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# National Masters News



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

47th Issue

July 1982

\$1.25

## Foster, Hames Smash World Marathon Records

from BILL DAVIES

AUCKLAND, New Zealand, May 30. The great Jack Foster, often regarded as the finest veteran distance runner in the world, reaffirmed that opinion today by running the fastest marathon ever by a man age 50 or over.

He ran a brilliant 2 hours, 20 minutes, 28 seconds in the annual Auckland marathon to smash the world 50-54 standard of 2:22:49, set by Holland's Piet Von Alphen in Oregon May 19, 1979.

He received a tremendous reception from the large crowd as he crossed the finish in 10th place, nine minutes behind winner Rod Dixon's 2:11:21.

"The world records don't worry me," Foster downplayed after the race. "The real challenge today was to break 2:20 as a 50-year-old. If I had run just one second faster for each mile I would have done it. I might have another go in New York."

Foster holds the world record for men over age 40 with a 2:11:19 in 1974. He turned 50 earlier this year.

Foster's was not the only world-shattering performance. Robyn Hames, 45, set a new world women's 45-49 mark of 2:44:37 as the first woman finisher in the entire race. The old W45 standard was 2:48:46, set by Italy's Maria De Orlando last Sept. 13.

Hames felt she could have run faster, out she was tripped in the starting crush, suffering a twisted right knee, sore hamstring and grazes down her left side.

Despite these injuries, she was still able to run 2 minutes faster than her previous best time, set in the Osaka International Marathon in Japan earlier this year.

Nevertheless, she was still disappointed today.

"It was great to win, but when I finished I felt too fresh.

That's because I had to hold back during the later stages as my knee and

Continued on page 25



Southern California Striders age 40-49 relay team setting a new American masters record for the distance medley relay of 11:03.8, at the Striders Relays in Los Angeles May 15. From left: Ralph Lee (800 in 1:59.6), George Cohen (1600 in 4:42.9), Mel Elliot (1320 in 3:29.7) and Bill Knocke (400 in 51.6). Photo by Nona Cohen

## 600 Compete in Southeastern Meet

RALEIGH, N.C., May 7-9. Those who wonder if masters track and field is on the verge of a major breakthrough needed to look no further than Raleigh, North Carolina this mother's day weekend as 600 over-age-30 competitors turned out for the 12th Annual Southeastern Masters Track & Field Championships.

The Southeastern has grown into one of the major masters events in the nation. The 12th installment drew entrants from 35 states and from Poland, West Germany, Puerto Rico, Costa Rica, Trinidad, Scotland, Estonia, Latvia, Taiwan, Canada and South Africa. The weatherman provided moderate temperatures, little sun and

only a sprinkling of rain now and then.

Credit for a super meet goes to Dr. J.J. Perry, Director and a group of dedicated officials led by Bob Baxter, A.C. Linnerud, R.D. Mochrie, Bill Draper, Norman Brand, Vince Foote, Lou Bilidean, Claude Greene, Ed Carollo and Rich Cottle.

With competition held in 5-year age brackets from 30 to 80+, five world and two American age-group records were established.

Bob Boal, 70, of Wake Forest, NC, set two of those world marks. Boal, who was the driving force behind the meet for many years — directing and organizing until help arrived a few

Continued on page 25

## Hatton, Davies Smash 10K Marks

### Viking Classic Draws Top Masters

By VALDEMAR SCHULTZ  
PORTLAND, Oregon May 23.

The Viking Classic is one of the few races in the country especially known for its superlative masters field. This year, it was selected as a NIKE Masters Grand Prix race, and, with six trips across country at stake, this year was no exception. Shirley Matson, on a leisurely automobile tour of the Pacific Northwest from her home in Solana Beach, California, made a shambles of her competition and finished 4th overall and 1st master in 37:32. Local favorite Letha Figg-Hoblyn was 2nd, breaking 39 minutes for her first time and Pat Thomas, national masters 20K champ (1:16:01) was third. Further back was 63-year-old Pat Dixon in just over 46 minutes!

The men's masters race was excellent. Ageless Ray Hatton, 50, beat his more youthful competition, with a tremendous masters course and U.S. age 50-54 record 31:49. Mike Hefferman, 41, who says he beats Ray "one race in three" was second by six

Continued on page 25



## Write On!



Address letters to:

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

### PAN-AMERICAN GAMES

I was looking forward to competing

## National Masters Officers

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Aurora, CO 80010  
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P.O. Box 42888  
Tucson, AZ 85733  
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in my third Home Savings Pan American Masters T&F Championships meet in August. It was a disappointment to me to learn that there will not be a Pan American Masters meet this year in Los Angeles. This particular Track and Field meet was unique in that it high-lighted athletes from North, Central and South America.

I have enjoyed the Pan American Masters meets because they were well organized, efficiently conducted and fairly officiated. All the officials connected with running the meet did a good job. The medals and the special trophy awards were impressively rewarding, and the announcing was outstanding.

The success of the Pan American Masters meets, I feel, was largely due to Hilliard Sumner, Meet Director, and his able assistants.

Hopefully, there will be a Home Savings Pan American Masters T&F Championships meet in 1983.

Bess James  
San Jacinto, Calif.

## NATIONAL MASTERS NEWS

47th Issue  
July 1982

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Al Sheahan

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(Sumner plans to hold the meet again in 1983. See story in this issue for the reasons why there is no 1982 meet. — Ed.)

### 5-YEAR AGE BRACKETS

And just about the time running is suddenly becoming fun for me, most of the track meets have gone to the 10-year age division. Terrible! There is **no-way** a 68-year old can compete with a 60-year-old. Please go back to the 5-year age divisions and keep it fun for us as we "graduate" at 5 years instead of 10.

Dorothy Stotsenberg  
Santa Monica, Calif.

When men are given 5-year increments up to and including 80 to 85, and women only 50 plus, this is pure unadulterated discrimination. What's it going to take to awaken a few of the track meet organizers? Mature women want equal rights. Why not try to motivate more women 70 and over to run by giving 5 year increments? Those medals work as a good carrot. I was nearly 72 when I ran my first race.

Marilla Salisbury  
San Diego, Calif.

(Many masters meets still follow the 5-year format for award purposes. The national and regional T&F championships are required to provide awards for 5-year groups for both men and women through age 80+. But few meet directors will hold a race if there are only two or three competitors in a division, as often happens in small meets or in older age divisions. Instead, they will combine two or more groups into one race. So, in effect, the older runners are competing against younger runners anyway. — Ed.)

### SEPARATE SECTIONS FOR POLE VAULT

Splitting up the field events into two

sections for national level meets is certainly a step in the right direction, but let's do the job right by segregating the two groups by performance levels and not age. Pole Vaulters should be divided into 12 foot vaulters and over; and under 12 feet. At the outdoor TAC in Los Gatos I watched the younger vaulters perform to the excellent play by play of Al Sheahan on the microphone. The meet was run on a professional basis and with Sheahan's running commentary I was psyched up but had to wait 5 hrs. after warming up to attempt my opening height. By that time there were only 4 people in the stadium and all the vaulters save one, Jerry Donley, had gone home.

At the indoor TAC in Boston the pole vault official allowed me to vault in the younger group. It made a big difference and helped the competitive juices flow.

I was interested in making a competitive height. Winning my age group was of less concern.

Let's continue to make master's sports competition stimulating and conducive to raising personal performance levels.

Ed Hoyle  
Richfield, Ohio

### LAYOFF BRINGS

#### BEST MARKS

The note in NMN Masters Scene (May 82) about layoffs before meets brought to mind my "best ever" performance. It was the 1977 National Outdoor in Naperville, Illinois. Two weeks before the meet I developed severe right leg cramps. I rested COMPLETELY for six days, then trained lightly for four. In the 14 days before the meet, I ran a total of 11 miles; then proceeded to run a 2:03.2 800 meters and 54.7 400.

Bill Gaedke  
Clovis, N.M.



Judy Fox Eddy cools off on way to master win of Cotton Row in 35:57 to set U.S. age 41 record for 10K.

Dudley Campbell Huntsville Times

# 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.



**August 12-15.** National Masters Sports Festival, Philadelphia. 3000 athletes over age 25 compete in 11 sports. Randi Shapiro, National Masters Sports Festival, 34th & Civic Center Blvd., Philadelphia, PA 19104. (215) 387-0262. Entry form in July issue.

## TRACK & FIELD

### 1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 30 and over)

**July 3-4.** Penn Mutual/TAC National Masters Decathlon Championships, Gresham, Oregon. Jim Puckett, c/o Mt. Hood College Athletic Dept., 26000 S.E. Stark Ave., Gresham OR 97030. (503) 667-7354.

**August 6-8.** 15th Annual Penn Mutual/TAC National Masters Track & Field Championships, Wichita, Kansas. Bob Lida, 221 N. Main St., Wichita KS 67202. (316) 263-1029. Entry form in June and July issue.

**August 28.** Penn Mutual/TAC National Masters Weight Pentathlon Championships and National Invitational Throw-a-thon, Woodstock, Illinois. Chuck Klehm, 2 E. Algonquin Rd, Arlington Heights IL 60005.

### EAST

**Each Wednesday.** Development meets, John F. Kennedy High School, Bronx, N.Y. Masters events at 6 p.m.

**July 3.** NJTAC Masters Weight Pentathlon, Rutgers Univ., Piscataway NJ, 2 pm. Ron Salvio, Squan Rd, Clarksburg NJ 08510. (609) 259-9268.

**July 4.** NJTAC Masters Pentathlon, Manalapan HS, Manalapan NJ, 10 am. Ron Salvio, above.

**July 10.** Belmar Boardwalk Track Meet (open meet with masters events), Belmar NJ. Ron Salvio, above.

**July 11.** Masters Sports Association 3rd Annual Running Relay & Field Event Relay Carnival, Randall's Island, New York City, 11 a.m. Masters Sports, 77 Prospect Place, Brooklyn NY 11217. Entry form in June issue.

**July 17.** Open relay meet with masters divisions. Also masters throwing events. Long Branch NJ. Ron Salvio, above.

**July 24.** Larson-Brown Track Meet. (Open meet with a few masters events), Plainfield HS, Plainfield NJ. Ron Salvio, above.

**July 24-25.** New Jersey TAC Masters Decathlon Championships, Rutgers Univ., Piscataway NJ (site tentative), 10 am. Ron Salvio, above.

**July 25.** 2nd Annual Tri-City Masters Triangular Meet and Picnic. 12 noon, Randall's Island, New York City. Potomac Valley Seniors TC, Philadelphia Masters, NY Masters. 5-3-2-1 scoring. Gloria Fine, 77 Prospect Place, Brooklyn NY 11217. \$5.  
**August 21.** Open T&F meet with masters 100 & 1500, Asbury Park HS, Asbury Park

NJ. Ron Salvio, Squan Rd., Clarksburg NJ 08510. (609) 259-9268.

**August 28.** NY Masters Predict-Your-Time 2-Miler, Barbecue, Softball, Beer, etc., Great Neck LI. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

### SOUTHEAST

**July 6, 20.** Tuesday All-Comers meets, 6:30 pm, Univ. of Virginia, Charlottesville VA.

**July 24.** 1982 Virginia Association TAC Masters Track & Field Championships, Univ. of Virginia, Charlottesville. Karen Beaver, 311 Westminster Rd., Charlottesville VA 22901.

### MIDWEST

**July 17.** Lake Erie TAC Open and Masters T&F Championships. Cleveland Hts High School, Cleveland. Jeff Gerson, 6509 Marsol Rd. No. 308, Mayfield Hts. OH 44124. (216) 449-4964.

**July 31.** Penn Mutual/TAC Midwest Regional Masters T&F Championship, York High, Elmhurst, Ill. 7 a.m. Race day sign-up only. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

**August 28-29.** Ohio Weight Pentathlon & Decathlon Championships, Cleveland. Jeff Gerson, 6509 Marsol Rd., No. 308, Mayfield Hts. OH 44124. (216) 449-4964.

### MID-AMERICA

**July 10, 24.** T&F Meets, Aurora Central HS, Aurora, Colorado. Steve Kaeuper (303) 388-8180.

**July 17.** Lincoln TC T&F Championships, Open & 10-year masters groups. Ed Weir Stadium, Univ. of Nebraska, Lincoln, 1 pm. Harry Crockett, 3918 Orchard, Lincoln NE 68503.

**July 24-25.** Decathlon Mid-West Track Club 1st Decathlon Championships, Age-grouping from age 13 thru Masters, East Newton High, Granby, Missouri. Tom Thorne, 216 E. McKinney, Neosho MO 64850.

**Aug. 20-21.** 4th Montana Masters T&F Championships, Bozeman, MT. Mike Carignan, Box 1766, Bozeman MT 59715.

**Sept. 4-5.** Rocky Mountain Masters Games, Denver. East vs. Rocky Mountain vs. West. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. Entry form in July and August issues.

### SOUTHWEST

**July 24.** 2nd Annual Texas Masters Track & Field Championship. TAC sanctioned. Hanby Stadium, Mesquite High School, Mesquite, TX. Dallas Masters T&F Club. 4308 N. Central Expressway, Suite 206, Dallas TX 75206. Joe Murphy (214) 826-9650 or Les Tiedtke (214) 823-8045. Entry form in July issue.

### WEST

**June 21-Aug. 6.** All-comers T&F meets, Los Angeles area. Mon: Gardena HS; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 pm. Masters competition each Wed. at Birmingham.

**July 10.** TAC So. Pacific Masters T&F Championships, Cal-State LA, Los Angeles. Gary Miller, 12137 Magnolia Blvd, North Hollywood CA (213) 843-2139.

## On Tap For July

### TRACK & FIELD

The National Masters Decathlon Championship in Gresham, Oregon on the 4th of July weekend kicks off an active month for masters track & field enthusiasts. Also that weekend is a masters weight pentathlon in New Jersey.

The Southern Pacific (LA) Masters Championships will be held on the 10th, with the Masters Sports Association Relay Carnival in New York and Harold Chapson's 80th Birthday Meet in Hawaii on the 11th.

The 17th features the British Columbia Masters Championships, the Lincoln Nebraska open & masters meet, and the Lake Erie open & masters meet in Cleveland. The next day are the Ontario Masters Pentathlon and 10K Track Championships in Toronto. The European Veterans Championships will be held in Strasbourg, France during the week.

On the weekend of the 24th are 6 major meets: the Virginia Masters Championships in Charlottesville; the Texas Masters Championships in Dallas; the West Valley meet in Los Gatos, Calif.; the Senior Olympics in Los Angeles; the New Jersey Masters

Decathlon Championships in Piscataway; and the Tri-City Triangular in New York.

The month's final weekend finds two regionals on tap: the Midwest in Chicago and the Northwest in Gresham. The CDM Relays take place in Los Angeles. The meets are the final tuneup for the National Masters Championships in Wichita the following weekend.

### LONG DISTANCE RUNNING

The 7th of 8 NIKE Masters Grand Prix Series races is set for Santa Barbara, Calif. on the 3rd, as is the Diet Pepsi National 10K Championship in New York. The Peachtree Classic takes over Atlanta on the 4th with 25,000 runners and national TV coverage. Also on the 4th is the final NIKE Grand Prix in St. Louis, with the top performers in each of the eight meets being invited to the finals in Philadelphia August 15 as part of the National Masters Sports Festival.

The San Francisco Marathon will be run on the 11th. The Desert News Marathon goes in Salt Lake City on the 24th. And don't forget Dave Paine's 60th Birthday Bachelors and Triathlon in San Diego on the 28th.

**July 11.** Harold Chapson's 80th Birthday T&F Meet, Kaiser High School, Honolulu, 7:30 am. Race-day sign up.

**July 24-25.** 13th Senior Olympics, Cal State Los Angeles. Sr. Olympics, 5726 Wilshire Blvd., Los Angeles CA 90036.

**July 24.** West Valley Masters T&F Meet, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. (408) 354-7333.

**July 24.** Masters 100 Mile Relay; 100 40 plus runners needed, to each run one mile; 6 a.m., Cal State Univ., Long Beach, Calif. Al Cherry, Compton College, 1111 E. Artesia Ave., Compton CA 90221.

**July 31.** 10th CDM "Don Palmer Memorial" Relays, Site TBA. 1 pm. Cynthia Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

**August 28-29.** 1st World Veterans Decathlon Championships. San Diego, Calif. Ed Oleata, PO Box 2822, La Jolla, CA 92038.

**October 2.** 9th Annual Santa Barbara Masters T&F Meet, Goleta, Calif. Club West., PO Box K, Goleta CA 93107. (805) 687-6323.

### NORTHWEST

**July 30-31.** Penn Mutual/TAC Northwest Regional Masters T&F Championships, Gresham, Oregon. Jim Puckett, c/o Mt. Hood College Athletic Dept., 26000 SE Stark Ave., Gresham OR 97030. (503) 667-7354. Entry form in June and July issue.

### CANADA

**July 17-18.** B.C. Masters (W35 plus, M40) Continued on page 4

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# 1982 PENN MUTUAL - TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS



Sponsored By:  
Penn Mutual Life Insurance Company  
NIKE  
Jim & Sally Hershberger

Friday, Saturday & Sunday  
August 6th, 7th & 8th

**LOCATION**  
Wichita State University  
Hillside & 21st Street North  
Wichita, Kansas

**ENTRY INFORMATION**  
**FEES**  
First event \$ 5.00  
Each additional event \$ 3.00  
Relays, per team \$16.00  
Pentathlon \$10.00

Deadline - postmarked July 23rd  
LATE ENTRIES - will be returned  
AGE as of August 6th determines age group  
TAC registration required  
No refunds for no-show

**MEET HEADQUARTERS**  
Hilton Inn, East Kellogg and Rock Road  
Packet pick-up Thursday evening  
5:00 p.m. - 8:00 p.m. or at track.

**FACILITIES**  
Rubaturf Track & Runways--  
1/2" spikes or flats  
Concrete throwing rings  
Runway  
Lockers & showers - bring lock & towel

**AWARDS**  
TAC National Championship medals awarded to first three places. Championship patches for all events.

**SOCIAL**  
Swimming - Refreshments - Munchies  
Saturday afternoon 3:00 p.m. - 8:00 p.m.  
Jim Hershberger Home  
851 Tara Lane  
No cost

**RESULTS**  
Results will be published in September National Masters Newsletter. Subscription to NMN is \$12 per year--

Write: National Masters Newsletter  
P. O. Box 2372  
VanNuys, California 91404

**GENERAL INFORMATION**

- Order of competition: Women first, oldest to youngest.
- Effort will be made to run one heat in all events 800m and above. However, if there are too many entrants, sections will be run and competitors seated in heats according to submitted times. It is important you include best time on entry form, and submit any better efforts prior to entry deadline date.
- 10,000 meters will be run in two sections: 50 & over and women -- 30-49.

**TECHNICAL RULES**

The technical rules of the open Track and Field Committee under The Athletics Congress and the IAAF shall be followed with these exceptions:

- Age on the first day of the meet will determine age group for meet.
- All members of a relay team must be registered in the same club. Unattached teams may run, but not count in official results (no awards).
- There shall be no Regional Championship restrictions to any Masters competitor involving awards or eligibility to compete.
- Age Divisions**  
All divisions will be 5 year divisions, except for relays, which will be in 10 year divisions.
- Competition in Age Divisions**  
1. A competitor may run in a younger age division, but may not compete in an older age division.  
2. If a competitor runs in a younger age division, that athlete must compete in that age division in all subsequent individual events. Relays are excluded from this restriction.
- Starting Blocks and Stance**  
Regarding the use of starting blocks and a four-point stance:  
The general starting rule is waived. Use of blocks and stance is discretionary by the competitor.
- In the javelin event, measure flat throw from where the grip lands. If javelin lands tail first, it is not a legal throw.

h) A 60° arc be used for the hammer, discus, shot and weight toss.

i) Taping of two fingers together for the shot put should be allowed. Taping of the wrist is also permitted.

**HURDLES**

Spacing: All high hurdles spacing shall be: 15 yards to first hurdle; 10 yards between each hurdle; 15 yards to finish.

Exceptions: Women 30-49 and Men 70+: 100m hurdles; standard spacing.

Women 50+: 80m hurdles; standard spacing for 100m hurdles

Heights--Men.	
30 - 39	39"
40 - 49	36"
50 - 59	33"
60 - 69	30"
70+	30"

Heights--Women.	
30 - 39	33"
40+	30"

**SHOT PUT.**

MEN		WOMEN	
30 - 39	16 lb.	30 - 39	4 kilo
40 - 49	16 lb.	40 - 49	4 kilo
50 - 59	12 lb.	50+	3 kilo
60 - 69	8 lb.		
70+	8 lb.		

Heavier weights can be thrown at the Meet Director's discretion. All throws must be made with the same weight.

**DISCUS.**

MEN		WOMEN	
30 - 39	2 kilo	All ages	1 kilo
40 - 49	2 kilo		
50 - 59	1.6 kilo		
60 - 69	1.0 kilo		
70+	1.0 kilo		

**HAMMER.**

MEN		WOMEN	
30 - 39	16 lb.	All ages	8 lb.
40 - 49	16 lb.		
50 - 59	12 lb.		
60 - 69	12 lb.		
70+	12 lb.		

**JAVELIN.**

MEN		WOMEN	
30 - 39	800 gm	30 - 39	600 gm
40 - 49	800 gm	40 - 49	600 gm
50 - 59	800 gm	50+	400 gm
60 - 69	600 gm		
70+	600 gm		

**SCHEDULE OF EVENTS**

Friday, August 6	Saturday, August 7	Sunday, August 8
<b>Track Events</b>	<b>Track Events</b>	7:00 a.m. 20 Kilometer Walk (Campus High School)
3:00 p.m. 80m Hurdles (T)	7:00 a.m. 5,000m Walk	8:00 a.m. 5,000m Run (women, 50+ men)
3:20 p.m. 100m Hurdles (T)	7:50 a.m. 10,000m Run (women, 50+ men)	8:30 a.m. 5,000m Run (30-49)
3:55 p.m. 110m Hurdles (T)	9:00 a.m. 10,000m Run (30-49)	9:00 a.m. 400m I.M. Hurdles (F)
5:10 p.m. 80m Hurdles (F)	10:00 a.m. 100m Dash (T)	10:00 a.m. 200m Dash (T)
5:25 p.m. 100m Hurdles (F)	11:15 a.m. 3200m Relay	10:50 a.m. 1,500m Run (F)
5:45 p.m. 110m Hurdles (F)	11:30 a.m. 100m Dash (F)	12:30 a.m. 200m Dash (F)
6:30 p.m. 400m Dash (T)	12:25 p.m. 400m Dash (F)	1:20 p.m. 1,600m Relay
7:25 p.m. 2000m Steeple Chase	<b>Field Events</b>	<b>Field Events</b>
7:45 p.m. 3000m Steeple Chase	9:00 a.m. High Jump (men 30-59)	9:00 a.m. Long Jump - women
8:15 p.m. 800m Run	9:00 a.m. Shot Put (men 30-59)	9:00 a.m. Discus
9:15 p.m. 400m Relay	9:00 a.m. Discus (women)	<b>Pentathlon</b>
<b>Field Events</b>	10:00 a.m. Pole Vault (45+)	8:00 a.m.
5:00 p.m. Hammer	11:00 a.m. Triple Jump	
6:00 p.m. Javelin		
6:00 p.m. Pole Vault (30-44)		
6:30 p.m. High Jump (women, 60+ men)		
7:00 p.m. Long Jump		
7:00 p.m. Shot Put (women, 60+ men)		

**List of Hotels and Motels accessible to WSU**

English Village Motor Lodge 6727 E. Kellogg (316) 683-5613	\$30.00 single \$36.00 double
Hilton Inn East East Kellogg at Rock Road (316) 686-7131	\$44.00 single \$56.00 double
Holiday Inn East 7335 E. Kellogg (316) 685-1281	\$41.00 single \$50.00 single (tower) \$46.00 double \$55.00 double (tower)
Howard Johnsons 7300 E. Kellogg (316) 684-0561	\$36.00 single \$44.00 double
LaQuinta Motor Inns 7700 E. Kellogg (316) 681-2881	\$29.00 single \$36.00 double
Mark 8 Inn 8136 E. Kellogg (316) 685-9415	\$25.88 single \$28.88 double
Ramada Inn East 8300 E. Kellogg (316) 684-0541	\$35.00 single \$41.00 double
Starlite Motor Lodge 6345 E. Kellogg (316) 683-7576	\$19.30 single \$29.96 double
Tudor Inn 9100 E. Kellogg (316) 685-0371	\$37.00 single \$42.00 double
Wichita Inn 8220 E. Kellogg (316) 685-8291	\$21.50 single \$24.50 double

Please print: Last Name First Name Middle Initial  
Address City State Zip  
Telephone ( ) Age as of Aug. 6, 1982:

Send to:  
Bob Lida, 221 N. Main St. Wichita, Kansas 67202

Male Female

Party Reservation: I will \_\_\_\_\_ will not attend \_\_\_\_\_

Events	Age Group	Best 1982 Effort

T-Shirt order: \$5.00 each  
Circle Shirt Size: S M L XL  
Enclose full payment for entry fees, and T-Shirt  
Make check payable to: The National 1982 Masters Championship

Waiver Statement  
(must be signed and submitted with registration)

As an entrant in the 1982 TAC National Masters Championships I assume complete responsibility for any injury to me or damage to my property which may occur during the event or while I am on the premises of the event; and I hereby release and hold harmless the sponsors, promoters and all other persons associated with the event from any and all liability for injury or damage, whether caused by negligence of the sponsors, promoters or other persons associated with this event, or otherwise, I grant permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Signature \_\_\_\_\_



# THE GUN LAP

by MIKE TYMN

## GALLUP(ing)

Several trophies and plaques adorn the office of Dr. James Gallup, a Honolulu pathologist, but the running booty he seems most proud of can be found in a cache on the right side of his desk. There he stores assorted tools, nuts, bolts, washers, nails, golf balls, tennis balls, pens, pencils, knives, you name it.

Some of the more unusual items are a .45 caliber bullet and a package of condoms (unused, of course). There is a jar of coins and a small notebook in which he logs his cash receipts.

All of the items have been found while running, Gallup says with some glee.

His biggest finds to date are four 20-dollar bills all rolled up together and a shark's tooth knife valued at \$59.95.

"The best place to find money is in the gutters around bars," he remarked.

Gallup puts in most of his 100 training miles each week by running to and from work, a round trip of 13 miles. He carries a little ditty bag and it's a rare day when he comes up empty.

The 46-year-old doctor has a little advantage on other runners when it comes to such treasure hunting. At 5 foot 5, he's a lot closer to the ground.

Obviously, Gallup is a guy who believes in putting his training miles to good use. Until recently, he'd put in a couple of miles every morning by delivering **The Honolulu Advertiser**.

He acquired the paper route from Derek, his 12-year-old son. "The person who had the route before Derek had 96 papers, which he delivered from a moped," Gallup explained. "It was really two routes. Derek wasn't sure he could handle that many papers by foot and still get enough sleep, so he split it in half and agreed to pay me a dollar a



Jim Gallup

Photo by Mike Tymn

day if I would handle one of the two routes."

Gallup found that the route served as a good interval workout. "I'd stop at every house to place the paper under the doormat, but I'd run pretty fast between houses," he said.

Last Christmas, Derek received a check for \$20 in the mail, a tip from a satisfied customer. There were a few anxious moments while he checked his route list to make sure that the money didn't belong to his father.

"I didn't do the collecting, so I didn't receive any tips," Gallup remarked, "but I did find \$1.23 while delivering papers."

When Derek decided a few months ago that he'd had enough of getting up at 5 o'clock every morning, dad lost out on one of his sources of income.

As a reserve officer in the Hawaii Air National Guard, Gallup frequently runs the 18 miles from his home to Hickam Air Force Base. Until a couple of months ago, he would cut across one end of the flight strip at Honolulu International Airport and go through a hole in the fence to the adjoining base. But then on one such trip, he was picked up by an airport security patrolman and taken to a local police station to be booked for being in a restricted area.

Gallup tried to explain that he was a Lieutenant Colonel in the Guard and that as a flight surgeon he had to report to his squadron right away for duty. It wasn't until one police officer walked in and recognized him as Jim Gallup, the well-known runner, that he was able to get released.

A native of Cheyenne, Wyo., Gallup began running eight years ago when he arrived in Hawaii. "My serum lipids (blood fats) were not in good order and after becoming totally stressed on the treadmill during a physical, I decided to do something for my body," he explained.

He entered his first race several mon-

ths later and finished 87th in a field of 200. "It wasn't so much the 87th place as it was finishing behind some girls that bothered me," he said.

With that race Gallup launched a training program that involved running as much as 150 miles a week. The hard work paid off. In 1976 he won the *National Masters Marathon Championship*, beating some of the best 40 year-olds in the country, with a time of 2:32:32.

In 1977, he was part of the Hawaii team that won the national masters team championship in the New York City Marathon.

Gallup seemed to have reached a plateau and even have slowed up a little until last July when he began setting new personal bests for himself. These PR's include 32:37 for 10K, 50:04 for 15K, 1:11:10 for the half-marathon, and 1:26:02 for 25K.

He now has his sights set on breaking 2:30 for the marathon.

Asked to explain his sudden improvement, Gallup said that he started working out on the stationary bike while injured last year and this, he found, added to both his strength and speed.

With all of his running heroics, Gallup has apparently failed to impress young Derek. Not too long ago, Derek came home quite excited and told his mother that Brian Jones, an upper classman at the private school he attends, had finished 19th in the local TAC 30-kilometer championship. Jones, the school's top runner, had become something of a hero to Derek.

"But do you know who won the race?" Maxine Gallup asked.

"No," he replied.

"It was your father," Maxine exclaimed.

To which Derek shrugged his shoulders and walked away, as if to say, "so what's new? Dad's always doing unusual things." □

## TEXAS MASTERS TRACK & FIELD CHAMPIONSHIPS

Saturday Night: July 24, 1982

Dallas, Texas: Mesquite High School — (Chevron Track)

Sanctioned by: TAC (#'s Required)

MEN: 5 year age brackets — WOMEN (10 year age brackets)

Open: Men & Women — All Ages.

Events: Early Morning — 5K & 10K

Evening — All track & Field Events except Steeplechase & Hammer

ENTRY DEADLINE (Without penalty): 7-17-82 (postmark)

Joe Murphy

4308 N.C. Expwy., 5-206

Dallas Tx 75206 (214) 824-3800 (Off.);

363-1419 (Res.)



# NATIONAL MASTERS SPORTS FESTIVAL

## AUGUST 12-15, 1982

Sponsored by Penn Mutual

### MASTERS TRACK AND FIELD



**SANCTION:** The Athletics Congress

**ELIGIBILITY:** TAC not required. However, to be eligible for some special awards, you must be a TAC member.

**DATES & SITES:** August 13 - 15th - Franklin Field & River Field, University of Pennsylvania, Fairmount Park, Philadelphia, Pa.

**AGE CLASSIFICATIONS:** Open to all men and women starting at age 30.

**DIVISIONS:** Men & Women: 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(80-84); 5B(85+).

**ENTRY FEES:** Individual events - \$4.00 per event.

Relays - \$12.00 per relay team.

**FESTIVAL ENTRY FEE:** \$15.00 per person.

**ENTRY DEADLINE:** July 23rd, 1982. Entries postmarked after this date will be returned.

Wednesday, July 28, 1982 - **MUST BE RECEIVED!**

**REFUNDS DEADLINE:** August 1, 1982.

**NO LATE ENTRIES.**

**AGE DETERMINATION:** Age as of August 13 will determine age group.

**AWARDS:** First three in each age group will receive medals.

**FESTIVAL CHAIRMAN**

Mr. Jim Weed

11672 E. 2nd Ave.

Aurora, Colorado 80010

303-341-2980

**MEET DIRECTOR**

Mr. Fred Mannis

c/o General Data

1520 Locust St.

Philadelphia, Pa. 19102

215-985-1780

**FACILITIES:** Franklin Field - 9 lane tartan track for all running events, PV, LJ, TJ, HJ, tartan runways. (Maximum 1/4 inch spikes).

River Field - @ 1/2 mile away for D, J, SP, HT (concrete throwing circles, grass javelin runway).

West River Drive - Fairmount Park - approximately 1 mile away from Franklin Field.

**STANDARDS FOR THE HURDLES & WEIGHTS - Men & Women:** Refer to the January 1982 edition of MASTERS NEWSLETTER. It contains the revised standards for the hurdles and weights as established by the December 1981, TAC Convention.

**RELAYS:** There will be club relays where each entrant must be a member of the same club. Runners may move down from their age division. The following relay events will be held:

4 x 100	30-39, 40-49, 50-59, 60+	M&W
4 x 400	30-39, 40-49, 50-59, 60+	M&W
*400-200-200-800	one 30+, two 40+, one 50+	M&W

\*Sprint medley teams may be made up the day of the race.

**WEATHER:** We remind you that August, in Philadelphia, promises to be extremely hot & humid.

**HOTEL ACCOMOTATIONS:** For further information contact Randi Shapiro at (215) 387-0262.

**SCHEDULE OF EVENTS:**

The meet is divided into the following sessions:

Friday, August 13	morning session	start at 8:00 A.M.
Friday, August 13	afternoon session	start at 1:00 P.M.
Saturday, August 14	morning session	start at 8:00 A.M.
Sunday, August 15	morning session	start at 7:45 A.M.

The starting time of each session, the events to be held during the session, the relative order of those events, and the relative order of the divisions within an event will not change. However, the final schedule with actual start times for each event and division cannot be determined until after all entries have been received. The final schedule will be completed by August 10. You will receive a complete schedule at registration.

**ORDER OF EVENTS:**

- A. Younger to older men, then women.
- B. Submaster then women, then older to younger men.
- C. Divisions indicated.

All finals will be run in the scheduled final time slot.

The LJ, TJ, SP, D, J & HT events will be conducted on a trial and final basis. If a five year age group has five or more competitors, each competitor will have three jumps or throws in the trials. The top four will receive three more jumps or throws in the finals. If a five year age group has four or less competitors, there will be no trials. Each competitor will have three jumps or throws in the finals.

**Friday, August 13 - Morning Session**

Event Number	Event	Order	Time	Place
18	3000 ST F	B	8:00 A.M.	Franklin Field
19	110 HH F	A		Franklin Field
20	800 F	B		Franklin Field
21	100 T	B		Franklin Field
22	5000 Walk F	ALL		Franklin Field
* 23	1 mile PYT			Franklin Field
21A	100 F	B		Franklin Field

\*Predict your time mile for anyone not entered in other T & F events. (Family, friends, officials etc. may enter at meet - no entry fee - medals awarded to age group winners).

Field:

Event Number	Event	Order	Time	Place
24	Pole Vault F	1A, 1B, 2A, 2B, 3A, 3B	8:00 A.M.	Franklin Field
25	Long Jump F	OA, OB, 4A, 4B, 5A, 5B, W	8:00 A.M.	Franklin Field
26	Shot Put F	A	8:30 A.M.	River Field

**Friday, August 13 - Afternoon Session**

Track:

Event Number	Event	Order	Time	Place
27	400 F	B	1:00 P.M.	Franklin Field
28	4 x 100 F	B		Franklin Field
29	Sprint Medley F	-		Franklin Field

Field:

Event Number	Event	Order	Time	Place
30	Pole Vault F	OA, OB, 4A, 4B, 5A, 5B, W	1:00 P.M.	Franklin Field
31	Long Jump F	1A, 1B, 2A, 2B, 3A, 3B	1:00 P.M.	Franklin Field
32	Discus F	A	1:00 P.M.	River Field

**Saturday, August 14 - Morning Session**

Track:

Event Number	Event	Order	Time	Place
33	400 IH F	B	8:00 A.M.	Franklin Field
34	5000 F	B		Franklin Field
35	200 T	B		Franklin Field
36	1500 F	B		Franklin Field
35 A	200 F	B		Franklin Field
37	4 X 400 F	B		Franklin Field

Field:

Event Number	Event	Order	Time	Place
38	High Jump F	3A, 3B, 4A, 4B, 5A, 5B, W	8:00 A.M.	Franklin Field
39	Triple Jump F	A	8:00 A.M.	Franklin Field
40	High Jump F	OA, OB, 1A, 1B, 2A, 2B	10:30 A.M.	Franklin Field
41	Hammer throw F	A	8:30 A.M.	River Field
42	Javelin F	A	11:00 A.M.	River Field

**Sunday, August 15 - Morning Session**

Track:

Event Number	Event	Order	Time	Place
43	20,000 Walk F	All	7:45 A.M.	Fairmount Park, West River Drive
44	10,000 LDR F	All	8:00 A.M.	Fairmount Park, West River Drive

### National Masters Sports Festival OFFICIAL MASTERS TRACK & FIELD ENTRY FORM

Please Print

Name \_\_\_\_\_  
LAST MIDDLE FIRST

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Team Affiliation \_\_\_\_\_  
(complete and accurate team name)

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Sex M ( ) F ( )

(proof of age may be required)

Event Number	Event	Recent Best Mark
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

\* Special relay entry forms, declaring members will be filled out at the meet. However you must pre-enter the number of teams and pay by the entry deadline.

FESTIVAL ENTRY FEE: \$15.00 per person	\$ _____
INDIVIDUAL EVENT FEES: \$4.00 Per Event	\$ _____
RELAY EVENTS: \$12.00 Per Relay Team	\$ _____
Total Check or Money Order Enclosed	\$ _____

PLEASE SEND ENTRIES TO: RANDI SHAPIRO  
NATIONAL MASTERS SPORTS FESTIVAL  
PHILADELPHIA CIVIC CENTER  
34TH AND CIVIC CENTER BLVD.  
PHILA., PA. 19104

PLEASE MAKE CHECK PAYABLE TO: NATIONAL MASTERS SPORTS FESTIVAL

#### WAIVER

In consideration of the right to participate in the 1982 National Masters Sports Festival, I do hereby for myself, my heirs, executors, and administrators release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said events to be held on August 12-15, 1982, or which may hereafter accrue to me against The National Masters Sports Festival Corp., The Penn Mutual Life Insurance Company, The Sanctioning Bodies, The City of Philadelphia, The University of Pennsylvania, The Officials, and any and all other sponsors and their officers and agents thereof. I further certify that I am in good physical condition and have trained for several months and have recently undergone a thorough physical exam by a certified medical doctor.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_



# On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

## “COPING WITH A COP OUT”

On occasion I admit, I have sounded like the person who has been everywhere and done everything. Fact is, I have, now that I've run my first ultramarathon. I'll also admit that I always felt the 50 mile, 100 mile, 24 hour stuff was all a bit of a cop out. I can't run a good marathon so I'll get weird and run upstairs, or 500 miles or some other, "I'm different" routine. Now, that I think about it however, there must be easier ways to cop out than running 100 miles.

Anyway, last Friday afternoon, I leaped into my low rider Volare and headed north for Kettle Moraine Park near Whitewater, Wisconsin and the running of the Ice Age 50. I joined a group two hours later at Race Headquarters in the Paradise Motel. We quickly sat down to a pre-race feast fit to satisfy what I was handling as simply, a pair of marathons, no big deal.

How tough could that be? Especially if I cut it back a bit. To be honest, it didn't sound worth a damn. Things didn't look any better by the time we finished our meal, it was terrible. For \$3.75, I didn't say much, merely tried to salvage something by finishing off the mint bowl they always have near the cash register in family cafes. This family cafe sported my favorite neon sign above the door; EAT. No more appealing than the always popular, "GOOD FOOD," but more direct and at the same time more to the point. The yellow mints are my favorite. As we stood around the bar talking about other 50's we've done the band struck up. I couldn't believe my ears. A Shot-tish, then a polka and damn if they didn't play our song, David and Me, — the Saturday Nite Waltz. It wasn't as good as we'd liked it to have been because now, even in Whitewater,

Wisconsin they jump around just like they do on American Bandstand. Even a good old polka looked kinda dumb. Man, I wonder where Frankie Yankovich is these days? The Six Fat Dutchmen? The Jolly Lumberjacks?

Race time was 6:30 a.m. and would be run totally on the nature trails of the park, two 25 mile loops that again didn't seem half bad. Whatever else, it sounded like it was going to be scenic. We talked about bed. Two single runners in our group were accompanied by women. One couple announced they would seek out a D.C. for late night carbohydrates. That's young talk for Dairy Queen, you old fart. We then went up to our rooms and entered into the long but meaningful process of displaying the supplies each of us had gathered for tomorrow's race. One guy, a veteran of several 50's, two triathalons and a Western States, just for laughs, quickly assumed titular control. He had approximately 70 pounds of bananas, 15 pounds of raisins, 10 pounds of hard candy, six dozen oranges, two cases of granola bars, 50 gallons of orange juice and six dozen prune bagels. He had other stuff for his girlfriend but that didn't count. I produced a half pocket of the mints I'd taken from the restaurant and made quite a production of tossing them in the pot — so to speak. Everyone went through their supplies and I felt a lot better when the conversation turned to what we would be wearing. I proudly produced a new pair of purple shorts I knew would impress them. I knew they would be a hit because they weren't really running shorts. I'd ordered them out of one of those snotty mail order catalogs who claim to exist primarily for the yachting crowd. They were really swim trunks and I had cut out the white mesh inner liner so I could hike them up high allowing my buns to show. You know, like a runner. They were an instant hit. Who makes them? Where did you get them? Are they available? Are those TRINIDAD/TOBAGO'S colors? It reminded me of the time I came across some original Tiger shoes I'd stored away and forgotten. I broke them out and showed up at a race. People gathered around me like I was a rock star. I remember how wonderfully important I felt when I announced, "Actually these are experimental, Tiger wanted me to race in them a few times and let them know what I thought." The Ice Age starting line was about five miles away from the motel but we had no trouble finding it — you could smell the vaseline, desecated liver, and other magic po-

tions ultramarathoners love to rub on their bodies, from the motel parking lot. Well, you know about, "When in Rome," so I rubbed stuff all over my body too. Actually it got to be kind of fun. My wife wasn't running but she went for the rubbing too. Why not, who said you had to be behind closed doors? Isn't this really what running's all about anyway?

The race started as uneventful as any race attended by Chicago's Jim Bengston. He was standing on his head howling like a coon dog when the gun went off. The run was long and boring, what can I say? Having just read another of those never-ending stories about the need and importance of concentrating during a race, this time I was determined not to let my mind wander. It's the thing that truly separates the champions, the ability to concentrate totally. It was surprisingly easy. Granted, there wasn't much temptation to visit with the other runners, they were about as inspirational as a group of insurance agents. I ran easy, I tried to relax and most importantly, I concentrated. I concentrated on an alarming series I had recently heard on SPECTRUM about herpes — at 10 miles, lost and lonely, I had positively identified their two initial symptoms — in my own body! Could I have gotten them from a toilet seat too? If I die I'm going to give all my money to PUBLIC TELEVISION. It's not much but maybe it will allow them to cut back on their pathetic begging for money auctions by at least an hour. I concentrated on the economy. I'm thinking about my own neglected stock portfolio. I should probably divest my holdings of all that Braniff stock I own, the last reports I heard didn't sound good at all. I wonder if Boston Blackie and Inspector Faraday are aware of the mess Will Cloney has made of an American treasure — the Boston Marathon? At thirty miles I do something I don't believe. I not only speak to this miserable creep with backpack and belt full of bottles, I ask him if I can borrow his Walkman for a mile or two. He accommodates me but I'm forced to listen as he explains how each plastic recyclable bottle has a different number of calories. I want to chop him mercilessly to the ground but my indebtedness for the Walkman prevailed. I buckled on the ear phones just in time to hear a public radio commentary about California's upcoming primary election. Voters can win a trip to Hawaii, a lifetime supply of french fries, etc., for just putting their name on the back of the ballot. You know, it's things like this that make California the great place it is. A vote in Chicago is still only worth a half pint of Ripple.

At 32 miles my body as a function of my being has ceased. Listen pal, I've been disqualified, a bandit, a DNF and a no show — it's no big deal, life goes on. Just the same, this one has me a little worried. I wonder how the results will show copping out, of a cop out?

### NATIONAL ATHLETIC CONGRESS POSTAL RELAY CHAMPIONSHIPS FOR MASTERS. SPONSORED BY THE ATHLETIC CONGRESS: PENN MUTUAL: AND, NIKE.

The following relays will be held in two age divisions: Division I (40-49) & Division II (50+) for both men and women. All distances will be metric. 4 x 100; 4 x 200; 4 x 400; 4 x 800; 4 x 1600; Distance Medley (1200, 400, 800, 1600); Sprint Medley (400-200-200-800). Adjustments will be made if run in yards. PLEASE TRY TO RUN THE RELAYS IN METERS.

There will also be an age medley at 4 x 400 with a leadoff of a 40-49 year old; 2nd leg, 50-59; 3rd leg 40-49; anchor leg 60+.

These relays can be run as part of any track meet or on a time trial base... operate on the honor system. The following rules will govern:

1. All times must be run from Jan. 1st to Sept. 15th.
2. An individual can run in more than one relay but not more than once in any one particular relay event.
3. An athlete can go down in age but not up in age.
4. A separate entry form must be used for each relay.

**NO ENTRY FEES**

PRIZES: Official TAC Championship medals to the first three teams in each relay plus TAC National Championship patches to the winning team. The results will be published in the National Masters Newsletter. The awards will be sent out before April 1st.

**PROCEDURE TO ENTER:**

RUDY ENDERS, 10101 COLEBROOK AVE., POTOMAC, MD. 20854 will coordinate these postal championships. All entries must be received by Oct. 1st.

ALL TEAM MEMBERS MUST BE REGISTERED IN THE ATHLETIC CONGRESS.

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

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

TEAM MEMBERS:

1st LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

2nd LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

3rd LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

4th LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

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

MEET DIRECTOR: NAME \_\_\_\_\_ CHIEF TIMER: NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ADDRESS \_\_\_\_\_

Mail form to RUDY ENDERS, 10101 COLEBROOK AVE., POTOMAC, MD. 20854







# 1st WORLD VETERAN DECATHLON AND HEPTATHLON CHAMPIONSHIP

SPONSORED BY THE SAN DIEGO RUNNING NEWS AND SAN DIEGO STATE UNIVERSITY

## AUGUST 28 & 29, 1982, 9 A.M.

- WHERE:** San Diego State University Track
- ENTRY FEE:** \$10 per event (entry deadline August 23)
- AWARDS:** 3 Place medals in each event, each 5 year age group. Complementary commemorative t-shirt to all entrants.
- RULES:** WAVA rules, specifications and hurdle heights will apply.
- SCORING:** IAAF Tables — 40-49 and women, WAVA Tables — Men 50+
- FACILITIES:** Artificial track and runways requiring 1/4" spikes. Shower and locker facilities available at track. Implements and vaulting poles furnished if needed.
- HOW TO ENTER:** Mail check payable to Ed Oleata, together with application to P.O. Box 2822, La Jolla, CA 92038.

(Return this portion with check)

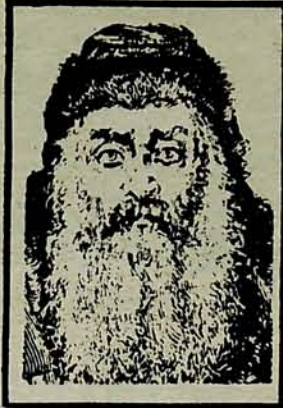
NAME \_\_\_\_\_ Circle One: Decathlon Heptathlon

ADDRESS \_\_\_\_\_  
STREET CITY STATE ZIP

AGE ON AUG. 28, 1982 \_\_\_\_\_ TAC Number \_\_\_\_\_

In consideration of acceptance of my entry, I do hereby for myself, my heirs, and executors or administrators, waive, release and forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me, against the Sponsors, WAVA, TAC, San Diego State University, Ed Oleata or their officers or representatives, arising out of my participation in the 1982 World Veteran Decathlon/Heptathlon Championship. I certify that I have no physical impairments which might in any way prevent me from competing. I compete at my own risk and I certify that I am the age listed above.

Signature \_\_\_\_\_ Date \_\_\_\_\_



# Phil THE Philosopher

by PHIL CONLEY

## SEX, MONEY, COMPETITION AND JOE HENDERSON

I was impressed upon hearing somewhere that the tabloids could revive flagging circulations by highlighting the words SEX and MONEY in titles of their articles, even though the articles themselves might carry little information on how to enjoy more of either one.

SEX and COMPETITION do have some similarities for our readership. In our 20s and early 30s many can say that they have mastered the techniques in each and that they can't get enough of either. Additionally, there seem to be no ill effects, and in general, recovery from each is swift and complete.

As one enters the late 30s and the midlife-crisis 40s, one must be more deliberate. Each activity is still enjoyable, and the pursuit of conquests in either arena requires more mental preparation than in earlier years. Recovery is not so fast, nor so complete.

In the 50s one needs to create a seasonal plan, whereby a sequence is created and justified mentally before any physical activity at all is undertaken. Frequencies of once every 2 or 3 weeks seem to be all that our fellow stalwarts can manage here.

In the 60s I seem to detect a renewed vigor of desire for each activity. The 60s age groups are very competitive in our sports of LDR and track and field, and may well contain the finest relative performances seen in our sports. I would not be surprised to learn that these same brilliant performances are repeated in the bedroom as well. It most likely is attributable to the old saying, "the flame always burns brighter, just before it goes out."

In the 70s and beyond, the SEX part shares the same problems that we see in meets and races. There just aren't enough active participants for us to crown a real set of CHAMPIONS.

The column this month, after this aborted false start, will focus in a rather serious vein on helping the reader to analyze and determine, for him or herself, just how much competition is desirable. A second personal examination, based upon the number and extent of lost training days due to injuries, and the mental state during recovery, should be made before any final conclusions are drawn.

One of the ongoing themes that I,

and for the most part, the other columnists in NMN provide and develop, is that competition is GOOD. Although Editor Al, to my best knowledge, has never created a readership survey, all the writing in NMN is geared to the COMPETITOR. We print results of races and meets; we glorify the athletes who in later years manage to produce superior marks, PR's and age group records. We try to examine how and why we should stay in harness and try to improve; we all earnestly seem to believe that MORE and BETTER are the slogans which will make competition in our middle and later years more enjoyable, or at least more tolerable.

Shortly after I began writing this column for NMN, I received a very warm "Welcome to The Club" letter from the legendary running author, Joe Henderson. We have seen each other occasionally at races over the past 16 years, but by no means would I say that we are close friends, or that I necessarily support his LSD ("long slow distance") emphasis on training.

However Joe is indeed one of the earliest and widest-read authors on the running scene. Joe was running and writing before a Wendy Miller even knew what a jockstrap was all about! So it is that this month's column will examine some comments from Joe, and more importantly, the philosophical elements that his stated personal position on competition provides for the NMN readership.

Joe Henderson writes as follows: "You asked for trouble when you said (in an early column) you wanted to 'hear from those of you who are in good shape through training but do NOT choose to participate in competitions . . .' I'm one of those guys — but perhaps with a difference. Many of the newer runners, who've never completed, establish grand rationales for never racing. When the fluff is blown away, they're saying, 'I'm afraid I'll make a fool of myself.'

"I have been a competitor. I've made myself look foolish more than 600 times, at distances from 100 yards to 100 miles. Fear of embarrassment is not the reason I have all but quit racing. But another fear is.

"I'm afraid of the dark forces released by competition. Six hundred races have left such a legacy of physical

damage that injuries surface with little provocation. Running alone, I stay aware of minor pains and keep them from becoming major. Running with others, I turn self-destructive!

"So, while I have nothing against competition in general, and remember my own races fondly, I must choose not to compete now."

Upon reading Joe's letter with the above commentary, my pro-competition mind was set astir with many thoughts, and I wrote back to him with these comments: "I was very intrigued by your statement, whether submitted knowingly or not, that even though you KNEW you shouldn't, you couldn't help but race a training partner, and would get injured in doing so. Thus, it seems, you always try to run alone simply to avoid competition and injury.

It appears that "You're your own worst enemy," and that your competitiveness overcomes good judgment in the battle to "win." Or did you mean in your reference that self-destruction only occurs in real (starting gun) races and not in contrived races during training?

"In either case, do you think that you're relatively unique, after many years and 600 races, in this self-destruction while engaging in your competitions at 100+% effort attempts? Do you feel that EVERYONE risks and receives undue exposure to injury from excessive competition?"

Joe was kind enough to reply to my questions as follows: "In the sense you talk about it, I am my own worst enemy! I may only have the speed of a sore-legged plow horse now, but I still have the mind of a thoroughbred. Whenever I sniff competition, I respond in the ways I learned to respond as a kid on high school and college track teams. I race to my LIMIT — and often beyond.

"It doesn't matter what the setting

is: true race or just a run with one or more friends. The result is the same: competition. In fact, the competitors don't even have to be human! A watch and a measured course are enough if the two are combined.

"As self-protection, I have to limit my competitiveness (of any type) to one day in ten. Experience has shown this to be the most I can handle without crashing. On the other days, I must avoid human contact, and run for a period of time on a course of unknown distance or on a measured course without a watch."

So, there you are, right from the horse's mouth, or as some of you hyper-competitors may think, the other end of the horse! Many of you have experienced those terrible injury-ridden weeks where the pervasive malaise of running inactivity appeared to take over your entire soul. Consider Joe's words and general philosophy with regard to competition. Should YOU discard your stopwatches and forsake your training partners and measured courses? The true balances that each of us tries to attain lies within each of our individual minds and bodies.

OK, OK, you purists are asking when do we get to the MONEY part of this. Well, here it is!

I feel obliged to mention here that Joe's respected thoughts and news on running can be secured on an ongoing basis by sending \$24 for 24 issues of his RUNNING COMMENTARY newsletter. Write to 2011 Kimberly Drive, Eugene, OR 97405.

You can still become a part of THIS column for free by penning off your thoughts on aging, motivation and the like to me as follows: Phil Conley, P.O. Box 61, Sea Ranch, CA 95497. By also sending cash, you can attract my attention and earn my undying gratitude as well! □

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## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1982

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
EDITH BISCHOFF (MO)	7-3-32	50-54
M. DUNBAR (AUS)	7-26-37	45-49
G. FEMTANA (SWI)	7-30-42	40-44
MARLYS HAYDEN (US)	7-12-32	50-54
LUCY KILLEA (SAN DIEGO, CA)	7-31-22	60-64
SANDY PASHKIN (NY)	7-6-42	40-44
HEIDI SKADEN (SACRAMENTO, CA)	7-27-37	45-49
JEAN SPIERLING (ARROYO GRANDE, CA)	7-13-27	55-59
ROBERTA WIDMANN (FT. WAYNE, IND)	7-26-42	40-44
HERBERT ANDERSON (BELLVUE, COLO)	7-15-02	80+
EDWARD BENHAM (OCEAN CITY, MD)	7-12-07	75-79
HAROLD CHAPSON (HONOLULU)	7-11-02	80+
FERNAND CYR (SANTA ANA, CA)	7-25-22	60-64
DAGOBERTO GONZALEZ (PUR-PLAINFIELD, NJ)	7-30-32	50-54
OLAF GRANGS (NORWAY)	7-13-12	70-74
LOU GREGORY (PENSACOLA, FLA)	7-10-02	80+
MAURC MERNANDES (SANTA MONICA, CAL)	7-30-22	60-64
ALLAN MERRETT (AUSTRALIA)	7-17-22	60-64
TARAKI MIYATA (JAP)	7-2-12	70-74
TED PUMPY (WATSONVILLE, CA)	7-2-97	80+
DAVID PAIN (LA JULLA, CALIF)	7-31-22	60-64
HERE PARSONS (US)	7-6-37	45-49
MANFRED PREUSSGER (EU)	7-10-32	50-54
JOSE SANCHEZ (SPA)	7-21-42	40-44
IVAR SAND (NOR)	7-17-12	70-74
YOSHITO TASAKI (JAP)	7-29-07	75-79
LOU TURBEVILLE (HONOLULU)	7-12-22	60-64
RAY WILLIAMS (SANTA BARBARA, CALIF)	7-24-07	75-79
GEORGE YOUNG (AZ)	7-24-37	45-49
EMIL ZEPPLJAKI (UO)	7-10-77	80+

The 1982 National Marathon Championship of  
the Road Runners Club of America.

# The most beautiful urban marathon in the country.



October 3, 1982

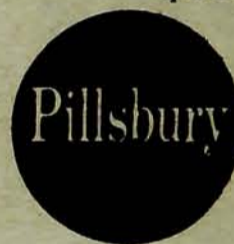
**S**tart in the Heart of downtown Minneapolis and finish in the Heart of downtown Saint Paul. In between, run more than 20 miles of tree-lined parkways, past a handful of Minnesota's famous lakes, along and across the Mississippi River. We've taken the best parts of the half-dozen prettiest courses in the Twin Cities, and put them together to make up the most beautiful urban marathon in the country!

INDIVIDUAL AWARDS will be given to men and women in these age groups: under 20, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69, and 70 and up. Two of the award winners (one male and one female) will receive a trip to the Boston Marathon.

TEAM AWARDS will be given in Open, Women, and Masters divisions. A team consists of three or more individuals (awards based on the places of only the first three finishers). In the Women's division, all team members must be female; in the Master's, all must be 40 or over. There are no restrictions on the makeup of an Open team. All team entries must be in by September 25, 1982.

ENTRY FEE is \$6 on or before September 18, and \$10 from September 19 thru noon, October 2, at which time registration closes. The entry fee includes a finisher's T-shirt. Add \$1 for bus transportation (downtown St. Paul to start or finish to downtown Minneapolis), \$2 for results booklet, and/or \$5 for spaghetti dinner (to be held October 2 in downtown St. Paul). Make check payable to TWIN CITIES MARATHON and mail to P.O. Box 24193, Minneapolis, MN 55424. Enclose self-addressed stamped envelope for registration confirmation.

Sponsored by



**WCCO  
Real  
Radio.**

Name (Last name first) _____			Age ____	Sex M F	Bus (\$1) Yes No	Results (\$2) Yes No	Dinner (\$5) Yes No
Mailing Address (Include Apt. No. and/or c/o) _____			Telephone _____				
City _____		State ____	Zip Code _____				
Previous Best Time Hr. Min. Sec. (10K or marathon) - - -	Birthdate Mo. Day Year - - -	Team _____					

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my Heirs, Executors, and Administrators, do hereby release any and all sponsors of this race, and their representatives, successors and assigns, from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures, and recordings of me participating in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by my signature below.

Signature \_\_\_\_\_      Cosignature \_\_\_\_\_  
\*By parent or guardian; required if applicant is under 18 years of age.





# National Running Data Center

from BOB MARTIN, Executive Director

Here are the times it took to make the top 100 in the marathon in 1981: Open men, 2:18:25; Open women, 2:54:11; M35, 2:35:18; W35, 3:19:14; M40, 2:39:46; W40, 3:26:43; M45, 2:49:11; W45, 3:54:09; M50, 2:54:40; W50, 4:56:43; M55, 3:17:04; M60, 3:36:06; M65, 6:12:53.

In this issue of NMN are the U.S. masters 20 kilometer rankings for 1981. (The 10K and 15K rankings were published in the May and June issues). Listed are the top 25 runners in each 5-year age group from 35 for men and women. (If less than 25, that's all there were.)

The top 50 in each age group for all road distances, and the top 100 in the marathon, are in the NRDC book: In Depth Masters Road Rankings, available from NRDC, Box 42888, Tucson AZ 85733 for \$5.95.

Two marks were omitted from the 10K rankings published in May:

1) Tony Sapienza of Bradford, Mass. ran a 34:29 in the Diet Pepsi National Championships, which places him 4th in the M50-54 division. The original Pepsi results omitted Sapienza's name.

2) Paul Reese of Sacramento, Calif. recorded a 40:07 in a Stanislaus, Cal. race Nov. 1, which places him 9th in the M60-64 bracket. Those results were just received.

Each month, the National Masters

News will publish the 1981 rankings for a different event.

Sam Bair, 35, of Pennsylvania had the fastest over-age-35 20k clocking last year — a 1:04:47 on May 23. Kirk Randall topped the M40 group in 1:06:11 with a 1:14:31 by Courtney Riordan making the top 25.

Brian Harris' 1:07:02 led the 45-49 men, with Frank Delgado managing the top 25 in 1:19:43. Herb Chisholm's 1:12:34 led the M50 division with Tom Gibbons and Don Longenecker recording identical 1:20:30's to win M55 and M60 honors, respectively.

Ann Diaz, 41, logged the fastest over-35 women's 20K in 1:21:01. Linda Sippelle led the W45 category in 1:22:56 with Patricia Hatz' 2:01:49 placing 25th. Matilee Christman set a U.S. W50 record 1:28:02, while Mary Storey's 1:36:04 is a W55 mark.

## Report From Australia

by JACK PENNINGTON

On April 12 in Sydney, there was a 100 mile track race with 20 starters. M60 Cliff Young won in 14 hours, 47 minutes. At 70 miles, his shoes started to hurt, so he ran the last 30 miles without them.

Young was 7th in the M55 marathon in Christchurch 1981 in 2:58. He's a potato farmer and doesn't own a car, so he runs everywhere. He even runs 28 miles to get a haircut, and 28 miles home again.

He has no athletic background, ran his first race in 1980 — a marathon in street clothes in 3:04. In Christchurch, he ran the M55 cross-country in long pants, which became waterlogged on the 1st lap. It takes all sorts and this character just loves to run.

John Gilmour, 64, ran 20 miles in 1:59:58 a few weeks ago.

## Need Back Issues?

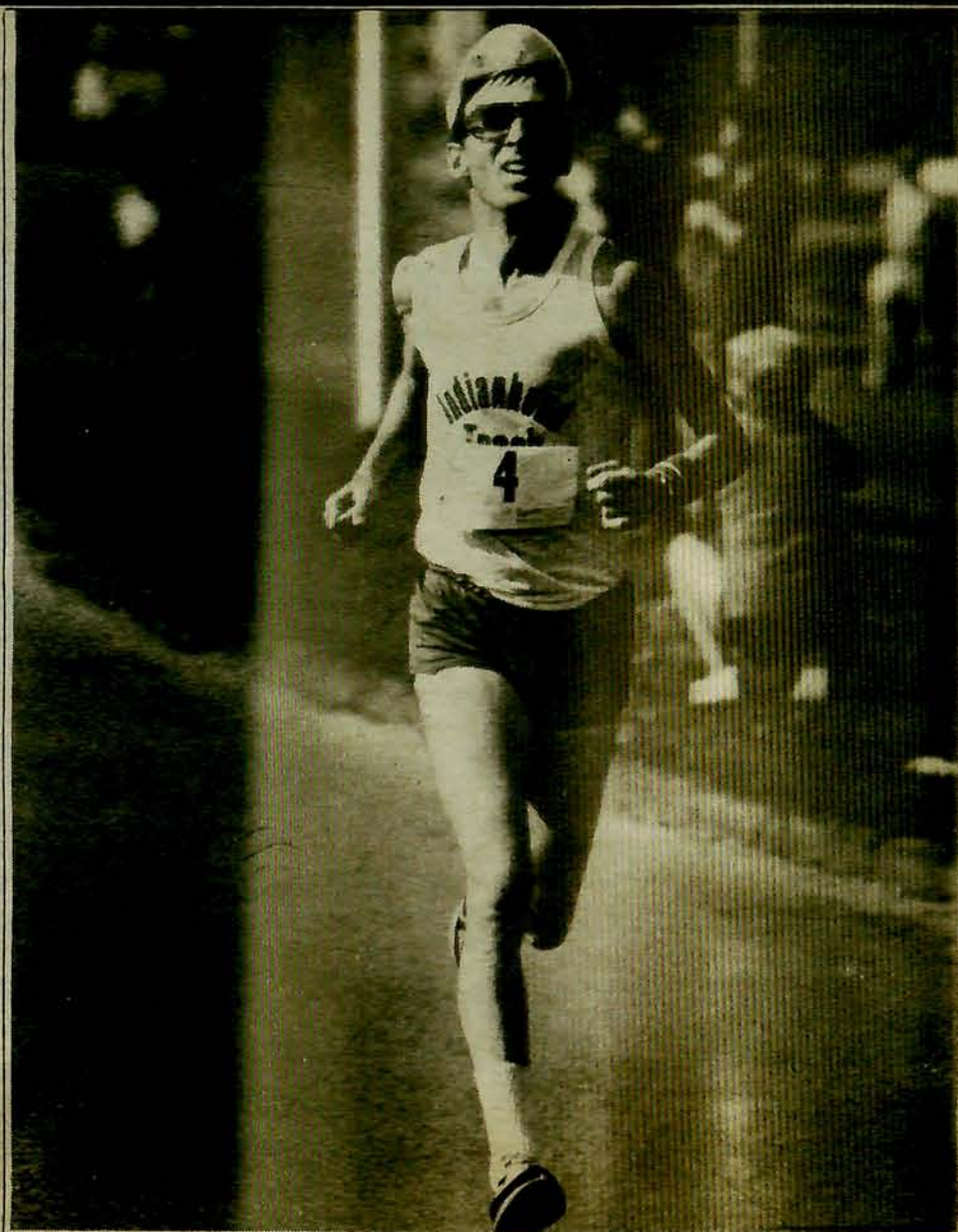
Most back issues of the *National Masters News* are available for \$1.25 each, plus 50¢ postage and handling for each order.

Send to:

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

## NATIONAL MASTERS TAC PENN MUTUAL WEIGHT PENTATHLON CHAMPIONSHIPS PLUS NATIONAL INVITATIONAL THROW-A-THON

**DATE:** August 28, 1982  
**SITE:** Ware Road and Route 47, Woodstock, Illinois  
**EVENTS:** Pentathlon (Hammer, Shot Put, Discus, Javelin and 35 lb. Weight Throw) 6 Throws in each event.  
**ELIGIBILITY:** Open to men and women above 30, five-year age groups.  
**AWARDS:** Medals to three highest scorers in each division.  
**ENTRY FEE:** \$6.00  
**TIME:** 10:00 A.M.  
**MEET DIRECTOR:** Chuck Klehm  
2 E. Algonquin Road  
Arlington Heights, IL 60005



Dan Conway, Chetek, Wisc., wins Cotton Row in 31:37 to set U.S. age 43 record for 10K.

Glenn Baeske, Huntsville News

## Masters 100 x 1 Mile Relay

by WILL RASMUSSEN

The San Diego Track Club sponsored a Masters 100 x 1 Mile Relay at Grossmont College on May 8th. The group of men, age 40 and over, set a new American Record of 8:52:22 breaking the old record of 8:57:47. The new American Record, which averages 5:19.4 per mile, was still off the World Best set by a British team at 8:45:21, an average of 5:15.2 per mile, but we're getting closer — and we're going to try again later this year!

The day was cool, in the low 60's, and overcast with a steady wind of 20-30 mph which blew down on straight-away and half of one turn. We had hoped the early morning wind

would die down, but it continued all day and got worse in the afternoon. For what its worth, we figured the wind might have slowed each runner by that four seconds needed for the record. Alas, done in by fickle weather again!

We have tentatively scheduled another attempt at beating the British team's record for Sun. October 3rd at Saddleback College (North of San Clemente). We are looking for some additional Masters to join us in this next attempt; especially anyone who can run 5:20 or faster. In L.A., contact Dave Holland 541-5841 (evenings) and in San Diego contact Will Rasmussen 447-8909 (evenings). □

## Chile Hosts 1st South American Championships

SANTIAGO, Chile, April 8-10. The 1st South American Masters Track & Field Championships took place here today on the 8-lane, tartan track at National Stadium.

Competition was held in 5-year age divisions for men over 40 and women over 35, with full fields in most events.

Among the top performances were: — a 15.78 by Hans Miethe in the M 40 110 39" hurdles.

— a 53.52 by Zildo Bueno in the

M40 400 meters.

— a 32:13 by Jose Ramirez in the M40 10000.

— a 2:10.8 by Hector Paul in the M50 800.

— three "wins" in the M50 division by invited guest Luis Torres of Puerto Rico.

Carl Klehm of Chicago was another invited guest, competing in the shot, discus and hammer.

Robert Fine  
77 Prospect Place  
Brooklyn, New York 11217

Dear Masters Representative:

This letter is being written under the authority of Bob Boal, Chairperson of the Masters Long Distance Running Committee of the Athletic Congress. It is being sent to clubs and leaders of the Masters' program throughout the country.

Masters LDR is seeking to expand our program and to get more local clubs and sponsors involved. Towards this end there are three programs that we wish to further develop.

**MASTEPS GRAND PRIX**

The most popular distance is the 10K road race. We hope to have regional 10K races leading up to the national championship, with a team being sent to the world championships. In 1982, the 10K - Penn Mutual National Championship will be held on April 25th in New York City. The World Championships are scheduled for the middle of September in Tokyo. In 1982 some other method will have to be used to select an international team. The Eastern Region already has the 10K assigned. No races have been assigned for the six other regions. A listing of the associations within each region will be listed in the questionnaire. These races must take place before July 30th. We plan to have sponsorship money by Penn Mutual, t-shirts and some merchandise prizes. The medals will be given on a consignment basis to be paid for after the race. The sponsoring club would have to advance expenses for entry forms and publicity. Local sponsors, other than Penn Mutual, the national sponsor, are acceptable, to be designated as "hosts" for the event.

**REGIONAL MASTERS CHAMPIONSHIPS.**

We are soliciting potential host sponsors for 1983, '84 and '85 at the following championship distances: 5K XC; 10K XC; 15K XC; 5, 10, 15, 20, 25, 30, 50 K; 50 miles; one hour; two hour; marathon. The program for the Eastern Region (New England, Middle Atlantic states, Washington, D.C.) has already been blocked out. The National Committee will assist as much as possible. It is our desire to have Regional Councils formed who will ultimately establish their own schedules, with the various races spread around the region. More details will be given to potential sponsors in future communications.

**NATIONAL MASTERS CHAMPIONSHIPS**

The National Committee sponsors the same events as those listed for the Regions except that the one hour and two hour runs are postal meets. The committee would like to see each region host at least one national championship. Details as to procedures will be given to interested sponsors.

It is important to note that this letter is solely for the purpose of determining interest throughout the country in these three programs. We expect that for some events there will be more than one bidder. The ultimate determination as to sponsors will be made by the National Committee in accordance with TAC rules. Every possible assistance will be given to sponsors.

Please complete each of the enclosed forms and return them to me: ROBERT FINE, 77 PROSPECT PLACE, BROOKLYN, NEW YORK 11217

*Bob Fine*

2. REGIONAL ATHLETIC CONGRESS LDR CHAMPIONSHIPS FOR 1983, 1984, 1985. (The Eastern Region has already blocked out its program)

CHECK EVENT: 5K 10K 15K 20K 25K 30K 50K 5K XC 10K XC 15K XC

50 miles 1 Hour 2 Hour Marathon

CHECK YEAR: 1983 1984 1985 REGION: \_\_\_\_\_

Please indicate whether your club would permit the Committee to select any distance and year: YES NO. Is the course certified? YES NO.

NAME OF SPONSOR: \_\_\_\_\_

DATE OF RACE: If not a specific date then indicate the month.

\_\_\_\_\_ If you would allow the Committee to select the date please indicate \_\_\_\_\_. Please list date for each proposed race.

SITE OF RACE: \_\_\_\_\_

INDICATE PRIOR EXPERIENCE AND POTENTIAL LOCAL SPONSORS (Other than a shoe company or an insurance company).

LIST NAME, ADDRESS & PHONE NUMBER OF PERSON TO CONTACT: \_\_\_\_\_

ADD ANY ADDITIONAL COMMENTS OR SUGGESTIONS:

MAIL TO: ROBERT FINE, 77 PROSPECT PLACE, BROOKLYN, N.Y. 11217

The following is the composition of the TAC Masters LDR Regions:

**EASTERN:**

Maine, New England, Adirondack, Niagara, Conn., Metropolitan, New Jersey, Middle Atlantic, South Atlantic, Potomac Valley, Allegheny

**SOUTHEASTERN:**

Virginia, North Carolina, Florida, Southeastern, West Virginia, Florida Gold Coast

**MID-WESTERN:**

Lake Erie, Ohio, Indiana, Michigan, Wisconsin, Central Kentucky, Minn.

**MID-AMERICAN:**

Arkansas, Ozark, Oklahoma, Missouri Valley, Mid-Western, Colorado, North Dakota, South Dakota

**SOUTHWESTERN:**

Southern, Gulf, Southwestern, New Mexico, South Texas, West Texas, Border

**WESTERN:**

Wyo., Montana, Inland Empire, Pacific Northwest, Oregon, Inter-Mountain, Alaska, Pacific, Central California, Southern Nevada, Southern Pacific, Hawaii, Far East Ariz.

1. 1982 MASTERS 10K - PENN MUTUAL REGIONAL ROAD RACING CHAMPIONSHIPS. (Must be held before July 30th)

NAME OF SPONSOR: \_\_\_\_\_

DATE: \_\_\_\_\_ EXACT LOCATION: \_\_\_\_\_

CERTIFIED COURSE: YES NO

INDICATE PRIOR EXPERIENCE AND POTENTIAL LOCAL SPONSORS (other than a shoe company or an insurance company).

LIST NAME, ADDRESS & PHONE NUMBER OF PERSON TO CONTACT: \_\_\_\_\_

Mail to: ROBERT FINE, 77 PROSPECT PLACE, BROOKLYN, N.Y. 11217

3. NATIONAL ATHLETIC CONGRESS NATIONAL MASTERS LDR CHAMPIONSHIPS, 1983, 1984, 1985

CHECK EVENT: 5K 10K 15K 20K 25K 30K 50K 5K XC 10K XC 15K XC

50 miles 1 Hour 2 Hour Marathon

CHECK YEAR: 1983 1984 1985 REGION: \_\_\_\_\_

Please indicate whether your club would permit the Committee to select any distance and year: YES NO. Is the course certified? YES NO.

NAME OF SPONSOR: \_\_\_\_\_

DATE OF RACE: If not a specific date then indicate the month.

\_\_\_\_\_ If you would allow the Committee to select the date please indicate \_\_\_\_\_. Please list date for each proposed race.

SITE OF RACE: \_\_\_\_\_

INDICATE PRIOR EXPERIENCE AND POTENTIAL LOCAL SPONSORS (Other than a shoe company or an insurance company).

LIST NAME, ADDRESS & PHONE NUMBER OF PERSON TO CONTACT: \_\_\_\_\_

ADD ANY ADDITIONAL COMMENTS OR SUGGESTIONS:

MAIL TO: ROBERT FINE, 77 PROSPECT PLACE, BROOKLYN, N.Y. 11217

**14 months to go**

## Countdown To Puerto Rico

By Martin J. Rovira

Simultaneously with the preparations for the Fifth World WAVA Games to be held in San Juan in 1983, stepped up plans are being made for the celebration of the Second San Juan Annual Track and Field Masters Track and Field Championship on September 24-25, 1982 (entry forms in the July issue of NMN).

Last year, a large contingent of Masters from various countries including Taiwan, United States, Canada, Virgin Islands, and Columbia showed up at the San Juan championship. This year, a larger group of athletes is expected — mostly from the United States and South America.

The Commonwealth Sports Department has joined efforts with the Municipality of San Juan for the staging of the World Games by approving a Grant of \$170,000.00 for the purchasing of track and miscellaneous equipment, and for contracting of professional services like officials, starters, etc. In addition to that, Sports

Director Jose C. Barbosa has ordered the revamping of the Escobar Stadium's main and warm-up tartan tracks, and of all the jumps' runways. This Stadium's tartan track was built in 1978. It is at an approximate distance of 500 meters from the sea, which consequently produces a delightful breeze at all times. On extremely windy days, the sea breezes can be "noticed" by runners at the 200 meters turn; otherwise, it is just very comfortable.

It is now a definite thing that the Games will be televised live in Puerto Rico. Plans to include a major United States T.V. network are being worked on.

The entry form for the Games will be part of a booklet which will include vital information about hotel facilities and reservation forms, tourist related information quality and price averages of hotels and dining places, general information about Puerto Rico and, of course, the event's schedule. The booklet will be mailed out by August 1, 1982. □

## 1st Oceania Games Held In Fiji

From JACK PENNINGTON

Two world records were set in the 1st Oceania Veterans Games held May 14-18 in Suva, Fiji, 1500 miles north of New Zealand and 1700 miles east of Australia.

Derek Turnbull, the 55-year-old New Zealand sheep farmer, continued his assault on the veterans record book with a world 55-59 record of 2:06.6 in the 800 meter run, breaking his own mark of 2:08.2 set earlier this year.

Jack Stevens, 65, lowered the M65 800 mark with a time of 2:22.9, bettering Frank Finger's standard of 2:25.3. Stevens was formerly the Australian 880 yards champion.

"I enjoy working on the farm because it keeps me moving," said Turnbull after his world record race. He runs a 630 acre mixed sheep and cattle farm near Invercargill at the southern tip of New Zealand.

"I never did much running in school because there were studies and the farm to tend to," Derek said.

Stevens said he was "thrilled to bits" over his world record time. A retired proofreader in Australia, he gave up running at age 32 and resumed at 55.

"I never run the 100 or 200 because I kept tearing muscles," Stevens said.

Both Turnbull and Stevens plan to compete in the 5th World Veterans Games in Puerto Rico next year.

Other top efforts included: — 4:07 by Alan Bradford in the M40 1500, where he edged Trevor Vincent by one second.

— 2:01.3 in the M400 800 by T. Pearce.

— 2:20.2 in the W40 800 by D. Browne.

— 2:13.8 in the W35 800 by C. Sole.

— 27.0 in the W40 200 by W. Ey.

— 35:49.3 in the M55 1000 by Turnbull.

— 25.3 in the M55 200 by A. Hill.

— 54.3 in the M45 400 by V. McPhail.

— 53.6 in the M40 400 by J. Wunder.

— 58.2 in the M55 400 by Turnbull.

— 63.2 in the M65 400 by Stevens.

Wal Sheppard confirmed the 2nd Oceania Veterans Games will be held in Canberra at Easter, 1984. Canberra is the capital city of Australia, modeled on Washington as a seat of government, with a population of 300,000. Dave Pain visited the city with a running party in 1973. It's a tourist center 100 miles from the Pacific at 2000 feet, with Easter temperatures averaging 80 degrees.

## 78 In Florida TFA Meet

APOPKA, Florida, April 24. Seventy-eight over-age-30 tracksters turned out today for the Florida TFA Masters T&F Championships.

Buzz Porter, 45, edged out Gilberto Gonzalez-Julia, 68, for individual honors, earning 37 points to Gonzales'

36 in the unique scoring system. Porter won 5 events in his 45-49 division and placed 2nd or 3rd in 5 others. Gonzalez won 7 and took 2 seconds.

The Charleston Track Club nosed out the Orlando Runners Club, 101-99, to capture the team title.



Seventy-seven-year-old Robert Strauss of Mayfield Hts., Ohio relaxes after completing his first marathon ever clocking 4:48:00.

Photo by Toni Igrac

## Dalrymple Tops Avon Marathon Masters

SAN FRANCISCO, June 6. Cyndy Dalrymple, 40, of New York, was the first over-age-40 finisher today in the Avon Women's International Marathon with a time of 2:45:03.

The race was the culmination of dozens of Avon local, regional and national championship races. Runners were flown in by Avon for the major event with local runners boosting the registered field to 640 and the actual finishers to 477, including about 100 masters.

Lorraine Moeller of New Zealand was the overall winner in 2:36:11, winning \$12,000 for her efforts. Dalrymple placed 8th overall, joining the cash winners which went down to \$1000 for 15th position.

Dot Browne, 41, winner of the Sydney, Australia race, logged a PR 2:48:29 for 2nd master, with Marion Irvine, 52, of San Rafael, Calif., 3rd in 2:59:55. They were followed by Joan Reiss 44, (3:01:27), Marilyn Harbin, 44, (3:02:03), Nina Kusesik, 44, (3:02:10), and Agatha Sue-lee, 42 (3:02:55). Toshiko d'Elia, 52 (3:09:54)

and Ruth Anderson, 52, (3:18:28) finished 2nd and 3rd of the over-50 runners.

The prestigious race began at the Golden Gate Bridge, came down Fisherman's Wharf and back, up steep hills thru the Presidio, then down to 24th St., Golden Gate Park, then on to Sunset and a finish in the park.

The West Valley Track Club of Northern California won the masters team title in 9:11:23. The winning trio was Harbin, Sue-Lee and Pat Whittingslow (3:06:22). The Northern California Seniors Track Club was 2nd in 9:41:33: Irvine, Anderson and Ruth Walters (3:23:08). The Atlanta Track Club was 3rd with the Atlanta Masters of New York 4th.

"It was a wonderful race," Anderson said. "I was really excited about the team competition. We received lovely sterling silver engraved pitchers."

Gerry Davidson, 61, broke 4 minutes in 3:57:58. Jaelyn Caselli, also 61, came close in 4:06:43. Both were PR's by 7 and 15 minutes, respectively.



# ROCKY MOUNTAIN MASTERS GAMES

## NATIONAL TRIANGULAR SCORING

### EAST vs ROCKY MOUNTAIN vs WEST

**DATE** September 4th and 5th

**PLACE** Denver, Colorado 11th and Peoria (Aurora Central H.S.)

**TEAMS** Any athlete registered with Montana, Wyoming, Colorado, or New Mexico is on the Rocky Mountain team. Anyone registered west of these four states is on the West team; anyone east on the East team.

**AGE DIVISIONS** 5-year age groups - men and women 30 and over.

**INDIVIDUAL AWARDS**- First 6 places in each event receive medals. A maximum of 3 medals will be awarded to any one entrant, additional medals may be purchased for \$3.00 each.

**SCORING** Scoring will be 8-5-4-3-2-1 for each event including pentathlon and weight pentathlon. The team with the most points will have its name inscribed on the Penn Mutual Rocky Mountain Games trophy.

**TRACK** All Weather (1/4"- 7mm Max., Grass for javelin).

**RULES** Standard TAC Masters Rules  
TAC registration is required and is available at the meet.

**SANCTIONED** Colorado Athletics Congress

**FEES** \$5.00 for first event, which will include a T-shirt, \$2.00 for each additional event, \$11.00 for unlimited individual events. Each relay team will be charged \$8.00 (Note: The pentathlons are considered "first events" and are included in the \$11.00 unlimited events fee)

**LATE ENTRIES:** To guarantee participation, entries must be received on or before September 1, 1982. Late entrants may be allowed to participate at the Meet Director's discretion.

**DRESSING** No shower facilities available at track.

**RACE HEADQUARTERS:** Holiday Inn Southwest, 9009 East Arapahoe Rd (125 and Arapahoe) 303-770-1421. Hospitality room will be available Friday and Saturday evenings. Sunday evening an awards ceremony and social will be held at Holiday Inn too. Special arrangements for rooms are available for competitors and families. Pick up packets either Friday or Saturday evenings at hospitality room.

**CONTACTS** Jim Weed, 11672 E 2nd Ave, Aurora, Co. 80010 (303-3412980)  
Jerry A. Donley, 1715 Alamo, Colorado Spgs. Co. 80907 (303-635-1264)

**SCHEDULE OF EVENTS:** September 4

4pm Pentathlon (long jump, javelin, 200m, discus, 1500m)  
6pm Weight Pentathlon (shot, discus, javelin, hammer, 35lb wt)

September 5

expected time table

9am	110m HH	Long jump
9:30	100m	
10:00	800m	Javelin, Pole Vault
10:15	Sprint Medley Relay (400,200,200,800) with mixed ages (30,40,40,50)	
10:45	200m	
11:00	Predict your time mile*	T.J., S.P., H.J.
12:00		Hammer
1:00pm	400IMH	Discus
2:00	400m	
2:15	4x100Relay (10yr age groups)	
3:00	4x200Relay (10yr age groups)	
4:00	1500m	

\* This is a fun run for family members and friends. medals will be given but no team points.

#### OFFICIAL ENTRY FORM ROCKY MOUNTAIN MASTERS GAMES 1982

Please print  
NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TAC # \_\_\_\_\_  
TAC ASSOCIATION \_\_\_\_\_

In order to compete in the 1982 ROCKY MOUNTAIN MASTERS GAMES, I do for myself, my heirs and administrators waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me or my heirs against the Colorado Athletic Congress, The Athletic Congress, NIKE, The Penn Mutual Life Insurance Company, Aurora School District and any and all other sponsors and the officers and agents thereof. I certify I am in good physical condition, and recognize that this meet will be held at high altitude (5,204 feet) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE \_\_\_\_\_ SIGNED \_\_\_\_\_

Please check, in the space provided to the right of each event, those events you wish to enter. Also, please enter your best time, distance or height for all events you have competed in over the past two years. This will help meet directors seed multi-heated events and may be helpful to team captains in putting strength in various events.

time	entry	height	entry	distance	entry
100m	_____	H. J.	_____	S. P.	_____
200m	_____	P. V.	_____	DIS.	_____
400m	_____		_____	JAV	_____
800m	_____		_____	Hammer	_____
1500m	_____		_____	L. J.	_____
110HH	_____		_____	T. J.	_____
400IMH	_____		_____		_____

Predict your time mile \_\_\_\_\_  
(name and age) for family and friends

Pentathlon \_\_\_\_\_ Weight Pentathlon \_\_\_\_\_  
Number of events entered \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_

Please send your entry form, signed waiver, and check payable to the "Denver Track Club" to Jim Weed 11672 E. 2nd Ave, Aurora, Co. 80010

## IN CONJUNCTION WITH PENN MUTUAL/TAC MASTERS NATIONAL 5K ROAD RACE CHAMPIONSHIPS



**DATE** September 4, 1982  
**TIME** 8:00 AM  
**PLACE** Denver, Colorado, in vicinity of 11th and Peoria  
**SANCTION** Colorado Athletics Congress  
**AWARDS** Official TAC National Medals to all award winners, T-Shirts to all entrants.

**FEES** \$6.00

**RACE HEADQUARTERS** Holiday Inn Southwest (address and phone above)  
Packets available Friday evening. Lodging available at Holiday Inn. For Friday nite only, if interested in lodging with fellow runners call BKB Inc. (303) 741-3587

**CONTACT** Creigh Kelley 2090 E. Eastman Ave. Englewood, Co. 80110 or call BKB (303) 741-3587

PENN MUTUAL / TAC MASTERS NATIONAL 5K  
ENTRY FORM

Please print  
Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Age \_\_\_\_\_ Sex \_\_\_\_\_ Phone \_\_\_\_\_ TAC# \_\_\_\_\_  
(on Sept 4) TAC Association \_\_\_\_\_

In order to compete in the Penn Mutual/TAC Masters National 5K Road Race Championship, I do for myself, my heirs and administrators waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue to me or my heirs against the Colorado Athletics Congress, The Athletics Congress, The Penn Mutual Life Insurance Company, Aurora Public Schools, BKB Inc., and any and all other sponsors and the officers and agents thereof. I certify that I am in good physical condition, and recognize that this meet will be held at high altitude (5,204 feet) and that the weather conditions can vary from extreme heat to cold in short periods of time.

Date \_\_\_\_\_ Signed \_\_\_\_\_

Please send this entry form and a check payable to "Colorado Athletics Congress" for \$6.00 to Creigh Kelley, 2090 E. Eastman Ave., Englewood, Co. 80110

## NIKE Grand Prix Series Update

By VALDEMAR SCHULTZ

**Norman K. Tamanaha Memorial 15K**  
(Honolulu, April 11)

As previously reported in NMN, the winners were Mike Tymn, Jim Gallup and Jerry Clark among the men, all in the 45-49 division. The women winning trips to Philadelphia were mainlanders Cindy Dalrymple (40-44) and Ruth Anderson (50-54).

The men's race, on an age-graded basis, was a walkaway as all three posted excellent times to finish 1-2-3 among all masters. Island women were disappointed as three top Mainland masters runners, including former Hawaiian Dalrymple and marathon champion Karen Scannel flew in to vie for the trips. Anderson narrowly edged Scannel for the second trip, presaging one of the Grand Prix series controversies.

**TAC National Masters 10K Championships** (Brooklyn, April 25)

This was a tight battle among men in nearly all age groups. The winners were: Herb Lorenz (40-44), George Vernosky and Tony Sapineza (50-54) and Wilfredo Rios (65-69). The women's winners were a bit more clear: Mila Kania and Toshiko d'Elia, both in the 50-54 division.

The closeness of the selection, after figuring in handicaps, was astounding. Yet only one inadvertent error was made in announcing the winners at the race. 74-year-old Eddie Benham, although close, did not actually win a trip, though he ran well. We'll see Eddie in Philadelphia anyway, probably better than ever.

There were several curiosities among the age-graded results for the men. Although Lorenz was the clear winner of the race and the age-graded performance ranking, Kirk Randall, just 40 seconds behind him in a fine time on a rolling course in very warm weather, did not even place among the top four. The New York area is noted for its fine older runners, particularly in the 50-54 age category. The first six finishers were separated by just 90 seconds in that group with Vernosky and Sapineza scoring high enough to win. However, in sixth place was Gordon McKenzie, just two months shy of 55 years. Had McKenzie been 55 at the time of the race and run the same, he would have placed higher, because of the added handicap, than not only the five younger men ahead of him in the 50-54 division, but also higher even than Lorenz!

Using the age-graded charts provides not only a closer race, but competitors cannot see their opponents, except the ones in their one age group. This is, at one and the same time, a flaw in the age-graded format and one of the factors adding to its excitement and interest among masters runners and aficionados.

The Brooklyn race also had some fine competitors in the 60-64 group who just missed out, and a surprise, if

only for me, in Rios, who finished third among all masters (age-graded) in winning his division in an excellent time.

The women's race was more clear-cut, but also provided surprises. An excellent field of 40-44 women, headed by Dalrymple (ineligible by virtue of having already won) was aced out by Kania and d'Elia, two of the best in the country. Even Sandy Knott's 39:02 did **now qualify here, but likely would have elsewhere.**

**Viking Classic 10K** (Portland, May 23)

Perhaps because of the distance or the strong indigenous field (Snohomish Track Club et al), this race did not draw a lot of out-of-area talent. Winners for the men were Clive Davies (65-69), Ray Hatton and Ross Smith (50-54), and Denny Meyer (45-49). Women winners were Pat Dixon (60-64) and Shirley Matson (40-44).

Because of the presence of Davies, Hatton and Dixon, who are very difficult to beat with their handicaps, for practical purposes, only three trips were available for the rest of the field. Hatton was even the **overall** masters winner, defeating the likes of Mike Heffernan and Jerry Schmidt, so his win was no handicapping fluke. Davies, 66, scored over 1000 points on the National Running Data Center charts, with a tremendous 35:52 performance. Smith travelled from Reno and found his trip to be worth it, while Meyer just edged Bill Foulk of Bozeman, Montana, by ten seconds, in the 45-49. Those two were definitely racing each other for a trip, though they may not have known it at the time.

Dixon, like Hatton, from Bend, Oregon, and English-born, was not really a shoo-in, but ran very well to edge Matson of San Diego. Two other prominent masters in the 40-44 division, Letha Figg-Hoblyn and Patricia Thomas, were edged out for the trips. **Cotton Row Run 10K** (Huntsville, May 31)

Finally came the opportunity for some 40-44 age groupers to win trips. But it was still very close, even with the superb talent assembled in Huntsville for the justly-famous Cotton Row Run. From among the top ten in the race (all 40-44), the first three - Dan Conway, Ireland Sloan and Bob Jenkins - won the trips. Hal Higdon (50-54) edged all three with his handicap, but finished 11th 40+. Women winners were Judy (Fox) Eddy and Sandra Knott.

Jim Ewing, after some fine races in the preceding weeks, pulled out of the star-studded field with a slight injury. A surprise in the 65-69 group from Whitehouse, Tennessee was Fleetwood Fesmire, who narrowly missed a trip, finishing fifth on the age charts.

Eddy and Knott ran away with the women's race, both on an absolute basis and a relative basis. Julia Emmons (40-44) of Atlanta was a distant

third in both cases.

Because of the dearth of superlative runners in the older divisions, and the importing of some of the best masters in the country, the Cotton Row Run gave some 40-year-olds a shot at Philadelphia.

### Summary

There have been four races to date, with 23 trips awarded (15 men, 8 women). There are the same number left (although by the time you read this, two more will have been run), both of races and trips. The races to come are in Indiana, San Francisco, Santa Barbara and St. Louis. The St. Louis race has been beefed up to three trips for women and two for men because of the cancellation of the Kansas City race.

The winners to date:

### 40-44 (Men)

Herb Lorenz, N.J.  
Dan Conway, WI  
Ireland Sloan, VA  
Bob Jenkins, VA

### 45-49

Mike Tymn, HI  
Jim Gallup, HI  
Jerry Clark, HI  
Denny Meyer, WA

### 50-54

George Vernosky, MD  
Tony Sapineza, PA  
Ray Hatton, OR  
Ross Smith, NV  
Hal Higdon, IN

### 65-69

Wilfredo Rios, NY  
Clive Davies, OR

### 40-44 (Women)

Cindy Dalrymple, NY  
Shirley Matson, CA  
Judy Fox Eddy, NC  
Sandra Knott, OH

### 50-54

Ruth Anderson, CA  
Mila Kania, NY  
Toshiko d'Elia, NJ

### 60-64

Pat Dixon, OR

In analyzing the above winners, we find few Californians, but two races coming up in the Golden State will correct that. There are also many more competitors in the first five years of a decade than in the second five (17-6). This is surely due to the competitive categories usually being ten years apart instead of five. The lack of winners in the 35-39 women's group is probably for the same reason.

The two major criticisms I've heard so far are that 1) racers cannot see their competition and 2) that the age-graded scheme unduly favors older runners. Both of these are valid criticisms.

The NIKE Masters Program has published charts, extracted from NRDC computer-constructed charts, which help to answer both criticisms. The single-page charts, one for 10K and one for 15K, allow competitors to look up their times according to their age group, find their point total and **objectively** know their relative standing among others in the race. It is true, however, that even "minor" timing er-



Fran Solomon, 37, ran, 1:19:56 in Avon half-marathon.

photo by Richard Lee Slotkin

rors could greatly affect the awards. For this reason, every effort has been made to find established races with medium-sized fields and reliable race directors, thus, even if one cannot see his/her rivals, he/she can know the outcome is fair.

The age-graded charts do favor older runners. That's why they are being used. When the three men and three women are selected at Philadelphia, we can be reasonably certain they are the strongest medal hopefuls for the International Veterans' Distance Running Championships in Japan, September 14-15. The issue is whether they unduly favor older runners, which is a rather subjective point. It is true that the charts were constructed nearly ten years ago when they were not so many older runners may have been "handicapped" a bit too much. For several years, the NRDC has been trying to produce new charts. When they come out, the NIKE Masters Program will be happy to use them.

The issue of certified courses has arisen due to the fact that the first race in the series was **not** TAC-certified. This should only affect the validity of possible records established in that race; it does not in any way affect the NIKE Masters Grand Prix, since winners are determined by timing **relative to each other**, rather than relative to a standard course. It is hoped, of course, that Grand Prix races will become certified and NIKE's Masters Program will search for such courses, while encouraging existing races to become certified.

All in all, I'm pleased with the way the Grand Prix is working. There are surely some disappointed, even disgruntled masters who have just missed out on trips. They perhaps were unaware of just how the age-grading would work or just who their competition might be at a particular race. I want to hear these complaints so that next year's Grand Prix can be even better. Send your complaints or questions to: Valdemar Schultz, Masters Athletics, 3900 S.W. Murray Blvd., Beaverton, OR 97005.

## Home Savings Pan-Am Games Cancelled

by AL SHEAHEN

The Home Savings Pan-American Masters Track & Field Championships will not be held in 1982.

The major Los Angeles event, which drew over 400 entrants in both 1980 and 1981 — including competitors from South America, South Africa and Europe — is the victim of what meet chairman Hilliard Sumner calls "excessive abuse by some athletes."

Sumner said he was getting more aggravation than appreciation from his efforts. That, plus his busy work schedule, led him to decide to sit this year out. He said he'll conduct the meet again in 1983.

"I've heard so much talk about how easy it is to put on meets," Sumner said. "Well, if people think it's so easy, let them go do it. That's my number one reason for not putting on the meet this year."

He said he and his workers have been increasingly subjected to verbal abuse. "You should hear what they say to Linda Rosenberg and Pam Ferguson, who are doing their best to put on a good meet," Sumner said. "They complain about cheap medals. They get mad because we won't accept late entries. They accuse me of making 10 grand on the meet."

"I resent that. I don't make a dime. I spend seven weeks of the summer, full time, on this meet to make it a success. I do it because I love track & field, and want to give something back to the sport."

Sumner said everyone involved in the meet works virtually for nothing. "My meet director Rod Ferguson wound up making \$1.50 an hour," he said. "Pam Ferguson got 69c an hour. The phone bill was \$1700. The paramedic team was \$250 a day. We put on a first class meet. We produce a program which costs \$1100, we use a top facility—USC—which costs \$1200 a day. We give out beautiful trophies to outstanding athletes which cost \$400. The medals cost over \$3 each. We provide accutrack (\$400), tents (\$300), and lunches for officials (\$225). We use a starter and recall starter (\$300). There's postage (\$280), insurance (\$250), stationery (\$250), mailings, ads, flyers and more. Our entry fees only provide \$3000, so Home Savings comes up with enough to meet our nut. It takes time, money and effort to orchestrate a meet of his magnitude, and yet we seem to get more abuse than appreciation."

Hal Smith, who also directs masters meets in Southern California, agrees that "athletes should stop bitching when things aren't perfect and start helping out."

Sumner said the Los Angeles situation is different than in some other areas. "It's hard to get volunteers, because of our looser club structure," he said. "One reason we had to give up the national championships last year is

because we simply couldn't do it for \$5000. USC wants \$2400 plus extras for two days, but in Los Gatos, Bruce Springbett gets the track donated to him and his club."

In 1981, Springbett conducted the national masters T&F championships on a budget of \$13,000. (See Jan. NMN, page 11). \$4000 went for medals, \$1600 for track equipment, \$1900 for the banquet, \$550 for the field crew, \$570 for officials lunches, \$675 for patches, \$855 for t-shirts, etc. He managed a \$650 profit with \$6300 in entry fees (an average of \$10 per entrant), \$5000 from Penn Mutual, \$2000 from banquet tickets, and \$500 in gate admissions.

Bob Fine, in New York, and Wendy Miller in Chicago, have been running low-key, low-cost meets for years.

"We've never lost money on a meet," Fine said. "Our Masters Sports Association medals cost us only a dollar, and we can supply them to any meet director in the country for that price. And they're nice medals. Then we get a lot of volunteer help, charge low entry fees and cut out all the frills."

Miller said he can put on a good meet for under \$2000. "The biggest expense is medals," he explained. "Figure 300 medals at \$4 each is \$1200. Then you have equipment (\$100), supplies & phone (\$150), advertising (\$75), lunch for helpers (\$20), free oranges and coffee for athletes (\$25), starter (\$35), etc. Sometimes we charge \$4 for winning a 2nd medal." With an average entry fee of \$9 from 200 competitors, Miller says he breaks even, despite the medals being 1/3 of the total cost.

After 12 years of directing the popular Grandfather Games in Los Angeles, George Ker called it quits after this year's meet. As a coach at the college, Ker had previously been able to recruit plenty of volunteer help, and used the Valley College track at no cost. Not any more. With taxpayers voting down every school bond and tax increase, colleges are desperate for funds, and are cool to renting out their facilities for nothing. The increased costs, Ker said, meant he could no longer run the meet and come out even.

In this issue, TAC National Masters T&F Chairman Jim Weed announces that masters T&F is on the verge of a major breakthrough; that substantial sponsorship money may soon be available to enable meet directors to put on top quality events in all parts of the nation.

Meanwhile, all masters track and field enthusiasts will look forward to a renewal of the Home Savings Pan-American Games in Los Angeles in 1983.

## U.S. Masters Relays Records

by PETE MUNDLE  
TAC National Masters  
T&F Records Chairman

In this issue is a list of U.S. masters relay records as of June 1, 1982.

Also listed are several pending records, which cannot become official until the relay members are known. If you know any of the missing relay members, please let me know.

I have included relay marks whose team includes a non-US citizen. This restriction could be lifted at a later date if enough people would prefer it. (This is a restriction included in the open track & field rules, but, of course, the masters don't have to follow their rules.)

The following are the rules for relay records:

- 1) Relay members must be U.S. citizens.
- 2) The birthdate of each member must be verified.
- 3) The relay must be part of a scheduled meet.

4) There must be 3 watches or one accutrack time of performance.

5) Enroute times for shorter distances are acceptable.

6) Relay members must be verified members of a club (that is, a team cannot consist of members of more than one club.)

Please send any information or comments to: Pete Mundle, 4017 Via Marina #C-301, Venice CA 90291.

### NOTICE

Ron Salvio, TAC National Masters Indoor Track & Field Coordinator, is accepting bids for the 1983 TAC National Masters Indoor T&F Championships. You may present a bid to Salvio at the National Masters Sports Festival in Philadelphia Aug. 12-15. Bids may also be mailed by August 15 to Ron Salvio, Squan Road, Clarksburg, NJ 08510. (609) 259-9268.

## U.S. MASTERS RELAY RECORDS

as of June 1, 1982

400 meters	40-49	43.1	CDM(Dennis, Smith, Segal, Miller)	6/7/80
	50-59	47.0	CDM(Ambrose, Jordan, Fetter, Stolpe)	6/18/77
	60-69	50.9	CDM(Morales, Jordan, Killion, Guidet)	6/24/78
440 yards	40-49	44.4 c44.1	CDM(Davisson, Jackson, Schlegal, Stolpe) NYPC(Riddick, Budd, Thomas, Bertrand)	7/1/72 7/20/77
	50-59	47.2	CDM(Jordan, Killion, Guidet, Fetter)	5/17/75
800 meters	40-49	1:32.0 c1:32.0	SCS(Newton, Knocke, Cohen, Butler) NYPC(Riddick, Budd, Thomas, Bertrand)	8/8/81 7/20/77
	50-59	1:43.4 p1:42.9	SDM(Stolpe, Beadle, Harte, Cheek) STC( )	8/16/80 8/19/78
880 yards	40-49	1:32.9 c1:32.8	CDM(Dennis, Waterman, Segal, Knox) NYPC(Riddick, Budd, Thomas, Bertrand)	5/28/77 7/20/77
	50-59	1:43.4	CDM(Ambrose, Clayton, Fetter, Guidet)	6/14/75
1600 meters	40-49	3:28.7	PM(Abayomi, Pratt, Stanford, Burnett)	7/5/81
	50-59	3:51.4	STC(Bryant, Kleinsasser, Puterbaugh, Fitzgerald)	6/29/75
	60-69	p4:30.2 p4:49.6	SCS( ) PM( )	8/9/81 7/6/80
one mile	40-49	3:29.5	SCS(Lee, Newton, Cohen, Knocke)	8/16/81
	50-59	3:58.9 p3:53.4	STC(Dawkins, Bryant, Wagner, Kleinsasser) STC( )	6/18/78 7/5
	60-69	p5:50.8	STC( )	5/29/71
3200 meters	40-49	8:22.2	WVTC(Cathcart, Donaldson, Knebel, Richardson)	9/6/80
Two mile	40-49	8:25.4	WVTC(Cathcart, Donaldson, Knebel, Richardson)	9/6/80
	50-59	10:02.5	SDTC(Ascarnilla, Perry, Zook, Hargus)	3/17/73
Sprint medley	40-49	3:42.0	CDM(Dennis, Segal, Knox, Miller)	5/20/78
	50-59	4:04.1	RTC(Cole, Green, Chernock, Johnson)	6/19/80
Distance Medley	40-49	11:03.8	SCS(Knocke, Lee, Elliot, Cohen)	5/15/82
	50-59	12:43.2 p12:14.0	STC(Noble, Miller, Bryant, Roberts) STC( , Kleinsasser, Fitzgerald, Bryant)	5/28/77 5/19/79
Four mile	40-49	18:33.4	WVTC(Richardson, Knebel, Cathcart, Wellck)	9/15/79
	50-59	20:47.8	SC(O'Brian, Irland, Bodine, Stabler)	12/12/81
	60-69	27:29.8	SC(Kent, More, Deschambault, White)	12/12/81

notes: p - pending-one team member or more unknown  
c - a member is a non-US citizen (underlined)

CDM - Corona Del Mar Track Club  
PM - Philadelphia Masters  
SC - Syracuse Chargers  
WVTC - West Valley Track Club  
SCS - So. California Striders  
STC - Seniors Track Club (LA)  
NYPC - New York Pioneer Club  
RTC - Richmond Track Club

## From The Track & Field Chairman

by JIM WEED

The Penn Mutual Life Insurance Co. has been the sponsor of the Masters Sports program for the past two years. Their current contract with the Athletics Congress expires on Dec. 31, 1982. Penn Mutual may remain as sponsor in 1983.

In any case, masters sports will be reorganized in 1983. It is my feeling that the various masters sports should incorporate. Each sport knows best how to develop its individual program, and what needs to be done to handle a sponsor's requests.

George Hatzfeld of Penn Mutual has been very important in developing the "Masters Multi-sports" concept for promotion and marketing as a group. George has indicated he will continue to help masters sports in any way he can in the future.

Much work has gone into the future of Masters Sports and its sponsorship. I feel all the masters sports should remain affiliated with their individual governing bodies, and should work together to get one overall national sponsor.

The 1978 Sports Act, passed by Congress, requires every national governing body (the Athletics Congress is the "NGB" for track & field and long distance running in the U.S. Swimming, cycling, etc. each have different NGB's.) to provide competition in its sport from cradle to grave.

The Masters are in a unique position to provide such competition for young and old alike, including financial and organizational support.

For a sponsor to get a return on its investment, masters T&F will need a much larger budget for the development of our program. Moreover, we must have some control over the money if we are to give the sponsor what it needs.

A corporation needs to be formed by the four largest masters sports — T&F, LDR, Swimming and Cycling — plus a 5th member elected from the rest of masters sports. It's anticipated that a charitable trust will be tied to such a corporation, and that only the interest from that trust will be available to the corporation. The corporation will have 501C3 (tax exempt) status. As the principal in the trust fund grows (I expect within 5 years to have over \$1,000,000 principal), the interest earned will allow more development of Masters Sports. We are well on our way to putting this concept in place and to getting a commitment from a national sponsor.

Some information on the T&F Committee:

Ron Salvio is off and running on next year's indoor program as indoor meet coordinator.

Bruce Springbett has agreed to be the Outdoor meet coordinator.

Each coordinator will develop a budget for their area to be adopted by the TAC Masters T&F Committee at

the TAC Convention early in December in Philadelphia.

A real effort will be made to coordinate the Regional meets to avoid date conflicts between adjacent regions.

A "national-level" meet concept will be developed, whereby in most years, the National Indoor Championships will be in March, and the National Outdoor Championships will be in August. Then, in the other 10 months, national-quality meets will be developed throughout the U.S. Some are already in place, such as in Raleigh and Denver. Others interested are Chicago, Portland and Atlanta. I would expect a meet in California, Texas and somewhere in the Northeast. I would expect each meet to receive a large enough amount of national sponsor monies through the national committee. The national sponsor would have the right to get its name into the meet title for a \$5000 fee for a particular meet. That meet would still be able to get local co-sponsors. The Southern meets would be scheduled in April, May, November and December. Chicago has made a tentative request for October. January and February would be ideal for national-class indoor meets.

This concept will be fine-tuned by December's TAC Convention. Some of the sponsor funds will be used for

### Cotton Row 10K

By VALDEMAR SCHULTZ

The city of Huntsville, Alabama, has about 150,000 people and lies in the north central part of the state. Although its origins stretch back to the early 1800's, Huntsville's growth is mostly from the mid-20th century. Antebellum houses exist and are worth finding, but they do not abound as in some Southern cities. For its size, Huntsville is as spread out as Houston and as modern and upbeat as Atlanta.

Huntsville is also, somewhat surprisingly, the site of two of the best-organized races in the United States, Joe Steele Rocket City Marathon in December and the Cotton Row Run on Memorial Day. It is not Huntsville which draws runners from all over the South to the Cotton Row Run and it is certainly not the weather, although in May it may still be pleasant racing; it is the knowledge that the Huntsville Track Club will administer a superior race, that the sponsors will provide the wherewithal to bring in some class runners and provide nice participants' and winners' awards and that the media, both print and electronic, will urge the townspeople to watch and encourage the runners.

Although Sunday (May 30th) had been unseasonably hot, tying the old record of 91F, Memorial Day dawned with thunder showers, reducing the temperature at race time by at least 10 degrees (about 72F), but increasing the humidity for a time. The first three



Lou Garo, M51, won 110 yd. hurdles at Old Timers track meet in West Palm Beach, Fl. on May 1. Photo by Bill Gentry

Association level meets, either to start meets in areas with none, or to support ones already in place.

The 1984 National Masters T&F Outdoor Championships should be awarded in December, 1982 at the TAC Convention. However, with the Olympics coming in '84, efforts are under way to have a Sports Festival concept, with all interested sports having their national championships at this festival. We would get the competition televised — either taped or live — as a lead-up to the Olympics. We'd

expect many former Olympians, now masters competitors, to come early for the Olympics and compete in our Sports Festival.

To meet directors: I now have the 1981 list of all TAC T&F athletes over age 30 by zip code. In most cases, I have peel-off labels for each. You can have the labels for your area for 1c each, or free if you just want a xerox copy of the list. These are only to be used for sending out meet info, results, etc. No one will be given this list for advertising as such. □

## The Best Organized Race in the Country?

miles of the race, facing the sun and including all the elevation gain, were tough. The last three for those who stayed fresh, were exhilarating.

More than any other road race, the Cotton Row Run, from its inception just two years ago, has encouraged masters runners. Huntsville running guru Harold Tinsley and race directors Ray Roberts and Ron Morris knew they could not afford the top talent among the open men and women. They went for the masters and the response has been overwhelming. The first two years Herb Lorenz won, in 1981 with a masters course record 31:09 (he was sixth overall). Last year Linda Sippelle bested Pat Bessel for the masters womens title, also in a course record (40+).

The 1982 edition was blessed with an embarrassment of riches. The open men's field was better, as Duane Gaston of Lexington, Kentucky, caught up with defending champ Kent McDonald at six miles and beat him in a thrilling finish. Among the women Linda McLennan, the prohibitive favorite, was forced to do more than just stride through to her win by Judy Eddy of Durham, NC. Judy is the same Judy, then Fox, from the San Francisco Bay area, who has taken away or threatened many of Miki Gorman's masters records.

Now 41, Judy Eddy (she married David Eddy in December, 1981) ran a stunning 35:37 on a difficult course to

surpass her masters opposition by over 2½ minutes and finish second overall among women. Sandra Knott of Cleveland, Ohio ran well for second place and Julia Emmons of Atlanta was third.

The men's masters race was awesome! The pre-race print out showed 17 masters runners with sub-34:00-10K's to their credit. The results bore this out. Sal Vasquez and Ireland Sloan took it out together, with Kirk Randall in their wake at two miles. Vasquez apparently fell back at the hills while Bill Hall, Bob Jenkins and Dan Conway ran more conservatively.

Conway, from Chetek, Wisconsin came on late in the race, caught up with Sloan by five miles and beat him by 11 seconds at the end. For Dan, a three-time national champion (1980-15K) (1981-10K/15K), it must have been a sweet victory against such fine competition.

Conway's time of 31:37, although 28 seconds off Herb's record, was excellent on this humid day. Sloan, from Roanoke, Virginia, just turned 40 on May 6th, and made his debut in 31:48. Jenkins, just a few miles from Ireland in Salem, Virginia, finished third in 32:15.

All concerned with the Cotton Row Run can be justly proud of their efforts. Start planning for next year's race if you're going to be that way in late May. □

## TAC National Masters Marathon

By VALDEMAR SCHULTZ  
PORTLAND, Oregon, June 6.

The TAC National Masters Marathon is over. Although there was not a heavy turnout of top masters marathoners, there's a case for this year's edition being the best of the last three. Remember 1980, when the Paul Masson Champagne Marathon had a superlative masters field, but mismeasured the course? Remember 1981, when either no one knew or no one cared that the championship marathon was in Raleigh, NC?

In that sense, this year's Gales Creek Valley marathon was successful. There was a good (though difficult) course, excellent race administration, and a pretty fair field, though most of the top runners came from outside the Pacific Northwest. Masters women were not heavily represented, perhaps partly because of the Avon Women's International Marathon held the same day in San Francisco.

Mavis Lindgren of Orleans, California, showed up and in many ways, was the star of the show. She finished, at 75, ahead of all women over 50. Her time of 4:53, while not her best, is still quite good for the rolling course. Later this year, Mavis will run Pikes Peak. Not exceptional since she has done the ascent twice. However this time she intends to go both ways. We wish her every success!

Among the younger masters, Frank Duarte was first masters runner in 2:30:19, finishing second overall to youngster Jim Walker of Bozeman, Montana. It appeared he would lead his Culver City Athletic Club to the team victory, but team mate Skip Shaffer had a difficult day and the National Capital Running Club of Washington, D.C. won the team title - with five members running. They had greater depth.

Fay Bradley of NCRC finished second master and Warren Finke of the West Hills Striders was third. Surprisingly, neither the Snohomish Track Club of Seattle nor the West Hills Striders of Portland could (or would) field a team for this potentially prestigious race.

Fourth, and first in the 45-49, was Bill Foulk of Bozeman, Montana, followed closely by Jim Knerr of CCAC. Fifth was Dick Ayip of NCRC. Dick Jamborsky, Charlie Ross and Bobby Beathard, General Manager of the Washington Redskins, completed their winning team. Skip Shaffer, CCAC, came in about 2:50 probably dehydrated but definitely disappointed.

First 50-54 was California's Patrick Devine in 2:53:44. Right on his heels was Idaho's "Buck" Levy. Matching Mavis in the men's masters was 75-year-old Gordon Sherbeck of Vancouver, Washington, in 4:52:00.

The women's masters championship made up in closeness what it lacked in overall quality. Karen Clement of the

West Hills Striders came in first at 3:32:43, followed by M. J. Wallace at 3:36. Joanne Goodhead was third, Ann Whiting, fourth, and Norma Thompson, all 40-44, and all in 3:45 or better.

The accompanying 15K "fun run" had some prominent masters running. Letha Figg-Hoblyn won the women's 15K overall in 61:18, while Mike Hefernan, foregoing the national competition at the last moment, finished third in the men's 15K with a good 51:14. Second to him was Cal Alsleben of Milwaukie, Oregon, while Valdemar Schultz of the West Hills Striders, was third masters in that "shortie".

Certainly the presence of the national championship as a part of the marathon enhanced the quality, if not much the quantity, in this race. Masters runners were 2nd, 3rd, and 4th among the overall male finishers. Next year, in this writer's opinion, the national masters marathon should be in a heavily-populated area on a flat course, in a cool month and have the support and publicity of a prominent masters club.

But, for what Gales Creek attempted to do, namely, run a fair quality masters field on a good, accurately-measured course, it was successful. May the renaissance of the marathon in national master's competition continue from this date! □

## SOUTHEAST FLORIDA REPORT

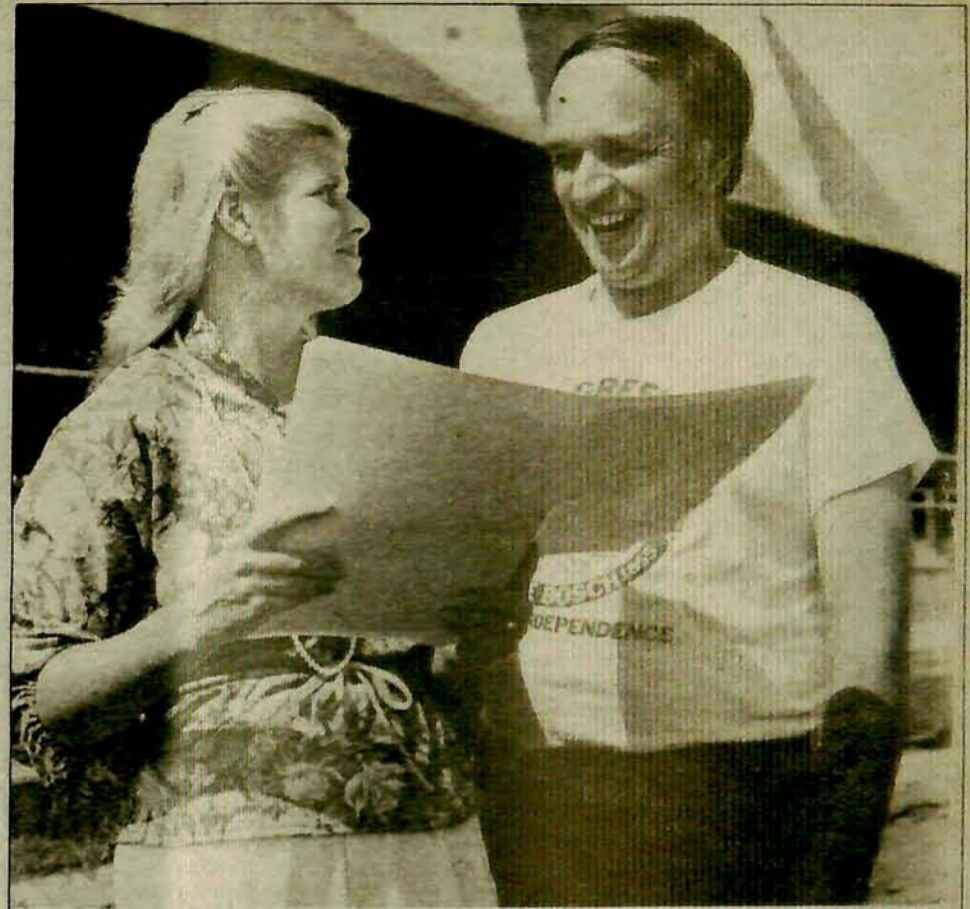
by JOHN BUTLER,  
President Palm Beach Track & Field Association

This year's "Palm Beach County Old Timers Track Meet" on May 1 was the biggest and best ever. This local meet, which used to be run in conjunction with the high school county track meet, is in the process of evolving into a full blown Master/Sub-Masters event.

Athletes from various cities in Florida, as well as Gilberto Gonzalez from Puerto Rico and Rusty Hamilton from South Carolina, participated. As a result of this and increased interest locally, 87 meet records were tied or broken. Gilberto Gonzalez, 68, ran an incredible 12.14 100 yard dash which is better than the age 68 record and very close to the world record for the age group (65-69). Nate Robinson won the 120 highs in a blazing time of 13.80 seconds, and Buzz Porter (46) won seven events in his age group.

Some summer development meets are being considered, and plans for coordinating meets are under way with various other clubs in the area.

Results in back pages.



Saratoga Springs, N.Y. — Burke Adams, meet director for the 10th Anniversary OTB Runners' Stakes, measures off the course at the Saratoga Racetrack. Sara Harrison, executive assistant to the president of The Off-Track Betting Corporation, assists him. The first major race of the 1982 Saratoga Racetrack season, a race for humans instead of horses, is set for Sunday, July 25, at 10 a.m.

## FLORIDA REPORT

By BILL GENTRY

The Florida State Sunshine Games T&F events will be held July 16-17 in Gainesville at Percy Beard Track, U. of Florida.

The T&F events for masters (40 and over) are 100 and 1500 meters, high jump and shot.

There is also an "open" division ages 19-39 which will include most all track and field events. Women are included in the "open" and masters division.

For information on a 10K road race contact Terry Long, 9225 SW 1st, Gainesville, 32601.

The contact for track and field events is Larry Monts, 4501 Copper Road, Jacksonville, 32218.

## 100 Find Way To Porterville

PORTERVILLE, Calif., May 29. About 100 over-age-30 tracksters drove up to 400 miles this holiday weekend for the 5th Annual Golden State Masters Track & Field Championships in this small central California San Joaquin Valley community.

Some of the top masters from both the Northern and Southern parts of the state met head on in what may be a preview of several national championship battles.

Nick Newton of Los Angeles edged national 45-49 100 meter champ Bruce Springbett of Los Gatos, 11.7 to 11.8. Bob Watanabe, 57, sped to a 12.7 100. Clarence Killion and Al Guidet both clocked 13.4 in the M60 100.

Gene Driver blazed to a double triumph in the M30 100 (10.8) and 200 (22.1). Newton outleaned Springbett and Hans Bruhner in the 200 in 24.0,

First you might get an entry blank from local YMCA's, recreation departments, Chambers of Commerce or from the Governor's Council on Physical Fitness, The Capitol, Tallahassee, FL 32301.

There are 21 different sporting events in the Sunshine State Games but they are only open to people who have lived in Florida at least 30 days.

If you're visiting the Orlando, Fla. area this summer contact Bill Gentry for track action. The Orlando Recreation Dept. is holding Thursday night meets from June 17 through July 29. Also Orlando Runners Club holds Sunday a.m. running practice for LDR aficionados. (305) 299-3441.

and pulled away from Bruhner in the 400 in 54.6.

John Pitman logged a fast 2:05.5 in the 40-44 800. The 110 meter hurdlers were awesome. Set at the 39" height (the new U.S. 40-49 standard is 36"), Dee DeWitt nosed out Hugh Adams and John Dobroth in 15.0.

Hugh Adams beat Bob Noether in the 40-44 400 hurdles, 60.2 to 62.8. Gary Miller, 44, threw the javelin 151'4". Doug Wells, 38, tossed the shot 52'9½". Dave Douglass, 50, unleashed the hammer 127'6". Dobroth high jumped 6'3". Burl Gist, 62, cleared 5'0" in the high jump, and Vic Cook, 50, vaulted 13'6".

Meet director Allan Nelson and his able volunteers provided an enjoyable day of activity for the participants.



## SECOND SAN JUAN ANNUAL MASTERS CHAMPIONSHIPS



Sixto Escobar Stadium, San Juan, Puerto Rico  
Sponsored by the City of San Juan, Puerto Rico  
24-26 September 1982

- AGE DIVISIONS : Men & Women: (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70-74) (75-over)
- ELIGIBILITY : Open to all men and women 30 years of age or older.
- ENTRY FEE : \$6.00 first event, \$3.00 each additional event.
- AWARDS : Gold, Silver and Bronze medals to winners in all categories.
- FACILITIES : Sixto Escobar Stadium: 8 lane tartan track. Also adjacent 200 meters tartan warm-up track.
- RELAYS : There will be no relays.
- REGISTRATION : At the Sixto Escobar Stadium, Thursday 23 from 9:00 A. M. to 6:00 P. M. and Friday 24 from 8:00 A. M. to 12:00 noon.
- DEADLINE FOR ENTRIES : August 15, 1982.
- FAREWELL PARTY : El Rancho Rest. right next to the Stadium. \$10.00 per person. Informal attire.
- HOTELS NEARBY WALKING DISTANCE : (1) Ocean Side, 54 Muñoz Rivera St. Tel. (809)722-2410 S.\$20, D.\$25-29, T.\$35; (2) Caribe Hilton, P.O.Box 1872 San Juan, P. R. 00903 (809)725-0303 S.\$75-115, D.\$83-123; (3) Condado Holiday Inn, P.O. Box 1270 San Juan, P. R. 00902 (809)724-4000 S.\$76, D.\$86; (4) Regency, 1005 Ashford Ave. (809)725-0505 S.\$35-47, D.\$39-51.
- ONE TO TWO MILES FROM STADIUM : (1) Gran Bahía, (809)725-1212 S.\$38, D.\$35; (2) Toro (809)725-5150 S.\$8; (3) Olimpo Court (809)725-7400 S.\$29, D.\$32; (4) Condado Beach (809)723-6090 S.\$46-72, D.\$55-87; (5) La Concha (809)723-6090, S.\$50-70, D.\$60-92; (6) Tanuma (809)724-1100, S.\$26, D.\$42; (7) Excelsior (809)725-7400, S.\$42, D.\$47.
- STANDARDS : Weight of implements to be used by categories and hurdle heights etc. will be according to WAVA regulations.

MAKE CHECKS PAYABLE TO SAN JUAN ANNUAL MASTERS AND MAIL THEM WITH YOUR ENTRY FORM TO: SAN JUAN ANNUAL MASTERS CHAMPIONSHIPS G. P. O. BOX 336, SAN JUAN, PUERTO RICO 00936.

### SCHEDULE OF EVENTS

FRIDAY	September 24				
4:00 P.M.	400 meters hurdles*	M & W	Long Jump	M & W	
5:00 P.M.	5 Km. Walk	M & W	Shot Put	M & W	
6:00 P.M.	10,000 meters	M & W	High Jump	M & W	
8:00 P.M.	110 meters hurdles*	M			
SATURDAY	September 25				
4:00 P.M.	100 meters*	M & W	Pole Vault	M	
5:00 P.M.	400 meters*	M & W	Javelin	M & W	
6:00 P.M.	1500 meters	M & W	Triple Jump	M	
8:00 P.M.	3000 Steeple	M			
SUNDAY	September 26				
6:00 A.M.	Marathon (See map)	M & W	Discus	M & W	
3:00 P.M.	800 meters	M & W	Hammer	M	
4:00 P.M.	200 meters	M & W			
5:00 P.M.	5000 meters	M & W			
7:00 P.M.	FAREWELL PARTY				

\*NOTE: If more than 8 participants are registered per categories all heats will be considered finals. All final placings will be determined by best times and medals will be awarded accordingly.

### OFFICIAL ENTRY FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

No.	EVENT	Fee	No.	EVENT	Fee
1			6		
2			7		
3			8		
4			9		
5			10		

### 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 which may hereafter accrue to me against the City of San Juan, the Organizing Committee or their officers or agents and the Sixto Escobar Stadium and any 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 \_\_\_\_\_

## GALLUP BREAKS HIGDON'S HALF-MARATHON RECORD

Jim Gallup, a 46-year-old pathologist, clocked 1:11:17.5 while winning the Windward half-marathon in Kailua, Hawaii on May 16. The time bettered Hal Higdon's American record of 1:11:40 for the 45-49 age class.

Approximately 1,000 runners participated in the event, which got underway at 5:30 a.m. Gallup took the lead immediately, followed closely by Dewey Cartwright, a 73-year-old Air Force master sergeant, and Mike Tymn, a 45-year-old insurance claims manager.

After Gallup hit the mile mark in 5:15, Tymn moved up to share the lead. "I was hoping to slow the pace down," he said after the race, "but Jim didn't go for it. He just kept throwing little surges in all the way and wouldn't let up. I knew by three miles that I had had it."

Tymn began to fall back after 7 miles, but Cartwright continued to

draft on Gallup. With 2 miles to go in the race, Gallup started to pull away. His margin of victory was approximately 100 yards as Cartwright crossed in 1:11:34. Tymn stumbled in third in 1:13:37.

The average age of the first three finishers was 42.7 years.

"I figured Mike (Tymn) was the guy I had to beat," said Gallup. "I was really surprised when he folded and Dewey was still there."

Gallup had actually run a faster half-marathon (1:11:10) last October, but that course, although wheel measured, was not certified. The Windward half-marathon was on a certified course.

"It's a fairly flat course and when the race started it wasn't all that warm," says Tymn. "But about half way through the race it got to be pretty humid. Under cooler conditions I think Jim would have gone close to 1:10." □

## Memo From . . . H. Lewis Smith

### So. California Striders Relay Teams Continue Assaults on Record Books

The fleet footed Striders (40-49 age group) in their bid to emblaze their name on all outdoor relay records from two miles on down to 400 meters, set a new American Masters record of 11:03.7 to win the Distance Medley Relay (440-880-1320-1 mile) in the So. Calif. Strider Relays at Northridge Cal State College.

The team of Bill Knocke, Ralph Lee, Mel Elliott, and George Cohen eclipsed the old mark of 11:19.4 which was set back in March 17, 1973 by a So. California Strider team.

The aforementioned quartet will go after the 2 mile relay record on June 20th at the Western Regionals meet. This, of course is academic, the only

question is, how much will they eclipse the old mark by, which was set by the West Valley Track Club, September 6, 1980. West Valley was tendered a challenge to defend their title and, like the brave and courageous competitors they are, the challenge was accepted. Results will appear in your August issue.

The Striders crack 1600 M and 400 meter relay teams will go on tour during the month of August. First stop will be the National meet at Wichita, Kansas where they don't expect any resistance from Eastern teams in their quest for the National titles and new American records. From there they will perhaps proceed to the Sports Festival in Philadelphia and give a clinic on how to run relays. Watch for the August and September issues of your National Masters News for all results.

## Rain, Wind, Cold Dampen MSA Championships

by BOB FINE

KINGSPPOINT, NY, May 23. The 11th Annual Masters Sports Association Championship was held today under absolutely horrible conditions: cold, windy, with heavy rain.

The facilities at the Kings Point Merchant Marine Academy were excellent. Despite the atrocious weather, some excellent performances were turned in. NIKE Outstanding Athlete Awards were awarded to the following:

Richard Landry from Glen Cove, Long Island beat the American Pentathlon 35 years old record by 14 points and also won the long jump.

Rudy Enders, Potomac, Maryland, holder of many American Championships continued to romp at the age of fifty in taking first in the 100 in 12.4; 1st 200 in 25.6; 1st in the 400 in 57.6;

1st in the 400 hurdles in 70.4; 1st in the long jump in 18'10 and 1st in the Pentathlon in 1759.

Mila Kania, 50, Warwick, N.Y. ran 5:18.7 in the 1500. Dorothy Kelley, 47, Manhattan, broke the listed 5,000 meter walk mark in 26:42. Dotte finished first overall in the race, which is the first time that a woman has turned in the best performance overall in a given event in a major Masters' meet.

Other outstanding performances were turned in by: Chris McKenzie who broke the 50 year old American 400 meter woman's record; Herb Kania, 51, who won the 800 and 1500; Tom Butterfield, 47, who won the 400 hurdles; long jump; triple jump; high hurdles; Rudy Valentine, 58, just missed the American record in the 400 meter dash.



5000 METERS

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the 5000 meters event.

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the 6 miles event.

3000 METER STEEPLECHASE

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the 3000 meter steeplechase event.

110/120 HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30"

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the 110/120 hurdles event.

400/440 HURDLES (35-49) 36" (50-59) 33" (60+) 30"

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the 400/440 hurdles event.

HIGH JUMP

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the high jump event.

POLE VAULT

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the pole vault event.

LONG JUMP

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the long jump event.

TRIPLE JUMP

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the triple jump event.

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the shot put event.

DISCUS THROW (35-49) 2KG (50-59) 1.5KG (60+) 1KG

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the discus throw event.

HAMMER THROW (35-59) 16# (60+) 12#

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the hammer throw event.

JAVELIN THROW (35-59) 800 GRAMS, (60+) 600 GRAMS

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the javelin throw event.

DECATHLON

Table with 5 columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes for the decathlon event.



## 600 COMPETE

Continued from page 1

years ago — set world age 70-74 records in the 3000 meter steeplechase and 400 meter hurdles. His 14:09.85 in the steeple broke the mark of 14:34.7, set by Wilfred Bigelow in the 4th World Veterans Games in New Zealand Jan. 9, 1981.

He teamed with Bud Deacon as both set world standards in the 400 barriers. Deacon edged Boal at the wire, 83.84 to 83.86, both bettering Bigelow's global best of 84.1 set in Christchurch. According to TAC National Masters T&F Records Chairman Pete Mundle, both Boal and Deacon get credit for a new world mark, "Until all meets use automatic timing," Mundle said, "we round up to the nearest tenth. Thus, both men get credit for 83.9."

Phil Raschker of Atlanta annexed the two U.S. marks, winning the 100 in 12.10 and 400 in 58.8 for new age 35-39 women's bests.

Five new age 80 records were established by A. E. Pitcher: 100 (16.75), 200 (36.1), pole vault (1.54m), pentathlon (193) and triple jump (6.44m). The 100 and 200 marks are world 80+ bests.

In all, 15 world and 26 American age records were established at the 3-day classic. They included:

- a 2:27.71 in the 800 by Frank Finger, 67.
- a 4:49.5 in the 1500 by Archie

### Hagerman Wins Cleveland Marathon

CLEVELAND, Ohio, May 23. Fred Hagerman sped to a 2:34:28 to finish as first over-age-40 runner in the annual Revco-Cleveland Marathon today. Pat Miller was the 1st master woman in 3:24:35.

Josef Fodor (2:37:46), William Tobin (2:38:29), Larry Patterson

Messenger, 59.

— a 15:20.0 in the 5000 by Ireland Sloan, 40.

— a 31.48m in the hammer and 10.59m in the 35 lb. weight by Nolan Fowler, 68.

— an 11:03.5 in the 3000 by Newlin Hewson, 59; and a 12:20.7 by Boal.

— a 4.66m in the long jump by Gilberto Gonzales-Julia.

— a 26.53 in the 200 by Raschker, 35.

— two marks each in the walks by Elizabeth Petterson, Anna Rush and Marie Henry.

Other top efforts were:

— an 11.14 in the 100 by Tom Randolph, 40.

— a 53.60 in the 400 by Larry Colbert, 45.

— a 56.16 in the 400 by Rudy Enders, 50.

— a 2:03.64 in the 800 by Maurice McDonald, 40.

— a 2:22.92 in the 800 by Jack Rice, 61.

— a 4:18.53 in the 1500 and 9:06.7 in the 3000 by Lew Faxon, 42.

— a 9:46.9 in the 3000, 34:18.2 in the 10000 and 16:46.8 in the 5000 by George Vernosky, 52

— a 36:20.0 in the 10000 by Judy Fox Eddy, 41.

— a 32:08.5 in the 10000 by Bill Hall, 41, and a 31:27.2 by Jack Bacheiler, 38.

— a 44:53.1 in the 10000 and 21:39.4 in the 5000 by Ed Benham, 74.

(2:39:10) and Tom Sheahan (2:40:22) followed Hagerman in Cleveland's most prestigious race, won overall by Tony Sandoval in 2:14:36.

In the concurrent 10K, Les Hegedus and Sandra Knott (37:33) captured the masters titles. □

— 16.26 and 16.81, respectively, in the 110 hurdles by Barry Kline, 42, and Buzz Porter, 45.

— a virtual 3-way photo in the M45 400-hurdles between national champ Matt Brown (60.96), Porter (61.22) and Josh Culbreath (62.71).

— 54.77 in the 400 hurdles by Michael Kelly, 35.

— a 25:09.4 in the 5K walk and 1:46:38 in the 20K walk by Sal Corrallo, 51, and a 26:31.1 and 1:53:20 by Bob Mimm, 57.

— a 1.57 (5'-1 3/4") in the high jump by Spotty Hall, 57.

— a 3.65 (12') in the pole vault by Miguel Rivera-Veve, 50.

— a 5.14 (16'-10 1/4") long jump by Boo Morcom, 61.

— a 15.60 (51' 2") shot put by Ernst Soudek, 41, and a 13.75 (45' 1 1/4") by Len Olson, 50. □

## FOSTER, HAMES

Continued from page 1

hamstring were very sore."

Hames, secretary at the Auckland Fire Station, has been asked to defend her women's masters championship (2:48 in 1981) in the New York Marathon this year. □

## VIKING CLASSIC

Continued from page 1

seconds, and Jerry Schmidt of Wenatchee was third in 32:39. Al Huff of the Snohomish Track Club of Seattle was fourth, while team-mate Denny Meyer was fifth, winning the 45-49 title. Sixth was Phil Weiser of Portland, followed by former University of Oregon star Keith Forman of Gig Harbor, Washington. Bill Foulk, from Bozeman, Montana, was eighth. All of these runners came in under 34:00.

Dan McCaskill of Solono Beach, California, 9th, and Earl Ellis of Seattle, 11th, had, for them, disappointing races, but were still under 35:00. Runner-up to race winner Hatten in the 50-54 division was tenth-place master Ross Smith of Reno, Nevada, while Joe Anaya of Albuquerque was 12th in 34:34. Not a bad over-40 contingent.

Clive Davies, 66, of Tillamook, Oregon, ran 35:52 in a new U.S. 65:69 10K record.

Keep the Viking Classic in mind for a good race in May, but don't expect it to be easy - unless you're in the younger age groups. □



Start of M40 1500 meters: 34, Maurice McDonald, 30, Boyce Brawley, 33, Ken Winn, in Southeastern Track Classic, Greenville SC, May 15.

### Old Timers Meet in Palm Beach

PALM BEACH, Florida, May 1. Dozens of meet records were established today in the Old Timers Track Meet as masters athletics continues to grow rapidly in the Florida area.

Competition was held for open runners, and for masters and submasters

in 5-year age groups from 30 to 70+.

Gilberto Gonzalez-Julia set several age records; Nate Robinson sped to a 9.86 in the M30 100 yard dash; and Buzz Porter won both M45 hurdles in a good 16.24 and 45.66 to highlight the action. □

## NOW AVAILABLE Masters Age-Records 1982

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with 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. 1, 1982.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1982.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
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# 150 In South Carolina Meet

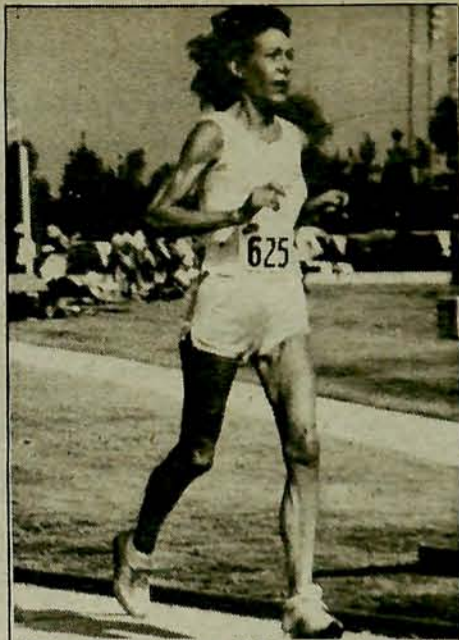
by TOM MALIK,  
Director

GREENVILLE, S.C., May 15. One-hundred-fifty open and masters athletes took part in the Southeastern Track Classic today as 68 meet records were broken or tied.

The meet has shown steady growth over the past two years. We expect to be at the level of Atlanta and Raleigh in the next two or three years.

Competitors came from 17 states and from South Africa and Austria.

Top performances included 3 wins by A.E. Pitcher, 80:100 (17.1), 200 (37.1), triple jump (21' 3/4"). □



Helen Dick, setting U.S. women's 55-59 record of 6:01.3 in 1500 meters.  
photo by John Allen, Sportsfoto, Inc.

# Report From Britain

by ALISTAIR AITKEN

The outstanding news was Joyce Smith's London Marathon triumph May 9. The 44-year-old Barnet housewife's time of 2:29:43 was a world best for women over 35 (Smith held the old mark of 2:29:57).

She now will compete for England in the European Games in Athens this summer. Her husband, Bryan Smith, thought she would run well in London, but Joyce was hoping for an even faster time.

The conditions were glorious sunshine and not too hot, but liquids were

needed often. (I ran a personal best of 2:47:59 at age 42; previous best 2:53 last year).

Best veteran times were by Mike Palmer (2:19:40), Don Macgregor (2:20:42), Ron Hill (2:20:57), Pete Lawrence (2:23:33); Peter Birks (2:24:57).

On March 21st in Scotland, Bill Stoddart (50-54) won the Scottish Veterans Marathon at Belahouston Park in 2:30:41 from Andy Brown, 48, (2:31:44). Brown won the Scottish Veterans cross-country Feb. 14 in 32:29, with Stoddart 1st 50+ in 33:30.



Albert McRoberts, M30, tries to keep dry while waiting to long jump at Apopka, Fl. Masters Championships held April 24 in a day long rain.  
(Photo by Bill Gentry)

Women- 60 thru 69				
1:45:05a	Althea Wetherbee	61	Huntington Stn NY	25 Jan,AZ-A
1:53:19	Patricia Dixon	62	Bend OR	11 Apr,OR-A
2:00:46	Violet Leonard	60	Morgantown WV	23 May,WV-A
2:11:52	Evelyn Havens	64	New York NY	25 Jan,NY-A
2:12:24	Carol Klocke	60	Springfield OR	11 Apr,OR-A
Women- 70 and over				
1:54:47	Leona Lugers	74	Holland MI	23 May,MI-A
2:01:08	Anne Clark	72	Glen Ellyn IL	11 Oct,IL-A
Men- 65 thru 69				
1:30:41	George Vezmar	66	Weirton WV	23 May,WV-A
1:33:38	Oliver Neal	65	Morgantown WV	23 May,WV-A
1:34:32	Andrew Malanchuk	65	Johnson City NY	13 Jun,NY-A
1:46:06	Luis Martin	69	Upr Montclair NJ	25 Jan,NY-A
1:50:57	Charles Feldman	65	New York NY	25 Jan,NY-A
1:51:01	Howard Foster	67	Grand Rapids MI	23 May,MI-A
1:51:41	Raymond Deschambault	67	Dewitt NY	25 Jan,NY-A
1:52:18	Changho Kong	68	New York NY	25 Jan,NY-A
1:52:36	Frank Blahosky	65	Hazleton PA	19 Jul,PA-A
1:52:49	Robert Moffitts	65	Washington DC	6 Sep,DC-A
1:53:55	Lewis Larkey	68	Binghamton NY	12 Sep,NY-A
1:57:07	Harry Frey	67		2 May,IN-A
2:00:41	Bob Sterling	68	San Luis Obspo CA	5 Apr,CA-A
2:10:41a	Donald Fordney	66	Huachuca City AZ	25 Jan,AZ-A
2:17:29	Walter Risse	65	Medford OR	11 Apr,OR-A
Men- 70 and over				
1:38:15a	L L Daby	70	Prescott AZ	25 Jan,AZ-A
1:51:54	Paul Fairbank	74	Bethesda MD	1 Mar,MD-A
2:01:14	Alton Childers	71	Smithburg WV	23 May,WV-A
Women- 35 thru 39				
1:23:15a	Dorothy Lash	37	Phoenix AZ	25 Jan,AZ-A
1:25:30	Betty Boppart	35	Chicago IL	11 Oct,IL-A
1:25:51	Lolitia Bache	38	Annandale VA	7 Mar,DC-A
1:27:47	Gloria Roark	38	New Berlin WI	11 Oct,IL-A
1:27:56	Bonnie Payne	35	LaGrange IL	11 Oct,IL-A
1:28:24	Donna Pfeffer	36	Elkhart IN	23 May,MI-A
1:28:40	Judy Friedes	36	Lake Forest IL	11 Oct,IL-A
1:28:43	Laurie Rossi	36	Park Ridge IL	11 Oct,IL-A
1:28:44	Ninett Texidor	37	Jersey City NJ	25 Jan,NY-A
1:29:57	Gail Baker	35	St Joseph MI	23 May,MI-A
1:30:41	Elaine Delsman	35	Ashland OR	11 Apr,OR-A
1:31:00	Sharon Cacioppo	39	Kenilworth IL	11 Oct,IL-A
1:31:08	Judy Ward	36	Wheeling WV	23 May,WV-A
1:32:15	Dianne Walthers	38	Los Alamos NM	11 Jul,NM-A
1:32:46	Sharon Hirschman	37	Elk Grove Vlg IL	11 Oct,IL-A
1:33:01	Dody Burkey	36	Grand Rapids MI	23 May,MI-A
1:33:42	Gretchen Merten	38	Eugene OR	11 Apr,OR-A
1:33:51	Jackie MacFarlane	38	Los Alamos NM	11 Jul,NM-A
1:33:53	Bronwen Job	37	New York NY	25 Jan,NY-A
1:34:10	Judy Welch	35	Eugene OR	11 Apr,OR-A
1:34:25	Lena Williams	35		7 Mar,DC-A
1:34:38	Delabian Thurston	35		7 Mar,DC-A
1:34:41	Karyl Leary	39	Zeeland MI	23 May,MI-A
1:35:04	Sarah Peacock	38	New York NY	25 Jan,NY-A
1:35:35	Meida Olliviera	35	Detroit MI	23 May,MI-A
Women- 40 thru 44				
1:21:01	Ann Diaz	41	Glencoe IL	11 Oct,IL-A
1:23:17	Lynne Lauck	41	Pittstown NJ	25 Jan,NY-A
1:25:44	Tina Hayward	40	Vicksburg MI	23 May,MI-A
1:26:00	Jane Arnold	40+		7 Sep,CT-A
1:26:34	Patty Lee Parmalee	40	New York NY	25 Jan,NY-A
1:27:49	Carole Herrick	40	McLean VA	1 Mar,MD-A
1:30:19	Dianne Headden	42		7 Mar,DC-A
1:30:33	Janice Stoodly	40+		1 Mar,MD-A
1:30:41	Mary Namey	41	Grand Rapids MI	23 May,MI-A
1:30:52	Judy Kiernan	40+		1 Mar,MD-A
1:31:54	Jo Johnson	42	Evanston IL	11 Oct,IL-A
1:32:14	Carol Thompson	41		1 Mar,MD-A
1:32:24	Sylvia Shriner	44	Lancaster PA	23 May,WV-A
1:32:43	Arlene MAYER	43	Homewood IL	11 Oct,IL-A
1:32:48	Jeanne Ulrich	41		1 Mar,MD-A
1:33:10	Kathy Schubert	40	Chicago IL	11 Oct,IL-A
1:33:12	Mary Cullen	42	Houston TX	7 Mar,DC-A
1:33:14	Margit Brosnan	41	Brooklyn NY	25 Jan,NY-A
1:33:45	Sally Marchesi	40+		7 Sep,CT-A
1:35:04	Susan Blaisdell	40+		7 Sep,CT-A
1:35:13	Mary Doughty	43	Madison NJ	25 Jan,NY-A
1:35:40	Sue Armstrong	41		1 Mar,MD-A
1:35:40	Jerri Bennett	40		14 Nov,MS-A
1:35:49	Phyllis Penley	40		1 Mar,MD-A
1:35:53	Shirley Solberg	42	Zion IL	11 Oct,IL-A

# 120 Tracksters Battle New Orleans Heat

from DANNY THIEL

NEW ORLEANS, May 29. It was a hot time in the old town for the Southern Association Athletics Congress Masters T&F Meet today. Temperatures soared to 95°, rivaled only by the humidity and hot performances by the 120 competitors.

Nearly 75% of the meet records were erased. Orrin Graf set a pending world 70-74 record of 8.40 — and Don Hull raced to a pending U.S. M60 mark of 7.62 — in the seldom-run 55 meters.

Buzz Porter set a pending 45-49 mark of 16.22 in the rarely-run 110 meter 42" hurdles. (The normal height for 40-49 year olds is 36").

The assault on the record books was due in part to the new Chevron facility, plus a general improvement in the condition of masters athletes. The sub-masters division (30-39) saw an outstanding effort by Jessie Johnson of New Orleans who stunned fans and competitors alike with a 50'0" leap in the triple jump.

The general consensus was to have an evening meet next year, when a lighted arena will be available. □



Rose Kash, Award-Winning, Age 60-64 Walker.  
Sports photo by John Allen



### OLD TIMERS TRACK MEET - MAY 1, 1982 PALM BEACH, FLORIDA FINAL RESULTS

#### Men's Events

<b>Long Jump</b>	Open A. Ford 22'0" - T. Payne 21'5" - B. Gaines 21'1/2" 30-34 N. Robinson 20'5" - K. Selvig 16'10-1/2" - D. Ramirez 16'10" 35-39 G. Green 18'7-1/2" - S. Alexander 18'7-1/2" - W. Owen 15'10" 40-44 D. Halliday 14'1/4" - C. Otterson 14' - G. Freyer 11'2" 45-49 B. Porter 18'1" - J. Baggett 14'9" - R. Hamilton 14' 50-54 B. Gentry 14'9" - L. Caro 13'7" - J. McCoy 11'6" 60-64 D. Hull 11'11" - B. Granby 10'4-1/2" - A. Knapp 8'11-3/4" 65-69 G. Gonzalez 14'4"
<b>High Jump</b>	Open D. Gammons 5'6" - F. Valdes 5'6" - R. Wagner 5'4" 30-34 K. Selvig 5'2" 35-39 G. Green 5'8" - S. Alexander 5'6" - F. Pressler 5'6" 45-49 B. Porter 5'2" - R. Hamilton 4'10" - T. Tucker/J. Baggett - 4'8" 50-54 B. Gentry/L. Caro/R. Shilling 4'6" 60-64 D. Hull 4'1" 65-69 G. Gonzalez 4'1"
<b>Pole Vault</b>	Open J. Calix 11' - F. Valdes 10' - D. Gammon 7' 35-39 S. Alexander 9' 40-44 J. Butler 10'6" - R. Hamilton 9'6" 45-49 J. Baggett 10'0" - R. Hamilton 9'6" 50-54 R. Shilling 9' - B. Gentry 7'9" 65-69 G. Gonzalez 7'6"
<b>120 Yard High Hurdles</b>	(39") Open R. Baldwin 13.75* - B. Gaines 14.2 - R. Wagner 17.14 (39") 30-34 N. Robinson 13.80* - K. Selvig 17.97 (39") 35-39 T. Christie 20.37 (36") 40-44 J. Butler 19.55* - D. Compton 20.44 (36") 45-49 B. Porter 16.24* - J. Baggett 19.65 - T. Tucker 21.05 (33") 50-54 L. Caro 18.11* (30") 65-69 G. Gonzalez 19.50*
<b>100 Yard Dash</b>	Open M. Dixon 9.60* - R. Gilbert 9:67 - N. Yancey 9:89 30-34 N. Robinson 9.86* - W. Watson 10:20 - D. Ramirez 11:56 35-39 S. Alexander 10.40 - G. Green 10:59 - R. Albright 11:52 40-44 D. Halliday 11.60* - D. Compton 11:70 - G. Freyer 13:40 45-49 B. Porter 11.10* - J. Baggett 12:43 - T. Tucker 12:90 50-54 P. Gauden 12.23* - L. Caro 12:50 - B. Gentry 12:60 55-59 S. Vidovich 14.33 - M. Anderson 14:50 60-64 D. Hull 12.73* - B. Granby 18:16 65-69 G. Gonzalez 12.14* (AGE WORLD RECORD)
<b>Mile Run</b>	Open P. Griffo 4:34 - J. Whitehead 4:36 - L. Lozada 5:01 30-34 J. Brown 4:37* - J. Bensoussan 4:54 - L. Rose 5:10 35-39 B. Scoville 5:02 - E. Dougherty 5:10 - G. Salfelder 5:44 40-44 A. Riska 5:23* - K. Kozlin 5:55 50-54 J. McCoy 5:20* - J. Dockerty 5:50 - J. Cook 6:13 55-59 M. Anderson 6:12* - S. Vidovich 6:28 - N. Olmstead 6:56 60-64 B. Granby 6:20* - W. Brooks 6:45 65-69 B. McDonough 6:49* - B. Ray 9:21 70&over L. Wilcox 9:36*
<b>440 Yard Dash</b>	Open A. Ford 50.21* - R. Gilbert 53.45 - A. Evans 55.15 30-34 J. Bensoussan 58.90 - D. Ramirez 63.00 35-39 B. Hohnadel 58.15 - R. Albright 63.46 40-44 O. Flynn 57.29* - D. Compton 58.20 - D. Halliday 60.10 45-49 D. Gilman 63.02* 50-54 B. Downey 64.63* - E. Downey 68.03 - P. Gauden 69.30 60-64 D. Hull 70.70* - B. Granby 91.28
<b>330 Yard Inter. Hurdles</b>	(36") Open W. Gaines 40.70* - L. Butler 47.70 - R. Wagner 49.34 (36") 35-39 G. Green 50.61* - R. Miguel 60.11 (33") 40-44 D. Compton 49.56* - G. Freyer 65.91 (33") 45-49 B. Porter 45.66* (30") 50-54 L. Caro 51.90* (30") 65-69 G. Gonzalez 63.45*
<b>Two Mile Run</b>	Open P. Griffo 10:10* - J. Whitehead 10:13 - R. Saltsman 10:52 30-34 L. Rose 11:14 - S. Ambrose 12:32 - D. Ramirez 14:21 35-39 F. Pressler 11:21 40-44 K. Kozlin 12:33 - G. Freyer 14:42 50-54 J. McCoy 11:52* - J. Cook 13:37 - K. Foose 17:42 55-59 M. Anderson 13:29* - N. Olmstead 14:29 - S. Vidovich 16:58 60-64 B. Granby 13:50* - N. Brooks 14:27 70&over L. Wilcox 21:26*
<b>220 Yard Dash</b>	Open M. Dixon 21.93* - R. Gilbert 22.73 - V. Colson 23.27 30-34 S. Ambrose 25.79 - D. Ramirez 27.90 - P. Carlson 29.37 35-39 G. Green 25.17 - R. Albright 27.67 40-44 D. Halliday 27.20* - J. Butler 27.21 - D. Compton 27.69 45-49 B. Porter 26.06* - D. Gilman 31.70 50-54 B. Downey 28.48* - B. Gentry 29.44 - P. Gauden 30.00 55-59 S. Vidovich 34.66* 60-64 D. Hull 30.02* - B. Granby 38.90 65-69 G. Gonzalez 29.67
<b>880 Yard Run</b>	Open A. Ford 2:03 - W. Griffieth 2:04 - S. May 2:05 30-34 J. Brown 2:04* - S. Ambrose 2:08 - B. Scoville 2:18 35-39 B. Scoville 2:18 - G. Salfelder 2:32 40-44 O. Flynn 2:19* - A. Riska 2:25 50-54 E. Downey 2:33* - J. Dickerty 2:43 - D. Lange 2:46 55-59 S. Vidovich 3:09* 60-64 B. Granby 3:09*
<b>Shot Put</b>	Open R. Gilbert 46'3-3/4" - F. Valdes 40'7" - D. Gammons 38'10-3/4" 30-34 A. McRoberts 36'4-1/4" - D. Ramirez 33'2-1/4" - D. Underwood 28'10" 35-39 W. Owen 53'8-3/8" - G. Green 38'5-1/2" - S. Alexander 38'4-1/2" 40-44 J. Butler 34'11-3/4" - C. Wallace 31'11-3/4" - C. Otterson 26'4-3/4" 45-49 J. Baggett 32'9" - R. Hamilton 32'3-1/2" 50-54 R. Cooper 40'11-3/4" - K. Foose 29'1/2" - P. Gauden 29'9" 60-64 D. Hull 33'3" - A. Knapp 30'7" - B. Granby 27'1/4" 65-69 G. Gonzalez 36'7-7/8" - B. Schandle 29'5-1/2" 70&over P. Partridge 32'0"
<b>Discus</b>	Open R. Gilbert 121'6" - D. Gammons 119'5" - J. Hardy 115'1" 30-34 A. McRoberts 88'0" 35-39 G. Green 140'0" - W. Owen 125'8" - V. Banks 77'2" 40-44 C. Otterson 60'6" - G. Freyer 53'1" 45-49 R. Hamilton 105'1" - B. Porter 104'1-1/2" 50-54 R. Cooper 99'2" - B. Downey 83'0" - K. Foose 66'3" 60-64 D. Hull 100'5" - B. Granby 80'2" - A. Knapp 61'6" 65-69 G. Gonzalez 111'6" - B. Schandle 95'9" 70&over P. Partridge 116'7"

#### Javelin

Open D. Gammons 178'2" - F. Valdes 159'0" - J. Hardy 122'8"
30-34 M. Robinson 153'4" - A. McRoberts 125'1"
35-39 G. Green 132'4" - W. Wernersback 99'10"
40-44 J. Butler 100'4" - C. Wallace 88'5" - C. Otterson 76'6"
45-49 B. Porter 122'6" - R. Hamilton 120'3"
50-54 R. Cooper 133'9" - P. Gauden 88'8"
60-64 D. Hull 86'5" - A. Knapp 80'5" - B. Granby 55'5"
65-69 G. Gonzalez 102'3" - B. Schandle 80'7"
70&over P. Partridge 92'4"

#### Women's Events

<b>Shot Put</b>	Open C. Schwind 22'3" - M. McCollum 21'10" 30-39 C. Westerfelt 21'4-1/2"
<b>100 Yard Dash</b>	Open K. Odell 13.53 - C. Schwind 14.27 30-39 P. Peverini 15.17 - A. Dougherty 15.45 - C. Westerfelt 17.61 40-49 D. Kilpatrick 16.10
<b>Mile Run</b>	Open M. Gallagher 5:53* - C. Schwind 6:42 30-39 A. Hudson 6:17* - A. Dougherty 7:04 - P. Peverini 8:00 40-44 D. Kilpatrick 6:53*
<b>110 Yard 30" Hurdles</b>	Open K. Odell 18.65* - C. Schwind 19.35
<b>880 Yard Run</b>	Open C. Schwind 2:59* 30-39 A. Hudson 2:57* - P. Peverini 3:42 40-49 D. Kilpatrick 3:19
<b>Long Jump</b>	Open K. Odell 14'8" - C. Schwind 12'6-1/2"
<b>220 Yard Dash</b>	Open K. Odell 32.57* - C. Schwind 33.60 30-39 P. Peverini 39.92
<b>Two Mile Run</b>	Open C. Schwind 15:28* 30-39 A. Hudson 13:40* 40-49 D. Kilpatrick 14:55*
<b>Relays</b>	
<b>440 Yard</b>	19-34 Palm Beach Track 43.72* (Watson - Payne - Jones - Gilbert) Southern Track Club 46.82 (Dixon - Griffieth - Terrell - Baldwin) 35&over Palm Beach Track 50.15* (Halliday - Baggett - Albright - Green) Forest Hill Jaycens 56.48 (Howell - Newell - Vollendorf - Salfelder)
<b>Mile Relay</b>	19-34 Palm Beach Track 3:45 (Giles - Lozana - Brown - May) 35&over Palm Beach Track 4:26* (Albright - Halliday - Compton - Green) Palm Beach Track 4:30 (B. Downey - E. Downey - McCoy - Flynn)

\* Set new meet record.  
\*\* Tied meet record.

### 12TH ANNUAL SOUTHEASTERN MASTERS T&F CHAMPIONSHIPS RALEIGH, N.C. MAY 7-9, 1982

#### WORLD AND AMERICAN RECORDS

#### Age Records

Men	Age Records	
	American Record	World Record
100m Dash	A. E. Pitcher 80 16.75	X
200m Dash	A. E. Pitcher 80 36.1	X
800m Run	Frank Finger 67 2:27.71	X
1500m Run	Archie A. Messenger 59 4:49.45	X
3000m Run	Robert Boal 70 12:20.7	X
	Newlin Hewson 59 11:03.5	X
3000m Steeple Chase	Robert Boal 70 14:09.85 WR	X
5000m Run	Ireland Sloan 40 15:20.0	X
400m Intermediate Hurdles	Robert Boal 70 83.86 WR	X
	Bud Deacon 71 83.84 WR	X
16 lb Hammer	Nolan Fowler 68 31.48m	X
35 lb Weight	Nolan Fowler 68 10.59	X
Pole Vault	A. E. Pitcher 80 1.54m	X
Pentathlon	A. E. Pitcher 80 193	X
Triple Jump	A. E. Pitcher 80 6.44m	X
Long Jump (Pentathlon)	Gilberto Gonzales 68 4.66m	X
Long Jump (Pentathlon)	Boo Morcom 61 5.50m	X
<b>Ladies</b>		
100m Dash	Phil Raschker 35 12.10 AR	X
200m Dash	Phil Raschker 35 26.53	X
400m Dash	Phil Raschker 35 58.8 AR	X
5K Walk	Elizabeth Petterson 49 32:21.1	X
	Anna Rush 53 31:54.4	X
	Marie Henry 58 33:06.5	X
20K Walk	Elizabeth Petterson 49 2:27:44	X
	Anna Rush 53 2:27:37	X
	Marie Henry 58 2:27:16	X

WR = World Age-Division Record  
AR = American Age-Division Record













OFFICIAL RESULTS

SOUTHEASTERN TRACK CLASSIC

MAY 15, 1982

Greenville, South Carolina

OFFICIAL RESULTS

100 METERS: (Men)

Table of 100 meters results for men, including names like Austin Keith, Gibson, Armand, and various times.

200 METERS: (Men)

Table of 200 meters results for men, including names like Austin Keith, Gibson, Armand, and various times.

110 METER HURDLES: (Men)

Table of 110 meter hurdles results for men, including names like Piper, Don and various times.

400 METER HURDLES: (Men)

Table of 400 meter hurdles results for men, including names like Dawkins, Bill and various times.

400 METERS: (Men)

Table of 400 meters results for men, including names like Puc' Ed, Green, Bon and various times.

800 METERS: (Men)

Table of 800 meters results for men, including names like Littlejohn, Robert and various times.

Table of 50-54 age group results for men, including names like Bartenfield, Tom and various times.

1500 METERS: (Men)

Table of 1500 meters results for men, including names like Littlejohn, Robert and various times.

5000 METERS: (Men)

Table of 5000 meters results for men, including names like Branch, David and various times.

4x100 METER RELAY: (Men)

Table of 4x100 meter relay results for men, including names like OCTC (Howell, Narewski) and various times.

POLE VAULT: (Men)

Table of pole vault results for men, including names like Dye, John and various heights.

SHOT PUT: (Men)

Table of shot put results for men, including names like Green, Bob and various distances.

DISCUS: (Men)

Table of discus results for men, including names like Harkness, Jack and various distances.

Table of 55-59 age group results for men, including names like Simmons, Floyd and various times.

HIGH JUMP: (Men)

Table of high jump results for men, including names like Cooke, Larry and various heights.

TRIPLE JUMP: (Men)

Table of triple jump results for men, including names like Cooke, Larry and various distances.

LONG JUMP: (Men)

Table of long jump results for men, including names like Cooke, Larry and various distances.

LONG JUMP

Table of long jump results for women, including names like Galbraith, Frank and various distances.

JAVELIN: (Men)

Table of javelin results for men, including names like Peebles, Darryl and various distances.

100 METERS: (Women)

Table of 100 meters results for women, including names like Biddix, Susy and various times.

200 METERS: (Women)

Table of 200 meters results for women, including names like Biddix, Susy and various times.

100 METER HURDLES: (Women)

Table of 100 meter hurdles results for women, including names like Vanney, Rene and various times.

400 METERS: (Women)

Table of 400 meters results for women, including names like Sawyer, Tamara and various times.

800 METERS: (Women)

Table of 800 meters results for women, including names like Houlton, Susan and various times.

1500 METERS: (Women)

Table of 1500 meters results for women, including names like Houlton, Susan and various times.

5000 METERS: (Women)

Table of 5000 meters results for women, including names like Melton, Judy and various times.

4x100 METER RELAY: (Women)

Table of 4x100 meter relay results for women, including names like GTA Ladies and various times.

LONG JUMP: (Women)

Table of long jump results for women, including names like Biddix, Susy and various distances.

CLUBS:

- List of participating clubs including CU-CLEMSON UNIVER., AA-ATHLETICS ATLANTA, ATC-ATLANTA TRACK CLUB, etc.

\* MEET RECORD



Phil Raschker, 35 with bowl of the TFA National indoor championships, Jewell College, MO. Feb. 14, 1982. Most Valuable Female Athlete.

MASTERS SPORTS ASSOCIATION'S ELEVENTH ANNUAL OUTDOOR CHAMPIONSHIPS.  
MAY 23, 1982 KING POINT MERCHANT MARINE ACADEMY, KINGS POINT, NEW YORK

100 meters	40-44 J. PAPALLA 41:41.4	45-49 T. MIMI 153.3	50-54 R. BERRY 24.7	55-59 G. BERRY 24.7	60-64 G. BALLARD 28.0	65-69 G. BALLARD 28.9	70-74 G. BALLARD 28.9	75-79 D. LAKRITZ 7	80-84 H. BOHIGIAN 25.7	85-89 L. KIDDICK 26.2	90-94 S. DERRY 26.8	95-99 J. SNELL 27.3	100 meters	40-44 J. PAPALLA 41:41.4	45-49 T. MIMI 153.3	50-54 R. BERRY 24.7	55-59 G. BERRY 24.7	60-64 G. BALLARD 28.0	65-69 G. BALLARD 28.9	70-74 G. BALLARD 28.9	75-79 D. LAKRITZ 7	80-84 H. BOHIGIAN 25.7	85-89 L. KIDDICK 26.2	90-94 S. DERRY 26.8	95-99 J. SNELL 27.3
200 meters	40-44 R. BERRY 24.7	45-49 G. BERRY 24.7	50-54 G. BALLARD 28.0	55-59 G. BALLARD 28.9	60-64 G. BALLARD 28.9	65-69 D. LAKRITZ 7	70-74 H. BOHIGIAN 25.7	75-79 L. KIDDICK 26.2	80-84 S. DERRY 26.8	85-89 J. SNELL 27.3	90-94 T. TALBOTT 34.6	95-99 W. INDEK 64.9	100 meters	40-44 J. PAPALLA 41:41.4	45-49 T. MIMI 153.3	50-54 R. BERRY 24.7	55-59 G. BERRY 24.7	60-64 G. BALLARD 28.0	65-69 G. BALLARD 28.9	70-74 G. BALLARD 28.9	75-79 D. LAKRITZ 7	80-84 H. BOHIGIAN 25.7	85-89 L. KIDDICK 26.2	90-94 S. DERRY 26.8	95-99 J. SNELL 27.3
400 meters	40-44 R. BERRY 24.7	45-49 G. BERRY 24.7	50-54 G. BALLARD 28.0	55-59 G. BALLARD 28.9	60-64 G. BALLARD 28.9	65-69 D. LAKRITZ 7	70-74 H. BOHIGIAN 25.7	75-79 L. KIDDICK 26.2	80-84 S. DERRY 26.8	85-89 J. SNELL 27.3	90-94 T. TALBOTT 34.6	95-99 W. INDEK 64.9	100 meters	40-44 J. PAPALLA 41:41.4	45-49 T. MIMI 153.3	50-54 R. BERRY 24.7	55-59 G. BERRY 24.7	60-64 G. BALLARD 28.0	65-69 G. BALLARD 28.9	70-74 G. BALLARD 28.9	75-79 D. LAKRITZ 7	80-84 H. BOHIGIAN 25.7	85-89 L. KIDDICK 26.2	90-94 S. DERRY 26.8	95-99 J. SNELL 27.3

1500 meters	40-44 G. BALLARD 28.9	45-49 D. LAKRITZ 7	50-54 H. BOHIGIAN 25.7	55-59 L. KIDDICK 26.2	60-64 S. DERRY 26.8	65-69 J. SNELL 27.3	70-74 T. TALBOTT 34.6	75-79 W. INDEK 64.9	80-84 M. O'NEAL 55.3	85-89 R. RIZZO 53.7	90-94 R. THOMAS 55.9	95-99 T. TALBOTT 66.7	100 meters	40-44 J. PAPALLA 41:41.4	45-49 T. MIMI 153.3	50-54 R. BERRY 24.7	55-59 G. BERRY 24.7	60-64 G. BALLARD 28.0	65-69 G. BALLARD 28.9	70-74 G. BALLARD 28.9	75-79 D. LAKRITZ 7	80-84 H. BOHIGIAN 25.7	85-89 L. KIDDICK 26.2	90-94 S. DERRY 26.8	95-99 J. SNELL 27.3
5000 meters	40-44 R. BERRY 24.7	45-49 G. BERRY 24.7	50-54 G. BALLARD 28.0	55-59 G. BALLARD 28.9	60-64 G. BALLARD 28.9	65-69 D. LAKRITZ 7	70-74 H. BOHIGIAN 25.7	75-79 L. KIDDICK 26.2	80-84 S. DERRY 26.8	85-89 J. SNELL 27.3	90-94 T. TALBOTT 34.6	95-99 W. INDEK 64.9	100 meters	40-44 J. PAPALLA 41:41.4	45-49 T. MIMI 153.3	50-54 R. BERRY 24.7	55-59 G. BERRY 24.7	60-64 G. BALLARD 28.0	65-69 G. BALLARD 28.9	70-74 G. BALLARD 28.9	75-79 D. LAKRITZ 7	80-84 H. BOHIGIAN 25.7	85-89 L. KIDDICK 26.2	90-94 S. DERRY 26.8	95-99 J. SNELL 27.3
10000 meters	40-44 R. BERRY 24.7	45-49 G. BERRY 24.7	50-54 G. BALLARD 28.0	55-59 G. BALLARD 28.9	60-64 G. BALLARD 28.9	65-69 D. LAKRITZ 7	70-74 H. BOHIGIAN 25.7	75-79 L. KIDDICK 26.2	80-84 S. DERRY 26.8	85-89 J. SNELL 27.3	90-94 T. TALBOTT 34.6	95-99 W. INDEK 64.9	100 meters	40-44 J. PAPALLA 41:41.4	45-49 T. MIMI 153.3	50-54 R. BERRY 24.7	55-59 G. BERRY 24.7	60-64 G. BALLARD 28.0	65-69 G. BALLARD 28.9	70-74 G. BALLARD 28.9	75-79 D. LAKRITZ 7	80-84 H. BOHIGIAN 25.7	85-89 L. KIDDICK 26.2	90-94 S. DERRY 26.8	95-99 J. SNELL 27.3



VAULT

5th ANNUAL GOLDEN STATE MASTERS INVITATIONAL TRACK and FIELD CHAMPIONSHIPS

Table for Women's 100m DASH, 200m DASH, 400m DASH, 5000m RUN, DISCUS, JAVELIN, SHOT PUT, LONG JUMP, HIGH JUMP. Includes names, ages, and marks.

Table for Men's 100m DASH, 200m DASH. Includes names, ages, and marks.

Table for 400m DASH, 800m RUN, 1500m RUN, 5000m WALK, 5000m RUN, 110m HURDLES, 400m HURDLES, 400m RELAY, DISCUS. Includes names, ages, and marks.

Table for JAVELIN, SHOT PUT, POLE VAULT, LONG JUMP. Includes names, ages, and marks.

Table for LONG JUMP, TRIPLE JUMP, HIGH JUMP, POLE VAULT. Includes names, ages, and marks.

JUNE 5, 1982 DENVER TRACK CLUB ALL-COMERS MEET

At Aurora Central High School (All race distances in meters) 110 high hurdles: Open division - Linblad, 15:00; 40-44 age group - Moore, 21:45; 50-54 age group - Danley, 17:03. 100 dash: Open - Crunkleton, 10:6; 30-34 - Kniemeyer, 11:4; 35-39 - Neal, 11:7; 40-44 - Pajar, 12:4; 50-54 - Fischer, 12:7; 55-59 - Katzman, 13:6; 60-64 - Praeger, 15:2; Women's 35-39 - Merklinger, 17:4. 5,000 run: Open - Bustin, 18:06; 30-34 - Montano, 16:21; 40-44 - Kavanaugh, 18:10. 400 dash - Open - Barrott, 52:3; 30-34 - Janssen, 50:2; 40-44 - Joule, 59:1; 45-49 - Howell, 59:64; 55-59 - Katzman, 64:01; Women's open - Bush, 56:1. 330 intermediate hurdles: High school - Helms, 46:23; 60-64 - Bowles, 61:56. 200 dash: Open - Crunkleton, 20:7; 40-44 - VonVetsen, 25:7; 50-54 - Fischer, 27:6; 55-59 - Katzman, 28:4; Women's open - Johnson, 25:4. 1,500 run: Open - Stewart, 4:25; 30-34 - Reining, 4:21; 35-39 - Miller, 4:21; 45-49 - Howell, 4:42. 800 run: Open - Barrott, 2:06; 30-34 - Phillips, 2:13; 35-39 - Miller, 2:14; Women's open - Bush, 2:16. 1,000 relay: Open - (Hines, Hill, Jansen, Green), 3:31.7. Shot put: Open - Johnson, 37-4; 30-34 - Schroeder, 25-2; 35-39 - Skinner, 31-8; 40-44 - Merklinger, 39-1/2; 45-49 - Weed, 32-4 1/2; 50-54 - Frazer, 38-2; 60-64 - Bowles, 34-9 1/2; Women's open - Platzer, 39-4. Discus: Open - Jones, 140-2 1/2; 30-34 - Schroeder, 122-6; 35-39 - Skinner, 94-5; 40-44 - Merklinger, 104-9 1/2; 45-49 - Weed, 110-6; 50-54 - Frazer, 98-6; 60-64 - Bowles, 104-11; Women's open - Platzer, 108-5. Javelin: Open - Inboden, 189-4; 30-34 - Beamer, 119-6; 35-39 - Skinner, 125-4; 40-44 - Hambrinck, 142-1; 45-49 - Weed, 135-8; 60-64 - Bowles, 110-10. Hammer: Open - Lindberg, 114-10; 30-34 - Beamer, 115-7; 40-44 - Moore, 52-2; 45-49 - Hickey, 104-2. Pole vault: Open - Benson, 13-0; 30-34 - Singley, 14-0 (meet record); 40-44 - (tie) Moore and McAninch, 10-0; 50-54 - Donley, 13-0. Long jump: Open - Hockaday, 22-4 1/4; 30-34 - Hines, 20-1/2; 35-39 - Neal, 18-10 1/2; 40-44 - Tate, 16-9; 45-49 - Hickey, 12-10 1/2; 60-64 - Hewitt, 11-10. Triple jump: Open - Maasey, 46-3; 30-34 - Kniemeyer, 39-8; 40-44 - Tate, 34-3 1/4. High jump: Open - Thomas, 6-10; 30-34 - Kniemeyer, 5-10; 35-39 - Spires, 4-8; 40-44 - Moore, 4-8; 60-64 - Bowles, 4-8.







# SOME OF OUR BEST SHOES ARE ON THE WORST SELLER LIST.

It's a curse we have to live with. Unless, of course, some 30 million folks wake up tomorrow and start throwing the javelin.

That's about the only way these specialty track and field shoes can get the recognition they deserve. Better make that — the sales they deserve.

Because we consider an American record in the triple jump, or a world record for the discus, and a world best at sea level in the long jump... little things like that... to be recognition enough.

If we didn't, we wouldn't invest so much time and technology in a bunch of off-beat shoes. We certainly wouldn't waste money advertising them.

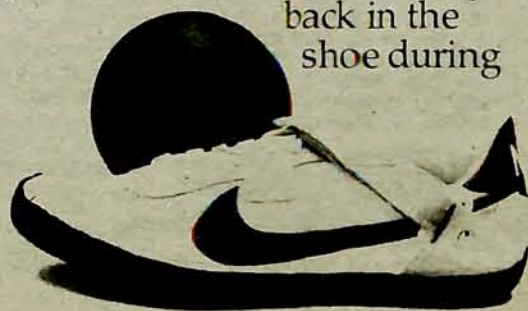
We do. And that's enough of that. Now, for the infamous Nike Seven:

**1.** PV 19. The whole point of this shoe is to give pole vaulters a stable jumping platform. And do it with a minimum of weight. The two-color jumping/running spike plate and reinforced nylon upper will help get you



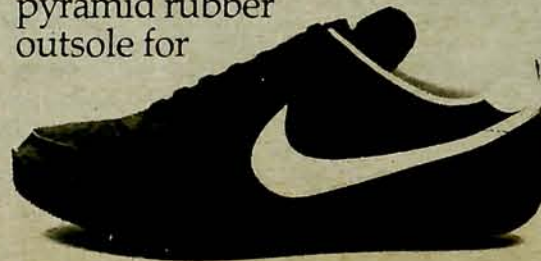
up there. Getting down is your problem.

**2.** SD 73. Never was fit so critical. When you're throwing the shot, or the discus, you want the foot held firmly back in the shoe during



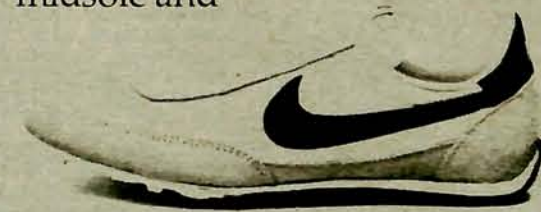
the powerful turning and lifting phases. That's why the criss-cross straps. You also want a non-stretch nylon upper for lightness and durability. A wrapped, textured outsole for excellent traction. And wear. On any ring surface.

**3.** HJ 8. Floppers and straddlers have one thing in common. Namely, the need for superior spring and lift. Here it is, with a full length, one-piece spike plate, good for either style. Plus pyramid rubber outsole for



better traction. And a nice snug fit. The HJ 8 also comes with matching non-jumping shoe.

**4.** TJ 60. It's three shoes in one, actually. With both midsole and



outsole wrapped-up at the heel, so triple jumpers can take advantage of its unique "rocker" effect. Reinforced with suede side panels. Metal eyelets for longer shoe life. Impressive, three times over.

**5.** LJ 29. True, you don't have to be a world-class long jumper to feel the extra



traction and lift that come from this six hole spike plate. But it helps. Built for extended flight,

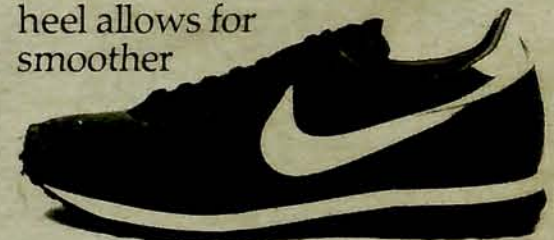
the LJ 29 not only has suede side panels for stability and strength, but an extra nylon panel to protect the toe area during take-off.

**6.** J 300. The serious javelin thrower wants that foot to stick securely in the boot.



Thus the lateral support strap. You also want it to stick in the ground. So the J 300 comes with six spike holes in the forefoot, four in the rear. About the only thing that won't stick is the toe, thanks to a hefty wrap-around guard.

**7.** El Viento. Built for one of the true minority groups, the El Viento gives race walkers a unique midsole and wedge arrangement to cushion and stabilize the foot. A beveled heel allows for smoother



heel strike. Plus longer wear to the Anatomical Outsole.™

You have to wear these shoes to appreciate them. That's easier said than done, however. While they may be the most sophisticated models on the market, most places don't want anything to do with them. Which is nice. Because when it comes time for you to buy shoes, it always helps to know who your friends are.

