

National Masters Newsletter



34th Issue

June 1981

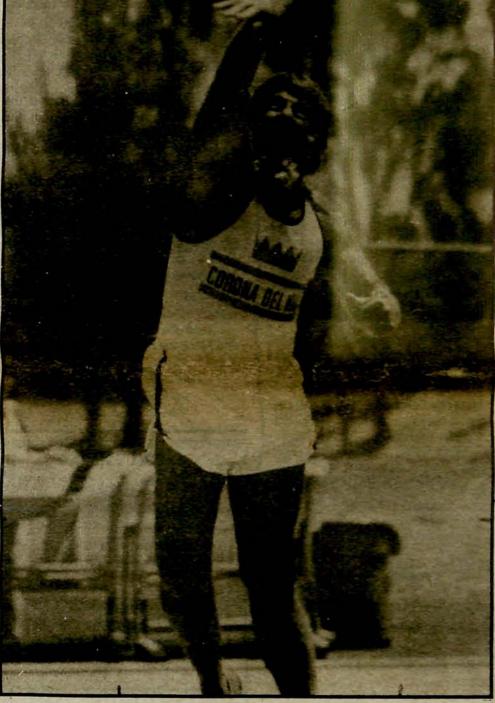
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The only national publication devoted exclusively to track & field and long distance running for men and women over age 30

*Highlights *

- New List of World and U.S. Women's 5-Year Age Marks
- Seattle Teams Win Penn Mutual/Nike
 Title
- Butler, Clarke Set
 T&F Marks
- 17 New Road Marks
 Set
- Results of T&FMeets in:
 - Chicago
 - Florida
 - Puerto Rico
 - South Africa
 - Honolulu
 - Oregon
 - Nebraska
 - Los Angeles
- Results of 43 Road
 Races

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George Ker, 58, directed the popular Grandfather Games last month in Van Nuys, Calif. Ker is the U.S. record-holder in the shot put in the 45-49, 50-54, and 55-59 age brackets.

New List of World & U.S. 5-Year Marks

In this issue of NMN are the latest world and American women's agedivision bests by 5-year categories.

Compiled by National Masters Records Chairman Pete Mundle, the list is complete through April 15, 1981. All of the world and U.S. marks set at the 4th World Veteran Games in New Zealand in January, 1981 are included.

It makes fascinating reading. It's the first 5-year up-date since the October.

continued on page 5

2ND FASTEST MASTERS
MARATHONER OF ALL TIME

Robinson Runs Marathon in 2:18

from BILL McINTOSH and TOM STURAK

VANCOUVER, British Columbia, May 3—Roger Robinson, 41, of Wellington, New Zealand, became the 2nd fastest veteran marathoner of all time

continued on page 8

FALCONS, SNOHOMISH WIN TRIP TO EUROPE

Lorenz Sets U.S. 15K Masters Mark in Nike Championships

from BOB FINE

PHILADELPHIA, April 11—Herb Lorenz, 41, of the Philadelphia Masters, established a new American masters (over age 40) record for 15 kilometers today in the Nike U.S. Road Racing Championship.

Lorenz blazed to an outstanding 47:18 to defeat his nearest masters rival, Dave Hambly of Seattle, by over a minute. His time broke Hal Higdon's official U.S. masters 15K mark of 47:59, set on September 21, 1975.

The amazing effort bettered by over a minute Lorenz' 48:22 runner-up performance to Roger Robinson in the Brooks 15K in Washington last year, and even topped Robinson's 47:23.

Nike Sportshoes and the Penn Mutual Life Insurance Company had assembled the finest masters field ever in the prestigious event. Men's and women's masters team winners from eight Nike/Penn Mutual Grand Prix races held earlier this year were flown in for the event.

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225 Compete in Grandfather Games

by AL SHEAHEN

VAN NUYS, Calif., May 9—Two-hundred-twenty-five over-age-30 men and women track and field competitors took part in the 11th Annual Grandfather Games at Los Angeles Valley College today.

The meet traditionally kicks off the Masters track & field season in Southern California.

Temperature was hot, as usual (95° in the shade and smog was rated "unhealthful for sensitive persons").

Meet director George Ker runs the meet in 10-year age divisions for men and one division for women. As a result, fairly decent fields of seven or eight were the norm in most of the running events.

Walt Butler, who turned 40 on March 17, began his assault on world and American masters records. His time of 14.6 in the 110 meter hurdles

continued on page 6

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Write On!



Address letters to:

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

NICK NEWTON

How about some newsprint on Nick Newton? It's a great story—inspirational. He was not a super star as a youngster—in fact, he was not even a runner. Now he is a super star with a story.

In New Zealand, he was an inspiration to me and, in fact, to a great many of the Americans. He acted as a coach—prodding and pushing. He was not running up to par, and yet no depression. All he wanted was for us to run better.

I've always run second to Nick in the past and probably will again in the future. I know Nick will be back on top again. He is a true champion. I'm proud to be his friend.

Matt Brown Edison, New Jersey

(In this month's Gun Lap column, Mike Tymn delves into the remarkable Nick Newton story.—Ed.)

KUDOS

I tried Runner's World for a year and the Runner for a year. As a com-



petitive master runner, the National Masters Newsletter has them both beat by a long shot.

Seth Kaminsky Cold Spring Harbor, NY

I enjoy your newsletter. I think it's fantastic. The only thing that disturbs me are your letters to the editor—the unending, sniveling, bitching and complaining. Yes, please keep your records to age-groups. I hate to imagine all the single-age records people could come up with.

Bob Daniel Escondido, California

It is with pleasure that we enclose a renewal to NMN. We really enjoy your publication with its up-to-date results and reports. The coverage of the World Games was truly magnificent. Keep up the good work.

Mike & Bev Shingles Wanganui, New Zealand

NMN is of great value to me, being the ONLY reliable source of international news in the Masters movement. Thank you for your outstanding contribution to the progress and development of the Masters program.

George MacKenzie Salisbury, Zimbabwe

Need Back Issues?

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

Send to:

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

11TH ANNUAL DC RRC MEET OF MILES

Sunday, June 28, 1981 11 A. M. Fairfax, VA.

Open to all. A series of all one mile races. Birth certificates needed for national rankings and medals. Run in 2 yr. age groups 7—19, then 10 yr. groups—79 yrs. For info. and entry rorm, send long self-addressed stamped envelope to LARRY NOEL, 105 Northway Rd. Greenbelt, Md. 20770. Phone (301) 474-9362.

Received by June 22 \$2.50, up to 1 hour before races \$3.50. Medals to 1st three each age group, patches to others. George Mason University, new, fast track. Only 1/4 inch spikes.

MOVING?

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

> National Masters Newsletter 34th Issue June, 1981

> > Editor Al Sheahen

Production Express Publishing

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

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

schedule

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

TRACK & FIELD

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

★June 6-7 (Sat-Sun): Penn Mutual/TAC National Masters Decathlon Championships, San Antonio, Texas. Steve Smith, 126 Brightwood, San Antonio TX 78209. (512)822-7964.

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

EAST

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

June 13 (Sat): Dual meet: New York Masters vs. Philadelphia Pioneer Masters, Philadelphia. Closed; club members only.

June 20 (Sat): Open and master relay carnival, Philadelphia. Bert Lancaster, P.O. Box 29541, Philadelphia PA 19138

June 21 (Sun): Metropolitan Association TAC Masters T&F Championships, Staten Island, NY. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

☆ June 28 (Sun): Penn Mutual/TAC Eastern Regional Masters Track & Field Championships, New York: Contact: Manfred d'Elia, 144 Spencer Place, Ridgewood NJ 07450.

☆July 4-5 (Sat & Sun): North
American Master Track & Field Championships, Philadelphia. Fred Mannis,
P.O. Box 29541, Philadelphia PA
19138.

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

SOUTHEAST

Each Tuesday from June 9 thru July 28. All-comers meets, Atlanta(404) 231-9065.

☆June 13 (Sat): TFA U.S. Masters Track & Field Championships, Atlanta, GA. SASE to: Masters Championships, 3800 Stonewall Terrace, Atlanta, GA 30339.

June 27 (Sat): Virginia TAC Masters T&F Championships, Lannigan Field, U. of Virginia. SASE to Beavers, 311 Westminster Rd., Charlottesville VA 22901

MIDWEST

June 13 (Sat): Indiana Masters T&F Championships, Indianapolis. Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. (317) 241-5446.

June 14 (Sun): 2nd Annual Masters T&F Meet, U. of Wisconsin, Madison. Ron Dennis, 6408 Westgate Rd., Madison WI 53716. (608) 221-8020.

June 27 (Sat): All-Comer T&F Championships, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1797 days; (312) 256-2714 nights.

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

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

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

MID-AMERICA

June 6 & 20 (Sat):All-comers T&F meets, Aurora Central High School, Aurora, CO 10 a.m.

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

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

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

SOUTHWEST

June 27 (Sat): Hill Country Classic Master Track Meet, Mason High School, Mason, Texas. Box 390, Mason TX 76856. Don Abbott (915) 347-5846.

WEST

★June 20-21 (Sat-Sun): 7th Annual Penn Mutual/TAC Western Regional Masters Track & Field Championships. Los Gatos High School, Los Gatos, CA. Bruce Springbett, P.O. Box 1328, Los Gatos, Ca 95030. (408) 354-7333.

On Tap for June Track & Field

The Penn Mutual/TAC National Masters Decathlon Championships on the 6th & 7th kick off the month of June in San Antonio as Masters track & field gets into high gear.

Four meets are set for the 13th: the Ontario Masters Championships in Toronto; the Senior Olympics in Indianapolis; a New York at Philadelphia Masters dual meet; and the TFA U.S. Masters Championships in Atlanta. On the 14th, the 2nd Wisconsin Masters meet takes place in Madison.

On the 20th, the Penn Mutual/TAC Western Regionals 2-day affair gets underway at the showcase Los Gatos, California track, the site of the National Masters Championships in August. Also on the 20th is a open and master relay carnival in Philadelphia, and the North American Masters Decathlon Championships in Quebec. The Metropolitan Masters Championships are set for the 21st on Staten Island.

The Los Angeles Senior Olympics take place the final weekend of the month at USC, as do the Virginia Masters Championships in Charlottesville. On the 28th, the Penn Mutual/TAC Eastern Regionals will be held in the Big Apple.

Long Distance Running

LDR takes a back seat to T&F as the summer approaches, but there are a few major road races, nevertheless. The Sri Chinmoy Marathon is set for the 7th in San Francisco. The Manitoba Marathon goes off in Winnipeg on the 14th.

For adventurers, the Anchorage, Alaska Midnight Sun Marathon welcomes the summer solstice on the 20th. The 5th Grandma's Marathon will be held in Duluth the same day.

The 21st sees what is being touted (by Higdon) as the major masters event of the year: namely, Hal Higdon's 50th Birthday Party 15K Run in Michigan City, Indiana. Will Higdon break Don Dixon's 50-54 mark of 53:55? Or will he overdose on birthday cake the night before? Come and see.

The International Veterans 25K Road Race in Brugge, Belgium, with some of the finest veteran runners in the world, takes place on the 27th. Nike is sending the winning U.S. masters men's and women's teams—both, oddly enough, from Seattle—to represent the U.S. in the Prestigious race.

The 28th sees the Eastern Regional Masters 10K in Wilbraham, Massachusets, and the popular Cascade Run-Off in Portland, Oregon.

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June 27-28 (Sat-Sun): 12th Annual Senior Olympics, University of Southern California, Los Angeles. Elmer Douglas, 5670 Wilshire Blvd., #360, Los Angeles CA 90036. (213) 292-5536.

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

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

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

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

October 3 (Sat): 8th Annual Santa Barbara Masters Track & Field Meet, Univ. of California at Santa Barbara, Goleta, CA. George Adams, P.O.Box K, Goleta, CA 93017. (805) 687-6323. December 4-8: Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206.(317) 638-9155.

NORTHWEST

☆July 24-25 (Fri-Sat): Northwest Seniors Track Classic. Gresham, OR. 6-11 p.m. Ideal conditions. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. August 29-30 (Fri-Sat): Shakespeare Masters Track & Field Classic. Ashland, Oregon. 5:30-9 p.m. First class facility at So. Oregon State College. Write P.O. Box 119. Phoenix, OR 97535. Include SASE.

CANADA

June 13-14 (Sat-Sun): Ontario Masters T&F Championships, Oshawa, Ontario. Chris Stones, 570 Hillcroft St., Oshawa, Ontario L1G 7G5. (416) 579-4039.

June 20-21 (Sat-Sun): North American Masters Decathlon Championship, Sherbrooke, Quebec. Ian Hume, RR #1, Melbourne, Quebec. (819) 826-5418.

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

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

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

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

PUERTO RICO

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

FOREIGN

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

LONG DISTANCE RUNNING

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

June or July: Penn Mutual/TAC National Masters 25K Road Championships, Denver, CO. Joe Arrizola, 12336 E. Kentucky Ave., Aurora CO 80012. (303) 343-0887.

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

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

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

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

October 4 (Sun): Penn Mutual/TAC National Masters 15K Road Championships, Washington DC (Hains Point). SASE to Larry Noel, 105 Northway Rd., Greenbelt MD 20770. (301) 474-9362.

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

November 21 (Sat): Penn Mutual/TAC National Masters 10K Cross-Country Championships, Houston. Pete League, 2043 Round Spring, Kingwood, TX 77339. (713) 358-2515.

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



EAST

June 7 (Sun): Oxford, Maryland Triathlon. Swim, Run, Bike. 72 miles. Box 268, Oxford MD 21654. (301) 226-5494.

June 28 (Sat): Eastern Regional Men's, Women's & Masters 10K, Wilbraham, Mass. Walter Childs, P.O. Box 1484, Springfield MA 01101.

June 28 (Sun): 3rd Annual Women's 5 mile Race, sponsored by "Feel's Great." Divisions for Senior and Master Women, Nazareth College, Rochester, NY. Mary Terziani, the Running Store, 10 Schoen Place, Rochester, NY 14534.

July 4 (Sat): 15-mile "Country Special," East Meridith, N.Y. Delaware County Runners, 36½ Main St., Delhi NY 13753. (607) 746-9983. July 5 (Sun): New England Athletics Congress Men's Masters 10km Championship. 9:30 a.m. Fitchburg, Mass. \$1.50. Mail to Finnish Memorial Field, Box 2231, Fitchburg MA 01420. (617) 756-9614.

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

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

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

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

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

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

SOUTHEAST

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

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

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

MIDWEST

June 20 (Sat): 5th Grandma's Marathon, Two Harbors to Duluth, Minn. Scott Keenan, 1533 W. Arrowhead Rd., Duluth MN 55811. (218) 724-8616

June 21 (Sun): Hal Higdon's 50th Birthday Party 15K Run, Michigan City, Indiana. Also Saturday night banquet. Dunes Running Club, Box 42, Michigan City IN 46360.

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

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

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

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

Sept. 6 (Sun): Cleveland Heart-athon, Cleveland. 1689 East 115th St., Cleveland OH 44106. (216) 791-7500. Sept. 27 (Sun): America's Marathon, Chicago. (7000) 676 N. LaSalle Chicago IL 60610. (312) 951-0660.

MID-AMERICA

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

SOUTHWEST

June 27 (Sat): Challenger 8, Tulsa. (918) 834-3259.

MOUNTAIN

July 24 (Fri): 12th Annual Descret News Marathon, Salt Lake City. P.O. Box 1257, Salt Lake City UT 84110. August 1 (Sat): Heritage Days 5K, Columbia Falls, Montana. (406) 755-5300. August 2 (Sun): Pikes Peak Marathon, Colorado. Rudolph Fahl, 15 El Paso Blvd., Manitou Springs CO 80829. (303) 685-1034.

WEST

June 7 (Sun): Sri Chinmoy Marathon, Foster City, CA. Sundari Michaelian, 2438 16th Ave., San Francisco Ca 94116.

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

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

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

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

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

NORTHWEST

June 20 (Sat): Mayor's Midnight Sug Marathon, Anchorage, Alaska. Jim Mayo, Pouch 6-650, Anchorage AK 99502.

June 21 & 28: Masters 10k, Bellevue, Wash., SNW, 320 N.E. 72nd St., Seattle WA 98115.

June 28 (Sun): 4th Cascade Run Off 15K, Portland, Oregon (6000). 1000 Willamette-Center, Portland OR 97204. (503) 223-9016.

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

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

CANADA

June 14 (Sun): Manitoba Marathon, Winnipeg. P.O. Box 53, Winnipeg,

MB, Canada R3C 2G1. (204) 453-0931. Sept. 13 (Sun): Montreal International Marathon, Montreal. (3000) COMIM, Case Postale 1570, Succarsale B., Montreal, PQ H3B 3L2.

Sept. 20 (Sun): Canadian Masters 10K Road Race, Winnipeg, Manitoba. Sept. 26 (Sat): Canadian Masters Women's 5K, Sunnybrook, Toronto.

INTERNATIONAL

June 27 (Sat): International Masters 25K Road Race, Brugge, Belgium. August 23 (Sun): Avon International Women's Marathon Championships. Ottawa, Ontario, Canada, Avon, 9 W. 57th St., New York NY 10019. (212) 593-4257.

POSTAL

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

New List of World & U.S. 5-Year Marks

continued from page 1

1980 issue of NMN. Dozens of women's records were set in Christchurch. Only a handful of marks remain from the 1960's. The list of men's records will be published next month in NMN.

Mundle continues to develop greater sophistication with his computer programming of masters marks. For example, in the field events, the list now shows both English and metric marks.

The 1981 Age-Record Book, which lists world and U.S. bests for each age, was delayed but will be available this month. If you've sent in your money, your copy will be air-mailed to you shortly. If you'd like a copy, it's \$4.00. Just fill out the form on page 3.

28,000 View Masters in Penn Relays

by PETE TAYLOR

PHILADELPHIA, April 24-25—There were two masters events in the Penn Relays this year; a 4 X 100 meter relay on Friday and a 4 X 400 meter relay on Saturday, permitting three masters teams to run before a crowd of some 28,000-a rare treat.

On Friday, a very quick Philadelphia Masters team of Bob Stanford, Dhamiri Abayami, Bert Lancaster and Jim Burnett scored a victory in 45.5 seconds despite a great deal of difficulty in the final baton pass. They were followed by Trenton Masters (47.2), New York Pioneer Masters (47.5), and Hi-Point Pacers AC of Pottstown, Pa. (49.6).

On Saturday, the Potomac Valley Seniors team of Rudy Enders, John Sanders, Larry Colbert, and Alby Williams turned in a 3:32.7 to hold off Jim Burnett (50.2 anchor) and the Philadelphia Masters. Philadelphia dropped the baton on the 3rd lap but turned in a 3:34.2 despite the lapse. Trenton Masters finished 3rd in 3:35.2.□





Joe Johnston (left), Apopka High School, set a PR with a toss of 132'. Ken Kirk, chairman TFA/USA Southeast Region, won the 35-39 javelin event with a heave of 154'6" at Southern Masters meet in Apopka, April 11.

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From the T&F Chairman

WAVA Standards

- I feel most masters T&F competitors get the greatest personal feeling of accomplishment from competing against their own PRs. At meets, the social aspect is as important as the actual competition. Winning itself will not do that. For a few, the collegiate-type drive to be the best and always win is a driving motivational
- I do not feel most masters T&F competitors are satisfied with all the WAVA standards and multi-event scoring tables, but we can expect WAVA standards in Puerto Rico in '83. I would expect a very large turnout of Americans. We hope to have the '83 Nat'l T&F meet in the south or southeast about one month prior to the World meet. The Nat'l T&F Meet will be a natural stepping stone to the World, and we would have great justification to use WAVA standards at the '83 Nat'ls.
- Now to address the current complete lack of standardization of meets throughout the U.S. Whether WAVA or other hurdle heights, weights-forage groups, or scoring for multi-events are used at a meet is determined by the individual meet director. He tries to satisfy the competitors as he perceives their wants. This office can control national meets and, to a degree, regional meets. However, beyond that, the will of the majority of the masters competitors needs to be indicated to get standardization. There is no requirement that we accept all WAVA standards or scoring.
- A motion will be proposed in Reno at the Nat'l TAC convention with what is hoped to be the desire of the majority of T&F masters. The weight pentathlon proposal will be prepared by Chuck Klehm's committee, the decathlon proposal by Ed Oleata's, and the T&F proposal by a group formed at Los Gatos. I would

expect the motion to include a request

- The "1981 Official Rules for Athletics" book is now available for \$6 from: TAC/USA Book Order Dept., P.O. Box 120, Indianapolis IN 46206. The rules in this book are the only official published masters rules and standards that I have. It is hard to ask a meet director to use WAVA standards when they are different from those published. Rule 250,251, and 252 will be updated in December for the 1982 rule book. Your input through your Association representative, if he or she goes to Reno, is important.
- The five committee members and their addresses are listed below. This is an appointed committee now, and will be made an official TAC Masters committee in Reno. I feel this committee should meet at the National T&F meet to select a slate to be officially approved in December. For to a committee member.

Chuck Klehm 2 East Algonquin Rd. Arlington Heights, IL 60005

Mike Hill 100 Gateway Point Peachtree City, GA 30269

Len Olson 179 BQ Ross Lane Jericho, VT 05465

Phil Partridge 2060 W. 32nd St. Holland, MI 49423

George Ker 8220 Langdon #36 Van Nuys, CA 91406

for WAVA standards to be used at the '83 Nat'ls if they differ from those adopted. Your input for the rough draft are solicited.

now any concerns about weights, number of throws, etc., should be sent 225 Compete in Grandfather Games

continued from page 1

(39") would have been a new U.S. mark, but it was wind-aided.

Butler was undefeated in the hurdles as a sub-master. He only lost maybe one or two races in his other specialites, the 100 and 200, and the masters track and field world has been anxiously awaiting his arrival into the 40-and-over bracket. He set meet records today in the 100 in 10.93, not far off Thane Baker's world and American record of 10.7. He clocked 22.7 in the 200, short of Baker's U.S. standard of 22.3. And all this was done on a dirt

Other top performers:

•Gene Driver won the 200 (21.9) and 400 (49.5) to take outstanding track performer in the 30-39 group.

•George Cohen defeated Gary Miller in the 40-49 400, 52.0 to 52.7.

•Al Henry took outstanding field honors in the 40-49 division with a 19-3 long jump and 41-10 triple jump.

•Bob Watanabe doubled with wins in the 50-54 bracket in the 100 (12.3) and 200 (25.6).

•Tom Patsalis won both jumps in the 50-54 category in 18' and 36'6".

•Pete Fetter won the 100 in 13.2, for a new meet record in the 60-69 division. Fetter also took the 200 (28.4), Javelin (146-5), and won the special 100 age handicap in a close finish with Joe Caruso, 71, and John Damski, 66. Fetter started behind those two and two others in a staggered start based on age tables compiled by National Records Chairman Pete Mundle.

Regardless of age, everyone had an equal chance to win, based solely on ability. Fetter, who actually ran 86.5 meters, passed Caruso in the last strides to win in 11.22. Mundle's tables are based on a 30-year-old getting a scratch start, so an 11.22 by a 30-yearold would have equaled Fetter's performance.

•Castro won top 70+ track laurels with wins in the 100 (14.2, a new meet record), 200 (30.9), long jump (12-61/2) and triple jump (24-3).

Thanks to Dave Jackson, the new WAVA hurdle spacings were used. Jackson spent over an hour before the meet with a long tape, marking the proper WAVA spacings, which are not marked on American tracks.

Since each group uses different spacings, the meet got a half-hour behind schedule while adjustments were made. Another problem arose when the called-for 33" heights for the 60+ group had to be set at 30" instead, since the college's hurdles cannot be set at the 33" level.

Clerk of the course Laszlo Tabori finally lost his patience and said; "It's messing up the meet. They should leave the spacings alone for each group."

Some hurdlers liked the new spacings. Some wished for a return to the standard 30-feet between. Butler smashed one hurdle clean in two en route to his record. Clearly, 1981 is an experimental year for the hurdles.

Results in back pages.

NORTH AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS

Philadelphia, Pennsylvania July 3-4-5

Hosted by Philadelphia Masters Track and Field Association

Meet Director: Fred Mannis Meet Administrator: Bert Lancaster

FOR FURTHER INFORMATION, CALL (after May 15)

(215) 642-2478 (Days) (215) 525-3173 (evenings)



- June 1 is the deadline for requesting an entry form for the New York City Marathon, Send a 41/4" X 91/2" SASE to: Marathon Entries, Box 1388 GPO, New York, NY 10001.
- National Masters Track & Field Chairman Jim Weed announces the 1981 National Weight Pentathion will be held September 12-13 at a site yet to be announced. Chicago's Chuck Klehm will act as meet director.
- · Weed says a masters field events camp is proposed for Denver August 17-21 following the National Masters T&F Championships in Los Gatos, Calif. August 14-15. If anyone is interested in coming back through Denver for such a camp, contact Weed. (Address on page 2.)
- Tom Sturak reports a masters race is being planned as part of an international athletics meeting in Nilmegen, Holland July 17. It would be the first such masters race. Possible contestants include Billups, Vink, Connolly and Villanueva.
- National Records Chairman Pete Mundle reports another world record was broken at the 4th World Games in Christchurch. John Alexander broke Bill Morales 60-64 pentathion record, scoring 2033 points (IAAF tables) to better Morales' 1990 set at Goteborg, Sweden in 1977.
- Want more info on race walking? Two top publications are: 1) Masters Walker, published by Alan Wood, Regency House, Rm. 255, Pompton Plains, NJ 07444; and 2) Golden Gate Walker, published by Harry Slitonen, 106 Sanchez St., Apt.17, San Francisco Ca 94114
- Michael Granby of Sun Runner Promotions, who handled the Jordache Professional \$100,000 Los Angeles Marathon March 29, is enthusiastic about cash awards for masters divisions in upcoming professional events. Sun Runner is contacting potential sponsors.
- HART (Halt All Racist Tours), the antiapartheid group which used the 4th World Veterans Games in New Zealand in January as a dress rehearsal for its planned demonstrations against this summer's visit of the South African rugby team, is hard at it again. Thousands participated in marches and rallies throughout New Zealand May 1, declared national mobilization day against the tour. HART claimed it was "the largest and most widespread anti-apartheid activities ever seen in New Zealand." After its New Zealand tour, the South African rugby team is scheduled to tour the U.S. Politics in New Zealand are bitterly polarized over the tour, scheduled to run from July to September. Rugby is the most popular sport in both countries. This year's tour will be the first attempt by the Springboks to play its rival since an aborted 1973 tour.
- Just back as a guest of the South African Veterans Association is Bob Fine, WAVA North American representative.
- Joe Henderson, former editor of Runner's World, who led the successful movement to include a women's marathon in the 1984 Olympics, has moved to Eugene, Oregon to take over as Senior Editor of the popular, new Running magazine, "It's parttime," Henderson says, "leaving me free to do other things."
- Terry Manners of Australia, a World Games medalist, will compete in the U.S. in late 1981.

EAST

• Ken Bernard, National TAC Masters Long Distance Running Chairman, has appointed Bob Fine as the Eastern LDR Chairman. "I hope to organize the region for Regional LDR Masters Championships 3 years in advance," Fine said. "I've already contacted about 120 clubs in the region." If any Eastern club is interested in sponsoring a Masters and Sub-Masters Championship in 1982, 1983, and 1984, contact Fine at 77 Prospect Place, Brooklyn NY 11217.

MASTERS SCENE

- In addition to Herb Lorenz' U.S. Masters record 47:18 in the Nike Championship 15K April 11, he clocked a 24:54 in a 5-miler April 26 in the brotherly love city. On May 2, he logged a good 37:53.9 12-kilometer in Pennsauken, New Jersey.
- Herb Chisholm, 54, blazed a 2:38:30 marathon on a hot (73° F) and humid April 12 in the D.C. Marathon, placing 4th overall. Ed Geisendaffer, 40, notched 2:41:50 for 8th overall. Tom Sheahen, 40, logged 2:50:52 in 21st place.
- Linda Sipprelle, 45, bettered the U.S. 45-49 women's 25k mark in New York in 1:43:20. Toshiko D'Elia, 50, posted 1:48:50.
- Anna Thornhill broke the women's 40-44 20-mile mark with a 2:16:23 in Central
- In the same race, Gary Muhrcke broke the men's U.S. 40-44 mark with 1:48:25, as Cahit Yeter eclipsed the 45-49 standard in

SOUTHEAST

- Royce Hodge says the 12th Annual Peachtree Road race will take place July 4, 1981. In 1980, the Peachtree was the largest road race in the western hemisphere with 25,000 registered runners. This year, it will again be limited to 25,000. Directed by the Atlanta Track Club, this year's race acquired the sponsorship of the prestigious Atlanta Constitution, Atlanta Journal and Coca-Cola. The ATC is one of the largest running Clubs in the nation with over 1500 members. putting on 25 other races during the year and weekly summer track & field meets.
- Charlie Baker, 42, ran a 29:30 5-miler in Stone Mountain, Georgia, Herb Laws, 47, logged 31:25; Jack Wall, 52, 32:35; Bill Hardman, 57, 37:42; and Pat Stone, 61, 35:17.
- Rudy Vlaardingerbroek, 33, of Naples, Florida wins honors for the longest name in the masters program. A free pair of Nikes if you're called upon and can spell it correctly. Rudy and Ed Hill, 38, achieved 3536 points and 3769 points, respectivley, in an open weight pentathlon April 4 in Tampa. Rudy V's Stats: Shot, 45-2; Discus, 136-3; Javelin, 212-5; Hammer, 132-1; 35# wt, 40-10. Hill's American record performance; Shot 51-2; Discus, 158+,; Javelin, 170+; Hammer, 142+; 35# wt, 46+.

MIDWEST

- Merle Knox, 59, of Milwaukee, journeyed to Las Vegas March 8 to win the 50+ division (17th out of 200) of the Nautilus 10k in 39:13.
- Ed Hoyle, 45, vaulted 13 feet, 6 inches for the 4th place in open T&F meet April 11 in Kent, Ohio.

MID AMERICA

- Ray Stevens topped Bob Elwood, 33:27 to 35:01 in the Guard Spring Run in Lincoln, Nebraska. Irv Weston was best 50 + in 41:57
- The TFA Central Regional Decathlon is set for June 6-7 at the University of Nebraska at Lincoln. Open and masters divisions. See schedule for details.

SOUTHWEST

- Danny Thiel, 32, Tulane track coach and director of the 1st TAC Southern Masters T&F Championships in New Orleans May 30, pulled a groin while running with his team. "I couldn't walk," he said. "But I put on some DMSO. It was amazing. The pain disappeared, and I was able to run again."
- Al Lawrence, 51, of Houston, logged a 53:20 to finish 12th of 181 in a Houston 15k March 28.

- Terry Brady, 40 was 1st master in the Oklahoma City Lake Hefner 10-mile Run in 1:01:32 March 21. Jim Smith, 58, was best 50-59 in 1:09:04. Lewis Fisher, 60, notched
- For info on Oklahoma events, contact Joe McDaniel at 918-834-3259.
- The Tulsa/American Cancer Society 8km is set for June 27 at 8 a.m.

WEST

- A San Jose State University alumni team of Sam Davis, Kirk Clayton, John Carlos and Tommie Smith tied the world best of 43.8 for the sub-masters 400-meter relay May 2 in the San Jose National Invitational.
- Bruce Springbett edged Hans Bruhner, 23.9 to 24.0 in the Masters 200 in the same meet.
- Pete Mundle, 52, starting his comeback after a 4-year bout with various stomach ailments, eased to a 38:04 in the Marina del Rey 10k May 3. "I'm half-way back," he said.
- Mike Tymn, 43, of Honolulu, has been out of action for 5 weeks. "It's the most I've missed in the last 25 years," he lamented. "The back doesn't seem to be improving, so I don't know what's happening." Tymn has gained 15 pounds and says he may "take up the shot put or go for the next Mr. Hawaii
- Vicki Bigelow, 45, of San Lorenzo. Calif. reportedly ran a 36:23 in a San Francisco 10k, which would break Mila Kanja's women's 45-49 standard of 36:29. Bigelow also sped 36:43 in the Saucony 10k at Stanford U. January 1. She ran a 29:10 5-miles in the converse Open in Los Altos January 4.
- Kay Atkinson, 64, logged a 47:22 10k in the San Francisco Bonnie Bell race, improving her own 60-64 standard of 49:46.
- · Chris Miller, 45, of Glendale, Calif. is a competitor on the Glendale Junior College track team. Her best marks are a 106-8 javelin throw on March 16 against Compton College. She has run a 13.4 100 meters and heaved the discus 81 feet. "I'm training hard, and I'm throwing further each time," Miller says. "It's a real adventure. As soon as the college meets are over, I shall return to my kind: the Masters."
- Jacqueline Hansen was 1st woman finisher in the Catalina Marathon March 22
- Paul Richel was 1st 60+ in the 1:36:15 in the Mt. Sac half-marathon April 25. Eddie Lewin was best 60+ in the Playa Vista, Calif. 10k April 5 in 40:25
- Sandy Brauca, 42, was 1st woman overall in 38:20 in the Bravo 6 mile run April

- 4 in Boulder City, Nevada. Vance MacDonald, 44, was 1st master in 36:21.
- Not all races draw 5000 runners. A thundering herd of 22 showed up for the Westlake, Calif. 30k April 12. "We planned for more," director Brian Pritchard deadpanned. Jesse Cook led the 40+ turnout in
- Bill Gookin announced the sale of ERG (Gookinaid) April 14 to the Courtesy Coffee Company, a subsidiary of the Merchandise Leasing Company, Inc. of St. Louis, Missouri. Gookin said the move was an effort to improve marketing and exposure of ERG. He said it will leave him free to "personally promote my favorite drink." He will also act as production consultant. No change in the ERG formula will be implemented without Gookin's personal authorization.
- Survival Run, the documentary film that features San Francisco blind runner Harry Cordellos in the popular Dipsea run, has won first prize in more than 20 different film festivals
- Nor-Cal Running Review reports Bill Scobey, 36, a 2:15 marathoner a few years ago, was at the 22-mile mark of the Fiesta Bowl Marathon in December when he spotted a man entering the race. Hoping to prevent a "Rosie Ruiz" incident, Scobey told the intruder to "get off the course." He was met with an obscene gesture and the man began running. Scobey caught up, and the man said: "If you've got enough energy to talk, why don't you make me get off." One punch later, the man was lying stunned in a roadside ditch while Scobey was being congratulated by other runners. He went on to finish 15th in a time of 2:29:25.
- Bob Humphreys announces a reunion of the Southern California Striders-era 1957-1964-will be held at Taix Restaurant in Los Angeles June 25. "All those who trained under coaches Don Winton, Joe Mangan and Chuck Coker are invited to attend," Humphreys said. For info, call (213) 848-8568.

NORTHWEST

- Michael Heffernan, 40, placed 3rd overall in 32:43 in the Lynden Downtown Classic 10k April 25.
- · Clive Davies, 65, ran the Governor's Trophy half-marathon in Salem, Oregon in 1:18:16, a new age group record had the course been certified.
- The Shakespeare Masters Track & Field Classic is set tor 5:30 p.m. August 28-29 at the Southern Oregon State College track in Ashland, with a first class allweather track. Ashland is the home of the Oregon Shakespearean Festival, with afternoon and evening performances in three theatres. It's in the Rogue Valley, close to Crater Lake.

5 KILOMETER RUN

Sat., June 6, 10 A.M. Prospect Park, Brooklyn

Registration starts at 8:30 A.M. at Parkside Circle near the Tennis Courts. **ALL ENTRIES ARE POST-ENTRIES**

ENTRY FEES: \$2.00 for those under 20 yrs. of age. \$4.00 for those over 20 yrs. of age.

PRIZES: Trophies to the first three & Medals for 4th & 5th place in the following divisions

MEN: under 15: 15-19: 20-29: 30-39: 40-49: 50 +

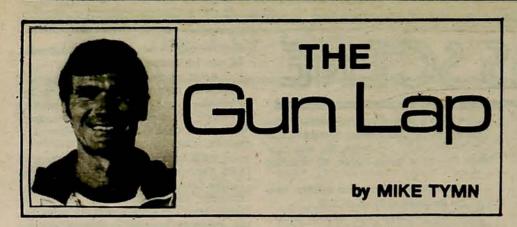
WOMEN: under 15: 15-19: 20-29:

The race will take place along the inner roadway of Prospect Park Islightly less than one lap) starting near Parkside Circle. In the event of a large number of competitors the race may be divided into sections based on age and sex.

Sponsored by the

NEW YORK MASTERS CLUB 77 Prospect Place. Brooklyn, New York 11217 85 Livingston Street, Brooklyn, New York 11201

SHELTON HEALTH CENTER



Nick Newton—Back In High Gear

They say that the speed goes first. Apparently, nobody told Nick Newton. Since taking up track and field seven years ago, the 47-year-old tool & dye maker from Los Angeles has been getting faster and faster.

Now back in full stride after a bout with cancer last year, Newton is looking to improve on his 22.8 sec. 200 meter and 51.0 sec. 400 meter performances turned in before his surgery. He'd also like to lower his 11.1 best at 100m and raise his 5'111/2" high jump mark.

"I had to pass three cemeteries on the way home from school, "he explained, "and I'd run full blast past all of them and then sort of jog between."

Part black, white, and Cherokee Indian, Newton attended a black high school in Tarboro. They had no track or track team there. After leaving high school, he spent a few years in the Army and then settled down in Los Angeles.

It was while attending an AAU track meet in which his daughter was competing that he became interested in track.

"I wasn't into anything then except workin' and smokin'," he said. "My father had just died of cancer and I was



Although he never put on a pair of track shoes until he was 40, Newton was doing intervals during his youth in Tarboro, North Carolina. Basketball was his only sport then and he'd frequently stay at school and play until dark.

going through two packs a day. I figured it was about time that I got into something that would benefit my health. I saw all those people having a good time at the track meet and so I thought I'd give it a try. I started out by just jogging with my daughter."

continued from page 1 Robinson Wins Marathon in 2:18

with a superb 2:18:44 triumph in the Canadian Masters Marathon Championships today.

In only his 2nd marathon (he was first master in the 1980 New York Marathon in 2:22:12), he topped all previous masters marathoners with the lone exception of the great Jack Foster, also of New Zealand, who strung together a series of sub-2:20 marathons from age 41 to 46, including the world veterans record of 2:11:19 in 1974.

Robinson defeaed a top-flight field, including Robert Moore of Toronto (2:24:22), Lloyd Walker of New Zealand (2:25:58), John Robinson of New Zealand (2:29:37) and Bill Foulk of Bozeman, Montana (2:31:40).

Wendy Robertson was 1st over-35 female finisher. The Van-couver/Portland resident defeated San Francisco's Karen Scannell, 42, 2:51:55 to 2:56:49. Victoria Aldridge of Seattle was 3rd in 2:58:40, with Leith Drury-Piper of Toronto 4th in 2:59:42.

The two winners—Robinson and Robertson—won a free trip to Tokyo in 1982 to compete in the 15th World Veterans Distance Running Championship Marathon.

Robinson has returned to his English professor duties in Wellington, but will return to the U.S. in late 1981 or early 1982 for six weeks to compete in a series of road races.

Results in back pages.

I didn't take long for Newton to recognize that he had some talent. His first real competitive effort in an allcomers track meet was 56 second quarter.

"It took me about four years to learn how to run," he said. He credits much of his progress and success to Fred Jones, coach of the L.A. Mercurettes and of West L.A. College.

"I didn't know anything about training, pacing, stretching, or warming up, and I had terrible form," he continued. "I learned from Fred and by watching his world class girls and by running with them. I think girls train harder than men. When we trained together, they didn't want to let an old guy like me beat them, and at the same time I didn't like the idea of girls doing me in, so we sort of pushed each other along."

A typical intense workout under Jones was 20 x 220 in sets of five or 15 x 150 at a faster pace.

Soon after he began competing, Newton applied his craft to his own need and made himself a starting block. Today, Newton Products, Ltd., a one man operation, produces the "faster loading" and no replacement part blocks for some of the top universities and leading competitors in the country.

Newton continues to work an eight hour day for Norris Industries in their dish washer and garbage disposal division, then turns to his own business during the evenings. His blocks are all hand-made and it takes him about three hours to create one, averaging one a night.

His training is sandwiched in between jobs, although he works out only four days a week.

KANIA BREAKS 10-MILE MARK

1400 Couples in Trevira 10-Miler

NEW YORK, April 26— In the spring a person's fancy lightly turns to thoughts of . . . the Trevira Twosome 10-mile race through flowers-in-bloom Central Park in what has to qualify as the nation's most romantic race.

1415 couples toed the line for the 3rd annual event which has become one of the country's major races. 1040 couples finished, led by the awesome duo of Herb Lindsay and Patti Catalano in a combined time of 1:39:57.

Bob Fischer, 40, (52:32) and Anna Thornhill, 40, (63:45) two of the top masters runners in the East, won the combined age 80-99 division in 1:56:17.

Ralph Zimmerman, 39, (52:14) and Pat Bessell, 43, (64:36) placed 2nd, followed by Fritz Mueller, 44, and Hermine Bartee, 42.

Herbert Kania, 52, (59:29) and Mila Kania, 49, (62:00) easily won the 100-119 age division by 10 minutes. Mila's time is a new 45-49 age mark, surpassing Linda Sipprelle's pending

It was in late June of last year that Newton began to experience pain in the scrotum. He found that it didn't bother him too much to run, but he was unable to jump. He visited the doctor and was informed that he had a tumor on one testicle. Testing and successful surgery followed. Four weeks after being discharged from the hospital, he ran in a benefit 5,000 meter race.

"The doctor was shocked when I told him about it," Newton commented, "but he said that he anticipated a quick recovery on my part because my body is that of a 25-year-old."

Although he has returned to competition, Newton has not quite returned to his pre-surgery form. Competing recently in a Hawaii meet, he clocked 11.3 and 23.8 while clearing 5'8" in the high jump.

"I haven't been training with the same intensity that I was before the AAU/TAC Championship in Philadelphia last year," (where he set his 400 WR and won the 100 (11.53) and the 200 (23.55), and took second in the high jump at 5-10 he said. "But I'm gradually getting my endurance back and I hope to be back where I was before by August."

Newton doesn't know how fast he was or could have been 25 years ago, but many observers of the track scene feel that he would have been an Olympian then, perhaps even a candidate for the world's fastest human. We'll never know.

"I'm just happy I found the sport when I did," he concluded. "And with the cancer and all, I'm just counting my blessings this year. I'll take whatever comes."

1:04:36 set 3 weeks ago.

Wilfredo Rios, 64, (68:35) and Mary Rodriguez, 59, (88:56) captured the age 120 + division by 22 minutes in 2:37:31.

A total of 2829 runners started and 2321 finished.□

Results in back pages.



Eileen Phillipa-Watson Photo by Richard Lee Slotkin

Brooks Master Runs in Jeopardy

The Brooks Master Runs, begun with such promise in 1980, may now be in jeopardy because of personnel changes in the Hanover, Pennsylvania shoe company as well as because of financial problems due partly to an apparent plateauing of the so-called running boom.

The race series for men over 40 and women over 35 was contested in three locations last fall: Chesterton, Indiana (near Chicago), Washington and San Francisco. Intense competition was evident in each of the three runs.

Numerous American records were set at the three distances contested: 20, 15 and 25 kilometers respectively.

But the Brooks Shoe Manufacturing Company, while seemingly still interested in continuing the successful series, has been noticeably slow in giving any details on its 1981 plans. And the two main architects of the series, Hal Higdon and Dean Reinke, no longer are working with Brooks.

Higdon, who had been working as a part-time consultant with Brooks for nearly 2½ years, severed that relationship after the last of the races last fall, citing in public a desire to devote his time to other areas, mainly writing and developing his travel business, Roadrunner Tours. In private, however, Higdon admitted that he was dissatisfied with the company's operations

Reinke became director of promotions for Brooks after a successful career as a track competitor for Indiana University (where he ran a 4:02 mile and 13:30 three-mile). He recently lost his job along with a number of other employees during a general layoff at the company which, with a 15% share of the market, ranks third behind Nike and Adidas in sales of running shoes in the U.S.

The Wall Street Journal recently reported that Brooks in February laid off 10 clerical and administraive employees at its Hanover head-quarters, and 200 workers in Puerto Rico where its shoes are made. The Journal quotes Bruce Tobin, franchise coordinator of Athlete's Foot Marketing Associates (370 stores) as saying: "The running-shoe market has definitely flattened out . . . In a market like this, only the strong will survive."

Victor F. Zonana, Staff Reoprter for the Journal further comments: "Some observers think most of the smaller running-shoe makers that have sprung up in recent years will disappear, leaving the field to four or five manufacturers." Mr. Zonana suggests that Brooks may be one of the strong survivors, but the company's financial track record over recent months suggests some weaknesses.

When Brooks announced its series of Master Runs late last summer, it did so with ads in many regional running publications, including the National Masters Newsletter. The two ads Brooks placed in NMN have yet to be paid for, despite monthly statements being mailed to their Hanover offices. California Track and Running News, another publication which accepted Brooks ads, was paid 7 months late, and only after several long distance phone calls to Brooks' accounting department in Pennsylvania.

Bills were slow to be paid for some races. Dave Theall, director of the Washington Brooks Master Run, received his \$700 about March 28, five months after the race, and only after repeated requests. A source said the course measurer didn't receive a promised \$100, and Mike Greehan (of Brooks) had to work out a deal with shoes.

Joe Henderson, who directed the San Francisco race, said he received his payments okay. "And Brooks paid for all the plane tickets up front," he said. "But they didn't pay me when I went to Chesterton." Henderson said he was supposed to go there and give a talk at the banquet for \$500. "I sent bills, repeatedly," he said, "but I never got a dime."

Henderson added: "I don't know why they didn't pay. Reinke said more than once that he'd take care of it. He finally said the race director was supposed to take care of it. I guess it's an indication of hard times."

Higdon, who had worked for Brooks on a monthly retainer basis, also admitted that the company owed him about \$700 for past services and expenses, but says he is not worried about eventually collecting it.

"You'd be surprised who else owes me money," Higdon told National Masters Newsletter. "A well-known race promoter from New Jersey traveled to the Avon Marathon with our tour group last summer and never paid \$600 for air fare. One of the women runners walked out on \$300 worth of telephone bills. And I have a \$25,000 claim against a West Coast publisher for incorrect royalty payments and copyright violations. Life goes on, and I suspect I will get repaid by Brooks a lot sooner than by any of them."

Theall said he credited Greehan for his payment. "Greehan blames Reinke for the delay," he added.

The National Masters Newsletter contacted Greehan. He admitted money has been "real tight" lately, but said he knew nothing of the outstanding NMN or CTRN bills.

"Reinke got any bills that had to do with the Masters Runs," Greehan said. "He was never in to approve a lot of the invoices, and didn't take care of them for a long time. Then he took all his files with him when he and Brooks parted company. A lot of people have told me they sent bills directly to Dean, and have not gotten the money yet."

Reinke, however, said: "Any bills that may have gone through me, were given to George Dietel, Marketing Director. Brooks historically has been late in paying its bills. But all of the masters related bills were turned in and all race-related materials were turned in as well. The accounting department would tell me the bills would be paid by the end of the week, But they weren't."

Greehan asked NMN to send the bill directly to him. "I apologize for the delay," he said, "As soon as I get your invoice, we'll send the check out within the day."

NMN sent the invoice the same day and again a month later. As of May 11, the bill remains unpaid.

Bill Cockerham, publisher of California Track and Running News, said: "If Brooks wants to run any more ads in our paper, it'll have to be cash in advance."

One of the problems is the cyclical nature of the running-shoe business, Higdon explains; the fact that because of weather conditions, few shoes are sold in the winter. Then when spring comes and the weather warms, everyone suddenly wants a new pair of running shoes. As a result, manufacturers need to spend a lot of money on materials and labor at a time when there is little income.

"Brooks has been through these cash-flow problems before," admits Higdon. "Last winter, most of the athletes who work with Brooks and wear their shoes went without paychecks from January into April. But eventually they paid, right before the Boston Marathon, and I'm sure they'll catch up on their past bills this spring again."

Higdon added; "What I do resent is their, in a sense, asking the athletes to provide their financing. They don't want to go into the money market and pay high interest rates, and I guess I can't blame them. So each month I send them a new bill and add an 18% finance charge, just like the gas and electric company does to me when I don't pay my bills."

Concerning the actual reason for Higdon's departure several months before that of Reinke, Hal claims only: "I could see that problems were beginning to develop." Although he was seen wearing Nike shoes at the World Veteran Games in New Zealand, Higdon claims he has no arrangement with the other company.

"Holding up money for small business is usual practice for some companies," says Archie Kaplan, head of a New York corporation. "These companies profit from the float between what they owe and what they have to pay. As a matter of course, they just don't pay on time to suppliers wherever they can get away with it, and it's small business that's most vulnerable."

Nancy Van Wyck, San Francisco caterer, owed \$3500 by a national corporation,, says: "It's not the money,

but it makes me mad. They know they can get away with it, and it's like a game to them"

The General Accounting Office even found that federal agencies had delayed paying 39% of their invoices beyond 30 days. Fully 90% were owed to small business.

One response drawing much support is the "Late Payments Act of 1981" proposed by Sen. Jim Sasser (D-Tenn), of the Senate Select Committee on Small Business, which would require certain firms to pay interest on late payments.

One of Brooks' largest creditors reportedly is John Walker, who has a royalty agreement for his endorsement of the RT-1 racing shoes bearing his name. According to one source, Walker is owed \$80,000 in past fees.

Greehan, however, said: "It has something to do with John's tax structure in New Zealand. Any money that we owe Walker is not our doing. We could pay John right now if that were the most beneficial for everybody. But it would not be."

With demand still high for its shoes, however, Brooks undoubtedly will survivie its current cash-flow problems and possibly the Brooks Masters Runs will also survive. Though separated from the shoe company, Reinke has been consulting with races, doing clinics, racing throughout the country, while continuing to write his two running columns.

"I'm not sure as to what Brooks' intentions are concerning the masters series," Reinke said, "but I would be more than happy to assist anyone who would like to continue it."

Dietel said "we have been more than thrilled with the Brooks Master Runs and intend to continue with them and even expand upon them in the up and coming year. We at Brooks also feel badly about Dean leaving. However, I think it was best for both of us."

Greehan added: "We're definitely interested in continuing the Master Runs."

The series was a good idea, and the three races held were done extremely well. Unfortunately, the good will that should have accrued to the company for its largesse has largely been frittered away in the financial aftermath.



Rudy Vlaardingerbroek, 33, makes a one-arm landing and placed 2nd in the HJ at 5'2" at Southern Masters in Orlando, April 11.



Are You Old Enough to Remember?

by W. MacDonald Miller

On occasion, I enjoy trying to remember the early days of my invention, the different stages it's subsequently been through, and me along with them. For my money, it's not difficult to remember the best of those stages—it was when the women were running braless. Believe me, in those days, every woman was a somebody! Forget your prejudges or preferences, a somebody! Maybe a something on occasion but for the most part, a real somebody.

As in most things pleasant, it couldn't be left alone however. They had to go out and get themselves a special running bra. Now everyone looks very stiff and proper, like a nun. It took much of the uniqueness out of their stride, so to speak. Of course the European running shorts we must all wear do present everyone with their buns hanging out, so depending on your taste, it could be looked upon as a trade off.

I remember my first escape from a Midwest winter to do some California running. Don't get me wrong, I'm a converted Midwesterner all the way, it's just that snowmobiling is almost as overrated as San Francisco. I admit, the world has no finer running patch than Golden Gate Park, but the city just isn't that big a deal. Sorry Pal, it's all view. If you walked the world over, you couldn't find better rice pudding

than the Greeks' on west Harrison in Chicago, and furthermore, Ernie's doesn't even have hamburger steak on the menu. Who needs 'em?

I remember my first run to the nude beach in San Diego. Unless you're a mountain goat, you must run down the beach several miles to get a look. We kept passing these sailors who in the spirit of the occasion had taken off their shirts. Cool man, black pants, black shoes and "Casper the Ghost" from the waist up. They'd all ask, "How far to Black's Beach?" "Don't know Buddy, we're here to do interval training. Our scene is pain, you pervert"

What a disappointment! There were about a 100 people in the nude. Scuzzy looking guys with beards, fuzzy looking women with beards, scrawny little kids with beards, pages of the Reader and Vegetable News laying all over the place. Now the Navy guys are smoking what they think is dope and rolling around in the sand. Makes sense, everything's cool. Before the day's over they'll have tattoos. Little old men in long overcoats and a newspaper under their arm are standing around just looking. You get the feeling they'll go back under a rock at the end of the day or maybe even catch a bus back to Chula Vista. It is a weird fun-in-thesun scene. Who cares? Everybody knows a Californian is a guy from

Moline who went west, dyed his hair yellow and started acting like either a fruit or a nut.

I remember my early activity in the Masters program. We hosted the National Track and Field Meet in Chicago and the star of our affair was an athlete who ran and jumped like a veritable 35 year old. Unfortunately, he was 35 years old and in that he claimed to be 40, it did present certain complications. No prob, my suggetion was to fake it. If he did, why couldn't we? No dice, our moral majority, spearheaded by east coast purists, hung the poor guy from the crossbar on the tackling dummy machine. We had to cut him down before he croaked however, to find out where the dirty rat had hidden the 50¢ medals we gave him earlier in the day. If only it could have happened at the World Games in some happy setting, like say Hanover. There was material there for WWIII.

I remember Arnie Richards, a real librarian and also a wonderful and eccentric guy who lived alone with a Sheltie. He left the U of C and went to Kansas where he wrote me long and precise letters. Because of Arnie and a few others, I knew the AAU wasn't totally bad. A couple of years ago he died on a run with his dog and we're all a little less, without him.

I remember all the old windbags who feel honor-bound to offer blow-byblow accounts of their last 20 leaps or bounds, or movements, or whatever. I love 'em! I can't wait until I'm 47 or older so I can gather an audience myself and explain once and for all: that not Fat Jack Scaff, not Hurryin Hal Higdon, not Jim-Bob Fixit, not Fred Big-Apple Elbow, not David Pain-in-the-whatever, not Harpo the Sturak, no New York (headband over the ears) lawyer slick, and certainly no west coast dandy named Gentleman Jim O'Neil but, one Hellava Guy, one Super Guy, one Dynamite Guy, WENDELL MILLER, invented running. Not to make people healthy, not to help them live longer, or lose weight, but because—it was there! That isn't exactly the right saying but you know what I mean.

I remember the first Pan American games at Home Federal, or was it Cal Worthington Dodge? Entirely befitting, Hillard Summer asked all of us to bow our heads and join Walt Butler in the Lord's prayer. Who will ever forget Walt's stirring interpretation: "Now I lay me down to sleep," etc.

I remember the first time I saw Frank Shorter. It was in that citadel of handicap running, Michigan City, Indiana. It must have been 1977 and if ever anyone seemed bigger than life, it was Shorter. Great mane of hair, aloof in an appealing way, Ivy League, Olympic gold and all the myth that surrounds the true superstar. No road runner, before or after, ever caused the awe that accompanied Shorter in the 70's.

I've always loved names, names like Rod Carew, Jarvis Redwine, Conway Twitty, MacDonald Carey. I don't know Ellison Goodall (pronounced Goo-Dahl) but I love her name. Sure as hell, she'll go and marry some guy named Peterson.

I remember people I've met; Scott Hamilton, wonder why he always wore his pants so short? Henry Kupszyk, and the way he almost inspires Sturak to get in shape one more time, to beat him. I remember Dr. Julius Axelbolt, who did some of the most consistent running Southern California has ever known. I remember Bill Gookin who, in the latter days of the original Mission Bay Marathon, perfected a spaghetti recipe that was so watery it both carbo-loaded and hydrated a runner at the same time.

By now you're wondering what any of this has to do with Masters activity, aren't you? I'll make it simple—nothing. But look at it this way: I don't want to see a psychiatrist anymore either.

Kiddy Sets 50-Mile Mark

by JIM SCANNELL

Sandra Kiddy, 44, of Palm Springs, was first woman in a Yakima, Wash. 50-miler in 6:24:19, well under the current masters standard of 7:04:53. Husband Fred was overall winner of a companion 50K on the same course May 3rd.

Sue Johnston, 39, was 1st 35-49 (2nd overall) in the Christian Bros. 10K in Moraga, Calif. April 12 in 36:47. On May 3 in Danville, Calif., Sue was 1st 30-39 (4th overall) in the Devil Mountain 10K in 36:59.

Karen Scannell, 42, was 1st woman in the PA/TAC 20K Championship in Clearlake, Calif. April 11. Her time for the hilly course, 1:18:46, was more than 2 minutes under the open women's course record. On May 3rd, Karen was 4th woman in the Vancouver Maratnon in 2:56:49.□

Gonzalez-Julia Wins 8

SAN JUAN, Puerto Rico, March 22—Gilberto Gonzalez-Julia, one of the prime organizers in bringing the 1983 World Veterans Games to Puerto Rico, reaffirmed today he is an outstanding athlete as well as administrator by winning 8 events in the Puerto Rico Masters Association Track & Field Meet in Sixto Escobar Stadium.

Competing in the 65-69 age division, Gonzalez-Julia won in the sprints, hurdles and jumps to highlight the competitive meet.

Jose Luis Ubarri would have broken the age 55-59 world record in the 100 meters with his 11:22, but it was wind-aided. Ubarri won the 200 in an excellent 26.46 and the 400 in 60.92, and also found time to win the long jump and high jump.

Results in back pages.



Dorothy Stock of San Diego contemplates remaining 20 laps in W45 10000 meters in Christchurch. She won the gold medal and set a new world W45-49 record of 38:49.2.

Fitness Games

by DAVE THORESON

National Participation in the Short Decathlon and Fitness for Life is offered monthly to all people. Spring is here. Support a program that will improve your fitness and participate. Remember, more important than winning is taking part.

SHORT DECATHLON

Hamden, CT Centurians national record is 451 points. We made a mistake in their point tally last month. This month they scored 433 points and still awail a challenge from the fire department.

FITNESS FOR LIFE

The Miller's, a husband and wife team, established a new national record. Their marks and points are as follows:

| Name | Age | 50M | Jump/Reach | Agility | Crabwalk | 1000M | Total |
|----------|-----|-----|-------------|---------|----------|-------|-------|
| Christel | 46 | 6.9 | 22 '5 "16.8 | 32.0 | 4:18 | | |
| Points | 52 | 23 | 17 | 22 | . 0 | 15 | 129 |
| Gary | 43 | 6.0 | 28 '5" | 15.3 | 16.2 | 2:42 | |
| Points | 26 | 28 | 21 | 25 | 8 | 27 | 135 |
| | | | | | | | 264 |

TRAINING TIPS

The forward crabwalk in the Fitness for Life program measures upper body strength. The faster you go, the stronger you are.

The crabwalk requires coordination and must be worked to perfect. The heavier person is at a disadvantage because of the strength to mass relationship such as in the pull—up. The forward crabwalk strengthens hands, arms, shoulders and stomach efficiently with minimal time and facility. CRABWALK FORM;

Run off your feet, keep your hands forward and run over hands pushing off fingertips. Train the crabwalk by doing 3 sets of 25 meters, 3 times a week or forward crabwalk until your arms fatigue. Walk back and repeat 2 times, 3 times a week

Send in questions about training or programs that have worked for you. We need input to motivate and encourage greater participation. Fitness Games is a tool that promotes consistant training. Any suggestions are welcome.

BEST MARKS AND RESULTS TO DATE:

Fitness Games top individual and team scores.

| Short Decathlon | | |
|--|-------|----------|
| Top 5 Individual Scores | | |
| 1. Ed Oleata (43) | 195 | S.D.T.C. |
| 2. Jim Minal (61) | 193 | S.B.F.C. |
| 3. Dave Thoreson (39) | 190 | S.B.F.C. |
| -4. Ray Spencer (51) | 180 | S.D.T.C. |
| 5. Ron Collins (47) | 170 | S.B.F.C. |
| | | |
| | | |
| Top Team Scores | | |
| 1. Santa Barbara Fitness Club | 541 | |
| 2. San Diego Track Club | 527 | |
| 3. Southern Oregon Sislers #1 | 468 | |
| 4. Hamden, CT Centurians | 451 | |
| 5. Southern Oregon Sislers #2 | 384 | |
| Fitness for Life | | |
| Top 5 Individual Scores | 2-1-1 | |
| 1. Ron Colline (48) | 143 | S.B.F.C. |
| 2. Dave Thoreson (39) | 137 | S.B.F.C. |
| 3. Jim Minah (61) | 130 | S.B.F.C. |
| 4. Mark Zelezny (22) | 114 | G.F.C. |
| 5. Wendel Hans (38) | 94 | G.F.C. |
| 3. Wellder Halls (36) | | G.F.C. |
| | | |
| Top Team Scores | | |
| 1. Santa Barbara Fitness Club | 403 | |
| 2. Goleta Fitness Club | 290 | |
| | | |
| | | |
| Top Husband-Wife Scores | | |
| 1. Christel and Gary Miller | 264 | |
| 2. Janie and Dave Thoreson | 228 | |
| The same of the sa | | |

If you are interested in participating in Fitness Games monthly competition designate your program preference, Short Decathlon or Fitness for Life. Then write or phone for scoring tables and Fitness Games information to:

Dave Thoreson, 744 D Cieneguitas Santa Barbara, CA 93110 (805) 964-4514

Send results by the 25th of each month plus \$1 handling charges.

SIPPRELLE, BENHAM SET U.S. MARKS

Jenkins 1st Master in Cherry Blossom

WASHINGTON, D.C., April 5—Robert Jenkins of Salem, Virginia edged Mike Sabino of Baltimore, 53:27 to 53:38, to win the masters division of the 9th Perrier Cherry Blossom 10-mile run through flower-bedecked Washington today. Bill Hall was 3rd.

Linda Sipprelle, 46, broke a women's American record for the distance with a sparkling 1:04:36 to finish 2nd in the 40-49 division behind Trudy Rapp, 44, who posted 1:04:06. Sipprelle's time bettered the 45-49 standard of 1:06:18 set by San Diego's Dorothy Stock in May 1980.

Ed Benham broke his own U.S. age 70+ mark of 1:13:29 by posting a 1:12:05 to capture the 70-and-over title.

Herb Chisholm, 54, virtually unbeatable in his 50-59 age competition on the Eastern seaboard, defeated his nearest rival by over 3 minutes in a good 57:13, short of his own U.S. 50-54 standard of 56:07.

Results in back pages.

Corporate Cup Relays Set

The 1981 Corporate Cup Relays, sponsored by Runner's World Magazine, will feature a network of subregional and regional events leading to the national championship at Stanford University in Palto Alto, Calif. July 18-19.

Masters competition is being added to the competition this year, in the form of a 5K for women, 10K for men and Relay.

Penn Mutual Life Insurance Co. will sponsor a subregional in Albuquerque May 16-17. Other tentative subregional sites are Minneapolis, Everett, Wash., Tampa, Honolulu and Denver.

Seven regional championships are set for June 27 in San Francisco, Los Angeles, Kansas City, Dallas, Chicago, Atlanta and New York.

A postal relay for masters men and

women (8 male or female employees, all over age 40, from one company) is also scheduled.

For more info: Corperate Relays, 1400 Stierlin Rd., Mountain View, CA 94043.□





Dave Donaldson



Lining up for women's mile in Eastern Masters Indoor Regionals in Bethlehem, Pa. From left: A Morris, D Straw, Helene Bedrock, Linda Sipprelle, Anne Bing, Chirs McKenzie, Sandy Pashkin.

| World | & U.S. Women's Age Group Bests |
|-------|--------------------------------|
| | by Five Year Categories |

CONTRACTOR OF THE PROPERTY OF

| D1Vs MARLD WOI 35-39 11-7 40-44 12-0 45-49 13-55 55-59 13-65 H 55-69 16-01 65-69 16-1 75-7 19-75 | MENS AGE GROUP RECORDS MAME (RESIDEMEE) FRANCINA BLANKEN-KOEN(HOL) MAE VE KYLE (IRELAND) MAE VE KYLE (IRELAND) MAE VE KYLE (IRELAND) RUTH CHRISTIAN (CORONA,CA) ELIZABETH HAULE (VE) POLLY CLARKE (LOVELAND,COLO) BESS JAMES (SAN JACINTO,CA) IRJA SARNAMA (FIN) | AGE MEET DATE 350 4-2-75 450 4-2-70 550 8-183-81 67 5-6-78 71 1-13-81 75 1-13-81 |
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| 200 METER | | 4001 Mens 5400 |
| 11 y HARK 35-39 24 9 40-44 25 1 45-49 26 21 50-54 27 86 55-59 30 59 60-64 33 16 65-69 34 7 70-74 42 88 | MAME (RESIDENCE) MAE VE RYLE(TRELAND) MAE VE RYLE(TRELAND) IRENE OBERALMORAÇA, CA) MAE VE KYLE(EIR) KIRSTEN HYEEM(NOR) ELIZABETH HAULE(W G) BESS JAMES (SAN JACINTO, CA) IRJA SARNAMA (FIN) RS NAME (RESIDENCE) | AGE MEET DATE |
| D1V MARK 35-39 30-36 45-49 59-68 50-54 63-2 55-59 71-8 60-64 76-29 65-69 79-66 70-74 96-65 75+ 2103-5 B00 METER | MANE (RESIDENCE) AURELIA PENTONICUBA) MÁE VE KYLE (IRELÁND) COLLEEN MILLS(NZ) ANNE MCKENZIE(S. AFR.) ANNE MCKENZIE(S. AFR.) ELIZABETH HAULE(NG) WINFRED REIDIRSA) BESS JAMES (SAN JACINTO, CA) RUTH ROTHFARB (MIAMI BEACH, FL) RS | AGE MEET DATE 35 7-15-76 47 7-22-70 47 1-10-81 50 10-15-75 55 11-5-80 60 8-6-80 65 1-13-81 71 1-13-81 79 1-13-81 |
| DIV. MARK 35-39 1157-4 40-44 2106-5 45-49 2119-2 50-54 2123-1 55-59 2143-5 60-64 3101-0 65-69 3130-9 70-74 3153-4 75-4130-1 | NAME (RESIDENCE) ILEANA SILATROMANIA) ANNE MCKENZIE (S. AFR.) ANNE MCKENZIE (S. AFR.) ANNE MCKENZIE (S. AFR.) ANNE MCKENZIE (S. AFR.) BRITTA TIBBLING (SME) GERDA MUELLER (NG) BESS JAMES (SAN JACINTO, CA) RUTH ROTHFARB (MIAMI BEACH.) FL) | AGE MEET DATE 35 6-28-77 45 11-13-70 50 10-29-75 55 1-10-81 62 1 - 9-81 71 1 - 9-81 79 1 - 9-81 |
| 1500 METE 01v. MARK 35-39 3158-5 40-44 4120-7 45-49 4140-2 50-54 4154-5 5-59 5131-1 60-64 6101-4 65-69 6159-0 70-74 7159-5 75-8 8147-8 | NAME (RESIDENCE) ILE AMA SILATROM) JOYCE SMITHIGE) ANNE MCKENZIE (S. AFR.) ANNE MCKENZIE (S. AFR.) ANNE MCKENZIE (S. AFR.) BRITTA TIBBLING (SWE) JOHANNA LUTHER (WG) BESS JAMES (SAN JACINIO, CA) RUTH ROTHFARB (MIAM) BEACH, FL) | AGE MEET DATE 40 5-11-78 49 11-16-74 50 10-15-75 55 12-10-80 62 8-6-80 67 8-0-80 71 1-14-81 79 1-14-81 |
| 3000 METE 35-39 MARK 40-44 9:11-2 45-49 10:31-4 50-54 11:07-6 55-59 12:09-6 60-64 13:38-2 | | 79 1-12-81 AGE MEET DATE 36 4-39-78 40 4-39-78 51 7-31-78 5779 61 8-2-89 60 8-8-77 |
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| 65-69 52 153 2 70-74 59 120 7 D1V PARK 35-39 715 104 40-44 2130127 45-49 2153120 50-54 2457124 55-59 318107 60-64 5127135 60-64 5127135 60-64 5127135 70-74 4137137 | WALTRAUD KRETSCHMER(WG) ATLSA FORBES(NZ) NAME(RESIDENCE) CANGL COULD(EB) JOYCE SMITH(GB) VALBORG CSTBERG(NOR) TOSHIKO D'ELIA (RIDGEWOOD, NJ) HELEN DICK (CHICAGOTIL) LIESELOTTE SCHULTZ(WG) HARIF LYNNFRUP(DEN) MAYIS LINDGREN(ORLEANS, CA) | AGE MEET DATE 36 10-26-80 43 11-5-80 4879 50 8-24-80 65 8-24-80 65 8-279 72 9-9-79 |
| 01-09 3153153 70-74 4137137 HIGH JUMP 32-39 88 174 40-44 514 174 45-49 410 50-54 410 55-59 413 174 60-64 317 172 | NAME (RESIDENCE) | AGE MEET DATE |
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| 65-69 22:7 3/4 | 9.55 EDITH MENDYRA (TUJUNGA; CA) 8.91 EDITH MENDYRA (TUJUNGA; CA) 6.90 IRJA SARNAMA (FIN) | 61 6-17-72 65 3-27-76 75 1-14-81 |

| DIV. MARK NAME (RESIDENCE) | AGE | MEET DATE |
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| DIV HAMK 35-39 228 4 59-60 FATNA MYELNIK (URS) 40-44 206 5 62.02 HELGI PARTS (URS) 45-49 158 3 48-24 ODETE DOMINGO S (BRA) 50-54 130 14 33.02 RUTH S VEDBERG (SWE) 55-59 108 4 33.02 RUTH S VEDBERG (SWE) 60-64 101 3 30.86 ANN CHEM REILE (WG) 65-69 87 1 26-54 ANN CHEM REILE (WG) 75. 50 1 15-26 IR JA SARNAMA (FIN) | 34 61 50 55 | MEET DATE 9- 9-80 1-10-81 9-17-54 1-17-54 10-19-75 1-8-81 1-8-81 |
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| AMERICAN WOMENS AGE GROUP RECORDS | | |
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| 35-39 1388989 40-44 15413999 45-49 1743247 50-54 12416459 60-64 1241109 | NAME (RESIDENCE) CONNIE RODEVALD(VENTURA,CA) LINDA SIPPRELE(MASH.,DC) RUTH ANDERSON (OAKLAND,CA) HAR IL HEISSLER(US) KAY ATKINSON(US) | AGE MEET DATE 35 11-13-77 43 7-15-78 47 6-18-77 50 11-19-77 60 6-18-77 |
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77 Prospect Place, Brooklyn, New York 11217

NEW YORK MASTERS SPORTS CLUB FIRST ANNUAL TEN KILOMETER HANDICAP WALK.

SUNDAY AUGUST 2, 1981. PROSPECT PARK, BROOKLYN, N.Y. 11:00 A.M. ----NO POST ENRIES---

This race is being held with the cooperation of the Walkers Club of America and is anctioned by the Metropolitan Athletic Congress.

ELIGIBILITY: OPEN TO ANYONE. COMPETITORS' AWARDS T-shirts to one and all.

ENTRIES CLOSE MONDAY, JULY 27th Entries must be received by July 27th, regardless when mailed PRIZES: Awards to the first three fastest times and first three in the following age divisions: Under 20; 20 to 29; 30 to 39; 40 to 49; 50 to 59; 60+. Separate awards

| | ace walking) for both men and women. No competitor can receive |
|---|--|
| of the three fastest was cores. First place a than the number of ent a team fields the bett will be three team awa HANDICAPS CHECK IN: Check in at A.M. There are public labring your own locker, | ILL BE GIVEN BASED ON THE HONOR SYSTEM. Please cooperate. he LAST HURRAH, Coney Island Ave. & Caton Place starting at 9:30 cker facilities at the Parade Ground lockers acress the street. |
| NAME_ | ADDRESS |
| ZIPPHONE #_ | AGE SEX: M F SIZE: SM MD LG |
| 1. How long have you t | en a racewalker? 2. How often do you compete? |
| 3. Is this your first | wiking race? 4.(If Yes) What is your best time for a distance |
| 10K or lenger?5. | hat is your estimated time for this race?Please be honest. |
| date distance | was "No" list the last three races walked; distance; time; & place: -Time Place Date Distance Time Place |
| Date Distance | TimePlace |
| In consideration of active and waive | epting this entry I declare myself physically able to compete in I claims for any injuries sustained against the N.Y. MASTERS SPORTS, THE CITY OF NEW YORK; THE ATHLETIC CONGRESS. |
| DATESIGNATURE | (If a minor parent or guardian's signatur |
| Make check payable to: | N.Y.MASTERS. Mail to Tom Costigan, 266 Maple Street, West Hempeterd |

Florida Report

by BILL GENTRY

Florida Masters enjoyed a mini-meet in Clearwater April 25 spearheaded by Dick Lacey and the West Florida Y Runners Club. A nice meet, Dick.

The next mini-meet put on by the same group will be June 20. Events include 100 meter, 440 yd, 880 yd, 1,500 meter, triple jump and shot put. Come on out.

This is a good time to give a plug to the YMCA for its support of Masters T&F. The Central Florida YMCA in the person of Randy Bugos helped produce the recent Florida State Masters Championships at Seminole Community College.

Thanks to the Orlando Runners Club Newsletter (and I'm sure there are others) for printing news of masters meets in Florida. We need all the publicity we can get.

The Orlando Sentinel is starting to help us a bit more. It gave us a plug for the Florida State Meet and a couple of plugs for the Southern Masters plus a photo of Tampan Jack Rice winning the 220 in his age group.

Nice to see guys from around the state at these meets. Don Hall from Jax, Olin Graf and Don Hull from Daytona, the Downey brothers from Ft. Lauderdale and a good showing from the West Coast boys.

The West Palm Beach runners club had a good showing at the Florida State Meet but we missed them at the Apopka meet. Last year we had a good contingent of athletes from Alabama and Georgia at the Apopka meet but they didn't show up this year. Is Apopka too far away from the airport? (The facilities are terrific.)

Ron Purdom, St. Petersburg high jumper, recently had a knee operation and will be out of action for awhile.



Abe Underwood, George Cohen and Al Ray pause during World Games competition.

Daytona Beach TC Wins Southern T&F Title

ORLANDO, Florida, April 11-The Daytona Beach Track Club narrowly edged the Blue Darter TC, 85-80, to capture team honors in the TFA Southern Masters Track and Field Championships at Apopka High School today.

Outstanding performances were turned in by:

•Gilberto Gonzalez-Julia of Puerto Rico with 10 wins in the 65-69 age divi-

 Jack Rice in the 60-64 division with a quadruple win in the 220 (28.9), 440 (63.3), 880 (2:41.5), and mile (5:55.6)

•Ed Schuler in the 50-54 bracket with wins in the 100 (11.3), 220 (25.8), long jump (15.1), and hurdles.

•Sammy White in the 40-44 group with a 19-0 long jump and 114-2 discus.

•Robert Bowman in the 50-54 category with a 5:10.2 mile.

Results in back pages.



Lorenz, Folzer Win Philadelphia 5-Mile

by PETE TAYLOR

PHILADELPHIA, April 26-The "Silver Fox," Herb Lorenz, turned in a fine 24:54 to capture men's masters (40 and over) honors in the Philadelphia Masters Spring 5-Miler today on the Memorial Hall course in Fairmount Park.

Ultra-distance runner Sandy Folzer, one of the most glamorous women masters anywhere, successfully dropped to this "short" distance and took women's honors in 32:12.

Results in back pages.



Penn Mutual TAC Western Regional Masters Track & Field Championships



Los Gatos, California June 20, 21, 1981 Los Gatos High School Track

. ENTRY FEES

\$4.00 first event, \$4.00 each additional event \$16 for relays, \$10.00 for Pentathalon

All information supplied in National information Sheet applies to Western. Same order and time of competition as listed on National information Sheet

ENTRY DEADLINE: JUNE 15, 1981

AWARDS: T-Shirts to all entrants, Medals to first three places.

BBQ — \$8 per person, Saturday, June 20, 1981 Oak Meadow Park - 6:30 P.M.

Saturday, June 20

Sunday, June 21

STEEPLE CHASE HAMMER 5,000 WALK 10,000 METER 400 PRELIMS 400 RELAY 800 FINAL

POLE VAULT SHOT PUT LONG JUMP 100m PRELIM 110m HURDLES 110m ELITE HURDLES 100m FINALS

5,000m RUN 200m PRELIM DISCUS HIGH JUMP 400m I.H. 200m FINALS 1500m FINAL

JAVELIN TRIPLE JUMP 1600m RELAY PENTATHALON 20 K WALK

WAVA By-Laws, Heights and Standards

| Men | Shot | Discus | Hammer | Javelin |
|-------|------|--------|--------|---------|
| 40 | 7.26 | 2.00 | 7.26 | 800 |
| 50 | 5.50 | 1.50 | 7.26 | 800 |
| 60 | 4.00 | 1.00 | 6.00 | 600 |
| 70+ | 4.00 | 1.00 | 4.00 | 600 |
| Women | Shot | Discus | Hammer | Javelin |
| 35 | 4.00 | 1.00 | | 600 |
| 40 | 4.00 | 1.00 | | 600 |
| 50 | 3.00 | 1.00 | | 400 |
| 60 | 3.00 | 1.00 | | 400 |
| | | | | 400 |

Hurdies: a = distance to first hurdle

b = distance between hurdles c = distance from last hurdle to the finish

| Men | | Height | | b | c | |
|-----------------------|---|------------------------------|----------------------------------|--------------------------|----------------------------------|-------------|
| 40 50 60 70+ | 110 meters 110 meters 100 meters 80 meters | 99.6 91.4 84.0 76.2 | 13.72 13.72 13.00 12.00 | 8.7 8.5 8.5 8.0 | 17.98 19.78 10.50 12.00 | (8 hurdles) |
| Women | Name of | Height | 1 | b . | c | |
| 35 40 + | 100 meters 80 meters | 76.2 76.2 | 13.00 12.00 | 8.5 8.0 | 10.50 12.00 | (8 hurdles) |

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

STEEPLECHASE

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

TEAR OFF ENTRY BLANK AND RETURN TO

| Track & Field Chemplonships | P.O. Box 1328, Los Gatos, California 95030, 408/354-7333 | | | |
|--|---|--|--|--|
| Name (Lest) (First) | The second of the second | | | |
| Phone | Address | | | |
| Date of Birth | (Number & Street) | | | |
| Age as of August 15, 1961 | (City) (State) (Zip) | | | |
| Events Entered | | | | |
| Current Times | Circle one: MALE FEMALE | | | |
| Club Affiliation | BBQ T-Shirts S M L XL | | | |
| Amount Enclosed | Your TAC # | | | |
| (Make checks payable to Los Gatos Athletic Association, Inc.) NO REFUNDS FOR DEFAULT | Please indicate any recent records or championships. Submit photos if available. | | | |

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue egainst Los Gatos Athletic Association, TAC, Pac'il Association, Los Gatos High School, Penn Mutual Life and Nike and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Penn Mutual, TAC Western Regional Masters Track & Field Championships held June 20 and 21, 1981, at Los Gatos High School, Los Gatos, California.

| Date: | Signature | |
|-------|-----------|--|

SO. CALIFORNIA CONVERSE SERIES TFA-USA 1981 TRACK AND FIELD CHAMPIONSH



Sponsored By:

CONVERSE

TARGET BUICK DEALERS OF SO, CALIFORNIA PENN MUTUAL LIFE INSURANCE COMPANY SPA MAKERS INTERNATIONAL

Featuring:

THE CONVERSE CELEBRITY TRIATHLON

On-site computers, results by Accutrack, certified officials, medals and certificates awarded, merchandise prizes courtesy of Converse.

For entry form and information, send self-addressed stamped envelope to: MICHAEL SIMS & ASSOCIATES - 5419 Sunset - Los Angeles, CA 90027



BERRY TRAVEL SERVICE

985 University Avenue . Suite 14

Application for lodging, please circle dates required.

1. Western Regional Masters Arrive June 19th, out 21st.

2. National Masters Arrive August 14th, out 16th

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

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

Addition hotels available for August events 4. Los Gatos Village Inn, \$38.00 5. Hacienda Inn, from \$36.00 to \$50.00

All rates are per room per night.

| Please | indicate | your | choice o | of hotel | 1 | |
|--------|----------|-------------|----------|----------|-----|----|
| 2 | | • • • • • • | 3 | | Oth | er |

Name......Number in party..... Address.....Zip......

Would you like this agency to arrange air transportation?.....

If so please give name of your nearest major airport..... In order to reserve a room we need full prepayment sent to

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

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

Leter Berry



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



Entry Fees

\$5 first event \$3 additional events

AGE AS OF AUGUST 15 DETERMINES AGE GROUP

Entry Deadline

Postmarked August 1, 1981

Transportation

From San Jose Airport to Motel and return — Call 354-5660. This number will be in operation on Thursday. Friday, Saturday and Sunday only.

To San Jose City College for Steeple & Hammer — The transport will leave Los Gatos Lodge

Late Entrys

Will be returned

Facilities

Chevron 400 Track & Runways ¼ inch Spikes or Flats only Concrete Throwing Rings

Grass Javelin Runway Lockers & Showers — Bring lock & towel Physiotherapy & First Aid Tent — 8-4 daily

Awards

TAC Championahip Medals — First three places Certificates first six places

Schedule of Events

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

Registration

- NO REGISTRATION NEEDED ON RACE DAY

 1. Pick up packet

 2. Report to start when event called

 3. No refunds for no-show

 4. TAC registration will be evaluable and required to obtain your packet.

Banquet or BBQ

400 only - Steek dinner - Seturday Night, 7:30, St. Mary's Hall - \$16 per person

TAC Masters Meeting

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

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

10,000 METERS — will be run in 2 sections — 50 & over and Women and 30-49
1st section the clock will be stopped after 1 hour, 10 minutes 2nd section — 55 minutes

800m OR ABOVE — If there are too many entrants, sections will be run and entrants selected — seeded according to submitted times.

ORDER OF COMPETITION FIELD — Women first, oldest to younger

STEEPLECHASE & HAMMER THROW - will be contested at San Jose City College

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

. ENTRY FEES . \$16 for relays, \$10.00 for Pentathalon



ENTRY DEADLINE: August 1, 1981 AWARDS FOR 6 PLACES WHEN EVENTS FULL.

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

Saturday, August 15

STEEPLE CHASE

HAMMER

800 FINAL

5,000 WALK

10,000 METER 400 PRELIMS

SHOT PUT LONG JUMP 100m PRELIM 110m HURDLES

110m ELITE HURDLES 400m FINALS

5,000m RUN 200m PRELIM DISCUS HIGH JUMP 400m I.H. 200m FINALS

TRIPLE JUMP 1600m RELAY PENTATHALON

Sunday, August 16

100m FINALS

PENN MUTUAL TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030, 408/354-7333 Name (Lest) Age as of August 15, 1981 _ (City) (State)

Circle one: MALE FEMALE

T-Shirts C C C C

(ZIP)

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

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



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

LOS GATOS, CALIFORNIA LOS GATOS HIGH SCHOOL TRACK



| SATURDAY, | AUGUST 15, 1981 | |
|-----------|--|--|
| | 2,000m steeple chase 3,000m steeple chase | |

10,000m run
10,000m run
10,000m run
10,000m run
10,000m run
400m prelims
400m prelims
400m prelims
400m relay
400m relay
400m relay
400m relay
400m relay
400m relay
800m final
800m final
800m final
800m final
800m final
800m final
800m final 30-49 30-34 35-39 40-44 45-49 50-54

over 70 San Jose City College 50-54 women 30-34, 35-39 40-44, 45-49 50-54, 55-59 60-64, 65-69, women, 70-7-65-69 60-64 55-59 50-54 45-49 40-44 33-39 30-34

NTS: SATURDAY, AUGUS hammer pole vault 30-44 45-up shot put long jump 8:00 San Jose City Colle 9:00 1:00 1-4 1-4 AUGUST 1

LUNCH FOR OFFICIALS 1:30

WAVA By-Laws, Heights and Standards

| Men | Shot | Discus | Hammer | Javelin |
|-------|--|--|--|--|
| 40 | 7.26 | 2.00 | 7.26 | 800 |
| 50 | 5.50 | 1.50 | 7.26 | 800 |
| 60 | 4.00 | 1.00 | 6.00 | 600 |
| 70+ | 4.00 | 1.00 | 4.00 | 800 |
| Women | Shot | Discus | Hammer | Jevelin |
| 35 | 4.00 | 1.00 | | 600 |
| 40 | 4.00 | 1.00 | | 600 |
| 50 | 3.00 | 1.00 | | 400 |
| 60 | 3.00 | 1.00 | | 400 |
| 70+ | 3.00 | 1.00 | | 400 |
| | 40 50 60 70+ Women 35 40 50 | 40 7.26 50 5.50 60 4.00 70 + 4.00 Women Shot 35 4.00 40 4.00 50 3.00 60 3.00 | 40 7.26 2.00 50 5.50 1.50 60 4.00 1.00 70+ 4.00 1.00 Women Shot Discus 35 4.00 1.00 40 4.00 1.00 50 3.00 1.00 60 3.00 1.00 | 40 7,26 2.00 7.26 50 5.50 1.50 7.26 60 4.00 1.00 6.00 70 + 4.00 1.00 4.00 Women Shot Discus Hammer 35 4.00 1.00 40 4.00 1.00 50 3.00 1.00 60 3.00 1.00 |

| Mon | THE STREET | Height | | • | c | |
|-------|------------|--------|-------|-----|-------|-------------|
| 40 | 110 meters | 99.6 | 13.72 | 8.7 | 17.98 | (8 hurdles) |
| 50 | 110 meters | 91.4 | 13.72 | 8.5 | 19.78 | |
| 80 | 100 meters | 84.0 | 13.00 | 8.5 | 10.50 | |
| 70+ | 80 meters | 76.2 | 12,00 | 8.0 | 12.00 | |
| Women | | Height | - | b | c | |
| 35 | 100 meters | 76.2 | 13.00 | 8.5 | 10.50 | (8 hurdles) |
| 40+ | 80 meters | 76.2 | 12.00 | 8.0 | 12.00 | |

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

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

WAIVER:

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

| | | | 7 |
|-------|-----------|---|---|
| Date: | Signature | - | - |

NOTES FROM THE J. WASTE BASKET

First China-U.S. Distance Running Tour

by JIM WASTE

It is now official! Two fabulous tours have been finalized for U.S. masters and submasters to compete in China.

Distance runners will get the historic first experience in October, 1981; and the track and field athletes will follow one year later in October, 1982.

It started at the World Games in January in New Zealand, when the far-sighted Helen Pain invited Chinese representatives to observe the masters in action. They were amazed and, subsequently, a pioneer group (the Gang of Four, but good guys) of Americans went to China to confer with China Sports Federation people in the capitol, Beijing, and to tour and inspect the road racing and track & field facilities in six major cities.

The Olympic Stadium in Beijing is equal to any in the world, and the others are rated good to excellent. They wanted us to showcase our program in age-group running. We wanted to share with them how far we have come in the past ten years. It soon became evident that it was not a matter of a tour being possible, but rather, when.

Our U.S. Gang of Four consisted of Helen Pain, who assisted her former husband David in organizing Masters Track & Field; Mae Lum, a third generation Californian who speaks Cantonese and is the wife of 76-yearold world record holder in the 100 meters, Sing Lum; Jim Puckett, everpopular, red-headed track & field coach at Mt. Hood Community College, Oregon (14,000 students) and three-time organizer of U.S. Masters T&F championships (also a world class sprinter); and myself, ex-U.C. Berkeley football player, and victim of 512 rugby games, a masters T&F jackof-all-trades and fitness buff, and organizer and coach of six international rugby tours, including Romania and Russia. I am not sure how Helen chose us, but it was soon clear we were all qualified for our various roles, and it turned out to be a close, hardworking, sincere group.

Mae has many friends and contacts along the way, and could keep tabs on our interpreters. Our manager Helen slaved about 20 hours each day, ironing out details. Puckett represented T&F and I the distance runners. We both ran in 3 10k's, while checking out race courses around the lovely, scenic lake sites in Wusi, Hangzhou, and Nanjing. We set national records for the distances (mainly because there weren't any established records for our respective ages: Puckett, 41, 44::45; Waste, 52, 38:35.

The courses were beautiful. In China, you have a built-in crowd wherever you go. It must have been a cultural mega-shock for them to see a blonde, blue-eyed Californian followed by a red-haired Oregonian chasing the motorcycle escort through the streets. Very few Westerners/Caucasians had visited parts of China since 1949 and there are generations who have no experience with such as us.

Puckett will be remembered forever by those whom he touched. What an ambassador he was. He drew a bigger crowd at the Panda section of the Shanghai zoo than the bears did. We have both been invited to return to conduct clinics and coach. Our many Chinese hosts spoke often of Jim's openness and sense of humor. We quickly recognized that China was open and friendly to us.

Our media had left us ill-prepared for the progress being made there. A land of 975 million people, most of whom are ready to smile. Everyone in blue Mao suits, but not a photo of Mao or the real Gang of Four in sight. Not one gun was seen. Soldiers and police acted more like delivery boys or tourists. Officials spoke of their need for our friendship. We were never hassled in even the slightest way, as I have often experienced in iron curtain countries.

Extreme courtesy and dignity were the mode. You really cannot understand China (one-quarter of the world's population) without seeing and feeling it. Imagine 5 Chinese for every 1 American—all dressed in blue and riding black bicycles. And you never have anyone bump into you.

Our food was excellent. American style breakfasts and optional Chinese feasts for lunch and dinner. I wasn't into Chinese cuisine before the trip, but I'm a fan now. We never repeated the same Chinese meal. Think of that. No fat people there. And the average life span is longer than ours. I frequently questioned my own life style as we rode, ran and flew through China.

Hotels were good (equivalent to 2-or-3 star rating in Europe) with no problems for the experienced traveler. Good, clean rooms, sheets, good service, and we always had a western style bathroom with showers. Hong Kong, of course, is like Honolulu from an accommodation standpoint. We traveled first class on good trains which was the best way to view the agrarian world of China. You really do see it this way.

Airplanes were U.S. made and standard, first-class equipment. Frankly, I found it no more difficult than traveling through most of Europe. We inspected all facilities, met with race officials and planned the events in detail.

Jogging is happening, but it hasn't exploded yet. And it is mostly by the office workers and so forth in the early mornings, before the streets are congested. Runners over 50 were not common, but we did see a lot of women runners. They think we can give their

national health and recreational movement a quantum push ahead. Wow. What an opportunity for us to do something of great importance for our "brothers." From our example, they can move ahead much more quickly than we did. Physical fitness at all levels is of renewed importance.

The Chinese people love sports, and all we have to do is show them the way. What a great gift for us to give. What an opportunity to share. What a moment in history for us to enjoy. If Nixon's ping pong team was a step in the right direction, then this is a leap.

We all agreed it was the most educational experience of our lives; not because we saw the temples, the Great Wall of China, and went to the theater and sporting events, but, because we were there at a time of great movement and change in the world's oldest continuous civilization. There was a special energy, a mystic quality unlike I have experienced in my extensive previous travels.

One quarter of the world's people are breaking out of their time-warp. If their percentages approximate ours, ten years from now, there will be 400 million joggers or aerobic athletes in China. Our tours will change their national attitude towards old age. I believe this is the most important thing I have ever been involved in or could be involved in. These tours are on the very cutting edge of history. Don't miss out.



Intensity at start of 5000 at World Games. From left, Wilfred Bigelow of the USA (033), Bob Boel of North Carolina (067), P. Ludwig of Germany (067), E. Gamble of Australia (011).



Pat White, Roberta Ray and Bob Holtel enjoy cameraderie in Christchurch at 4th World Games.

Photo from Al Ray

Masters Women Runners Subject of Study

An independent study is being conducted at San Diego State College University in California this summer. The study will investigate the effects of long-distance training on the menstrual cycle of submasters (35+) and masters

(40+) runners. Of particular interest are those who are training for a marathon or half-marathon or those who have already participated in one, and those who train on at least 40 miles a week. The study involves filling out a questionnaire on health history and training. If interested in being a part of this study, please send your name and address to: Jo Anne Wichary, 5871 Adobe Falls Rd., San Diego, CA 92120.

ST CHINA - U.S. MASTERS ISTANCE RUNNING TOUR OCTOBER 14 TO NOVEMBER 1, 1981

RTS

\$ 2,925.00 YOUR CHANCE TO MAKE HISTORY

DESTINATION CITIES

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

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

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

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

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

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

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

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

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

To be <u>certain</u> of visas: deposits must be received by <u>June 30th</u>. Acceptance of applications received after that date will depend on availability of additional visas from China.

BEIJIN

DNICK

TO SECTION

THAI WUXI

SHANGHAI

HANGZHOU

HONG KONG HANGZ

What Makes Daddy Run?

by SUE SLAKEY

Did you ever wonder what happened to Bill, the skinny kid that graduated with you? You can probably remember the quarterback, but not the skinny kid. Well, he may be one of the growing group of contestants in the Master's Track and Field Events. These events are for those who have obtained the age of 40. Besides regular things like hurdles and dashes, there are pentathlons and decathlons. You know, Bruce Jenner stuff and advanced jogging.

I am an amateur photographerwriter, a professional counselor, and an under-developed jock. I have indulged in swimming, golf, tennis and jogging and over-indulged in smoking. With that in my background, I became curious as to why, or even how come, people could go out for track and field at that age. I went to the Northern California Senior's Pentathlon, held at Sacramento State University, an all male event boasting a small entry of 17 participants.

I went out with some pre-conceived notions about the nature of a participant. The person would most likely be a married man, who was into health food, did not smoke, and was a rather boring jock with a high need to keep proving himself. He would be in a very competitive field such as sales. He would have a beautiful body that did not show age. My background convinced me that the training required to participate in track was contrary to any life style that involved negative habits such as rich food, drinking, smoking and late hours like those kept by a traditional single man. He would be boring because his life funneled into a disciplined regime of practice, leaving little time to develop along horizontal lines. The competition in employment would be a natural outflow from his continous self-challenge in track competition. Perhaps this man was even still wishing he'd never left school, the type of man many grown women find so contemptible, the over-age jock with the cutesy wife.

I spent three and half hours talking, photographing and getting to know a most inspiring group of people. I was right about some things and very wrong about other things.

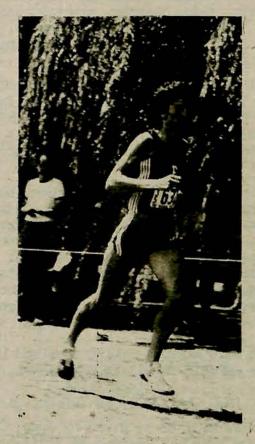
I arrived in time to catch the finals of the long jump, no longer called broad jump for obvious reasons. There was not a lot of gray hair and certainly no cheer-leaders or school yells. I wandered around and finally sat down by two very attractive female competitors and eavesdropped. They knew much more about track than I did. They had come with their husbands from Oregon. These ladies spoke of their husbands' devotion to training all year round, even in the snow. They

were familiar with all track events, not only from their husbands' but their own former participation. They both said their husbands had stopped sports after leaving school and were recently getting back into competition. The men had various jobs. There was a contractor, dentist, doctor and xerox salesman.

I glanced around and watched a particularly graceful body throw a javelin. His long leg muscles moved in rhythmic diagonals as he walked over to where the instrument struck the ground. This 40 year old man with a 20 year old body was rather guarded so I was unable to ask him much about his motivation. He was a former Olympic Javelin thrower, Phil Conley of Woodside and he is worth watching, not only because of his level of skill but it is typical of him to give others some pointers and coaching.

I spent some time with an English teacher from a Sacramento high school. With his Latin last name, I was curious to know if his motivation was a "macho" thing. He said it was a matter of choice. He had started running a few years back and went the path of fun runs to marathons. He felt closed in with too many people trying to compete. He likes the one lane runs and small competitive field. He also let me know he was divorced, smoked, drank and kept late hours, leading an active social life. He placed third in the long jump and ran 200 meters in just over 27 seconds.

There was a 60 year old discus thrower, owner of a mortgage company. He returned to competition after many years to see if he could still compete. He liked to find he still could. Both his son and daughter-in-law compete. "When you lose, you lose



Vicky Foltz led Falcon Track Club to women's team title Nike/Penn Mutual Grand Prix in Seattle March 15 and in Philadelphia April 11.

alone," he said. "It's just you and your humiliation. That's why so few are willing to compete." Does he feel a need to keep proving he's a real heman? He began to answer just as his grandchildren ran up shouting. He stooped to hug and kiss them, so my question was answered.

A dentist from Los Angeles described himself as a college man of the 50s whose idols were Mickey Mantle and crew haircuts. His wife had been his inspiration to begin training again after his hiatus from track. He attended Occidental College where track and field were a major emphasis. He recalled that about 1976 he realized that his body had only been in its best shape when he had run track and field. He has always been good in sports and loved competitive and contact sports. He felt he was the type to keep his feelings to himself and liked having the training as a way of dealing with pent up ten-

Another beautiful body told me he has never stopped competing. He had been a track man in college and when he graduated, he joined a Southern California Track Club.

What did I learn? Just enough to add to my curiosity. One of the attractive features of these events is the few entrants. Men who were mid-level competitors in high school find they rank higher as Masters.

Most of the men I saw were married, careful about nutrition but not into a fruit-and-nuts diet. They did not smoke.

These people were generous with each other and toward me. They were willing to take time to share what they thought, and had, in fact, thought a great deal about why they were competing. I did not find an over-riding denial of death nor a strong need to reconfirm that they were big, tough men. Their employment was as varied as the general population. They were not all

college track men. Their bodies were baggy-kneed, but beautiful. They appeared mature, and probably better able to handle disappointment then the average non-competing person.

Most were disappointed with their first performances; yet they kept on and continued the disciplined training until they improved. There was a pride in taking good care of their bodies; in asking the questions: What can my body do? How far will it stretch? Or as Rocky said, "Can I go the



Knerr, Miller Named Best in Seniors TC

Jim Knerr, 46, and Margaret Miller, 53, were named the top Senior Track Club runners of 1980. The Southern California club also voted Hal Wallace, 51, the best overall track & field performer, and Christa Romppanen, 40, the best woman T&F athlete. Other T&F awards: Dashes: Ozzie Dawkins, 54; Middle-distance: Bill Fitzgerald, 55; Jumps: Jim Vernon, 62; Throws: Emson Grimm, 53.

Road racing honors went to: Men: Jessie Cook (35-39); Joe Burgasser (40-44); Bob Holtel (45-49); Dick Durand (50-54); John McManus (55-59); Eddie Lewin (60-69); Jim Bole (70+5). Women: Judy Kewley (35-39); Linda Burke (40-44); Jessie Jo Smith (45-49); Virginia Terry (50+).

Lorenz Sets U.S. 15K Masters Mark in Nike Championships

continued from page I

Emerging victorious in the coveted team championship were the two powerful Seattle clubs: the men's Snohomish Track Club and women's Falcon Track Club. They each handily defeated rivals from Honolulu, St. Louis, Atlanta, Houston, Boston, Salt Lake City, Philadelphia, San Francisco and New York.

All runners from each of the two winning teams will be awarded travel expenses to the June 27 International Masters 25k race in Brugge, Belgium.

Hambly's 48:22 led the triumphant Snohomish tandem. Bob Fischer of the Milrose AC of New York placed 3rd in 48:53, and was followed by E Dumas, J Clark, Dick Hipp, Ken Winn and R Reisenger. Reisenger (8th) and Dave Pitkethly (16th) combined with Hambly for the men's team crown, defeating the Philadelphia Masters for top honors.

The awesome Falcon TC swept the first 3 places to devour the runner-up Atlanta TC by 11 minutes in total team times.

Whereas masters competition among men was limited to the over-40 class, women over age 35 were eligible. And it was a trio of 35-39 women who did the job for Falcon—Vicky Foltz (56:54), Doris Brown Heritage (57:19) and T Hosmer (58:28).

Open men and women runners also contested the race, which saw 9 masters men under 50 minutes.

The inclusion of the masters in the Nike Team Championships was successful, it was agreed, and with the cooperation of Penn Mutual, it will become an annual event. The U.S. will now be represented by two top flight teams in the International Championships this month.

Results in back pages.

Vasquez, Bigelow Win Nor-Cal Seniors

SAN FRANCISCO, Calif., April 5-Sal Vasquez and Vicki Bigelow were the leading men and women masters today in the Nor-Cal Seniors Lake Merced 4.95 miler.

Vasquez just missed Bob Wellck's course record of 25:47 by two seconds. Bigelow set a new course record for women of 30:22.

Kay Atkinson, 63, was 1st in the 60-64 category in 37:53. This was a PR by over 2 minutes.

Ulrich Kaempf, 50, placed 3rd overall in 26:24, while Joan Ullyot captured women's 40-44 honors in 30:56.□

Results in back pages.

Hall First Master in **Boston**

BOSTON, April 20-While Seko, Virgin, Rodgers and Rowe got most of the headlines, Bill Hall, a forty-yearold anatomy professor at Duke University in Durham, North Carolina, stormed to an impressive 2:21:19 to capture Masters honors in the annual Patriot's Day spring classic Boston

Raymond Swan of Bermuda maintained his 1980 runner-up status, finishing 2nd behind Hall in 2:26.

Sue Stricklin reportedly finished as first female master.

We hope to have the complete results next month.



Bagpipers parade as part of opening ceremonies at 14th World Veterans Distance Running Championships in Palmerston North, New Zealand

National Running Doto Center from BOB MARTIN-Executive Director

This year's book runs 132 pages of from NRDC, Box 42888, Tucson AZ detailed rankings both for 1980 and all- 85733. time for 16 events from 10km to 100

by BOB MARTIN, Executive Director miles. It ranks the top 100 men and 50 The 1981 edition of "U.S. Distance women, and up to 10 each of 28 Rankings" has just come off the press. age/sex groups. Available for \$6.95

| Dist | Age Div. | Time | Name | Birth- date R | Residen | ce | Race St Date | St |
|--------------|-------------|-----------|----------------------------|--|---------|----------------|--------------------|-------------------------------|
| No. | | 7 | NONE | | | | | |
| PEND Dist | | .S. AGE-D | IVISION ROAD RECO | ORDS REPORTI | ED TO N | MN IN | PAST MONTE | н |
| | | Time | Name | Residence | St | CO. T. Labour. | Record | Held by |
| 10K | M45 | 33:09 | The second second | STATE OF THE PARTY | 17610 | 3- 7 | 33:10 | Hal Higdon |
| " | M65 | 43:37 | | Mobile | 77.9 | 3- 7 | | Bob Boal |
| | M35 | 29:17 | | Gainesville | | 3- 7 | 29:59 | Barry Brown |
| 15K | M40 | 47:18 | | Willingbord | | | | Hal Higdon |
| 11 | M55 | 52:41 | | San Diego | CA | | | Ed Almeida |
| 10K | W45 | | Vicki Bigelow | The state of the s | CA | ? | 36:39 | Mila Kania |
| " | W70 | 1:02:07 | Bess James | San Jacinto | D CA | 4- 4 | 1:08:20 | Bess James |
| 10mi | W45 | 1:04:36 | Linda Sipprelle | Bethlehem | PA | | 1:06:18 | Dorothy Stock |
| " | M70 | 1:12:05 | | | | 4- 5 | 1:13:29 | Ed Benham |
| 25K | W45 | 1:43:20 | Linda Sipprelle | Bethlehem | PA | 2-8 | 1:47:10 | Ruth Anderson |
| 20mi | | 2:16:23 | Anna Thornhill | New York | NY | ? | 2:21:41 | Nina Kuscsik |
| ** | M40 | 1:48:25 | Gary Muhrcke | | | ? | 1:51:07 | Kent Guthrie |
| 11 | M45 | 1:56:19 | | New York | NY | 1 | 1:56:39 | Ross Smith |
| Mara | | 4:33:15 | | | CA | | 4:37:37 | Mayis Lindgren |
| 10mi | | | Mila Kania Sandra Kiddy | Palm Sprin | gs CA | 4-26 | 1:06:18 7:04:53 | Dorothy Stock Sue Medaglia |
| 50mi | | | | | | | | |

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14th ANNUAL PENN MUTUAL/TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIP



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BILLUPS RUNS 4:05 1500

Villanueva Clocks 14:04 in 5000

from TOM STURAK

WALNUT, Calif., April 25—Antonio Villanueva, 40, of Xalapa, Mexico recorded one of the fastest 5000 meters ever run by a man over 40 tonight in the Mt. San Antonio College Relays.

Villanueva clocked 14:04.54 to finish 8th among the world-class runners in the Invitational 5000. (Doug Padilla won in 13:33 with Duncan MacDonald second in 13:35.)

The world over-40 record is 13:45.8, set by France's Lucien Rault at age 40 on May 23, 1976. The U.S. masters mark is 14:59.6, set by Hal Higdon at age 41 on August 25, 1972.

The world veterans 10K road champion was unofficially clocked at the 3000 meter mark in 8:17, better than Jack Foster's world 40+ mark of 8:17.4.

Villanueva, a high-school track coach and taxi driver, was due to run in the masters 5000 or 1500. But he opted, instead, to run with the invitational group. His time would have won the open-college division by 10 seconds.

In masters competition, Ernie Billups, now 44 but as fast as ever, easily won the 1500 over arch-rival George Cohen, the world veterans 800 champion. Billups, a Chicago high-school principal, clocked an outstanding 4:05.2, only 5 seconds off his American age 40-44 mark. Cohen trailed in 4:18. Bill Fitzgerald, 56, in good early-season form, logged a 4:36, only 7 seconds off his U.S. age 55-59 standard

Billups also took the masters 800 in another classic battle with Cohen. Remembering his 1980 Pan-American Games loss to Cohen (1:54.9 to 1:55.5), Billups changed tactics. Instead of storming out at his usual pace of 27 (200) and 56 (400), Billups strolled to a leisurely (for him) 59-second first lap with Cohen in tow. As Cohen prepared to make his move, Billups accelerated and drew out with a sub-58-second final lap to win, 1:56.9 to 1:58.2. Mel Eliot tried to hang in with the terrible twosome but faded to a still-creditable 2:05.

Truman Clark, 45, captured the masters 5000 in 16:28. □

1980 Masters Rankings

Begining in the July issue of NMN, we will publish 1980 masters rankings for long distance running events from 10 kilometers up.

Compiled exclusively for NMN by the National Running Data Center, the rankings are 50 deep for both men and women in each 5-year age group from age 35.

We'll start with the 10k and and publish a different distance each month.

Clarke Sets 3 World Marks in Hawaii

from STAN THOMPSON

HONOLULU, Hawaii, April 19—Polly Clarke, 70, of Loveland, Colorado, established three new world 5-year age-division records this weekend in the 6th Hawaii International Masters Track & Field Championships.

Her times of 87.6 in the 400, 3:38.7 in the 800, and 7:34.0 in the 1500, demolished the respective old marks of 2:18.4, 5:47.5 and 9:22.1, set by Marilla Salisbury, Hulda Crooks and Ruth Rothfarb.

Clarke would have owned two additional world marks in the 100 and 200, but for an aiding wind over the allowable limit. Her 16.2 and 35.3 were well under the current marks of 20.1 and 62.7.

Entries came from such far off places as Spain, Australia, New Zealand, England, Oregon, California, Japan and Colorado. Nineteen world, 3 U.S. and 50 Hawaii age records were set. Edith Leiby, 58, of Hawaii set 4 world age marks in the 200, 400, 800 and high jump, and 2 U.S. marks in the 100 and 1500. Dorothy Callan, 63, of Hawaii, set 2 world age records in the long jump and shot put and 3 Hawaii marks in the discus, javelin and long jump. Heidi Dunham, 38, set 2 world age records in the 100 hurdles and 400 hurdles, and a Hawaii record in the high jump.

Stan Thompson, 70, set 3 world records in the high jump, pole vault and international decathlon, and 3 Hawaii records in the 16# shot, 2kg discus and 800g javelin. Other records were set by Harold Chapson in the 5000, Bud Deacon in the 400 hurdles, John Clarke, 73, in the 2-mile walk, and Nick Newton, 47, of California who equalled a U.S. age record in the 1000 \square

Results in back pages.

Masters Dominate 100K Racewalk

by SAL CORRALLO

ARLINGTON, Virginia, April 11—Masters walkers dominated the 1981 TAC National 100km Racewalk Championship today at Yorktown High School.

The overall winner was Shaul Ladony, 45, a citizen of Israel and visiting professor at Georgia Tech in Atlanta. His time was 10 hours, 24 minutes, 14 seconds, almost an hour ahead of Alan Price, 34, in 11:17:11.

Price of Washington, was the official U.S. champion. Sal Corrallo, 50, also of Washington, finished third overall and was U.S. Masters champion in 11:41:54. Both Price and Corallo are members of the Potomac Valley Seniors Track Club. Joined by Paul Robertson, 41, who placed 5th in 13:09:57, they won the team championship

EWING TOP MASTER IN 31:39

Wert, Fuselier, Brown Set 10K Marks

MOBILE, Alabama, March 7—Earl Wert, 67, of Mobile, Barry Brown, 36, of Gainesville, Florida, and Larry Fuselier, 45, of Metarie, Louisiana, established new U.S. age division records for 10 kilometers today in the 4th annual Azalea Run

Wert clocked 43:37 to better Bob Boal's 65-69 division mark of 43:39. Fuselier recorded 33:09 to break Hal Higdon's 4-month old 45-49 record of 33:10. Brown logged 29:16.5 to smash his own 35-39 standard of 29:59.

Jim Ewing, 41, of Jackson, Miss., led all masters finishers with 31:39.7, good for 28th place in the field of 4676 in one of the South's major road races. Bill Rodgers won the race in 29:00.2; Patti Catalano was 1st woman in 32:32.2.

Like many a record-breaker, Wert was actually disappointed with his

time. "It was kind of exciting," he told Mobile Press-Register reporter Chris Hall, "but I'm going to try to drop it a couple of minutes in the next year or so."

Wert only began running three years ago at age 64. "I think I can break 40," he said. "I need a little more zip to do it. I can lose another 10 pounds and make it a lot easier."

Wert's training routine is a daily 5-mile run, but no speed work. He plans on adding some interval training in his sub-40 quest. He says his real love is the marathon, because there's "less punishment," adding: "These 10Ks, you're out for blood. It's a sprint all the way."

Wert's first running effort was a 2-mile jog that took 2 minutes. "I thought I'd die," he recalls. He's surprised how far he's come. "I never knew how a body could respond to a training program."

Ken Winn, 43, a perennial masters standout from Stone Mountain, Georgia, notched 32:15.9 for 34th place.



Valdemar Schultz, 40, represetning Nike, at San Diego Grand Prix 15K. Schultz was 1st master in Catalina 10K March 21 in 37:38., Photo by George Cohen



Pat Whiteof USA in cross-country at World Championships in New Zealand.

Sipprelle, James, Lindgren Set New Records

Linda Sipprelle, 46, of Bethlehem, Pa. bettered the U.S. women's age 45-49 record for 25 kilometers by running 1:43:20 in the New York Road Runners Club Postal race in New York February 8. Her time improves the listed mark of 1:47:10, set by Ruth Anderson of Oakland, Calif. in 1978.

Bess James, 71, lowered her own

American record for 10 kilometers for women over age 70 April 4 with a time of 1:02:07 in the San Diego Bonnie Bell run. Her effort trimmed a full 6 minutes off the 1:08:20 she achieved nearly a year ago. There was no 70 + competition in the race, so James settled for 4th place in the 60 + division.

Mavis Lindren, 73, broke her own U.S. women's 70+ marathon record by 4 minutes with a time of 4:33:15 in the Napa Valley California Marathon March 8.□

Results in back pages.

TRACK & FIELD

Please send masters race results to National Masters Newsletter. P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

| | | | | | TO SECURE | | |
|----------|--|-----------|---------------|--|--------------|--|-----------------------|
| NORT | TH AMERICAN MASTERS | | M40 | Larry Judd | 6.9 | 880 YARD RUN | |
| IND | OOR TRACK & FIELD | | 1000 | Bruce Mills | 7.3 | M30 Steve Currins | 2:07.6 |
| CHA | MPIONSHIPS, MARCH 1: | 3-14, | TOTAL CARRIED | Jim Morris | 7.4 | Tom Twohy | 2:12.0 |
| 198 | | | M45 | Phil Mulkey | 6.7 | Mike Shay | 2:24.0 |
| | INGTON HEIGHTS, ILL | | BENEST . | Don Zimmer | 8.6 | The state of the s | 8 St. 10 |
| - | | | M50 | Tom Hinkes | 7.5 | M35 Gary Carr | 2:03.2 |
| 50 | YARD DASH | | - | Don Walsh | 7.9 | Jim O'Neill | 2:11.0 |
| NEW YORK | The same of the sa | | | George Haas1 | 9.7 | Jim Benston | 2:27.0 |
| M30 | Al Lucas | 5.9 | | Liz McBlaine | 7.1 | M40 Ernie Billups | 2:04.0 |
| | Tom Rauscher | 6.0 | W40 | Joanne Grissom | 10.4 | Fred Hart | 2:12.0 |
| | Rick Steder | 6.1 | 1 1 1 | | 1 | rred nart | |
| M35 | Wayne Anderson | 5.6 | | | | M45 Russ Bonham | 2:19.1 |
| 100000 | John Hess | 5.9 | 220 | YARD DASH | | Peter Muncie | 2:22.0 |
| | Isiah McKinnon | 6.0 | Man | Tom Rauscher | 26.9 | M50 Lou Schneider | 2:26.3 |
| 98000 | Carlotte Control Contr | | mou | Rich Steder | 27.6 | Art Williams | 2:31 |
| M40 | Larry Judd | 6.2 | | Bill Madden | 28.4 | Art Williams | |
| | Jim Lipsky | 6.2 | T. | | V RAISO VIII | M55 Bob Coughlin | 2:49.6 |
| | Bill Edwards | 6.3 | M35 | John Hess | 27.9 | Mike Dysvick | 2:54.0 |
| M45 | Phil Mulkey | 6.1 | 1 11 | Jim Benston | 29.7 | MCO Cil lamiecon | 3:02.2 |
| 1000000 | Rich Richardson | 6.3 | | Jim Hess | 30.1 | M60 Gil Jamieson | 3:04.0 |
| | Don Zimmerson | 6.4 | MAG | Mike Saunders | 28.2 | George Haas1 | |
| | | 1000000 | MAD | Bill Larson | 29.6 | M65 John Dick | 3:42.0 |
| M50 | Tom Twitchell | 6.4 | Land . | | | W45 Grace Butcher | 2:57.3 |
| | Tom Hinkes | 6.7 | M45 | Phil Mulkey | 28.6 | W65 Ivy Granstrom | 4:29.1 |
| | Charlie Cox | 6.8 | THE WASTER | Hector Andreos | 29.7 | | |
| M55 | Rush Jacobs | 6.2 | MEO | Don Walsh | 31.1 | | |
| | John Ulam | 6.3 | MOU | Rolf Davidson | 31.8 | 1500 METER RUN | |
| | Chuck Olson | 6.4 | - 10 | Charles Cox | 32.5 | M30 Steve Currins | 4:13.2 |
| (COLUMN) | a construction of the cons | 7.0 | | A STATE OF THE STA | 72.75 | Noel Nelson | 4:28.7 |
| M60 | Gilbert Jamison | 7.0 | M55 | Rush Jacobs | 28.8 | Noel Nelson | 10000000 |
| | George Haas1 | 7.4 | | Chuck Olson | 30.8 | M35 Bob Collins | 5:43.0 |
| | William Fields | 7.5 | | Bob Coughlin . | 33.2 | Bob Maszak | 5:46.0 |
| M65 | John Dick | 9.3 | MED | Bert Jamieson | 32.0 | M40 Ernie Billups | 4:20.7 |
| | Arnold Ticmanis | 8.4 | | John Dick | 38.8 | Arnie Degamo | 4:52.0 |
| W30 | Liz McBlain | 6.3 | | Liz McBlain | 28.8 | Bruce Porter | 4:53.0 |
| | Mary Davidow | 6.5 | MSU | Marianne Whatley | 33.4 | Bruce Porter | |
| | Joann Grissom | 6.9 | | rar famile anderey | | M45 Wally Pries | 4:51.2 |
| W65 | Ivy Granstrom | 11.2 | 440 | YARD DASH | 3 1 | Mike O'Leary | 4:58.0 |
| | | 10/1/04/6 | 10000 | THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAM | | M50 Lou Schneider | 5:02.5 |
| | | - 5 | M30 | Ray Otten | 56.8 | Jim Lowry | 5:07 |
| 50 Y | ARD HURDLES (HIGH) | | and the same | Sid Retlaff | 57.2 | M55 Bob Coughlin | 5:55.5 |
| | Mike Davis | 6.8 | | Jim Otten | 59.4 | M65 John Dick | 9:06.1 |
| MOU | Lyle Edwards | 6.9 | M35 | Gary Carr | 54.9 | W65 Ivy Granstrom | 8:52.8 |
| Mac | Henry Hopkins | 7.8 | 1100 | Jim Benston | 63.3 | | |
| MJO | Charlie Polhamus | 7.8 | 130 | Bob Collins | 66.4 | The state of the s | |
| | JIm Benston | 8.1 | 100 | | The same of | 3000 METER RUN | |
| MAO | Larry Judd | 7.3 | M40 | Ernie Billups | 56.0 | M30 Tom Twohy | 9:45.1 |
| M4U | Bruce Mills | 7.9 | MAS | Larry Kniefel | 66.2 | Sam McGroman | 11:10.1 |
| | Jim Morris | 8.1 | | Fred Knapp | 69.1 | M35 Jim Benston | 10:56.0 |
| MAS | Phil Mulkey | 7.2 | | The same of the sa | C7 A | Bob Collins | 11:31.0 |
| M43 | Paul Lehmkuhl | 8.2 | M50 | Tom Twitchell | 67.4 | Bob Maszak | 11:36.0 |
| | Grant Davis | 8.6 | | Don Walsh | 67.5 | M40 Andy Dorn | 11:17.0 |
| MED | Don Walsh | 8.5 | MSS | Rush Jacobs | 65.6 | M45 Russ Bonham | 9:56.0 |
| HOU | Peter Groom | 8.6 | ,,,,,, | Bob Cought in | 68.1 | Cass Curtis | 10:41.0 |
| | | | | The same of the sa | | Otto Volkmann | 10:57.0 |
| M30 | Tom Rauscher | 6.9 | M60 | Jim Manno | 63.6 | 4 | Mark Complete Comment |
| | Ed Murphy | 7.1 | 1 | Bert Jamieson | 74.1 | M50 Ed Lyons | 11:21.0 |
| | Jack Rice | -7.3 | | John Dick | 91.2 | M55 George Rasch | 12:15.2 |
| M35 | Henry Hopkins | 6.8 | | Liz McBain | 60.4 | M65 John Dick | 17:23.0 |
| | Charlie Polhamus | 6.9 | W45 | Grace Butcher | 74.6 | W65 Ivy Granstrom | 18:43.0 |
| | | 7 E | 1100 | T Cunnetwom | 1.51 1 | | |



Barry Kline of West Penn TC leads field in 60-hurdles in Philadelphia Eastern Regional masters Championships February 22.

Photo by Pete Taylor

| 5000 METER RUN | - |
|---|------------------|
| M30 Bob Abbe N | т - |
| M35 Bob Maszak 2 | 1:10.0 |
| M45 Otto Volkmann 1 | 8:10.0 |
| M50 Jerry Bartlett 2 | 3:09.0 2:41.0 |
| MOO JOHN FECH C | 2.41.0 |
| 10000 METER RUN | |
| M30 Rich Numrich | 34:49 |
| Rich Medina | 36:02 |
| Don Racine M35 Bill Hall | 38:23 |
| Mike Kohl | 39:42 |
| Rolf Ronstadt | 40:49 |
| M40 John Whitehouse Maurice Hallihan | 34:45 36:59 |
| Ken Jennette | 39:15 |
| M45 Karel Krin | 40:25 |
| Roy Sanberg Joe Flynn | 41:07 |
| M50 Clyde Baker | 35:41 |
| Jim Hunt Jerry Bartlett | 42:28 46:39 |
| M55 Tom Garry | 37:15 |
| Al Jensen Lou Petkus | 38:51 46:15 |
| W55 Emily Weber | 46:32 |
| #35 Emily weber | |
| 3000 METER WALK | |
| M35 Bob Maszak | 19:42 |
| Bob Collins M45 Frank Holgerson | 25:09 19:41 |
| M45 Frank horgerson | 13.41 |
| LONG JUMP | |
| M30 Mike Davis | 19- 21/2 |
| Dave Bechler Larry Dunlop | 14-111/2 |
| M35 Henry Hopkins | 17-0 |
| Charles Polhamus | 16-63 |
| Wayne Bowen | 16-4 15-4 |
| M40 Larry Judd Tom Allen | 14-111/2 |
| Aaron Miller | 14-11 |
| M45 Phil Mulkey Paul Lehmkuhl | 16-5½ 15-10½ |
| Floyd Riddick | 15-6 |
| M50 Charles Cox | 14-64 |
| Harry Abcarian M55 Chuck Olson | 13-7 |
| Pat Sweeney | 10-9 |
| M60 Gil Jamieson M65 Ian Hume | 11-11 |
| John Dick | 9-0 |
| W30 Liz McBlain W40 Joann Grissom | 16-8½ 13-9 |
| A STATE OF ASSESSMENT | |
| TRIPLE JUMP | |
| M30 Mike Davis | 38-3 |
| Jim Tormoen M35 Charles Polhamus | 37-10 34-11½ |
| Roy Harris | 31-10 |
| M40 Larry Judd M45 Phil Mulkey | 34-11 |
| Paul Lehmkuhl M50 Charles Cox | 30-½ 28-6 |
| M55 Chuck Olson | 28-11 |
| Swen Larson M60 Tom Reddy | 26-6 27-10 |
| M65 Ian Hume | 31-7½ 21-8 |
| John Dick M75 Arnold Ticmanis | 18-15 |
| W30 Liz McBlain | 31-64 |
| | |
| HIGH JUMP M30 Pat Matzdorf | 6-8 |
| M30 Pat Matzdorf Tom Rauscher | 5-0 |
| Norm Bower | 5-0 |
| M35 Charles Polhamus Jim Benston | 5-6 5-2 |
| Dick Evans | 5-2 |
| M40 Mamom Gibson Larry Judd | 5-8 5-2 |
| Bill Smith | 5-0 |
| M45 Tom Langenfeld | 5-8 |
| Dick Richardson Phil Mulkey | 5-8 5-2 |
| M50 Jack Scott | 4-10 |
| Charles Cox Tom Twitchell | 4-6 |
| M55 Leon Potter | 4-8 |
| Chuck Olson | 4-4 |
| M60 George Haasl Ray Locker | 4-0 3-10 |
| M65 Ian Hume | 4-10 |
| John Dick M75 Arnold Ticmanis | 3-10 |
| W30 Liz McBlain Sue Klehm | 5-0 3-8 |
| W40 Joanne Grissom | 4-3 |
| POLE VAULT | - |
| M30 Mike Davis Tom Rauscher | 13-6 12-6 |
| Bill Jones | 10-6 |
| | - 4 |

| M35 Charles Polhamus Henry Hopkins | |
|---|--|
| | 15-6 13-0 |
| Jim Benston | 9-0 |
| M40 Ed Hoyle Tom Allen | 13-0 10-0 |
| M45 Leo Shillinglaw | 11-0 |
| Phil Mulkey Don Shillinglaw | 10-6 |
| M50 Tom Hinkes | 10-6 |
| M65 Ian Hume | 9-6 |
| CHOT DUT | |
| SHOT PUT M30 Norm Bower | 42-4 |
| M35 Ed Hill | 51-9 42-7½ |
| Norb Duba Henry Hopkins | 36-1 |
| MAO Carl Klehm | 38-7½ 32-9½ |
| Larry Judd M45 Phil Mulkey Fred Schutz | 38-7½ 32-5½ |
| Don Zimmerman | 26-63 |
| M50 Jack Scott Charles Cox | 42-3½ 34-10½ |
| M55 Bill Walmroth John Ulam | 46-3½ 35-11¼ |
| Chuck Olson M60 Harold Parsons | 30-8 38-63 ₅ |
| Bert Jamieson M65 Ian Hume | 29-1-2 |
| M65 Ian Hume John Dick | 33-9 28-2 |
| M75 Arnold Ticmanis W30 Liz McBlain | 30-11 34-10% |
| Marianne Whatley | 26-7½ 22-1½ |
| W35 Sue Klehm W40 Joanne Grissom | 35-104 |
| | |
| 35 LB. WEIGHT | |
| M30 Norm Bower M35 Ed Hill | 44-6 46-49 |
| Jim Benston | 36-0 13-1 |
| Jim Hess M40 Carl Klehm | 41-8 |
| M45 Phil Mulkey M50 Jack Scott | 30-7½ 35-6½ |
| Charles Cox M55 Bill Walmroth | 23-3 36-3 |
| John Ulam | 24-54 |
| M65 John Dick M75 Arnold Ticmanis | 15-1 20-5½ |
| | |
| 56 LB. WEIGHT | 20.20 |
| M30 Norm Bower M35 Ed Hill | 26-10 ⁴ ≤ 28-5 |
| M40 Carl Klehm Lee Slick | 26-5 20-6 |
| M50 Jack Scott | 20-51/2 |
| M50 Jack Scott M55 Bill Walmroth M60 Harold Parsons | 20-61/2 |
| M65 Nolan Fowler John Dick | 25-1 11-42 |
| M75 Arnold Ticmanis W35 Sue Klehm | 14-8 |
| Was are kielin | 0-0 |
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| 98 LB. WEIGHT M30 Norm Bower M35 ED Hill | 12-6½ 12-7 |
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| M35 ED Hill M40 Carl Klehm Lee Slick M50 Jack Scott M55 Bill Walmroth M65 Nolan Fowler from W. MacDonald Mi FLORIDA STATE MASTER 8 FIELD CHAMPIONSHIP SEMINOLE COMMUNITY C LAKE MARY, FLORIDA. MARCH 15, 1981. HIGH JUMP M30 Ron Purdom M40 J Russell M50 R Cooper B Gentry E Schuler M55 J Ross M60 Don Hull M65 Gilberto Gonzale M70 Dick Lacey LONG JUMP M35 Joe Johnston M40 J Russell M45 Frank Laudano M50 Ed Schuler M55 J Ross M60 McGee | 12-7 12-5½ 9-8½ 9-11½ 9-5½ 10-4½ 11er S TRACK S. OLLEGE. 6-2 5-0 4-8 4-10 4-8 4-6 3-10 3-6 2 4-2 19-4½ 14-10½ 14-10 16-7 12-½ 12-9½ |
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| M35 ED Hill M40 Carl Klehm Lee Slick M50 Jack Scott M55 Bill Walmroth M65 Nolan Fowler from W. MacDonald Mi FLORIDA STATE MASTER & FIELD CHAMPIONSHIP SEMINOLE COMMUNITY C LAKE MARY, FLORIDA. MARCH 15, 1981. HIGH JUMP M30 Ron Purdom M40 J Russell M50 R Cooper B Gentry E Schuler M55 J Ross M60 Don Hull M65 Gilberto Gonzale M70 Dick Lacey LONG JUMP M35 Joe Johnston M40 J Russell M45 Frank Laudano M50 Ed Schuler M55 J Ross M60 M McGee M70 Warren Pike M75 Guy Paschal DISCUS | 12-7 12-5½ 9-8½ 9-11½ 9-5½ 10-4½ 11er S TRACK S. OLLEGE. 6-2 5-0 4-8 4-10 4-8 4-6 3-10 3-6 2 4-12 4-2 19-4½ 14-10½ 14-10 16-7 12-½ 12-9½ 10-6 5-1 |
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| M35 ED Hill M40 Carl Klehm Lee Slick M50 Jack Scott M55 Bill Walmroth M65 Nolan Fowler from W. MacDonald Mi FLORIDA STATE MASTER & FIELD CHAMPIONSHIP SEMINOLE COMMUNITY C LAKE MARY, FLORIDA. MARCH 15, 1981. HIGH JUMP M30 Ron Purdom M40 J Russell M45 J Baggett M50 R Cooper B Gentry E Schuler M50 R Cooper B Gentry E Schuler M50 J Ross M60 Don Hull M65 Gilberto Gonzale M70 Dick Lacey LONG JUMP M35 Joe Johnston M40 J Russell M45 Frank Laudano M50 Ed Schuler M55 J Ross M60 M McGee M70 Warren Pike M75 Guy Paschal DISCUS M35 Joe Johnston M40 J Russell M45 Carlos Fraund'r M50 R Cooper POLE VAULT M35 Joe Johnston M40 J Butler M50 Les Trubey M55 J Ross | 12-7 12-5½ 9-8½ 9-11½ 9-5½ 10-4½ 11er S TRACK S. OLLEGE. 6-2 5-0 4-8 4-10 4-8 4-10 4-8 4-10 3-6 z 4-½ 14-10½ 14-10 16-7 12-½ 12-9½ 10-6 5-1 91-9½ 104-3 130-0 99-8 8-0 6-0 |
| M35 ED Hill M40 Carl Klehm Lee Slick M50 Jack Scott M55 Bill Walmroth M65 Nolan Fowler from W. MacDonald Mi FLORIDA STATE MASTER & FIELD CHAMPIONSHIP SEMINOLE COMMUNITY C LAKE MARY, FLORIDA. MARCH 15, 1981. HIGH JUMP M30 Ron Purdom M40 J Russell M45 J Baggett M50 R Cooper B Gentry E Schuler M55 J Ross M60 Don Hull M65 Gilberto Gonzale M70 Dick Lacey LONG JUMP M35 Joe Johnston M40 J Russell M45 Frank Laudano M50 Ed Schuler M55 J Ross M60 M McGee M70 Warren Pike M75 Guy Paschal DISCUS M35 Joe Johnston M40 J Russell M45 Carlos Fraund'r M50 R Cooper POLE VAULT M35 Joe Johnston M40 J Russell M45 Carlos Fraund'r M50 R Cooper POLE VAULT M35 Joe Johnston M40 J Butler M50 Les Trubey | 12-7 12-5½ 9-8½ 9-11½ 9-5½ 10-4½ 11er S TRACK S. OLLEGE. 6-2 5-0 4-8 4-10 4-8 4-10 4-8 4-10 3-6 z 4-½ 14-10½ 14-10 16-7 12-½ 12-9½ 10-6 5-1 91-9½ 104-3 130-0 99-8 8-0 6-0 |

| M35 W Alexander M40 J Russell M45 C. Fraundorfer M50 R Cooper M65 Gilberto Gonzal M70 Warren Pike M75 G Paschal | 32-94; 35-54; 41-44; 41-11 ez35-11 30-0 15-54; |
|--|--|
| TRIPLE JUMP M40 J Russell M45 K Wiley M50 Bill Gentry M55 J Ross M60 M McGee M65 Gilberto Gonzal M70 F Furniss JAYELIN | 30-1 24-9½ 28-10 23-4 25-1 ez25-0 19-9 |
| M35 P Crowley M40 J Butler M45 F Laudano M50 D Hazelton M55 G Kreg M60 Don Hul? M65 Phil Partridge M70 Warren Pike | 125-7 132-1 78-11 69-1 ₅ 65-41 ₅ 88-21 ₅ 56-1 |
| M35 D Jackson M40 Pete Foret M45 B Askea M50 E Downey M55 C Hammer M60 J French M70 R Lacey M75 G Paschal | 4:39 4:16 4:47 5:21 5:10 6:14 NT |
| M35 J Johnston M50 Ed Schuler M55 J Ross M65 G Gonzalez | 15.7 19.7 24.8 21.5 |
| 400 M35 W Spoon M40 Blair Bowling M45 D Long M50 H Anderson M55 E McDonald M60 Jack Rice | 58.0 56.5 64.1 70.0 72.0 63.5 |
| 800 M35 T Myers M40 Pete Foret M45 B Askea M50 E Downey M55 J Ross M75 G Paschal | 2:12 2:10 2:24 2:36 2:52 5:41 |
| 100 M35 W Alexander M40 Blair Bowling M45 F Laudano M50 Ed Schuler M55 Don Hall M65 G. Gonzalez M70 W Pike M75 G Paschal | 11.6 12.7 12.9 12.5 13.8 13.5 16.8 22.4 |
| 300 HURDLES M45 K Wiley M50 L Caro E Downey M55 J Ross | 61.4 57.6 57.6 64.6 |
| 200 M35 W Alexander M40 B Bowling M45 F Laudano M50 Ed Schuler Bill Gentry M60 J Rice M65 G Gonzalez M70 Dick Lacey M75 G Paschal | 23:81 25:37 27:18 27:08 28:83 28:61 29:45 32:80 51:31 |
| 3000 M35 D Jackson M40 I Bilgutay M45 D Long M50 T Depenbrok M60 Eppright from Bill Gentry | 10:07.2 10:04.3 10:07.7 10:44.3 12:02.2 |

DEADLINE

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

| APO PKA H APO PKA H (ORLANDO 100 YARD M30 Nate M30 Nate M50 | ASTERS OUTDO IELAND, NEW f age, regis the MAC, P.O. for men and with a limi with a limi on 5-3-1 sc in the ten y traffic lig a. Take to An artific An artific An artific An artific An artific An artific Och Ad An Height Ti Be divided The Weight Ti The Mot Mac An The Mat Mac An The Mat Mac The |
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| 10.22 1.56 2.20 2.20 2.20 2.5.7 2.5.7 35.43.8 35.43.8 30.08 31.05 | HASTERS 6 HAST OF STATEN IEI Try years of a device to the Oo. OO. BE groups for such such seed or the points in the points in the points in and women. I sted are estilized to 6 7 Bus. I sted are estilized to 6 7 Bus. I sto 220 12:30 12 |
| TJ C Pahl HJ L Benning PC L Benning PC L Benning H50-54 T00 V Lunn 200 V Lunn A00 K Cohen 800 P Reid 1500 P Reid 1500 P Reid 1500 P Reid 1500 P Reid 100 P O'Brien T Bruwer JAV D Brown HT T Bruwer JAV D Brown HT T Bruwer JAV D Brown HJ V Lunn PV V Lunn HJ V Lunn PV V Lunn HJ V | HLETIC CONGRESS SUB- E 21, 1981. COLLEGE n and women over this. If not registers tetration fee is \$6. If not registers tetration fee is \$6. If not registers tetration fee is \$6. If will not registers of women adding all times. I facilities for me times. I wile run 440 yd. run 2 mile run 440 yd. run 2 mile run 440 yd. run 2 mile valk report at 10:00 A.M. Triple 8 mre the fisid even times. I wile run 440 yd. run 2 mile valk report at 9:00 A.M. Triple 8 mre the fisid even times may have 11t in my participati |
| 29.86 29.86 11.57.5 11.57.5 10.33.7 10.35.7 10.35.7 10.35.7 10.35.7 10.35.7 10.35.7 10.44.5 11.44 11.4 | POLITAN ATRINUAY, JUNEAY, JUNE |
| LONG JUMP M30 D van Zyl SHOT PUT W50 I Hofmeyr JAVELIN W35 D Quelch M35-39 T00 J Thiart 200 I Selotlego 800 B Motr 1500 B Motr 1500 B Motr 100 J Correira SC I Smith | TENTH ANNUAL METRO CHAMPIONSHIPS. SI GLIGIBILITY: Open Metropolitan Achie FDR Station, NYC 11 FRIZES: Three med to 804. Champional parson. TEAN FRIZES: Team five year division together. DIRECTIONS: CAR W Lake Park) to Remy FERRY Walk to the right ENERTS AND THEIR A go ahead of these 6 mile run hagh hurdles 100 yd. dash All Field event c by age groups. Th Hamer; High Jump; FLEASE PRE ENTER. I hereby waive any Matere Sport Ass figurites sustained SIGMATURE: NAME(Print) ZIP FHONE 6 EVENT(S) Make check payable NOKTH TARNYTOWN, N |
| ias s a le | ra 100-8 rtitz 10-5 zalez 72-5 orres 116-5 one 81-6 vo 61-5 |
| M55 Francisco Moya Angel Rivera M55 Francisco Moya Angel Rivera M55 Antonio Gotay Santiago Verde M55 Antonio Gotay Santiago Verde M50 Jorge Miranda Juna Rodriguez M50 Jorge Rivera M50 Tony Rivera M50 Elpidio Torres M50 Jose Delgado M50 Jose Delgado M50 Felix Oropeza M50 Felix Oropeza M50 Felix Oropeza M50 Mary Aguayo M75 Eugenio Guerra M50 Jose Delgado M50 Jose Jose Jose Jose Jose Jose Jose Jose | HAO Tony Rivera 100- HAS Teodoro Ortiz 78- HSO Elpidio Torres 115- HSO Elpidio Torres 115- HSO Elpidio Torres 115- HSO Hany Scone 92- HSO Hany Aguayo 61- HAWHER (16 LBS.) HSO Jose Alonso 88- HSO Jose Alonso 87- HSO Jose Alpida 88- HSO Jose Alpida 11- Trom Gilberto Gonzalez- Julia 17- Antonio Gotay 11- HSO Jose Delgado HSO MSO HSO GOTA HSO MSO HSO GOTA HSO MSO HOTERS HSO HOTERS |
| 15. 12. 12. 12. 12. 13. 13. 13. 15. 15. 15. 15. 15. 15. 15. 15. 15. 15 | 1.35 |
| M40 Angel Pagan 5:0 Miguel Saez 5:1 Norberto Ortiz 5:1 Norberto Ortiz 5:1 Luis Alicea Sec 6:0 M50 Gregorio Angulo 5:0 M50 Barconio Vallejo 5:0 M50 Barconio Vallejo 5:0 M50 Barconio Corbin 6:1 M50 Barconio Gorzalez 7:0 M30 Cileen Corpin 6:1 M30 Javier Rivera 11:2 M30 Javier Rivera 12:1 M30 Javier Rivera 12:1 M30 Javier Rivera 12:1 M30 Javier Rivera 12:1 M50 Javier Rivera 13:2 M50 Luis Luna 10:2 M50 Luis Luna 10:0 M50 Angel Manzano 11:2 M50 Jose Gonzalez 13:3 M50 Gregorio Angulo 13:3 M50 Gregorio Angulo 13:3 M50 Gregorio Angulo 14:3 M50 Jose Alonso 15:3 M50 Gregorio Angulo 15:3 M50 Jose Mauras 15:3 M50 Jose Marianez 2 M50 Juli MURDLES 2 110 HURDLES 11:3 | M35 Carlos Soto M40 Amadeo Villanueva M50 Luis Cano Gandia M55 Francisco Moya M55 Francisco Moya M55 Francisco Moya M55 Francisco Moya M50 Luis Gareia M50 Luis Gareia M50 Luis Gareia M50 Jose Rodriguez M50 Jose Luis -Ubarri M50 Jaime Mattos TRIPLE JUMP M50 Lugarda Rondon TRIPLE JUMP M50 Lugarda Rondon TRIPLE JUMP M50 Carmen Aguayo M60 Don Corbin M65 Antonio Gotay Santiago Verdejo M60 Lugarda Rondon TRIPLE JUMP M30 Eugenio Falu M50 Antonio Gotay Santiago Verdejo M40 Lugarda Rondon TRIPLE JUMP M30 Eugenio Falu M55 Antonio Gotay Santiago Verdejo M40 Lugarda Rondon TRIPLE JUMP M30 Eugenio Falu M55 Antonio Gotay Santiago Verdejo M40 Lugarda Rondon TRIPLE JUMP M30 Eugenio Falu M55 Antonio Gotay Santiago Verdejo M40 Lugarda Rondon TRIPLE JUMP M30 Eugenio Falu M55 Porfirio Matos Adalbert Rodriguez M45 Pablo Garcia Angel Gonzalez |
| RS ASSOCI- CK & FIELD RRICO. 10.89 urt 11.59 rri 11.22* 12.77 s 12.77 s 12.77 s 12.77 s 12.77 s 12.78 relli23.80 dt 13.06 z 13.09 z 25.89 z 26.66 z 26.66 z 26.66 z 26.66 z 26.66 z 26.66 z 28.09 z 39.22 | |
| PUERTO RICO MASTERS ASSOCI- ATION WASTERS TRACK & FIELD MEET. SIXTO ESCOBAR STADIUM SAN JUAN, PUERTO RICO. MARCH 22, 1981. 100 M30 Eugenio Falu 10.89 Herm. Betancourt 11.59 Ricardo Mogue 12.12 M45 Gonzalo Combas 12.77 M45 Gonzalo Combas 13.79 M55 Usis Cano Gandia 12.77 M45 Gonzalo Combas 13.79 M55 Usis Cano Gandia 12.78 M55 Usis Cano Gandia 12.78 M55 Usis Rodriguez 13.09 M55 Jose Rodriguez 13.09 M55 Gilberto Gonzalez- Julia 13.24 M55 Gilberto Gonzalez- Secord, but wind-aided #New Puerto Rico Record #New Puerto Rico Record #N5 Gonzalo Combas 26.66 Ermesto Perez 27.80 M55 Gonzalo Combas 26.66 Ermesto Perez 27.80 M55 Jose Luis Ubarri 26.46 M55 Gilberto Gonzalez- Teodoro Ortiz 33.10 M55 Jose Luis Ubarri 28.16 M55 Gilberto Gonzalez- Julia 28.68 M55 Gilberto Gonzalez- M65 Gilberto Gonzalez- M66 Gilberto Gonzalez- M67 Antonio Rosa 33.270 M104 Rodriguez 35.42 M75 Fran. M30 Carmen Aguayo 33.270 M104 Rodriguez 35.42 M56 Fran. M30 Carmen Aguayo 33.270 M104 Rodriguez 35.42 M56 Fran. M30 Carmen M30 M30 Carmen | M35 Candido Agosto M35 Candido Agosto M35 Candido Agosto M35 Candido Agosto SETIPAZ Isaac M40 Miguel Saez Angel Pagan M45 Ovidio de Jesus Gonzalo Combas M50 Roberto Schmidt Gonzalo Combas M50 Roberto Schmidt Gonzalo Combas M50 Roberto Schmidt Gonzalo Combas M50 Sobe Luis Ubarri M50 Sobe Luis Ubarri M50 Julio Rosario M50 Julio Rosario M30 Carmen Aguavo M30 Carmen Aguavo M30 Carmen Aguavo M56 Gilberto Gonzalez M30 Javier Rivera M30 Javier Rivera M30 Javier Rivera M50 Javier Rivera M60 Julio Reyes M50 Javier Rivera M60 Julio Reyes M50 Javier Rivera M50 Javier Rivera M60 Don Corbin M50 Federico Cordero2:52.00 Fernando Vazquez23:00.14 M55 Federico Cordero2:52.00 Fernando Vazquez3:00.14 M55 Francisco Moya M65 Rosario Mauras M50 Javier Rivera M65 Rosario Mauras M65 M30 Javier Rivera M65 M30 Javier Rivera M65 M30 Javier Rivera M65 M30 Felicita Vazquez3:30.17 M65 M30 Lilis M30 Javier Rivera M65 M30 Fileen Corfey M30 Javier Rivera M65 M30 Fileen Coffey M30 Javier Rivera M65 M30 Fileen Coffey M30 Javier Rivera M65 M30 M40 Ramon Cordero2:32 M35 M10016 Gonzalez3:25 M36 Gonzalez3:25 M37 Rimon Aviles M37 |

sey Bodden 5:06.0 ard Williams 5:11.0 rrt Bowman 5:10.2 Rice 5:55.6

| 3-MILE M30 Bob Perry M35 Jeff Miller M45 Robert Hogan M65 Reggie Golden M60 Gordon Nordgre M65 Gilberto Gonza M70 Phil Partridge | 1ez110-10 127-10 OREGON, APRIL 18. 100 166-3 M30 Ernie Smith 11.21 | DISCUS M30 Mike Monahans 116-10 LINFIELD COLLEGE T&F MEET M20 Jim Trujillo 12.4 M20 Jim Trujillo 12.4 M35 Don Martin 11.9 M45 Art Afremow 12.7 M35 Joe Mailon M30 Jim Trujillo 62.9 M50 George Weber 14.6 M30 Jim Trujillo 62.9 M50 George Weber 14.6 M30 Jim Trujillo M30 Jim Trujillo M30 Jim Trujillo M30 Jim |
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| M30 Richard Wojciak 34:49.5 M35 Jeff Miller 35:55.6 M50 Jim Blount 37:18.9 M55 William Karrigan48:36.2 M70 Phillip Thomas 52:22.2 W40 Jean Bowling 58:41.8 | 135-11 M50 George Weber 14.28 M45 Bob Bannister 12.45 M30 Jim Hiebert 4:12.26 M40 Mike Heffernan 4:15.97 | Hal Buck 77-6 M35 Don Martin 61.3 M45 Art Afremow 61.9 M60 Cal Boyd 72.0 |
| 120HH M30 Nate Robinson 14.6 M35 Joe Johnston 17.6 M40 Buzz Porter 16.9 M50 Ed Schuler 20.2 M60 William Carmen 21.7 M65 Gilberto Gonzalez 21.1 | 13-0 7-6 M30 Ernie Smith 22.91 M35 Paul Dungan 23.16 M45 Bob Bannister 26.40 5-8 MASTERS ALL-COMERS T&F MEET | MIDWEST MASTERS REGIONAL TRACK AND FIELD MEET OFFICIAL ENTRY FORM Decatur, Illinois August 1, 1981 NAME BIRTHDATE ADDRESS |
| 330IH M30 Al Lipscomb M40 Sammy White M50 Bill Gentry M60 Don Hull M65 Gilberto Gonzal M60 William Carmen M35 Joe Johnston M40 Sammy White M60 Gilberto Gonzal | 5-2 MAY 3, 1981. 4-4 100 100 12.25 ez 4-0 M30 Jim Troheo 12.25 M35 Paul Dungan 11.16 M40 Jim Puckett 11.31 M45 Roh Rannister 12.51 | CITY/STATE TELEPHONE EVENT BEST DIVISION |
| SHOT M30 Rudy Vlaardinger- broek 45-1 M35 Carl Ludecke 47-9 M40 John Russell 34-2 M45 Carlos Fraundorfer39-5 M50 Bill Gentry M60 William Carmen M65 Gilberto Gonzal M70 Phil Partridge LONG JUMP M30 Rudy Vlaard oek | 29-9 26-83 2 | 1 |
| M65 Gilberto Gonzalez 36-6 M70 Philip Partridge 31-6 W50 Mary Shanzle 16-9 HAMMER M30 Rudy Vlaard'roek 108-11 M35 Joe Johnston 53-5 M40 Sammy White M45 Charles Miller M50 Ed Schuler M60 William Carmen M65 Gilberto Gonzal M70 Orrin Graf | 19-0 M45 Harold Hitt 26.03 16-10 Art Afremow 26.09 15-1 400 14-6 M30 Gordon Garlock 57.91 | In consideration of the right to participate in the 1980 Midwest Masters Regional Track and Field Championship, I do hereby, for myself, my heirs and executors, waive, release and forever dis- charge any and all claims for damages which I may have, or which |
| M40 John Russell 95-6 M45 Carl.Fraundorfer 125-2 M60 Gordon Nordgren 82-6 M65 Gilberto Gonzalez 82-1 M70 Philip Partridge 89-0 DISCUS M30 Rudy Vlaard'roek 135-5 TEAM SCORES: 1 Daytona Beach TC 2 Blue Darter TC 3 Puerto Rico Maste 4 Atlanta TC 5 Ft. Lauderdale TC 6 West Florida RC 7 Cult Made TX | 85 POLE VAULT 80 M30 Mike Monahans 11-6 rs 55 M50 Jim Holmes 10-0 53 HIGH JUMP 39 M40 George Fort 4-8 34 M50 Jim Holmes 4-8 | may hereafter accrue to me against Midwest Masters, their officers of agents, Millikan University, and the City of Decatur and any and all sponsors of the aforementioned championships. I further or rify that I am in good physical condition and have trained for several months or have recently undergone a thorough physical exam by a certified medical doctor. Date Signed |
| M30 Rudy Vlaard roek 135-5 M35 Joe Johnston 82-2 M40 Sammy White 114-2 M45 Carlos Fraund'er 132-7 M50 Les Trubey 93-0 M55 Don Hall 85-2 HAWAII INTERNATIONAL MAS- M40 Dave Devenot | Tampa 28 | Divisions: MEN & WOMEN |
| TERS TRACK & FIELD MEET. KAISER HIGH SCHOOL. HONOLULU. APRIL 17-19. 100 METERS M30 Bill Fargo 12.13 M35 Bob Larson 11.92 Milan Marich M45 David Sakugawa M50 George Ishiki M60 Chuck Yogi M75 Harold Chapson | 18:46.0 18:34.8 20:51.1 24:27.0 23:17.8 M35 Jack Karbens 16# 9.22 Bob Larson 16# 8.63 M40 Bob Taylor 16# 10.23 Nathan Aiwohi 16# 8.32 M50 Sheldon Varneyl2# 9.77 M60 Jim Craine 4kg 9.84 M65 Emil Carreira 4ko 8.16 | SUB-MASTERS (MEN & WOMEN) 30 - 34 |
| M40 H L Smith 11.3 Bob Taylor 12.0 M45 Nick Newton 11.3 M50 Sheldon Varney 13.9 M55 Harry Nakama 13.2 M60 Jim Craine 14.0 M65 Emil Carreira 15.6 M60 HURDLES | 39" 20.0 | Awards: Entry fee entitles all entrants who place, one trophy. Additional trophy's may be purchased for \$3.00 each. Mail completed forms to: Dick Richardson, P.O. Box 667, Decatur IL 62525. (217) 429-4301 8AM 10000 Meter Run (slower heat) 9 10000 Meter Run (faster heat) ** Lono Jump |
| W55 Edith Leiby W70 Polly Clarke 16.2 M65 Bud Deacon W35 Heidi Dunham 10000 M30 Armand Retulles M40 H L Smith 23.6 M45 Nick Newton 23.7 M50 Geroge Ishiki | 30" 85.3 30" 91.2 M45 Dave Sakugawa 2kg 19.51 M50 Sheldon Varney 1.6kg 30.83 40:51.0 M60 Ken Wheeler 1kg 30.67 38:47.0 Jim Cráine 1kg 30.67 38:36.0 M65 Bud Deacon 1kg 26.34 | 10 110 Meter High Hurdles *** Discus 1030 3000 Meter Steeplechase High Jump 11 800 Meter Run 1130 ** 200 Meter Dash 12 3000 Meter WALK 1230 1-MILE Prediction Run (ALL AGES) ** Javelin Triple Jump 1 4000 Meter Intermediate Hurdles Pole Vault |
| M55 Harry Nakama 29.9 M70 John Clarke 33.2 W55 Edith Leiby 40.1 W70 Polly Clarke 35.3 400 M30 Bill Fargo 65.5 2-MILE WALK | 51:35.0 M70 Stan Thompson 2kg 16.45 M70 Jack Carson 1kg 21.15 M75 Virgil Russelllkg 22.71 W60 Dorothy Callanlkg 17.92 HAMMER M70 Jack Carson 8# 21.11 | 130 ** 1500 Meter Run Shot Put 2 100 Meter Dash Hammer Throw 230 400 Meter Dash Weight Throw 3 5000 Meter Run ** PENTATHLON EVENTS in addition to regular event Pentathlon competitors in LJ, D , JAV allowed only 3 attempts |
| Jack Karbens 59.7 M40 Bob Taylor 55.4 H L Smith 56.6 Chuck Wall 66.0 M45 Jess Carrington 57.7 M60 Jim Craine 68.4 M65 Bud Deacon 79.0 M65 Bud Deacon 79.0 M60 Jim Craine Jack Karbens | 24:11.7 JAVELTN M35*Jack Karbens 40.92 Bob Larson 28.33 M40*Bob Taylor 36.10 1.37 M50*Sheldon Varney 30.62 M60+Jim Craine 18.38 M60+Jim Craine | TFA MIDWEST REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS July 11, 1981 Chicago, Illinois |
| Emil Carreira 95.0 M40 Bob Taylor Nathan Aiwohi M45 Nick Newton M50 Sheldon Varney M60 Jim Craine M65 Bud Deacon Emil Carreira M65 Bud Deacon 3:06.9 M70 Stan Thompson | 1.61 M65+Emil Carreira 24.15 1.56 M70+Stan Thompson 17.50 1.76 W60+Dorothy Callan 10.40 1.53 *800g +600g 1.20 1.20 DECATHLON, INTERNATIONAL 1.15 1.37 M35 Bob Larson 3710 | University of Illinois at Chicago Circle Same awards, entry fees and schedule as in above meet (except no Pentathlon) ENTRY BLANK |
| W55 Edith Leiby 3:33.3 W35 Heidi Dunham W55 Edith Leiby W60 Dot Callan | Jack Karbens 3324 1.25 1.98 1.90 DECATHLON, WAVA M40 Bob Taylor 5.53 M50 Sheldon Varney 3265 M60 Jim Craine 5263 | Name Age 7/11/81 |
| M45 David Sakugawa 4:58.4 M40 H L Smith Bob Taylor Sakugawa 4:58.4 M40 H L Smith Bob Taylor Nathan Aiwohi Chuck Yogi 6:20.9 M55 Edith Leiby 6:41.2 M55 Harry Nakama M60 Jim Craine M65 Emil Carreira M70 Stan Thompson M35 Hans Smit 17:12.1 M60 Dot Callan | 5.41 5.24 4.84 5.11 4.23 4.11 3.43 4.12 1.70 M65 Emil Carreira 2533 From Stan Thompson From Stan Thompson Operation O | City State Zip Mail to: Midwest Masters, 180 N. La Salle, Chicago IL 60601. (312) 236-1315. Eyents entered: |

70.0

71.0

Jeanne Carter



LINCOLN TRACK CLUB SPRING INVITATIONAL TRACK MEET MEN 30-39 100 Hilliard Summer Robert Moland Chris Arnold Gary Bane Dave Douglass Hal Smith 5000 Bowen Smith April 26, 1981 Lincoln East High School 10-0 10.9 10K No entries 9-6 11.6 400 Relay - CDM 11.8 44-6½ 39-11½ SP Hal Smith 100 Meters Hen 70HH (30"-WAVA spacing) Burl Gist 5000 Heters Men 200 Gene Driver Mike Farris 21.9* Jim Hall, 15:30.5 Vance Kramer, 17:17.1 Lyle Grosbach, 17:44.0 Jim Labenz, 18:31.6 Boh Gies, 19:03.4 Larry DeVries, 20:29.0 Gary Hawley, 20:49.0 Cyrel Foote, 11.2 Larry DeVries, 13.6 Tom Bassett, 11.4 Dave Douglass 32=315 Open Warren Spikes Curtis Roberson 22.2 Bob Hunt Under 30 Bob Humphreys Ed Van Pelt DT 161-7 Herb Miller 400 Gene Driver 49.5 126-6 Bob Franzese, 12.0 Dave Davis, 13.2 400IH (30") Hal Smith 116-11 Warren Spikes James Harvey 49.7 Under 30 Bob Hunt 50.0 Gary Miller Jim Huxen, 12.2 Jerry Robertson, 13.3 John Wilson, 13.5 148-1 40-49 Herb Miller Hal Smith Ralph Hudson 147-3 138-0 800 Fred Doubell 2:01.4 Gordon Farrell Steve Waggener 2:01.7 Woody Studenmund2:09.1 Jim Vernon Pete Fetter Dave Douglass 109-11 1. Marg Sutter, 14.2 30-39 1500 Robert Curtis 4:32.13 Frank Meza 4:39.82 Jarrett Williams 4:43.14 Lowell Gaither, 17:50.0 Bob Reece, 25:24.8 Bob Wilde, 22:02.7 40-49 John Damski Mike Hillder 25-3 Charles Mercurio 26-11 Erich Jordan 26-7 100 Meter Hurdles (33") Women Outstanding: 50+ Track - Walt Butler Field - Al Henry Harry Crockett, 22:38.0 Rhonda Cooper, 15.0 Burl Gist 10K Jim Minami 33:19 Under 30 Shawn Johnson, 15.5 Bob Ogle Doris Hitz, 21:50.0 Elaine Holmberg, 29:11.4 Reid Pressley 41:10 Under 30 Jim Vernon 110 Meter Hurdles 30-39 110H (39") MEN 50-59 Pete Fetter Theo Viltz John Dobroth Open (42") Bret Burnham, 15.1 14.7 100 Bob Watanabe Will Robinson Rich Parkinson 12.3 Tom Pawol, 15.2 Brian Warren, 15.3 15.3 Bob Stone Shot Put Under 30 (39") Men Tim Knappen 16.3 David Mack 12.9 Ben Mares, 15.4 Dan Aldrich Open (16#) Ned Tucker, 49' 6 1/2" 400IH Rudy Figueroa 66.5 (36") Pete Meindertsma 71.3 Monty Hansen, 16.2 Bob Watanabe Will Robinson Dan Bulling, 45' 4 1/2" Chuck Story, 44' 8" Bob Stone Jack Thatcher 25.6 Jerry Holmberg, 17.0 30-39 (39") 26.0 John Warren, 35' 9"
Ted Bulling, 51' 8"
Gary Schmidt, 48' 4 1/2"
Larry DeVries, 33' 4" 2. Dave Davis, 20.9 David Mack 400 Relay CDM 43.62 26.4 Dan Aldrich Under 30 Bill Fitzgerald 5000 Reynold Sodini 17:26.5 58.2 Bob Stone 200 Meters Men (12#) Jack Thatcher Thomas Snedden 17:43.4 Mark Gallo 17:58.5 Wilbur Buchanan Loren Noyes 64.1 Cyrel Foote, 23.0 Mike Rol, 53' 8" Philip Scholl, 50' 7" 30-39 (12#) Bret Burnham, 24.2 Tom Pawol, 29.8 Jim Vernon James Harvey 800 Bill Fitzgerald 2:18.8 21-8 Orv Gillett Thomas Thelen, 47' 1" Dave Davis, 33' 11" Bob Warren, 43' 3" Larry DeVries, 24.3 Tom Bassett, 23.0 Leonard Walts Don Grimes 17-8 Elmer Siegel Under 30 Fred Ledder 17-7 Avery Bryant 2:31.6 30-39 Bob Stone HAM 40-49 Dan Fields, 23.2 1500 Jerry Withers Peter Mundle Paul Klein Rudy Figueroa 4:46.2 34-3 Dan Aldrich Bob Reece, 29' 10" (12#) Jim Muxen, 26.0 40-49 4:52.4 34-3 J. C. Brown, 35' 6 1/2" Joe Sanz 50+ Jerry Robertson, 27.7 John Wilson, 27.7 Dan Duff, 30.3 Avery Bryant 5:00.5 John Dobroth 6-8 Outstanding: Special 67 year 5000 Patrick Devine 19:05.7 Dozell Thomas Track - Pete Fetter Record Try: Philip Henn, 27' 9" Byron Potts 20:46.4 Tim Knappen 6-0 Field - Jim Vernon Women
1. Barb Slogr, 30' 10" Bruce Robinson 22:41.9 Tim Knappen 14-7* Andrea Fritz, 27.8 Open Open (12#) 10K Dick Coltrell 40:38 Keley Petersen 30.1 Marg Sutter, 31.1 Bill Fosdick 13-0 MEN 70+ Paul Klein 11-0 Rudy Ardesch 48:38 30-39 Anthony Castro 5K-W John Kelly 26:00* 46-61/2 Long Jump Mike Deller Joe Caruso John MacLachlan 400 Heters Manuel Lechuga Sing Lum Anthony Castro John Warren, 20' 7 1/2" Open Brad Schultze, 19' 4"
Brad Schultze, 19' 4"
Ben Hares, 20' 7 3/4"
Brian Warren, 20' 7"
Dave Davis, 16' 3"
Tom Bassett, 15' 9"
Bob Warren, 19' 3 3/4" Brad Schultze, 53.9 Mike Brower, 55.8 Kent Klute, 1:00.5 Fred Ledder 32-7 John Friesen 33:47 Open 200 70HH (36"-WAVA spacing) Lloyd Higgins Mike Deller Under 30 DT 166-75 Sing Lum Tom Patsalis 5000 Sid Madden 10K R.T. Gilmore 148- 5 Brad Renken, 53.0 Brian Warren, 53.3 Don Donnelly Loren Noyes Under 30 10.9 30-39 Manuel Lechuga 132-3 Joe Caruso Mert Gambito 12.8 Dick Selby 187-54 Dennis Pickard, 55.0 40-49 400IH (30") Rudy Figueroa 129-5 Jarrett Williams 66-0 Bob Higginbotham 73.4 Loren Noves 1:49.3 Joe Caruso Mert Gambito Red Doms 400 Meters Men (continued) Rhonda Cooper, 16' 1/2" Open Loren Noyes Mike Deller 140-7 400 & 1600 RELAYS - None Manuel Lechuga 116-8 Jarrett Williams 45-8 Bob MacConaghy Dan Fields, 53.2 30-39 Triple Jump Men Bob Franzese, 53.9 Tim Enck, 57.0 Jerry Holmberg, 58.6 Mert Gambito Vernon Cheadle Tom Patsalis 18-0 Open John Warren, 40' 9" Outstanding: Track - Gene Driver Field - Lloyd Higgins Dave Brown 15-9% Dennis Pickard, 42' 0" Brian Warren, 41' 1" Red Doms Gene Hanson Under 30 15-0 Don Donelly Bill Bottorf, 59.4 Jim Muxen, 1:05.8 Dale Jeffreys, 1:35.2 Monty Hansen, 39' 11" Tom Bassett, 32' 4" Dan Duff, 27' 0" Tom Patsalis 36-6 32-7 Vernon Cheadle 40-49 Don Donnelly Red Doms Dan Pierotti 30-39 40-49 32-7 Dave Brown MEN 40-49 100 Walt Butler Bob MacConaghy 4-8 Dave Brown Kristi Stewart, 59.5 Andrea Fritz, 1:12.3 Open Red Doms 10.9* Hal Wallace Bob Perry High Jump Men **Bob Radford** Mert Gambito 12.5 Dennis Pickard, 6. 4" Dan Pierotti Ben Mares, 5' 6"
Thomas Thelen, 5' 8"
Tom Bassett, 5' 2"
Jerry Holmberg, 5' 0"
J. C. Brown, 5' 10" 800 Meters Men Hal Wallace 10-0 Stan Herrmann 30-39 Dave Brown Vern Wolfe 9-6 9-6 Randy Hubbell Brad Schultze, 2:01.6 200 Walt Butler Open 22.7 Dave Nielsen, 2:04.6 Mike Brower, 2:07.6 Kenneth Blocker, 2:18.7 Tim Enck, 2:08.5 Bill Knocke Outstanding: **Bob Radford** 25.4 Track - Anthony Castro Field - Vernon Cheadle 50+ Bill Bangert 46-8 SP Under 30 400 George Cohen Gary Miller Mike Destafano 52.0 52.7 46-1 George Ker Tom Allison 30-39 Jim Barker, 2:09.3 Open Julie Gullett. 5' 6" Dale Jeffreys, 2:50.0 Dan Duff, 2:53.0 Beth Kershinske, 5' 0" Sue Scholting, 5' 0" SPECIAL EVENTS George Ker Sid Neblett 133-9 DT HANDICAP 100 800 Bill Knocke 2:07.1 Bob Wilde, 2:59.1 50+ Bill Bangert 126-4 Age Hcp Time Jessie Carrington Discus Men Jerry Wojcik 129-10 Clark Devilbiss 112-4 Maynard Mikelson100-2 2:12.2 129-10 Candace Moats, 2:25.2 Open Open Dan Bulling, 137' 2" Pete Fetter 60 13.5 Joe Caruso 71 21.0 John Damski 66 17.4 Lou Mayers 2:16.3 John Warren, 108' 4"
Brad Schultze, 90' 8"
Ted Bulling, 156' 9 1/2'
Gary Schmidt, 130' 4"
Thomas Thelen, 131' 5"
Mike Rol, 128' 11" Patty Rinn, 2:45.9 1500 Norman Towers 4:20.6 Tom Purkiss 1500 Heters Hen Under 30 HAM Paul Evans 110-3 Jerry Wojcik 109-6 Clark Devilbiss 100-2 Lou Mayers Jim Hall, 4:07.3 Open Lyle Grosbach, 4:17.3 Greg Hatton, 4:26.7 Neil Hawley, 4:15.0 Gary Hawley, 4:54.4 Lawrence Fielkow, 4:36.1 Dan Duff, 5:31.3 5K-W Mike Hiller 30-39 43:10 HANDICAP 1500 Age Time
B Truex 46 5:31.4 5:20.4
P Stobart 39 5:55.2 5:33.2
M Hiller 42 6:57.0 6:40.0 Jerry Holmberg, 91' 5" Philip Scholl, 81' 11" 10K Eino Outstanding: 33:47 Under 30 Ted Oviatt Track - Bob Watanabe Field - Tom Patsalis 35:32 Skip Witt 36:22 Bob Warren, 128' 3" Bob Reece, 73' 9" J. C. Brown, 94' 1" 30-39 40-49 40-49 5000 Ed Field 17:49.9 Bob Reece, 6:00.1 50+ Dan Pardella 17:59.1 PREDICTION 1500 50+ 1. Bob Wilde, 5:58.3 2. Philip Henn, 79' 5" Skip Witt 18:35.9 MEN 60-69 Pre. Act. Diff 400 Relay - Striders 44.9 100 Pete Fetter 13.2 Dan Grimes 5:00 4:43 Sheila Smith 8:15 7:54 Mike Hiller 6:00 6:35 1. Patty Rinn, 5:26.0 1. Elaine Holmberg, 6:57.3 1600 Relay- CDM SFVTC Open 30-39 Rhonda Calvin, 116' 7" Barb Slogr, 114' 3" Open Burl Gist 4:18.3 Haydn Parks 14.0 110H (39"-WAVA spacings) Walt Butler 28.4 200 Pete Fetter Haydn Parks AR=American age 40-44 record GRANDFATHER GAMES, LOS 800 Betty Jo Cohen 2:45.7 Shirley Kinsey 29-10 Al Henry Mike Destafano Richard Parkinson 29.7 ANGELES VALLEY COLLEGE VAN NUYS, CALIF., MAY 9. Debbie Flynn 2:48.0 Corrine Schratz 2:58.5 29-3 27-14 16.9 400 Haydn Parks from George Ker Latanya Glass George Poloynis Charles Mercurio 400H (36") DT Shirley Kinsey Christel Miller 1500 Maree Field 5:14.6* 88-8* Mike Destafano 100 Christel Miller Corrine Schratz 5:51.6 Ted Owiatt 72.5 800 George Poloynis 2:54.6 Edith Mendyka 60-3 Jeanne Carter LaTanya Glass 10K Daisy Wong 49:53 Al Henry 19-3 18-5 17-0 Bowen Smith Phil Carey 3:18.1 JAV Christel Miller 93-1 Latanya Glass 84-9 Shirley Kinsey 76-0 15.2 3:25.3 5k W Vicki Jones 25:25 Joe Iseri 32:02 34:56 200 Jeanne Carter Sheila Smith Gary Bane 31.4 1500 Ed Statsenberg 5:22.0 Shirley Kinsey Barbara Potts Rose Kash George Poloynis 5:46.2 Bowen Smith 6:44.8 TJ Al Henry 41-10 41-5 Outstanding: Track - Betty Jo Cohen Field - Christel Miller 35.4 Magdalena Kuehne 9-7 Edith Mendyka 7-5 Dave Jackson 6:44.8 400 Betty Jo Cohen 69.0 5-8 5-2 5-0 Nick Newton 5K-W Bill Emerton 28:34 HJ Christel Miller 4-2*

Gary Bane

Joe Iseri

Joe Wehrly

26:09.3

56.6*

9.7*

11.0

73.0

79.6

16-7

15-0

10-94

28- 1

5-2*

4-6

146-5

125-2

125-1

45-51

44- 15

161-64

135-0

124-21

10-6*

9-0 8-0

116-5 110-7

110-6

14.2*

14.5 15.4 30.9

33.5 24:43.4*

70:41.0 12-61₂ 10-81₅ 24-3 22-3

8-0

39-9*

104-6

89-9

114-10*

111-6

108-0

11.22

Actua?

Time

11.82 12.00

LONG DISTANCE RESULTS

Please send masters race results to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

GULF ATHLETICS CONGRESS ONE HOUR RUN CHAMPIONSHIPS FEBRUARY 7, 1981

| M40-49 | | Mi-yard |
|-----------------|----|---------|
| Don Slocumb | 46 | 10- 487 |
| Ted Jagen | 40 | 10- 58 |
| Willie Buhl | 44 | 9- 508 |
| M50-59 | | |
| John Lippincott | 57 | 8-1099 |
| Louis Irigaray | 51 | 7-1708 |
| Tom Bass | 54 | 7-1195 |

5TH SANTA BARBARA WINTER

| RUN, FEBRUARY 7 | . 6 | MILES. |
|-----------------|------|--------|
| M40-49 | | |
| Gary Dinkins | 41 | 35:14 |
| Curtis Ridling | 44 | 35:35 |
| Wayne Nelson | 45 | 36:36 |
| M50-59 | FILE | |
| John Wefler | 54 | 40:58 |
| W40-49 | | |
| Fay Rita Hobbs | 45 | 40:45 |
| Lyn Carman | 44 | 49:21 |
| | | |

will not be a factor.

100 S

220 P

100 S

27

August 25 100 S

retelar i di

April

May May

| 10-MILES | | |
|------------------|----|---------|
| M40-49 | | |
| John Richards | 49 | 1:00:34 |
| Kemp Aaberg | 41 | 1:02:27 |
| Henry Lewenberg | 41 | 1:04:22 |
| M50-59 | | |
| Ray Gil | 56 | 1:02:29 |
| M60-69 | | |
| Joe Romeo | 62 | 1:37:04 |
| W40-49 | | |
| Shirley Saunders | 40 | 1:09:14 |

NYRRC POSTAL 25K NEW YORK CITY, FEBRUARY 8

| M40 | Hans Hartmann | 1:32:37 |
|-----|-----------------|----------|
| M50 | Don Dixon | 1:32:59 |
| W40 | Linda Sipprelle | 1:43:20A |
| | Anna Thornhill | 1:44:37 |
| | Toshiko d'Elia | 1:48:50 |

| 05 |
|----|
| 25 |
| 49 |
| |
| 52 |
| 32 |
| 39 |
| |
| 59 |
| 16 |
| |
| |
| 29 |
| 16 |
| |
| |

Phil Castle

1981 MASTERS SPORTS ASSOCIATION'S OUTDOOR DEVELOPMENT MEET SCHEDULE

There will be prizes in these events by ten year groupings.

Every Tuesday night starting April 27th to August 25th, starting at 6:30.

These races are open to men and women over 30. \$1.00 entry fee. All races will be held at Randall's Island, Locker facilities available. Severe rainstorm will cancel the meet. Three medals in each event.

The Metropolitan Athletic Congress and the New York Road Runners will be cooperating with the Masters Sports Association in putting on these meets. Events will be available for open and age group runners. Those events will take place before 6:30 and after the MSA events are over. Sub-masters (30-39) and masters (40+) may compete in the events run by MAC & the NYRRC.

Field events will also be held (probably one jumping and one throwing event per meet).

TYPES OF EVENTS:

S = SCRATCH. Ten year groupings for men and women 30-39; 40-49; 50-59; 60+ If there are more than five athletes in each five year grouping in each decade then prizes will be given by five year groups. For example, if there are five men between 30-34 and five men between 35-39 then prizes will be given to each five year group. If there are four men 30-34 and six men 35-39 prizes will be given on a ten year basis.

P = PREDICT YOUR TIME. Prior to each race each competitor will advise the meet director as to the estimated time to be run. Prizes will be given based on the accuracy of the prediction. Age and sex will not be a factor. No watches permitted or lap times given.

H = HANDICAP. At check in each competitor will advise the meet director as to estimated time. Handicaps given on a time basis with the scratch man starting last. Age and sex will not be a factor.

A = AGE GRADING Points will be awarded based on computer tables created by the National Running Data Center. Women will have 22 years added to their ages for computation purposes. Age and sex will not be a factor.

Long Jump Shot Put High Jump Discus High Jump Triple Jump Pole Vault Shot Put

THESE ARE "LOW KEYED" DEVELOPMENT MEETS. ALL COMPETITORS ARE REQUESTED TO BRING STOP WATCHES AND TO ASSIST IN OFFICIATING IN EVENTS IN WHICH THEY ARE NOT COMPETING. THE

Walking events will also be scheduled, outside the stadium, if five or more walkers

| - | |
|----|----------------|
| 41 | 41:16 |
| 43 | 46:34 |
| | |
| 45 | 45:59 |
| 45 | 50:44 |
| | |
| 56 | 49:41 |
| | 43 45 45 |

GULF COAST ULTRA-DISTANCE CHAMPIONSHIP, HOUSTON, FEBRUARY 22, 1981

50K M40 Jack Sheridan 3:50:09 Boris Balic 4:43:42

4:45:04

38:39 41:30

Boris Balic Mike Scheiber

| Mou Herb Fred | 4:31:00 |
|-------------------|----------|
| Tom Bass | 5:04:17 |
| Lou Irigaray | 5:09:28 |
| Ralf Nolte | 4:45:04 |
| 50 MILES | |
| M40 Jack Sheridan | 6:27:01 |
| M50 Herb Fred | 7:36:02 |
| Lou Irigaray | 8:31:13 |
| 100K | |
| M50 Herb Fred | 10:23:45 |
| 100 MILES | |
| M50 Herb Fred | 18:45:11 |
| | |
| CHATSWORTH KIWANI | S 10K |
| CHATSWORTH, CALIF | |
| M40 Ray Hughes | 34:58 |
| Charles McClu | |
| Charles Poss | |

M50 Patrick Devine M60 Eddie Lewin W40 Joyce Momita W50 Helen Dick

SAUCONY SHARE THE ROAD TOK NEW ORLEANS, LOUISIANA MARCH 1, 1981

PREVENTION MARATHON BETHLEHEM, PA., MARCH 1.

M40 Victor Zwolak 2:37:10 Cahit Yeter

Harry Piotrowski2:41:57 M50 Andrew Hober 2:56:01 W40 Sue Medaglia 3:20:27

BETHESDA CHASE 20KM MARCH 1, 1981 BETHESDA, MARYLAND

Dick Hipp Warren Olrich

W50 Patricia Nesley

M40 Joe Gassman Joe Marks

James Jaeger M50 Al Becken

M60 Cleo Cassady

W40 Sue Fay King

M50 Herb Chisholm 1:12:34 M60 Paul Lackey 1:23:22 W40 Janice Stoodly 1:30:33

3RD OLYMPIAD MEMORIAL MARATHON, ST. LOUIS, MAR 1

1:09:57

NT

2:39:53 2:45:06

2:50:03 2:50:13

3:29:33

3:50:05

M40 Mike Sabino

| M40 Larry Fuselier | 33:23 |
|----------------------|---------|
| M50 Thad Persons | 38:56 |
| W40 Erra Guenter | 45:16 |
| W50 Elizabeth Vanbat | 'm46:33 |

WINTER FESTIVAL 20K CAPE CORAL, FLORIDA MARCH 1, 1981

| M40 | Joe Burgasser | 1:07:27 |
|-----|---------------|---------|
| M50 | Bob Semer | 1:31:43 |
| M60 | H J Henry | 1:28:54 |
| | Linda Burke | 1:32:31 |
| W50 | Whyong Semer | 1:48:24 |

MOBILE PRESS REGISTER AZAL-EA TRAIL RUN, MOBILE, ALA. MARCH 7, 1981. 10KM.

| Upen | | | |
|------------------|-----|-------|-------|
| Bill Rodgers | MA | 29:0 | 0.2 |
| Open Woman | | | |
| Patti Catalano | MA | 32:3 | 22 |
| | - | 45.4 | 1000 |
| M40-44 | | | |
| Jim Ewing | | 31:3 | |
| | | 32:1 | |
| Alton Migues | | 33:1 | |
| Harold Tinsley | AL | 34:2 | 8.8 |
| M45-49 | | | |
| Larry Fusiler | 1.0 | 33:0 | 0 041 |
| Fenner McConnell | | | |
| Frank Wright | | 35:4 | |
| Frank Mr Tyne - | LA | 33.4 | 0.2 |
| M50-54 | | (*) | |
| David Seller | FL | 36:0 | 5.4 |
| Thad Persons | LA | 38:5 | 5.8 |
| James Taulor | LA | 39:3 | 0.1 |
| M55-59 | | | |
| Ben Griffin | | 20.2 | (30) |
| | | 39:24 | |
| | | 40:1 | |
| Nelvin Burt | AL | 41:11 | 5.0 |
| M6D+ | | | |

| MOUT | | |
|------------------|----|---------|
| Charles Chambers | GA | 38:39.9 |
| Tony Lipscomb | AL | 41:03.9 |
| Tad Dobbs | FL | 42:12.3 |
| W40-44 | | |
| Erva Guenthre | LA | 44:23.4 |
| Shirley Morris | MS | 45:16.6 |

| Louis Tinsley | AL 46:19.4 |
|----------------|------------|
| W45-49 | |
| Betty Joanos | FL 52:35.5 |
| Caryl McClesky | MS 54:44.5 |
| Sandra Gincon | MC 55-33 0 |

| W50-54 | | |
|-----------------|----|---------|
| Faye Eisenacher | AL | 53:11.3 |
| Frances Easley | AL | 60:54.7 |
| Margie Gatti | AL | 65:04.5 |

| M55+ Ann McCotskey | FL | 62:43.4 |
|-----------------------|----|---------|
| | | |

(Earl West, 67, ran 43:36.1 for new U.S. 65-69 mark)

| INGTO | N, D.C. 1981 | |
|-------|-----------------|--|
| | ine Mol | |

| Op: Lorraine Moller | 7:13:54 |
|---------------------|---------|
| W40 Linda Sipprelle | |
| Lynn Lauck | 1:27:58 |
| Carole Herrick | |
| W50 Patricia Nesley | 1:49:01 |
| Anne Nauman | 1:54:08 |
| Margaret Cochran | 1:57:25 |

MARYLAND/DC RRC 10-MILE COLUMBIA, MARYLAND, MARCH 8 M40 Dick Hipp Warren Ohlrich Chan Robbins M50 David Thomas M60 John Woods W40 Anna Berdahl

| | A VALLEY MARATHO | |
|-----|------------------|---------|
| NAP | A, CALIF. MARCH | 8. |
| M40 | Douglas Rennie | 2:33:5 |
| | Don Ardel | 2:40:1 |
| | Nicolas Epanchi | n2:40:4 |
| M50 | Hans Roeneau | 2:53:5 |
| M60 | Bob Manly | 3:46:0 |
| W40 | Marilyn Harbin | 2:54:4 |
| W50 | Erma Baker | 3:47:0 |
| W60 | Mavis Lindgren | 4:33:1 |
| | (WR for W70+) | |

| SHAMROCK | MARATHON |
|----------|-----------------|
| VIRGINIA | BEACH, VIRGINIA |
| MARCH 14 | , 1981 |

| Op: | Terry Baker | 2:16:57 |
|-----|-----------------|---------|
| M40 | Melvin Williams | 2:33:30 |
| | Bryan Hawley | 2:37:13 |
| | Robert Wood | 2:40:11 |
| M50 | David Seiler | 2:46:02 |
| M60 | Eugene Osborn | 3:26:26 |
| W40 | Dianne Headden | 3:16:11 |
| W50 | Janet Grenda | 3:39:25 |
| | | |

RIVER RUN 15K JACKSONVILLE, FLORIDA MARCH 14, 1981

| Op: Dan Dillon | 43:34 |
|----------------------|-------|
| M40 Bob Ludlow | 53:06 |
| M45 Rob Smith | 54:35 |
| M50 Dennis Branham | 56:24 |
| M60 Reg Rollason | 63:47 |
| WOp.Patti Catalano | 49:33 |
| W40 Maggie Dobson | 68:57 |
| W45 Dottie Dorion | 76:17 |
| W50 Irene Herbertson | 78:31 |
| W60 Liz Rollason | 90:43 |

SHAMROCK 10-MILE LAKE WORTH, FLORIDA

| M40 Joe Burgasser | 55:03 |
|--------------------|---------|
| Richard Van Scot | 'r55:27 |
| M45 Brendan Spratt | 62:03 |
| M50 Jim Blount | 63:09 |
| M60 Dan Biele | 69:25 |
| W40 Joy McDonald | 75:44 |

| 2000 | PATRICK DIEGO. | | 0100000 |
|------|-------------------|--|---------|
|------|-------------------|--|---------|

| Op. | Kirk Pfeffer | 28:37 |
|-----|----------------|-------|
| M40 | Dan McCaskill | 32:21 |
| | Francisco Saiz | 33:44 |
| | Howard Moody | 33:52 |
| M50 | Jim O'Neil | 34:18 |
| | Gordon Pirre | 35:12 |
| | Chuck Anderson | 36:27 |
| W40 | Diane Stocklin | 40:58 |
| W50 | Anne Johnson | 41:13 |
| | | |

AVON HALF-MARATHON PASADENA, CALIFORNIA MARCH 15, 1981 W30-39

| Trutt out official | 1.13.30 |
|--------------------|---------|
| Elaine Campo | 1:20:44 |
| Tina Husak | 1:21:42 |
| W40-49 | |
| S. Brauer | 1:26:17 |
| Jo Anne Wichary | 1:28:41 |
| Sue Stricklin | 1:28:45 |
| W50+ | |
| Margaret Miller | 1:30:53 |
| Helen Parker | 1:37:12 |
| V. Terry | 1:48:32 |
| | |

PRINCETON, NEW JERSEY MARCH 15, 1981

| M40 | Fred Bost | 34:02 |
|--|---------------|-------|
| The state of the s | Al Kaston | 35:20 |
| | Steve Stovall | 35:37 |
| M50 | Bill King - | 37:19 |
| W40 | Lynne Lauck | 41:21 |
| W50 | Helen De psey | 52:23 |
| | aryaret Lopez | 61:53 |

ST. PATRICK'S DAY 5-MILE ST. PAUL, MINNESOTA MARCH 15, 1981 M40 Dan Comway M50 Alex Ratelle

| 1.45 | M40-44 | | |
|--------------------|-------------------|------|--------|
| 9:38 | Valdemar Schultz | 40 | 37:38 |
| : 35 | Dave Felkley | 41 | 38:05 |
| 0:05 | Manuel Guarderram | | 39:56 |
| :21 | Hander Guarderrai | 241 | 39.30 |
| THE REAL PROPERTY. | M45-49 | | |
| - | Tom Patton | 48 | 39:16 |
| | Terrel Eddy | 47 | 40:52 |
| | Edwin Gookin | 47 | 41:27 |
| | EGM III GOOK III | 7/ | 41.41 |
| 3:57 | M50-59 | | |
| 0:18 | Welter Schmitt | 55 | 46:38 |
| 0:47 | Layne Crisp | 50 | 47:48 |
| 3:58 | Harold Dunnigan | 50 | 48:50 |
| | narotu bumingan | 30 | 40.30 |
| 5:00 | M60+ | | |
| 4:46 | Robert Kroger | 65 | 46:49 |
| 1:00 | Anthony Isom | 61 | 50:32 |
| 3:15 | George Garty | 60 | 57:26 |
| THE PLAN | George Garty | 00 | 37.720 |
| - | W40-44 | | |
| | Diane Stocklin | 40 | 44:17 |
| 4 | Mariana McMullen | 43 | 45:46 |
| 1 11 | Donna Gookin | 44 | 48:41 |
| | Donna Gook III | 1200 | 40.41 |
| 5:57 | W45-49 | | |
| 3:30 | Sally Byram | 46 | 56:56 |
| 7:13 | Dolores Powell | 45 | |
| 0:11 | | 45 | 59:14 |
| 1 - 1 1 | Charlotte Clewis | 90 | 33:14 |

5TH NIKE CATALINA 10K RUN. SANTA CATALINA ISLAND

CALIFORNIA. MARCH 21, 1981

| MIS | THRII | HISTORY | 7 10K |
|-------|--|---------|--|
| (m)a) | A CONTRACTOR OF THE PARTY OF TH | , MISS | A CONTRACTOR OF THE PARTY OF TH |
| MAR | CH 21 | 1981 | |

W50-59 Maeann Garty

W60+ Alice Werbel

Betty Sandford Lynn Roberts

| MARCH 21, 1981 | |
|---------------------|-------|
| M40 Sam Turnbull | 36:12 |
| M50 Bruce Ensign | 40:15 |
| M60 Charles Ogilvie | 40:55 |
| W40 Ann Beardshall | 49:42 |

Bess James 71 67:07 Felicitas Salazar 71 74:39

53 55:23 53 58:15

64:54

NIKE/PENN MUTUAL GRAND PRIX SAN DIEGO, MARCH 22, 1981. 15K. 60 degrees. Clear.

| isk. ou degrees. | U | ear. |
|------------------------------------|------|---|
| 7 DAN MCCASKILL | 40 | 49:12 |
| 2 Mike Tymn | | 49:17 |
| 3 Bill Meinhardt | | |
| 4 Jeremy Clark | | 50:48 |
| 5 ANDRE TOCCO | 45 | 51:16 |
| 6 Bart Coventry | | 51:35 |
| 7 William Jenney | 40 | |
| 7 William Jenney 8 Skip Shaffer | 43 | 51:58 |
| 9 James Gallun | 45 | 52:16 |
| 10 Gary Sampson | 40 | 52:18 |
| 11 David Holland | 40 | 52:23 |
| 12 JIM O'NETI | | 52:41AR |
| 12 JIM O'NEIL 13 Frank Saiz | 41 | 52:49 |
| 14 Truinan Clark | | 53:03 |
| 15 Bill Crum | | 53:13 |
| 16 Kent Guthrie | | 53:30 |
| 17 Johnny Faerber | | 53:32 |
| 18 DENNIS RICHARDS | | 53:35 |
| 19 Ray Hughes | | 53:42 |
| 20 Mike La Pierre | | 53:42 |
| THE PROPERTY OF THE PARTY OF | 1300 | CONTRACTOR OF THE PARTY OF THE |
| 21 James Murphy | 41 | 54:17 |
| 22 Howard Moody | 40 | 54:33 |
| 23 Russ Bonham | 49 | 54:49 |
| 24 Terry Dockery | | 55:16 |
| 25 Nelson Crader | 41 | 55:38 |
| 26 Dan Roarty | 35 | 55:43 |
| 27 Joe Wilson | 46 | 55:45 |
| 28 BILL STOCK | 51 | 55:47 |
| 29 Bob Wierma | 47 | |
| 30 Jim Williams | 39 | 56:08 |
| | | |
| 31 Jerry Daniels | 42 | 56:33 |
| 32 Patrick Devine | | 57:08 |
| 33 George Cohen | | 57:21 |
| 34 Skip Witt | 43 | 57:22 |
| 35 Otto Reed | 41 | 57:36 |
| 36 Don Erickson | | 57:46 |
| 37 Conrad Will | | 57:46 |
| 38 B Messersmith | | 58:06 |
| 39 Delbert Teter | 49 | |
| 40 Bob Holland | 42 | 58:38 |
| 43 Dick Robinson | 50 | 59:31 |
| 48 Rudy Iglesais | | 59:47 |
| | | 59:57 |
| 49 BONNIE STORM 51 JOAN ULLYOT | | 60:29 |
| 53 JENNIFER WRIGHT | | 60:44 |
| 55 Karen Lanterman | | 61:11 |
| 57 Marilynn Harbin | | 61:20 |
| 60 Jo Anne Wichary | | |
| 61 Suzie Klein | | 61:29 |
| | | 62:22 |
| | | |
| 77 NICKI HOBSON | | 64:35 |
| 84 808 LEHMAN | | 66:22 |
| 86 Hal Elrick | | 66:56 |
| 87 MARY STOREY 98 SEYMOUR KLEIN | | 67:33 |
| 98 SEYNOUR KLEIN | | |
| 112 GERRY DAVIDSON | | |
| 120 JUDITH SIMON | 65 | 89:16 |
| | | |

122 finishers.

| June | 2 | 150 P | 440 S | 1 mile S |
|--------|----|-------|-------|----------|
| June | 9 | 100 S | 880 S | 3.mile H |
| June | 16 | 220 A | 3/4 H | 2 mile P |
| June | 23 | 100 S | 440 S | 1 mile A |
| June | 30 | 220 P | 880 P | 3 mile S |
| July | 7 | 100 S | 3/4 S | 2 mile H |
| July | 14 | 220 S | 880 S | 1 mile S |
| July | 21 | 150 P | 440 A | 2 mile A |
| July | 28 | 100 S | 3/4.5 | 3 mile H |
| August | 4 | 220 S | 880 S | 1 mile A |
| August | 11 | 100 S | 440.8 | 2 mile S |
| August | 18 | 220 P | 3/4 P | 3 mile P |
| | | | | |

880 S 1 mile S

3/4 P 440 S 1 mile S 880 A 2 mile A

FIELD EVENT COMPETITORS WILL SERVE AS THEIR OWN OFFICIALS.

880 S

NOTE: THERE WILL BE FIELD EVENTS IN ALL OF THESE MEETS. EXACT EVENTS AFTER MAY 26th TO BE ANNOUNCED.

| MATING RPORTS ASSOCIATION'S THIND ANNUAL RUNNING RELAY & FIELD EVENT: SUMMAY, JULY 19, 1891. RANDALL'S ISLAND, MEY TOR CITY. TAC SANCTIONED. OPEN TO ALL MEN AND WOMEN REGISTERED IN TAC, OVER THIRTY YEARS OF AGE. ENTRY PEE: \$10.00 PER NEWS TERN TEAM FOR RUNNING RELAYS \$ 5.00 PER REWST PER TEAM FOR RUNNING RELAYS S 5.00 PER REWST PER TEAM FOR RUNNING RELAYS PILES: METALS TO THE FIRST TRAKE SI (40-49); MASTERS II (50-59); PRILES: METALS TO THE FIRST TRAKE SI (40-49); MASTERS II (50-59); PRILES: METALS TO THE FIRST TRAKE SI ME METHOD AS FOR RUNNING EVENTS. RUNNING RELAYS RESULTS ON THE MESTS OF 15-4-3-2-1. FOR PILED EVENTS: LONG JUMP; DISCUS; TIPLE 2 mile; 4 mile; 4 mile; 6 mile; 6 mile; 6 mile; 6 mile; 6 mile; 7 mile; 6 mile; 6 mile; 7 mile; 6 mile; 6 mile; 6 mile; 7 mile; 6 mile; 6 mile; 7 mile; 8 mile; 9 mile; | #EAM RESULTS: #MIG-Pacific RR Culver City AC San Diego TC San Diego TA San Diego TC San Diego TA |
|--|--|
| MASTERS III (60+) MASTERS III (60+) III alle 40-50-40-60+) -220-220-880) PREAL OF THE PARTICIPAL ad in TAC. Age of AGE GROUPS: SEED IN THE INTIONAL ad in TAC. Age of ENTRY FEES: TO PERMIT DOUBLING. 11:00 A.M. 12:00 p.M. 2:00 p. | WAO Joan Ullyot 30:56 Ed Wiberg 73 83:05 AR Pat Wittingslow 30:22 Ed Wiberg 73 83:04 Molecular 73 83:05 Molecular |
| Lincoln Track Club Lincoln Track Club Lincoln Track Club Lincoln Track Club Track AND. FIELD CHAMPIONSHIP Tracturf, polyurethane track 1/8 inch spikes only) 100 a.m. field Events 12:00 moon Running Events 100 list event, 52:00 sach additional event. 14:00 list event, 52:00 sach additional event. 14:00 list event, 52:00 moter, 400 meter, (400 intermediate for a sentative), 800 meter, 5000 meter, 5000 meter, Long Jump, High Mary Triple Jump, Discus, Shot Put, Pole Yealt, Javelin 100 legalast time if necessary), 400 intermediate fundist femtestive), 600 meter, 500 meter, 5000 meter, Long Jump, High Mary Triple Jump, Discus, Shot Put, Pole Yealt, Javelin 110 legalast time if necessary), 400 intermediate fundist femtestive), 600 legalast time if necessary), 400 intermediate fundist femtestive), 600 legalast time if necessary), 400 legalast time if necessary), 600 meter, 500 meter, 100 finals, 800 110 legalast time if necessary), 600 meter, 100 finals, 800 111 legalast time if necessary), 600 meter, 100 finals, 800 112 legalast time if necessary), 600 meter, 100 finals, 800 113 legalast time if necessary), 600 meter, 100 finals, 800 114 legalast time if necessary), 600 meter, 100 finals, 800 115 legalast time if necessary), 600 meter, 100 finals, 800 116 legalast time if necessary), 600 meter, 100 finals, 800 117 legalast time if necessary), 600 meter, 100 finals, 800 118 legalast time if necessary), 600 meter, 100 finals, 800 119 legalast time if necessary), 600 meter, 100 finals, 800 119 legalast time if necessary), 600 meter, 100 finals, 800 119 legalast time if necessary), 600 meter, 100 legalast time if necessary), 600 meter, | Florida State Masters Championships March 15 at Lake Mary |

NIKE ROAD RACING CHAMPIONSHIPS, PHILADELPHIA, 15KM. APRIL 11.

Men's Masters

| Place | Name | Team | Time |
|-------|--|-----------------------------|---------|
| 1 | Lorenz, H. | Phila. Masters Assoc. "A" | 47.18AF |
| 2 | Hambly, D. | Snohomish T.C. "A" | 48.22 |
| 3 | Fischer, B. | Milrose AC | 48.53 |
| 4 | Dumas, E. | Central Mass Striders | 49.20 |
| 5 | Clark, J. | Mid Pacific RR | 49.39 |
| 6 - | Hipp, D. | National Capitol . | 49.43 |
| 7 | Winn, K. | Atlantic Track C | 49.51 |
| 8 | Reisenger, R. | Snohomish T.C. "A" | 49.58 |
| 9 | Mueller, F. | Gentral Park Track "A" | 50.05 |
| 10 | Guerra, A. | Milrose AC | 50.07 |
| 11 | Zwolak, V. | Phila. Masters Assoc. "A" | 50.11 |
| 12 | Mueller, K. | Boston Athletit Assoc. | 50.17 |
| 13 | Jamborsky, R. | National Capitol TC | 50.42 |
| 14 | Higdon, H. | Runners' Forum | 51.03 |
| 15 | Hatch, H. | Boston Athletic Assoc. | 51.11 |
| 16 | Pitketly, D. | Snohomish Track Club "B" | 51.12 |
| 17 | Callup, J. | Mid-Pacific RR | 51.23 |
| 18 | Mahoffey, D. | Snohomish T.C. "A" | 51.25 |
| 19 | Duey, L. | Central Park Track "A" | 51.31 |
| 20 | Hyser, B. | York Area Road Runners | 51.54 |
| 21 | O'Connor, S. | National Capitol TC | 52.00 |
| 22 | Ellis, E. | Snohomish T.C. "A" | 52.02 |
| 23 | Hoss, W. | Houston Harrler | 52.03 |
| 24 | Engleman, T. | Reading Athletic Attic | 52.08 |
| 25 | Pickering, R. | Boston Athletic Assoc. | 52.15 |
| 26 | Robbins, C. | 'National Capitol TC | 52.20 |
| 27 | Best, F. | Sneaker Factory Road Racers | 52.26 |
| 28 | Howard, S. | Central Park Track "A" | 52.35 |
| 29 | Venanzi, A. | Delta Dusters "A" | 52.37 |
| 30 | Wilson, K. | Central Mass. Striders | 52.39 |
| 31 | Carey, C. | Runners' Forum | 52.39 |
| 32 | Huff, A. | Snohomish Track Club "B" | 52.40 |
| 33 | Langway, R. | Atlantic T.C. | 53.02 |
| 34 | Piscone, J. | Boston Athletic Assoc. | 53.25 |
| 35 | Wick, A. | Phila. Masters Assoc. "A" | 53.28 |
| 36 | Fuller, V. | National Capitol TC | 53.38 |
| 37 | Carling, R. | Beehive | 53.42 |
| 38 | Faerber, J. | Mid-Pacific RR | 53.52 |
| 39 | Chappetta, V. | Milrose AC | 54.01 |
| 40 | Kasten, A. | Sneaker Factory Road Racers | 54.04 |
| 41 | Hunter, J. | Central Mass. Striders | 54.08 |
| 42 | Erich, G. | Central Park Track "B" | 54.17 |
| 43 | Hagerman, E. | Beehive | 54.20 |
| 44 | Mohler, R. | Houston Harrlers | 54.27 |
| 45 | Control of the Contro | Allegheny/Nike | 54.34 |
| 46 | Tobin, B. Ross, C. | National Capitol TC | 54.35 |
| 47 | Goble, P. | Runners' Forum | 54.38 |
| 48 | | York Area Road Runners | 54.44 |
| 49 | Potts, B. | Reading Athletic Attic | 54.49 |
| | Sutton, J. | Meading Athletic Attic | |

Women's Masters

| Place | Name | <u>Ieam</u> | 1 ime |
|-------------------|-----------------|----------------------|--|
| 1 | Foltz | Falcon TC | 56.54 |
| 2 | Heritage | Falcon TC | 57.19 |
| 3 | Hosmer, T. | Falcon TC | 58.28 |
| 4 | McWhorter, B. | F.M. 1960 RR | 59.32 |
| 5 | Pike, B. | Liberty "A" | 59.38 |
| C | Storm, B. | West Valley TC | 59.47 |
| 7 | Bartee, H. | Central Park TC | 60.14 |
| 8 | Brasher, L. | Atlanta TC | 60.30 |
| 9 | Parker, N. | Atlanta TC | 60.33 |
| 10 | Pirie, H. | Runhers A | 60.46 |
| 11 | Hargin, M. | West Valley TC | 00.48 |
| 12 | Herrick, C. | Runhers A | 61.33 |
| 13 | Groombridge, J. | Seattle TC | 61.41 |
| 14 | Hunter, S. | Liberty | 61.45 |
| 15 | Corfield, C. | Central TC | 62.14 |
| 16 | Kaiser, P. | Atlanta TC | 62.45 |
| 17 | Aldrich, V. | Seattle TC | 62.49 |
| 18 | Jaudes, M. | St. Louis Track Club | 63.08 |
| 19 | Farid, A. | F.M. 1960 RR | 63.19 |
| 20 | Baumann, M.8 | Runhers A | 63.22 |
| 21 | Hatch, A. | Liberty "A" | 63.28 |
| 22 | Redfield, S. | Liberty "A" | 63.32 |
| 23 | Parsi, C. | Liberty "B" | 63.43 |
| 24 | Roughton, H. | Runhers A | 53.45 |
| 25 | Rust, E. | Salt Lake City | 64.05 |
| 26 | Surtis, C. | Seattle TC | 64.08 |
| 27 | Ferrel, K. | Atlanta TC | 64.42 |
| 28 1 | Lanterman, K. | West Valley T.C. | 64.40 |
| 29 | Neuman, R. | St. Louis Track Club | 65.57 |
| 30. | Villa, K. | Central Park T.C. | 66.18 |
| 31 | Imhof, E. | Runhers A | 66.23 |
| 32 | Cannon, M. | Salt Lake City | 66.55 |
| 33 | Rasmussen, J. | Liberty "B" | 66.59 |
| 34 | Hudson, C. | Central TC | 67.42 |
| 35 | Haden, S. | St. Louis Track Club | 68.49 |
| 36 | Johnson, S. | F.M. 1960 RR | 69.32 |
| 37 | Clenne, M. | Salt Lake City | 70.23 |
| 38 | Crowley, J. | Runhers B | 79.28 |
| 39 | Thompson, J. | Eunhers | 84.29 |
| The second second | | | The Contract of the Contract o |

Women's Masters

| 1. | Falcon Track Club | 2:52.41 |
|----|----------------------------------|---------|
| 2. | Atlanta Track Club | 3:03.48 |
| 3. | Liberty Athletic Club "A" | 3:04.51 |
| 4. | West Valley Track Club | 3:05.21 |
| 5. | Washington Runners Unlimited "A" | 3:05.41 |
| | | 3:08.38 |
| 7. | Central Park Track Club | 3:08.46 |
| 8. | FM 1960 Roadrunners | 3:12.23 |
| 9. | St. Louis Track Club | 3:17.50 |
| | Salt Lake City | 3:21.23 |



AUSTRALIAN NIKE MARATHON APRIL 12, 1981.

| M40 | | |
|-----------------|----|---------|
| John Geraghty | 41 | 2:32:18 |
| Peter Kallio | 44 | 2:34:38 |
| Don Harris | 43 | 2:37:37 |
| M45 | - | |
| Adolf Blonner | 45 | 2:44:39 |
| Graham Kent | 49 | 2:53:55 |
| Barry Marshall | 47 | 3:03:32 |
| M50 | | |
| Peter Tesseyman | 53 | 3:04:35 |

D.G. MARATHON, WASHINGTON, APRIL 12, 1981.

905 starters.

| M40 | Ed Geisendaffer | 2:41:50 |
|-----|-----------------|---------|
| M50 | Herb Chisholm | 2:38:30 |
| M60 | Ed Benham | 3:32:10 |
| W40 | Phyllis Penley | 3:40:23 |

15K NORMAN TAMANAHA RUN HONOLULU, APRIL 19, 1981.

28-39—1. Glovanni Bartofini S3:57; 2. William Asiman 34:39; 3. Dick Surhon 55:53; 40-44—1. Henry Richman 35:58; 2. Johnny Faerber 57:15; 3. Raloth Dykes 57:24.

48-48—1. Jim Gelluo 51:40; 2. Donald Leopoldo 57:06; 3. David Sakupawa 57:36.

58-54—1. Scott Hemilton 57:49; 2. George Ishiki 1:04:02; 3. Masanobu Vamauchi 1:04:24.

38-59—1. Gilbert Lum 1:02:18; 2. Joseph Gop 1:02:28; 3. George Murray 125:27; 38-44—1. Alex Roth 1:09:29; 2. Martin Sherman 1:12:58; 3. William Wajsh 1:14:08.

45-69—1, Bud Deacon 1:17:42; 2, Wil-Ham Hodge 1:27:53; 3, Paul Matsuura 1:27:50.

WOMEN

WUITEIN

35-2v--... cermen Frankhauser
1:05:57: 2. Carol Kukea 1:08:35: 3
5usan Woltae 1:08:38.
46-44-1. Suste Bartelfs 1:03:53: 2
Jean La Pierre 1:05:21: 3. Christa
Obara1:08:17.
45-49-1. Neel Murchle 1:04:28; 2.
Petiti Buholm 1:07:22: 3. Molfie Chang
1:12:01
50-54-1. Jan Newhart 1:11:36: 2.
Wancy Assoka 1:19:18; 3. Rose Nakemura 1:20:04.
55-59-1. Rosemary Toby 1:25:46: 2.
Alia Kliaguine 1:37:42: 3. Lillian Fishman 1:37:50.
40-44-1. Margaret Lee 1:27:55; 2.
Vicky Reso 1:0:25: 3. Winifred Lum
1:81:6.
45-69-1. Hilde Richardson 1:55:24: 2.
Anita Pereira 2:11:15.

PHILADELPHIA MASTERS SPRING 5-MILER, PHILADELPHIA, APRIL 26, 1981.

| M40-44 | | |
|--|----|-------|
| Herb Lorenz | 42 | |
| Steve Anderson | 42 | 29:39 |
| Ken De Carlo | 42 | 30:29 |
| M45-49 | | |
| Albert Wick | 48 | 27:39 |
| Bill Butler | 48 | 28:21 |
| George Studzinski | 48 | 28:47 |
| CONTRACTOR AND CONTRACTOR OF THE PARTY OF TH | | |
| M50-54 Bernie Rubinsky | 50 | 27:48 |
| Gene Martenson | 52 | 32:38 |
| Bill Belleville | 51 | 33:01 |
| erre managements | 2. | 33.01 |
| M55-59 | | |
| Oliver Williams | 56 | 32:21 |
| Jack Pennington | 58 | 32:50 |
| Phil Slickman | 56 | 35:45 |
| M60+ | | 6 |
| Fred Cox | 61 | 34:15 |
| George Braceland | 67 | 39:30 |
| W40-44 | | |
| Sandy Folzer | 41 | 32:12 |
| Sylvia Stein | 40 | 51:42 |
| The same of the sa | | |
| W45-49 Helen Zimmaro | 48 | 42:46 |
| Marie Barrie | 48 | 45:20 |
| | 40 | 45.20 |
| from Pete Taylor | | |



MINI-MARATHON TUNE-UP CENTRAL PARK, NEW YORK MAY 2, 1981. 5 MILES.

Check-in: 195(women only)

| Robin Ladas | 22 | 29:38 |
|--|---|--|
| Mona Lonte | 39 | 34:03 |
| Harriet Baker | 40 | 34:30 |
| Sophia Oakes | 35 | 34:43 |
| | 38 | 36:40 |
| Georgia Sparks | 37 | 36:42 |
| | 41 | 37:39 |
| Norma Signore | 43 | 38:28 |
| Barbara Klein | 41 | 39:22 |
| | r41 | 39:38 |
| Photographic control of the control of | | |
| | Edith Jones Norma Signore Barbara Klein | Mona Lonte 39 Harriet Baker 40 Sophia Oakes 35 Judith Covan 38 Georgia Sparks 37 Edith Jones 41 Norma Signore 43 |

CANADIAN NATIONAL MASTERS MARATHON CHAMPIONSHIPS VANCOUVER, BRITISH COLUMBIA MAY 3, 1981

MAD-AA

| M4U-44 | | | |
|-----------------|-----|-------|------|
| Roger Robinson | NZ | 2:18 | :44 |
| Robert Moore | CAN | 2:24 | :22 |
| Lloyd Walker | NZ | 2:25 | :58 |
| John Robinson | NZ | 2:29 | : 37 |
| Bill Foulk | USA | 2:31 | :40 |
| Neal Campbell | CAN | 2:35 | : 48 |
| M50-54 | | | |
| Frank Kurucz | CAN | 2:52 | :00 |
| Tom McCarthy | CAN | 2:56 | :14 |
| Thomas Flint | USA | 2:57 | :24 |
| M60-64 | | | |
| Ernest Fisher | CAN | 3:11 | :11- |
| M65-69 | | | |
| Clare Choate | CAN | 3:53 | :18 |
| M70+ | | | |
| Hugh Clifford | CAN | 4:04 | 17 |
| W35-49 | | | |
| Wendy Robertson | CAN | 2:51: | 55 |
| Karen Scannell | | 2:56: | 49 |
| Victoria Aldrid | ge | 2:58: | 40 |
| Leith Drury-Pip | | 2:59: | 42 |
| Judith Groombri | | 3:06: | |
| Patricia Thomas | | 3:08: | |
| NEOT | | - | |
| | | | |

from Bill McIntosh (M45 and M55 results in next issue)

Frances Sackerman 3:30:56



THIRD ANNUAL TREVIRA TWOSOME TEN-MILE RACE CENTRAL PARK—NYC

| Sponsored | by Hoechs | Fibers | Industries. |
|-----------|-------------|--------|-------------|
| Under the | suspines of | MYRRC | |

| Under the auspices of NYRRC. | |
|---|------|
| Date: April 26, 1981 11 AM. | |
| Distance: 10 miles (both partners must complete the entire distance to so | ore) |
| Course Records (Men): Herb Lindsay, 45:59.8, 1980 | |
| Previous Course Record (Women): Margaret Groos, 54:29.4, 1980. | |
| New Record (Women): Patti Catalano, 53:41.3. | |
| Pravious Couples Record: Herb Lindsay and Margaret Groos, 1:40:29.2. | 198 |
| New Couples Record: Herb Lindsay and Pattl Catalano, 1:39:57.3. | |

New Couples Record: Herb Lindsay and Patti Calatano, 1:39:57.3. Check-In: Men-1415, Women-1414, Total-2829 Finishers: Couples-1040, Men whose partners did not finish-165, Women whose partners did not finish-76, Total Men-1205, Total Women-1116, Total-2321 Weather: Mid-60's, sunny, clear.

Order of Finish—Couples

| Lindsay, Herb. 26-48:16 | Catalano, Patti, 28-53:41.3 | 1:39:57.3 |
|----------------------------|------------------------------|-----------|
| Smith, Geoffrey, 27-46:23 | Groos, Margaret, 21-54:18 | 1:40:41 |
| Francis, Steven, 21-48:35 | Springs, Betty, 19-53:55 | 1:42:30 |
| Ryfell, Markus, 26-47:20 | Moore, Barbara, 23-57:34 | 1:44:54 |
| Rose, Nicholas, 29-46:07 | Rose, Christine, 24-59:10 | 1:45:18 |
| Palladino, Paolo, 21-52:26 | Palladino, Pla. 19-54:00 | 1:46:26 |
| Cohen, Gary, 27-48:23 | Mieszczak, Nancy, 32-58:05 | 1:46:28 |
| Bolt, Steve, 26-48:13 | King, Sue, 22-58:20 | 1:46:33 |
| Odom, David, 24-51:09 | Urish, Carol, 29-55:59 | 1:47:08 |
| Mearns, Drew. 28-50:43 | Loranzoni, Cynthia, 23-56:53 | 1:47:36 |
| | ples—Top 15 out at 486 | |
| edericks, Greg, 30-46:10 | Roach, Marie, 33-1:01:32 | 1:47:42 |
| | | |

| TU. Meditio, Diem, 20-30,45 | Lording of the |
|------------------------------|-----------------|
| 60-79 Cou | ples-Top 15 out |
| Fredericks, Greg. 30-46:10 | Roach, Marie, |
| 2. Sweeny, Hugh, 37-51:36 | Bankes, Kriste |
| Stewart, Chris, 34-48:54 | Averbuch, Glo |
| Dowling, Thomas, 33-53:12 | Dowling, Marc |
| Brennan, Jack, 31-55:56 | McDonald, Kat |
| . Rothman, Hal, 35-58:07 | Rothman, Bobi |
| Byrne, Gerald, 33-57:10 | Blanckmeister |
| Landry, Edward, 34-56:09 | Landry, Elaine |
| Nelkin, Henry, 28-1:01:41 | Matlaw Laura |
| . Kovacs, George, 34-1:00:14 | Jackson, Irene |
| . Duey, Leonard, 42-55:50 | Nelson, Donna |
| Kondylis, Vasilis, 30-56:48 | Sheehy, Nancy |
| Thurston, David, 39-1:05:10 | Thurston, Lind |
| Dilorenzo, Paul, 29-59:07 | Margolin, Pats |
| Yardis, Mickey, 26-54:10 | Dunn Joan 36 |
| | |

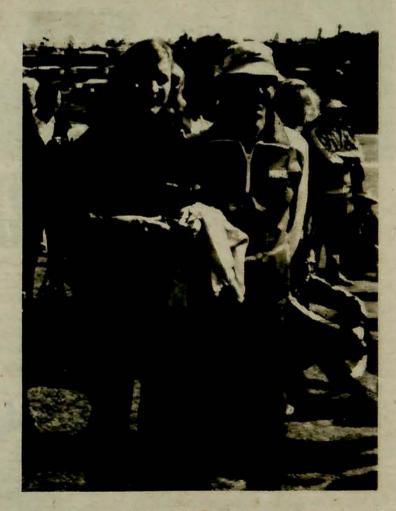
2, 33-1:01:32 ten; 24-56:54 ten; 24-56:54 ten; 24-56:54 ten; 24-56:54 ten; 24-56:54 ten; 24-56:54 ten; 24-1:01:22 ten; 24-1:06:07 ten; 24-1:04:27 ten 1:50:32 1:52:24 1:54:34 1:57:28 2:01:02 2:03:52 2:04:13 2:06:08 2:06:21 2:07:08:09 2:08:52 2:08:59

| 80-99 Coupi | es-Top 10 out of 153 | |
|---------------------------------|-------------------------------|--------|
| 1. Fischer, Bob. 40-52:32 | Thornhill, Anna, 40-1:03:45 | 1:56: |
| 2. Zimmerman, Raiph, 39-52:14 | Bessel, Patricia, 43-1:04:36 | 1:56: |
| 3. Mueller, Fritz, 44-54:05 | Bartee, Hermine, 42-1:04:19 | 1:58: |
| 4. Rosasco, Stephen, 48-1:02:40 | Rosasco, Marge, 33-58:18 | 2:00: |
| 5. Muhrcke, Gary, 40-54:43 | Lerner, Miml, 44-1:07:42 | 2:02: |
| 6. Martin, Jeff, 39-57:08 | Lauck, Lynne, 41-1:07:42 | 2:02: |
| 7. Prince, Augustus, 57-1:03:15 | Lauck, Lynne, 41-1:07:42 | 2:10: |
| 8. Silliman, George, 49-59:53 | Flotcher, Joyce, 46-1:17:2:26 | 2:12: |
| 9. Hirsch, George, 46-1:05:02 | Kuscsik, Nina, 42-1:07:48 | 2:12: |
| 10. Suggs, Richard, 38-1:06:02 | Bedrock, Helene, 46-1:07:13 | 2:13:0 |

| A CONTRACTOR OF THE PARTY OF TH | |
|--|--|
| Kania, Mila, 49-1:02:00 | 2:01:2 |
| McKenzis, Chris, 49-1:13:15 | 2:11:4 |
| Mihalek, Bette, 52-1:11:27 | 2:12:0 |
| Deckert, Margarete, 48-1:06:49 | 2:13:1 |
| Nelson, Janet, 46-1:16:03 | 2:22:0 |
| | Kanla, Mila, 49-1:02:00 McKenzis, Chris, 49-1:13:15 Mihalek, Bette, 52-1:11:27 Deckert, Margarete, 48-1:06:49 |

| | THE RESERVE THE PARTY OF THE PA |
|---|--|
| | Dine Willenda C4 1-00-00 |
| ė | Rios, Wilfredo, 64-1:08:35 |
| 1 | McKevitt, Andrew, 69-1:24:34 |
| z | menoriti, midiam, us-1,24,04 |
| | Glynn, Stanley, 70-1:33:06 |
| | |
| 9 | Epstein, Irving, 62-1:56:39 |
| | |
| ı | Choy, Jimmy, 61-2:01:59 |

| HES-All LIMITMELS | |
|-------------------------------|--------|
| lodriquez, Mary, 59-1:28:56 | 2:37:3 |
| lauser, Elaine, 55-1:35:14 | 2:59:4 |
| llynn, Marguerite, 55-1:34:05 | 3:07:1 |
| pstein, Marion, 62-1:56:39 | 3:53:1 |
| ureidini Althea 63-2-01:50 | 4:03:5 |



Joan Ullyot and Jim O'Neil waiting for results at Nike/Penn Mutual San Diego Grand Prix.



BEFORE INTRODUCING THE ZOOM, WE RAN A FEW TESTS.

They looked good on paper. And even better in the lab. These new spikes were definitely the lightest prototypes we'd ever put together—by about 90 grams. What made that important was the old physiologist's

What made that important was the old physiologist's rule-of-foot: for every 100 grams you knock off a pair of shoes, you also cut energy costs by about one percent.

It appeared, we'd come up with the fastest Nikes ever.

But that wasn't the only good news. For all the weight loss, these prototypes showed no loss in cushioning. None.

That really got us going. Because our own studies showed that comfort can also save runners energy.

So we went even further. Introduced the Variable Width Lacing System[™], for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weightbearing phase, the spikes would bite the dirt. Not the foot.

We developed models for sprints, distance and indoor. Then the heavy research began. We put them on international tour. And from the Pan American Games, to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more

than their share of victory laps.

That started a lot of people talking.
But nobody, nowhere used their

proper name: Prototype #45711 TF. All they could say

was ZOOM. Sounded good to us.

