49	12.96
M45	Carlos Fraundorfer	49	11.59
M45	Pay Carstensen	49	11.00
M50	Bob Backus	54	15.30

M60	Greg Battick	61	9.95
M60	Harold Parsons	62	9.90
M60	Gordon Nordgren	62	7.76
M65	Nolan Fowler	67	11.24
M65	Jim York	67	8.01
M65	Dave Shrader	66	7.22
M70	Phil Partridge	70	7.56
M75	Arnolds Ticmanis	75	6.53
PENTATHLON			
M30	Brant Tolma	31	2574
M30	Al Lipscomb	31	2211
M30	Jim Barber	33	1956
M35	Tom Cronan	38	2519
M35	Joel Liles	35	2245
M35	Malachi McGruder	39	1651
M40	Sammy White	43	2660
M40	Leslie Weed	44	2189
M40	Haig Bohigian	44	2146
M45	Henryk Kupczyk	48	1682
M45	Rusty Hamilton	45	1350
M45	Tim Twomey	46	611
M50	George Taylor	50	1464
M55	Don Harris	58	1773
M55	James Bachar	55	1382
M60	John Alexander	61	3182
M60	Boo Morcom	60	2585
M60	C Johannesmeyer	63	2434
M65	Hans Schneider	66	1941
M65	Bob Boal	69	1663
WEIGHT PENTATHLON			
M30	Tony Bianchi	34	2333
M30	Ron Salvio	32	1602
M35	Ed Hill	38	3538
M40	Carl Klehm	42	2797
M40	Peter Hoyt	40	2674
M40	Lou Bartek	41	2588
M45	Len Olson	49	2915
M45	Carlos Fraundorfer	49	2219
M45	Pay Carstensen	49	2217
M50	Don Holst	51	2138
M60	Harold Parsons	62	2568
M60	Greg Battick	61	2552
M60	Gordon Nordgren	62	2410
M65	Jim York	67	2253
M65	Nolan Fowler	67	2126
M65	Gilberto Gonzalez	67	2059
M70	Phil Partridge	70	2160
M70	Chris Tompkins	71	1597
M75	Arnolds Ticmanis	75	1576
M75	Al White	77	265



Todd Scully Photo by Bob Pates

SOUTHEASTERN TRACK & FIELD CHAMPIONSHIPS
Masters & Open
Greenville, South Carolina
May 16, 1981

OFFICIAL MEET RESULTS		OFFICIAL MEET RESULTS	
100 Meters		400 Meters	
OA(30-34)		OA(30-34)	
1. Mickey Gist	UTC 11.2*	1. Jack Anderson	UTC 53.6
2. Stan Narewski	GTC 11.2	2. Fred Rohde	Unat 53.7
3. Bob Green	CTC 11.6	OB(34-39)	
4. Bill Howell	GTC 11.8	1. John Payne	Unat 1:13.2
5. Johnny Payne	Unat. 12.5	IA(40-44)	
6. Ken Brawman	Unat. 12.5	1. Sammy White	ATC 58.1
7. Ray Morrison	OCT 12.6	2. Issac Latimore	ATC 69.7
OB(35-39)		IIB(55-59)	
1. Fred Palmer	ATC 12.0*	1. Ernie McDonald	GWTC 1:13.2
2. David Harris	Unat. 12.4	IA(40-49)	
3. John Payne	Unat. 14.2	1. Dorothy Dorion	JTC 1:21*
IA(40-44)		OPEN	
1. John West	GTC 11.7*	1. Ed Puc	Unat 50.3
2. Herb Snadden	ATC 12.1	2. Terry Smith	Unat 51.7
IIB(55-59)		800 Meters	
1. Don Hall	FS 14.0*	OB(35-39)	
IIB(65-69)		1. Gilberto Gonzalez	PRMA 13.9*
1. Gilberto Gonzalez	PRMA 13.9*	OW(30-39)	
OW(30-39)		1. Pattie Harris	Unat. 15.5*
1. Fred Palmer	ATC 12.0*	2. Angel Roberts	Unat. 15.6
2. David Harris	Unat. 12.4	IA(40-49)	
3. John Payne	Unat. 14.2	1. Dorothy Dorion	JTC 17.6*
IA(40-44)		OPEN	
1. John West	GTC 11.7*	1. Efreth Hill	Unat. 11.0
2. Herb Snadden	ATC 12.1	2. Robbie Short	ATC 11.3
IIB(55-59)		3. Ed Puc	Unat. 11.4
1. Don Hall	FS 14.0*	4. Terry Smith	Unat. 11.8
IIB(65-69)		5. Bobby Huntley	Unat. 13.6
1. Gilberto Gonzalez	PRMA 13.9*	200 Meters	
OW(30-39)		OA(30-34)	
1. Fred Palmer	ATC 12.0*	1. Stan Narewski	GTC 23.6
2. David Harris	Unat. 12.4	2. Mickey Gist	UTC 23.6
3. John Payne	Unat. 14.2	3. Bob Green	CTC 23.9
IA(40-49)		4. Fred Rohde	Unat. 24.5
1. Dorothy Dorion	JTC 17.6*	5. Bill Howell	GTC 24.9
OPEN		6. Wes Matthews	Unat. 29.9
1. Efreth Hill	Unat. 11.0	OB(35-39)	
2. Robbie Short	ATC 11.3	1. Fred Palmer	ATC 25.1
3. Ed Puc	Unat. 11.4	2. David Harris	Unat. 26.3
4. Terry Smith	Unat. 11.8	IA(40-44)	
5. Bobby Huntley	Unat. 13.6	1. John West	GTC 24.0*
200 Meters		IB(45-49)	
OA(30-34)		1. Jack Gilmore	GTC 28.9*
1. Stan Narewski	GTC 23.6	2. Hal Allman	Unat. 31.7
2. Mickey Gist	UTC 23.6	IIB(65-69)	
3. Bob Green	CTC 23.9	1. Gilberto Gonzalez	PRMA 30.4
4. Fred Rohde	Unat. 24.5	OW(30-39)	
5. Bill Howell	GTC 24.9	1. Pattie Harris	Unat. 32.5*
6. Wes Matthews	Unat. 29.9	2. Angel Roberts	Unat. 34.0
OB(35-39)		OPEN	
1. Fred Palmer	ATC 25.1	1. Ed Puc	Unat. 22.9
2. David Harris	Unat. 26.3	2. Robbie Short	ATC 23.0
IA(40-44)		3. Terry Smith	Unat. 23.4
1. John West	G		

OFFICIAL MEET RESULTS.

DISCUS
 OA(30-34)
 1. Les Rager BTC 156'4"
 2. Bob Green CTC 116'9"
 3. James Andrews GTC 106'10"

OB(35-39)
 1. Edward Hill Unat 147'8"

IA(40-44)
 1. Jurgen Jurgens Unat 118'35"
 2. Mike Valle Unat 116'85"
 3. Sammy White ATC 105'104"
 4. Carl Klehm U.C. TC 102'56"

IB(45-49)
 1. Jack Gilmore GTC 103'

IIA(50-54)
 1. Spotswood Hall RTC 95'105"
 2. Don Hall FS 75'4"

IIIB(55-59)
 1. Gilberto Gonzalez PRMA 109'4"

IYA(70-74)
 1. Al Nellis Unat. 65'9"

JAVELIN
 OA(30-34)
 1. Wayne Morton OTC 145'34"
 2. Bob Green CTC 142'14"
 3. Stan Narewski GTC 137'6 3/4"
 4. Bill Howell GTC 65'4"

OB(35-39)
 1. Wes Matthews Unat 144'24"

IA(40-44)
 1. Sammy White ATC 138'3 3/4"
 2. Jurgen Jurgens Unat 117'84"
 3. Mike Valle Unat 102'104"
 4. Carl Klehm U.C. TC 95'64"

IB(45-49)
 1. Jack Gilmore GTC 130'54"

IIB(55-59)
 Jack Shields ATC 156'11"

IIIB(65-69)
 1. Gilberto Gonzalez PRMA 84'104"

IYA(70-74)
 1. Al Nellis Unat. 67'7 3/4"

* MEET RECORD
 ** TIES MEET RECORD

ATC: Atlanta Track Club
 BTC: Bonanza Track Club
 CTC: Charlotte Track Club
 GTC: Charlottesville Track Club
 FS: Florida Striders
 GTC: Greenville Track Club
 GWTC: Gulf Winds Track Club
 JTC: Jacksonville Track Club
 OTC: Oconee Track Club
 PRMA: Puerto Rico Master Asso.
 RTC: Richmond Track Club
 SS: Savannah Striders
 U.C.TC: U of Chicago Track Club
 UTC: Union Track Club
 Unat: Unattached

SOUTHERN CALIFORNIA STRIDERS RELAYS
CAL STATE NORTHRIDGE - MAY 16, 1981
MEET RESULTS

HAMMER***
Men(30-39)
 DELLER, Mike (unat) 142'7 1/2"
 LECHUGA, Manuel (SCS) 108'3"

Men(40-49)
 THOMSON, Stu (SCS) 150'11"
 SMITH, Hal (SCS) 106'8"
 DOUGLASS, Dave (SCS) 102'1"

Men(50-59)
 EVANS, Paul 90'2 1/2"
 WOJCIK, Jerry 83'1"
 BANGERT, Bill 71'7"
 PERRY, Robt. (CDM) 64'2"

Men(60-69)
 SANZ, Joe (CDM) 103'5"
 VESCO, Art (SCS) 90'0"

Men(70-79)
 HUBBELL, Randy (MTC) 111'4 1/2"
 HERRMANN, Stan (CDM) 109'5 1/2"
 PIEROTTI, Donald (CDM) 103'11"

DISCUS***
Men(30-39)
 DELLER, Mike (unat) 149'10"
 LECHUGA, Manuel (SCS) 133'4"
 EIBERT, Jerry (CW) 119'6"

Men(40-49)
 HUMPHREYS, Bob (CDM) 157'7"
 THOMSON, Stu (SCS) 134'8"
 VAN PELT, Ed 126'11"
 DOUGLASS, Dave (SCS) 91'9"
 BANE, Gary (SCS) 87'9"
 STRAESSLE, Ray (unat) 86'7"

Men(50-59)
 KER, George (CDM) 120'0"
 BANGERT, Bill 117'7"
 ALLISON, Tom 115'4"
 KENNERLY, Richard (CDM) 113'8"
 EVANS, Paul 97'6"
 WOJCIK, Jerry 91'3"
 PERRY, Robt (CDM) 70'2"

Men(60-69)
 CASTANEDA, Mike (SCS) 119'2"
 THATCHER, Jack (CDM) 116'1"
 SANZ, Joe (CDM) 105'8"

Men(70-79)
 CHEADLE, Vernon 117'11"
 PIEROTTI, Donald (CDM) 100'10"
 HERRMANN, Stan (CDM) 89'1"
 HUBBELL, Randy (MTC) 74'10"

Women
 KINSEY, Shirley (CDM) (1st) 78'9"
 MENDYKA, Edith (CDM) (1st) 60'9"

SHOT PUT***
Men(30-39)
 DELLER, Mike (unat) 44'11"
 LECHUGA, Manuel (SCS) 43'1"

Men(40-49)
 THOMSON, Stu (SCS) 42'3 1/2"
 SMITH, Hal (SCS) 41'3"
 FARRIS, Mike (unat) 38'6"
 FLICK, Bob (SCS) 33'8"
 DOUGLASS, Dave(SCS) 31'8 1/2"
 BANE, Gary (SCS) 28'10 1/2"
 STRAESSLE, Ray (unat) 25'3"

Men(50-59)
 KER, George (CDM) 45'11"
 BANGERT, Bill 45'0"
 ALLISON, Tom 39'9"
 EVANS, Paul 36'2 1/2"
 KENNERLY, Richard (CDM) 35'3"
 NOYES, Loren 31'3"
 PERRY, Robert (CDM) 27'6 1/2"

SHOT PUT* (continued)**
Men(60-69)
 CASTANEDA, Mike (SCS) 45'10 1/2"
 THATCHER, Jack (CDM) 43'7 1/2"

Men(70-79)
 CHEADLE, Vernon 42'3 1/2"
 PIEROTTI, Donald (CDM) 36'8"
 HERRMANN, Stan (CDM) 33'1"
 HUBBELL, Randy (MTC) 30'10 1/2"

Women
 KINSEY, Shirley (CDM) (1st) 29'1"
 MENDYKA, Edith (CDM) (1st) 28'1"

JAVELIN***
Men(30-39)
 WILKE, Warren 205'4"

Men(40-49)
 SMITH, Hal (SCS) 145'7"
 BANE, Gary (SCS) 129'9"
 HUDSON, Ralph (CDM) 127'6"

Men(50-59)
 WOJCIK, Jerry (unat) 120'11"

Men(60-69)
 SANZ, Joe (CDM) 91'1"
 VESCO, Art (SCS) 73'5"
 POLOVNI, George (CDM) 73'4"

Men(70-79)
 MacDONAGHY, Bob (CDM) 98'3"
 HUBBELL, Randy (MTC) 88'11"

Women
 MILLER, Chrystal (CDM) (1st) 100'9"
 KINSEY, Shirley (CDM) (1st) 82'0"
 MENDYKA, Edith (CDM) (1st) 68'6"

LONG JUMP***
Men(30-39)
 LEWIS, Richard (SCS) 22'3 1/2"
 FLOWERS, Carl (CDM) 21'9 1/2"

Men(40-49)
 TSUDA, Roger 19'13/4"
 BANE, Gary (SCS) 18'9"
 FARRIS, Mike 17'11"

Men(50-59)
 BROWN, Dave (CDM) 16'2 1/2"
 HIGGINBOTHAM, Robert (BMW) 15'5"

Men(60-69)
 VERNON, Jim (unat) 14'8 3/4"
 MILLER, Herb (CDM) 13'10 1/2"
 MERCURIO, C.A. (SCS) 11'5"

Women
 MENDYKA, Edith (CDM) (1st) 8'0"
 KUEHNE, Magdalena (unat) (1st) 5'6 1/2"

TRIPLE JUMP***
Men(30-39)
 JACKSON, David Jr. (CDM) 45'7 1/2"

Men(40-49)
 JACKSON, Dave (CDM) 41'3 3/4"

Men(50-59)
 BROWN, Dave (CDM) 33'11"
 NOYES, Loren 28'1"

Men(60-69)
 MERCURIO, C. A. (SCS) 29'23/4"
 MILLER, Herbert (CDM) 28'7"
 POLOVNI, George (CDM) 26'6 1/2"

HIGH JUMP***
Men(30-39)
 RADER, Charles (unat) 6'0"
 KNAPPEN, Tim (SCS) 5'10"
 POZZI, Roberto (unat) 5'4"

Men(40-49)
 NEWTON, Nick (SCS) 5'6"
 BANE, Gary (SCS) 5'0"

Men(50-59)
 BROWN, Dave (CDM) 4'8 1/2"
 DEVINE, Patrick (CCAC) 4'2"
 PERRY, Bob (CDM) 4'2"

Men(60-69)
 VERNON, Jim (unat) 4'0"
 VESCO, Art (SCS) 3'10"

POLE VAULT***
Men(30-39)
 WILKE, Warren 14'0"
Men(40-49)
 BANE, Gary (SCS) 11'6"
 DOUGLASS, Dave (SCS) 10'1"

Men(50-59)
 WOLFE, Vern 9'6"
 BROWN, Dave (CDM) (2nd) 9'0"
 GROSS, Don (CDM) (3rd) 9'0"

Men(60-69)
 VERNON, Jim (unat) 10'7"
 SIEGEL, Elmer (CDM) (2nd) 7'6"
 HUNT, Robert (SCS) (3rd) 7'8"
 VESCO, Art (SCS) 6'6"

Men(70-79)
 MacDONAGHY, Bob (CDM) 7'6"

10K WALK***
Men(30-39)
 DANIEL, Ron 49:38.9

Women
 SMITH, Sheila (1st) 64:13
 BURK, Jeannine (2nd) 70:43

Men(50-59)
 MacLACHLAN, John D. 59:55.9

Men(60-69)
 McWILLIAMS, Hal 69:12

1500 METER RUN***
Women
 DUBA, Reiko 5:58.2
 HIRIGUCHI, Chiye 6:47.02
 COLEMAN, Avelina (n/t)

3000 METER RUN***
Men(30-39)
 LANGE, Henry(SCS) 9:34.0
 ANDREWS, Dan (n/t)
 EVANISH, Joseph (CDM) 13:14.0

Men(40-49)
 ETNO 9:32.4
 EFRON, Len (CCAC) 9:42.0
 FIELD, Ed (SCS) 10:22.0

Men(50-59)
 WITHERS, Jerry (SMTC) 10:38.0
 DEVINE, Patrick(CCAC) 10:45.6
 ROBINSON, Bruce (CCAC) 11:50.0

Men(60-69)
 STATSENBERG, Ed (SMTC) 11:43.0
 POLOVNI, George (CDM) 14:45.0

100 METER RUN***
Men(30-39)
 SPIKES, Warren 10.62
 BUTLER, Walt (age 40) 10.7
 SUMNER, Hilliard (SCS) 11.13
 LANGE, Henry (SCS) 13.5

Men(40-49)
 SMITH, Doug (CDM) 11.06
 KNOCKE, Bill (SCS) (2nd) 11.27
 SMITH, Lewis (SCS) (2nd) 11.27
 JOHNSON, Harvey (CDM) 11.3
 KNOX, Percy (CDM) 11.59
 RADFORD, Bob (CDM) 11.95
 TSUDA, Roger 12.2
 FARRIS, Mike 12.28

Men(50-59)
 HIGGINBOTHAM, Robert(BMW) 13.12
 BUCHANAN, Wilbur (SCS) 13.2
 YABLAN, Jack (SCS) 13.76
 SIMON, George (SENIORS) 14.5
 NOYES, Loren 15.43
 TWITCHELL, Tom n/t

100 METER RUN* (continued)**
Men(60-69)
 GUIDET, Al (CDM) 13.42
 HUNT, Robt. (SCS) 13.71
 CASTRO, Anthony (age 71) 13.99
 POLOVNI, George (CDM) 14.5

Women
 MILLER, Chrystal (CDM) (1st) 9.8
 KINSEY, Shirley (CDM) (1st) 11.2

60M HURDLES***
Men(30-39)
 BUTLER, Walt (age 40) 8.0
 SALLINGER, Larry (CDM) 8.17
 KNAPPEN, Tim (SCS) 8.8

Men(40-49)
 DeSTEFANO, Mike (CDM) 8.9
 BANE, Gary (SCS) 9.37
 DOUGLASS, Dave (SCS) 10.7

Men(50-59)
 HIGGINBOTHAM, Robert (BMW) 10.9
 NOYES, Loren 12.86

Men(60-69)
 HUNT, Robert (SCS) 9.9
 GUIDET, Al (CDM) 10.29
 MILLER, Herbert (CDM) 11.5

300M-INTERMEDIATE HURDLES***
Men(30-39)
 SALLINGER, Larry (CDM) 45.2
 LANGE, Henry (SCS) 52.7

Men(40-49)
 DOUGLASS, Dave (SCS) 54.1

Men(50-59)
 HIGGINBOTHAM, Robert (BMW) 51.6
 NOYES, Loren 1:03.1

Men(60-69)
 HUNT, Bob (SCS) 52.0
 MILLER, Herbert (CDM) 1:09.6

400M RELAY***
Men(30-39)
 CDM (Roberson, Spikes, Davi Driver) 43.49

Men(40-49)
 CDM (Miller, Knox, Radford, Smith) 47.8

Men(50-59)
 SCS (Vablan, Castro (70), Mercurio, Polovnis(CDM) n/t

800M RELAY***
Men(30-39)
 CDM (Davis, Spikes, Driver, Roberson) 1:34.24

Men(40-49)
 SCS (Cohen, Smith, Butler, Knocke) 1:33.9

Men(50-59)
 SCS (Castro(71), Mercurio, Vablan, Hunt) 2:38.9

SPRINT MEDLEY RELAY***
Men(30-39)
 CDM (Driver, Studenmund, Spikes, Davis) 4:02.2

Men(40-49)
 SCS (Knocke, Newton, Smith, Cohen) 3:44.4

Men(50-59)
 SCS (Buchanan, Fitzgerald, Kishi, Burke) 4:17.9

DISTANCE MEDLEY RELAY***
Men(30-39)
 UNAT (Studenmund, Chronin, Doubell, Waggener) 14:27.1

Men(40-49)
 SCS (Smith, Carrington, Witt Cohen) 12:12.6

Men(50-59)
 -2- SCS (Buchanan, Hunt, Fitzgerald) 12:28.41

8 MAN HILL RELAY***
Men
 UNAT (Witt, Robinson, Lange, Field, Hunt, Withers Efron, Nicholson) 4:16.0

MASTERS ALL-COMERS T&F MEET
GRESHAM, OREGON, MAY 17.

100	400
M30 Ernie Smith 10.9	M30 Phil Williams 57.42
M35 Emil Torquato 11.7	M40 Bert Burnham 55.25
M40 Bert Burnham 12.1	M45 Harold Hitt 57.64
M45 Art Afremow 12.5	M50 Al Maxwell 65.8
M50 Jack Coy 12.6	
M55 Al Johnson 13.4	800
	M30 Gordon Garlock 2:08.14
	M35 Paul Dungan 2:06.47
200	1500
M30 Ernie Smith 23.72	M30 Gordon Garlock 4:58.32
M35 Paul Dungan 23.56	M45 Susan Means 6:36.97
M40 Bert Burnham 24.75	
M45 Art Afremow 26.00	100 H
M50 Jack Coy 26.20	M30 Mike Monahan 19.11
M55 Al Johnson 28.20	M40 Jim McAbee 16.10
M60 Jack Hazen 35.14	

MASTERS SPORTS ASSOCIATION'S TENTH ANNUAL TRACK & FIELD CHAMPIONSHIPS, MAY 23, 1981 RANDALL'S ISLAND, NEW YORK

100 yards		440 yards	
M30 DENNIS BROWN 31 PC 11.00		M30 JOHN WIMMER	
RON BYRD 34 UN 11.35		GEORGE BERRY 32 BH 55.4	
GEORGE BERRY 32 SH 11.55		ED ENGLISH 33 GS 58.5	
M35 RAY ALEXANDER 37 NY 11.01		M35 NAT WATSON 36 PC 53.9	
M40 (Trials) VADE LAIRD 38 GS 57.8		M40 ROBERT WILLIAMS 41 SH 10.72	
Heat 1		CHARLES ELION 42 NY 11.12	
ED SMALL 42 PC 53.8		RICHARD RIZZO 44 PC 11.24	
DAWSON PRATT 44 PH 54.6		ERNIE GIL 40 PC 11.90	
MASON O'NEIL 43 PC 54.7		Heat 2	
M45 LLOYD RIDDICK 46 NY 54.1		RICHARD DEERE 43 UN 10.72	
M40 ED SMALL 42 PC 53.8		ROBERT STANFORD 40 PM 10.87	
DAWSON PRATT 44 PH 54.6		RICHARD BARNES 44 PC 10.90	
MASON O'NEIL 43 PC 54.7		ERNIE McCOMBS 43 PM 12.50	
M45 LLOYD RIDDICK 46 NY 54.1		FINAL M40	
M40 ED SMALL 42 PC 53.8		ROBERT WILLIAMS 41 SH 10.67	
DAWSON PRATT 44 PH 54.6		ROBERT STANFORD 40 PM 10.68	
MASON O'NEIL 43 PC 54.7		CHARLES ELION 42 NY 10.77	
M45 LLOYD RIDDICK 46 NY 54.1		RICHARD DEERE 43 UN 10.72	
M40 ED SMALL 42 PC 53.8		M50 RUDY VALENTINE 57 PC 59.3	
DAWSON PRATT 44 PH 54.6		M65 CASEY WITKOWSKI 68 NJ 72.4	
MASON O'NEIL 43 PC 54.7		880 yards M30	
M45 LLOYD RIDDICK 46 NY 54.1		GEORGE BERRY 32 SH 2:16.41	
M40 ED SMALL 42 PC 53.8		M40 GLEN SHANE 40 PC 2:13.24	
DAWSON PRATT 44 PH 54.6		MASON O'NEIL 43 PC 2:19.50	
MASON O'NEIL 43 PC 54.7		ERNIE McCOMBS 43 PM 2:44.48	
M45 LLOYD RIDDICK 46 NY 54.1		M45 TOM TALBOTT 48 NY 4:12.0	
M40 ED SMALL 42 PC 53.8		M50 KELSEY BROWN 53 NJ 2:18.36	
DAWSON PRATT 44 PH 54.6		M55 RUDY VALENTINE 57 PC 2:25.72	
MASON O'NEIL 43 PC 54.7		ARCHIE MESSENGER 58 NY 2:26.57	
M45 LLOYD RIDDICK 46 NY 54.1		ARTHUR BRADLEY 55 NY 2:52.25	
M40 ED SMALL 42 PC 53.8		M60 JOHN POPOWICH 62 NY 3:05.2	
DAWSON PRATT 44 PH 54.6		M35 RAY ALEXANDER 37 NY 24.96	
MASON O'NEIL 43 PC 54.7		NAT WATSON 39 PC 25.26	
M45 LLOYD RIDDICK 46 NY 54.1		DAVE LAIRD 38 GS 26.59	
M40 ED SMALL 42 PC 53.8		M40 (2 SECTIONS ON TIME)	
DAWSON PRATT 44 PH 54.6		ROBERT STANFORD 40 PM 23.83	
MASON O'NEIL 43 PC 54.7		EDWARD SMALL 42 PC 24.06	
M45 LLOYD RIDDICK 46 NY 54.1		ROBERT WILLIAMS 41 SH 24.16	
M40 ED SMALL 42 PC 53.8		RICHARD RIZZO 44 PC 24.45	
DAWSON PRATT 44 PH 54.6		DAWSON PRATT 44 PM 24.78	
MASON O'NEIL 43 PC 54.7		RICHARD DEERE 43 UN 24.84	
M45 LLOYD RIDDICK 46 NY 54.1		ARTHUR GATON 44 PC 25.14	
M40 ED SMALL 42 PC 53.8		RICHARD BARNES 44 PC 25.16	
DAWSON PRATT 44 PH 54.6		ERNIE GIL 40 PC 26.08	
MASON O'NEIL 43 PC 54.7		M45 LLOYD RIDDICK 46 NY 24.04	
M45 LLOYD RIDDICK 46 NY 54.1		ARNIE BUDD 45 NY 24.84	
M40 ED SMALL 42 PC 53.8		LARRY PRATT 49 PM 25.26	
DAWSON PRATT 44 PH 54.6		TIM TALBOTT 48 NY 80.25	
MASON O'NEIL 43 PC 54.7		220 yards M30	
M45 LLOYD RIDDICK 46 NY 54.1		CHIP ROBINSON 34 PC 22.96	
M40 ED SMALL 42 PC 53.8		DENNIS BROWN 31 PC 23.14	
DAWSON PRATT 44 PH 54.6		RON BYRD 34 UN 25.28	
MASON O'NEIL 43 PC 54.7		JOHN BORDEN 31 PC 25.79	
M45 LLOYD RIDDICK 46 NY 54.1		M35 RAY ALEXANDER 37 NY 24.96	
M40 ED SMALL 42 PC 53.8		NAT WATSON 39 PC 25.26	
DAWSON PRATT 44 PH 54.6		DAVE LAIRD 38 GS 26.59	
MASON O'NEIL 43 PC 54.7		M40 (2 SECTIONS ON TIME)	
M45 LLOYD RIDDICK 46 NY 54.1		ROBERT STANFORD 40 PM 23.83	
M40 ED SMALL 42 PC 53.8		EDWARD SMALL 42 PC 24.06	
DAWSON PRATT 44 PH 54.6		ROBERT WILLIAMS 41 SH 24.16	
MASON O'NEIL 43 PC 54.7		RICHARD RIZZO 44 PC 24.45	
M45 LLOYD RIDDICK 46 NY 54.1		DAWSON PRATT 44 PM 24.78	
M40 ED SMALL 42 PC 53.8		RICHARD DEERE 43 UN 24.84	
DAWSON PRATT 44 PH 54.6		ARTHUR GATON 44 PC 25.14	
MASON O'NEIL 43 PC 54.7		RICHARD BARNES 44 PC 25.16	
M45 LLOYD RIDDICK 46 NY 54.1		ERNIE GIL 40 PC 26.08	
M40 ED SMALL 42 PC 53.8		M45 LLOYD RIDDICK 46 NY 24.04	
DAWSON PRATT 44 PH 54.6		ARNIE BUDD 45 NY 24.84	
MASON O'NEIL 43 PC 54.7		LARRY PRATT 49 PM 25.26	
M45 LLOYD RIDDICK 46 NY 54.1		TIM TALBOTT 48 NY 80.25	
M40 ED SMALL 42 PC 53.8		220 yards M50	
DAWSON PRATT 44 PH 54.6		JOEL HOLMAN 50 PV 27.27	
MASON O'NEIL 43 PC 54.7		JAMES CASEY 51 IS 28.03	
M45 LLOYD RIDDICK 46 NY 54.1		M50 JOHN POPOWICH 62 NY 6:29.1	
M40 ED SMALL 42 PC 53.8		OSCAR HARRIS 57 PM 29.84	
DAWSON PRATT 44 PH 54.6		MAURICE LENTZER 55 NY 30.83	
MASON O'NEIL 43 PC 54.7		M65 CASEY WITKOWSKI 65 NJ 31.95	
M45 LLOYD RIDDICK 46 NY 54.1		M75 MORRIS FEINSTEIN 75 NY 48.86	
M40 ED SMALL 42 PC 53.8		3 Mile	
DAWSON PRATT 44 PH 54.6		M35 ARCH FREEMAN 38 SH 16:42.2	
MASON O'NEIL 43 PC 54.7		M50 AL COHEN 51 NY 18:41.7	

<u>6 Mile</u>	
<u>M30</u>	JON FOLBER 33 NY 33.17.0
	GERRY BARSKY 31 UN 45.36.8
<u>M45</u>	
	ED HILL 47 GS 41.53.6
<u>M50</u>	KEN JONES 50 NY 35.54.6
	JOE SIMANTE 52 CP 38.15.3
	NAT CIRULNICK 50 NY 44.50.6
<u>M60</u>	
	EDWARD DEWEY 61 NY 49.25.3
<u>M65</u>	BOB MULLIKEN 65 FA 50.58.3
<u>2 MILE WALK</u>	
<u>M30</u>	RON SALVIO 32 SH 16.59.0
	IVAN BLACK 32 AC 19.54.8
	PETER SANTOS 33 UN 20.18.0
<u>M45</u>	
	BOB FINE 49 NY 16.59.6
	WALTER WATSON 49 ED 18.28.4
	BERNARD KAUFMAN 46 IS 21.03.0
	TOM TALBOTT 48 NY 24.47.0
<u>M50</u>	
	JOEL HOLMAN 50 PV 18.52.6
	RONALD VALENTE 50 NY 19.14.6
<u>M55</u>	
	ARTHUR BRADLEY 55 NY 21.26.0
	MAURICE LENTZER 55 NY 24.08.0
<u>M60</u>	
	JIMMY CHOY 61 NY 20.08
	G. LANGENFELD 63 SH 21.27
<u>440 yd. HURDLES</u>	
<u>M30</u>	IVAN BLACK 32 AC 64.7
<u>M35</u>	
	JOSEPH BLANCK 35 NY 75.1
<u>M40</u>	TOM BUTTERFIELD 4A 68.1
<u>M45</u>	
	MATT BROWN 47 SH 63.5
	WILLIAM CLARK 48 PM 75.2
<u>M50</u>	
	GENE KELLY 53 SH 75.8
	GEORGE TAYLOR 50 PM 85.6
<u>M55</u>	
	RUDY VALENTINE 57 PC 71.7
<u>HIGH HURDLES</u>	
<u>M30 (39")</u>	JOHN BORDEN 31 PC 17.38
	BILL SIKORSKY 32 GS 18.03
<u>M35 (39")</u>	
	MIKE DEJESUS 36 NY 20.59
<u>M40 (36")</u>	TOM BUTTERFIELD 44 AA 19.44
<u>M45 (36")</u>	
	WILLIAM CLARK 48 PM 17.40
<u>M50 (33")</u>	GEORGE TAYLOR 50 PM 20.86
	JOE KELLY 52 NY 22.14
<u>M55 (33")</u>	
	MARCUS NEUHOF 65 NY 20.87
<u>DISCUS</u>	
<u>M40</u>	CARL KLEHM 42 UN 34.71
	BRIAN MCKENNA 40 NY 32.64
	JACK GOLDSTEIN 42 NY 31.56
<u>M45</u>	
	LEN OLSEN 49 GM 36.59
	PAY CARSTENSEN 49 NY 29.13
	KURT KRASTIN 46 NY 28.88
<u>M50</u>	
	ED TERRANOVA 51 NY 36.75
	RICHARD WALKUP 50 PM 24.52
<u>M55</u>	
	IRV CANTOR 55 NY 35.15
<u>M65</u>	
	WILLIAM EIPEL AC 31.92
	PAUL SEREGHY NY 29.39
<u>HAMMER THROW</u>	
<u>M30</u>	JOE ROSS 34 TT 40.86
	JIM BARBER 33 NY 32.35
	DON PIERSON 34 NY 24.23
	RON SALVIO 32 SH 24.96
<u>M40</u>	
	CARL KLEHM 42 UN 39.91
	BRIAN MCKENNA 40 NY 21.38
	SOL BARNETT 42 NY 19.93
<u>M45</u>	
	LEN OLSEN 49 GM 37.81
	PAY CARSTENSEN 49 NY 34.65
	KURT KRASTIN 46 NY 26.69
<u>M50</u>	
	PHILLIP 50 36.05
<u>M55</u>	
	LEV MOZHAER 55 PM 40.55
<u>HIGH JUMP</u>	
<u>M30</u>	IVAN BLACK 32 AC 1.575
	RON SALVIO 32 SH 1.525
	DON PIERSON 34 NY 1.47
	WAYNE SCHIELE 32 GS 1.42
<u>M45</u>	
	WILLIAM CLARK 48 PM 1.265
<u>M50</u>	
	MICHALSKY 1.32
<u>M60</u>	
	JOHN VISLOCKY 60 GS 1.395
	THEODORE ILLE 61 NJ 1.265
<u>M65</u>	
	MARCUS NEUHOF 65 NY 1.37
	WILLIAM EIPEL 68 AC 1.37

<u>M55</u>	
	DEVAUGHN 58 1.245
<u>JAVELIN</u>	
<u>M30</u>	JIM CARDWELL 31 SH 50.64
	LARRY MIANOWSKI 33 GS 45.94
	WAYNE SCHIELE 32 GS 42.14
<u>M35</u>	
	TONY MINNI 37 GS 53.22
<u>M40</u>	
	BOB BALDERSTON 43 GS 43.73
	PAT CONLEY 43 UN 43.50
	BRIAN MCKENNA 40 NY 31.90
	CARL KLEHM 42 UN 29.11
<u>M45</u>	
	ROBERT YOUNGS 47 UN 53.86
	LEN OLSEN 49 GM 38.94
	PAY CARSTENSEN 49 NY 34.64
<u>M50</u>	
	RICHARD WALKUP 50 PM 34.60
	THOMAS BROOKS 53 PC 28.47
<u>M65</u>	
	WILLIAM EIPEL 65 AC 30.50
<u>LONG JUMP</u>	
<u>M30</u>	RICH LANDRY 34 AC 5.935
	IVAN BLACK 32 AC 5.815
	PETER SANTOS 33 UN 5.66
	BILL SIKORSKY 32 GS 5.42
	DON PIERSON 34 NY 4.875
	GEORGE BERRY 32 UN 4.77
<u>M35</u>	
	MICHAEL DEJESUS 36 NY 5.935
<u>M40</u>	
	RICHARD RIZZO 44 PC 5.27
	TOM BUTTERFIELD 44 AA 5.23
	ERNIE GIL 40 PC 4.24
<u>M45</u>	
	WILLIAM CLARK 48 PM 5.435
	PAY CARSTENSEN 49 NY 5.09
<u>M50</u>	
	HAROLD COLEN 53 NY 4.29
<u>M55</u>	
	OSCAR HARRIS 57 PM 4.395
<u>M60</u>	
	THEODORE ILLE NJ 3.76
<u>SHOT PUT</u>	
<u>M30</u>	PAUL CORRIGAN 30 SH 12.78
	RICHARD DUNPHY 33 SH 11.615
	WAYNE SCHIELE 32 GS 10.50
	DON PIERSON 34 NY 9.37
<u>M40</u>	
	CARL KLEHM 42 UN 12.41
	JACK GOLDSTEIN 42 NY 11.35
	BRIAN MCKENNA 40 NY 10.72
<u>M45</u>	
	LEN OLSEN 49 GM 12.38
	PAY CARSTENSEN 49 NY 11.28
	KURT KRASTIN 46 NY 9.92
<u>M50</u>	
	RICHARD WALKUP 50 PM 10.95
	ED TERRANOVA 51 NY 10.90
<u>M55</u>	
	HERB CANTOR 55 NY 11.68
<u>M60</u>	
	JOHN VISLOCKY 60 GS 11.28
	ED LANGENFELD 63 SH 9.67
<u>M65</u>	
	WILLIAM EIPEL 68 AC 11.04
	PAUL SEREGHY 65 NY 10.66
<u>POLE VAULT</u>	
<u>M30</u>	RON SALVIO 32 SH 2.54
<u>M50</u>	
	GEORGE TAYLOR 50 PM 2.13
<u>M55</u>	
	TOM DEVAUGHN 58 PV 2.285
<u>TRIPLE JUMP</u>	
<u>M30</u>	IVAN BLACK 32 AC 11.44
	WAYNE SCHIELE 32 GS 10.97
	DON PIERSON 34 NY 10.48
<u>M40</u>	
	TOM BUTTERFIELD 44 AA 10.955
<u>M45</u>	
	WILLIAM CLARK 48 PM 10.55
	PAY CARSTENSEN 49 NY 10.25
<u>WEIGHT THROW</u>	
<u>M30</u>	JOE ROSS 34 TT 10.075
	JIM BARBER 33 NY 10.49
	DON PIERSON 34 NY 8.48
	RON SALVIO 32 SH 8.04
<u>M45</u>	
	PAUL SEREGHY 65 NY 10.81
	WILLIAM EIPEL 68 AC 10.375
<u>WEIGHT PENTATHLON</u>	
<u>M40</u>	CARL KLEHM 42 UN 2853
	BRIAN MCKENNA 40 NY 1988
<u>M45</u>	
	LEN OLSEN 49 GM 2837
	PAY CARSTENSEN 49 NY 2461
<u>M50</u>	
	RICHARD WALKUP 50 PM 1740
<u>M55</u>	
	IRV CANTOR 55 NY 2344
<u>WOMEN</u>	
<u>100 yd.</u>	
	F40 ALEXANDRIA JOHNSON FK 14.37
	F45 ANN CIRULNICK 46 NY 14.65

<u>220 yds.</u>	
	F30 CAROL CORAM 30 NY 28.26
	F40 ALEXANDRIA JOHNSON FK 32.91
	F45 ANN CIRULNICK 46 NY 34.48
<u>LONG JUMP</u>	
	F30 CAROL CORAM 30 NY 4.795
<u>SYMBOLS</u>	
AA =	CONN.ATHLETIC ATTIC
AC =	NEW YORK ATHLETIC CLUB
IS =	ISLAND TRACK CLUB
NJ =	NORTH JERSEY SENIORS
NY =	NEW YORK MASTERS
PC =	NEW YORK PIONEERS
PM =	PHILADELPHIA MASTERS
PV =	PTOOMAC VALLEY
TT =	TORRINGTON TRACK CLUB
GS =	GARDEN STATE SENIORS
WM =	WESTERN MASS.
FA =	FALMOUTH TRACK CLUB
CP =	CENTRAL PARK TRACK CLUB
ED =	EDGEMONT TRACK CLUB
UN =	UNATTACHED
GM =	GREEN MOUNTAIN ATHLETIC CLUB
SH =	SHORE ATHLETIC CLUB
<u>WOMEN</u>	
<u>440 yards</u>	
	F40 ALEXANDRIA JOHNSON 44 FK
<u>880 yards</u>	
	F35 SHIRLEY WILLIAMS 35 UN
<u>ONE MILE</u>	
	F35 SHIRLEY WILLIAMS 35 UN
	F65 ADRIENNE SALMINI 65 NJ
<u>THREE MILES</u>	
	F45 CHRIS MCKENZIE 49 NY
<u>SIX MILES</u>	
	F65 ADRIENNE SALMINI 65 NJ
<u>TWO MILE WALK</u>	
	F30 JEAN SALVIO 30 SH 2
	F35 KAY KING NEALY 37 NY 2
	F45 DOROTHY KELLEY 45 NY 1
<u>SHOT PUT</u>	
	F30 JEAN SALVIO 30 SH 1
	F45 ANN CIRULNICK 46 NY 2
<u>DISCUS</u>	
	F30 JEAN SALVIO 30 SH 1
	F45 ANN CIRULNICK 46 NY 2
<u>TFA/USA EASTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS, CALIFORNIA STATE COLLEGE, PENNSYLVANIA, MAY 24, 1981.</u>	
<u>M30-34</u>	
	100 Salupa 11.9
	110H Dave Morgan NT
	400 Salupa 55.2
	1500 Jeff Gersen 4:54.0
	4X100 West Penn 47.8
	400H Morgan 71.4
	200 Salupa 24.5
	Jav Shulin 193-3
	HJ Mapes 5-3
	SP Morgan 36-11
	LJ Mapes 18-3 3/4
	TJ Mapes 38-1/2
	HT Bower 125-3
	DT Bower 122-8
	351b Bower 42-9
<u>M35-39</u>	
	200 Bob Holmes 24.8
<u>M40-44</u>	
	110H Barry Kline NT
	100 Grover Coates 11.5
	400 Grover Coates 54.8
	200 Grover Coates 24.6
	Jav Barry Kline 105-3
	HJ Barry Kline 5-5
	SP Chuck Klehm 37-1
	LJ Grover Coates 17-2
	DT Chuck Klehm 110-6
	HT Chuck Klehm 129-7
	35wt Chuck Klehm 36-5
<u>M45-49</u>	
	800 Ralph Swain 2:31.6
	1500 Ralph Swain 5:01.6
	Jav Pay Carstensen 112-3
	Shot Pay Carstensen 34-11
	Disc Mann 46-1 1/2
	Ham Pay Carstensen 96-9
	35wt Pay Carstensen 36-8
<u>M50-54</u>	
	100 Bob Eazor 13.0
	LJ V. Phillips 14-7 1/2
	400 V. Phillips 61.8
	1500 Ray Lister 5:02.0
	800 Lister 2:33.2
	200 Bob Eazor 28.0
	HJ V. Phillips 14-4
<u>M55-59</u>	
	100 Ray Bower 13.0
	200 Ray Bower 26.9
	Jav Ulam 125-4
	Shot Ulam 34-2

<u>W30-39</u>	
	100 Rosie Ogletree 14.0
	200 Rosie Ogletree 30.0
	400 Rosie Ogletree 75.8
<u>M60+</u>	
Fred Weiland won all the following events:	
100	10.2 TJ 20-4 1/2
200	37.0 1500 7:33.3
400	1:40.0 HJ 3-8
800	3:55.7 400H 1:57.0
SP	17-7 Jav 61-0
DT	45-3 110H NT
LJ	10-5 Mile
	Walk 11:02
<u>UNIVERSITY OF OREGON TWILIGHT T&F MEET, EUGENE, OREGON, MAY 28.</u>	
<u>MILE</u>	
M30	Barry Jahn 4:29.49
	Greg Jacob 4:32.86
	Gordon Garlock 4:41.35
M35	Vic Wolfe 4:42.97
	Dale Grace 4:51.40
M40	Mike Heffernan 4:31.38
	George Tiger 4:44.85
	Val Schultz 4:50.05
	Vance Parkhurst 5:06.00
M45	Ray Hatton 4:30.76
M50	Bill McChesney 4:51.50
M55	George Puterbaugh 5:17.90
<u>OREGON STATE UNIVERSITY TWILIGHT T&F MEET, CORVALLIS, OREGON, MAY 28.</u>	
<u>100</u>	
M30	Ernie Smith 11.53
M40	Jim Puckett 11.87
	Bert Burnham 12.11
<u>400</u>	
M30	Phil Williams 56.06
M40	Bert Burnham 55.29
M45	Bill Hughes 57.33
	Joe Hoffman 57.36
M50	Al Maxwell 65.40
<u>PENN MUTUAL/TAC SOUTHERN ASSOCIATION 1ST ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, NEW ORLEANS, MAY 30, 1981.</u>	
<u>60-YARD LOW HURDLES</u>	
M30	Richard Wood 8.12
	Burt Ernst 8.40
M40	Paul Arceneaux 9.25
	Jeff Bratton 10.30
M50	R.G. Wolf 8.49
	Dick Boudreaux 9.00
<u>120-YARD HIGH HURDLES</u>	
M30	Johnny Brasell 14.94
	Ken Ibert 17.45
M50	R.G. Wolf 18.44
	Ed Schuler 18.71
<u>880 YARD RUN</u>	
M30	Dortie Moore 2:10.22
	Bob Autenreith 2:23.34
	Bill Herzog 2:33.11
M35	Phil Shuler 2:18.00
	Joe Roche 2:28.50
	Buster Matthews 2:37.31
M40	Mike Boudreaux 2:15.95
M45	Charles Wimberley 2:16.83
	Larry Fuselier 2:17.04
M50	Thad Persons 2:23.28
	Joe Fuselier NT
M35	Miki Hervey 2:36.54
<u>100 YARD DASH</u>	
M30	Daniel Thiel 10.20
	Joe Blythe 10.72
	Dortie Moore 11.03
M35	Jack Dunn 10.86
	Dave Venable 11.25
	Paul Thieler 12.18
M40	Paul Arceneaux 11.85
M50	Ed Schuler 11.07
	Alex Pappas 11.55
	Les Trubey 12.84
M60	Gordon Nordgren 12.90
M30	Cathy Simmons 16.90
M45	Betty Pappas 14.30
<u>60 YARD DASH</u>	
M30	Andy Thiel 6.50
	Daniel Thiel 6.57
	Joe Blythe 6.67
M35	Jack Dunn 6.80
	Guy Lund 7.05
	Dave Venable 7.10
M40	Paul Arceneaux 7.12
M50	Ed Schuler 7.08
	Alex Pappas 7.14
	Lou Riecke 7.26
M55	Mitch Williams 8.26
M60	Gordon Nordgren 7.90
	Richard Stillman 8.49
	Terry Turner 8.72
M45	Betty Pappas 8.90

<u>440 YARDS</u>	
M30	Daniel Thiel 53.70
	Dortie Moore 54.01
	Dennis Keogh 60.04
M35	Phil Shuler 60.23
	Joe Roche 65.90
	Buster Matthews 69.23
M40	Mike Boudreaux 57.30
M45	Burt Brodt 67.80
M70	Dick Lacey 77.27
<u>MILE</u>	
M30	Oliver Marshall 4:38

Age Group 50-54	1. Keith Whitaker, 51	55.0
	2. Huel Washington, 52	59.2
	3. Peter Woodward, 52	62.8
	4. Bernard Stevens, 52	65.5
Age Group 55-59	1. Phil Arnot, 56	58.3
Age Group 60-64	1. Bob Hunt, 61	63.0
	2. Henry Fairbanks, 62	64.9
Age Group 65-69	1. Harry Koppel, 68	64.4
	2. Hohn Satti, 67	68.5
	3. Jerome Lopez, 65	72.1
Age Group 70-74	1. Mel Shine, 72	75.8
400 METER (WOMEN)		
Age Group 40-44	1. Almeta Parish, 44	69.0
Age Group 55-59	1. Martha Fairbank, 59	94.4
100 METERS (MEN)		
Age Group 30-34	1. Mike Jackson, 32	10.8
	2. Greg Marshall, 33	10.9
	3. Joel Eckels, 32	11.7
	4. Steve Franklin, 34	11.9
Age Group 35-39	1. Bill Johnson, 35	11.1
	2. Sam Robinson, 37	11.3
	3. Geran Kuhfeld, 38	12.1
	4. Gerry Varty, 39	12.2
	5. Ron Williams, 37	13.0
Age Group 40-44	1. Ben Anixter, 43	11.3
	2. Gil Latorre, 43	11.6
	3. Ron Toombs, 40	11.8
	4. Kent Taylor, 40	12.1
	5. Thom Jones, 41	13.5
	6. Terry Nakamitsu, 42	15.8
Age Group 45-49	1. Bruce Springbett, 48	11.6
	2. Percy Knox, 47	11.6
	3. Lloyd Murad, 48	11.9
	4. Marion Sanchez, 49	11.9
	5. Richard Hansen, 48	11.9
	6. Bill Eller, 48	12.3
Age Group 50-54	1. Dick Marlin, 50	12.0
	2. Vern Regier, 53	12.2
	3. Huel Washington, 52	12.3
	4. Ed Mahany, 50	12.3
	5. Richard Zumwalt, 54	12.4
	6. Will Robinson, 50	12.5
Age Group 55-59	1. Alphonse Juland, 58	12.5
	2. Roy Wigginton, 55	12.7
	3. Ray Spencer, 58	13.5
	4. James Johnson, 58	13.5
Age Group 60-64	1. Payton Jordan, 64	12.6
	2. Clarence Killion, 63	13.3
	3. Henry Fairbank, 62	13.6
	4. Bob Hunt, 61	13.8
	5. Sam Hoover, 62	14.3
Age Group 65-69	1. Harry Koppel, 68	12.9
	2. Alan Cranston, 66	15.1
Age Group 70-74	1. Tony Castro, 71	14.1
Age Group 75-79	1. Lerner Jackson, 75	14.7
100 METERS (WOMEN)		
Age Group 30-34	1. Jan Henderson, 34	15.7
Age Group 40-44	1. Almeta Parish, 44	15.9
	2. Connie Voight, 43	17.8
Age Group 45-49	1. Margaret Hamer, 48	16.2
	2. Joan Tyksinski, 49	17.8
Age Group 50-54	1. Fran Stevenson, 50	16.0
	2. Barbara Greenleaf, 52	17.2
	3. Shirley Dietderich, 54	17.8
Age Group 55-59	1. Martha Fairbank, 59	17.7
Age Group 60-64	1. Josephine Kolda, 63	16.9
	2. Marjorie Hunt, 62	21.0
300 METERS (MEN)		
Age Group 30-34	1. Mannie Mason, 31	2:05.8
	2. David Garcia, 30	2:08.0
Age Group 35-39	1. George Mason, 37	1:58.4
	2. Steve Waggoner, 36	2:02.0
	3. Bob Browns, 35	2:02.7
	4. J. Cronn, 36	2:09.6
Age Group 40-44	1. George Cohen, 41	2:00.8
	2. Dave Davidson, 41	2:01.1
	3. Jack Knebel, 42	2:03.5
	4. John Pitman, 42	2:04.2
	5. Fernie Montanez, 40	2:04.9
	6. Bill Wade, 40	2:13.3
Age Group 45-49	1. Pete Richardson, 48	2:08.1
	2. Eric Hamner, 46	2:08.7
	3. Ken Napier, 49	2:19.5
	4. Bob Shaw, 47	2:19.8
	5. Ron Niedrauer, 49	2:29.7
Age Group 50-54	1. Dave Stevenson, 52	2:16.1
	2. Harry Hill, 53	2:31.0
	3. Keith Campbell, 54	2:31.7
Age Group 60-64	1. Richard Moore, 61	2:35.0
	2. Alan Waterman, 62	2:35.7
Age Group 65-69	1. Ray Mananak, 65	2:38.9
Age Group 70-74	1. Mel Shine, 72	2:58.7
800 METERS (WOMEN)		
Age Group 30-34	1. Annette Borden, 30	2:35.5
Age Group 35-39		

1. Janie Duff, 35	2:31.8
2. Carole Mawson, 37	N.T.
Age Group 40-44	
1. Mimi Gerard, 40	2:45.2
5000 METERS (MEN)	
Age Group 30-34	
1. Allan Stanbridge, 34	15:55.2
2. Bob Miller, 32	DNF
Age Group 35-39	
1. Jake White, 39	15:44.8
2. Harvey Franklin, 38	15:49.5
3. Jim Howell, 37	16:14.7
4. Sten Mawson, 39	18:08.8
5. Ira Yewnick, 39	18:24.8
Age Group 40-44	
1. Bill Meinhardt, 40	15:40.9
2. Phil Hager, 44	17:08.2
3. Wayne Meyer, 41	18:16.3
Age Group 45-49	
1. James Jacobs, 47	18:19.2
2. Saul Silven, 48	18:34.8
3. George Moos, 45	19:43.9
Age Group 50-54	
1. James Nicholson, 50	18:20.0
2. Patrick Devine, 52	18:24.8
3. Keith Campbell, 54	20:37.4
Age Group 55-59	
1. Arnold Scott, 58	20:42.1
5000 METERS (WOMEN)	
Age Group 40-44	
1. Marilyn Harbin, 43	20:33.4
Age Group 45-49	
1. Vicki Bigelow, 45	18:35.9
2. Lilian Woodward, 45	22:00.0
Age Group 60-64	
1. Jaclyn Caselli, 60	23:45.7
200 METERS (MEN)	
Age Group 30-34	
1. Eugene Driver, 30	21.5
2. Mike Jackson, 32	22.2
3. Greg Marshall, 33	22.8
Age Group 35-39	
1. Matt Pruitt, 35	22.0
2. Bill Johnson, 35	22.7
3. Sam Robinson, 37	23.7
4. Herman Kuhfeld, 38	25.0
Age Group 40-44	
1. Bill Knocke, 41	22.9
2. Gil Latorre, 43	24.0
3. Ron Toombs, 40	24.4
4. Bill Mitchell, 41	25.5
Age Group 45-49	
1. Nick Newton, 47	23.5
2. Bruce Springbett, 48	23.9
3. Hans Bruhner, 48	24.1
4. Jack Randolph, 48	26.8
5. John Billmeyer, 47	26.7
Age Group 50-54	
1. Keith Whitaker, 51	24.7
2. Huel Washington, 52	25.8
3. Ed Mahany, 50	26.1
4. Will Robinson, 50	26.2
5. Richard Zumwalt, 54	26.5
6. Vern Regier, 53	28.0
Age Group 55-59	
1. A. Juland, 58	26.2
2. Roy Wigginton, 55	26.9
3. Ray Spencer, 58	27.7
Age Group 60-64	
1. Payton Jordan, 64	25.3
2. Clarence Killion, 63	26.9
3. Henry Fairbanks, 62	29.1
4. Sam Hoover, 62	29.5
5. Henderson, 62	30.9
Age Group 65-69	
1. Harry Koppel, 68	27.4
2. John Satti, 67	29.3
3. Alan Cranston, 66	32.8
Age Group 70-74	
1. Tony Castro, 71	28.9
100 METERS (WOMEN)	
Age Group 35-39	
1. Janie Duff, 35	29.2
Age Group 40-44	
1. Almeta Parish, 44	29.4
Age Group 45-49	
1. Margaret Hamer, 48	33.7
Age Group 50-54	
1. Fran Stevenson, 50	37.0
Age Group 55-59	
1. Martha Fairbank, 59	39.0
Age Group 60-64	
1. Josephine Kolda, 63	37.2
1500 METERS (MEN)	
Age Group 30-34	
1. D. Tracy, 34	4:13.8
2. D. Moan, 33	4:27.5
3. R. Landrum, 31	4:43.8
4. Todd Overgard, 30	4:54.7
Age Group 35-39	
1. D. Himmelberger, 35	4:05.9
2. Jim Howell, 37	4:23.2
3. Walt Aquith, 37	4:58.5
Age Group 40-44	
1. R. Schupbach, 40	4:00.8
2. J. McFadden, 40	4:17.8
3. W. Schafer, 43	4:18.3
4. Bill Meinhardt, 40	4:20.8
5. Bill Wade, 40	4:21.5
6. Fernie Montanez, 40	4:28.3
7. Joan Brazinski, 42	4:48.7
Age Group 45-49	
1. Ron Niederaver, 49	5:17.4
2. Vince Cavioe, 49	5:41.2
3. Steve Geraghty, 49	6:20.0
Age Group 50-54	
1. Dave Stevenson, 52	4:41.0
2. J. Nicholson, 50	4:50.4
Age Group 60-64	
1. Alan Waterman, 62	5:33.2
1500 METERS (WOMEN)	
Age Group 35-39	
1. Carol Mawson, 37	5:39.4
Age Group 40-44	
1. Mimi Gerard, 40	5:44.9

Age Group 45-49	1. Vicki Bibezow, 45	5:25.0
MILE RELAY		
Age Group 30-39	1. West Valley T.C.	3:46.5
	2. West Valley Jogger & Striders	3:50.4
Age Group 40-49	1. Norcal Seniors T.C.	3:56.0
Age Group 50-59	1. West Valley Joggers & Striders	4:28.3
	2. Norcal Seniors T.C.	N/T
SHOT PUT (MEN)		
Age Group 30-34	1. G. Powers, 30	36' 5 1/2"
	2. G. Klemson, 31	35' 8"
	3. W. Henderson, 34	34' 7"
Age Group 35-39	1. C. McCormick, 37	39' 7 1/2"
	2. F. Johnson, 35	38' 4"
Age Group 40-44	1. J. Hart, 41	43' 11"
	2. K. Klehm, 42	38' 10"
	3. E. Pearson, 43	28' 10"
	4. T. Jones, 41	28' 6"
Age Group 45-49	1. J. Durrenberger, 48	29'
Age Group 55-59	1. G. Ker, 58	42' 6"
	2. B. Wolf, 57	28' 11"
	3. W. Toaspenson, 57	25' 4"
Age Group 50-54	1. H. Wallace, 53	37' 2 1/2"
Age Group 60-64	1. M. Henderson, 60	43' 1"
	2. Q. Merlo, 61	42' 2 1/2"
	3. B. Stone, 60	39' 4 1/2"
Age Group 65-69	1. J. York, 67	41' 3 1/2"
	2. R. Carter, 67	40' 1"
	3. W. Walker, 69	30' 10"
Age Group 70-74	1. E. Curtice, 74	31' 7"
	2. L. Williams, 72	30' 10"
Age Group 75-79	1. J. Seldon, 78	22' 11"
SHOT PUT (WOMEN)		
Age Group 30-34	1. S. Stepp, 31	25' 10 1/2"
Age Group 35-39	1. S. Klehm, 36	19' 6 1/2"
Age Group 45-49	1. A. Parish, 44	25' 7"
Age Group 45-49	1. Joan Tyksinski, 49	19' 9"
TRIPLE JUMP		
Age Group 35-39	1. D. Isaksen, 37	38' 10"
	2. R. Stepp, 36	34' 10 1/2"
	3. R. Warner, 36	27' 7"
Age Group 40-44	1. E. Pearson, 43	32' 6 1/2"
	2. J. Sanchez, 41	31' 11"
Age Group 45-49	1. G. Dawson, 48	32' 9"
	2. J. Randolph, 47	30' 5"
Age Group 55-59	1. R. Spencer, 58	39' 9"
	2. J. Johnson, 58	33' 0"
DISCUS (MEN)		
Age Group 30-34	1. T. Fahy, 31	149' 6 1/2"
	2. G. Klemson, 31	108' 2"
	3. G. Powers, 30	101' 3 1/2"
Age Group 35-39	1. C. McCormick, 37	133' 10 1/2"
Age Group 40-44	1. J. Hart, 41	131' 6 1/2"
	2. C. Klein, 42	108' 8"
	3. E. Pearson, 43	97' 5 1/2"
Age Group 45-49	1. S. Letcher, 49	102' 8 1/2"
	2. J. Durrenberger, 48	78'
Age Group 50-54	1. H. Wallace, 53	113' 5 1/2"
	2. J. Merrill, 52	78' 11 1/2"
Age Group 55-59	1. G. Ker, 58	127' 9 1/2"
	2. R. Hasman, 58	114' 5 1/2"
	3. R. Wigginton, 55	101' 5"
	4. B. Wolf, 57	78' 10"
Age Group 60-64	1. B. Stone, 60	137' 1 1/2"
	2. M. Henderson, 60	118' 2"
	3. Q. Merlo, 61	116' 9 1/2"
Age Group 65-69	1. J. York, 67	108' 6 1/2"
	2. R. Carter, 67	105' 4"
	3. W. Walker, 69	98' 0"
	4. J. McCarthy, 68	94' 11"
	5. J. McDonnell, 67	86' 7 1/2"
Age Group 70-74	1. L. Williams, 72	85' 5 1/2"
Age Group 75-79	1. J. Seldon, 78	68' 11 1/2"
DISCUS (WOMEN)		
Age Group 30-34	1. S. Stepp, 31	102' 7"
	2. J. Henderson, 34	58' 1 1/2"
Age Group 35-39	1. Sue Klehm, 36	58' 10"
LONG JUMP (MEN)		
Age Group 30-34	1. Carl Flowers, 34	22'
	2. J. Eckles, 32	19' 2 1/2"
	3. G. Marshall, 33	18' 5 1/2"
Age Group 35-39	1. Dallas Isaksen, 37	18' 8"
	2. J. Johnson, 38	15'
Age Group 40-44	1. D. Dewitt, 42	18' 5 1/2"
	2. J. Sanchez, 41	18' 10"
	3. Earl Pearson, 43	18' 2"

Age Group 45-49	1. P. Conley, 46	17' 9"
	2. J. Randolph, 47	17' 2"
	3. R. Vanderbeets, 48	15' 8"
Age Group 50-54	1. E. Mahany, 50	16' 8"
Age Group 55-59	1. Ray Spencer, 58	17' 1 1/2"
	2. J. Johnson, 58	16' 4"
Age Group 60-64	1. Jim Vernon, 64	15' 1"
Age Group 65-69	1. John Satti, 67	14' 8"
	2. J. McDonnell, 67	10' 9"
Age Group 75-79	1. Homer Van Gever	10' 10 1/2"
POLE VAULT		
Age Group 30-34	1. S. Schwartz, 32	14' 6"
Age Group 35-39	1. B. Hotelling, 37	12'
	2. R. Stepp, 36	11' 6"
Age Group 40-44	1. D. Dewitt, 42	11' 6"
	2. T. Jones, 41	8' 6"
Age Group 45-49	1. B. Eller, 48	9' 6"
	2. J. Billmeyer, 49	9'
Age Group 50-54	1. Hal Wallace, 53	10'
Age Group 55-59	1. D. Brown,	

Dick Kendall 2:53:24
Charles Baxley 2:53:31
Ken Jones 2:53:37
Ted Bick 2:53:39
Don Shoup 2:54:12

M60+
Cllve Davies 2:42:08AR
Jack Start 3:01:20
Wilfredo Rios 3:08:45
George Sheehan 3:12:52
Ralph Pavak 3:14:45
Bob Haugh 3:15:51
Charles Ogilvie 3:17:15
Arnold Johnson 3:18:31
Jim Morgan 3:20:37
Howard Henry 3:21:14

Louis Preysz 3:22:24
Howard Jaffe 3:22:51
George Boyle 3:22:57
Woodrow Derby 3:23:23
Tim Dyas 3:24:17

M40-49
Sue Stricklin 2:56:46
Anna Thornhill 2:59:10
Sharon Martin 3:03:33
Judy Mahle Lutter 3:06:21
Brigitte Williams 3:07:11
Anne Bing 3:08:46
Kazuko Ebata 3:09:08
Mimi Lerner 3:09:31
Ada Letinsky 3:09:59
Margarete Deckert 3:12:14

Barbara Tarr 3:17:02
Patricia Pastore 3:17:27
Alma Jabs 3:17:43
Carol Perkins 3:18:10
Dianne Headden 3:19:53
Cindy McElwain 3:20:02
Patsy Margolin 3:20:12
Wilma Maddock 3:20:36
Roberta McNeill 3:21:15
Tina Hayward 3:21:20

M50+
Marlon Irvine 3:11:00
Toshiko d'Elia 3:14:36
Blance Paine 3:25:27
Ruth Webber 3:28:43
Anne Johnson 3:38:43

DANNON 6-MILE RACE ATLANTA, April 25.

M35-39
Allen McDaniel 38 32:51
Alan Pilling 39 33:30
Alex McNeil 36 33:33

M40-44
Ken Winn 43 32:20
Park Ellis 43 35:55
Charlie Baker 42 36:12

M45-49
Ron Barrie 34:32
Al Owens 48 36:44
Ralph Force 48 37:36

M50-54
Ben Gross 50 37:46
Jack Wall 52 39:56
Irwin Stolz 51 41:59

M55-59
Jack Moore 56 41:03
Ray Dubner 55 43:24
E Fabian 56 43:50

M60+
Lew's Lockhart 61 50:08
Elmer Butler 64 50:48
Steve Furbacher 60 55:32

M30-39
Lila Brasher 38 38:21
Julia Emmons 39 40:16
Carolyn Crochet 32 41:05

M40+
Grace Rome 43 45:25
Clara Mays 44 52:11
Betty Chatham 43 54:03

LAKE COUNTY, ILLINOIS FIRST ANNUAL MARATHON, APRIL 27.

M40-44
Robert Treonis 40 2:46:46
John Forchetti 44 2:52:20
Frank Koster 40 2:59:48

M45-49
Jerry Fotte 46 3:04:48
Frank Burchell 45 3:10:18
Peter Gyerko 46 3:11:04

M50-54
John Bertsche 51 3:04:55
Forrest Miller 53 3:05:39
John Helm 51 3:15:20

M55-59
Joe Seiber 55 2:59:05
Bob Bruce 59 3:13:18
Joe Powers 55 3:16:02

M60+
Fred Hughes 60 3:23:10
Peter Casa 61 3:37:07
Floyd Smithberg 62 3:39:13

M40-44
Henny Volpe 42 3:20:01
Rolleanne Grayson 42 3:51:23
Barbara Chadwick 41 4:34:04

M45-49
Gloria Mae Harrington 45 3:53:09
Mary Cosentino 47 4:11:30
Sara Mansueto 49 4:44:20

M50-54
Peggy Gudbrandsen 53 5:32:30

M55-59
Shirley Mueller 58 5:04:45

M60+
Ida Mintz 75 4:41:45

NATURAL LITE HALF-MARATHON APRIL 25, WALNUT, CALIF.

M40 Ray Schmidt 1:20:23
M45 Jim Knerr 1:15:20
M50 Robert Page 1:27:03
M60 Paul Riche 1:36:15
M40 Johnna Cessor 1:45:27
M45 Erika Fleischer 2:01:27
M50 Virginia Terry 1:51:01
M60 Bess James 2:20:38

SAN FRANCISCO 10K, APRIL 26.

M40 Sal Vasquez 32:31.1
M50 George Rodriguez 45:54.4
M40 Nora Charles 57:05.3
M50 Ada Thomas 63:56.8

ST. JOHN'S 10K, MARINA DEL REY, CALIF., MAY 3.

M40 Bert Coventry 33:13
Jerry Daniels 35:20
Bruce Kostin 35:32

M45 Walt Windsor 35:18
Ted Oviatt 37:06
John Opdyke 37:07

M50 Pete Mundle 38:08
George Ropella 38:46
John Holt 39:32

M55 Ray Gil 37:36
G Taki 39:19
Avery Bryant 40:16

M60 Demetrio Miller 42:07
Clyde Ailing 43:18
Dean Scofield 44:52

M40 Ruth Gilmore 44:39
Diana Gonzales 45:26
Joan Kalan 46:40

M45 Shirley Blush 46:22
Atsuko Fujimold 46:56
Barbara Vail 47:32

M50 Ginny Gossaro 51:33
Evelyn Dabritz 52:10
Jeanette Pelsky 58:46

M55 Helen Dick 43:34
Ruby Taki 48:09
Vila Hancock 52:40

2000 starters.

HYPERTENSION 10K, SAN DIEGO MAY 2.

M40 Dan McCaskill 33:09
M45 Carlton Horton 40:10
M50 Ron Clark 41:12
M60 Wayne Zook 40:50
M40 Shirley Matson 41:20
M45 Peggy Corpis 55:00
M60 Judy Simon 58:00

FRIENDSHIP MARATHON, SAN DIEGO. (No date submitted)

M40 Howard Moody 2:46:50
Bob Wiermaa 2:49:06
Dale Larabee 2:57:43

M50 Dick Robinson 3:05:05
Lono Tyson 3:18:33
Paul Goldman 3:24:09

M60 Bob Hutchins 3:50:25

M40 Una Marie Pierce 3:56:03
Joanne Pearson 3:56:04
Anita Miller 4:13:54

M50 Meann Garty 4:03:51
Virginia Hastings 4:58:20

SAN DIEGO DEPT. OF PARKS 10-MILE, MAY 9.

M40 Dan McCaskill 54:55
M50 Jim O'Neil 57:10AR
M60 Wayne Zook 68:04
M40 Andrea Anderson 72:40
M50 Merry VanSant 76:28

AVENUE OF THE GIANTS MARATHON, WEOTT, CALIF. MAY 3, 1981

M40-44
Mike Heffernan 40 2:30:04
Jon Shelgren 40 2:41:47
John Meyer 40 2:44:49
Karl Ryden 41 2:45:17
Gary Hooker 40 2:45:31
Glade Hall 41 2:47:02
Richard Whitewater 2:47:54
Clayton Wagner 40 2:48:59
Nik Epanchin 41 2:49:09
Robert Kriegel 44 2:50:47
John Williams 41 2:51:33
Stuart Smith 40 2:51:15
Dale Larabee 40 2:51:39
Bruce Johnson 43 2:52:50
Ken Hamrick 43 2:53:30

M45-49
Craig Roland 46 2:40:29
Iwan Rarick 46 2:51:23
Forrest Williams 47 2:56:04
Donald James 47 2:56:23
Vernon Pepper 47 2:57:08
Phil Larson 47 2:57:14
George Crandell 48 2:58:33
Fred Vega 46 2:59:05
Richard Dyer 47 3:00:24
Lenny Escarda 49 3:00:26

M50-54
Hans Roenall 52 2:49:10
Richard Miller 51 2:55:27
Pierce Cornelius 50 2:57:13
Pat Porter 51 2:58:39
Rod Johnson 52 2:59:09
Marvin Powers 53 3:06:26
Jerry Soto 53 3:07:52
John Gerke 53 3:11:43
Cruz Monarrez 50 3:16:44
Ken Oliver 51 3:20:01

M55-59
Rich Mueller 55 3:07:11
Jim Ray 55 3:13:17
Michel Lamada 55 3:16:55
Dave Weber 56 3:19:51
Ray Bluth 55 3:23:32

M60-64
Paul Reese 64 3:02:55
Jack Bartley 60 3:28:31
Norton Davey 3:33:01

M65+
Steve Cole 66 3:36:29
Bill Van Fleet 66 3:52:57
Tom Cullen 69 4:49:15

M40-44
Joan Reiss 43 3:03:40
Marcia Anderson 41 3:28:56
Barbara Tarr 40 3:30:49
Joanne Branco 40 3:37:56
Jerie Rose 41 3:42:30

M50-54
Nicki Hobson 51 3:11:43
Marion Irvine 51 3:18:43
Joyce Boedecker 50 4:36:58
Joan Morocco 51 4:45:59
Penny Campbell 54 4:53:54

M55-59
Virginia Terry 56 4:00:34

M60+
Mavis Lindgren 74 4:49:25
Grace Schweitzer 63 5:01:19

CLYDE'S AMERICAN 10K COLUMBIA, MD., May 3.

M40-49
Dick Hipp 34:05
Chan Robbins 34:35
Dick Jamborsky 34:42

M50-59
Clarence Wingate 38:47
Hugh Ferry 39:10
Frank Rulifason 39:52

M60+
BITT Patten 54:45

M40-49
Sue Armstrong 44:58
Jill Mottus 46:13
Jane Stein 49:05

M50+
Ricki Nielsen 54:31
Lee Hoppenfeld 64:33

PENN MUTUAL/TAC NATIONAL MASTERS MARATHON CHAMPIONSHIPS, RALEIGH, NC, MAY 10.

Open
Robert Johnson 28 2:29:14

M35
Larry Leonard 37 2:51:48
Larry Boots 39 3:00:32
Tom Lada 35 3:14:46

M40
Guy Spear 42 2:48:49
Don Nierling 44 3:19:30
Bill Buckman 43 3:21:32

PHILADELPHIA, NIKE/U.S. CLUB ROAD RACING CHAMPIONSHIPS, 4/11/81

MEN TEAMS WOMEN

- 1. Snohomish TC (STC "A") 2:29:45
2. Philadelphia Masters (PM) 2:30:58
3. National Capital TC (NC) 2:32:25
4. Millrose AC (Mill) 2:33:01
5. Boston Athletic Ass'n. (BAA) 2:33:44
6. Central Park TC (CPTC "A") 2:34:11
7. Mid-Pacific RR (MPRR) 2:34:54
8. Central Mass. Striders (CMS) 2:36:07
9. Runners' Forum RT (FR) 2:38:20
10. Snohomish TC (STC "B") 2:38:59
11. Atlanta TC (ATC) 2:39:38
12. Houston Harriers (HH) 2:41:43

MASTERS MEN MASTERS WOMEN

- 1. Herb Lorenz (PI) 47:18
2. Dave Hambly (STC "A") 48:22
3. Bob Fischer (Mill) 48:53
4. Ernie Dumas (CMS) 49:20
5. Mike Sabino * 49:21
6. Jeremy Clark (MPRR) 49:39
7. Dick Hipp (NC) 49:43
8. Ken Winn (ATC) 49:51
9. Roy Reisinger (STC "A") 49:58
10. Fritz Mueller (CPTC "A") 50:05
11. Art Guerra (Mill) 50:07
12. Vic Zwolak (PM) 50:11
13. Ken Mueller (BAA) 50:17
14. Rich Jamborsky (NC) 50:42
15. Hal Higdon (RF) 51:03
16. Harold Hatch (BAA) 51:11
17. Dave Pitkethly (STC "B") 51:12
18. Jim Gallup (MPRR) 51:23
19. Derek Mahaffey (STC "A") 51:25
20. Len Duey (CPTC "A") 51:31
21. B. Hyser (York) 51:54
22. Sean O'Connor (NC) 52:00
23. Earl Ellis (STC "A") 52:02
24. Bill Hoss (HH) 52:03
25. T. Engleman (RAA) 52:08

*...Ran for an open club
York...York Area Road Runners
RAA...Reading Athletic Attic

MARATHON AND RRCA NATIONAL MASTERS MARATHON CHAMPIONSHIPS. CLEVELAND, MAY 24, 1981.

Marathon: 2200 starters
10k run: 5000 starters
Temperature: 80°

MARATHON

Open: Charles Vigil 2:16:21
M40-49
Ralph Zimmerman 40 2:25:38
Antonio Villanueva 40 2:36:10
Thomas Sheahan 40 2:39:20
William Tobin 42 2:40:06
Virg Malaska 42 2:46:01
Anatole Kurkov 45 2:50:12
Leyman Herbert 45 2:52:30
James Mackert 44 2:54:12
Ray Bartels 40 2:55:15
Norm Roof 44 2:55:51

M50-59
Don Adams 56 2:55:05
Vere Bellian 53 2:55:27
Jim Roser 50 2:55:44
Jesse Kregel 50 2:58:56
Don Gammie 50 3:00:52
James Diedrich 53 3:13:40
Phil Winkelstern 50 3:15:30
Lou Ludwig 50 3:17:18
John Cinicola 51 3:17:27
Don Robbins 52 3:17:45

M60+
BITT Koopman 60 3:23:26
Bill Kowalys 60 3:38:04
Robert Freigh 60 3:53:05
Nat Helner 70 3:53:56
Joe Federici 62 3:54:57

M40-49
Annette Johnson 44 3:26:17
Shirley Taylor 48 3:30:45
Jean Toth 45 3:35:10
Rhoda Green 42 3:36:38
Shirley Doyle 48 3:42:02
Elaine Clapp 44 3:47:09
Mitzi Henscheid 40 3:49:26
Carolyn Lipa 41 3:58:40
Joni Jones 46 4:14:34
Mary Hobbing 42 4:15:21

M50+
Neoma Corey 51 4:21:00
Denise Cohen 53 4:25:31
Donna Cornelius 56 4:48:20

M35-39
Lynn Harmon 35 33:47.3
Warren Finke 39 33:57.2
David Judkins 37 34:52.9
Ken Dailey 38 36:10.9
Steve Reeves 38 36:39.6
James Scheer 39 37:03.2
Mike Jackson 35 37:07.9

10 KILOMETERS
Open: Nick Rose 28:38
Thom Hunt 28:53
Greg Fredericks 28:59
Women: Grete Waitz 32:20

M45-49
LouAnn Bartholemey 45 45:12.9
Joan Klopfer 48 46:10.3
Susan Means 48 48:31.2

M40-44
Judy Groombridge 41 40:05.1
Christine Curtis 43 41:09.5
Alice Jones 44 43:56.9
Juanita King 41 46:51.1
Jackie Bloom 42 48:20.3

M50-54
Mavis Lindgren 74 4:49:25
Grace Schweitzer 63 5:01:19

M40-44
Mike Heffernan 40 2:30:04
Jon Shelgren 40 2:41:47
John Meyer 40 2:44:49
Karl Ryden 41 2:45:17
Gary Hooker 40 2:45:31
Glade Hall 41 2:47:02
Richard Whitewater 2:47:54
Clayton Wagner 40 2:48:59
Nik Epanchin 41 2:49:09
Robert Kriegel 44 2:50:47
John Williams 41 2:51:33
Stuart Smith 40 2:51:15
Dale Larabee 40 2:51:39
Bruce Johnson 43 2:52:50
Ken Hamrick 43 2:53:30

M40-44		
Dave Hamby	41	32:07.7
Lewis Johnston	41	36:24.4
Kurt Grant	44	38:14.9
Gordon Mendenhall	42	38:23.9
Skip Sloan	40	38:36.4
Bob Steffen	40	39:12.5
James Gambrell	40	39:48.3
Buzz Willits	40	39:50.7

M45-49		
Ray Hatton	49	32:35.0
Earl Ellis	45	33:06.0
Dave Pitkethly	45	34:13.2
Jim Volk	48	37:12.4
Sandor Szabo	49	40:41.6
Ted Lundberg	47	42:55.9
Ed Turowski	45	43:02.9

M50-59		
George Puterbaugh	56	38:50.7
Buz Masters	52	39:24.4
Joe Van Gulik	55	40:51.0
John Gerke	53	41:47.2
Bill McKinney	50	42:49.3

BLOOMFIELD 3-MILER
BLOOMFIELD, CONNECTICUT
MAY 25, 1981

M40-49		
Barrie Almond		16:33
Bill Masterson		16:46
Ron Clarke		17:01

M40-49		
Jane Arnold		18:44
Anita DeLorenzo		22:52
Louise Klaber		23:47

M50-59		
Bob Hansen		18:02
Everett Havens		20:48
R Regner		21:09

M50-59		
Barbara Donahue		26:32
Libbie Merrow		27:15
Kathryn Rodgers		28:06

M60+		
Parker Holt		24:23
Felix Grammo		28:10

from Dan Arnold

45TH ANNUAL YONKERS MARATHON, YONKERS, NY.
MAY 27, 1981.

M40-49		
Jim Fillis	43	2:37:42
Jack O'Leary	43	2:57:30
Henry Epstein	41	2:57:54

M50-59		
Charles Baxley	50	2:57:48
Kenneth Stiers	52	3:03:40
Bob Muller	56	3:04:53

M60-69		
Witfredo Rios	64	3:16:36
Bill O'Connor	60	3:33:23
Frank Holst	60	3:33:46

M70+		
C Kotteakos	73	5:15:11

M50-59		
Audrey Jacobson	52	4:55:18
Mary Rodriguez	59	4:55:25

M40-49		
Anna Thornhill	40	3:11:26
Sue Medaglia	45	3:16:41
Margit Brpsnan	42	3:31:06

4TH ANNUAL NORDSTROM WOMEN'S 10K RUN.
ANCHORAGE, ALASKA.
JUNE 6, 1981

Open:Patti Catalano 34:04

M35-39		
Barbara Fleek		40:50
Pat Kling		41:26
Susan La Grande		41:54
Donna Davidson		43:27
Sylvia Iverson		43:34

M40-49		
Brenda Rigler		44:35
Arlene Mize		44:43
Lotus Luengen		45:09
Sylvia Swatosch		46:32
Eleanor Putnam		46:53

M50+		
Marcie Trent (M60-AR)		46:23
Kit MacInnes		47:12
Berneice Kelm		49:30
Marilyn Freitag		52:25
Helen Woodlings		57:09

1350 reg. 1127 finishers.

(From John Trent)

From the Editor

continued from page 7

actly how well you did and where you stand with your competition.

Perhaps best of all, you'd have the same chance to win no matter what your age. Now, we all cool it or drop out at the end of our age division, waiting till we hit the next age-level to really turn it on. With this system, it wouldn't matter whether you were 49 or 40, 69 or 70. Your handicap is adjusted each year.

The East coast may have done this before, but I've never seen it on the West coast. Dave Pain did it 10 years ago in a San Diego indoor meet. One of the participants was Pete Mundle, who said "it was fun and a challenge." Connie Rodewald used to run a "Portsmouth Start" road race in Los Angeles which was different and fascinating.

We tried a couple of age-handicap races in the Grandfather Games May 9. National Masters Records Chairman Pete Mundle computerized sophisticated and accurate age-handicaps for the 100 and 1500 for men aged 30 through 84.

Although only 3 checked in for the 1500, it went well. Five ran in the 100, and it was a near photo-finish. Pete Fetter, 60, overtook Joe Caruso, 71, and John Damski, 66, right at the wire to win.

"It was fun," Damski said. "I like the idea," Caruso agreed. World hurdles champ Bob Hunt, 60, who came in 5th, said: "It's a good change of pace. I didn't know those guys ahead of me were that fast. Next time I'll be ready."

7) Drop some of the events on the schedule. Perhaps 20 is too many. Have you been reading Garry Hill in *Track & Field News*, lately? Pick up a copy. He says one reason why track & field is in trouble (attendance was down all over the indoor circuit this year, and, in fact, T&F has never achieved major-sport status in this country) is that it's too confusing and events are duplicated.

Hill suggests dropping some T&F events, so people can begin to understand and appreciate the ones that remain. His hit list includes the 200, 400 hurdles, steeple, 10000, hammer, walks, triple jump and decathlon. That leaves the 100, 400, 800, 1500/mile, 5000, 100-meter hurdles (not 110), discus, pole vault, long jump, javelin and maybe a relay.

"It's heresy," he admits. And I can hear the screams from masters already. But think about it. And read Hill's March and April columns for the complete rationale.

Some small masters meets already do this. Even the Eastern Regionals this year were only an 18-event, one-day affair, whereas the Western Regionals were a 23-event, 2-day schedule. The East dropped the 400 hurdles, steeplechase, 400 relay, triple jump, pentathlon and 20K walk. It added the 3200 relay.

8) For another change of pace, instead of spending a bundle on medals, award gift certificates. Or even cash prizes.

9) This one's touchy, because there doesn't seem to be a viable solution. Some have suggested getting rid of the peculiar term "Masters" and substituting "Seniors" or "Veterans." The rest of the world uses "Veterans," but we've had so many wars, you tell someone you're a "veteran" and they ask you: "Which war?" Of course, you tell them you're a "master" and they give you a puzzled "master of what?" look. Some suggest using "Seniors" since "Senior Olympics" instantly denotes what it is. Does "Senior National Championships" make more sense than "Masters Championships?" I don't know. One problem is TAC sometimes uses "Senior" to refer to age-20-and-over competition.

10) A final idea. Masters men, 40-49, are remarkably close in ability to open women competitors. A meet between these two groups could add interest and excitement to the sport. It's undoubtedly the best way to attract the media, if we can interest the women. The 50+ men can go up against junior women in the same meet.

That's it. Masters track & field can be as exciting, and, in some ways, more exciting, as open track & field competition. But we need some diversity and showmanship if we're ever really going to expand. Let's try some of these ideas. I think they'll work. □

Of World Games and World Politics

continued from page 21

dustrialized Western society and a tribal African society. If there were total integration today the present society would not be able to survive. What the whites are asking for is time to settle the problem peacefully. The younger generation is more liberal than their parents. The younger black generation is more aware and demanding than their parents.

What does all of this have to do with the Masters? It has been the position of the World Association of Veteran Athletes (WAVA), the autonomous governing body for our sport, that no individual can be barred from competition because of race, religion or nationality. WAVA wants no part of boycotts or politics.

I believe that this position is correct. There are many benefits in participation in sports. The obvious ones are improved mental and physical health; fun and comradeship. Another one is that sports provide a vehicle for communication amongst people that would not otherwise have the opportunity to get together.

I was in a position to discuss apartheid in an open manner in the homes of South Africans because of my involvement in sports. I was able to in-

Top Meet Looms at UCLA

Mike Sims, director of the 1st Pacific TFA Masters Track and Field Championships at UCLA in Los Angeles July 18, says he's received inquiries from 15 states and South Africa.

"I'm amazed at the response," he enthused. Athletes are coming from New York, Massachusetts, Pennsylvania, Delaware, Georgia, Texas, Maryland..."

The meet shapes up as one of the top masters events on the west coast this year with top marks expected at the 1st-class UCLA facility.

To bring out the media, a Converse Celebrity Triathlon will pit local sports media personalities against past Olympic athletes, competing in a 50-yard dash, long jump and shot put.

Scheduled to compete in the Triathlon are Olympians Bill Toomey (1968 Decathlon Gold), Mike Larrabee (1964 400 Gold), Dr. George Rhoden (1948 400 Gold), Mack Robinson (1936 200 Silver), Parry O'Brien (1956 & 1960 Shot Put Gold), and John Pennel (1964 & 1968 Pole Vault Silver).

Competition starts at 7 am with the 10k run. The Triathlon is scheduled for 10:30 AM. The one-day meet is open to any athlete age 30 and up, with free admission to the public. For info, contact Mike Sims (213) 462-7362. □

dicare to them how abhorrent the rest of the world views their social system and how vital it is for all parties that their society be integrated quickly. They impressed me with their awareness of the problem and their sincere desire to solve it. I regret that I was not in a position to talk to the black, Asians and coloreds on the same basis.

The one area of their society that is integrated is sports. There are over seventy sports recognized and aided by the government. The teams are completely integrated. Seating at sporting events such as boxing and athletics is integrated. There are excellent facilities throughout the country. For the blacks it is an opportunity to see the rest of the world that they would not otherwise have. This December the South African Masters will host a partially subsidized athletic tour of their country. I would urge those that are able to, to go, particularly black Americans. For black Americans would be in the best position to communicate with the black South Africans to let them know that the rest of the world feels that they have every right to be treated as equals. Also, those whites seeking peaceful change should be encouraged. I've found that most athletes are not prejudiced and that they have learned to treat people on an individual basis. Participation in sports rather than boycotts is the way to maintain communication and eventual change. □



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

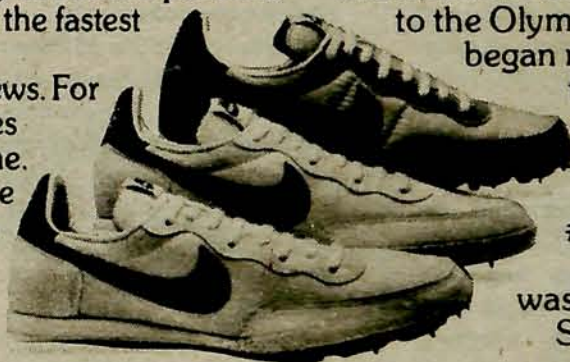
System™, for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weight-bearing phase, the spikes would bite the dirt. Not the foot.

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