



NATIONAL MASTERS NEWS

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



58th Issue

June, 1983

\$1.50

HALL CAPTURES THIRD STRAIGHT BOSTON

Bill Hall, responding to his wife's warning at twenty-five miles that another master runner was on his heels, mustered up enough speed to maintain his lead to be the first 40+ runner for the third consecutive year at the Boston Marathon, April 17, in 2:23.19.

Hall, a 42-year old Duke University professor of anatomy from Durham, N.C., although happy with his victory, was disappointed in his time. Beguiled by the excellent weather (40 degrees, overcast day, tail wind), he felt that he had gone out fast too early, hitting a 2:17 pace at six miles. At seventeen miles, the pace began to tell on him and his legs began to buckle, making it difficult to support his weight on the down hills. Hall spent the rest of the race trying to maintain his form.

Even though masters runners in the Boston were given "T" numbers, it was difficult for Hall to distinguish 40+ runners from others around him. In his words, "You have to run almost by feel because you can't respond to every runner who passes you." Hall suggested that the T-numbers might have served a better purpose for masters runners had they been worn on the back.

The master runner dogging Hall was Gary Muhrcke, 42, of Huntington, N.Y., who was fourteen seconds behind at the finish in 2:23:33. Fifty-year old John Weston of Canada was less than thirty seconds behind Muhrcke at the close in the impressive time of 2:24.05.

The first 40+ woman was Tina Hayward, 42, of Vicksburg, Michigan, with 3:02:35. She was followed by Harolene McLean, 40, in 3:03:13. Caroline Cappetta, 47, was third 40+ woman in 3:07:22. Fifty-four-year old Edna Craig, Ft. Lauderdale, FL, finished in the excellent time of 3:07:59 for the fourth place among masters women. □

STEWART BREAKS 1500M AMERICAN RECORD

Bill Stewart, 40, Ann Arbor, Michigan, opened his outdoor track season with an American record time of 3:54.87 for 1500 meters to smash Ernie Billups mark of 3:59.8. Stewart set an average pace of :63.8 with splits of



Edwin Roberts anchors the Philadelphia Masters TC 4x400 relay team to a new American record of 3:25.4 at the 89th Penn Relays April 30, as 37,000 spectators look on.

— photo by Nancy Coplon

:62, 2:05, and 3:07. On the same day, he ran an 800m in 1:59.5, which gave him a sub-2:00 800m for the 24th consecutive year.

Despite early season success on the track, Stewart plans to concentrate on

road racing until late summer, with the Old River Road 25K, Grand Rapids, May 7; the Dynamics 15K, Syracuse, May 22; the Cotton Row 10K, Huntsville, May 30; and the Peachtree 10K, Atlanta, July 4. □

Philadelphia Masters Set 1600-Meter Relay Record

by PETER TAYLOR

PHILADELPHIA, April 30. Two greats of Penn Relays past — Edwin Roberts and Jim Burnett — teamed up with two sprinters of lesser fame but only slightly less ability, Dhamiri Abayami and Bob Stanford, to give the Philadelphia Masters TC a 4x400 Relay win today in 3:25.4 at the 89th Penn Relays at historic Franklin Field.

The time not only demolished the Relays masters record of 3:30.2, it destroyed the American standard of 3:28.7, set in 1981 by the Philadelphia Masters (Abayami, Dawson Pratt, Stanford, Burnett).

A crowd of 37,126 watched Abayami give Philadelphia the early lead with a 52.9 opening leg (Rich Rizzo of the NY Pioneer Masters was applying a little pressure at this point). Dhamiri passed the stick to Stanford, who, with his customary look of a man being chased by a hungry lion, turned in a 52.3.

Bob passed to Burnett, the Penn Relays Olympic Development 440y/400m record-holder (47.1 in 1968, the event has not been run recently). Jim, now 43, treated the crowd to another brilliant display of power and grace as he strode to a time of 49.8.

Roberts, winner of the Penn Relays college 100 yards (cinder track) in 1964 (9.7) and 1965 (9.6), showed the crowd that he hasn't lost much in the interim. Ed, who runs with a clipped, "no-nonsense" style, "took care of business" with a 50.4 anchor.

The NY Pioneer Masters (3:30.7), Potomac Valley Seniors (3:33.7), and Shore AC (3:35.9) followed Philadelphia over the line.

Yesterday, the Philadelphia Masters "Blue team" of Larry Wilson, Abayami, Jim Bantum and Roberts took the 4x100m relay in 44.21. Shore AC was second in 44.85; Potomac Valley Seniors next in 45.66; Philadelphia Masters "Gold" (featuring Bill Cosby on the second leg) fourth in 46.19; and NY Pioneer Masters fifth in 46.41. □





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NATIONAL MASTERS NEWS
58th Issue
June, 1983

Editor: Al Sheahen
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 Production
 American Publishing Co.
 Kathleen M. Phiffer

The National Masters News is an official publication of the Athletics Congress Masters Track & Field and Long Distance Running Committees. The editorial policy is not necessarily that of the Athletics Congress.

The National Masters News (ISSN-07442416) is published monthly by GAIN Publications for \$15 per year from 6200 Hazeltine Ave., Van Nuys CA 91401. Phone 213/785-1895. Second class postage paid at Van Nuys CA 91409.

Unsolicited submission to NMN are always welcome. Manuscripts should be typed double spaced, but legibly handwritten material is also acceptable. Please include a stamped, self-addressed envelope if return is desired. Send editorial, advertising, and other correspondence to NMN, P.O. Box 2372, Van Nuys CA 91404.

SUBSCRIPTIONS: A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena CA 91107.

POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena CA 91107.

Address letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

WOMAN WANTS ACTIVE MAN

I realize your magazine is not a dating or a "people-meeting-people" service, but I am rather frustrated in my attempts to meet males (35-45 years old) who are active in their daily lives.

I have found, in writing to other "people-meeting-people" groups, the males state they enjoy sports. But upon direct conversation with them, I find their sport is either watching it on TV or bingo.

I know there are lots of males (35-45) who are physically active in biking, running and swimming. It is these "alive males" I would like to correspond with and/or meet.

I have decided the avenue to meet

the people who share my interests is to go to the magazines they read. I am hoping, based upon these thoughts, you will place the following ad: "Mid-west master female biker/runner would like to write/meet 35-45 white male with same interests. Write: S.L. Box 241014, Omaha, NE 68124."

S.L.

Omaha, Nebraska

(You came to the right place. NMN readers are 85% male, 95% physically fit and active, and about 50% age 35-45. If you also toss in the 45-55 year-olds, who are in better shape than most average 35-45's, you are reaching a choice and superb source of potential pen pals/friends/lovers. Moreover, many NMN male readers are hopeless romantics. Many are bachelors, frustrated at the usual 10-1 ratio of masters men to masters women at most running events. Many are independently wealthy. (Many are also barely surviving, but what does money matter when true love is involved). We've been thinking of establishing a "personals" section for a long time, but didn't have the courage. Your letter was what we needed. From now on, we'll feature a personals section in the classifieds. We invite readers to write in. Never thought you'd meet your dreamboat in NMN, did you? The only thing we're worried about is: what will W. Macdonald Miller say in his column if he finds out about this. — Ed.)

Gasparilla, I ran 45:57 for 15K, an A.R. by 1:21, again in Jacksonville (March 12) I ran 47:26 for 15K. (Mike Manley was scheduled to run but injured his ankle the week prior, and withdrew.)

The focus of my running year remains September 28 at 6 p.m. See you in San Juan.

Bill Stewart

Ann Arbor, Michigan

DOWN WITH THE MARATHON

Thank you very much for your article "Down with the Marathon." I couldn't agree more. To go one step farther though, most shorter races are ignored. Race directors grind 10K races into the ground; it's very hard to find a nice 2 mile, 5K or 4 mile race unless they are part of a race where the main race is 10K. There is no such thing as an 8 K race in our part of the country anyway. You were really right on target when you stated "What seems to have happened is that the running boom has fostered a new breed of runner. He or she is not really a racer or competitor." I can't believe how people enter running races and walk after a quarter of a mile. It doesn't seem possible that someone would enter a race before they can finish it running. I don't care how long it takes, but they should be able to finish and when I say finish I mean without walking.

Hoping to see a follow-up article.

Rich Czarapata Sr.
New Berlin, Wisconsin

STEWART RESPONDS

I usually resist writing letters which might cause some controversy. However, at this point I feel I must speak up.

With regard to Val Schultz's article on the Portland Masters Mile, I did not travel to the race because I had signed a contract with Brooks Shoes, February 3rd. The tickets from Nike were waiting for me upon my return from Gasparilla. I returned them February 8 with a note of thanks. I did not bow out at the last minute. My congratulations to Barry Adams on a fine race.

The race in Orlando, Florida, was a first class operation, as Alex Ratelle pointed out so well in his April column. Lorraine Evans and Newton 'Doc' Black put together a fine Masters field. Dan Conway, Bill Hall, and Alex joined me at the starting line. Dan opted for the concurrent 10.4 mile race, and won by a good margin, 2:27 to 2:29.

I certainly do not mind losing, and will put my butt on the line anytime. But please give credit when it is due: At

PROBLEMS AT PUERTO RICO?

The WAVA Championships are fast approaching and as might be expected, there are problems.

Puerto Rico was supposed to cure all our ills. All finals in the main stadium, we were assured by the WAVA executive committee.

Now, I receive a schedule which shows EVERY heat and trial and final for 100, 200, 400, and 800 meters in the main stadium, clogging up that venue for FIVE DAYS. On three of those days there are trials ALL DAY. In the meanwhile, one distance (5000m women) is scheduled for the main stadium. Most others are on secondary tracks.

There is absolutely no logical or acceptable excuse to run heats all day long for days on end in the main stadium and meanwhile, gold medals are being contested in secondary stadiums. It is just plain illogical, unfair, and definitely ignores the protest of countless older competitors in

(Continued on page 4)

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Over The Hill TC Wins, Over Cold and Rivals

by MARIE HADBOURNE

In weather more suited for skiing, the host Over the Hill Track Club won the first annual North Coast Relay Championships at Cleveland Heights (OH) High School April 24. The West Penn Track Club finished second, while Potomac Valley finished third. Although the chill factor was 21 degrees throughout the meet, there were still some outstanding performances.

In the 30-39 age group, Norm Bower threw the hammer 141' 10" and the 35-pound weight 46' 2", while Dave

Morgan tossed the javelin 186' 7". The sprint relays were highlighted by duels between Potomac Valley Track Club and the Fitness Track Club of Detroit. Fitness won the Sprint Medley Relay by a whisker in 1:38.81, while Potomac Valley returned the favor in the 800 Relay (1:33.64 to 1:33.88).

A total of fifteen teams competed in the 8-event track and 8-event field slate. Over the Hill Track Club's next meet is the Cleveland Classic on June 18, 1983, with competitors expected to number over 1,000 for the Open and Masters event. □

Age Records Fall in Price Chopperthon 30K

Led by Cindy Dalrymple and Anny Stockman, seven masters set age records on the fast Price Chopperthon course from Schenectady to Albany, New York on March 20th. Dalrymple finished fifth overall among the women in a time of 1:57:41, which smashed Miki Gorman's listed 40-44 record by five and a half minutes. Recovering from a stubborn cold, Cindy vowed to return next year and take another four minutes off the record. If she is true to her word, she would present a stiff challenge to three time winner, Jane Welzel, who captured this year's title in 1:50:59.

Local favorite, Anny Stockman, of East Greenbush, New York, took three minutes off the women's 50-54 record set by Alicia Moore of New York's Atalanta Club in December. Stockman's time of 2:15:42 was good for 23rd place among the 121 women finishers. Since turning 50, she has run with new energy, easily winning her age group in most races and finishing as the first overall in the Hudson-Mohawk Road Runners Club Women's Distance Festival in July.

First master's man to finish was Jerry Smith of the Syracuse Track Club. Smith took 20th overall in 1:42:53, which sets a new age 40 record for a point to point course. Defending master's champ Ralph Zimmerman watched the finish from the sidelines due to a persistent illness. Two minutes behind Smith was Andy Urquhart of Scotia, New York, who established an age 43 record of 1:44:54. He also led his Capital Track Club masters team to its second national crown in seven months, adding the RRCA award to the TAC 30K trophy won in September. The third master's finisher, Daniel Ellison of Concord, New Hampshire, also joined the record breakers with an age 44 best of 1:47:07. □



Sue Johnston, Oakland, age 41 18th overall, first 40+ W 1:00:04 at AVON 15K, San Francisco April 10, 1983.

photo by Gene Cohn

**Nancy Hlibok,
11 years old is deaf.
She studies ballet at the
Joffrey Ballet School.**

President's Committee on
Employment of the Handicapped,
Washington, D.C. 20210

**SCHEDULE
on Page 24**



Bob Cooper, 59, of Davis, CA, accepts congratulations after winning 55-59 100M in the Sacramento Masters Relays.

photo by Steve Yeater

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Alan Krenzarker, 1st 60-69 in Marin Symphony Orchestra run in the rain. Tiburon, CA. March 20.

photo by Gene Cohn

Relay Record Falls With The Rain At Sacramento

by BOB ROEMER

SACRAMENTO, April 23 — It rained throughout the Sacramento Masters Relays — for the second year in a row — but, you can't keep good track men and women down.

The meet at California State University, Sacramento, supported materially and financially by Nike and Penn Mutual, drew about 100 athletes and even produced at least one world record.

A West Valley Track Club 50-59 sprint quartet ripped off the 4x 100 meters in :47.3, eclipsing the best previous mark (:47.65 by Corona Del Mar in 1982) that meet directors could find. The West Valley team—Dick Marlin, Jim Lingel, Bruce Springbett and Marion Sanchez—was chased to the record by a host Northern California Seniors foursome, which clocked a :48 flat five years ago on a dirt track at the University of California-Davis.

Springbett, 50, Los Gatos, turned in a top individual performance, too, considering the weather a :12.1 100 meters, beating Sanchez by a stride.

World record holder Herman Wyatt, San Jose, high jumped 5'7" in the



Nike's Tenolmen team, WR 24-hour relay, 60-69, April 23-24, Sacramento, CA. l. to r., Eddie Lewin, Bob Page, Frank Grey, Ralph Paffenberger, Don Lundberger, Ray Mahannah, John Gilkey, Harry Harder, George Billingsley, Paul Reese.

Tenolmen Team Erases 24-Hour Relay Mark

Tenolmen, a Nike sponsored team of ten runners varying in age from 60 to 68, set a new world record of 209 miles, 1,583 yards for M60-69 in the 24-hour relay, April 23-24, Hughes Stadium, Sacramento, California. The former record of 200 miles, 974 yards, was set by the Rochester 10 in 1981.

The Tenolmen team averaged a 6:52 pace per mile for the event, despite running in stormy weather for most of the twenty-four hours. The relay was conducted from 9 a.m. Saturday to 9 a.m. Sunday with runners finishing 844 laps around the stadium 400m track.

Runners on the Tenolmen team were George Billingsley, of Loomis, CA.; John Gilkey, Los Altos, CA.; Frank

Grey, Poulsbo, WA.; Harry Harder, Reedley, CA.; Eddie Lewin, Brentwood, CA.; Don Lundberg, Waterford, CA.; Ray Mahannah, Modesto, CA.; Ralph Paffenberger, Berkeley, CA.; Don Page, Lomita, CA.; and Paul Reese, Sacramento, CA.

The rules for the relay provide that

each team member runs a mile (or 1,600 meters on a 400 meter track), then passes the baton to another runner, with this rotation continuing through the 10 team members, then recycling. If for any reason a runner cannot continue, the team then has one less member in the rotation. □

Write On!

(Continued from page 1)

Christchurch and the subsequent agreement, President Don Farquharson, and the WAVA executive committee.

Also, it seems positively unfair and discriminatory that, if there are less than four entrants in a division, that a competitor would have to set a new world record to get any medal. That is the case in the W75 division. With the extremely limited number of women in the whole wide world who are actively competing in athletics, it would appear to be impossible to set standard in this and older divisions. I am in favor of standards to avoid cheap medals, but I do not believe the Puerto Rico Committee is correct or has the right to deviate from WAVA standards and policies.

I was at Toronto, Gothenburg, Hanover, and Christchurch. But I'll not witness the unfairness at San Juan as I have cancelled all plans to enter and attend.

Bill Stock
La Mesa, California

(Thanks to Stock and others, the World Games Committee has switched the men's 5000 and steeplechase to the main stadium; and moved the 100 meter trials and 800 semi-finals to secondary tracks. WAVA has also eliminated standards for awards in the 70-and-over categories. Six of the 12 10,000-meter races remain in the main stadium; six are on secondary tracks.

All tracks are of top quality, WOV assures. — Ed.)

PAIN IS YOUR FRIEND

You know how we look for our friends and competitors names in your marvelous publication, and this season mine will be noted by its absence!! For the past two years, I have been running injured, just patching myself up for the next race. However, last August the bod said "Enoughs enough" and refused to maneuver. It has been a frustrating eight months going from one specialist to another, from one treatment to another and all to no avail. So now a complete rest might be the answer. I say this without too much conviction, and though it has been completely vetoed, I am swimming (which I loathe), bicycling (which I love) and walking (which I can take a leave): Maybe some good could come out of this experience by other Master using me as an example at what not to do. I myself always have to find out the hard way! And believe you me, this is the hard way! I am very lost without my best friend — and to miss the coaching of our great Master Raymon Hatton only adds to that loss. Maybe I'm a good girl, I can come back "New year." Remember! Pain is your friend — listen to it. Love and Good running to all my contemporaries. P.S. Just to complete this story - I fell off my bike today and broke my shoulder!!!

Patricia Dixon
Eugene, Oregon

Continued on Page 3

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THE GUN LAP

by MIKE TYMN

MARGARET MILLER — A MASTER PERFORMER

Margaret Miller took up running at age 41. Yet, she has some pre-masters performances tht she's pretty proud of. They include coming to the United States from Scotland at age 19 to get married and then giving birth to three bonnie lassies.

"I was happily married, had three lovely girls, and a good job, but something was missing in my life," Miller, a 57-year-old resident of Thousand Oaks, Calif., relates. "Running filled the void. I've always loved nature — walking, hiking, that sort of thing, so it was a natural."

Miller's introduction to running came in 1967. She would drive daughter Demetra to track practice and wait in the bleachers with some of the other mothers. One day, the coach

coaxed them to run around the track.

"I barely made it," Miller remembers. "Sitting at an office all day, drinking coffee, eating junk food, I was in bad shape physically. Not anymore. I feel good!"

At first, Miller was content to job for health and fitness, working her way up to four miles non-stop after six months. About year after beginning her jogging program, she was persuaded to enter a four-mile race.

"I ran because they were awarding eight trophies for women and only seven women were running," she muses. "I finished seventh in 42 minutes, but everyone was yelling and clapping so loud for me that I became hooked on competing."

Mihaly Igloi, the noted Hungarian

coach who defected to the U.S. after the '56 Olympics, began coaching Demetra, and seeing Mom's enthusiasm decided to coach her also. Three times a week, mother and daughter would travel to Santa Monica City College to undergo Igloi's strict regimentation.

"He was a hard task master," says Miller, "but in retrospect it gave me the discipline and mental toughness which I carry with me today. It was a turning point in my life."

Today, Miller ranks as one of the top 50 and over distance runners in the world. *Running Times* picked her as the number one American woman in the 55-59 category for 1982.

She set new national age-group records at 10K (39:25), 15K (1:00:37), the half-marathon (1:28:38), and the marathon (3:07:22) last year.

All of Miller's personal bests have been recorded within the past three years. They include a 5:12.9 at 1,500 meters, 38:48 at 10K, and a 3:03:28 marathon.

"I think the 15K is my best distance," she says. "That 1:00:37 came at Santa Barbara last year on a hilly course. I felt very strong in that race. But I have a love-hate relationship with the mile."

One of her most memorable competitive experiences was running a 5:50 indoor mile at the Cow Palace in San Francisco two years ago. But that takes second in her book of memories to her trip to Japan last September to compete in the International Veteran's Distance Running Championships. She had won the right to compete in that event as the result of winning her age class and out-scoring (on an age-graded performance table) all other women, including overall winner Cindy Dalrymple, in the Nike Grand Prix 10K in Philadelphia.

Prior to the Japan event, a typhoon lashed Tokyo. Miller was in her hotel room at the time. "I was pretty scared, but fortunately everything held up," she recalls.

The typhoon wiped out the planned 10K course and forced the runners to wade through ankle-deep water in some places. The race was further complicated by 80 degree temperatures. But Miller says that all of the adversity made the entire experience "awe inspiring."

Miller now trains under Eino Rompanen, a former sub-4 minute miler from Finland. "He's a bit like Igloi," says Miller — "no nonsense." Her weekly routine includes one run of 20 miles and at least one interval session of 440's, 880's, or miles. Mixed in between are 10-12 mile runs with pick-ups and some easy running. She averages 75-80 miles a week.

"I really have to talk myself into going to the interval workouts," she laughs.

As for her goals, Miller says that she would like to break three hours in the marathon. "I know I can do it," she states. "Other than that, I want to con-




Margaret Miller.

photo by Dan Waingrow

tinue to enjoy my running — both training and racing. It's such a great joy to me. Sometimes I feel so good after a run that I jump up and do a click of my heels. And if I'm with someone, we do a jig."


(Ed. Note: On April 24, Miller added to her impressive list of achievements by setting a world women's age 55-59 20-mile record in Camarillo, Calif.)






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Meet headquarters: Shattuck Hotel, 2806 Allston Way, Berkeley, CA 94709. Write or phone (415)845-7300 by June 15, 1983 for No. Cal. Srs. Classic group rates \$32 sing. \$37 db. Shuttle-bus from Oakland Airport to Bay Area Rapid Transit ("BART"); BART downtown Berkeley station is within one block from the hotel and the track. Packets (including final time schedule of events and T-shirts) available at the meet hospitality room; Shattuck Hotel, Sat. eve. July 2, and at the track, July 3. TV coverage.

Events: Field, 1pm high jump, discus, pole vault; 2pm long jump, shot put; 3pm triple jump, javelin.

Track, 10am 5000m; 10:30 heats, if necessary; 1pm 4 X 800 relay, 4 X 100 relay, 100m hurdles (women & 70+ men), 110m hurdles men, 100m, 800m, 400m I.H., 200m, 400m, 1500m, 4 X 400 relay. Final time schedule to be set after entry deadline.

For further information, phone or write to meet director, A.M. GRUBI, P. O. Box 4512, San Francisco, CA 94101 (415)285-3352 (8pm to 10pm). Mail entries to the meet director with checks payable to NO CAL SRS TRACK CLUB.

----- ENTRY FORM -----
(Please print)

Name _____	Club affiliation _____
Address _____	TAC # _____
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I would not be interested in dinner, July 3 (minimal cost) for competitors and guests. No. in party _____.

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur while traveling to or from or participating at this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____

STEWART BREAKS 25K MARK

GRAND RAPIDS, Mich., May 7. Bill Stewart continued his assault on the masters age record book today with a blazing 1:21:57 in the Old Kent River Bank 25-kilometer run.

The time betters the American age 40-and-over record of 1:21:39, set by Jim Bowers in 1980. Stewart, a 40-year-old Ann Arbor physical education instructor, finished in 17th place overall in the popular race. □



On the comeback trail, Pete Mundle, 54, won 50-59 division, Playa Del Rey, CA, 10K, April 10, in 37:45.

Sportsfoto by John Allen

BOOK REVIEW

Henderson, Joe. *RUNNING A TO Z: an encyclopedia for the thoughtful runner.* Stephen Greene, April, 1983, 188p., paperback, \$8.95.

An insightful and entertaining edition to running literature, written by the knowledgeable and highly respected proponent of LSD (long slow distance) running. It is filled with anecdotes and quotes of famous runners and writer-e.g., George Sheehan and Bill Rodgers—as well as of unknowns. It is directed at the low-keyed competitor and not for a walk on and is appealing to the lifelong recreational runner. Well worth the price. □

CHARIOTS OF FIRE TRACK & FIELD MEET

— A VINTAGE 1924 OLYMPIC THEME —

BADER FIELD COMPLEX • BLACK HORSE PIKE • ATLANTIC CITY, NEW JERSEY



SATURDAY, JUNE 11, 1983 • 1 P.M. • RAIN OR SHINE

SPONSORED BY SEVEN-UP/LIKE, LE COQ SPORTIF, NIKE, & ATLANTIC CITY SPECIAL EVENTS OFFICE



SANCTIONED BY THE ATHLETICS CONGRESS OF THE U.S.A.

- **ELIGIBILITY & AGE GROUPS** ←
 - MASTERS (40+, M & W) 5-YR AGE GROUPS
 - SUBMASTERS (M & W) 30-34, 35-39
 - OPEN (M & F) ALL AGES
- **FACILITIES** ←
 - BADER FIELD COMPLEX • AMPLE PARKING
 - 8-LANE CINDER TRACK • REST ROOMS
 - CHANGE AREAS • SHOWERS • 1/2" SPIKES WILL BE AVAILABLE
- **AWARDS & PREMIUMS** ←
 - * WINNERS CHOICE, 1ST 3 PLACES EACH EVENT.
 - * SPECIAL AWARD TO MALE & FEMALE FOR:
 - BEST VINTAGE COMPETITOR'S OUTFIT
 - BEST VINTAGE SPECTATOR'S OUTFIT
 - * SEASHORE CARPETBAG OF GOODIES TO EACH AND EVERY COMPETITOR
 - * SPECIAL SHIRT TO EACH PREREGISTRANT
- **ENTRY FEES** ←
 - \$6.50/1ST. EVENT (INCLUDES SHIRT, GOODIE BAG)
 - \$5.00/2ND. EVENT • \$4.00/3RD. EVENT
 - \$5.00/SUBSEQUENT EVENT • RELAYS FREE TO REGISTERED COMPETITORS
 - ENTRIES MUST BE POST-MARKED BY JUNE 4 TH.



- **SCHEDULE OF EVENTS** ←

120 H	BROAD JUMP
100 YDS.	HIGH JUMP
1 MILE	HOP, STEP & JUMP
440 YDS.	POLE VAULT*
1 MI. WALK	SHOT PUT
880 YDS.	DISCUS
2 MI. H'CAP	JAVELIN
220 YDS.	
4 • 800 RELAY	* SPECIAL AWARD TO
4 • 110 RELAY	ANY COMPETITOR WHO
4 • 220 RELAY	CLEAR 14 FT. WITH A
4 • 440 RPLAY	WOOD OR METAL POLE

- **RULES OF THE COMPETITION** ←
 - THE 1983 RULES OF THE ATHLETIC CONGRESS WILL GOVERN THE COMPETITION EXCEPT AS FOLLOWS:
 - FOR DESIGNATED EVENTS, NO STARTING BLOCKS PERMITTED; 5-YD. PENALTY FOR 1ST FALSE START; DISQUALIFICATION FOR 2ND!
 - HIGH JUMP BAR STARTS AT 3 FEET.
 - POLE VAULT BAR STARTS AT 8 FEET.

B.B.Q. AND REFRESHMENTS

FOLLOWING MEET - FREE TO EACH COMPETITOR

MEET DIRECTOR: BERT LANCASTER

ASST. DIRECTOR: MICHAEL SCHAEFFER



Official Entry				
LAST NAME	FIRST NAME	Sex	M	F
Name _____		1ST EVENT \$6.50		
Address _____		ADDITIONAL (SEE ENTRY FEE SCHED.) \$ _____		
City _____ State _____ Zip Code _____		Total Amount Enclosed \$ _____		
Phone _____ Team Affiliation _____ Complete & Accurate Team Name _____		Payable To: US MASTERS CHAMPIONSHIP		
Event _____ Recent Best Mark _____		Mail To: BERT LANCASTER		
Event _____ Recent Best Mark _____		BADER FIELD SPORTS COMPLEX		
Event _____ Recent Best Mark _____		501 N. ALBANY AVE. (BLACK HORSE PIKE)		
Event _____ Recent Best Mark _____		ATLANTIC CITY, N.J. 08401		
Event _____ Recent Best Mark _____		Phone: (609) 347-5216		
Athlete's Release In consideration of your acceptance of my entry, I do hereby for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The Athletics Congress, The Philadelphia Masters Track & Field Association, all other meet sponsors and sports facilities or their officers or agents, for any and all damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition and will do so if directed.				
Date _____		Athlete's Signature _____		



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

BOLD TIMES

The thing most aggravating about the Masters program is that no one knows about it. I can be totally bummed by the guy who lives next door to the track, see us doing our do on a particular Saturday, and wanders over to expound, "Gee, I wish I'd known about this. How does a person get involved?"

Sometimes I even get the distinct feeling that people know about it and are even half-way interested, but, for whatever reason, don't get involved. Embarrassed? Intimidated? Who knows? Something is certainly missing and I happen to think I know what it is.

It isn't anything mysterious or complicated. It's something entirely basic and beautiful. What's missing is — middle-age sex appeal.

Relax, I'm still smarting a little from the "poor taste" flak I've been getting

lately, so I'm not about to suggest we all start doing it in the long jump pit. What I would like to do is seriously address an issue that should have been faced long ago.

Our movement floundered a bit early, has now stagnated altogether, and, in general, is dead as you know what part of Kelsey. We're not growing, we're not attracting new people, and, with few exceptions, we've never really been able to get the former athlete in the least bit interested.

Everyone pretty much understands that, around forty, guys go kind of crazy. They go into a whole macho thing. They're all into their space and they start saying things like "two wrongs don't make a right, but three do." They start living in vans and wearing earth shoes. Life is very serious and, as many times as not, will involve something young who also pro-



Decathletes at 1st National Chilean Decathlon, Santiago, December 11-12, 1982. l. to r., G. Galindo, 40; L. Lagos, 55; N. Adriaola; P. Weitz, 40; A. Melcher, 60; S. Munoz, 50; J. Alzamora.

bably wears earth shoes.

Forty-year-old chicks seem to be pretty much okay. They seem very much aware that they've got another 40 years or so to do anything they haven't gotten around to as yet, and are quite secure in the knowledge that opportunities aplenty will present themselves. The 40-year-old guy, on the other hand, isn't interested in lugging some silly pole-vaulting pole around. He's interested in pole-vaulting around town, not to mention a little out of town, too. There's a difference, and, in addition, he's up tight, he's lost his steps, and doesn't seem to think he's got much time.

If the Masters program is worth saving, it will call for bold departure from what we've been doing. It's going to take more than free Nike caps to reach the people and make the program important and alive to thousands of men and women it so far has failed to reach.

First, I see a whole sitcom thing for prime time TV. Remember, there's a big doctor thing going down out there on TV everyday. It might be the first worthwhile undertaking AMA ever did in its life. I still get a little steamed up when I'm reminded of how they sneaked themselves in the Boston Marathon all those years under the guise of saving lives. Anyway, an entire doctor thing with the nurses, the distraught, helpless, sensuous women patients and, of course, all the problems of the rich, the beautiful and the fit. Who is Buffy's real father? Did Raul's vasectomy really take this time? Closer to home, how does a small town abortionist like Julius Axelbolt earn a living now that it's legal? It all involves running, jumping and throwing and, of course, subscribing to the National Masters News. Why? Because the NMN talks about professional people who run, jump and throw and are people who not only think about the same things you do, they're actually doing the things you and I always wanted to do. I should point out, there are already too many of these people in California so you needn't move. Start a club in your own town; you'll be bounding and cavorting, you'll be in the steeplechase pit with the doctors and lawyers of your town. If there aren't any American doctors in your town, be big

about it. Believe me when I tell you, everybody needs a little triple-jumping in their lives.

We'll need a media package. I'm not talking about Runners World and Running Times either, friend, that whole routine is for wimps who are worrying about their weekly mileage and rotating their tires. We must divorce ourselves from all the conventional approaches, they never got us any participants anyway. We'll kick it off with full-page multi-colored ads in specialized mags like Big Guy, Blue Boy and Climax. Sure, they're a little off center. I remind you, however, our predicament calls for bold, creative and imaginative direction. We'll do stories about fooling around with a shot putter, high jumping in leather and "emasculatation, will it really make you a better hurdler?" Think of the whole T-shirt thing. Could we do a message campaign for this here country? Hear me, I'm not talking about any of that cornball "Honk if you're a sexy senior citizen" business, either. I'm talking about the stuff that could get our country on its feet and on its way to a podiatrist. This country has paid enough attention to astrology stickers and spice racks. We'll get the President to proclaim special days like "Make love to a 4B Discus Thrower Day." Of course, we'd get Ken Young involved so he could establish some general performance standards. Records would be an important incentive, I can see the headline in the Quad Cities now, "2A French Kiss record in Iowa!"

That, in broad strokes, is my package for participation. You do what you want — stay home, stay in bed for all I care. As for me, it's 4:30 in the afternoon, and I'm headed down to get a good stool at the bar in our building. You just never know when you might meet some 40-year-old kid, an out-and-out Miss Everything whose kids are grown, who's seriously into pain, who will do what has to be done, and, to top it all off, needs immediate help on her finishing kick. As a 30-year-old reader recently asked, "Other than what I'm doing now, the anticipation of being a grandparent and the masters program, give me one other good reason for getting old." □



1983 MIDWEST MASTERS
OPEN T/F
MEET
MALE & FEMALE,
ALL AGES.



Sponsored by the Masters Track & Field Committee, TAC, Nike, and York High School, Elmhurst, Ill.

DATE & TIME : Saturday, June 25, 1983; starting at 9:00 A.M. SITE : York High School, Elmhurst, Ill. FACILITIES : All new Chevron track, HJ, LJ, and PV runways are Chevron.
DIVISIONS : Grade School, Jr. Hl., Fr.-Soph., High School, College, Open, 30-34, 35-39, 40-44, etc.
AWARDS : Trophys to first 3 places.
ENTRY FEES : \$6.00 one event, \$8.00, two or more. STUDENTS: \$4.00 for one event, \$6.00, two or more. Entry fee entitles all entrants who place (1-3) on trophy. Additional trophys available at \$4.00 each. Make checks payable to MIDWEST MASTERS, 180 N. LASALLE, CHICAGO, IL. 60601, c/o Wendell Miller; (213) 234-2154.
SCHEDULE OF EVENTS: Unless otherwise noted all track events will be run in reverse chronological order: Women (60-64, 59-55, etc.). Some age groups will be combined.

TRACK EVENTS			
9:00 A.M.	10,000 Meter Run	9:00 A.M.	Hammer
10:00	110 Meter High	10:00	High, Jump, Long Jump, Poll Vault
10:30	3,000 Meter Steeple	11:00	Javelin
11:00	100 Meter Dash	12:00 P.M.	Shot Put, Triple Jump
12:00 P.M.	800 Meter Dash		
12:30	3,000 Walk		
1:00	200 Meter Dash		
1:45	400 Meter Dash		
2:15	1,500 Meter Run		
2:40	IH		
3:00	5,000 Run		



ENTRY FORM & RELEASE : NAME _____ DOB ____/____/____

ADDRESS _____

ENTER IN THE FOLLOWING EVENTS: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____

ATHLETIC RELEASE: In consideration of my entry, I do hereby for myself, heirs and administrations, waive and release all claims I may have against the Midwest Masters, Nike, and York High School, Elmhurst, Ill., their representatives and the various sports governing bodies, and sponsors, for any and all injuries suffered by me in any event or sports facility. I certify that I have no physical defects that would prevent me from competing. Further, I take full responsibility for personal equipment owned by me for breakage.

INDIVIDUAL SIGNATURE _____

PROFILE

GEORGE COHEN — A REAL RUNNER

"I'm annoyed by people who refer to me as a jogger or a marathoner," says George Cohen, a 43-year-old Los Angeles resident.

Cohen is a runner. His 1:54.9 for 800 meters, an American masters record, should attest to that.

Cohen's story is a familiar one. A successful competitor in high school and college, he gave up running after leaving school. Eighteen years and 25 excess pounds later, he started running again. After a few months he entered a 10 kilometer race.

"Wow, was that a shock," Cohen muses. "Well, you've heard the story a million times. After I recuperated, I had to try it again. Actually, it was 1978 and I was 38 when I got back into it. In 1979, I ran 54 road races. I had lost 25 pounds, and was beginning to win my division fairly frequently. I didn't know about masters track until

just before my 40th birthday."

His 800 American record came just six months later at the 4th annual Pan American Games in Los Angeles. "That win over Ernie Billups had to be the most thrilling race of my life," he exclaims.

Another high point of Cohen's second track career was winning the 800 championship at the 4th World Veterans Games at Christchurch, New Zealand in January 1981. His time there was 1:55.5.

While the 800 seems to be Cohen's best event, he occasionally drops down to the 400 and goes up to the 1500. He has masters bests of 52.0 and 4:01.9 for those events, the latter being an age 41 American record. Recently, he clocked 4:15.9 in the West Covina Downhill Mile Classic, which involved a 135 foot elevation drop. And, his best 10-K on the road is a 33:53, recorded in March.



The first lap of the 800m final at the World Games, January 14, 1981, with George Cohen in the lead on his way to a 1:55.5 meet record. Eric Owers, #47, finished 2nd, and Alan Bradford, 1500m champion, directly behind Cohen, took 3rd.

At Edison High School in Stockton, Calif., Cohen's favorite events were the 220 (22.0) and 440 (48.7). He also ran the 100 (10.0) and the 880 (2:00). He won the San Joaquin CIF 440 championship twice and was placed on the National Interscholastic Honor Roll for track and field. After a tour of active duty in the Navy, Cohen competed at Stockton College and lowered his 440 best to 48.1.

"Unfortunately, I couldn't find the right mix at that period in my life that would make working, studying, and training come together harmoniously, so I dropped out of school and running," he says.

Cohen later earned his B.A. at Cal-State, Los Angeles and a Masters in Public Administration at the University of Southern California, but did not compete while attending those schools. Married, he is employed as a California parole agent.

The 5-foot-10, 165 pound competitor trains an hour a day on the average. His routine is to do intervals on the track on Mondays and

Thursdays, and easy 6-8 miles on Tuesdays and Thursdays, rest on Fridays, race on Saturdays, and run an easy 6-9 miles on Sundays.

"I take a day off whenever I don't feel like running," Cohen says. "When family conflicts occur, I try to be objective, then manipulative. That doesn't work on the job, so at times my running is subordinated by the meat and beans of reality."

Cohen finds that as time passes he is more stiff and sore from intense running. "And I find I'm recuperating slower and becoming less willing to double," he adds. "But running itself is a great pleasure to me and I find the opportunity to compete a blessing."

Asked about his immediate and long range goals, Cohen says that he hopes to repeat as national champion and lower the 800 record in the process. He'd also like to break 50 seconds in the 400 and 33 minutes at 10-K.

"I'm too busy having fun to really plan ahead," he concludes.—Mike Tynn. □

TAC/USA EASTERN REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS
JUNE 25, 1983

SPONSORED BY:

East Stroudsburg State College and The Pocono Athletic Club
Open to All Athletes over the age of 30 who are registered with TAC/USA.

SITE:

Eiler-Martin Stadium Track, East Stroudsburg State College, Exit Rt. 80 at #51, turn right go through first stoplight to 1st right and turn right and proceed to stadium (1/8 mile)

DATE: Saturday, June 25, 1983.

Entry Fee:

\$5.00 first event (includes T-Shirt), \$3.00 each additional event. Non-refundable. Make checks payable to The Pocono Athletic Club.

Entry Deadline:

Monday, June 20, 1983. NO POST ENTRIES! Entry fee must accompany entry.

Facility:

Resilite track and runways (x in. spikes).
Concrete Circles. Grass Javelin approach.

Awards:

Three medals in each event for men and women.

Divisions:

Men & Women: OA (30-34); OB (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59);
3A (60-64); 3B (65-69); 4A (70-74); 4B (75-79); 5A (80+).

Order of Competition: Men followed by women. Younger to older divisions. In case of insufficient entries, divisions will be combined.

Time Schedule:

10:00 AM.	Long Jump	Javelin
	Pole Vault	
	10,000 m	
11:00 AM.	110 m H.H./100 m H Trials and Semi Finals	
11:30 AM.	100 m Trials and Semi-Finals	
12:30 PM.	5000 m. Walk	
1:00 PM.	Triple Jump	Shot Put
	High Jump	Discus (Follows Shot Put)
	4x100 m Relay	
Followed BY:	3000 m Steeplechase	A block of rooms at special rate
	1500 m	have been reserved at Quality Inn
	400 m	Rt. 209, R.D.#5, East Stroudsburg
	110 m H.H. / 100 m H. Finals	PA, 18301; Phone (717) 421-1951.
	100 m	Single, \$35; Double, \$40; Triple
	800 m	\$45; Quad. \$80
	400 m I.H.	Make own reservations with hotel
	200 m	and ask for "Masters Special Rate"
	5000 m	
	4x400 m. Relay	

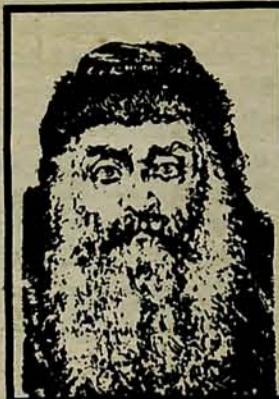
Detach and Return to: Dick DeSchraver, East Stroudsburg State College, East Stroudsburg, PA 18301, 717/424-3425.

PLEASE TYPE OR PRINT:

NAME	First	Initial	Last	SEX	AGE
					(As of 6/25/83)
ADDRESS	Zip				
TELEPHONE ()	TAC NO.				
CLUB	BIRTHDATE				
EVENTS	Best Mark	EVENTS	Best Mark		
	1983		1983		

AMOUNT OF ENTRY FEE ENCLOSED \$

See reverse side for required signature.



Phil the Philosopher

by PHIL CONLEY

LAISSEZ-FAIRE OR MORE RULES

Since its inception in the mid-1960s the masters track and field movement has had to address a wide range of difficult questions and issues. Some of these were simply modifications of the organizational and jurisdictional frameworks already established for the track and LDR activities for the population-at-large. Other questions focused in stressing, or forgiving, specific areas of concern for the older athlete.

I can think of various urgent issues which have cried out for resolution. Some of these are eligibility of former professional athletes, eligibility of athletes from disenfranchised nations, weights of implements and hurdle specifications, the establishment of performance standards, both for entry and for awards, equality of awards for men and women, 5 versus 10 year age

groups, the frequency of the world championships, corporate sponsorships, limitations of the cost of entry fees, the use, or prohibition of national uniforms, and, of course, age certification.

By and large, the masters movement has relied on voluntary compliance in age certification, just as in the income tax. There have been several publicized flagrant frauds, and I suspect that we have not been made aware of many more which do exist.

Three other areas have stringent rules already in place in general athletics which have yet to be addressed by the masters. These are drug testing, sex testing, and the use of physical and coaching assistance by the handicapped.

I suspect that there are many masters athletes who could not pass the drug tests accepted for Olympic-level competition. Many fairly-standard pharmacological substances used by people our age are on the "prohibited" list. A small segment of our population would do anything to improve times or distances.

Likewise, I suspect that there may well be competitors in the women's categories of our events who could not pass the Olympic-level chromosomal female sex test. Again, there are some people who would do anything to compete "at a higher level", witness the fact that two of the highest box-office-drawn movies of 1982 used transvestisim as their major theme.

The issue of favoritism and the handicapped is a subject filled with sociological dynamite. We are taught "ABILITY, NOT DISABILITY!" I have not heard any complaints from athletes whose placing was reduced through losing to an assisted handicapped fellow competitor. How could he! It would not be charitable; it would not portray him or her as a "good sport". Therefore I am willing to raise this issue now in an objective manner before the actual competition.

I would hope that the TAC and the WAVA organizations would make clear statements concerning the use of various physical aids and coaching services presently approved, or simply ignored, for use by the handicapped, because these same aids and services are illegal and prohibited by the general track and LDR organizations under their rules.

Thinking of the Biennial WAVA track and field championships, I must focus on the marvelous heroic exploits of Fritz Assmy, the 65-ish German sprinter who has won gold medals in the last three meets. Assmy is blind and runs in the company of a much younger (I believe late 20's) and larger assistant. Assmy is connected to his assistant by means of a wrist tether. While no one would submit that it is advantageous per se to be a blind runner, there is no question in my mind that Assmy receives benefit from the pacing, the in-race monitoring, the receipt of a favored outside land draw in the 200 meters, not to mention the aid provided by the intermittent tugging through the wrist strap connected to the younger, stronger man. I do not want to pick specifically on just Assmy here, but clearly his case as a gold medalist is "most visible".

I would imagine that some committee of the WAVA had to pass on the eligibility of Assmy and his assistant as "a competitor." I suspect that the standard imposed was whether or not they believed that Assmy's "system" offered an advantage over what would have existed had Assmy not been blind. Under that criterion I too would accept his entry. However, it could be argued that the other sighted competitors are routinely denied coaching and assistance while in competition, and that allowing Assmy to use his "system" provides him with an undue and illegal advantage. Such a ruling would, of course, prohibit Assmy's participation as we now know it.

There is a fine blind Puerto Rican distance runner who runs on the track alone with four spotters in the infield alerting him as he approaches the turns. Among the blind Americans, Norm Bright and Harry Cordellos run distances effectively while in manual contact with running partners.

In these days of "The Bionic Woman", and "The Six Million Dollar Man", there also exists the possibility of enhanced performance in field events. With breakthroughs in reconstructive surgery and bio-medical engineering, it is entirely possible that the use of a prosthesis could provide superior performance. I can envision a highly-elongated arm prosthesis aiding the hammer thrower; I can think of elevator shoes in the high jump.

Too farfetched? What about the paraplegic in the wheelchair? We already have seen a 1:45 marathon recorded by a fantastic younger wheelchair athlete on the down hill course at Boston. Would the present rules in the masters arena allow participation of a wheelchair athlete in a marathon, and more importantly, would he be eligible for his age-related prize? As I understand it the Boston Marathon creates separate starts, categories, and prizes, rather than integration within the standard framework.

Commingled; separate, but equal. Ability, not disability. Where does one

draw the line? Do we really want more rules? What criteria are correct? How are they enforced? How are they financed?

In general the masters movement has been directed with a laissez-faire attitude-all are welcome, the more participants the better, the fewer the rules the better. Our masters jurisdictional organizations have been kept small, and their budgets sized accordingly.

Masters sports are becoming more competitive and more complex, whether or not we want them to be. Some decisions regarding the assistance of the handicapped, as well as the other major issues concerning drug, sex, and age certification, will force us to generate some additional standards, whether or not they are easy to make, or even whether we want to make them at all.

• Copyright 1983 Phil Conley □



Bonnie Dillon, 1982 TAC NMW of the year.
Sportsfoto by John Allen

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(206) 293-9738



Track & Field
Championships

Eugene, Oregon

MARYLAND MARATHON



ALL DESIGNS © 1983 • U. PARSONS

METRIC CONVERSION

1 centimeter = .3937 inches
1 meter = 3.2808 feet
1 meter = 1.0936 yards
1 kilometer = .6214 miles

1 inch = 2.5400 centimeters
1 foot = .3048 meters
1 yard = .9144 meters
1 mile = 1.6093 kilometers

10 kilometers = 6.214 miles
100 meters = 109.36 yards
200 meters = 218.72 yards
400 meters = 437.44 yards
800 meters = 874.88 yards
36 inches = .9144 meters
39 inches = .9906 meters
33 inches = .8382 meters
30 inches = .7620 meters
5000 meters = 3.107 miles



TAC, USA - NATIONAL MASTERS

MEN'S DECATHLON AND WOMEN'S HEPTATHLON

Co-sponsored by Merced City & Merced County Parks & Recreation Departments, and the Merced College Athletic Department.

DATE: July 2nd and 3rd 1983 - starting time 8:00 A.M.

WHERE: Merced Community College Track "76" Stadium, Merced, Ca.

ENTRY FEE: \$15.00 (No Financial Sponsors) Entry deadline June 25, 1983.

AWARDS: 3 Place Medals (Gold-Silver-Bronze) in each age group to all Submasters and Masters 1st-2nd-3rd places for both men & women. Also a complimentary commemorative patch to all participants. All contestants run in 5 age groups: For example (30 thru 34) (35 thru 39) (40 thru 44) (45 thru 49) etc.

All events will be run: oldest to younger contestants starting with women first.

Men: Hurdle Heights: (30 thru 39 yrs. - 39") - (40 thru 49 yrs. - 36") - (50 thru 59 yrs. - 33") - (60 yrs. and over - 30")

Women: Hurdle Heights: 30 yrs. and over all use 30"

Men: Hurdles - 110 Meters: 30 Thru 69 yrs. (10 Hurdles) from start to first Hurdle - 15 yds. (Between Hurdles - 10 yds.) last Hurdle to finish - 15 yds.

70 years and over 100 M. (10 hurdles) (To first hurdle -13.00M) (Between hurdles - 8.50M) (Last hurdle to finish 10.50M)

(Women:) Hurdles (30 yrs. and over) 100M (10 hurdles) spacing same as men's 70 yrs. and over.

(Discus) Men (30 thru 49 yrs. - 2 kilo college Discus) (50 thru 59 yrs. - 1.6 kilo High School Discus)

men: (60 and over 1.0 kilo women's discus)

Women: (30 and over all use 1.0 kilo women's discus)

(Shot Put) Men: (30 thru 49 yrs. -16# shot) (50 thru 59 yrs. - 12# shot) (60 and over - 8# shot)

Women: (30 years and over all use 8# shot)

(Javelin) Men: (30 yrs. thru 59 yrs. 800 gm. college javelin)

60 yrs. and over - 600 gm women's javelin)

Women: (30 yrs. and over all use 600 gm women's javelin)

Women's Heptathlon - (100 M hurdles) (Shot) (HJ) (200 M) = 1st day (Long jump) (Javelin) (800M) = 2 day TOTAL 7 events

(Scoring) Men: (30 thru 59 yrs.) use IAAF scoring table.

60 and over use WAVA

Women: (30 yrs. and over use IAAF scoring table.

FACILITIES: (New Chevron 400 track) - (P.V. - L.J. - H.J. Runways)

All require 1/2" spikes. Javelin thrown off of Grass approach.

HOW TO ENTER: Mail check to A.J. Puglizevich together with application to 720 East 21st Street, Merced, Ca. 95340

You must have your TAC 1983 Number to enter this meet. We would appreciate your attending the Dinner Banquet Sunday night as Monday is also a holiday - (Steak dinner \$6.00 + \$15.00 Entry = \$21.00 Total).

Come dressed in your contestant gear from your motel, ready to compete.

Please print carefully.

Application

Return this portion with your check.

Decathlon

NAME: _____ CIRCLE ONE: Heptathlon

ADDRESS: _____
Street City State Zip

AGE ON JULY 2, 1983 _____ DATE OF BIRTH: _____

TAC # _____

In consideration of acceptance of my entry, I do hereby, for myself, my heirs, and executors or administrators, waive, release & forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me against the sponsors, TAC, Merced Community College, Merced College Athletic Dept. Merced City Recreation Department, Merced County Parks and Recreation Department, A.J. Puglizevich or their officers or representatives, arising out of my participation in the 1983 TAC, USA-National Masters and submasters Men's Decathlon and Women's Heptathlon championships. I certify that I have no physical impairments which might in any way prevent me from competing in this meet. I compete at my own risk and certify that I am the age listed above.

SIGNATURE _____ DATE _____



Bob Messersmith, 50, r, wins 400M, 58.2, Mt. SAC Relays, edging Tony Nassalla.

Sportsfoto by John Allen

NORTH AMERICAN REPORT

by BOB FINE

World Veterans' North American Representative

We will be holding a North American Masters Track & Field Championships in New York City September 10-11, 1983. We'll have low-cost housing, bus transportation to Randall's Island and the complete cooperation and co-sponsoring of the Metropolitan Athletics Congress.

I am recommending to the North American Council of WAVA that we accept the bid of the Midwest Masters to hold an North American Indoor Masters T&F Championships on January 15, 1984 in Sterling, Illinois.

Phil Partridge has scheduled a World Masters Weight Pentathlon Championship to be held on Oct. 2, 1983 in Florida. Phil has previously been advised that only the World General Council can sanction a world championship and that, since the next meeting of the General Council is scheduled for Puerto Rico in Sept., 1983, there would not be enough time to hold a World Championship. Furthermore, the Weight Pentathlon is not a recognized international event.

For many years the Masters fought to establish our own identity and organization. To permit any one individual to determine what will be a world championship would destroy the efforts of many people over the years. Certainly if the Veterans can not properly run their own program it can be

argued that there should not be a program. If Phil is permitted to run his own "World Championships" then nothing will prevent others from doing so and the wishes of thousands of Masters throughout the world, via WAVA, will be ignored.

I call upon all Masters, for the sake of the integrity of the program, not to participate in this event if Phil insists on calling it a World Championship. Alternative weight pentathlon championships were offered to Phil so that we are not trying to stifle competition. □



Raley's Half Marathon, Sacramento, April 9, Marian McKone, Carmichael, First 50+, 299th overall.

photo by Gene Cohn

LOOKING FOR NEW CLUB MEMBERS?

NMN has had many requests for the names of masters clubs. To help us compile a reference list of masters T&F and LDR running clubs, NMN would appreciate it if officers or members would send us the name and address of the club and a contact person. This list will be published in a future issue. Thanks.



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

BOSTON

The Boston Marathon was my very first marathon. Returning this year, for the 14th time, evoked memories.

The citizenry is always warm and helpful. The architecture is a hodgepodge. The streets and buildings are scruffy. But that is what makes Boston such a comfortable place to be.

When training for Boston, everything must be considered. Preparations for running in cold or warm weather must be made simultaneously. Severe uphill workouts must be combined with long downhill running. I never seem to get enough downhill work, perhaps because I forget or minimize the magnitude of pain when starting the long downgrade off Boston College Hill.

As is often the case in Minnesota, the weather prior to the 1983 Boston Marathon was the worst possible for the last two week countdown. Alternating freezing and thawing left paths and streets with patches of a slippery mix of sand, water, ice, and snow. In addition to creating a treacherous base for foot plant it made speed work or intervals nigh impossible. The risk of falling was great, but perhaps more importantly the tug and pull on tendons, ligaments, joints and joint capsules invited strains and tears of those vital structures.

When Mother Nature considered that this was not enough, she dumped a record snow fall on Minneapolis. Even light snowfalls can play Cain with the winter runner. In this area it shuts down wonderful running-biking trails, forcing the runner out into the streets in competition with automobiles. Not only does the road surface become slippery and uneven but the roadway narrows, allowing little space for the runner and the auto driver to avoid one another.

Therefore, the workout becomes a run for survival, and anything less than full concentration can quickly bring disaster. I plan to illuminate this subject at a later time because too many runners, in their desire to train under any and all circumstances, do put their lives at risk.

Light trail and off-road running are useful prior to a mega-marathon. Unless you are one of the fortunate few who start in the first row, the first few miles can be very trying, physically and mentally. Tempo and pace are dictated, not only by the pack of runners in front, but the everpresent thumping

of the runners from behind. Stride must be altered, step by step, and many small lateral movements must be made to avoid tripping. The stress of this may not be noted in the high excitement of those early miles, but most certainly they are draining energy and may contribute significantly to small tweaks and pulls.

Tweaks and pulls may combine later on with fatigue and dehydration to slow the runner or bring him to a halt. To this end I find it very useful to run a golf course, gravel road, or even margins of ditches and curbs to strengthen this facility to move laterally while breaking stride and tempo. In a race, this practicing pays off and permits strategic planning while the tactics are taking care of themselves.

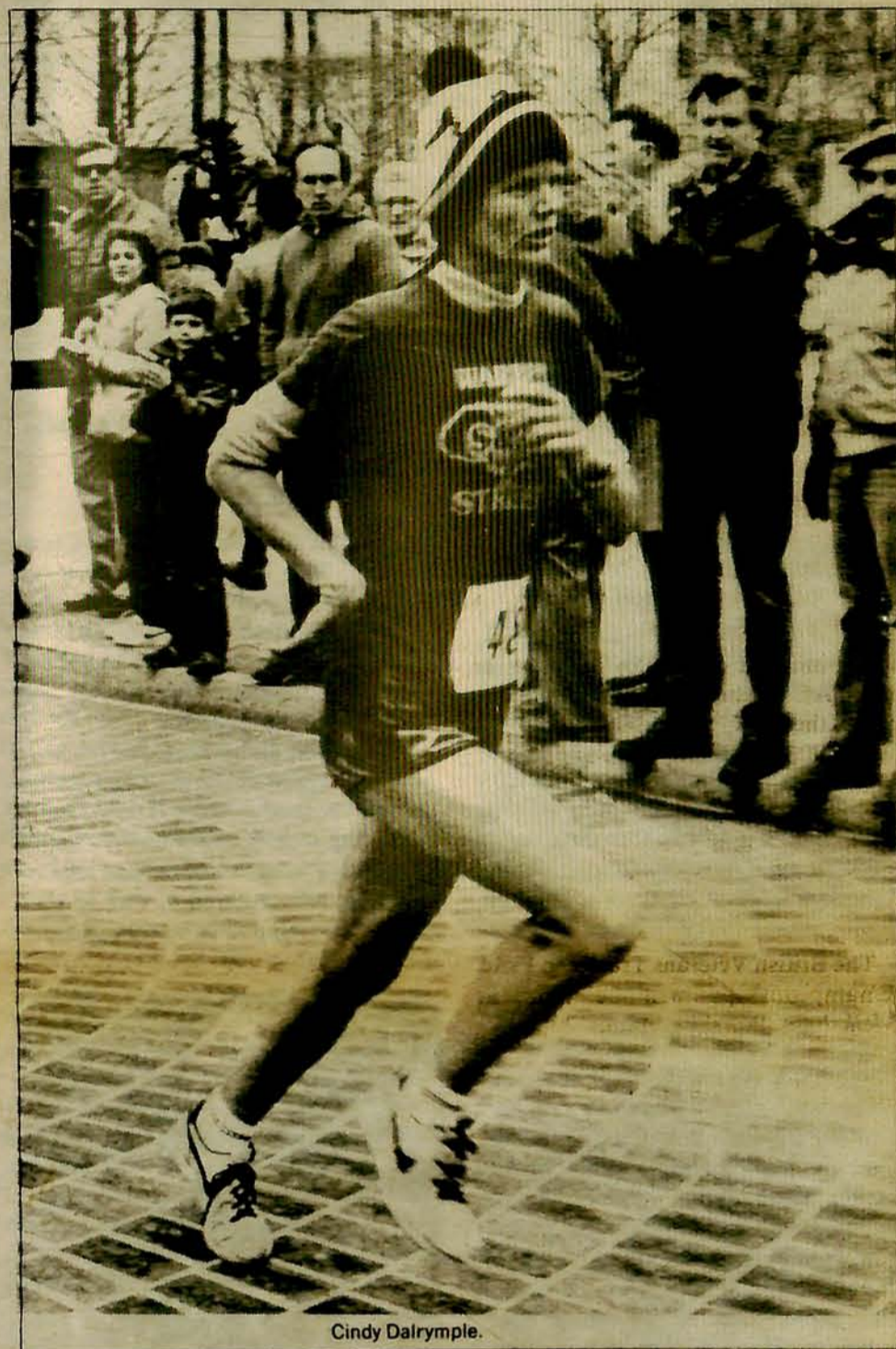
Another problem presented by the mega-marathon is fluid intake, or rather lack thereof. Water stop and aid stations quickly become congested, and the street surface littered with water and cups, rolling and squished. Runners are breaking stride abruptly and moving laterally — either in an attempt to get at the fluid tables — or to avoid runners who are stopping. There is no special training for this circumstance. I prefer to concentrate, be polite and careful, to not fall down on a slippery dixie cup.

One last and final word about lateral movement. The crowds at Boston and other major marathons have become very large indeed. Nonrunners or unrunners will cross the course without signalling. Small children will thrust fluids and fruit under your nose. Nonscheduled water stops are manned by helpful and enthusiastic Bostonians. They can represent an additional and abrupt obstacle. So, perhaps the broken field runs that I suggest in your pre-Boston workouts do have merit.

As I thought through the material for this article—my manner of presenting medical material for practical use began to haunt me. Writing is certainly not my profession—the likes of Higdon and Miller need not look over their shoulders. Nevertheless, I want to reaffirm my earliest thesis on how I would like to write for you. We already have major running magazines that cover major races and subjects in great detail . . . but in basics. I would prefer to continue to lace my monthly column with small details and some medical background where indicated . . . to provide some thoughts that are not

available elsewhere . . . or are not deemed important elsewhere. Some of these bits and pieces might be considered controversial or even contradictory, but they are medically authentic and medically logical.

I have begun to receive letters and phone messages from readers. I have invited comment and criticism. If there is some special way I can direct future columns please let me or NMN know. □



Cindy Dalrymple.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUN 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
UNA GORE (GB)	6-18-38	45-49
LENA GROBLER (RSA)	6-28-23	60-64
VALERIE HOWE (GB)	8-2-43	40-44
JLGA OLDRICHOVA (CZE)	6-1-28	55-59
TERESA RAPONAVICIENE (URS)	6-24-33	50-54
ERIKA WERNER (WG)	6-1-23	60-64
DOROTHY DONNELLY (EL CAJON, CA)	6-21-23	60-64
BARBARA GREENLEAF (CA)	6-26-28	55-59
MARION HIGGINS (ONTARIO, CA)	6-26-93	80+
MARY OWEN (US)	6-23-43	40-44
JUNE THATCHER (MANHATTAN BCH., CA)	6-19-18	65-69
TRAUDE WELER (HOUSTON, TX)	6-16-23	60-64
MANFRED D'ELIA (RIDGEWOOD, NJ)	6-19-08	75-79
GUNNAR EKMAN (SWE)	6-18-43	40-44
DAVID FRANCIS (GB)	6-14-28	55-59
GILBERTO GONZALEZ (PUR)	6-18-13	70-74
KARL HEIN (WG)	6-11-08	75-79
HENRY HOPKINS (INDIANAPOLIS, IN)	6-17-43	40-44
EARL MEADOWS (US)	6-29-13	70-74
GERALD MORRISON (KANSAS CITY, MO)	6-10-23	60-64
JAMES OUTLAW (TYLER, TEXAS)	6-20-18	65-69
PAUL RICHARD (BOUND BROOK, NJ)	6-28-38	45-49
JANUSZ SIDLO (POLAND)	6-19-33	50-54
SHELDON VARNEY (HONOLULU)	6-26-28	55-59
ZDENEK VITULA (CZE)	6-18-28	55-59
WALT WESBROOK (US)	6-6-98	80+
COLLISTER WHEELER (PORTLAND, ORE)	6-20-93	80+
JAMES YORK (MODESTO, CAL)	6-29-13	70-74

Report From Britain

by ALASTAIR AITKEN

Scottish Veterans cross-country champion Don MacGregor, 10,000m World Vet title holder in Hanover, 1981, ran away with the Open Dundee (Scotland) Marathon title, beating 1340 runners of all ages in 2:17:24, fastest time in Britain this year.

Mike Palmer, 41, was the first Vet in the London Marathon, April 17, in 2:22:00, one place ahead of Keith Angus, 40, who represented Britain in the 1976 Montreal Olympics. The first 50+ in the London was William McBrinn in 2:33:31. Three lady Veterans ran good times — P. Welch, 2:39:29; Margret Lockley, 2:42:08; and Carol Gould, 2:43:28.

Joyce Smith, Vet world record holder, ran 2:38:04 in the Rome Marathon for first lady veteran and third woman overall on April 24.

At the National Indoor Championships at Cosford, Ken Baker, ex-runner for the English club, Southgate AC, and winner of 45-49 600y in 1:17.6 at the TAC Masters Indoors, U.S., also took the U.K. 800m indoors crown with 2:03.2, over Ronnie Anderson's 2:04.0. At Cosford, the W40+ 60m resulted in a time faster than the W35 race, when Pat McNab, three time gold medalist at New Zealand, won the W40+ sprint in 8.3 from Una Gore, 8.5.

The British Veterans Track and Field Championships will be held at Melksham, Wiltshire, August 20-21. □



Former national age-group sprint champion Bob Cooper (297) defeats Bob Roemer (261), Dick Nordquist (298), and Dick Zumwalt (288) in the 55-59 100M at the Sacramento Masters Relays.

photo by Steve Yeater

HOW DID YOU DO IN 1980 AND 1981?

Now, you CAN'T miss out on the 1980 and 1981 Masters T & F RANKINGS BOOKS. By a special purchase arrangement, MNM is able to offer both of Haig Bohigian's remarkable compilations to its readers. The 1980 and 1981 T & F RANKINGS BOOKS list, by 5-year age groups (30-89) for men

and women, all marks for at least the top 50 (many up to 100 deep) for 22 events from the 100 to the decathlon, and relays, plus the HAIG cross-age & cross-rankings.

The 1980 RB sells for \$6; the 1981 RB for \$10.

NMN, PO BOX 2372, VAN NUYS, CA 91401

_____ 1980 Rankings Book, \$6
_____ 1981 Rankings Book, \$10

Name _____
Address _____
City _____ State _____ Zip _____



1983 MIDWEST MASTERS REGIONAL CHAMPIONSHIPS MEN & WOMEN AGE 30 AND OVER (ONLY)



Sponsored by the Masters Track & Field Committee, TAC, Nike, and York High School, Elmhurst, Ill.

DATE & TIME : Saturday, July, 30, 1983; starting at 9:00 A.M..
SITE: York High School, Elmhurst, Ill. FACILITIES: All new Chevron track, HJ, LJ, and PV runways are Chevron.
DIVISIONS: Submasters Male and Female 30-34, 35-39; Masters Male and Female 40-44, 45-49, etc.
AWARDS: Championship patches to all regional champions. Trophys to first five places.
ENTRY FEES: \$6.00 for one event, \$8.00 for two or more. \$2.00 late fee. Entry fee entitles all entrants who place (1-5) one trophy. Additional trophies available at \$4.00 each. Make checks payable to MIDWEST MASTERS, 180 N. LASALLE, CHICAGO, IL. 60601; c/o Wendell Miller; (312) 234-2154.
SCHEDULE OF EVENTS: Unless otherwise noted, all track events will be run in reverse chronological order: Women (60-64, 59-55, etc.). Some age groups will be combined.

TRACK EVENTS

9:00 A.M.	10,000 Meter Run	9:00 A.M.	Hammer
10:00	110 Meter High	10:00	High Jump, Long Jump, Pole Vault
10:30	3,000 Meter Steeple	11:00	Javelin
11:00	100 Meter Dash	12:00 P.M.	Shot Put, Triple Jump
12:00 P.M.	800 Meter Dash		
12:30	3,000 Walk		
1:00	200 Meter Dash		
1:45	400 Meter Dash		
2:15	1,500 Meter Run		
2:40	1H		
3:00	5,000 Run		



ENTRY FORM AND RELEASE

NAME _____ DOB _____

ADDRESS _____

ENTER ME IN THE FOLLOWING EVENTS 1 _____ 2 _____ 3 _____ 4 _____ 5 _____

ATHLETIC RELEASE: In consideration of my entry, I do hereby for myself, heirs and administrators, waive and release all claims I may have against the Midwest Masters, Nike, and York High School, Elmhurst, Ill, their representatives and the various sports governing bodies, and sponsors, for any and all injuries suffered by me in any event or sports facility. I certify that I have no physical defects that would prevent me from competing. Further, I take full responsibility for personal equipment owned by me for breakage.

INDIVIDUAL SIGNATURE _____



1983 NORTHWEST REGIONAL MASTERS & SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY PORTLAND TRACK CLUB & MT. HOOD COLLEGE Held at Mt. Hood College Gresham, Oregon

SCHEDULE OF EVENTS

FRIDAY NIGHT JULY 29	SATURDAY NIGHT JULY 30
6-8 PM Long Jump (Men & Women)	6-8 PM Triple Jump (Men Only)
Shot Put (Men & Women)	Javelin (Men & Women)
Discus (Men & Women)	Pole Vault (Men Only)
High Jump (Men 30-49)	High Jump (Men 50 & Up & Women)
6:15 3000 St (Men Only)	Hammer (Men Only)
7:00 Co-ed Relay Open Div	7:00 Co-ed Relay Masters Div
8:15 110 Hurdles (Men Only)	8:15 400 Hurdles (Men Only)
100 Meters (Men & Women)	200 (Men & Women)
1500 (Men & Women)	3000 (Women Only)
400 (Men & Women)	Specify Which Race #1- 5000 (Men 40 & Over)
	Race In Appl. Race #2- 5000 (Men 30-39 & Men Over 40)
	Who Want To Be In This Race
	800 (Men & Women)

SPECIAL LOCAL EVENT ONLY

*Times Determine Winners In Each Age Group in 5000's

HELD AT NIGHT - BEST POSSIBLE CONDITIONS ... ALL WEATHER TRACK SURFACE

PLEASE PRINT

NAME _____ For Athletes Age 30 & Over AGE (As of 7-29-83) _____

ADDRESS _____ MALE _____ FEMALE _____

PHONE _____

EVENT	Best 82 or 83 Mark If any
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

© No changing events after July 28 ©

Beautiful olympic size medal on plaque with Metal plate ready for engraving to every participant. Total Entry Fee - \$10.00

Make Checks Payable To: Portland Track Club (Not to anyone else)
Send Entry With Check To: Jim Puckett c/o Mt. Hood College Athletic Dept.
26000 S.E. Stark St. Gresham, OR 97030

All entries must be in by Monday July 25th, 1983 - \$5.50 advanced payment for breakfast per person. No Host Breakfast - 9 a.m. Sat. Heidi's in Gresham

I will attend breakfast _____
I will not attend breakfast _____
(include payment for breakfast with entry fee.)

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur in participating in this event or at this event.
I declare that I am in good health to participate in this event.

SIGNED _____ DATED _____

FOR ANY ADDITIONAL INFORMATION PHONE JIM PUCKETT AT AREA CODE 503/467-7364

DEVELOPING CROSS-EVENT AND CROSS-AGE RANKINGS

by HAIG BOHIGIAN

It is difficult to obtain rankings of athletes in a given event and a given age group in a given year. For example, do you take the best time or distance for that year and list the athletes accordingly? Or do you average their top 2, 3, 4, . . . , 10 performances to get a consistency measure ranking? Or do you compare how they do in head-to-head competition? Or do you measure how they perform in the year's most important meets? Or do you use some blend of all of the above; and if so how do you weight each of these criteria? My selection has been to use the first criterion because it is the easiest to compile, and least influenced by subjective weighting factors. Besides many masters athletes just run in regional meets, and many train to peak for their most important meet and cannot maintain top performances throughout their year.

However, cross-event and cross-age rankings are several magnitudes of complexity above single event, single age rankings. In the 1980 Ranking Book I developed a first-time procedure for cross-event rankings within 5 year age groups, cross-event and cross-age rankings for 19 events and 12 age groups, top performances in each event across all age groups, and top performances in pairs of events across all age groups. These analyses covered 12 pages of the 1980 RB.

Here is short explanation of how I obtained the top 240 performances for 19 events across all 12 age groups. First, I had to begin with some commonly accepted basis for comparison. My first attempt was through the use of WAVA tables. I mistakenly thought that they would do it for me quite simply. The results, however, using WAVA were disastrous. More than 75% of the top 240 performances would have been credited to athletes above the age of 50. From a statistical and common sense approach, this was impossible! Athletes above the age of 50 only accounted for 38.5% of all the competitors in masters track and field and by WAVA results they were turning in better than 75% of the top performances - no way!

Great as these over 50 are there, they could no have such a stangle hold on top performances. The conclusion was obvious! WAVA tables are not designed to make cross-age comparisons despite the fact that this is exactly what they were designed to do. This was a great surprise and shock to me, but something that I had to face. Unpopular as it may make me, I strongly urge the total dropping of WAVA tables since they are misleading, inaccurate, and cumbersome to use. There are better ways to reach the stated objectives - giving older athletes a better shake in pentathlon and decathlon scoring.

I turned to the only tables that are intentionally recognized - IAAF tables. They have a number of flaws of their own - principally that they were not designed to be used for cross-event rankings, and they do not assign points on a uniform proportional scale. But, this is the subject of a whole article in itself. For all their flaws, IAAF tables are a better starting point for cross-event and cross-age comparisons for masters athletes than WAVA tables.

For athletes in age groups 30-34 and 35-39 the IAAF tables were used without corrections or modifications. For all other age groups the IAAF tables were modified to reflect the effects of aging on performance. I also had to make additional corrections in hurdle races for lower heights, and in throwing events for lighter implements. The resulting modifications that I came up with I immodestly refer to as HAIG (Height - Age - Implement - Graded) scores. These HAIG scores allowed me to compare sprinters with distance men with hurdlers, with jumpers with vaulters, and with weight men on a common comparative scale. I am certainly not claiming perfection or exclusiveness with this system, merely a fairer way of making such comparisons. A good deal of work remains to be done, and I'm still fine tuning the method.

Consult the accompanying list of 240 top performances taken from the 1980 RB. For example, a HAIG score requires the following procedures for a 65 year old 110 meter hurdler. Take the recorded time and find the assigned IAAF points. Revise the score up due to the hurdler's age, and then revise the score down due to the lower hurdle height. The same three stage process has to be followed for all throwing events. For runners and jumpers there in just a two stage process. When I have finished all my revisions; it will be just a one stage process via an integrated table of HAIG scores.

Now, how did all of this turn out? The ultimate test of scoring system is that there should be a fairly uniform distribution of results over the 19 events and 12 age groups. The accompanying tables bear this out to a large degree. I was pleasantly surprised when I compiled the results of the top 240 performances to observe that all 19 events were included, as were 11 of 12 age groups roughly in proportion to what should be expected. This doesn't mean that my procedures are correct, but at least it indicates that the procedure is not biased to favor any given event or age group.

The event table comparison shows a fairly close comparison between the percentage of the top 240 falling within a given event and the percentage of athletes who compete in that event. In 1980 there were a total of 5305 competitors for the 19 events listed above

(see page 97 of the 1980 RB for a detailed breakdown). Some obvious discrepancies should be addressed. Among the sprinters it seems easier to maintain top performance in the 100 meters than in the 400 meters. Because of the popularity of the 1500 meters (and the mile) many more ordinary runners perform, and the IAAF tables are particularly not generous enough in this event. The jumpers (LJ, HJ, TJ) apparently suffer the effects of aging more than other athletes, or fewer of the former top performers are still competing. The pole vault stands out glaringly. The IAAF tables overly favor vaulters, and there are more top performers still competing. The throwing event results clearly show that age has less of an effect on their results

(Continued on page 15)



Ed Van Pelt, 50, wins discus at 136'4", Mt. SAC Relays.

Sportsfoto by John Allen

EVENT	NUMBER IN TOP 240	% OF TOP 240	% OF MASTERS WHO COMPETED IN THIS EVENT
100 meters	25	10.4	8.6
200 meters	16	6.7	7.1
400 meters	9	3.8	7.1
800 meters	10	4.2	5.8
1500 meters	11	4.6	12.1
2 Mile	5	2.1	2.4
5 K meters	14	5.8	5.7
Long Jump	6	2.5	7.3
High Jump	7	2.9	5.6
Triple Jump	4	1.7	3.3
Pole Vault	37	15.4	3.2
Shot Put	21	8.8	7.3
Discus	19	7.9	6.5
Javelin	16	6.7	6.1
Weight Throw	13	5.4	2.3
Hammer	8	3.3	3.0
110m Hurdles	8	3.3	3.1
400m Hurdles	8	3.3	2.1
3 K Steeplechase	3	1.3	1.3

EVENT TABLE COMPARISON OF THE TOP 240 PERFORMANCES

AGE GROUP	NUMBER IN TOP 240	% OF TOP 240	% OF MASTERS WHO COMPETED IN THIS EVENT
30-34	29	12.1	16.8
35-39	26	10.8	12.8
40-44	38	15.8	17.1
45-49	37	15.4	14.8
50-54	46	19.2	12.6
55-59	28	11.7	7.1
60-64	19	7.9	7.5
65-69	3	1.3	4.8
70-74	10	4.2	4.0
75-79	2	0.8	1.9
80-84	2	0.8	0.3
85-89	0	0.0	0.2

AGE TABLE COMPARISON OF THE TOP 240 PERFORMANCES



Jesse Carrington, 47, (center), 200M, 26.1, Mt. SAC Relays. L-Ron Wagner, 27.0, R-Roger Tsuda, 26.4.

Sportsfoto by John Allen

(Continued from page 14)

than on jumpers or runners. The hurdles show an excellent correspondence.

The age table comparison shows a remarkably high correlation between the percentage of athletes on the top 240 performance list by age group and those who actually competed in that age group. I believe that most of the discrepancies can easily be explained


by the quality of athletes in a given age group, many of whom may have had multiple listings. For example, in 1980 the 50-54 age group was a very strong one. My most glaring error here is, I believe, in not weighting the three age groups above 75 highly enough. I do intend to correct this in the future. Remember that I devised the HAIG scores before I did this analysis, so I had no idea how the distribution would turn out in advance. □

OVERALL TOP 240 PERFORMANCES CROSS-AGE AND CROSS-EVENT RANKED BY HAIG SCORES

RANK	NAME	AGE	EVENT	MARK	HAIG	RANK	NAME	AGE	EVENT	MARK	HAIG
1	A. OERTER	43	DS	227.11	1424	61	COCHRAN	40	DS	161.3 1/2	1028
2	N. FOWLER	66	WT	46.11	1417	62	T. PATSALIS	58	LJ	19.8 1/4	1027
3	T. MC DERMOTT	62	WT	47.4	1357	63	A. ROBINSON	32	LJ	26.4 1/4	1026
4	B. MORCUM	58	PV	13.0	1353	64	B. HUMPHREYS	44	DS	160.6	1024
5	J. DONLEY	50	PV	13.1 1/4	1291	65	J. WHITEMORE	80	HR	82.2	1023
6	A. SWARTS	35	DS	227.2	1255	66	P. CONLEY	46	JN	203.4	1022
7	J. SYLVESTER	42	DS	197.8	1253	67	B. MAC DONAGHY	72	PV	8.7	1020
8	B. OLDFIELD	35	ST	71.7	1227	68	C. RAY	35	100	10.39	1020
9	J. VERNON	63	PV	11.7	1226	69	D. MC DONALD	30	2M	8.35.1	1020
10	V. CHEADLE	70	JN	132.4	1210	70	T. MC DERMOTT	62	ST	52.9 1/2	1017
11	H. ANDERSON	78	PV	8.6	1200	71	W. FITZGERALD	55	1500	4.28.7	1017
12	B. LANCASTER	52	100	11.30	1173	72	H. HAWKE	51	DS	139.9	1016
13	J. POWELL	32	DS	223.9	1169	73	J. BROWN	50	HJ	5.9	1014
14	B. GILLIGAN	62	WT	41.7	1159	74	G. FRENH	39	HR	202.2	1014
15	N. HEARD	62	WT	41.7	1159	75	D. COLTON	50	1500	4.23.9	1011
16	B. OLDFIELD	34	ST	71.3	1152	76	S. HIETANEN	60	SK	17.26.9	1010
17	T. MC DERMOTT	62	DS	175.2	1145	77	S. EGERTSON	50	PV	11.0	1008
18	B. OLDFIELD	35	DS	201.8	1128	78	G. COHEN	40	800	1.54.9	1008
19	G. WOODS	37	ST	65.5	1126	79	E. ZURAW	41	PV	13.6 1/4	1004
20	S. DAVISSON	50	LJ	21.1 1/4	1122	80	E. HOYLE	44	PV	13.6	1003
21	P. SHMOCK	30	ST	68.4	1109	81	V. KOSTRICK	40	PV	13.6	1003
22	A. FEURBACH	32	ST	68.3 1/4	1108	82	E. GALICIA	55	SK	17.10.1	1001
23	L. STUART	40	JN	241.6	1104	83	B. BANGERT	56	ST	45.1 1/4	1000
24	J. O'NEIL	55	SK	16.38.8	1093	84	E. STABLER	51	2M	10.25.2	1000
25	D. ALDRICH	62	DS	174.1	1091	85	H. WYATT	47	HJ	6.2 1/4	1000
26	B. LANCASTER	52	200	23.60	1090	86	G. FARRELL	62	TJ	39.0	999
27	V. COOK	45	PV	13.6	1087	87	K. CARNINE	72	JN	114.1	998
28	J. UBARRI	56	100	11.72	1088	88	D. BROWN	57	PV	10.6	998
29	J. GREENWOOD	54	400H	60.14	1080	89	D. GROSH	55	PV	10.6	998
30	D. GONZALEZ	45	DS	158.3 1/2	1079	90	J. SHIELDS	50	JN	185.3	998
31	E. BURKE	38	HR	218.5	1079	91	W. WILLIAMS	32	400H	50.85	998
32	D. BUERKLE	30	SK	13.23.2	1079	92	J. YORK	67	WT	35.8 1/4	996
33	M. MANLEY	36	SC	8.38.8	1073	93	J. GREENWOOD	54	100	11.80	995
34	D. MC DONALD	30	SK	13.25.7	1072	94	K. DENNIS	43	100	10.90	995
35	H. PARSONS	61	WT	39. 1/2	1066	95	P. SEREGHY	64	WT	37.1	994
36	W. WALMROTH	56	ST	47.3 1/4	1063	96	R. VALENTINE	56	400H	63.85	993
37	M. MANLEY	36	SK	13.51.7	1063	97	N. NEWTON	46	400	51.90	991
38	J. KING	30	400H	49.24	1052	98	D. SMITH	41	100	10.91	991
39	P. RICHARD	42	PV	14.0	1050	99	E. BILLUPS	43	800	1.55.7	990
40	G. COUNIHAN	41	PV	14.0	1050	100	J. BURNETT	40	400	49.60	989
41	S. THOMPSON	70	PV	8.8 1/4	1048	101	J. UBARRI	56	200	24.71	988
42	C. POLHAMUS	36	PV	15.6 1/4	1048	102	C. BAKER	50	SK	16.53.8	987
43	NEUTZLING	35	PV	15.6 1/4	1048	103	J. WILLIAMSON	30	PV	15.6	987
44	W. WALMROTH	56	DS	136.2	1047	104	M. RIVERA	49	PV	12.6	984
45	B. MORALES	64	JN	154.8	1046	105	B. SCHMIDT	32	JN	260.8	984
46	R. WHITNEY	35	100	10.30	1046	106	E. CURTICE	73	JN	112.11	983
47	B. MAC CONAGHY	72	JN	118.1	1045	107	L. HILTON	32	1500	3.42.1	981
48	P. KNOX	47	100	11.00	1045	108	B. CRANE	80	ST	29.8 1/4	979
49	P. JORDAN	63	100	12.00	1044	109	E. BILLUPS	43	1500	4.00.1	979
50	R. HATTON	48	SK	15.17.4	1043	110	K. CARNINE	72	DS	127.8	978
51	V. CHEADLE	70	DS	132.6	1038	111	R. CONNOLLY	73	WT	29.9 1/2	978
52	S. HIETANEN	60	2M	10.42.1	1037	112	N. MILICEVIC	52	LJ	19.9 1/4	978
53	B. THOMPSON	53	DS	142.0	1037	113	B. DYCE	32	800	1.48.0	978
54	J. BUTTS	30	TJ	54.6 1/2	1035	114	D. COLTON	50	SK	16.57.6	976
55	R. MILBURN	30	110H	13.43	1035	115	D. BUERKLE	30	1500	3.42.6	976
56	T. BROOKS	50	ST	48.6	1034	116	N. NEWTON	46	200	22.90	974
57	M. LIQUORI	31	SK	13.40.0	1034	117	S. WHITLEY	33	LJ	25.6	974
58	C. DAVIES	64	SK	17.19.0	1033	118	K. BROWN	52	800	2.08.8	971
59	L. EVANS	35	400	46.5	1032	119	J. GREENWOOD	54	400	54.88	970
60	W. FITZGERALD	55	800	2.08.9	1029	120	M. BROWN	46	200	22.94	969

OVERALL TOP 240 PERFORMANCES CROSS-AGE AND CROSS-EVENT RANKED BY HAIG SCORES

RANK	NAME	AGE	EVENT	MARK	HAIG	RANK	NAME	AGE	EVENT	MARK	HAIG
121	D. MC DONALD	30	1500	3:43.3	969	181	U. HEMPHILL	55	PV	10.0	923
122	W. SOKOLOWSKI	39	PV	14.6	968	182	R. HATTON	48	1500	4:13.3	923
123	WELLBORN	35	PV	14.6	968	183	C. WALLIN	39	WT	53:10 1/2	923
124	T. PATSALIS	58	110H	16.90	966	184	T. GRIMES	50	100	12.02	922
125	R. RICHARDSON	47	HJ	6.1 1/4	966	185	L. OLSON	48	WT	44:11 1/2	922
126	P. MATZDORF	30	HJ	7.0	966	186	W. DIAZ	40	100	11.15	922
127	T. PATSALIS	58	TJ	39.4 1/4	964	187	H. ADAMS	40	400H	57.60	920
128	M. MORAN WONG	45	PV	12.3 1/4	963	188	D. LANE	30	ST	58:8 1/4	920
129	P. FETTER	59	JN	153.9	952	189	C. PAULING	46	800	2:02.4	919
130	L. HOOPER	50	1500	4:28.6	958	190	T. MC DERMOTT	62	HR	165:2 1/2	918
131	J. GREENWOOD	54	110H	16.48	958	191	L. GREGORY	55	100	12.20	918
132	S. THOMPSON	47	HR	148.11	958	192	R. STOPLE	55	100	12.20	918
133	D. CHEEK	50	400	55.10	957	193	E. CHYNOWETH	56	JN	145.0	918
134	I. BLACK	49	HR	148.4	956	194	B. LANCASTER	52	400	55.80	917
135	T. KNAPPEN	31	PV	15.1	956	195	L. TORRES	50	SK	17:18.4	917
136	DAVENPORT	44	PV	13.0	955	196	J. REICHART	50	ST	44:3 1/2	917
137	N. CYPRUS	42	PV	13.0	955	197	M. ULACIO	35	200	21.80	917
138	S. HERRMAN	76	HR	112.8	954	198	C. MC FARLAND	50	ST	44.2	914
139	E. SCHULER	53	100	11.93	952	199	R. ENDERS	46	400	52.40	914
140	N. HEARD	62	ST	49:10 1/2	950	200	M. PEREZ	40	SK	15:37.1	913
141	D. JACKSON	48	TJ	44.4 1/4	949	201	R. COOKE	33	PV	14.6	913
142	I. HUME	65	JN	135.9	948	202	W. WILKIE	32	PV	14.6	913
143	D. SMITH	41	200	22.50	948	203	J. MOON	42	100	11.19	911
144	D. CHEEK	50	200	24.59	947	204	W. LINKMANN	40	JN	196.1	911
145	S. NEBLETT	50	DS	131.9	946	205	P. MUNDLE	50	2M	10:44.7	910
146	E. OLEATA	43	400H	56.90	946	206	G. HORTON	45	200	23.40	910
147	R. WHITNEY	35	200	21.56	946	207	S. LETCHER	48	JN	180:10 1/2	910
148	R. JACOBS	56	100	12.12	945	208	M. PRUITT	34	200	21.40	910
149	D. STEVENSON	51	1500	4:29.9	944	209	D. CHEESEMAN	51	2M	10:45.0	909
150	B. THOMPSON	53	ST	45.3 1/4	944	210	D. STEVENSON	52	SC	11:04.8	909
151	L. HIGGINS	35	DS	167.6	944	211	R. YOUNGS	46	JN	180.6	909
152	V. CHEADLE	70	ST	40.6 1/4	943	212	D. PEREZ	45	110H	15.72	909
153	H. WALLACE	52	PV	10.6	939	213	E. BOYLE	40	PV	12.6	908
154	T. HINKES	50	PV	10.6	939	214	K. ELION	31	100	10.59	908
155	R. VALENTINE	56	200	25.05	938	215	R. DIAZ	43	100	11.20	907
156	W. JACKSON	45	100	11.35	937	216	F. REILY	32	DS	170.7	907
157	I. BLACK	49	WT	45.6	936	217	H. GREEN	51	400H	64.71	906
158	M. BROWN	46	100	11.36	935	218	S. DAVISSON	49	LJ	21.1	906
159	J. BROWN	40	HJ	6.3 1/4	935	219	M. MC COY	30	100	10.60	906
160	J. DOBROTH	39	HJ	6.8	935	220	L. RIDDICK	46	200	23.44	905
161	J. GREENWOOD	54	200	24.68	934	221	P. RICHARDSON	45	800	2:03.1	905
162	M. MONDSCHHEIN	55	ST	42.11	933	222	H. VANDERWAL	42	SC	9:54.8	905
163	G. KER	58	DS	124.5	933	223	A. HENRY	42	110H	15.10	905
164	P. MULKEY	48	PV	12.0	932	224	W. LINKMANN	40	110H	15.10	905
165	B. BURKE	61	WT	35.4	929	225	T. RANDOLPH	38	100	10.80	905
166	H. TOLLIVER	40	800	1:58.5	929	226	E. AUSTIN	50	HJ	5.6	904
167	SIEVERSON	35	PV	14. 1/4	929	227	L. OLSON	48	DS	132:8 1/2	904
168	H. HAWKE	51	ST	44.8 1/4	928	228	J. MOON	42	200	22.87	904
169	D. JACKSON	48	110H	15.54	928	229	W. CUMMINGS	30	PV	14.4 1/2	904
170	J. BURNETT	40	200	22.67	928	230	D. WELLS	35	ST	52.9	903
171	R. SHEARD	60	JN	139.4 1/2	927	231	W. ATCHESON	54	1500	4:34.0	901
172	E. VAN PELT	45	DS	135.11	927	232	D. BERGENBACK	57	WT	37.7 1/4	901
173	J. VERSTEEG	50	HR	140.11							



SPEAKER'S CORNER

LETTER FROM TELEMAR

by HAL HIGDON

As evidenced by last year's Masters Sports Festival in Philadelphia, the movement to provide competitive opportunities for older athletes, men and women, has spread to many sports beyond track and field. One such sport is nordic skiing. In 1981 Canada hosted the first World Masters Cross Country Ski Championships. The second was held in 1982 in Sweden. This year the championships were scheduled for Telemark Lodge near Cable, Wisconsin in February, and I decided to attend.

I had begun skiing cross country five years ago, mainly as a winter diversion from running. It was fun to get out in the woods on skis, relaxing my mind while maintaining my cardiovascular base. I had not intended to race, but soon became attracted to low-key, local races. Inevitably I found myself at the starting line for the American Birkebeiner, the 55 kilometer race between Hayward, Wisconsin, and Telemark Lodge, which is the sport's Boston Marathon. The "Birkie," as it is called, attracted 5,700 skiers in 1982. I finished in the top third among them, taking just over five hours to go the distance.

I encountered other runners at the Birkie, among them Bill Andberg. Rich and Mary Czarapata also appeared, he skiing, she watching. Toledo's Sy Mah, who sometimes runs two marathons on a weekend in the summer, skis as fre-

quently in the winter.

The World Masters were scheduled the week before the Birkie, beginning Monday with a 30 K men's race (20 K, women), Wednesday with 15 K for men (10 K, women), Thursday with relays (3 x 10 K, men; 3 x 5 K, women), and finally the Birkie itself on Saturday.

I decided to skip the 30 K, arriving Tuesday evening. I soon spotted Bill Andberg and learned he had won his age class (70-75) despite formidable competition from European skiers. Bill also won the 70-75 15 K on Wednesday.

I skied the 15 K, not without some fears, since the thaw/freeze weather conditions had made the course icy. That's good for experienced skiers like Bill, with good downhill techniques, but bad for someone like myself who is still learning.

I rely more on my runner's leg strength to charge past people going uphill.

One look at the course during a warm-up ski convinced me to start in the back row and forget any winning pretensions. Rich Czarapata started next to me and we brought up the rear, his wife, Mary, cheering us on. I had the feeling, as I skidded out of control around turns, that the masters ski field was more "elite" than in masters track meets, and certainly much more so than the typical 10 K road race that attracts so many joggers today. I felt

hopelessly outclassed by the strong Scandinavian skiers. But maybe the average jogger who jumped in a 3000 meter steeplechase race with me in the summer might feel the same.

My feeling may have been partly because nordic masters skiers allow 30-year-old athletes into their world championships. Thirty is an age at which many athletes are actually at the peak of their careers rather than declining. I ran my fastest marathon at age 32. In fact, three out of the top four finishers in the open Birkebeiner (including winner Rudi Kapeller of Austria) were master competitors. Kapeller, age 34, works as a policeman, often bicycling 25 miles to work each day.

Thursday, I dedicated to eschew competition and watch the relay events from a point of several kilometers out on the course. Sweden's Ola Hassis, 31, 1982 Birkie winner, and a logging worker, led the first leg of the relay, displaying an effortless grace as he skated uphill. I was watching with two top-ranked, young skiers, Gordon Opel and Jessie Parker of Minneapolis, and it was obvious from their comments that they were entranced with the form and abilities of these older competitors, particularly 79-year-old Sigvart Egge, the oldest entrant.

I expressed my worries to Gordon and Jessie about Saturday's Birkie. Unlike the rest of the Midwest, there was ample snow in northern Wisconsin, but a recent thaw had turned it to ice. No new snow had fallen in a week. The Birkie follows a demanding course featuring frequent steep drops and sharp turns. With little snow down south, I had little time to work on technique. Returning to the Lodge, Jessie watched me ski and offered coaching advice. "Weight your outside edge on turns," she instructed. "Get your hands out in front of you. Turn them like you're steering a bicycle. Don't let your inside arm drop." And pray.

Friday I waxed my skis: purple glider on the tips and tails; green klister for the base; a mixture of purple, silver, and red klister over that, heated with an iron and allowed to harden overnight on the balcony of my room at Telemark Lodge. Saturday, I squeezed on a final coat of purple klister before boarding the bus to Hayward. In addition to being an athlete, you have to be a bit of a chemist to succeed in skiing.

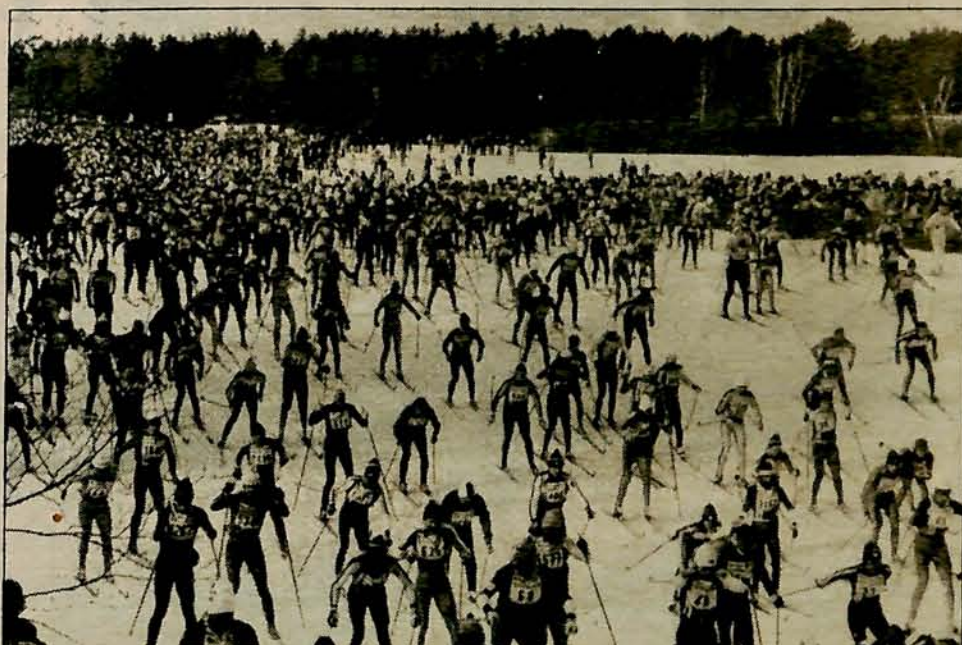
Last year we skied the first five kilometers through the main street of Hayward, then out across Lake Hayward before reaching the woods. Early in the week one of the track-setting machines had broken through the ice, thin from the warm winter. It would have been embarrassing to have the 7,000 starters in 1983 do the same, so organizers eliminated that part of the course, starting in a field before the woods. The thus-shortened 50 K race would result in faster times, but also more crowded conditions since we had

the field had no time to spread out before reaching the woods, six tracks wide.

Fortunately, the 400 entrants in the World Masters Championships were seeded into the third spot on the grid (behind only invited competitors and fast finishers from last year). I was able to ski freely with only minimal delays during the race's early stages. Most delays came at the bottoms of hills (skiers ascending slower than I could), atop the hills (fallen skiers in the way), or at aid stations (Gatorade and water with sugar donuts at 40 K). I fell my share of times, sometimes my own fault, sometimes the fault of others. The organizers had done a heroic job grooming the tracks, but conditions were still slick, favoring the downhillers and those who, with strong upper bodies, could double pole. Because of time spent in the weight room this fall, I found myself able to double pole much more than 1982. My diagonal stride technique showed improvement as a result of a visit to national ski coach Dick Taylor in Colorado last spring. Over the last five kilometers last year, I was being passed continuously; this year, I did the passing.

I finished around 4:10, nearly an hour faster than my 1982 time of 5:11, an improvement even if you consider the shortened course. Winner Rudi Kapeller hit 2:14:14.2 with Sweden's Lars Frykberg second two-tenths of a second behind Ola Hassis another three-tenths down. First American was Howie Bean of Wolfeboro, New Hampshire in fifth. Jennifer Caldwell of Putney, Vermont was the women's winner with 2:39:43 for a course eight kilometers longer than the standard runners' marathon distance. Skiers are faster than runners because their glide adds to each stride; also, they can run up a hill as fast as a runner, but slide down it much faster. Sy Mah, more experienced at skiing than I, finished a minute or two in front of me, but I informed him that I planned to catch him next year. I never saw Andberg and Czarapata after the race to discover how they did, and a computer failure prevented complete results from being distributed before I departed for home on Sunday.

The 1984 World Masters Championships in cross country skiing, I am told, will be in West Germany. Considering how far back I finished in this year's championships, I don't know if I'll attend, but I look forward to as many years ahead of me skiing as running. □



3rd World Masters cross-country ski championships and 1983 American Biruebeiner 55K, Telemark Lodge, Wisconsin.

photo by Ginny Peifer

**Janice Cole has appeared
on Broadway for
two years in "Children
of a Lesser God".
She is deaf.**

President's Committee on
Employment of the Handicapped,
Washington, D.C. 20210



3 Months to go

COUNTDOWN TO PUERTO RICO

by RAFAEL SERRATI,
Administrative Officer,
V World Veterans Games

There are less than 120 days left before the opening of the V World Masters games in San Juan, and less than 30 days left before the deadline for entries on July 1st, 1983.

Competition Program:

Once again, based upon suggestions received, we have made a few minor changes in the program. We have moved the men's 5000 meter and steeplechase finals to the main stadium.

Stadiums:

The renovation work on the two secondary stadiums has begun. Necessary remodeling of the main stadium will begin in July. This work includes removal of existing synthetic track surfaces, and installation of new ones. Hence, we reconfirm again what as have mentioned in previous articles, all the stadiums will be in top conditions for the V World Games.

Minimum Standards:

At our request, WAVA officials are reviewing the suggested minimum standards for medal awards. However, we have been authorized by WAVA president Don Farquharson to announce that there will be no minimum standards required for age groups 75 and over, both men and women.

A decision should be forthcoming soon regarding standards for other age groups.

Unofficial Team Relays:

As mentioned in our program, team relays are scheduled for Saturday October 1st.

These are unofficial events, sponsored by NY Masters Club, Philadelphia Masters, Potomac Valley Senior Track Club, and by the Puerto Rico Masters Association.

These relays are open to all men over 40 and women over 35, and there will be no entry fees charged.

The awards will be donated by the sponsoring organizations. Even though teams can be formed by participating clubs or countries, any four athletes can form a team. The basic idea here is fun and comraderie.

Entry forms will be available during the week of the V World Games, in the secretariats office, and entries will be accepted up until 30 minutes before the actual races.

Entries:

Up to press time we had received slightly over 800 entries which is about 20% of the expected number of participants.

That means that the remaining 3,200 will be forthcoming over the next 30 days or so.

If you have made up your mind about participating, don't wait until the very last minute, send your entry form right now. This way you will be certain of making the deadline of July 1st.

Accommodations:

Again, if you have not made any arrangements for accommodations, drop us a note and we may be able to help you out. Just let us know what your needs are and your estimated budget for lodging costs.

General Comments:

The organizing committee has put a lot of hours into the planning stage of the games, with the objective in mind of providing the best facilities, environment, and best technical conditions available.

Now, all we need are the "Stars of the Show," for without you masters athletes, the games will not become the "unforgettable event" that we are hoping for. Once again, questions and comments are welcomed. Just contact us at: V World Masters Games, GPO Box 336, San Juan, Puerto Rico 00936, Tel (809) 783-3113, Telex 345-0504.

by DON FARQUHARSON,
President, World Association
of Veteran Athletes

I have just arrived back from a quick visit to Puerto Rico. The primary purpose of my visit was to straighten out some political considerations but I also took the opportunity to review the progress of the Organizing Committee; to make some necessary changes and to see more of the Island.

Before relating these items however, I would like to tell you the sad news of the death of Hideo Okada, Asian Representative for W.A.V.A. and president of I.G.A.L. We will certainly miss Hideo. Most of you, like me, probably experienced a shock when you first met him. Especially when you heard one of his impassioned and lengthy speeches in Japanese.

If you had to a chance to get to know him better, as I did over the years, you realized what a kind-hearted man he was. You also realized he was a real "character." I will long remember one evening in Christchurch, N.Z. when he treated us to some Italian Opera, some German "Leider" and finally his rendition of "It's a Long Way to Tipperary." His service to Japanese Veteran Athletics, I.G.A.L. and

(Continued on page 18)

Masters Sports Association

11 PARK PLACE
ROOM 1408
NEW YORK, N.Y. 10007
(212) 227-8582

To all Athletic Congress Association Chairpersons and clubs in the Eastern Region.

This letter is being written under the auspices and with the permission of Jim Weed, National Masters Track and Field Chairperson.

Rudy Clarence, the incumbent Eastern Masters T&F Chairperson has resigned. A replacement for Rudy has to be selected. It has proven to be impossible to hold meetings during the running of either the Outdoor or Indoor Eastern Championships.

I am thus using this vehicle to contact all clubs in the Eastern Region and the various Eastern Regional Council members, composed of the Chairpersons of each of the Associations in the Region.

The Eastern Regional Chairperson becomes a member of the National Committee. He presides at meetings of the Council. He should be able to attend the TAC Conventions, held the first weekend in December. There is at present a nine city rotation for holding the Eastern Outdoor Championships. The Indoor Championships present more of a problem but we've been holding them for ten years and always seem to come up with a site. The job is what one makes of it but it is not time consuming.

Please forward to me the names of nominees for Chairperson; Vice-Chairperson; Secretary, and Treasurer, together with a short biography. The parties nominated do not have to be Association Chairpersons but they do have to live within the Region. After receiving the nominees, I will then advise the members of the Council for a mail vote.

Bob
ROBERT G. FINE

I nominate _____ for Regional Chairperson
I nominate _____ for Regional Vice-Chairperson
I nominate _____ for Regional Secretary
I nominate _____ for Regional Treasurer.
(include a biography of each nominee)
Your name _____ club _____
your address _____
your phone number _____
Mail to : ROBERT FINE, 77 PROSPECT PLACE, BKLYN, NY 11217



77 Prospect Place, Brooklyn, New York 11217

NEW YORK MASTERS SPORTS CLUB 3rd ANNUAL TEN KILOMETER HANDICAP WALK.

SUN. JULY 31, 1982 PROSPECT PARK, BROOKLYN, N.Y. 10:00 A.M.

-----NO POST ENTRIES-----

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

ELIGIBILITY: OPEN TO ANYONE. **COMPETITORS' AWARDS:** T-shirts to one and all.
ENTRIES CLOSE MONDAY, JULY 25th 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 for both men and women. Special awards to the first three novices (those that have never won an award in race walking) for both men and women. No competitor can receive more than one prize.

ENTRY FEE: \$5.00 per person. **TEAM AWARDS:** Fast Team Prize based on lowest aggregate time of the three fastest walkers on a team. Club Champion Team Award. Everyone on a team scores. First place scores one point plus the number of entries; second place one less than the number of entries. Last place scores one point. The larger number of competitors a team fields the better the chance for the Club Champion Award. Everyone counts. There will be three team awards in this category.
HANDICAPS HANDICAPS WILL BE GIVEN BASED ON THE HONOR SYSTEM. Please cooperate.

CHECK IN: Check in begins 9:00 AM. at the start.
There are public locker facilities at the Parade Ground lockers across the street.
Bring your own locker, towel and soap

-----NO POST ENTRIES-----

NAME _____ ADDRESS _____
ZIP _____ PHONE # _____ AGE _____ SEX: M F SIZE: SM MD LG
1. How long have you been a racewalker? _____ 2. How often do you compete? _____
3. Is this your first walking race? _____ 4. (If Yes) What is your best time for a distance 10K or longer? _____ 5. What is your estimated time for this race? Please be honest. _____
6. If your answer to #3 was "No" list the last three races walked; distance; time; & place:
date _____ distance _____ time _____ place _____ Date _____ Distance _____ Time _____ Place _____
Date _____ Distance _____ Time _____ Place _____
In consideration of accepting this entry I declare myself physically able to compete in this event and waive all claims for any injuries sustained against the N.Y. MASTERS SPORTS CLUB, NIKE, PENN MUTUAL, THE CITY OF NEW YORK; THE ATHLETIC CONGRESS.

DATE _____ SIGNATURE _____ (If a minor parent or guardian's signature)

Make check payable to: N.Y. MASTERS. Mail to Tom Costigan, 266 Maple Street, West Hempstead, N.Y. 11552. -----NO POST ENTRIES-----

(Continued from page 17)

W.A.V.A. will long be remembered. I have sent a telegram on behalf of all W.A.V.A. members.

The weather in Puerto Rico seemed less humid than on my previous visit and a drive with my friend Roberto Santana from San Jose to Ponce (Puerto Rico's second city) took us over the mountains where it was distinctly cooler and the panoramic views were outstanding. Ponce itself proved to be nothing special. On the return journey Roberto took me to his beautiful home set on top of a mountain with a 180° view for perhaps 50 miles.

Many people have asked me what they should wear in Puerto Rico and the question is well taken. The Spanish heritage calls for casual wear by day but after the sun goes down, formality reigns at least in the better restaurants and entertainment places. Jackets and ties for men and long dresses for women are quite usual although the latter is by no means 100%. Above all, of course, dress coolly and if you are a northerner take the sun in small doses to begin with. Polaroid sunglasses are a recommended. Most of the buildings are a startling white in the strong sunlight.

The Organizing Committees are in full stride and seem to have everything well in hand but are still eager to improve all aspects. Miguel Rivera who heads up the full time workers asks me to stress the need for photo copies of Birth Certificates or Passports as proof

of age (W.A.V.A. insists on this) and also the requested small photographs. These will be incorporated in an identity card to gain free admission to the stadium and other functions. Please send these with your entries and save the Committee problems. Also do not forget your recent best marks for seeding purposes.

Jose Mendez, the Games President, is concerned that with an extended deadline of July 1st the bulk of the entries have still to come. Names and data will be fed into computers. After this date the meet will be closed. Kindly do not ask for changes after July 1st.

The opening ceremonies are being kept secret but, I am told, will prove very exciting and of a nature we have not experienced before. Don't miss them at the 55,000 seat Hiram Bithorn Stadium.

Those distance competitors who are concerned that while heats, semis and finals of all the sprints were scheduled in the main stadium (Sixto Escobar), most distance finals were scheduled elsewhere, will be glad to know that all 5,000m runs have been changed to Escobar (A). The 100m heats held at the same time will now be at Park Central (B). Likewise the 3000m/2000m steeplechase events will be at Escobar (A) while the 800m semis will be at Park Central (B). The 10,000's are unchanged as half of them are scheduled on Escobar anyway and the (C) location, Poli de Portivo, is equal to or superior to Escobar except for the lack

of lights. Walkers will already know that their concern for the 5000m and 20Km events would be on consecutive days has now been dealt with. The 5000m Walk will now be on September 26th. The 20Km on the 29th.

I have received a barrage of mail concerning the medal standards for the W75 class. So have Bob Fine, Ian Hume, Miguel Rivera and others. The use of medal standards for all age classes was approved by the General Assembly at Christchurch. However, some of the letters did contain valid points and so, for the Vth Championships **only**, I have suspended standards for W75 for more study. Although I received no requests, in order to maintain an even "keel" M75 and M80 standards will also be suspended.

The cross Country events will take place at the Commandante Race Course and an adjacent property. The race makes a circuit of the grass infield before taking a 300m road section to an area of undulating wide trails through a bush and treed area. No big hills but plenty of rolling course. A one-circuit run returns via the roads for a finishing run on the Race course. The road distance fairly well rules out spikes but the trails are likely to be quite dry and firm anyway.

The Marathon and 20Km Walk Course looks an excellent one. Starting in 5 a.m. darkness the race follows a well lit road, close to traffic westwards towards Old San Juan. Shortly after the start, an easy incline is encountered, the only undulation on the

course.

The race swings back eastwards on another road past the stadium and then follows the shoreline in that direction through the Candado area, onwards parallel with the open shoreline at which point a single lane will be closed to traffic. The race then returns on the opposite side of the road to the stadium 3/4 lap. All the expected water stations, time calls and medical services will be provided. One addition to this race will be the provision of "gates" at 25Km, 30Km, and 35Km. The results and times of the runners who decide to finish at these points will be listed in the results booklet although medals will not be awarded. Paving is excellent throughout. □



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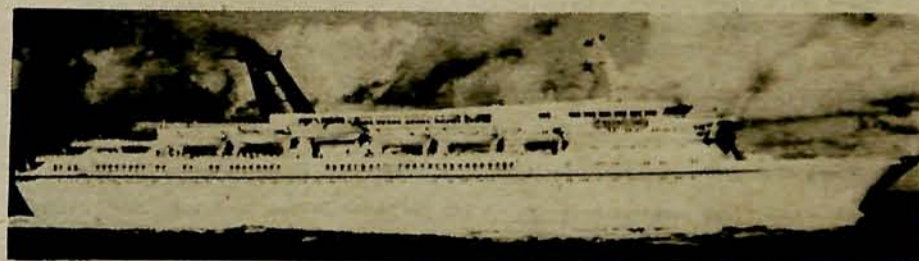
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DAY	PORT	ARRIVE	DEPART
Saturday:	San Juan	—	7:30 pm
Sunday:	At Sea	—	—
Monday:	Caracas (La Guaira)	8:00 am	5:00 pm
Tuesday:	Grenada	2:00 pm	7:00 pm
Wednesday:	Barbados	8:00 am	7:30 pm
Thursday:	Martinique	8:00 am	2:00 pm
Friday:	St. Thomas (St. John)	10:00 am	11:30 pm
Saturday:	San Juan	8:00 am	—

Note: Times stated are approximate and subject to change.

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USMITT SEPT/OCT '83 CALENDAR*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				15 September Fly to Houston	16 H O U	17 —
18 S T O N	19 Houston or	20 San Juan or ?	21 Fly to San Juan	22 Fiesta	23 Opening Fifth WAVA	24 —
25 —	26	27	28	29	30	October 1 Relays — Board ship or fly home
2 —	3	4	5	6	7	8 Homeward bound
	C R U I S E					

HOUSTON: U.S. MASTERS T&F NATIONAL
CHAMPIONSHIPS, SEPT. 16-18

SAN JUAN: WORLD GAMES - FIFTH WAVA,
SEPT. 23 - OCT. 01

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V WORLD VETERANS GAMES

SAN JUAN, PUERTO RICO September 23 to September 30, 1983

V WORLD MASTERS GAMES

COMPETITION PROGRAMME

→ REVISED MARCH 31-1983 ←

CITY OF SAN JUAN

Dear Masters Athletes:

On behalf of the people of San Juan, I extend to you a warm welcome to the V World Masters Games here in the Capital City of Puerto Rico in 1983.

We are deeply honored to host this important international competition. The City of San Juan is making extensive preparations for the visit of more than 5,000 athletes and their families.

We hope your visit to San Juan will enable you an opportunity to become better acquainted with our city and its people. San Juan is the oldest city under the flag of the United States, combining a rich cultural heritage with the most modern of accommodations and facilities.

Most important, however, we hope your presence in San Juan will help to bring together athletes from nations around the world in a spirit of friendship and athletic competition.

We look forward to seeing you in San Juan during the V World Masters Games.

HON. HERNAN PADILLA
Mayor of San Juan
Patron of Games

Sincerely,

Hernán Padilla, M.D.
Mayor

JOSE F. MENDEZ
President
Executive Committee

ENG. MIGUEL RIVERA VEVE
Director of Operations

MESSAGE FROM THE DIRECTOR OF OPERATIONS

Dear fellow Masters:

This is a very special occasion for me because I have the honor of being the first "Master" competitor of Puerto Rico back in 1976 and the originator of the Masters movement in the Island.

In the name of all the Masters of Puerto Rico, I extend the warmest welcome to you, the Masters (Veterans) of the world, may you feel at home and may the memory of this Games be with you forever.

Director of Operations

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
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FIRST DAY-SEPT. 23, 1983

100 MTS.	M ALL	X B	TRIALS	15:00 = 3:00 PM
	W ALL		TRIALS	20:00 = 8:00 PM
5,000 MTS	M ALL	A	FINALS	17:00 = 5:00 PM
	W ALL		FINALS	22:00 = 10:00 PM
LONG JUMP	M 65+	A-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 60	A-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 55	B-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 50	A-2	TRIALS & FINALS	15:00 = 3:00 PM
	M 45	A-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 40	A-1	TRIALS & FINALS	19:00 = 7:00 PM
	W 45+	F-1	TRIALS & FINALS	16:00 = 4:00 PM
	W 40	A-2	TRIALS & FINALS	19:00 = 7:00 PM
	W 35	A-1	TRIALS & FINALS	21:00 = 9:00 PM
	SHOT PUT	M 40	B-1	TRIALS & FINALS
M 45		B-2	TRIALS & FINALS	08:00 = 8:00 AM
M 50		A-1	TRIALS & FINALS	08:00 = 8:00 AM
M 55		A-2	TRIALS & FINALS	08:00 = 8:00 AM
M 60		B-1	TRIALS & FINALS	15:00 = 3:00 PM
M 65		B-2	TRIALS & FINALS	25:00 = 3:00 PM
M 70		A-1	TRIALS & FINALS	15:00 = 3:00 PM
M 75+		A-2	TRIALS & FINALS	15:00 = 3:00 PM
W 50+		A-1	TRIALS & FINALS	19:00 = 7:00 PM
W 45		A-2	TRIALS & FINALS	19:00 = 7:00 PM
W 40	A-1	TRIALS & FINALS	21:00 = 9:00 PM	
W 35	A-2	TRIALS & FINALS	21:00 = 9:00 PM	

SECOND DAY- SEPT. 24, 1983

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME	
OPENING CEREMONIES	ALL PARTICIPANTS	MUNICIPAL STADIUM		15:00 = 3:00 PM	
100 MTS.	M ALL	A	S.F.	08:00 = 8:00 AM	
	W ALL	A	" "	20:00 = 10:00 AM	
	M ALL	A	F	19:00 = 7:00 PM	
	W ALL	A	" "	19:30 = 7:30 PM	
HAMMER	M-40	A	TRIALS & F	08:00 = 8:00 AM	
	M-45	B	" "	08:00 = 8:00 AM	
	M-50	D	" "	08:00 = 8:00 AM	
	M-55	A	" "	19:00 = 7:00 PM	
	M-60	B	" "	19:00 = 7:00 PM	
	M-65+	A	" "	20:00 = 8:00 PM	
	HIGH JUMP	M-65+	F	TRIALS & F.	08:00 = 8:00 AM
		W 45+	A	" "	08:00 = 8:00 AM
		M 40	B	" "	08:00 = 8:00 AM
		M 45	A	" "	19:00 = 7:00 PM
W 40		F	" "	19:00 = 7:00 PM	
M 60		B	" "	19:00 = 7:00 PM	
W 35		F	" "	20:00 = 8:00 PM	
800 MTS	M ALL	X B	S.F.	20:30 = 8:30 PM	
	W ALL	X B	S.F.	22:00 = 10:00 PM	
3,000 S.C.	M ALL	A	F	20:00 = 8:00 PM	
2,000 S.C.	W ALL				

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
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THIRD DAY-SEPT. 25, 1983

10,000 MTS	M 70+	A	F	06:00 = 6:00 AM
	W 60+	B	F	06:00 = 6:00 AM
	M 65	A	F	07:00 = 7:00 AM
	W 50 & 55	B	F	07:00 = 7:00 AM
	M 40	C	F	06:00 = 6:00 AM
	M 45	B	F	08:00 = 8:00 AM
	M 50	B	F	17:00 = 5:00 PM
	M 60	C	F	16:00 = 4:00 PM
	M 55	A	F	20:00 = 8:00 PM
	W 35	A	F	21:00 = 9:00 PM
200 MTS	M 40	A	TRIALS	15:00 = 3:00 PM
	W 40	A	TRIALS	18:30 = 6:30 PM
	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 45	A	" "	15:00 = 3:00 PM
	M 50	D	" "	08:00 = 8:00 AM
	M 55	D	" "	15:00 = 3:00 PM
	M 60	B	" "	08:00 = 8:00 AM
	M 65	E	" "	08:00 = 8:00 AM
	M 70+	A	" "	19:00 = 7:00 PM
	W 50+	A	" "	21:00 = 9:00 PM
DISCUS	W 40 & 45	E	" "	21:00 = 9:00 PM
	W 35	A	" "	22:30 = 10:30 PM
	M 70+	F	TRIALS & F	15:00 = 3:00 PM
	M 65	F	" "	17:00 = 5:00 PM
	M 60	A	" "	15:00 = 3:00 PM
	M 55	A	" "	16:30 = 4:30 PM
	M 50	A	" "	18:00 = 6:00 PM
	M 45	A	" "	20:00 = 8:00 PM
	M 40	A	" "	21:30 = 9:30 PM
	TRIPLE JUMP	M 70+	F	TRIALS & F
M 65		F	" "	17:00 = 5:00 PM
M 60		A	" "	15:00 = 3:00 PM
M 55		A	" "	16:30 = 4:30 PM
M 50		A	" "	18:00 = 6:00 PM

FOURTH DAY-SEPTEMBER 26, 1983

5 KM WALK	M ALL	A	FINALS	07:30 = 7:30 AM
	W ALL	B	"	07:30 = 7:30 AM
	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 60	B	"	08:00 = 8:00 AM
JAVELIN	M 65	B	"	09:30 = 9:30 AM
	W 45+	C	"	08:00 = 8:00 AM
	M 45	A	"	15:00 = 3:00 PM
	M 70+	B	"	15:00 = 3:00 PM
	M 50	A	"	18:00 = 6:00 PM
	M 55	A	"	21:00 = 9:00 PM
	W 35	A	"	18:00 = 6:00 PM
	W 40	B	"	21:30 = 9:30 PM
200 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	"	17:00 = 5:00 PM
	M ALL	A	F	22:00 = 10:00 PM
	W ALL	A	"	22:30 = 10:30 PM
800 MTS	M ALL	A	F	19:00 = 7:00 PM
	W ALL	A	F	21:00 = 9:00 PM
400 MTS H.	M ALL	B	TRIALS	15:00 = 3:00 PM
	M ALL	B	S.F.	21:00 = 9:00 PM
POLE VAULT	M 55+	A	F	16:00 = 4:00 PM

FIFTH DAY-SEPT. 27, 1983

POLE VAULT	M 40, M45, M50	A	F	16:00 = 4:00 PM
CROSS COUNTRY	M & W ALL	SPECIAL COURSE	F	07:00 = 7:00 AM
400 MTS.	W ALL	A	TRIALS	15:00 = 3:00 PM
	M ALL	A	TRIALS	17:00 = 5:00 PM
400 MTS. H	M ALL	A	F	22:30 = 10:30 PM
1,500 MTS	M ALL	B	S.F.	15:00 = 3:00 PM
	W ALL	B	S.F.	18:00 = 6:00 PM

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
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SIXTH DAY- SEPT. 28, 1983

400 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	"	17:00 = 5:00 PM
1,500 MTS.	M ALL	A	F	18:00 = 6:00 PM
	W ALL	A	"	19:30 = 7:30 PM
400 MTS.	M ALL	A	F	21:00 = 9:00 PM
	W ALL	A	"	21:45 = 9:45 PM
110 MTS H	M ALL	B	TRIALS	15:00 = 3:00 PM
100 MTS H	W ALL	B	TRIALS	16:00 = 4:00 PM
80 MTS H	M 70+ & W 70+	B	TRIALS	17:00 = 5:00 PM
PENTHALON	M 75+	B	F	18:00 = 6:00 PM
	W ALL	C	F	08:00 = 8:00 AM

SEVENTH DAY-SEPT. 29, 1983

110 MTS H	M ALL	A	S.F.	15:00 = 3:00 PM
100 MTS H	W ALL	A	S.F.	17:00 = 5:00 PM
80 MTS H	M 70+ W70+	A	S.F.	17:45 = 5:45 PM
110 MTS H	M ALL	A	F	20:00 = 8:00 PM
100 MTS H	W ALL	A	F	21:00 = 9:00 PM
80 MTS H	M 70+ W 70+	A	F	22:00 = 10:00 PM
20 K WALK	M ALL	MARATHON COURSE	F	06:30 = 6:30 AM
10 K WALK	W ALL	MARATHON COURSE	F	07:00 = 7:00 AM
PENTHALON	M 70	A	F	08:00 = 8:00 AM
PENTHALON	M 65	A	F	18:00 = 6:00 PM
PENTHALON	M 55	B	F	08:00 = 8:00 AM
PENTHALON	M 50	B	F	16:00 = 4:00 PM

EIGHT DAY-SEPT. 30, 1983

MARATHON	M ALL	MARATHON COURSE	F	05:00 = 5:00 AM
	W ALL			
PENTHALON	M 60	A	F	16:00 = 4:00 PM
PENTHALON	M 40	B	F	08:00 = 8:00 AM
PENTHALON	M 45	A	F	08:00 = 8:00 AM

NINTH DAY-OCTOBER 1st, 1983

* TEAM RELAYS	ALL	A		08:00 = 8:00 AM
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* UNOFFICIAL EVENTS SPONSORED BY VARIOUS MASTERS CLUBS IN U.S.A. ENTRIES ACCEPTED UP TO THE DAY BEFORE THE COMPETITION.
 MORE INFORMATION AND ENTRY FORMS WILL BE AVAILABLE DURING THE WEEK OF THE GAMES.

SITE LEGEND:
 A- MAIN STADIUM SIXTO ESCOBAR
 B- PARQUE CENTRAL
 C- POLIDEPORTIVO
 D- CANODROMO
 E- SOFTBALL FIELD PARQUE CENTRAL
 F- WARM UP TRACK SIXTO ESCOBAR STADIUM

NOTES:
 1. OPENING CEREMONIES HAVE BEEN SCHEDULED FOR SATURDAY SEPT. 24th, 1983 AT 3:00PM TO ALLOW ALL COMPETITORS TO PARTICIPATE IN SAME.
 2. THE STARTING TIMES AND SITES OF THE EVENTS, ARE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF PARTICIPANTS ACTUALLY REGISTERED. HOWEVER, OFFICIAL AND FINAL SITES AND STARTING TIMES WILL BE PUBLISHED AND DISTRIBUTED TO ALL PARTICIPANTS UPON ARRIVAL AT SAN JUAN.

V WORLD MASTERS GAMES
SAN JUAN - 1983
OFFICIAL ENTRY FORM

LAST NAME _____ MIDDLE INITIAL _____ GIVEN NAME _____
 ADDRESS: _____
 STREET _____ TOWN SHIP _____ CITY _____
 COUNTRY _____ TELEPHONE # _____
 DATE OF BIRTH _____ AGE GROUP _____ PART. # _____ (LEAVE BLANK)

I WISH TO BE REGISTERED IN THE FOLLOWING EVENTS:

<input type="checkbox"/> M	<input type="checkbox"/> W
MEN	WOMEN
Best Performance 1982	Best Performance 1982
<input type="checkbox"/> 100 m	<input type="checkbox"/> 100 m
<input type="checkbox"/> 200 m	<input type="checkbox"/> 200 m
<input type="checkbox"/> 400 m	<input type="checkbox"/> 400 m
<input type="checkbox"/> 800 m	<input type="checkbox"/> 800 m
<input type="checkbox"/> 1500 m	<input type="checkbox"/> 1500 m
<input type="checkbox"/> 5000 m	<input type="checkbox"/> 5000 m
<input type="checkbox"/> 10000 m	<input type="checkbox"/> 10000 m
<input type="checkbox"/> Marathon	<input type="checkbox"/> Marathon
<input type="checkbox"/> 80 m Hurdles	<input type="checkbox"/> 80 m Hurdles
<input type="checkbox"/> 100 m Hurdles	<input type="checkbox"/> 100 m Hurdles
<input type="checkbox"/> 110 m Hurdles	<input type="checkbox"/> 5 km Track Walk
<input type="checkbox"/> 400 m Hurdles (40-69)	<input type="checkbox"/> 10 km Road Walk
<input type="checkbox"/> 3000 m Steeple (40-69)	<input type="checkbox"/> Cross Country
<input type="checkbox"/> 5 km Track Walk	<input type="checkbox"/> High Jump
<input type="checkbox"/> 20 km Road Walk	<input type="checkbox"/> Long Jump
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Shot Put
<input type="checkbox"/> High Jump	<input type="checkbox"/> Discus
<input type="checkbox"/> Pole Vault	<input type="checkbox"/> Javelin
<input type="checkbox"/> Long Jump	<input type="checkbox"/> Pentathlon
<input type="checkbox"/> Triple Jump	
<input type="checkbox"/> Shot Put	
<input type="checkbox"/> Discus	
<input type="checkbox"/> Hammer	
<input type="checkbox"/> Javelin	
<input type="checkbox"/> Pentathlon	

CLUB (IF ANY) _____

TRAVEL AND LODGING ARRANGEMENTS: (IF KNOWN)
 AIRLINE & FLIGHT # _____ DATE _____ EXPECTED TIME OF ARRIVAL _____
 HOTEL OR OTHER LODGING RESERVATIONS: _____

ENTRY AND OTHER FEES:
 FIRST EVENT \$15 \$ _____
 ADDITIONAL EVENTS - \$5 EACH (\$5 x _____) = _____
 SUB TOTAL _____
 WAVA SPECIAL FEE \$10 _____
 OPTIONAL:
 TRANSPORTATION FEE \$10 _____
 FAREWELL PARTY \$10 PER PERSON (\$10 x _____) = _____
 TOTAL \$ _____ * (IN US DOLLARS)

* PLEASE MAKE YOUR CHECK OR DRAFT PAYABLE TO:
V WORLD MASTERS GAMES
 GPO BOX 336
 SAN JUAN, PUERTO RICO 00936

YOUR CHECK SHOULD BE MAILED TO ABOVE ADDRESS WITH THE FOLLOWING REQUIRED DOCUMENTS ATTACHED TO THIS ENTRY FORM; NO LATER THAN JULY 1, 1983 *

- REQUIRED DOCUMENTS: 1. COPY OF BIRTH CERTIFICATE OR EQUIVALENT
 2. TWO 2 x 2 RECENT PHOTOGRAPHS

* ENTRIES POSTMARKED AFTER JULY 1, 1983 OR RECEIVED AFTER JULY 15, 1983 WILL NOT BE ACCEPTED.

WAIVER

In consideration of the right to participate in the V World Masters Games, I do hereby for myself, my heirs and executors, release and forever discharge any and all claims for injuries, damages and losses suffered by me as a result of my participation against the Organizing Committee, the City of San Juan, the Government of Puerto Rico, and any of the Associations or Organizations related with the Games. I further certify that I have been recently examined by a certified doctor, and found to be in good physical condition.

DATE _____ SIGNATURE _____

MASTERS SCENE

NATIONAL

• Women over age 50 are more likely to consider themselves in good health than any other female age group, **McCalls** magazine reports. A survey of 15,000 readers found nearly half of women over age 50 say they're "reasonably fit." Among females 21-34, it was only 33%. The survey confirmed research by Dr. Janet Wessel of Michigan State University: "For older women, fitness means having the quality of life they want; for younger ones, the concept of fitness is slimmness," she said.

• The **Runners World Magazine** Corporate Cup Relays are being held this month in regional sites throughout the nation. Winners will advance to the finals in Stanford, Calif. July 23-24. Membership in the Corporate Cup Association is \$100 per year. Entry fees to the meets are \$40 per event or \$175 for a complete team. Teams are composed of full-time employees of a company.

• The 1983 Masters T&F Age-Record Books, compiled by TAC Masters T&F Records Chairman **Peter Mundle**, will be available in approximately 30 days for \$4 from NMN, PO Box 2372, Van Nuys, CA 91404.

• The RRCA and the Descente clothing company are co-sponsoring a series of 10K's in which runners whose marks are below standards weighted for 5-year age groups will be awarded gold, silver, and bronze medals. As an example, the gold medal standards include: 40:20 for M40-44; 49:10 for W40-44; 45:20 for M60+. So far, forty-nine clubs throughout the country are planning Descente-RRCA Star Test races. Information is available from Sport-Star USA, 333 Iris, Boulder, CO 80301.

• **ULTRASPORT**, a new publication out of Boston, has purchased the subscription list of the now defunct **Running** magazine and plans to open with a September issue. **ULTRASPORT** will retain much of **Running's** format and will



Dave Douglas approaches 10' vault Mt. SAC Relays.

Sportsfoto by John Allen

stress endurance sports — running, swimming, biking, triathlons, and x-country skiing.

• In 1956, **Al Oerter** threw the discus 184 feet to win the Olympic gold medal. In 1960, he won a second Olympics with a 194-foot toss. By 1964, he needed a 200-foot effort for a third gold. And finally, 212 feet to win yet again in 1968, at the age of 32. There is reason to believe Oerter will throw even further at the age of 46. Last October, in front of TV cameras, Oerter heaved the plate an estimated 240 feet at former Olympian Gidian Ariel's sports research center in Coto de Caza, Calif. The world record is 233-5, held by East German Wolfgang Schmidt. "He's the best in the world," said Ariel, "even though he's lost some of his velocity and speed." Oerter, who says "I have absolutely no concept of age," is focusing on his latest four-year plan, geared to reach next year's Olympics in Los Angeles. "I'm mainly doing a lot of weightlifting now," Oerter said. "I want to get in a backlog of work so I can take some time off before the major competitions next year and get some nervous energy together. It's going to be tougher to make the U.S. Olympic team than to win a gold medal." **Fortune Gordien**, a former world record-holder in the discus, said he doesn't believe that Oerter will make the U.S. team. "It's not that I don't like the guy. It's just that others are better," Gordien said.

NEW ENGLAND

• **Kirk Randall**, 41, took masters honors with a 4:35 in the **McGillivray Mile** on the road at Medford, MA, April 24. Top woman masters was **Barbara Pike**, 41, in 5:14.

EAST

• **Eddie Benham**, 75, completed 8 miles 899 yards at the one hour postal run on the Gallaudet College track, Washington, D.C., April 9, to best **Lou Gregory's** age record of 8 miles 335 yards set in 1977.

• **Mike Kasser**, a 42-year-old off-Broadway producer, ran two marathons on two continents in two days, an achievement he calls "incremental craziness." On April 17, Kasser finished the London Marathon in 2:56, return to his hotel, boarded a Concorde to NY, caught a shuttle flight to Boston, ate a spaghetti dinner, got a hot bath, a massage, nine hours of sleep, another bath, a pancake breakfast, and a 3:08 at the Boston Marathon on April 18. Kasser, who has also done two triathlons and two ultramarathons, trains about 20 hours a week, running about 10 miles a day and spending about \$4000 a year on what he calls his "peculiar hobby." Will he do a double-dipper again? "Probably," he says, "for my 50th birthday."

• The Queens Five Mile Run, Queens, NY, April 14, ended up with a 1-2 masters finish: 36-year-old **Art Hall** was 1st overall in 25:45 and was followed by 2nd-place finisher, 40-year-old **Ted Haiman**, in 26:18.

• **Sal Corrallo**, 54, was 1st master in 2:17:32 at the 25K National Race-walking Championships in Washington, D.C. **Bob Mimm** smashed the 55-59 record of 2:28:38 with 2:22:37. **Lori Maynard**, 45-49, Redwood City, CA was 7th overall in 2:04:30.

SOUTHEAST

• **Ramsey Thomas**, 40, track coach at Wake-Forest, took master's laurels & 3rd place over 150 runners in the Run For Your Zoo 10K, Asheboro, NC, April 16, with a time of 33:47.

• Godiva Track Club of Chapel Hill won both men's and women's masters titles in the North Carolina State TAC Championships in Gary on March 20 over a rough 10K course. The men's team was 1-2-3-4-5 over the finish line, led by **Bill Hall** in 32:59. **Dave Vandembrock** followed in 35:45, as did **Rob Montgomery**, 36:24; **Ray McKinnis**, 36:30; and **Alex Coffin**, 37:59. The Godiva women were led by **Martha Klopfer** in



Josephine Kolda, 65, catches her breath after sprinting a 15.8 100 meters in the Sacramento Masters Relays.

photo by Steve Yeater

43:08.

• **Dr. Robert Maydole**, Davidson College professor, posted a master's victory in the Charlotte (NC) Country Day School 5K, April 23, in 16:46 and 5th overall out of a field of 100.

• It seems to be happening more and more — a masters runner, in winning his or her division, is 1st overall. **Carolyn Spillman**, 35, was first woman finisher at the Atlanta Half-Marathon, March 6, at 1:30:10.

• **Herbert Furniss** was 1st master at the Pepsi Challenge 10K at Fort Myers, FL, April 9, 37:09.

• **Spotty Hall**, 55-59, Richmond, VA, reports he is out of action with a severe ankle sprain and ligament damage, but hopes to compete by late summer.

• At the Seven Mile Bridge Run, **William Springer**, 43, Ft. Lauderdale, FL, out-legged 1000 runners, who ran the entire seven-mile bridge portion of the Overseas Highway in Marathon, FL, for overall honors with a 37:33. Defending

champion **Sharon Beal**, 36, also of Ft. Lauderdale, won the women's event again, in 42:51.

MIDWEST

• Three faculty members ran in the annual Indiana U indoor intramural T&F meet, breaking one American age record, March 6. **Brian Winchester** celebrated his 40th birthday with a swift 55.6 440y to finish 3rd overall. **Dick Aslin**, 33, set a PR in the 2 mile with a 10:00.6 for a 4th overall finish. **Russ Bonham**, 51, broke the existing age mile mark of 4:49.3 with a 4:48.4 effort, good for 5th overall.

• **Norm Eastman**, 52, Lansing, was voted 1983 Michigan Runner of the Year by the readers of **Michigan Runner** magazine. Eastman's marks include AR's for 10 miles for ages 48 and 51 and the age 50 25K record of 1:31:47.

MID-AMERICA

• **Sharon Cooper**, 44, Claremore, OK, (Continued on page 23)



A tip of the hat from Walt Butler, 43, as he picks up his trophies, Mt. SAC Relays, May 1, 1983.

Sportsfoto by John Allen

(Continued from page 22)

bested the entire female field in the Oklahoma State 25K Championships, Tulsa, March 5, in 1:57:42. **Russell Bennett**, 45, was 1st 45-49 and 3rd overall in 1:36:23.

Loren Kenyon was the 1st master in the Pepsi Challenge 10K, Springfield, MO, April 24, with a 36:40; he was followed by **Denton Coffman**, 39:09, and **Jim Holmes**, 40:02. **Sue Lawson** took the master women's race in 44:21. **Betty Ward**, 46:34, fought off **Darleen Anderson**, 46:52, for second.

• **Duane Millslagle**, 32, Aberdeen, SD, strode to a 1st overall in the Longest Day Marathon, Brookings, SD, May 1, in 2:32:02. First M40+ was **Jim Lindley**, 43, of Fargo, ND, in 2:58:11.

SOUTHWEST

• **Bob Packard**, 46, Flagstaff, AZ, broke **Bill Orlich's** 8K age record of 26:35 with 26:23 at the certified Cinco de Mayo Caliente Run, April 30, Phoenix.

WEST

• **Christel Miller**, 45, Glendale, CA, wife of pentathlon AR holder Gary, competed for Glendale CC this season. On March 8, in a tri-meet, she had a 14'3" LJ for a new age mark. Two weeks later, in a dual meet, she improved her AR in the JT to 102'2".

• Popular thrower and multi-eventer **Chuck McMahon**, 67, has had three surgeries in a year and a half, including gall bladder removal, but is back and ready for this season's action.

• **Larry Moore**, 34-year-old Las Vegas attorney, was 1st overall in 6:06:28 at the Las Vegas TC 50-Miler, February 26. **Ron Kovacs**, 44, Mountain View, CA, took a 3rd overall in 6:28:57. **Fred Nagelschmidt**, 58, Ventura, CA, toured the course in an amazing 5th place overall time of 6:41:26.

• **John Loeschhorn**, 38, Irvine, CA, was the first finisher in the Los Alamitos Marathon, CA,

March 5, in 2:29:51, for his first ever marathon win. **Sue Petersen**, 38, Laguna Beach, CA, won the women's race, for the 6th time, in 2:57:38.

• Walkers Club of Los Angeles 5K Walk masters winner was **Ron Daniel**, 41, in 27:21 at the Rose Bowl, Pasadena, April 9, 1983. First female master was **Elaine Ward**, 45, in a PR 32:27. **Gordon Wallace**, 73, Prescott, AZ, posted a swift 30:45 for an AR.

• **Bruce Carpenter**, 30-34, logged a 31:16 victory overall at the Apple Juice 10K, Sebastopol, CA, April 10; **Darryl Beardall**, M45-49, took his division in a fast 33:36.

• **Mel Shine**, 74, past age AR and WR holder in the 400/800m, who turned to distance running five years ago, had a 10K PR of 46:20 in Alamo, CA, April 10.

• Southern California athletes **Bess James**, 74, **Alex Felix**, 46, **Hal Smith**, 47, and **Nick Newton**, 49, were featured in **Los Angeles Times** article, April 26, which dealt with masters competition and the attitudes and motivations of the people in the masters movement.

• **Bill Gookin**, who produced what was probably the original "runner's drink" and who has been a large influence on running in San Diego for well over 10 years, is back in the ERG business. After having sold to Courtesy Coffee a couple of years ago, Bill will again be making and selling ERG out of San Diego.

• The **Fifty-Plus Runners Association**, a national organization based in the Stanford area, hopes to establish 50+ affiliates throughout the country to conduct runs, do research on the benefits of running, and exchange information on topics such as nutrition and issues affecting older runners. Dr. Peter Wood, author and deputy-director of the Stanford Heart Disease Prevention Program, is current chair of the board of Fifty-Plus. For more information, contact **Don Carpenter**, PO Box D, Stanford, CA 94305.

• **Charles Murat**, 45, Oakland, CA, walked a fast 5K split, 23:57, and the 10K, 48:54, at the Julie Partridge 10K, May 1, at Stanford.

• **Christa Romppanen**, 44, Malibu, CA, prepared for her next marathon by running, among other races, a hilly Camarillo 10K, March 26, in 39:52 for 1st W/overall; the 2nd leg of a mixed open team in the Jimmy Stewart Relay Marathon, Los Angeles, April 10, to help her team to a victory over nearly 700 teams; and the Breakers 10-mile, San Diego, April 30, in 1:05:27 for 1st master and 5th W/overall.

• Totally blind **Harry Cordellos**, 45, San Francisco, ran the 1983 Boston Marathon with a sighted partner, finishing in 3:07:39 ahead of over half of the 6000 runners. Information on competition in track and field for blind athletes can be obtained from the United States Association for Blind Athletes, 55 W. California Ave., Beach Haven Park, NJ 08008.

• **Steve Duesing**, a San Francisco attorney, has formed a computerized address exchange for people who have mismatched feet, or shoes. If you have a size 10 left and a size 9 right, this service will match you with someone who has the opposite arrangement, so that by contacting each other, the two of you can agree on acceptable shoes, each buy a pair, and switch the misfits (the shoes, not the feet), instead of undergoing further aggravation or expense. For more information, contact "If the Shoe Fits," PO Box 11212, San Francisco, CA 94101.

• **Warren Blaney**, founder and director of the annual Senior Olympics in Los Angeles, has reassumed control of the 1983 T&F meet. Blaney had previously authorized masters competitor **Bob Watanabe** to run 1983 T&F segment of the multi-sport event. Watanabe had lined up **Dave Segal** to direct the meet with the help of a solid core of experienced masters volunteers. "We had planned to put on a first-class meet with TAC officials at a top track," Watanabe said, "and hoped to attract foreign athletes enroute to the nationals and the World Games. But despite Blaney's earlier OK, he has decided to retain control of the meet. As a result, Segal and the others felt compelled to withdraw their services." TAC National Records Chairman **Peter Mundie** has often refused to approve potential age records set at the meet because official procedures were often not followed.

• **Mavis Lindgren** turned 76 on April 2. Since she turned 70, she has run 35 marathons. She holds every woman's marathon age record over 70, her fastest being a 4:10:20 last October at age 75. She recently smashed the one-hour barrier in 10K with an age-75 record of 59:56.

NORTHWEST

• **Dick Goodman**, 63, ran 100 miles in 23 hours, 53 minutes, 7 seconds to raise \$100,000 for the Northwest Center for the Retarded, which operates a sheltered workshop for handicapped adults and pre-school for handicapped youngsters. The insurance agent rounded Seattle's Green Lake 36 times. "We are really excited about it," center spokeswoman **Irvine Mivell** said.

• **Doris Heritage**, 40, Seattle, WA, raced to a pending new American women's masters mile record of 4:54.33, April 23 at the Washington Invitational T&F meet, Seattle, completely obliterating **Sande Knott's** 4-year-old mark of 5:12.2.

• **Al Huff**, 45, Seattle, WA, won the Northwest Masters 15K, Seattle, March 19, in 51:05. **Robert Hughes**, 42, Bremerton, WA followed in 55:00, and **Jim Volk**, 50, was 3rd in 55:25. **Nancy Peterson**, 45, Seattle, was first female in 1:10:04, ahead of **Barbara Gregg**, 46, Seattle, 1:11:58, and **Barbara Peterson**, 42, Bellevue, WA, 1:13:16.

CANADA

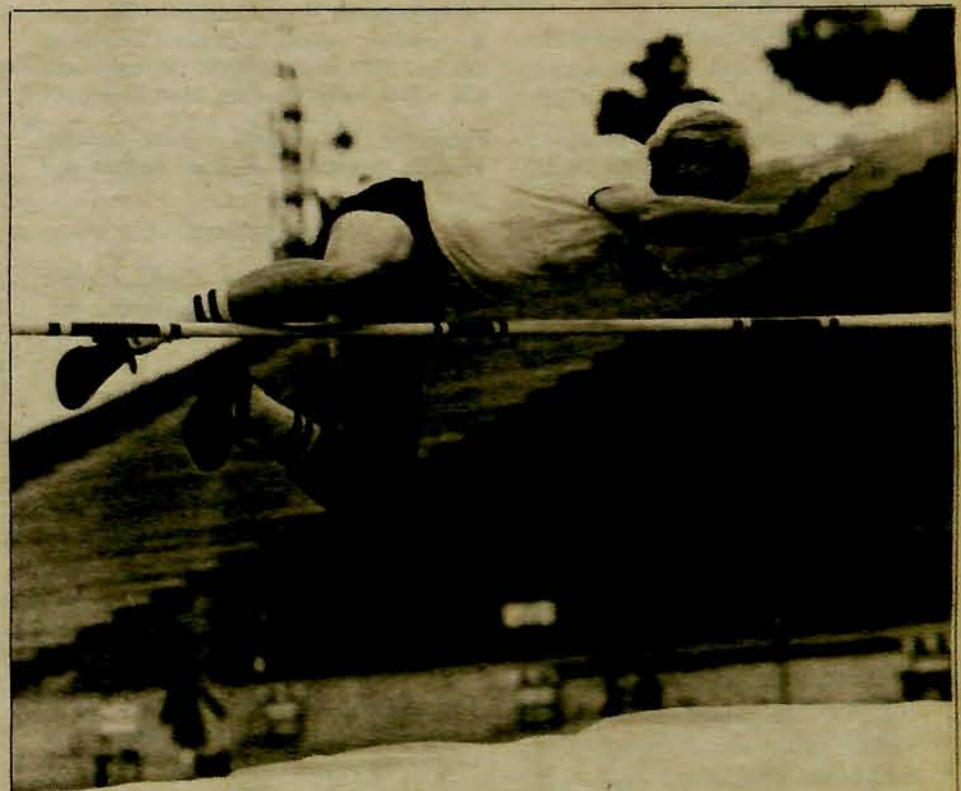
• **Ted Clark**, who was an artist and member of the original Canadian Masters International Track Team of 1972, passed away on April 18, 1983.

INTERNATIONAL

• **Veronica Weigemoed**, who holds Republic of South Africa W50-54 records in the 80m hurdles (15.9); the 100m (13.9); the HJ (1.23m); the LJ (4.30m); and the pentathlon (3,101), writes NMN that she plans to compete in the L.A. New Senior Olympics, Sept. 10-11, and the Nationals in Texas.

• Athletes at the South African Western Province Masters meet, March 26, experienced the unnerving sight of a runner collapsing after a race and not recovering. **Gert Moller**, a school principal from the small town of Clan-William, had won the 50-54 100m and 200m and finished 3rd in the 400m. Despite first aid by a master competitor **M.D.**, and treatment at a nearby hospital, Moller did not recover. He had apparently suffered a heart attack in the past, but it is uncertain whether he should have competed or not. He is the first South African master athlete to die soon after track competition.

• **Willie Diaz**, M40-44, blasted off a 11.2 100m and a 22.9 200m in the Mayaquez, Puerto Rico, Masters Meet, April 2. Other good marks included a 2:18 800m by **Luis Torres**, M55-59; **Dagoberto Gonzalez's** 165'6" discus and 49'3" shot in M50-54; and **Nydia Pena's** 4'4½" HJ for a W40-44 win.



Burl Gist, 63, High Jumps, 5'0¼", Mt. SAC Relays.

Sportsfoto by John Allen

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.



NATIONAL

June 11-12. TAC National Masters Club Championships, and TAC Southeast Regional Masters Championships, Atlanta. Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

July 2-3. TAC National Masters Decathlon (men) and Heptathlon (women), Merced, Calif. A.J. Puglizevich, 720 E. 21 St., Merced CA 95340. 209-722-6078.

September 16-18. 16th Annual TAC National Masters Championships, Rice University, Houston. Jim McLatchie, P.O. Box 740728, Houston, TX. 77274.

August 17-19, 1984. 17th Annual TAC National Masters Championships, Eugene, Oregon.

NEW ENGLAND

June 18. Waltham Masters and Submasters Invitational, Waltham, MA. Deadline June 4. Gifts & prizes. Joe Tranchita, 88 Russell St., Waltham, MA 02154.

June 26. Senior Olympics, Rhode Island. George Silva, 82 Fowler St., No. Kingstown, RI 02852.

EAST

Each Wednesday thru August 31, Mini-meets, Downing Stadium, Randall's Island, NYC. Masters at 6 p.m.

June 4. N.J. Championships, Rider College, Trenton, N.J., Ron Salvio, Squan Rd., Clarksburg, N.J. 08510. 609-259-9268.

June 11. Western Penn Open & Masters, Washington, PA. Joel Murphy, 106 Piper Dr., Pittsburgh, PA 15234.

June 19. Metropolitan Masters Championships, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

June 25. TAC Eastern Regional Masters Championships, East Stroudsburg, PA.

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Dick De Schriver, State College, East Stroudsburg, PA 18301. 717/424-3425.

July 10. Eastern Club Quadrangular. (Shore AC, NY Masters, Phila Masters, Potomac Valley) Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

July 17. Masters Sports Association Relays, New York City.

August 11-14. Empire State Games, Albany, N.Y. Open and masters. Residents of New York State only. Entry standards. Deadline July 15, Michael Abernethy. 518/474-8889.

September 4. Potomac Valley Masters Games, Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

September 10-11. North American Championships, New York City.

SOUTHEAST

June 11. 4th Annual Old Timers Meet, 3 p.m., Twin Lakes HS. John Butler, 995 44th St., West Palm Beach FL 33407. 305/844-7794.

June 11-12. 8th Annual Northwest Classic, Miami Dade CC, Miami. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147. 305-836-2409 (h); 305-579-4437 (o).

August 13. Southeastern Track Classic. Greenville, S.C. Entry forms will appear in the July issue. Tom Malik, 104 Pinewood Dr. SC 29651 (803) 879-4549.

October 2. Masters Weight Pentathlon. Delray Beach, Florida. Phil Partridge, 337 SW 14th Ave., Boynton Beach FL. 33435.

December 17. Sixth annual Holiday Weight Pentathlon, 10 a.m. immediately followed by Hammerfest — all weights of hammers & throwing weights Atlantic Community School, 2501 Seacrest Blvd. Delray Beach, Fla. 33444 Randy Cooper, Meet Director.

December 18. Fourth annual Holiday Regular Pentathlon, 10 a.m. address and Meet Director above.

MIDWEST

June 8-12. Indy Senior Classic (Senior Olympics), Indiana U., Indianapolis, Bob Coughlin, 305 S. Barton, Indianapolis IN 46241, 317-241-5446.

June 11. Hoosier TC Open & Masters, Indianapolis, IN. Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241, 317-241-5446.

June 12. Will County Meet, Lincoln Way H.S. New Lenox, IL. Al Logsdon, Sauk Trail, Frankfort, IL 60423, 815-469-2807.

June 18. 5th Cleveland Track Classic, Parma, Ohio. Open to all. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124.

June 18. 4th Annual Wisconsin United Athletic Club Masters T&F Meet U.W. Madison Walnut Street Track - 10:00 a.m.

5 year age groups - age 30 and up Ron Dennis - 6408 West Gate Rd. Madison, WI 53716, 608-221-8020.

ON TAP FOR JUNE

TRACK AND FIELD

This month is bursting with masters events starting on the 4th with the New Jersey Championships at Clarksburg. The 2nd weekend sees the popular Senior Olympics in Indiana, the TAC National Club Championships & Southeast Regionals in Atlanta, the Hoosier meet in Indianapolis, the West Penn meet near Pittsburgh, the Ontario Championships near Toronto, the Will County Meet in New Lenox, Illinois, the Old Timer Meet in West Palm Beach and the Northwest Classic in Miami.

Seven popular meets fill the third weekend starting with the Waltham Masters & Submasters Invitational in Waltham, Mass., the Senior Sports Festival in Seattle, the Wisconsin-United Meet in Madison, the Cleveland Track Classic, the Hill Country Classic in Texas and the ever popular Metropolitan Championships at Randall's Island, New York City.

June 25. Open Meet, York High, Elmhurst IL., 7 a.m.

July 2-4. Indiana Masters Championships/White River Park State Games.

July 4. Coronado Half-Marathon, San Diego. George Green, 626 5th St., Coronado, CA 92118. 4500 runners.

July 30. TAC Midwest Regional Masters Championships, York High, Elmhurst IL. 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315. (o); 312-234-2154 (h).

August 6. Heights Summer Track Classic. All ages and masters. Dorothy Davis, c/o Community Services, 2155 Miramar Rd., University Heights, OH 44118. 216-371-7406.

August 13-14. North Coast Decathlon, Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts, OH 44118.

October 8. 3rd Annual Chicago Corporate Classic for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

Three events are set for the final weekend: the Minnesota Championships, the Hayward Classic at Eugene, Oregon, and the Eastern Regional Championships at E. Stroudsburg, Pa.

LONG DISTANCE RUNNING

For women on the move, the 5th offers the Avon International Marathon and TAC National Women's Masters Marathon Championships in Los Angeles.

The popular Grandma's Marathon in Duluth, Minnesota goes on the 11th. The TAC National Masters & Open 100 mile Championships at Queens is a challenge on the 18th.

The weekend of the 25th finds the Cascade Run Off 15K at Portland, Oregon, and to finish off the month is the challenge you've been waiting for in the Western States 100-mile Endurance Run at Squaw Valley, California. □

MID-AMERICA

June 24-25. TAC Minnesota Open & Masters Championships, U. of Minnesota, Doug Taylor, 4393 Arden View Court, Arden Hills MN 55112. 612-636-8909.

August 13-14. Missouri Senior Olympics. Joe Shy, Box 745, Chillicothe, MO 64601.

September 3-4. Rocky Mountain Games, Denver. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.

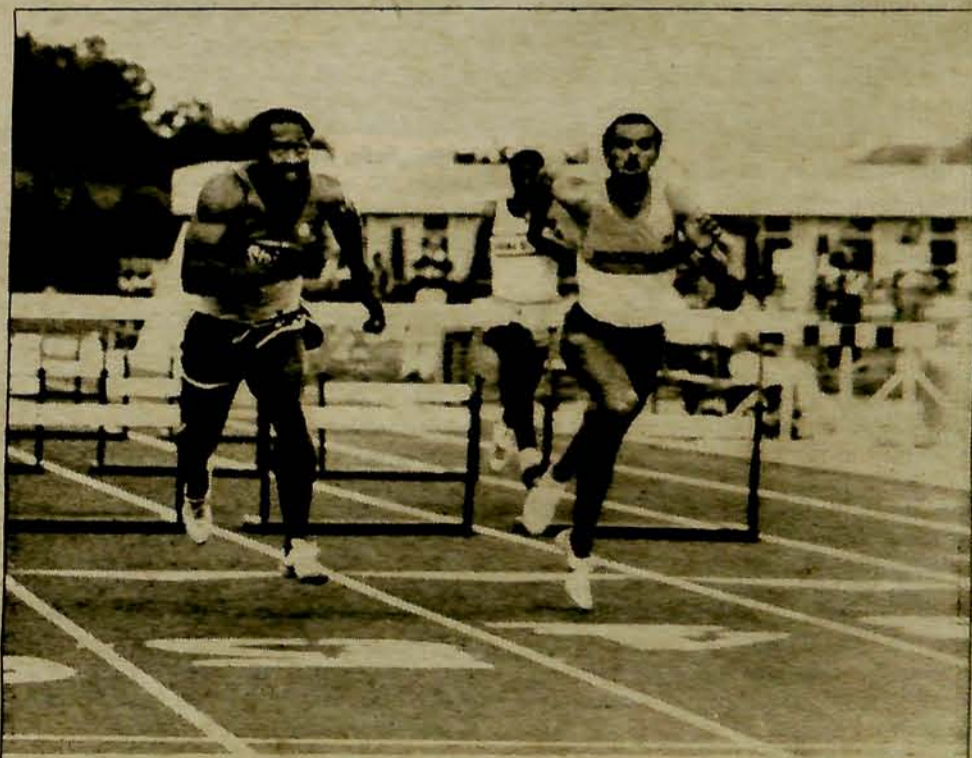
September 18. Missouri Valley Masters Championships. Lawrence, Kansas. Clint Leon, 913-842-6240.

SOUTHWEST

June 4. Eldorado Master Classic, Eldorado, Texas. Jim Hardy, P.O. Box 646, Eldorado, TX 76936 (915-853-2439).

June 18. Hill Country Classic Master Track Meet. Mason, Texas. Charles Lipsey, Mason HS, Rucker Rt., Box 31C, Mason, TX 76856. 915-347-6261.

(Continued on page 25)



Marvin Thompson, 36, edges Walt Rutler, 43, 110H, 14.8, Mt. SAC Relays.

Sportsfoto by John Allen

August 20. Texas Masters Championships. Dallas, Joe Murphy, 4308 N. Central Expressway; Suite 206. Dallas, TX 75206. 214-826-9650.

WEST

June 19. Masters 100 x 1 Mile Relay (attempt to break world 40+ record of 8:45:21, 5:15.2 per mile), Grossmont JC, El Cajon, Calif. Will Rasmussen, 619/447-8909.

June 20-August 5. All-comers T&F meets, Los Angeles area. Mon: Gardena HS; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters competition each Wed. at Birmingham.

July 3. Northern California Seniors Classic, University of Calif., Berkeley. Contact Mark Grubi, P.O. Box 4512, San Francisco, CA 94101. (415-285-3352).

July 9. TAC/SPA District Masters Championships, CSU, Long Beach, Calif. Woody Studemund, 213-790-9480, or Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92546. 714-968-2812.

July 23-24. West Valley Masters Meet, Los Gatos, CA, Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29 division).

July 30. 10th Annual CDM "Don Palmer memorial" Relays, Los Angeles. Cynthia Jackson, 19103 S. Andmark Ave., Carson, CA 90746. 213-638-7125.

August 6. CDM, Striders & San Diego AA Tri-Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

August 20-21. TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.



Tim Burns, 40, wins 5000, 15:55.5, Mt. SAC Relays.

Sportsfoto by John Allen

August 27. Southern California Masters Championships. Includes 100/800m handicap championships. Southwestern College, Chula Vista, CA. Joe Horn, 1147 Agate St., San Diego, CA 92109.

October 1. Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017. 805-687-6323.

June 16-24, 1984. U.S. Olympic Trials, Los Angeles.

NORTHWEST

June 18. 4th Annual Senior Sports Festival, Seattle, King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.

June 25-26. Hayward Masters Classic, Eugene, OR. Lew Thorn, 503-484-9087; Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

July 10-15. Masters track & field training camp, Seeley Lake, Montana. Northwest Sports Medicine Foundation, 1551 Northwest 54th; Suite 200; Seattle, WA 98107. 206-782-3383.

July 29-30. TAC Northwest Regional Masters Championships, Gresham, Oregon. Held at night. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. Entry form in July issue.

August 26-27. 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

CANADA

June 11-12. Ontario Masters Championships, Sudbury, Canada.

July 16. Ontario Masters Pentathlon Championships. Near Toronto.

INTERNATIONAL

August 20-21. British Veterans Championships, Melksham, Wiltshire, England.

August 21-25. European Veterans Championships, Whitdean Stadium, England.

September 23 - October 1. V World Veterans Games, San Juan, Puerto Rico. Men 40+. Women 35+. GPO Box 336, San Juan, PR 00936.

July 28-August 12, 1984. Olympic Games, Los Angeles.

LONG DISTANCE RUNNING

NATIONAL

Thru August 31. TAC National Masters Postal One-Hour Run Championships. Al Huff, 18127 First Five. N.W. Seattle WA 98177. 206/542-2930.

June 5. 1983 Avon International Marathon and TAC National Women's Masters Marathon Championships, Los Angeles. Avon Running, 9 West 57th St., New York NY 10019.

June 18. TAC National Masters and Open 100-mile Championships. Shea Stadium, Queens, N.Y. Vince Chiapetta, 3400 Corlear Ave., Bronx NY 10463. 212/796-5189.

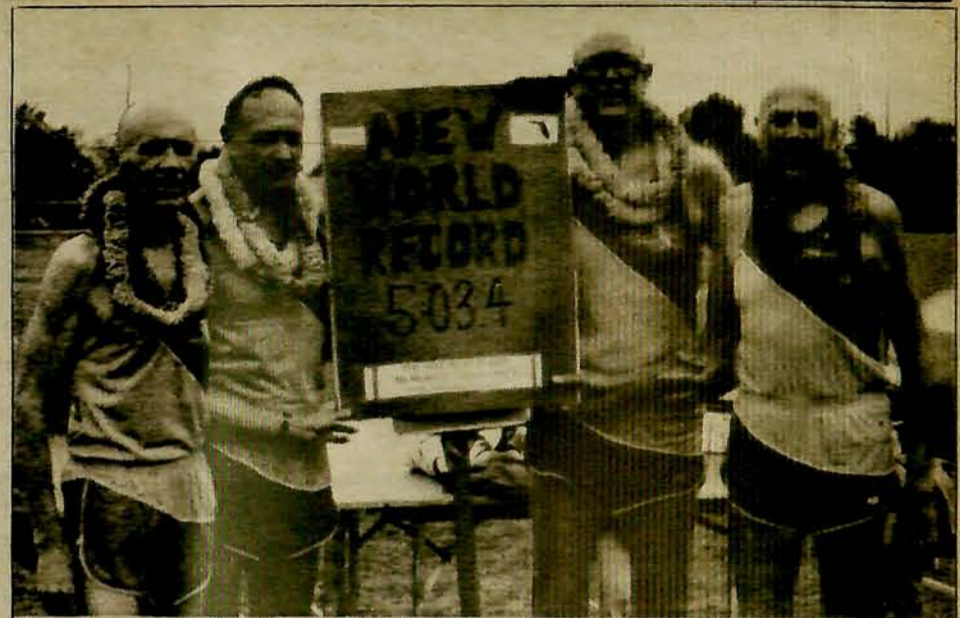
NEW ENGLAND

September 5. American National Bank New Haven 10K. New Haven Road Race, Box 1893, New Haven, CT 06508.

September 12. Westfield Masters 5 Mile. SASE to Walter Childs, Sr., P.O. Box 1484, Springfield, MA 01101.

EAST

June 5. 3rd International Oxford Triathlon, Oxford, Md. 2.4-mile swim, 20-mile run, 50-mile bike. Fletcher Hanks, Box 268, Ox-



West Florida "Y" Mile Relay Team, after setting new 60+ WR of 5:03.4 February 26. L. to r., Bill Eppright, 62; Jack Rice, 62; Bernie Ryan, 64; Dick Lacey, 72.

photo by Pat Dallman

ford, MD 21654. 301-226-5494.

June 26-July 2. Arthur Lydiard Running Camp, Purchase, N.Y. T. Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

July 3. Pepsi Challenge 10K National Championships, New York City.

August 13. 3rd Annual Asbury Park 10K Classic, Asbury Park, N.J. Good masters field. (750 in '82). Phil Benson, PO Box 2287, Ocean NJ 07712.

August 14. Empire State Games Marathon, Albany, N.Y. Open to all. Mike Abernethy, 518/474-8889.

September 18. Philadelphia Half-Marathon. Bill Jackson, Central YMCA, 1421 Arch St., Philadelphia, PA 19102.

SOUTHEAST

July 4. Peachtree 10K Road Race, Atlanta. 25,000 runners. Royce Hodge, 3097 E. Shadowlawn Ave. Atlanta, GA 30305. 404-231-9065.

September 3. Charleston Distance Run 15-Mile. Charleston, WV. Tony Gallo, Box 2749, Charleston, WV 25330.

MIDWEST

June 11. Grandma's Marathon, Duluth, Minn. Scott Keenan, Box 6234, Duluth MN 55806. 218/727-0947.

July 10. Chicago Distance Classic 20K, Chicago, IL. Also National Corporate LDR Championship. Chicago Distance Classic, 1440 W. Washington, Chicago, IL 60607. Jan Schunk, 312-243-2000.

August 7-13. Telemark Running Camp, Cable, Wisconsin. 10,000 meter cross-country race, August 13. Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360. 219-872-7217.

August 27. Bobby Crim 10-M for Special Olympics, Flint, MI. Deadline Aug. 10. Lois Craig, Box 981, Flint, MI 48501. 313-767-7903.

MID-AMERICA

June 4. 21st Jackrabbit 15, Brookings, S.D. SDSU, Brookings SD 57007.

August 28. 6th Jim Emmerich 15K, Brookings, S.D. SDSU, Brookings SD 57007.

WEST

June 11. Bess James Ramonaland 10K, Hemet, Calif. Bob Stangel, Mt. San Jacinto College, 21400 Highway 79, San Jacinto, CA 92383.

June 25. Western States 100-mile Endurance Run; Squaw Valley to Auburn, Calif. Curtis Sproul, 1000 G St., Sacramento CA 95814. 916/446-8028.

July 24. San Francisco Marathon. 10,000 runners. Box 27385, San Francisco, CA 94127, 415-681-2322.

August 21. America's Finest City Half-Marathon, San Diego, CA. Deadline July 21. Jack E. Damson, Box 3879, San Diego, CA 92103. 714-297-3907.

NORTHWEST

June 26. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, 1000 Willamette Center, 121 S.W. Salmon, Portland OR 97204.

September 11. Nike-OTC Marathon, Eugene, OR. Deadline mid-June. Jerry Settelmeier, Box 10412, Eugene, OR 97440. 503-687-2477.

CANADA

October 30. USA vs. Canada Masters Cross-Country Match, Ottawa.

INTERNATIONAL

October 15-16. XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Maurice Nozerand, ASPPT Perpignan 66020, France. 68/61-66-11.

**Among the disabled
are talented chefs,
designers, secretaries
and economists.
The talent is there.
Use it.**

President's Committee on
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DEADLINE

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

World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.
Place of Competition		

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Time	Name of Timekeeper	Address	Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Name of Starter	Address	Signature
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REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions? _____
 Did you examine the Birth Certificate of the athlete? _____
 (If not athlete should send copy)
 Precise Wind Velocity and Direction _____
 Were all hurdles the correct balance and height? _____ Was the track surveyed? _____
 List order of finish and approximate distance between each finisher.
 1st. who was ahead of
 who was ahead of

Name of Referee	Address	Signature
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Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291
 World Association of Veteran Athletes

APPLICATION FOR FIELD RECORD

Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.
Place of Competition		

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date Signature of Athlete

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance	Name of Field Judge	Address	Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface _____ Weight of Shot, Discus or Javelin _____

Name of Technical Manager	Address	Signature
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REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions? _____
 Precise Wind Velocity and Direction _____
 Was the Field surveyed? _____ Did you examine athletes Birth Certificate? _____
 If not please send copy.
 1st..... 2nd..... 3rd.....

Name of Referee	Address	Signature
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Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291

New World and American Five-Year Age Group Records

In this issue of NMN are the new world and American five-year age-group records, compiled by TAC National Masters Records Chairman Pete Mundle, in coordination with the World Veterans Record Committee.

Some pending records set in 1982 have not been included because Mundle never received the official verification.

On this page are printed standard application forms for a 5-year world and/or American masters track & field age-division records. While not all of the information is always needed, the more data you can provide, the easier it will be for Mundle and the World Association of Veteran Athletes Records Committee to verify the mark.

Meet directors should keep a supply of these forms — along with a copy of

the current 5-year records handy at each meet. Pass them out to your track and field officials so they can fill out the form right after a new record is set.

An athlete can bird-dog the officials by carrying a few of the forms in your bag. If you set a new mark, make sure you get a form filled out and signed. Then send it to Mundle.

For a single-age record, not as much data is usually required. However, again, the more data you provide, the easier it is to verify. Particularly important are the wind velocity for points and jumps, the exact implement heights and the exact hurdle heights. □



Patricia English, San Anselmo, age 30 4th overall, first master, in 54:15 at AVON 15K, San Francisco, April 10.



Marlys Green, 52, wins 50-54 8-miler in 1:04:48 March 20 in Tiburon, Calif.

photo by Gene Cohn

WITH THANKS . . .

The generous contributions from the following athletes to the 1983 TAC National Indoor Masters T&F Championships are gratefully acknowledged: Archie and Buff Messenger, Dave Hall, Hal Sanderson, Nick Pyle, Tom Talbott, Walker Pierson, Jim Manno, Claude Hills, Ernie Billups, Chuck Klehm, Bill Brobston, Bruce Springbett and Haig Bohigian. □

Among the disabled are talented musicians, teachers and writers. The talent is there. Use it.

President's Committee on Employment of the Handicapped, Washington, D.C. 20210

MEN'S WORLD AND AMERICAN FIVE YEAR AGE GROUP RECORDS AS OF JAN. 1, 1983

100 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	9.6	CLIFTON BERTRAND(TRINIDAD, BRONX, NY)	36 6-8-72
	9.7	WALT BUTLER(ALTADENA, CA)	37 6-11-78
40-44	9.8	THANE BAKER(DALLAS, TX)	42 7-13-74
	9.8	PERCY KNOX(EDWARDS, CA)	41 7-11-75
45-49	10.0	THANE BAKER(DALLAS, TX)	46 5-27-78
50-54	10.5	ALPHONSE JUILLAND(STANFORD, CA)	50 8-18-73
	10.5	EDMUND SCHULER(ST. PETERSBURG, FL)	51 7-26-78
55-59	10.7	PAYTON JORDAN(LOS ALTOS, CA)	55 3-25-72
	10.7	ALFRED GUIDET(PETALUMA, CA)	55 7-14-73
	10.7	CHARLES BEAUDRY(EDINBURG, TX)	55 8-10-74
60-64	10.9	PAYTON JORDAN(LOS ALTOS, CA)	61 5-6-78
65-69	12.1	HARRY KOPPEL(BELMONT, CA)	66 7-19-79
70-74	13.5	BARRY IVERS(BREWER, ME)	71 6-30-82
75-79	13.4	HERBERT ANDERSON(BELLVUE, CO)	75 10-1-77
80+	15.1	HERBERT ANDERSON(BELLVUE, CO)	80 7-24-82

100 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	10.3	EDWARD JEFFERIS(S. AFR.)	35 11-24-71
	10.3	RUBEN WHITNEY(SAN MARINO, TX)	35 6-14-80
40-44	10.7	THANE BAKER(DALLAS, TX)	41 9-13-72
45-49	11.0	THANE BAKER(DALLAS, TX)	48 6-14-80
50-54	11.3	THANE BAKER(DALLAS, TX)	50 9-24-82
55-59	11.6	PAYTON JORDAN(LOS ALTOS, CA)	56 6-23-73
	11.6N	ALFRED GUIDET(CALIFORNIA CITY, CA)	56 6-22-74
60-64	11.8	PAYTON JORDAN(LOS ALTOS, CA)	61 5-27-78
65-69	12.6	PAYTON JORDAN(LOS ALTOS, CA)	65 6-12-82
70-74	13.5	FRED REID(S. AFR.)	71 7-19-80
	13.9	JOSIAH PACKARD(SAN FRANCISCO)	73 8-9-77
	13.9	ANTHONY CASTRO(LA CANADA, CA)	70 5-31-80
75-79	14.3	JOSIAH PACKARD(SAN FRANCISCO)	75 6-23-79
80+	16.5	HERBERT ANDERSON(BELLVUE, CO)	80 9-5-82

200 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	20.8	DELANO MERIWETHER(US)	35 6-9-78
40-44	21.9	REGINALD AUSTIN(AUS)	40 8-10-77
	22.3Y	THANE BAKER(DALLAS, TX)	42 7-13-74
45-49	22.3N	GEORGE RHODEN(JAMAICA, SAN DIEGO)	45 7-2-72
	22.9	RICHARD STOLPE(OMAHA, NB)	45 6-20-70
	22.9	MILTON NEWTON(INGLEWOOD, CA)	46 6-22-80
50-54	23.4	THANE BAKER(DALLAS, TX)	50 9-5-82
55-59	23.6	ALFRED GUIDET(PETALUMA, CA)	55 6-24-73
60-64	24.9	PAYTON JORDAN(LOS ALTOS, CA)	60 6-19-77
65-69	26.1	PAYTON JORDAN(LOS ALTOS, CA)	65 6-12-82
70-74	27.5	FRED REID(S. AFR.)	71 7-19-80
	29.2	JOSIAH PACKARD(SAN FRANCISCO)	73 8-10-77
75-79	29.5	JOSIAH PACKARD(SAN FRANCISCO)	75 6-24-79
80+	35.7	HAROLD CHAPSON(HONOLULU)	80 7-31-82

400 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	46.91	HAGUES ROGER(FRA)	35 6-27-76
	48.74	DENNIS DYCE(NY)	35 7-21-79
40-44	49.36	JAMES BURNETT(PHILADELPHIA, PA)	41 8-15-81
45-49	51.0	MILTON NEWTON(INGLEWOOD, CA)	46 7-5-80
50-54	52.28	PETER HIGGINS(GB)	50 8-1-79
	52.9	JACK GREENWOOD(MENDECINO LODGE, KS)	51 8-10-77
55-59	54.56	RUDOLPH VALENTINE(NYC, NY)	55 6-9-79
60-64	58.4	JOHN ALEXANDER(MCCAMEY, TX)	61 6-27-81
65-69	62.6	FRITZ ASSMY(WG)	65 8-7-80
	63.83	FRANK FINGER(Charlottesville, VA)	65 1-13-81
70-74	64.6	JOSIAH PACKARD(SAN FRANCISCO)	73 8-10-77
75-79	68.5	JOSIAH PACKARD(SAN FRANCISCO)	75 6-23-79
80+	77.7	HERBERT ANDERSON(BELLVUE, CO)	80 8-28-82

800 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	1:49.2Y	GEORGE SCOTT(NZ, LONG BEACH, CA)	35 5-12-72
	1:52.1	RALPH LEE(CA)	37 6-7-79
40-44	1:54.5	KLAUS MAINKA(WG)	41 7-16-77
	1:54.9	GEORGE COHEN(INGLEWOOD, CA)	40 8-16-80
45-49	1:57.9	JOHAN HESSELBERG(NORWAY)	45 8-9-77
	1:58.1N	BILL FITZGERALD(PALOS VERDES, CA)	48 7-6-73
50-54	2:01.1	BILL FITZGERALD(PALOS VERDES, CA)	50 6-29-75
55-59	2:06.6	DEREK TURNBULL(NZ)	55 5-14-82
	2:08.9	BILL FITZGERALD(PALOS VERDES, CA)	55 7-5-80
60-64	2:17.0	JOHN GILMOUR(AUS)	60 1-11-81
	2:19.9Y	RAY GORDON(WASHINGTON, DC)	60 8-5-78
65-69	2:22.1	JACK STEVENS(AUS)	65 11-27-82
	2:25.3	FRANK FINGER(Charlottesville, VA)	65 7-5-80
70-74	2:34.5	MONTY MONTGOMERY(SHERMAN OAKS, CA)	71 9-4-77
75-79	2:40.0	HAROLD CHAPSON(HONOLULU)	75 5-14-78
80+	2:53.5	HAROLD CHAPSON(HONOLULU)	80 7-11-82

1500 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	3:42.4	GERARD VERVOORT(FRANCE)	37 6-24-73
	3:52.7	RAMSEY THOMAS(CANTONSVILLE, MD)	35 7-11-79
40-44	3:52.0	MICHEL BERNARD(FRANCE)	40 6-20-72
	3:59.8	ERNEST BILLUPS(CHICAGO)	44 8-16-81
45-49	4:03.2	PIET MAYOOR(HOLLAND)	45 6-8-77
	4:07.9	BOB PACKARD(SCOTTSDALE, AZ)	45 10-5-81
50-54	4:05.8	RAY HATTON(BEND, OR)	50 7-8-82
55-59	4:17.4	DEREK TURNBULL(NZ)	55 2-20-82
	4:28.7	BILL FITZGERALD(PALOS VERDES, CA)	55 7-12-80
60-64	4:30.0	JOHN GILMOUR(AUS)	60 12-22-79
	4:49.8	DON LONGENECKER(SILVER CITY, NM)	62 8-24-78
65-69	4:50.6	JACK STEVENS(AUS)	65 11-13-82
	4:59.1	WILLIAM ANDBERG(ANOKA, MN)	65 7-4-76
70-74	5:11.8	MERV JENKINSON(AUSTRALIA)	70 1-6-80
	5:21.1	HAROLD CHAPSON(HONOLULU)	73 8-16-75
75-79	5:30.1	HAROLD CHAPSON(HONOLULU)	75 8-11-77
80+	6:12.2	HAROLD CHAPSON(HONOLULU)	80 7-11-82

1 MILE			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	4:03.7	GEORGE SCOTT(NZ, LONG BEACH, CA)	35 4-22-72
	4:12.4	RAMSEY THOMAS(CANTONSVILLE, MD)	35 7-26-79
40-44	4:18.5	JIM MCDONALD(NZ)	43 12-3-77
	4:24.0	RAY HATTON(BEND, OR)	43 7-18-75
45-49	4:26.4	LOUIS VINK(HOL)	45 6-7-80
	4:29.5N	BILL FITZGERALD(PALOS VERDES, CA)	46 4-23-72
50-54	4:32.2	BILL FITZGERALD(PALOS VERDES, CA)	50 7-13-75
55-59	4:40.4	JACK RYAN(AUSTRALIA)	55 12-15-77
	5:02.2	GEORGE SHEEHAN(RUMSON, NJ)	55 7-20-74
60-64	4:57.1	JOHN GILMOUR(AUS)	61 11-13-80
	5:15.2	CLIVE DAVIES(PORTLAND, OR)	63 6-9-79
65-69	5:22N	MONTY MONTGOMERY(SHERMAN OAKS, CA)	65 4-8-72
70-74	5:42.2	MONTY MONTGOMERY(SHERMAN OAKS, CA)	70 7-9-77
75-79	6:15.1	HAROLD CHAPSON(HONOLULU)	75 7-5-81
80+	8:07.1	PAUL SPANGLER(SAN LUIS OBISPO, CA)	81 6-7-80

3000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	7:56.2N	MICHEL BERNARD(FRANCE)	35 6-14-67
	8:31.5	RAMSEY THOMAS(CANTONSVILLE, MD)	35 8-4-79
40-44	8:17.4N	JACK FOSTER(NEW ZEALAND)	43 1-31-76
	8:50.0	HAL HIGDON(MICHIGAN, IN)	44 7-13-75
45-49	8:36.0	Laurie OHARA(GB)	45 7-8-77
	9:14.2	PETER MUNDLE(VENICE, CA)	46 1-18-75
50-54	8:53.8	RAY HATTON(BEND, OR)	50 6-25-82
55-59	9:12.8	JACK RYAN(AUSTRALIA)	55 1-24-78
	10:13.8	JACK ANGEL(PURCELL, OK)	55 6-26-82
60-64	9:41.2	JOHN GILMOUR(AUS)	61 11-22-80
	10:47.0	BILL ANDBERG(ANOKA, MN)	64 8-13-75
65-69	10:47.8	STAN NICHOLLS(AUSTRALIA)	66 11-8-77
	10:51.0	NORMAN BRIGHT(SEATTLE, WA)	65 6-17-75
70-74	11:46.2	HAROLD CHAPSON(HONOLULU)	73 3-28-76
75-79	13:06.4	RICHARD BREDENBECK(INDEPENDENCE, OH)	75 6-13-81
80+	14:39.0	PAUL SPANGLER(SAN LUIS OBISPO, CA)	80 7-22-79

2 MILES			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	8:37.2N	DAVE POWER(AUSTRALIA)	35 12-4-63
	9:21.4	GLYNN WOOD(WASH., DC)	35 10-26-69
40-44	9:07.4	FRED MORRIS(GB)	40 4-17-62
	9:17.6N	RAY HATTON(BEND, OR)	40 4-1-72
45-49	9:37.8	DENNY MEYER(SEATTLE, WA)	45 5-5-78
50-54	10:12	GEORGE MCGRATH(AUS)	53 10-18-73
	10:15.2	DAVID STEVENSON(PALO ALTO, CA)	50 7-26-79
55-59	10:35.4	ROLAND ANSPACH(SPRINGBORO, OH)	55 6-13-81
60-64	11:09	DON LONGENECKER(SILVER CITY, NM)	62 6-25-78
65-69	11:30.0N	MONTY MONTGOMERY(SHERMAN OAKS, CA)	66 3-25-73
70-74	12:40.0	HAROLD CHAPSON(HONOLULU)	73 3-14-76
75-79	14:30	LOU GREGORY(PENSACOLA, FL)	76 9-30-78
80+	15:47.2	PAUL SPANGLER(SAN LUIS OBISPO, CA)	80 7-22-79

3000 METER STEEPLECHASE			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	8:33.4	IVAN KABANOV(URS)	36 7-27-75
	8:38.8	MIKE MANLEY(EUGENE, OR)	38 - -80
40-44	8:41.5	GASTON ROELANTS(BEL)	40 7-6-77
	9:18.6	HAL HIGDON(MICHIGAN CITY, IN)	44 8-15-75
45-49	9:36.6	JIM MCDONALD(NZ)	45 11-17-79
	9:39.0	HAL HIGDON(MICHIGAN CITY, IN)	46 8-11-77
50-54	10:18.1	ARTHUR TAYLOR(CANADA)	52 8-1-79
	10:53.2	DAVE STEVENSON(PALO ALTO, CA)	52 1-14-81
55-59	10:39.8	ELIGIO GALICIA(MEX)	56 8-1-79
	11:17.8	AVERY BRYANT(PALOS VERDES, CA)	55 8-1-79
60-64	11:41.6	OLLE ELVLAND(SWE)	61 8-1-79
	12:33.2	BOB BOAL(WAKE FOREST, NC)	64 4-3-76
65-69	12:24.8	NORMAN BRIGHT(SEATTLE, WA)	65 8-15-75
70-74	13:26.5	STAN NICHOLLS(AUS)	70 4-11-81
	14:34.7	WILFRED BIGELOW(BERKELEY, CA)	70 1-9-81
75-79	19:04.8	LOU GREGORY(PENSACOLA, FL)	76 8-20-78

110 METER HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30"			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	14.1	GHULAM RAZIK(PAKISTAN)	36 2-16-69
	15.2Y	HUGH ADAMS(REEDLEY, CA)	35 6-11-75
40-44	14.4Y(42")	DON FINLAY(GB)	40 8-1-49
	14.7	LEOPOLD MARIEN(BEL)	41 8-13-75
	14.67	WALT BUTLER(ALTADENA, CA)	40 8-8-81
45-49	14.7	VALBJORN THORLAKSSON(ICE)	45 7-8-79
	15.0	JACK GREENWOOD(MENDECINO LODGE, KS)	46 9-14-72
50-54	15.1	JACK GREENWOOD(MENDECINO LODGE, KS)	51 8-10-77
55-59	16.6	ANDRE FINDELI(FRA)	55 9-14-78
	16.8	CHARLES BEAUDRY(EDINBURG, TX)	55 8-24-74
60-64	17.2	BURL GIST(SAN MARCOS, CA)	61 4-4-81
65-69	18.8	HERB MILLER(ORANGE, CA)	66 7-10-81
70-74	20.99	BERNO WISCHMANN(WG)	70 1-13-81
	21.5	RICHARD LACEY(PELHAM, NY)	70 6-14-80
75-79	20.83	RUSSELL MEYERS(PENSACOLA, FL)	77 5-9-81
80+	26.0	HERBERT ANDERSON(BELLVUE, CO)	80 7-24-82

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
35-39	51.72	BERTIL WISTAM(SWE)	35 7-17-75
	52.5	RON WHITNEY(CA)	35 5-29-78
40-44	54.08	LEON HACKER(S. AFR.)	40 7-29-79
	54.1	GEORGE MATHE(S. AFRICA)	40 6-30-79
	57.37	MIKE DE STEFANO(US)	41 8-16-81
45-49	55.7	JACK GREENWOOD(MENDECINO LODGE, KS)	46 8-24-72
50-54	58.1	JACK GREENWOOD(MENDECINO LODGE, KS)	50 7-3-78
55-59	62.3	ANDRE FINDELI(FRA)	55 9-10-78
	63.2	RICHMOND MORCOM(PHILADELPHIA)	55 6-27-76
60-64	68.7	MAX PICKL(CANADA)	61 6-23-79
	69.1	BUD DEACON(HONOLULU, HI)	63 6-23-74
	69.1	ROBERT HUNT(ANAHEIM, CA)	60 8-17-80
65-69	73.22	GEORGE BRACELAND(DREXEL HILL, PA)	65 7-29-79
70-74	84.1	WILFRED BIGELOW(BERKELEY, CA)	73 1-10-81
75-79	89.58	RUSSELL MEYERS(PENSACOLA, FL)	77 5-9-81
80+	1:51.0	HERBERT ANDERSON(BELLVUE, CO)	80 7-24-82

3 MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13:31.6	GASTON ROELANTS(BEL)	37 9-24-74
	13:44.2	PETER MCARDLE(NYC,NY)	35 6-11-64
40-44	14:10.2	DAVID FRANCIS(GB)	40 9- 2-68
	14:29.2	RAY HATTON(BEND,OR)	42 6-15-74
45-49	15:07	PETER MUNDLE(VENICE,CA)	46 7- 7-74
50-54	15:37.8	JAMES O'NEIL(SACRAMENTO,CA)	50 1-10-76
55-59	15:57	JOHN GILMOUR(AUS)	55 8- 8-75
	16:51.2	CLIVE DAVIES(PORTLAND,OR)	59 7-13-75
60-64	16:59.2	DON LONGENECKER(SILVER CITY,NM)	62 6-25-78
65-69	17:59.2	NORMAN BRIGHT(SEATTLE,WA)	65 7-22-75
70-74	19:09.0	STAN NICHOLLS(AUSTRALIA)	71 7- 4-82
	19:20	JOHN STEVENS(US)	70 6-16-79
75-79	21:10.8	LOU GREGORY(PENSACOLA,FL)	75 5- 6-78
80+	24:08.2	PAUL SPANGLER(SAN LUIS OBISPO,CA)	80 7-22-79

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13:17.3	CARLOS LOPES(POR)	35 7-14-82
	13:51.7	MIKE MANLEY(EUGENE,OR)	38 6- 1-80
40-44	13:45.8	LUCIEN RAULT(FRANCE)	40 5-23-76
	14:59.6N	HAL HIGDON(MICHIGAN CITY,IN)	41 8-25-72
45-49	14:56.4	ALAIN MIMOUN(FRANCE)	45 5-29-66
	15:17.4	RAY HATTON(BEND,OR)	48 8- 2-80
50-54	15:31.0	ALAIN MIMOUN(FRANCE)	50 6- 6-71
	16:11.0	PETER MUNDLE(VENICE,CA)	51 5-31-79
55-59	15:52.8	JACK RYAN(AUSTRALIA)	55 4-20-78
	16:27.1	JAMES O'NEIL(SACRAMENTO,CA)	55 1-12-81
60-64	16:33.3	JOHN GILMOUR(AUS)	61 8- 9-80
	17:19.0	CLIVE DAVIES(PORTLAND,OR)	64 8- 2-80
65-69	18:04.6	ERICH KRUYZICKI(WG)	65 5- 1-76
	18:30	WILLIAM ANDBERG(ANOKA,MN)	65 7- 4-76
70-74	19:33	JOHN FARRELL(GB)	70 6-20-79
	20:05.4	RAY SEARS(CHICAGO)	70 8- 8-77
75-79	21:19	LUIS RIVERA(MEX)	75 9- 4-77
	21:53.0	LOU GREGORY(PENSACOLA,FL)	75 5- 6-78
80+	24:05.4	HAROLD CHAPSON(HONOLULU)	80 10-24-82

6 MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	27:32.8N	JIM HOGAN(GB)	35 7-12-68
	28:02.4	PETER MCARDLE(NYC,NY)	35 5- 3-64
40-44	29:25	FRED NORRIS(GB)	41 9-25-62
	29:59.0	RAY HATTON(BEND,OR)	43 4-26-75
45-49	30:47.0	RAY HATTON(BEND,OR)	45 6-11-77
50-54	32:40	PETER MUNDLE(VENICE,CA)	50 10- 1-78
55-59	35:05	CLIVE DAVIES(PORTLAND,OR)	59 7-12-75
60-64	36:41.6	JAMES OLESON(SANTA MONICA,CA)	60 6-11-78
65-69	36:55.8	STAN NICHOLLS(AUSTRALIA)	66 12-12-77
	38:17.4	NORMAN BRIGHT(SEATTLE,WA)	65 7-12-75
70-74	42:14	EDWARD BENHAM(OCEAN CITY,MD)	73 5- 2-81
75-79	44:35	LOU GREGORY(PENSACOLA,FL)	76 9-30-78

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	27:24.4	CARLOS LOPES(POR)	35 6-26-82
	29:03.4	PETER MCARDLE(NYC,NY)	35 5- 3-64
40-44	28:33.4	LUCIEN RAULT(FRANCE)	40 6- 9-76
	30:56.0	RAY HATTON(BEND,OR)	43 4-26-75
45-49	30:16.8	ALAIN MIMOUN(FRANCE)	45 6-17-66
	31:48	RAY HATTON(BEND,OR)	45 6-11-77
50-54	32:14.0	ALAIN MIMOUN(FRANCE)	51 6- 3-72
	33:05.6	ULRICH KAEMPF(CA)	50 6-20-81
55-59	33:08.2	DEREK TURNBULL(NZ)	55 2-13-82
	35:03.2	JAMES O'NEIL(SACRAMENTO,CA)	55 8-16-80
60-64	34:23	JOHN GILMOUR(AUS)	61 11-26-80
	35:19.8	CLIVE DAVIES(PORTLAND,OR)	63 8-19-78
65-69	36:04.6N	TEDDE JENSEN(SWEDEN)	65 9-15-72
	38:38.0	NORMAN BRIGHT(SEATTLE,WA)	66 8- 3-76
70-74	40:48.6	EINAR NORDIN(SWE)	71 8-10-77
	41:21.0	RAY SEARS(CHICAGO)	70 8-10-77
75-79	42:34.8	LUIS RIVERA(MEX)	75 9- 3-77
	46:10.8	CHARLES HACKENHEIMER(CENTRAL SQ.,NY)	76 8-13-82
80+	49:22.8	PAUL SPANGLER(SAN LUIS OBISPO,CA)	80 7- 6-79

ONE HOUR RUN			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	12-1599	20.774 GASTON ROELANTS(BEL)	35 9-20-72
	11-1070	18.681 KEN MUELLER(BELLINGHAM,MA)	35 5-13-72
40-44	11-1309	18.900 WILLIAM STODDART(GB)	40 8-21-71
	11-740	18.379 RAY HATTON(BEND,OR)	44 8- 7-76
45-49	11-1268	18.862 ALAIN MIMOUN(FRANCE)	45 3-20-66
	11-223	17.907 HAL HIGDON(MICHIGAN CITY,IN)	48 6-26-79
50-54	11-953	18.574 ALAIN MIMOUN(FRANCE)	50 5-16-71
	10-1335	17.314 PETER MUNDLE(VENICE,CA)	50 10- 1-78
55-59	10-1194	17.185 JOHN GILMOUR(AUS)	55 10-14-74
	10-775	16.802 JAMES O'NEIL(SACRAMENTO,CA)	56 8- 4-81
60-64	10-831	16.853 JOHN GILMOUR(AUS)	61 10-21-79
	10-201	16.277 CLIVE DAVIES(PORTLAND,OR)	61 8- 7-76
65-69	9-604	15.036 NORMAN BRIGHT(SEATTLE,WA)	65 6-13-75
70-74	8-1131	13.909 WILLIAM ANDBERG(ANOKA,MN)	70 10- 4-81
75-79	8-335	13.181 LOU GREGORY(PENSACOLA,FL)	75 12-17-77
80+	7-946	12.130 PAUL SPANGLER(SAN LUIS OBISPO,CA)	81 11- 1-80

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	7-1	2.16 VIKTOR BOLSHOV(URS)	35 6-20-74
	6-8 3/4	2.05 JOHN DOBROTH(VENTURA,CA)	38 5-13-79
40-44	6-8 3/4	2.05 EGON NILSSON(SWEDEN)	40 9-25-66
	6-8	2.03 JOHN DOBROTH(VENTURA,CA)	40 7- 8-81
45-49	6-2 3/4	1.90 HERM WYATT(LOS GATOS,CA)	48 4-19-80
50-54	5-11 1/4	1.81 HERM WYATT(LOS GATOS,CA)	50 6-27-82
55-59	5-6 1/2	1.69 RICHMOND MORCOM(PHILADELPHIA)	55 7-27-76
60-64	5-2 1/2	1.59 BURL GIST(SAN MARCOS,CA)	60 7- 5-80
65-69	4-11 1/2	1.51 IAN HUME(CAN)	67 8-22-81
	4-8 1/4	1.43 STAN THOMPSON(HONOLULU,HI)	67 5- 7-78
70-74	4-7 1/4	1.40 JOSEF SAHLMANN(WG)	71 7-28-79
	4-6	1.37 WESLEY WARD(IN)	70 7- 5-80
75-79	4-3 1/4	1.30 GULAB SINGH(IND)	76 4- -81
	4-3 1/4	1.30 HERBERT ANDERSON(BELLVUE,CO)	75 3-24-78
80+	3-11 1/4	1.20 HERBERT ANDERSON(BELLVUE,CO)	80 8-29-82

POLE VAULT			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	17-4 3/4	5.30 KHRISTOS PAPANIKOLAOU(GRE)	36 9- 9-77
	16-1	4.90 BOB NEUTZLING(US)	36 5-31-80
40-44	15-9	4.80 RUDOLF TOMASEK(CZE)	40 8-13-77
	15-1 1/4	4.60 ROGER RUTH(US,VICTORIA,CAN)	44 9- 7-72
45-49	15-5	4.70 MAURICE HOUVION(FRANCE)	45 4-12-80
	15-0	4.57 ROGER RUTH(US,VICTORIA,CAN)	45 7-21-73
50-54	14-4	4.37 VIC COOK(WOODLAND HILLS,CA)	50 7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM(PHILADELPHIA)	55 8- 4-76
60-64	12-9 1/2	3.90 HERBERT SCHMIDT(WG)	61 10-14-71
	12-3	3.73 RICHMOND MORCOM(PHILADELPHIA)	60 5-16-81
65-69	11-10	3.60 HERBERT SCHMIDT(WG)	66 3-15-76
	11-6	3.50 JIM VERNON(WEST COVINA,CA)	65 1-31-82
70-74	9-8 1/2	2.96 DON HUMMEL(CANTON,OH)	70 8- 7-82
75-79	7-0	2.13 MERT GAMBITO(US)	75 10- 4-80
80+	5-7 3/4	1.72 A. E. PITCHER(INDIANAPOLIS,IN)	80 8-13-82

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	25-11 1/2	7.91 REIJO TOIVONEN(FIN)	35 1-30-72
	25-11	7.90 TOM CHILTON(KNOXVILLE,TN)	35 6- 8-72
40-44	24-4 3/4	7.43 TOM CHILTON(KNOXVILLE,TN)	40 3-24-78
45-49	21-11	6.68 SHIRLEY DAVISSON(VICTORVILLE,CA)	45 10- 4-75
50-54	21-1	6.42 SHIRLEY DAVISSON(VICTORVILLE,CA)	50 4-12-80
55-59	20- 1/4	6.10 TOM PATSALIS(ALHAMBRA,CA)	59 7-18-81
60-64	19-11	6.07 TOM PATSALIS(ALHAMBRA,CA)	60 7-10-82
65-69	16-11 1/4	5.16 WILLI RUMIG(WG)	65 7-31-79
	16-2 1/2	4.94 JOHN SATTI(SAN FRANCISCO)	65 7-21-79
70-74	15-0	4.57 JOSEF SAHLMANN(WG)	71 7-31-79
	14-10 1/4	4.53 CLAUDE HILLS(FLOURTOWN,PA)	70 7- 3-82
75-79	14-0 1/4	4.27 GULAB SINGH(IND)	76 1- 9-81
	12-10 1/2	3.92 HERBERT ANDERSON(BELLVUE,CO)	76 8- 5-78
80+	11-7	3.53 WALT WESBROOK(CA)	80 6-24-78

TRIPLE JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	54-7 1/2	16.65 JOZEF SCHMIDT(POLAND)	35 8- 3-70
	49-11 1/2	15.23 DAVE JACKSON(CARSON,CA)	36 5-16-68
40-44	47-3 1/4	14.41 HERMANN STRAUSS(WG)	40 5-16-71
	46-11	14.30 DAVE JACKSON(CARSON,CA)	41 7- 7-73
45-49	45-7 1/4	13.90 HERMANN STRAUSS(WG)	46 8-11-77
	45-2 1/4	13.77 DAVE JACKSON(CARSON,CA)	45 8-11-77
50-54	43-3 1/2	13.19 DAVE JACKSON(CARSON,CA)	50 7-10-82
55-59	41-5	12.62 GORDON FARRELL(VAN NUYS,CA)	57 1- 8-75
60-64	39-3	11.96 TOM PATSALIS(ALHAMBRA,CA)	60 7-10-82
65-69	34-11 3/4	10.66 IAN HUME(CAN)	66 1-13-81
	31-3	9.52 FRED WHITE(DUNCANVILLE,TX)	65 5-27-78
70-74	29-7 1/2	9.03 TARAKI MIYATA(JPN)	70 10- 2-82
	29-5	8.96 WINFIELD MCFADDEN(SAN DIEGO,CA)	70 6-29-75
75-79	28-7 1/2	8.72 GULAB SINGH(IND)	76 1-12-81
	28-2 3/4	8.60 WINFIELD MCFADDEN(SAN DIEGO,CA)	75 8-17-80
80+	22-8	6.91 HERBERT ANDERSON(BELLVUE,CO)	80 7-24-82

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	72-3	22.02 BRIAN OLDFIELD(CA)	35 5-16-81
40-44	67-0 3/4	20.44 IVAN IVANCIC(YUG)	42 6- 5-80
	58-10 1/2	17.94 CARL WALLIN(HANOVER,NH)	40 10- 4-81
45-49	58-1 1/4	17.71 PIERRE COLNARD(FRANCE)	47 6-12-76
	49-1 1/2	14.97 GEORGE KER(GRANADA HILLS,CA)	49 5-20-72
50-54	57-7 1/4	17.56 HERMANN HOMBRECHER(WG)	50 8-14-75
	54-6 1/2	16.62 GEORGE KER(GRANADA HILLS,CA)	51 6-10-74
55-59	51-9	15.77 HERMANN HOMBRECHER(WG)	55 8- 6-80
	51-8	15.75 GEORGE KER(GRANADA HILLS,CA)	55 5-13-78
60-64	53-9 3/4	16.40 NATHANIEL HEARD(MARION,MA)	60 7- 8-78
65-69	50-8	15.44 VOITTO ELO(FIN)	66 8- 8-81
	48-3 3/4	14.72 JACK THATCHER(MANHATTAN BEACH,CA)	65 10- 3-81
70-74	42-3 1/2	12.89 VERNON CHEADLE(S.B.BARBARA,CA)	71 5-16-81
75-79	38-4 1/4	11.69 A. REDMOND DOMS(CULVER CITY,CA)	75 6-19-82
80+	31-7 1/4	9.63 PETER GOIC(JUG)	82 - -78
	29-8 1/4	9.05 BUELL CRANE(TWIN FALLS,ID)	80 6-28-80

DISCUS THROW (35-49) 2KG (50-59) 1.6KG (60+) 1KG			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	227-2	69.24 ART SWARTS(NJ)	35 5-31-80
40-44	227-11	69.48 AL OERTER(NY)	43 5-31-80
45-49	216-11	66.12 AL OERTER(NY)	45 3-28-82
50-54	178-0	54.26 KAUKO JOUPELLA(FINLAND)	52 8- 5-73
	177-9	54.18 FORTUNE GORDIEN(SAN BERNARDINO,CA)	50 4-28-73
55-59	177-1	53.98 KAUKO JOUPELLA(FINLAND)	56 9- 3-77
	151-6	46.18 GEORGE KER(GRANADA HILLS,CA)	55 6-25-78
60-64	183-7	55.96 KAUKO JOUPELLA(FINLAND)	60 8- 7-81
	174-1	53.06 DANIEL ALDRICH(NEWPORT BEACH,CA)	62 8-17-80
65-69	182-6	55.62 KONSTANTY MAKSYMCIK(GB)	65 9-17-79
	141-10	43.24 KEN CARNINE(SACRAMENTO,CA)	65 6- 3-73
70-74	153-5	46.76 OLAV REPPEN(NORWAY)	70 9-18-81
	132-6	40.38 VERNON CHEADLE(S.B.BARBARA,CA)	70 6- 7-80
75-79	118-4	36.08 VERNER ANDERSSON(SWE)	75 8- 7-81
	118-0	35.96 A. REDMOND DOMS(CULVER CITY,CA)	75 5- 8-82
80+	96-6	29.42 PETER GOIC(JUG)	81 8- 8-77
	84-4	25.70 JOHN WHITTEMORE(SANTA BARBARA,CA)	80 12- 2-79

HAMMER THROW (35-59) 16# (60+) 12#			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	254-0	77.42 ANATOLIY BONDARCHUK(URS)	36 6-24-76
</			

JAVELIN THROW (35-59) 800 GRAMS, (60+) 600 GRAMS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	283-2	86.32 JANIS LUSIS(URS)	37 5-30-76
	268-1	81.72 WILLIAM FLOERKE (SHAWNEE MISSION, KS)	35 7-21-79
40-44	259-1	78.98 URS VON WARTBURG(SWI)	42 8-2-79
	242-9	74.00 LARRY STUART(CA)	41 6-9-79
45-49	222-3	67.74 JAN SMIDING(SWEDEN)	46 8-10-78
	207-5	63.22 PHILIP CONLEY(WOODSIDE, CA)	48 8-28-82
50-54	190-2	57.96 VEIKKO JAVANAINEN(FINLAND)	54 8-6-80
	173-9	52.96 BILL MORALES(SANTA ANA, CA)	51 7-3-68
55-59	186-10	56.94 VEIKKO JAVANAINEN(FIN)	55 8-7-81
	180-9	55.10 BILL MORALES(SANTA ANA, CA)	56 4-19-73
60-64	177-10	54.20 ALOYSIUS SIBIDOL(BRU)	61 10-17-81
	177-5	54.08 BILL MORALES(SANTA ANA, CA)	60 7-9-77
65-69	147-0	44.80 GERARD SCHEPE(WG)	67 9-15-78
	135-0	41.16 BOB MACCONNAGHY(REDONDO BEACH, CA)	68 1-8-77
70-74	132-0	40.24 BOB MACCONNAGHY(REDONDO BEACH, CA)	70 6-24-78
75-79	108-0	32.92 EMERY CURTICE(CALISTOGA, CA)	75 7-24-82
80+	94-6	28.80 HERBERT ANDERSON(BELLVUE, CO)	80 7-24-82

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3:58.5	ILEANA SILAI(ROM)	37 7-13-79
40-44	4:20.7	JOYCE SMITH(GB)	40 5-21-78
45-49	4:49.2	ANNE MCKENZIE(S. AFR.)	49 11-16-74
50-54	4:54.5	ANNE MCKENZIE(S. AFR.)	50 10-15-75
55-59	5:20.0	MARGARET MILLER(THOUSAND OAKS, CA)	56 5-8-82
60-64	5:57.2	LIESELOTTE SCHULTZ(WG)	61 6-25-81
65-69	6:59.0	JOHANNA LUTHER(WG)	67 8-10-80
70+	7:31.9	POLLY CLARKE(LOVELAND, CO)	70 8-8-82

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:55.6	JOYCE SMITH(GB)	36 7-19-74
40-44	9:11.2	JOYCE SMITH(GB)	40 4-30-78
45-49	10:23.4	URSULA-BLASCHE(WG)	45 7-30-77
50-54	10:34.2	VALBORG OSTBERG(NOR)	50 7-5-81
55-59	11:29.0	LYDIA BACKES(WG)	55 9-9-81
60-64	12:26.8	LIESELOTTE SCHULTZ(WG)	61 6-13-81
65-69	17:15.6	IVY GRANSTROM(CAN)	68 8-3-80
70+	18:16.2	IVY GRANSTROM(CAN)	70 9-11-82

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	16:36.2	DORIS HERITAGE(SEATTLE, WA)	35 4-22-78
40-44	16:57.4	JUDY FOX(SUNNYVALE, CA)	40 8-16-81
45-49	17:59.0	VICKY BIGELOW(SAN LORENZO, CA)	47 7-24-82
50-54	18:15.0	VALBORG OSTBERG(NOR)	50 8-7-81
55-59	19:39.2	LYDIA BACKES(WG)	55 8-29-81
60-64	21:27.2	LIESELOTTE SCHULTZ(WG)	61 8-6-81
65-69	24:49.2	MARIE LYNNERUP(DEN)	65 7-31-79
70+	28:33.8	BESS JAMES(SAN JACINTO, CA)	70 7-13-80

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	34:34.4	ANN LETHERBY(AUS)	35 10-7-81
40-44	34:26.4	JOYCE SMITH(GB)	42 2-27-80
45-49	38:48.2	DOROTHY STOCK(LA MESA, CA)	48 1-8-81
50-54	38:53.6	MILA KANIA(WARWICK, NY)	51 6-26-82
55-59	42:31.6	SHIRLEY BRASHER(AUS)	55 4-9-82
60-64	44:51.0	PAT DIXON(BEND, OR)	63 7-16-82
65-69	52:53.2	WALTRAUD KRETSCHMER(WG)	68 1-8-81
70+	59:20.7	AILSA FORBES(NZ)	70 1-8-81

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	5-8 1/4	1.73 CHRISTA VOSS(WG)	36 7-30-79
40-44	5-4 1/4	1.63 DOROTHY TYLER(GB)	41 8-2-61
45-49	5-0	1.52 DOROTHY TYLER(GB)	45 7-18-65
50-54	4-10	1.47 DOROTHY TYLER(GB)	50 6-14-70
55-59	4-3 1/4	1.30 VLASTA CHLIMSKA(CZE)	56 7-30-79
60-64	3-9 1/4	1.15 ANNCHEN REILE(WG)	63 9-15-78
65-69	3-7 1/2	1.10 ANNCHEN REILE(WG)	65 8-6-80
70+	3-3 1/2	1.00 IRJA SARNAMA(FIN)	75 8-9-81

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	21-4	6.50 WILLYE WHITE(US)	35 10-26-74
40-44	18-2 1/4	5.54 MARLENE ALTMANN(WG)	40 7-30-77
	18-2 1/4	5.54 HELEN SEARLE(AUS)	41 4-17-81
45-49	16-10	5.13 MAEVE KYLE(IRELAND)	45 8-10-74
50-54	16-6 1/2	5.04 MAEVE KYLE(IRELAND)	50 7-29-79
55-59	13-9 3/4	4.21 KIRSTEN HVEEM(NOR)	55 8-6-80
60-64	11-11 1/2	3.64 ELIZABETH HAULE(WG)	60 8-6-80
65-69	11-2	3.40 R. SOLE(NZ)	65 1-8-81
70+	8-0	2.44 EDITH MENDYKA(TUJUNGA, CA)	70 5-16-81

SHOT PUT			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	63-7 1/2	19.39 ANTONINA IVANOVA(URS)	38 7-17-71
40-44	62-10 1/2	19.16 ANTONINA IVANOVA(URS)	41 2-24-74
45-49	46-6 1/4	14.18 LIESL HUBER(WG)	45 10-13-79
50-54	41-11 1/2	12.79 MARIANNE HAMM(WG)	51 7-30-79
55-59	36-6 1/4	11.13 M.VAN AS(S. AFR.)	59 7-19-80
60-64	31-4	9.55 EDITH MENDYKA(TUJUNGA, CA)	61 6-17-72
65-69	29-4	8.94 EDITH MENDYKA(TUJUNGA, CA)	65 3-27-76
70+	29-3	8.91 EDITH MENDYKA(TUJUNGA, CA)	70 5-9-81

DISCUS THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	228-4	69.60 FAINA MYELNIK(URS)	35 9-9-80
40-44	206-5	62.92 HELGI PARTS(URS)	41 10-4-78
45-49	160-7	48.94 ODETE DOMINGOS(BRA)	47 4-8-82
50-54	127-5	38.84 MARIANNE WERNER(WG)	53 6-16-77
55-59	108-4	33.02 RUTH SVEDBERG(SWE)	55 - -58
60-64	101-3	30.86 ANNCHEN REILE(WG)	60 10-19-75
65-69	94-9	28.90 ANNCHEN REILE(WG)	66 8-9-81
70+	62-6	19.05 EDITH MENDYKA(TUJUNGA, CA)	70 8-8-81

JAVELIN THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	193-4	58.94 ANNELIESE GERHARDS(WG)	37 8-13-72
40-44	167-8	51.10 DANA ZATOPKOVA(CZE)	42 9-19-84
45-49	156-7	47.74 ANNELIESE GERHARDS(WG)	45 5-30-81
50-54	118-10	36.22 SYLVIA WHITE(AUS)	51 1-12-81
55-59	118-7	36.14 LENA GROBLER(S. AFR.)	57 5-2-81
60-64	83-4	25.40 ANNCHEN REILE(WG)	62 3-10-77
65-69	84-7	25.80 HANNA GELBRICH(WG)	65 8-6-80
70+	71-8	21.84 EDITH MENDYKA(TUJUNGA, CA)	70 8-9-81

DECATHLON (IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	7547	WERNER VON MOLTKE(WG)	35 5-12-72
	6230	PHIL MULKEY(BIRMINGHAM, ALA)	38 3-26-71
40-44	6784	WOLFGANG LINKMANN(WG)	40 6-6-81
	6212	DAVE THORESON(SANTA BARBARA, CA)	40 6-6-81
45-49	5363	ED OLEATA(LA JOLLA, CA)	45 8-28-82
50-54	4951	RICHMOND MORCOM(PHILADELPHIA)	50 3-12-72
55-59	5246	RICHMOND MORCOM(PHILADELPHIA)	55 9-11-76
60-64	4552	RICHMOND MORCOM(PHILADELPHIA)	61 8-28-82
65-69	3128	IAN HUME(CAN)	65 8-16-80
	2783	CLAUDE HILLS(FLOURTOWN, PA)	65 6-24-77
70-74	2513	CLAUDE HILLS(FLOURTOWN, PA)	70 7-3-82
75-79	1659	HERBERT ANDERSON(BELLVUE, CO)	75 3-24-78
80+	851	JOHN WHITTEMORE(SANTA BARBARA, CA)	80 12-1-79

PENTATHLON (IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3443	GERHARD TILMANN(WG)	36 9-25-75
	2999	REX HARVEY(DES MOINES, IA)	35 8-9-81
40-44	3391	WERNER SCHALLAU(WG)	40 9-24-78
	2933	GARY MILLER(N. HOLLYWOOD, CA)	43 8-16-81
45-49	2917	ROY WILLIAMS(NZ)	46 1-10-81
	2454	HARRY HAWKE(SAN DIEGO)	45 7-6-74
50-54	2607	VACLAV BARTL(SWE)	51 8-12-77
	2251	RICHMOND MORCOM(PHILADELPHIA)	54 4-2-76
55-59	2439	RICHMOND MORCOM(PHILADELPHIA)	56 8-12-77
60-64	2189	WALTER SCHREIBER(WG)	60 9-11-82
	2182	JOHN ALEXANDER(MCCAMEY, TX)	61 5-8-81
65-69	1790	ADOLF KOCH(WG)	65 9-26-82
	1298	CLAUDE HILLS(FLOURTOWN, PA)	68 7-4-80
70-74	1020	KARL WILLMS(WG)	70 7-30-79
	874	ORRIN GRAF(DAYTONA, FL)	70 4-26-80
75-79	722	HERBERT ANDERSON(BELLVUE, CO)	75 8-12-77
80+	563	HERBERT ANDERSON(BELLVUE, CO)	80 9-4-82

WOMENS WORLD FIVE YEAR AGE GROUP RECORDS AS OF JAN. 1, 1983

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11.6	ERIKA ROST(WG)	35 6-2-79
40-44	12.0	MAEVE KYLE(IRELAND)	40 4-25-70
45-49	12.5	MAEVE KYLE(IRELAND)	45 1-21-74
50-54	13.50	SHIRLEY PETERSON(AUS)	53 3-27-82
55-59	14.6	RUTH CHRISTIAN(CORONA, CA)	55 8-18-79
60-64	15.2	AILEEN HOGAN(AUS)	60 11-14-82
65-69	16.1	POLLY CLARKE(LOVELAND, CO)	67 5-6-78
70+	16.2	POLLY CLARKE(LOVELAND, CO)	70 4-17-81

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	24.3	ERIKA ROST(WG)	36 6-8-80
40-44	25.0	VIVI MARKUSSEN(DEN)	40 8-17-80
45-49	26.21	IRENE OBERA(MORAGA, CA)	47 1-13-81
50-54	27.86	MAEVE KYLE(EIR)	51 8-6-80
55-59	30.59	KIRSTEN HVEEM(NOR)	55 1-10-81
60-64	32.6	AILEEN HOGAN(AUS)	60 10-23-82
65-69	34.7	WINFRED REID(S. AFR.)	65 8-17-80
70+	34.2	POLLY CLARKE(LOVELAND, CO)	71 9-6-81

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	50.56	AURELIA PENTON(CUBA)	35 7-15-78
40-44	55.3	MAEVE KYLE(IRELAND)	41 7-22-70
45-49	59.68	COLLEEN MILLS(NZ)	47 1-10-81
50-54	63.2	ANNE MCKENZIE(S. AFR.)	50 10-15-75
55-59	70.9	ANNE MCKENZIE(S. AFR.)	55 5-2-81
60-64	76.29	ELIZABETH HAULE(WG)	60 8-6-80
65-69	79.66	WINFRED REID(S. AFR.)	65 1-13-81
70+	87.6	POLLY CLARKE(LOVELAND, CO)	70 4-18-81

800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	1:57.4	ILEANA SILAI(ROMANIA)	35 8-28-77
40-44	2:06.5	ANNE MCKENZIE(S. AFR.)	41 7-1-67
45-49	2:19.2	ANNE MCKENZIE(S. AFR.)	45 11-13-70
50-54	2:23.1	ANNE MCKENZIE(S. AFR.)	50 10-29-75
55-59	2:43.5	ANNE MCKENZIE(S. AFR.)	55 1-10-81
60-64	3:01.0	BRITTA TIBBLING(SWE)	62 1-9-81
65-69	3:30.0	ANNCHEN REILE(WG)	65 8-9-80
70+	3:30.0	POLLY CLARKE(LOVELAND, CO)	70 8-8-82

WOMENS AMERICAN FIVE YEAR AGE GROUP RECORDS AS OF JAN. 1, 1983

100 YARDS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	12.3	ALMETA PARISH(SAN FRANCISCO)	38 5-17-75
40-44	11.4	IRENE OBERA(OAKLAND, CA)	42 5-15-76
45-49	11.7	IRENE OBERA(MORAGA, CA)	45 4-28-79
50-54	13.5	SHIRLEY KINSEY(LA CRESCENTA, CA)	51 2-7-81
55-59	15.5	SHIRLEY DIETDERICH(BERKELEY, CA)	55 7-29-82
60-64	14.7	JOSEPHINE KOLDA(SAN FRANCISCO, CA)	64 5-1-82
65-69	15.2	POLLY CLARKE(LOVELAND, CO)	67 5-21-78
70+	26.6	MARILLA SALISBURY(SAN DIEGO, CA)	73 8-1-81

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	12.2	CHERRIE SHERRARD(REDDING, CA)	37 6-26-76
40-44	12.6	IRENE OBERA(OAKLAND, CA)	42 7-3-76
45-49	12.63	IRENE OBERA(MORAGA, CA)	45 7-7-79
50-54	14.8	RUTH CHRISTIAN(CORONA, CA)	53 6-26-77
55-59	14.6	RUTH CHRISTIAN(CORONA, CA)	55 8-18-79
60-64	15.5	JOSEPHINE KOLDA(SAN FRANCISCO, CA)	63 10-3-81
65-69	16.1	POLLY CLARKE(LOVELAND, CO)	67 5-6-78
70+	16.2	POLLY CLARKE(LOVELAND, CO)	70 4-17-81

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	26.0	CHERRIE SHERRARD(REDDING, CA)	36 7-6-75
40-44	26.1	IRENE OBERA(OAKLAND, CA)	42 7-4-76
45-49	26.21	IRENE OBERA(MORAGA, CA)	47 1-13-81
50-54	31.7	SHIRLEY KINSEY(LA CRESCENTA, CA)	50 4-19-80
55-59	35.0	SHIRLEY DIETDERICH(BERKELEY, CA)	55 7-24-82
60-64	33.3	JOSEPHINE KOLDA(SAN FRANCISCO, CA)	63 2-27-82
65-69	35.1	POLLY CLARKE(LOVELAND, CO)	67 7-7-78
70+	34.2	POLLY CLARKE(LOVELAND, CO)	71 9-6-81

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	60.6	MIKI HERVEY(TX)	36 7-8-78
40-44	59.9	IRENE OBERA(OAKLAND, CA)	42 7-4-76
45-49	61.1	IRENE OBERA(OAKLAND, CA)	46 8-16-80
50-54	72.35	ELLEN FULLER(IRVINE, CA)	50 7-21-79
55-59	85.69	EDITH LEIBY(HONOLULU, HI)	57 1-13-81
60-64	80.3Y	JOSEPHINE KOLDA(SAN FRANCISCO, CA)	64 5-1-82
65-69	83.2	POLLY CLARKE(LOVELAND, CO)	67 8-10-77
70+	87.6	POLLY CLARKE(LOVELAND, CO)	70 4-18-81

800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	2:22.0	MIKI HERVEY(DALLAS, TX)	38 1-10-81
40-44	2:22.0	SANDRA KNOTT(CLEVELAND, OH)	43 1-10-81
45-49	2:27.8	MARY CZARAPATA(NEW BERLIN, WI)	45 7-5-80
50-54	2:45.4H	RUTH ANDERSON(OAKLAND, CA)	50 7-28-79
55-59	3:25.4	EDITH LEIBY(HONOLULU, HI)	57 3-15-81
60-64	3:11.4	PAT DIXON(BEND, OR)	62 8-29-81
65-69	3:34.4	ALICE WERBEL(SAN LUIS OBISPO, CA)	65 10-4-80
70+	3:30.0	POLLY CLARKE(LOVELAND, CO)	70 8-6-82

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	4:40.2	CINDY DALRYMPLE(HONOLULU)	35 6-18-77
40-44	4:39.8	MIKI GORMAN(LOS ANGELES)	42 9-3-77
45-49	5:05.2	MARTHA KLOPFER(DURHAM, NC)	46 8-9-81
50-54	5:12.9	MARGARET MILLER(THOUSAND OAKS, CA)	54 6-21-80
55-59	5:20.0	MARGARET MILLER(THOUSAND OAKS, CA)	56 5-8-82
60-64	6:04.6	PAT DIXON(BEND, OR)	63 6-25-82
65-69	7:13.9	ALICE WERBEL(SAN LUIS OBISPO, CA)	65 10-4-80
70+	7:31.9	POLLY CLARKE(LOVELAND, CO)	72 8-8-82

ONE MILE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	5:15.5	SUSAN BUCHANAN(PHOENIXVILLE, PA)	37 4-5-75
40-44	5:12.5	SANDRA KNOTT(CLEVELAND, OH)	41 8-4-79
45-49	5:33.5	DOROTHY STOCK(LA MESA, CA)	49 9-15-81
50-54	5:56.8	MARGARET MILLER(THOUSAND OAKS, CA)	54 6-7-80
55-59	5:50.6	MARGARET MILLER(THOUSAND OAKS, CA)	55 2-7-81
60-64	6:35	PAT DIXON(BEND, OR)	63 7-23-82
65-69	8:19	POLLY CLARKE(LOVELAND, CO)	67 6-20-78
70+	12:22.6	MARILLA SALISBURY(SAN DIEGO, CA)	73 7-11-81

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9:38.6	CINDY DALRYMPLE(HONOLULU, HI)	35 6-11-77
40-44	10:04	MIKI GORMAN(LOS ANGELES)	41 5-22-77
45-49	10:53.2	LINDA SIPPRELLE(BETHLEHEM, PA)	47 6-11-82
50-54	11:50.8	NICKI HOBSON(SAN DIEGO, CA)	50 6-30-81
55-59	14:44.8	EDITH LEIBY(HONOLULU, HI)	57 3-22-81
60-64	13:38.2	PAT DIXON(BEND, OR)	61 8-2-80
70+	18:22.0	BESS JAMES(SAN JACINTO, CA)	72 1-31-82

TWO MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11:39.6I	NINA KUSCSIK(US)	39 1-11-78
40-44	11:29.2	SANDRA KNOTT(CLEVELAND, OH)	41 8-4-79
45-49	11:43.0	MARY CZARAPATA(NEW BERLIN, WI)	45 9-13-80
50-54	12:13.0	MARGARET MILLER(THOUSAND OAKS, CA)	54 6-7-80
70+	26:03.8	MARILLA SALISBURY(SAN DIEGO, CA)	73 7-11-81

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	16:36.2	DORIS HERITAGE(SEATTLE, WA)	35 4-22-78
40-44	16:57.4	JUDY FOX(SUNNYVALE, CA)	40 8-16-81
45-49	17:59.0	VICKY BIGELOW(SAN LORENZO, CA)	47 7-24-82
50-54	19:27.0	MARGARET MILLER(THOUSAND OAKS, CA)	54 6-7-80
55-59	23:32.2	JACLYN CASELLI(SAN JOSE, CA)	59 8-17-80
60-64	22:26.4	PAT DIXON(BEND, OR)	62 8-16-81
65-69	27:12.2	ALICE WERBEL(SAN LUIS OBISPO, CA)	65 8-16-81
70+	28:33.8	BESS JAMES(SAN JACINTO, CA)	70 7-13-80

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	21-4	6.50 WILLYE WHITE(US)	35 10-26-74
40-44	16-10	5.13 JOANNE GRISSOM(INDIANAPOLIS, IN)	42 8-10-80
45-49	15-9	4.80 IRENE OBERA(OAKLAND, CA)	45 4-7-79
50-54	10-3 1/2	3.14 ELLEN FULLER(IRVINE, CA)	51 7-12-80
55-59	11-0 1/2	3.36 RUTH CHRISTIAN(CORONA, CA)	55 8-18-79
60-64	5-9	1.75 DOT CALLAN(HI)	62 12-31-80
65-69	9-11	3.02 POLLY CLARKE(LOVELAND, CO)	67 5-21-78
70+	9-11 1/4	3.03 EDITH MENDYKA(TUJUNGA, CA)	71 5-8-82

SHOT PUT			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	40-4 1/2	12.30 CHERRIE SHERRARD(REDDING, CA)	36 6-28-75
40-44	42-4	12.90 JOANNE GRISSOM(INDIANAPOLIS, IN)	41 7-22-80
45-49	32-3	9.83 SHIRLEY SMITH(SARASOTA, FL)	47 12-10-82
50-54	30-4	9.24 SHIRLEY KINSEY(LA CRESCENTA, CA)	51 6-20-81
55-59	20-2 1/2	6.16 JOHANNA HARGREAVES(SANTA BARBARA, CA)	55 6-22-74
60-64	31-4	9.55 EDITH MENDYKA(TUJUNGA, CA)	61 6-17-72
65-69	29-4	8.94 EDITH MENDYKA(TUJUNGA, CA)	65 3-27-76
70+	29-3	8.91 EDITH MENDYKA(TUJUNGA, CA)	70 5-9-81

DISCUS THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	94-8	28.85 CHERRIE SHERRARD(REDDING, CA)	39 6-18-78
40-44	98-2	29.92 JOANNE GRISSOM(INDIANAPOLIS, IN)	42 7-13-81
45-49	86-8	26.43 CONSTANCE WILSON(PORTLAND, OR)	45 8-2-80
50-54	90-4	27.53 SHIRLEY KINSEY(LA CRESCENTA, CA)	53 7-10-82
55-59	43-7	13.28 MELANIE PASCHAL(US)	55 3-17-79
60-64	64-3	19.58 EDITH MENDYKA(TUJUNGA, CA)	62 6-24-73
65-69	63-6	19.35 EDITH MENDYKA(TUJUNGA, CA)	68 10-6-79
70+	62-6	19.05 EDITH MENDYKA(TUJUNGA, CA)	70 8-8-81

JAVELIN THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	98-2	29.92 KAREN HUFF(WILMETTE, IL)	36 6-23-79
40-44	78-3	23.85 FRANCES CONLEY(WOODSIDE, CA)	41 8-16-81
45-49	88-11	27.10 SHIRLEY SMITH(SARASOTA, FL)	47 12-11-82
50-54	84-0	25.60 SHIRLEY KINSEY(LA CRESCENTA, CA)	51 1-12-81
55-59	46-0	14.02 BARBARA HUMMEL(CANTON, OH)	56 6-13-81
60-64	76-1	23.19 EDITH MENDYKA(TUJUNGA, CA)	61 6-17-72
65-69	74-0	22.55 EDITH MENDYKA(TUJUNGA, CA)	65 6-27-76
70+	71-8	21.84 EDITH MENDYKA(TUJUNGA, CA)	70 8-9-81

National Running Data Center News

This issue of NMN contains the 15K masters rankings in 5-year age groups from age 35+ for 1982, as compiled exclusively for NMN by the National Running Data Center.

To be listed, marks must have been submitted with complete race results, run on certified courses (certified by the National Standards Committee of TAC, not by the race director or local TAC organization), documented as having been run on the course as originally certified, and correctly timed at the finish line in order to establish accurate matching of time and place.

Runners who feel their marks should have been included but were not, should first check with the director of the race in question, not NMN, to make sure that the complete race results and supporting documentation were sent to NRDC. If still in doubt,

runners can direct questions to the NRDC, P.O. Box 42888, Tucson, AZ 85733, or call 602-326-6416.

Readers who want to receive the monthly NRDC News can do so by making a tax-deductible donation of \$15 or more to the NRDC and being added to its mailing list. The NRDC News is not sold or available elsewhere.

The NRDC book of running records (all-time and 1982) is now available. Open and junior rankings are in Volume I (\$6.95); all masters (ages 35 and up) are in Volume II (\$9.95). Each volume includes rankings for seventeen events. Rankings are at least as deep as for last year and, in many cases, deeper. The 10K masters list for 1982 is 100 deep in 5-year groups compared with 50 deep last year. Because each volume lists all 1982 races included in the rankings, it may be used as a guide for 1983 race selection. □

CLASSIFIEDS

AS A PUBLIC SERVICE to the masters community, National Master News will publish all announcements free of charge. If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

RUNNING CAMP
June 26-July 2, 1983. Manhattanville College, Purchase, N.Y. Individualized instruction and training schedules. Age 16 through Masters runners or coaches. Brochure, Contact: T. Robinson, 128 Clarence Rd., Scarsdale, N.Y. 10583.

PERSONALS
"Mid-west master female (runner & biker) would like to write/meet 35-45 white male with same interests; write S.L., Box 241014, Omaha, Nebraska 68124.

1982 MASTERS 15 KILOMETER RANKINGS

Top 25 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters News. Available in the book U.S. Distance Rankings, 1982, Vol. II.

15 kilometers		Men- 35 thru 39	
46:45	Barry Brown	38	Glens Falls NY 14 Nov,NY-A
47:43	Jeff Galloway	36	Marietta GA 27 Jun,OR-A
47:49a	Laurence Olsen	35	Medway MA 11 Jul,NY-A
48:22	Chuck Koeppe	36	Carmel IN 6 Sep,IN-A
48:34	Bill Stewart	39	Ann Arbor MI 30 Oct,OK-A
48:34	Pat Glover	36	Clifton Park NY 14 Nov,NY-A
48:37	Gary Goettelmann	39	Santa Clara CA 5 Dec,CA-A
48:47	Charles Parmalee	38	14 Nov,NY-A
48:51	Richard Thompson	35	14 Nov,VA-A
48:56a	George Keim	39	Waynesboro PA 11 Jul,NY-A
49:04	Dave Winn	39	Fairport NY 3 Oct,DC-A
49:06	Carl Nicholson	35	Salina KS 30 Oct,OK-A
49:07	Greg Jewett	35	Berkeley CA 27 Jun,CA-A
49:10	Pat Chimel	36	Miami FL 13 Jun,IN-A
49:12	Sam Bair	35	Pittsburgh PA 21 Mar,OH-A
49:12	Jerry Jobski	38	S Lake Tahoe CA 5 Dec,CA-A
49:14	Gregory LeRoy	35	Enid OK 30 Oct,OK-A
49:17	Karl Weiser	39	Preston WA 8 May,WA-A
49:18	Greg White	37	IL 1 Aug,MO-A
49:31	Frank Bozanich	37	Anacortes WA 8 May,WA-A
49:33	Fred Durbin	35+	8 May,WA-A
49:38	Lucious Anderson	36	Silver Spring MD 3 Oct,DC-A
49:45	Jeff Fischer	39	Aurora CO 30 Oct,OK-A
49:47	Thomas Iredale	37	Spokane WA 27 Jun,OR-A
49:53	W Robinson	36	14 Nov,NY-A
foreign			
46:52	Bernie Allen	36	Boulder CO 27 Jun,OR-A/UK
47:09	Chris Stewart	35	New York NY 6 Feb,FL-A/UK
48:46	Jacques Pittet	35	Seattle WA 8 May,WA-A/CN

15 kilometers		Men- 40 thru 44	
48:00	Jim Bowers	43	Santa Rosa CA 24 Oct,CA-A
48:11	Sal Vasquez	42	Alameda CA 5 Dec,CA-A
48:14	Dan Conway	43	Chetek WI 3 Oct,DC-A
48:42	Bob Fischer	42	Newark NJ 3 Oct,DC-A
49:02	Mike Heffernan	41	Portland OR 28 Mar,WA-A
49:04	Robert Jenkins	42	Salem VA 3 Oct,DC-A
49:25	Douglas Rustad	42	CA 24 Oct,CA-A
49:43	Mike Sabino	43	Baltimore MD 3 Oct,DC-A
49:45a	Kirk Randall	40	Wellesley MA 11 Jul,NY-A
50:05	Robert Hughes	41	Bremerton WA 8 May,WA-A
50:36	Don Davis	40	Woodbridge VA 3 Oct,DC-A
50:37a	Ralph Zimmerman	41	N Tonawanda NY 11 Jul,NY-A
50:41	James E Williams	43	Cincinnati OH 21 Mar,OH-A
50:46	Joe Burgasser	43	St Petersburg FL 6 Feb,FL-A
50:48	Richard Van Scooter	42	Boca Raton FL 6 Feb,FL-A
50:48	Terry Merritt	43	Apalachin NY 21 Mar,NY-A
50:49	Jerry Schmidt	41	Wenatchee WA 28 Mar,WA-A
50:55	Jeff Wall	40	Daly City CA 5 Dec,CA-A
51:07	Dick Hipp	43	Columbia MD 3 Oct,DC-A
51:08	Tom Devine	41	Grand Forks ND 7 Aug,ND-A
51:21	Rolland Rust	42	Fargo ND 7 Aug,ND-A
51:27	Bill Meinhardt	41	Los Gatos CA 27 Jun,CA-A
51:28a	Ken Prior	41	Vandalia OH 11 Jul,NY-A
51:31	Herb Parsons	44	Anacortes WA 8 May,WA-A
51:43	Roger Rouiller	43	Lockport IL 1 Aug,MO-A

15 kilometers		Men- 45 thru 49	
49:01	Earl Ellis	46	Seattle WA 8 May,WA-A
49:40	Brian Harris	47	Royal Oak MI 13 Jun,IN-A
49:54	Bill Olrich	46	Lexington KY 13 Jun,IN-A
50:11	Norman Green	49	Wayne PA 6 Feb,FL-A
50:23	Dennis Meyer	49	Seattle WA 8 May,WA-A
50:31	Ernest Billups	45	Chicago IL 13 Jun,IN-A
50:38	Ken Winn	45	Stone Mtn GA 4 Dec,GA-A
51:20	Ron Daws	45	Minneapolis MN 27 Jun,OR-A
51:21	Carl Carey	45	Cloverdale IN 13 Jun,IN-A
52:271	Roger Bryan	46	Colorado Sprgs CO 27 Jun,OR-A
52:31	Darryl Beardall	46	Santa Rosa CA 24 Oct,CA-A
52:34	Robert Smith	46	Belleair FL 6 Feb,FL-A
52:39	Maurice Pratt	45	Federal Way WA 8 May,WA-A
52:53	Kent Guthrie	45	Pleasant Hill CA 27 Jun,CA-A
52:53	Dick Jamborsky	46	Reston VA 3 Oct,DC-A
53:07	Rusty Lamade	45	Staten Island NY 3 Oct,DC-A
53:10a	Bob Roberts	45	Vicksburg MS 23 Oct,MS-A
53:20	Arlen Sunn	47	Minneapolis MN 8 May,MN-A
53:22	Ray Harrison	48	Crownsville MD 3 Oct,DC-A
53:40	Dayne Martin	47	Noblesville IN 6 Sep,IN-A
53:44a	Jack Meegan	46	Buffalo NY 11 Jul,NY-A
53:45a	Sam Turnbull	49	Jackson MS 23 Oct,MS-A
53:50	Kiki Contreras	45	El Paso TX 9 Oct,TX-A
53:56	Jack Blakely	45	Ithaca NY 21 Mar,NY-A
53:58a	Tom Griffin	48	23 Oct,MS-A

15 kilometers		Men- 50 thru 54	
50:18	Ray Hatton	50	Bend OR 27 Jun,OR-A
51:06	Hal Higdon	51	Michigan City IN 9 Oct,TX-A
53:00	Morton Gray	51	Santa Rosa CA 24 Oct,CA-A
53:11	George Vernosky	52	Bethesda MD 3 Oct,DC-A
54:01	Ed Stabler	53	N Syracuse NY 18 Sep,NY-A
54:12	Clyde Baker	52	Evanston IL 13 Jun,IN-A
54:27	Everett Riggle	50	Chico CA 5 Dec,CA-A
54:30	Jack Gough	51	St Petersburg FL 6 Feb,FL-A
54:30a	Tony Sapienza	53	Bradford MA 11 Jul,NY-A
54:37	Steve Blanchard	50	Tulsa OK 30 Oct,OK-A

55:03	Ray Carey	50	Knox TN 6 Sep,IN-A
55:07	Richard Kendall	52	Buffalo NY 18 Sep,NY-A
55:13	Jim Blount	52	Winter Haven FL 6 Feb,FL-A
56:01	Bill O'Brian	51	Syracuse NY 18 Sep,NY-A
56:01	Ted Bick	51	Schenectady NY 14 Nov,NY-A
56:05	Barrie Hardwick	52	Alexandria VA 3 Oct,DC-A
56:10	Marshall Haraden	51	Del Mar CA 29 May,CA-A
56:11	Richard Hanaver	50	Cincinnati OH 21 Mar,OH-A
56:13	Tony Diamond	53	Washington DC 3 Oct,DC-A
56:17	Patrick Taylor	50	Houston TX 30 Oct,OK-A
56:19	Dave Theall	51	Arlington VA 3 Oct,DC-A
56:21	Michael Browner	53	Miami FL 6 Feb,FL-A
56:21	Will Bentz	51	8 May,WA-A
56:21a	Howard Rubin	54	New Hartford NY 11 Jul,NY-A
56:37	Pierce Cornelius	51	Bend OR 27 Jun,OR-A

15 kilometers		Men- 55 thru 59	
55:25	Nocus McIntosh	57	Tulsa OK 30 Oct,OK-A
55:52	Myron Meyer	55	Ft Wayne IN 13 Jun,IN-A
56:36	Robert Malain	55	Sacramento CA 5 Dec,CA-A
56:55	Jim Forshee	57	Ann Arbor MI 13 Jun,IN-A
57:19	Lenn Dompier	56	8 May,WA-A
58:32	Robert Phelps	55+	Seattle WA 8 May,WA-A
58:37	Vere Bellion	55	Hudson OH 11 Sep,OH-A
59:12	Walter Bauer	56	University Cty MO 1 Aug,MO-A
59:32	Giles Tomlinson	57	Angola IN 6 Sep,IN-A
59:56	Leo Steneck	55	24 Oct,CA-A

1:00:21	Dixon Hemphill	57	Fairfax VA 3 Oct,DC-A
1:00:23a	Chuck Davey	57	Birmingham MI 10 Jul,MI-A
1:00:25	Bob Benavides	56	Indianapolis IN 6 Sep,IN-A
1:01:13	Patrick Gallagher	57	St Louis MO 1 Aug,MO-A
1:01:31a	Sam Gratch	57	Utica NY 11 Jul,NY-A
1:01:40	Rudy Iglesias	58	CA 29 May,CA-A
1:01:45i	Ken Ramp	55	Grants Pass OR 27 Jun,OR-A
1:02:03	Bill Osburn	58	Bethesda MD 3 Oct,DC-A
1:02:18	Charles Jared	55	Valpariso IN 6 Sep,IN-A
1:02:20	Harold McDonald	55	Broken Arrow OK 30 Oct,OR-A
1:02:24	A W Milam	55	Jacksonville FL 13 Mar,FL-A
1:02:29	C Christian	57	14 Nov,NY-A
1:02:32i	Theodore Lehman	55	Lake Oswego OR 27 Jun,OR-A
1:02:34	John Brooks	55	Edina MN 8 May,MN-A
1:02:35	James Jensen	56	Washington DC 3 Oct,DC-A

15 kilometers		Men- 60 thru 64	
59:36	Bill Walker	60+	Lockport IL 13 Jun,IN-A
1:00:09	Jim Smith	60	Oklahoma City OK 30 Oct,OK-A
1:00:37	Jim McCown	60	Everett WA 29 May,CA-A
1:01:10	Bill Eppright	61	Clearwater FL 6 Feb,FL-A
1:01:34	John McIntyre	61	Springfield VA 3 Oct,DC-A
1:02:08	George Sheehan	63	Red Bank NJ 30 Oct,OK-A
1:02:59	Donald Dilworth	63	CA 29 May,CA-A
1:03:02	Ed Buckley	61	Clinton NY 9 Oct,NY-A
1:03:08	Ralph Ratcliff	60	Oklahoma City OK 30 Oct,OK-A
1:03:29a	Oscar Burris	61	Jackson MS 23 Oct,MS-A

1:03:37	Millard Shumate	60	Tampa FL 6 Feb,FL-A
1:03:40	Howard Henry	60	Knox IN 13 Jun,IN-A
1:04:12	Norman Fernee	61	Jacksonville FL 13 Mar,FL-A
1:05:33a	John Rastani	63	Utica NY 11 Jul,NY-A
1:05:46	Bill Kowalisyn	61	Hammond IN 13 Jun,IN-A
1:06:01	Casey Poole	61	29 May,CA-A
1:06:12	Nate White	63	Fayetteville NY 9 Oct,NY-A
1:06:15	Wendell Parson	61	Anderson IN 12 Jun,IN-A
1:06:20	Marcel Patras	60+	8 May,AZ-A
1:06:20i	Richard Kasal	61	Portland OR 27 Jun,OR-A
1:06:31	Robert Freligh	60+	Adrian MI 13 Jun,IN-A
1:06:44	Elliott Galloway	62	Atlanta GA 4 Dec,GA-A
1:06:53	John Hewitt	60	Glens Falls NY 14 Nov,NY-A
1:07:15	John Woods	64	Bethesda MD 3 Oct,DC-A
1:07:17	Paul Larger	63	Piqua OH 21 Mar,OH-A

15 kilometers		Men- 65 thru 69	
55:53	Clive Davies	66	Tillamook OR 27 Jun,OR-A
58:40	Don Longenecker	66	Silver City NM 9 Oct,TX-A
1:03:15	Fleetwood Fesire	65	White House TN 13 Mar,FL-A
1:03:21	Reg Rollason	65	Satsuma FL 6 Feb,FL-A
1:03:25	Wayne Zook	65	San Diego CA 29 May,CA-A
1:04:00	John Holoubek	66	Lompoc CA 11 Sep,CA-A
1:08:05	Larry Patterson	67	Ferguson MO 1 Aug,MO-A
1:10:02	William Brobston	69	Saugerties NY 14 Nov,NY-A
1:10:10	Ed Lowell	66	Tarzana CA 30 Oct,OK-A
1:11:10	John Bralowski	66	St Louis MO 1 Aug,MO-A

1:11:29	Arthur Levenson	68	Silver Spring MD 3 Oct,DC-A
1:12:15a	Andrew Malanchuk	66	Johnson City NY 11 Jul,NY-A
1:14:40	Bill Shrader	66	Albany NY 14 Nov,NY-A
1:15:20a	Joe Reed	65	Meridian MS 23 Oct,MS-A
1:15:49	Elbert Smith	65	San Diego CA 29 May,CA-A
1:16:28a	John Weisz	67	Clinton MS 23 Oct,MS-A
1:17:14	Charles Mann	66	St Louis MO 1 Aug,MO-A
1:17:52	Jerry Satterlee	67	Seattle WA 28 Mar,WA-A
1:18:32	Bob Hutchins	66	Coronado CA 29 May,CA-A
1:18:52	Greg Boland	67	Arlington VA 3 Oct,DC-A
1:19:02	Maurice Keating	65	Mercer Island WA 28 Mar,WA-A
1:19:26	John Hampton	67	Jacksonville FL 13 Mar,FL-A
1:19:40	Richard Rothschild	67	Sarasota FL 6 Feb,FL-A
1:19:59	Harry Lindover	65	Batavia OH 21 Mar,OH-A
1:20:11a	William Vied	66	Sharpsburg GA 10 Jul,MI-A

15 kilometers Men- 70 thru 74
1:09:02 Bill Andberg 71 Anoka MN 6 Sep, IN-A
1:09:43 Norman Bright 72 Seattle WA 28 Mar, WA-A
1:10:44 Vernon Geary 70 Williamsburg VA 14 Nov, VA-A
1:11:22 Robert Boal 70 Wake Forest NC 3 Oct, DC-A
1:18:03 Ed Benham 74 Ocean City MD 13 Mar, DC-A
1:19:56 Shorty Hernandez 70 Wickenburg AZ 8 May, AZ-A
1:20:10 Louis Cox 74 Dayton OH 21 Mar, OH-A
1:20:37 Howard Calkin 71 Oregon MO 30 Oct, OK-A
1:23:17 John Newdorp 72 Oakton VA 3 Oct, DC-A
1:23:55 Byron Pike 74 Tallmadge OH 11 Sep, OH-A
1:24:12 John Stout 70 Seattle WA 28 Mar, WA-A
1:25:34 Charles Espy 70+ Dunedin FL 13 Jun, IN-A
1:26:29 Henry Berlin 70+ 8 May, AZ-A
1:32:29 Edward Lancaster 70 WA 13 Mar, FL-A
1:36:34 Eugene Hess 70 Selah WA 27 Jun, OR-A
1:37:20 Wade Lebold 71 Phoenix AZ 8 May, AZ-A
1:38:51 George Jacobson 70 Renton WA 28 Mar, WA-A
1:40:00 John Kirn 72 1 Aug, MO-A
1:40:12 Edward Root 74 Jacksonville FL 13 Mar, FL-A
1:43:51 Wallace Kelly 73 Tulsa OK 30 Oct, OK-A
1:49:42 Sam Keith 70 Winslow AZ 8 May, AZ-A
1:51:31 Harry Arnold 70 Afton OK 30 Oct, OK-A

15 kilometers Men- 75 thru 79
1:06:34 Ed Benham 75 Ocean City MD 3 Oct, DC-A
1:14:28 Charles Hackenheimer 75 Central Square NY 21 Mar, NY-A
1:16:34 Ray Sears 75 Shelbyville IN 12 Jun, IN-A
1:24:22 Gordon Sherbeck 75 Vancouver WA 27 Jun, OR-A
1:49:24 Fred Hauger 78 Aloha OR 27 Jun, OR-A
1:55:35a Lou Roberts 78 Utica NY 11 Jul, NY-A

15 kilometers Men- 80 and over
1:40:39 Everett Amos 80 Knox IN 13 Jun, IN-A

15 kilometers Women- 35 thru 39
51:57 Laurie Binder 35 Oakland CA 5 Dec, CA-A
55:49 Betty Hite 36 N Webster IN 13 Jun, IN-A
57:12 Polly Peacock 38 St Louis MO 1 Aug, MO-A
1:00:25a Irene Jackson 35 New York NY 25 Jul, MA-A
1:00:39 Victoria Aldrich 36 8 May, WA-A
1:00:42i Kathy Burgess 36 Portland OR 27 Jun, OR-A
1:01:14 Barbara Gardner 36 Prescott AZ 21 Nov, AZ-A
1:01:21a Madeline Harmeling 37 Merrick NY 25 Jul, MA-A
1:01:32 Gail Baker 36 St Joseph MI 6 Sep, IN-A
1:01:35 Judy Greer 35 Orlando FL 6 Feb, FL-A
1:01:55i Mary Peterson 35 Portland OR 27 Jun, OR-A
1:02:19a Angella Hearn 36 New York NY 25 Jul, MA-A
1:02:27 Ann Crawley 37 Tulsa OK 30 Oct, OK-A
1:02:31 Mary Leivers 36 Syracuse NY 18 Sep, NY-A
1:02:36 Susan Houlton 35 Atlanta GA 4 Dec, GA-A
1:02:42 Elfrieda Wyner 39 Jacksonville FL 13 Mar, FL-A
1:02:55i Suzanne Carleson 38 Beaverton OR 27 Jun, OR-A
1:03:19 Carole Santillo 35 Audubon PA 6 Feb, FL-A
1:03:28 Sue Ellen Trapp 35 Lehigh FL 6 Feb, FL-A
1:03:37 Pat McKay 35+ Portage IN 13 Jun, IN-A
1:03:43 Donna Pfeiffer 35+ Elkhart IN 13 Jun, IN-A
1:03:51 Susie White 35 Jacksonville FL 13 Mar, FL-A
1:04:02i Levi Query 37 Portland OR 27 Jun, OR-A
1:04:15 Darla Duran 37 Lincoln NE 17 Oct, NE-A
1:04:26 Josie Fox 39 Tempe AZ 21 Nov, AZ-A
foreign
55:56 Wendy O'Donnell 38 Portland OR 27 Jun, OR-A/CN

15 kilometers Women- 40 thru 44
54:44i Cindy Dalrymple 40 New York NY 27 Jun, OR-A
55:55 Judy Fox-Eddy 41 Durham NC 5 Sep, NC-A
57:17 Shirley Matson 41 Solana Beach CA 9 Oct, TX-A
57:20 Patricia Thomas 42 Seattle WA 8 May, WA-A
59:56 Evelyn Leiter 43 Bourbon IL 6 Sep, IN-A
1:00:30 Ann Diaz 41 Glencoe IL 13 Jun, IN-A
1:00:51 Lolitia Bache 40 Annandale VA 3 Oct, DC-A
1:01:03i Letha Figg-Hoblyn 41 Portland OR 27 Jun, OR-A
1:02:28 Karen Eberhardt 40 Sebastopol CA 24 Oct, CA-A
1:02:29 Sue Johnston 40 Oakland CA 9 Oct, TX-A
1:02:39 Kathy Loper 40 Omaha NE 17 Oct, NE-A
1:02:43 Sue Stricklin 44 San Francisco CA 21 Nov, AZ-A
1:02:46 Heidi Skaden-Poyser 44 Sacramento CA 27 Jun, OR-A
1:02:57 Carole Herrick 41 McLean VA 3 Oct, DC-A
1:02:58 Sharon Cooper 43 Claremore OK 30 Oct, OK-A
1:03:31i Charlotte Swanson 40 Spokane WA 27 Jun, OR-A
1:03:38 Alicia Villa 41 9 Oct, TX-A
1:04:21 Christine Curtis 44 Seattle WA 8 May, WA-A
1:04:42 Mae Cleveland 42 FL 13 Mar, FL-A
1:04:51 Mary Kennard 43 Richardson TX 30 Oct, OK-A
1:05:02 Ines Kerch 42 Falls Church VA 3 Oct, DC-A
1:05:03 Mary Cullen 43 Houston TX 6 Feb, FL-A
1:05:21 Nancy Perez 40 South Miami FL 6 Feb, FL-A
1:05:21i Kaarina Uutinen 40 Santa Monica CA 27 Jun, OR-A
1:06:00 Pat Dancey 40 Grand Rapids MI 3 Oct, DC-A

15 kilometers Women- 45 thru 49
59:26 Dorothy Stock 49 La Mesa CA 29 May, CA-A
1:01:52 Janet Buckendahl 48 Petaluma CA 24 Oct, CA-A
1:02:50 Margaret Oakes 47 Healdsburg CA 24 Oct, CA-A
1:03:33 Nancy McCormick 47 Omaha NE 17 Oct, NE-A
1:03:53 Donna Wright 47 Bartlesville OK 30 Oct, OK-A
1:04:25 Ruth Waters 48 San Carlos CA 28 Mar, WA-A
1:05:14 Marino Kraabel 45 Seattle WA 8 May, WA-A
1:05:27 Margaret Betz 45 Conklin NY 21 Mar, NY-A
1:06:01 Laura Tingle 45 Bradenton FL 6 Feb, FL-A
1:06:22 Joanne Mallet 48 Rockville MD 3 Oct, DC-A

1:06:48 Trudy Hupp 45 Alexandria VA 13 Mar, DC-A
1:07:02 Grace Rome 45 Tucson AZ 21 Nov, AZ-A
1:07:28 Joy Austin 45 Jenks OK 30 Oct, OK-A
1:07:45 Fran Adams 49 Virginia Beach VA 14 Nov, VA-A
1:08:12 Mae Horns 48 Edina MN 8 May, MN-A
1:09:31 Lila Smith 45 Tulsa OK 30 Oct, OK-A
1:09:47 Ruth Kuykendall 45 St Petersburg FL 13 Mar, FL-A
1:09:49 Nancy Peterson 45 Seattle WA 8 May, WA-A
1:09:58 Beverly Anderson 49 Minneapolis MN 8 May, MN-A
1:10:05i Donna Potvin 48 Gladstone OR 27 Jun, OR-A
1:10:12 Barbara Booker 46 Ithaca NY 13 Mar, FL-A
1:10:13a Natalie Tickner 49 Old Forge NY 11 Jul, NY-A
1:10:46 Peggy Drauglis 46 Columbus OH 11 Sep, OH-A
1:11:01 Betty Ratley 45 Scottsdale AZ 21 Nov, AZ-A
1:11:12 Sandra Caldwell 46 Mercer Island WA 28 Mar, WA-A

15 kilometers Women- 50 thru 54
58:42 Marion Irvine 53 San Rafael CA 5 Dec, CA-A
1:01:30 Dorothy Stock 50 La Mesa CA 9 Oct, TX-A
1:03:23 Natalie Buzzell 50 Cape Elizabeth ME 3 Oct, DC-A
1:03:49a Anny Stockman 50 Rensselaer NY 11 Jul, NY-A
1:05:01a Gloria Brown 50 Grand Island NY 11 Jul, NY-A
1:07:35a Alicia Moore 51 New York NY 25 Jul, MA-A
1:07:53 Rachel Bourn 53 Fairfax VA 3 Oct, DC-A
1:08:30 Nola Bruhn 53 Seattle WA 8 May, WA-A
1:10:56 Vivian Kane 52 Bristol IN 6 Sep, IN-A
1:11:43 Ann Kahl 52 Apopka FL 6 Feb, FL-A
1:12:32 Dorothy Ekin 51 Sallisaw OK 30 Oct, OK-A
1:14:00a Peggy Ann Steig 52 Ypsilanti MI 10 Jul, MI-A
1:14:24 Erma Baker 53 Santa Rosa CA 24 Oct, CA-A
1:14:30 Carolyn Gossard 52 8 May, WA-A
1:15:03 Diane Goulett 52 Minneapolis MN 8 May, MN-A
1:15:49 Patricia Brown 50 14 Nov, VA-A
1:16:00 Barbara Dibble 52 Tucson AZ 21 Nov, AZ-A
1:16:45a Beatrice Dolan 52 Millington NJ 11 Jul, NY-A
1:17:28 Rosalind Hall 53 Tulsa OK 30 Oct, OK-A
1:17:40 Mary Sandbo 50 Minneapolis MN 8 May, MN-A

1:18:47 Maisie Cromie 50 Golden Valley MN 8 May, MN-A
1:19:29 Caroline Earl 52 Glendale AZ 21 Nov, AZ-A
1:19:39 Mary Specking 52 MO 1 Aug, MO-A
1:19:42 Ann Brown 51 Lincoln NE 17 Oct, NE-A
1:21:25 B Smith 52 14 Nov, NY-A

15 kilometers Women- 55 thru 59
1:14:19 Emily Weber 57 Broadview IL 6 Sep, IN-A
1:14:41 Adele Milicevic 55 Scottsdale AZ 8 May, AZ-A
1:16:45 Pepper Davis 55 Orlando FL 6 Feb, FL-A
1:16:45 Margaret Cochran 59 Severna Park MD 3 Oct, DC-A
1:17:00 Patricia Wheeler 56 Tulsa OK 30 Oct, OK-A
1:17:14 Irene Herbertson 56 Jacksonville FL 13 Mar, FL-A
1:17:15 Anne Trigg 57 St Petersburg FL 6 Feb, FL-A
1:17:28 Grace Gammill 55 Mesa AZ 8 May, AZ-A
1:18:55 Shirley Tobin 55 29 May, CA-A
1:19:58 Dottie Gray 57 Kirkwood MO 1 Aug, MO-A
1:23:44 Nancy Beward 56 Sarasota FL 6 Feb, FL-A
1:25:34 Dorothy Franklin 58 Sun City AZ 21 Nov, AZ-A
1:29:21 Polly Bailey 59 Clayton MO 1 Aug, MO-A
1:30:04 Lucy Killea 59 San Diego CA 29 May, CA-A
1:30:12 Shirley Mueller 59 LaGrange IL 13 Jun, IN-A
1:30:21 Emma Bowman 55 Phoenix AZ 21 Nov, AZ-A
1:30:27 Shirley Segar 56 24 Oct, CA-A
1:30:32 Judith Balzan 56 Tampa FL 6 Feb, FL-A
1:30:41 Phyllis Ennis 56 24 Oct, CA-A
1:31:53 Jan Bunge 55 Bremen IN 6 Sep, IN-A
1:31:59 Nancy Mavila 57 Holtville CA 21 Nov, AZ-A
1:32:54 Carmen Haney 58 Arlington VA 13 Mar, DC-A
1:33:42 Virginia Williams 55 Ft Lauderdale FL 13 Mar, FL-A
1:34:24a Muriel More 57 Fayetteville NY 11 Jul, NY-A
1:34:30 Edythe Lewis 58 Dayton OH 21 Mar, OH-A

15 kilometers Women- 60 thru 64
1:12:43i Patricia Dixon 63 Bend OR 27 Jun, OR-A
1:18:15 Norma Bernardi 62 San Pedro CA 27 Jun, OR-A
1:20:01 Josephine Hess 64 Selah WA 27 Jun, OR-A
1:21:50 Margaret Wright 60 Folly Beach SC 6 Feb, FL-A
1:24:50 Althea Wetherbee 63 Huntington Stn NY 13 Mar, FL-A
1:24:55a Jane Nordstrom 60+ Peru MA 25 Jul, MA-A
1:29:48 Pauline Tursic 62 Euclid OH 11 Sep, OH-A
1:30:24 Edna Laflin 64 Sun City West AZ 8 May, AZ-A
1:30:46 Bernice Williamson 61 Oklahoma City OK 30 Oct, OK-A
1:31:22 Evelyn Kerper 60 Chevy Chase MD 3 Oct, DC-A
1:32:31 Jennette Thompson 60+ Gary IN 13 Jun, IN-A
1:39:12a Mary Kramer 60 New Bartford NY 11 Jul, NY-A
1:41:44 Tina Dickinson 60 CA 29 May, CA-A
1:46:20 Frances Neel 60 Huntington WV 21 Mar, OH-A
1:47:03 Betty Windsor 62 Midwest City OK 30 Oct, OK-A
1:50:38 Justine Shippey 60 Jacksonville FL 13 Mar, FL-A
foreign
1:35:16 Ernestine Yeomans 63 Cincinnati OH 21 Mar, OH-A/CN

15 kilometers Women- 65 thru 69
1:29:55 Marjorie Zimmerman 65 Bishop CA 21 Nov, AZ-A
1:33:06 Ann Snyder 65 Sun City AZ 8 May, AZ-A
2:04:23 Hilda Richardson 66 Honolulu HI 27 Jun, OR-A
2:30:42 Jeanne Corio 65 Wickenburg AZ 21 Nov, AZ-A

15 kilometers Women- 70 thru 79
1:37:27 Veallon Hixson 74 Sun City AZ 21 Nov, AZ-A
1:43:05 Felicitas Salazar 73 San Diego CA 29 May, CA-A
1:57:04 Mia Wilshusen 79 Sun City AZ 21 Nov, AZ-A

Continued from Page 4

**WORLD WEIGHT
PENTATHLON**

An attempt is being made to represent the World Veterans Weight Pentathlon Championship scheduled for Delray Beach, Florida on Oct. 2 as a crackpot operation dropped on us without warning like an invasion of batmen from outer space and that anyone who takes part in it will be banned from future TAC competitions, blacklisted, etc.

No redblooded weight pentathloneer worthy of his (or her) salt will be taken in or intimidated by this kind of malarky.

In fact he will make it his special business to be there and compete with the other great athletes from (32) Masters Track countries being especially invited and others.

Rest assured:

1. The meet will take place on the date at the site as advertised.

2. The Florida Athletics Congress voted unanimous endorsement of the project in January.

3. The Palm Beach Masters Track & Field Association also unanimously voted endorsement including sponsorship.

4. All throw areas will be marked with radius lines every 2 meters for shot and weight throw and every 6 meters for discus, javelin and hammer throw.

5. Two flights each of shot, discus, javelin, hammer and weight throw will be run simultaneously.

6. Two well qualified officials will be in charge of each of the five events in addition to scorers and meet directors.

7. International rules of competition will be followed including weighing and calibration of throwing implements.

8. No pains will be spared to make this the greatest Weight Pentathlon ever.

9. Winners of each Age Division may rightfully claim to be World Champions until the second World Weight Pentathlons two years hence.

Started in 1974 by S.E.V.S. at Raleigh, Weight Pentathlons have grown in popularity and participation to 15 last year.

Two years of talking up a World Weight Pentathlon finally produced a petition signed by 99 of the best throwing men and women in the U.S. and Canada.

21 letters are on file verifying our intensive efforts to get this meet "off the ground."

WAVA-TAC officials had every opportunity to make this event their thing. No reply to the petition has ever been received.

The World Association of Veteran Athletes does not own the word "World." We have not used the Association title in promoting this event. □

Phil Partridge
Boynton Beach, Florida

**USMITT to Help
Organize Relay Teams
at World Games**

by DAVID PAIN

The meet officials for the World Vets Games scheduled for Puerto Rico the week of September 23, 1983 have bowed to appeals and common sense and as a result, a day of relay competition has been added to the last day of the meeting commencing Saturday, October 1, 1983.

The failure to include the relays stems from problems experienced in Christchurch, New Zealand where non-participant agitators sought to disrupt the competition because of the participation by a number of South Africans, both black and white. Following this disruption, the organizing committee sought to eliminate all aspects of nationalism in the games in order to minimize the possibility of further disturbances.

Notwithstanding the New Zealand experience, the relay, always a crowd pleaser and popular with athletes at the World Games, have been reinstated with participation by club teams or by any four athletes.

No announcement has been made as to the relays to be scheduled, but it is assumed that the 4x100 and 4x400 meters events will be contested. It is hoped that since the whole day will be devoted to relays, that the 4x800 meter event can be added as well.

As in the past, the events should be scheduled in 10-year age groupings of 40-49, 50-59, and 60 and over. It is hoped there will be enough interest displayed by the female competitors to field teams also.

Since a great number of the competitors are either not members of a track club or their club is not sufficiently represented to field a 4-person team in a single age group, our "U.S. Masters International Track Team" will offer to organize all competitors who wish to join a relay team at the World Games. An entry form for that purpose is attached below.

The structuring of the relay teams will occur during the games and the composition of our various teams will be based on performance in 100, 400 and 800 meter events.

(Ed. Note: David Pain is the founder of the national and international veterans athletic movement. His "U.S. Masters International Track Team" toured Asia and Europe in the early 70's, opening new vistas of masters athletic competition and international friendship which have grown larger by the year. After a 6-year hiatus, Pain is returning to the masters scene, and is offering to help coordinate relay teams at the World Games. It should be noted, however, that there will be no official United States masters team at the Games. Americans will compete in Puerto Rico as individuals and/or as

RUNNER'S WORLD MAGAZINE**CORPORATE CUP RELAYS
1983 MEET SCHEDULE**

REGION	DATE	LOCATION
San Francisco	May 7-8	Foothill College, Los Altos
Houston	May 21	Rice University
Miami	May 21	Dade College
Washington D.C.	May 21	University of Maryland
Anchorage	June 4	Bartlett High School
Minneapolis	June 4	Richardson High School
Atlanta	June 11	Lakewood Stadium
New England	June 11	Turner Falls High School
Denver	June 11	Fairview High School
Kansas City	June 11	Shawnee Mission South
Seattle	June 11	University of Washington
Los Angeles	June 11-12	UCLA
New Orleans	June 18	Bertolino Track, Kenner
Chicago	June 18-19	Hansen Stadium
Dallas	June 18-19	Jesuit Prep. HS
Honolulu	June 18-19	Kaiser High School
New York	June 18-19	White Plains
San Francisco	June 25-26	Stanford
NATIONALS		
San Francisco	July 23-24	Stanford

RELAY ENTRY FORM

To: USMITT

P. O. Box 7479

San Diego, CA 92107

Please include me in the relays for the World Vets Games in Puerto Rico.

40-49 _____ 50-59 _____ 60 & over _____

4x100 _____ 4x400 _____ 4x800 _____

Name: _____

Address: _____

City/State: _____

Telephone: _____

members of a club, such as NY Masters, Shore AC, or USMITT, and as residents, but not as official representatives, of the USA. Some athletes will wear T-shirts; some club jerseys; some the TAC/USA uniform offered by TAC T&F Masters Chairman Jim Weed. Relays in San Juan are designated "unofficial," and teams; can be formed by any four athletes up to 30 minutes before each race.)

USA MASTERS UNIFORMS

Uniform Package Includes: Sweat suit, singlet, trunks, stuffer bag. Men's & womens are royal blue. Womens do not have white ribs on sleeve. Women singlet all blue no white mesh. To Order: Send check or money order made out to "Jim Weed" and send to Masters Uniforms, Jim Weed, 11672 E. 2nd Ave., Aurora, Co. 80010.

Mens \$50 Womens \$45 including shipping in U.S.

Circle appropriate information.

MENS _____ WOMENS _____ NAME _____

S M L _____ XL _____ ADDRESS _____

TRUNKS RED BLUE _____ CITY _____ State _____ Zip _____

TAC NO. _____

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

NIAGARA DISTRICT TAG MASTERS & SUB-MASTERS TRACK & FIELD CHAMPIONSHIP February 27, 1983 Manley Field House Syracuse, N.Y.

Shot Put - Men

SM 1	Stephen Suto (SCTC)	33' 7"
	Barron Boyd (una)	31' 11"
	Don Torok (GRTC)	30' 10 3/4"
SM 2	Paul Sadler (GRTC)	42' 4 1/2"
	Dick Murphy (una)	33' 2 1/2"
	Vince Krasinski (STC)	24' 10 1/2"
1A	Gene Harris (una)	36' 3 1/2"

Shot Put - Women

SM 1	Kate Drew (STC)	27' 3/4"
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High Jump - Men

SM 1	Stephen Suto (SCTC)	1.86m
	Raymond Lia (una)	1.80m
	Don Torok (GRTC)	1.55m
1A	Tim Collins (SCTC)	1.60m
3A	Ed Lukens (SCTC)	1.30m
3B	Elmer Shaw (SCTC)	1.20m

Long Jump - Men

SM 1	Dave Robinson (SCTC)	20' 11 3/4"
	William Zoeller (una)	20' 9"
	Jasper Royal (SCTC)	20' 4 1/2"
	William Hardison (GRTC)	19' 0"
	Don Torok (GRTC)	18' 2 1/2"
SM 2	Eric Orser (una)	17' 0"
3A	Ed Lukens (SCTC)	16' 6"
3B	Elmer Shaw (SCTC)	11' 9 1/2"

Pole Vault - Men

SM 2	Tom Rauscher (GRTC)	10' 6"
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600m Dash - Men

SM 1	Mike Hasenauer (GRTC)	1:30.0
	Jasper Royal (SCTC)	1:30.5
	Ed Pettinella (GRTC)	1:32.0
	Don Torok (GRTC)	1:34.0
	John Gondon (SCTC)	1:36.6
SM 2	Richard Guido (GRTC)	1:34.2
	Robert Micho (SCTC)	1:38.4
	Vince Presinski (STC)	1:59.4
1A	Tim Collins (SCTC)	1:35.2
	Bill Shaw (SCTC)	1:37.7
	Pat McCall (SCTC)	1:37.7
	Michael Ouckama (FLRC)	1:38.1
1B	Fritz Schlereth (SCTC)	1:37.6
2B	Dave Ianuzzi (STC)	1:51.2
	Joel Fleming (SCTC)	1:54.0
	Manny Diflo (STC)	1:54.2
2B	Howard MacMillan (SCTC)	1:52.5
	Greg Perentino (STC)	2:22.8
3A	Russ More (SCTC)	2:09.5

50m Dash - Women

SM 2	Kathy Pierce (SCTC)	7.9
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1500m Run - Women

SM 1	Sue Sandstrom (STC)	5:46.7
1B	Evelyn White (SCTC)	7:29.0
2A	Gloria Brown (NRWC)	5:52.2
2B	Muriel More (SCTC)	7:52.5

3000m Run - Women

SM 1	Kate Drew (STC)	12:51.2
	Deborah Orser (una)	12:52.7
2A	Gloria Brown (NRWC)	11:17.5

50m Hurdles - Men

SM 1	Stephen Suto (SCTC)	8.1
SM 2	Dick Murphy (una)	9.3
3A	Ed Lukens (SCTC)	10.1

Relays 4 x 400m

30-39 Men	(GRTC) Guido, Pettinella, Torok, Rauscher	3:52.7
	(STC) Smith, Bebee, Mackie, Kelly	4:00.9
40-49 Men	(SCTC) Shaw, McCall, Collins, Pondy	3:58.5
50-59 Men	(STC) Perentino, Edwards, Diflo, Ianuzzi	5:03.9
60-69 Men	(SCTC) Buckley, More, Hacker, Johnson	5:27.6

Legend: FLRC Finger Lakes Running Club
 GRTC Greater Rochester Track Club
 NRWC Niagara Racewalking Club
 SCTC Syracuse Chargers Track Club
 STC Syracuse Track Club
 una Unattached

600m Dash - Women

SM 1	Kate Drew (STC)	1:57.1
SM 2	Kathy Pierce (SCTC)	2:03.7
1B	Evelyn White (SCTC)	2:49.7
2B	Muriel More (SCTC)	2:50.3

3000m Walk - Men

1A	Daniel Stanek (NRWC)	15:10.1
2A	Manny Diflo (STC)	17:49.4
	David Stroud (NRWC)	19:36.7

3000m Walk - Women

1A	MaryJane Mahnke (NRWC)	20:17.8
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50m Dash - Men

SM 1	Dave Robinson (SCTC)	5.9
	Gregory Bennett (una)	6.1
	William Hardison (GRTC)	6.4
SM 2	Robert Micho (SCTC)	6.5
	Eric Orser (una)	6.6
	Dick Murphy (una)	6.7
	Dominick Danna (una)	7.1
1A	Michael Ouckama (FLRC)	6.7
	Robert Reis (GRTC)	7.4
2A	Joel Fleming (SCTC)	7.7
2B	Howard MacMillan (SCTC)	7.1
	Greg Perentino (STC)	8.3
3A	Ed Lukens (SCTC)	7.3
	Russ More (SCTC)	7.7
	John Harkin (una)	8.1

1500m Run - Men

SM 1	Kevin Kelly (STC)	4:19.7
	Jim Lawton (una)	4:22.1
	Bob Muir (GRTC)	4:27.2
	Tom Bebee (STC)	4:30.0
SM 2	Derek Frechette (GRTC)	4:24.9
	Richard Nastasi (SCTC)	4:43.1
1A	Terry Merritt (FLRC)	4:20.7
	Jerry Smith (STC)	4:21.8
	T. J. Pempel (FLRC)	4:38.2
	Tom Ganley (GRTC)	4:40.4
	Dick Withrow (GRTC)	4:41.4
	Robert Reis (GRTC)	4:49.5
	Tom Rishel (FLRC)	4:56.9
1B	Ed Cloos (GRTC)	4:40.9
2A	Bob Brock (SCTC)	4:34.5
	Manny Diflo (STC)	5:10.9
3A	Ed Buckley (SCTC)	5:38.4
	Nate White (SCTC)	5:51.2
	Russ More (SCTC)	6:15.0
	Toby Johnson (SCTC)	7:03.2
3B	Nate Hacker (SCTC)	7:18.0
4B	Charlie Hackenheimer (SCTC)	7:20.5

3000m Run - Men

SM 1	Peter Hardwick (SCTC)	9:12.1
	Kevin Kelly (STC)	9:39.0
SM 2	Derek Frechette (GRTC)	9:30.1
1A	Jerry Smith (STC)	9:18.6
	Terry Merritt (FLRC)	9:20.0
	Tom Ganley (GRTC)	9:57.0
	Dick Withrow (GRTC)	9:59.6
1B	Ed Cloos (GRTC)	9:58.9
	Miklos Gratzler (SCTC)	10:42.2
2A	Ed Stabler (SCTC)	9:43.7
2B	Tom Walnut (SCTC)	10:54.4
3A	Ed Buckley (SCTC)	11:43.2
3B	Nate Hacker (SCTC)	15:06.0

CENTRAL CALIFORNIA ASSOC. MASTERS CHAMPIONSHIPS; FRESNO, APRIL 2, 1983

Womens 100 Meters

3B	1. Josephine Kolda	65	16.74
3A	1. Diana Smith	60	19.60
2A	1. Shirley Kinsey	53	15.83
1A	1. Joanne Carter	43	14.32
5A	1. Maria Nagano	33	15.51

Mens 100 Meters

4B	1. Sing Lun	78	16.51
4A	1. David Stanton	71	18.88
3B	1. Clarence Killian	65	13.51
	2. Alfred Guidet	65	13.99
	3. Andy Collins	65	14.69
3A	1. Charles Mercurio	63	14.08
	2. Ralph Biesemeyer	62	15.23
	3. Bowen Smith	63	17.44
2B	1. Bruce Springbett	58	11.76
	2. Richard Marlin	52	12.40
	3. Tony Nasarella	50	12.49

1A	1. Walt Butler	42	11.19
	2. Bill Knocks	43	11.50
	3. Paul Edens	43	11.71
	4. Dennis Duffy	40	11.90
	5. Anthony Creadock	40	11.96

5B	1. Willie Roberson	38	11.62
	2. Rufus Morris	39	11.82
	3. Nate Wright	36	12.11

Womens 200 Meters

3B	1. Josephine Kolda	65	37.37
2A	1. Diana Smith	60	48.17
2B	1. Shirley Kinsey	60	34.12
1A	1. Joanne Carter	43	38.38
5A	1. Maria Nagano	33	34.12

Mens 200 Meters

4B	1. Sing Lun	78	38.43
3B	1. Clarence Killian	65	28.28
	2. Alfred Guidet	68	30.08
	3. Andy Collins	65	31.53
3A	1. Charles Mercurio	63	29.48
	2. Bowen Smith	63	37.89

2B	1. Louis Beadie	58	27.30
	2. Jack'Judy'	57	28.23
	3. Bob Higginbotham	58	28.63
	4. Charlie Powers	56	29.51

2A	1. Tony Nasarella	50	28.03
	2. Ever Mahmudbasich	51	29.46

1A	1. Bill Knocks	44	23.44
	2. Dennis Duffy	40	24.32
	3. Fred Niedermayer	42	24.34
	4. Robin Winstano	44	24.70
	5. Anthony Creadock	40	28.14

5B	1. Willie Roberson	38	24.11
	2. George Mason	39	24.74

5A	1. Ronald Beadie	34	23.39
	2. Phillip Kay	35	25.12
	3. Gerald Koop	38	25.86
	4. Luis Pannarale	34	NT

400 Meters Women

1A	1-3 149 Joanne Carter (43)	1:09.8
3A	1-6 161 Diana Smith (60)	1:29.1

400 Meters Men

3B	2-3 167 Clarence Killian	1:09.6 (65)
	2-4 68 George Polaynis	1:20.2 (65)
	2-5 166 Herbert Miller	1:25.8 (66)

3A	2-7 161 Bowen Smith	1:28.3 (63)
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2B	3-4 157 Louis Beadie	1:01.1 (55)
	3-6 155 Walt Atcheson	1:11.5 (56)

2A	3-3 Tony Nasarella	1:08.3 (50)
	3-5 Ever Mahmudbasich	1:09.8 (51)

1B	Robin Winstano	58.1 (44)
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1A	4-4 Fred Niedermayer	57.1 (48)
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5A	5-5 Ronald Beadie (34)	58.2
	5-4 Gerald Koop (36)	58.7
	5-3 Luis Pannarale (34)	58.2

5B	High Adams (43)	1:01.2
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0 Meters	3B	1. George Polaynis	65	3:26.4
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3A	1. Don Wilgus	61	3:10.6
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2B	1. Walt Atcheson	56	2:36.6
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2A	1. Ever Mahmudbasich	51	2:39.5
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1B	1. Pete Richardson	47	2:31.8
	2. Jesse Carrington	47	2:16.7
	3. Lou Meyers	46	2:24.3

5B	1. George Mason	38	2:02.2
	2.	35	2:12.0

5A	1. Phillip Kay	38	2:02.5
	2. Glenn Switzer	38	2:07.5
	3. Thomas Craig	30	2:12.0

100/110 Meter Hurdles Men

3B	1-3 Herbert Miller (66)	19.16
	2-4 Alfred Guidet (65)	19.32

3A	1-4 Bill Durba (64)	23.23
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2B	2-6 Bob Higginbotham (56)	18.32
	2-7 Jack Jacoy (57)	21.96

2A	2-4 Dave Douglass (51)	18.16
	2-5 Tony Nasarella (50)	19.97

1B	3-6 Albert Branda (54)	19.52
	3-7 Jerry Stanners (48)	20.21

1A	4-5 Walt Butler (42)	14.90
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5B	Thomas Craig (30)	14.75
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5A	4-7 Ed Backaushas (32)	16.02
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1500 (Chronomia) Men

3B	6 Roy Mahannah (67)	6:02.1
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3A	7 Don Wilgus (61)	6:28.8
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2B	4 Walt Atcheson (56)	5:38.4
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1B	2 Pete Richardson (47)	4:58.5
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5B (2)	5 John Kennedy (39)	4:25.2
	3 Don Chapin (36)	4:30.9

5A	4 Curt Duff (32)	4:13.8
	1 Thomas Craig (30)	4:14.8



5000 Meters

1A	1. Don Trout	43	18:08.6
	2. Fred Pereira	49	20:43.5
SB	1. John Kennedy	39	16:03.1
	2. Steve Maggner	38	16:56.8
SA	1. Gary Campbell	34	16:20.5
	2. Ron Rook	34	18:41.9

4X400 Relay

3A	1. Polynis, Burke, Mercurio, Miller	5:46.86
SB	1. Mason, Srietzer, Craig, Kay	3:49.88

400 Meter Hurdles Men

3B	1-7 Herbert Miller (66)	1:38.10
2A	1-5 Dave Douglass (51)	1:12.95
	1-4 Tony Nasralla (50)	1:17.27
1A	2-3 Bud Heather (41)	1:06.3
	2-4 Joseph Meraag (41)	1:08.2

4X100 Relay

3A	1. Polynis, Burke, Miller, Mercurio	1:02.3
1A	Knocks, Edens, Meedamer, DeWitt	46.3
SA	1. Duffy, Heather, Pannarale, Roberson	46.8

Mens High Jump

3B	1. Jim Vernon	69	4' 4"
	2. Herbert Miller	66	4' 0"
3A	1. Bill Burke	64	4' 2"
2B	1. Hal Wallace	56	4' 6"
	2. Jack Jocoy	57	4' 4"
2A	1. Dave Douglass	51	4' 6"
1B	1. Jerry Stanners	48	5' 2"
1A	1. Dee DeWitt	44	5' 2"
	2. Donald Dvorack	41	5' 0"
1A	1. Ed Baskauskas	32	6' 0"
	2. Jerry Hougton	30	5' 6"

Triple Jump Men

3B	166 Herbert Miller (66)	29' 1"
3A	62 Charles Mercurio (63)	29' 5 1/2"
2A	151 Albert Brenda (54)	34' 8"
	Stanners (48)	32' 2 3/4"
	52 Tony Nasralla (50)	31' 4"
1B	Sam Workman (41)	32' 11 1/2"
1A	44 Joe Berzpg (41)	36' 1 1/2"
	41 Donald Dvorack (41)	35' 1 1/2"
SA	33 Ed Baskauskas (32)	42' 3 1/2"
	131 Ron Rook (34)	31' 9 1/2"
SB	Rufus Morris (38)	41' 1"

Mens Long Jump

3B	1. Herbert Miller	66	14' 4"
3A	1. Charles Mercurio	63	15' 2 3/4"
2A	1. Albert Brenda	54	16' 8"
	2. Tony Nasralla	50	15' 2 3/4"
1B	1. Jerry Stanners	48	14' 7 1/2"
1A	1. Sam Workman	41	18' 2 1/2"
	2. Dee DeWitt	44	18' 1"
	3. Donald Dvorack	41	17' 7 3/4"
SB	1. Rufus Morris	38	20' 7"

Pole Vault

3B	69 Jim Vernon	10' 6 1/2"
3A	64 Ralph Biesemeyer	9' 0"
3A	61 Bill Burke	7' 6"
2B	52 Hal Wallace	10' 6"
2A	51 Albert Brenda	11' 0"
2A	51 Dave Douglas	10' 0"
1B	46 Jerry Stannon	10' 6"
1A	44 Dee Witt	11' 0"

Womens Shotput

2A	1. Katie Jocoy	54	22' 10"
1A	1. Cattie Burke	44	20' 10 1/2"

Mens Shotput

3B	1. James York	69	30' 1 1/2"
3A	1. Bob Stone	62	42' 2"
	2. Quinto Mario	63	39' 2"
	3. Bill Burke	64	35' 6"
2B	1. Hal Wallace	56	35' 1 3/4"
	2. Jack Jocoy	57	30' 4 3/4"
	3. Emson Grimm	57	29' 5 1/2"
2A	1. Dave Douglass	51	34' 10 1/2"
1B	1. James Hart	46	42' 9"
	2. Ray Martin	47	41' 3 1/4"
	3. Jerry Stanners	48	25' 9"
SA	1. Gary Kelmenson	32	34' 4 3/4"

WOMENS DISCUS

2A	1. Shirley Kinsey	53	25.15
	2. Katie Jocoy	53	11.61
1B	1. Crystal Miller	46	23.71
	2. Cattie Burke	43	16.60
Mens Discus			
3B	1. James York	69	32.88
3A	1. Bob Stone	62	39.92
	2. Quinto Mario	63	35.99
2B	1. Emson Grimm	57	15.10
2A	1. Hal Wallace	55	34.68
	2. Dave Douglass	51	32.10
	3. Albert Brenda	54	30.30
1B	1. Stewart Thomson	48	43.21
	2. James Hart	46	42.32
	3. Jerry Stanners	48	24.80
SB	1. Gary Kelmenson	32	35.42

Javelin Women

2A	W50 Shirley Kinsey (54)	24.04
	W51 Katie Jocoy (54)	18.44
1A	W45 Chris Miller (45)	28.18
	W42 Cattie Burke (44)	14.05

Javelin Men

3A	Bob Stone (62)	33.91
2B	Ed Chynoweth (59)	42.13
	Jack Jocoy (57)	25.49
2A	Hal Wallace (52)	32.74
1B	James Hart (46)	39.45
	Jerry Stanners (48)	28.68
SA	Gary Kelmenson (32)	34.79
	Ron Rook (34)	33.04

Mens Hammer

3B	1. James York	69	27.64
3A	1. Bob Stone	62	36.60
2B	1. Emson Grimm	57	16.34
2A	1. Dave Douglass	51	34.72
1B	1. Stewart Thomson	49	46.96
	2. James Hart	46	36.17
SA	1. Gary Kelmenson	32	39.51

SACRAMENTO RELAYS
SACRAMENTO, CALIFORNIA
APRIL 23, 1983

Shot put

65-69	Jack Thatcher	41-0
	Jim York	38-8
60-64	Bob Stone	41-0 1/2
	Jim Budde	37-5
55-59	Roy Wigginton	30-2 1/2
	Dick Nordquist	29-9
50-54	Sherrell Sears	31-3
45-49	Jim Hart	40-2
40-44	John Forsyth	28-4
30-34	Jim Lister	38-6
	Gary Kelmenson	30-8

Discus

75-79	Ken Carnine	100-1 1/2
65-69	Jack Thatcher	107-8
	Jim McCarthy	95-7
	Jim York	89-6
60-64	Bob Stone	129-0
W30-34	Sandra Stepp	87-8
50-54	Sherrell Sears	103-3
	Al Brenda	92-9
	Ralph Sutton	89-0
45-49	Jim Hart	117-4
	Jerry Stanners	56-1
40-44	Bob McIntyre	90-8
	John Forsyth	87-11
	Bud Tulette	71-6

Javelin

75-79	Ken Carnine	91-2
65-69	Jim McCarthy	89-10
60-64	Bob Stone	111-0 1/2
50-54	Ralph Sutton	123-9 1/2
	Al Brenda	113-5 1/2
45-49	Jim Hart	108-4
	Don Gray	104-1
	Jerry Stanners	82-8
40-44	John Forsyth	111-9 1/2
	Robert Jones	92-9
35-39	Mike Harriman	163-11
	Dick Stepp	119-11
30-34	Jim Lister	162-6 1/2
	Jerry Hougton	141-10 1/2
	Gary Kelmenson	101-8

Triple Jump

50-54	Al Brenda	31-10
45-49	Jerry Stanners	27-2
40-44	Don Dvorak	33-6
	Jack Sanchez	30-3 1/2
35-39	Dick Stepp	31-9
Long Jump		
60-64	Jim Johnson	14-4 1/2
50-54	Al Brenda	16-4 1/2
45-49	Jerry Stanners	14-7
40-44	Robert Jones	17-8 1/2
	Don Dvorak	16-8
	Jack Sanchez	15-8 1/2
30-34	Del Eckels	18-5
	Dave Schroeder	11-2

High Jump

65-69	Jim McCarthy	4-0
50-54	Herm Wyatt	5-7
45-49	Jerry Stanners	4-8
40-44	Don Dvorak	4-8
30-34	Del Eckels	5-7

Hammer

65-69	Jim York	111-5
60-64	Bob Stone	118-4
45-49	Jim Hart	109-1
35-39	Dick Stepp	100-6
30-34	Gary Kelmenson	118-7
W30-34	Sandra Stepp	110-8

5 kilometers

40-44	Frank Krebs	16:15.1
	Dennis Joyce	18:55
35-39	Mark Gallo	17:36
	Mike Ackley	18:54.8
	Doug Higgins	20:30.8
30-34	Chris Thompson	19:38

1500 meters

50-54	Enver Mehmedbasich	5:31.2
40-44	Mike Holbrook	4:13.5
	Harvey Franklin	4:16.2
34-39	George Mason	4:31.1
30-34	Curt Buff	4:11.89
	Mudhen Phillips	4:43.7
W40-44	Adatha-Sue Lee	5:21.9
W30-34	Donna Eckels	5:42.2

800 meters

50-54	Enver Mehmedbasich	2:34.0
45-49	Pete Richardson	2:10.4
	Lou Meyers	2:22.0
	Tom Rankin	2:22.0
40-44	Mike Radov	2:06.9
	Bill Knocke	2:21.0
39-39	George Mason	2:06.1
	Dave Poque	2:07.45
	Richard Harris	2:10.3

800 meters (cont.)		
W55-59	Peggy Ewing	3:38.4
W45-49	Gretchen Snyder Alice Pfand	2:48.8 3:30.0
W40-44	Agatha-Sue Lee	2:36.8
W30-34	Mary Claire Lehner Donna Eckels Annette Borden	2:29.8 2:40.1 2:52.1
100 meters		
60-64	Jim Johnson	1:14.9
55-59	Bob Cooper Bob Roemer Dick Zumwalt Dick Nordquist	1:13.6 1:13.77 1:13.94 1:14.1
50-54	Bruce Springbett Marion Sanchez Tony Nasralla Bernard Stevens Dick Marlin Ruben Melgosa	1:12.1 1:12.3 1:12.8 1:12.9 1:12.9 1:14.1
45-49	Gil LaTorre Jerry Stanners	1:12.0 1:14.2
40-44	Mel Brooks Bob McIntyre John Forsyth	1:11.4 1:12.0 1:13.6
35-39	Tom Allen	1:11.7
30-34	Del Eckels Dave Schroeder	1:12.4 1:13.0
W65-69	Josephine Kolda	1:15.8
W30-34	Maria Magana	1:15.0
110-meter hurdles		
55-59	Dick Nordquist	1:18.6
50-54	Tony Nasralla Al Brenda Marion Sanchez	1:18.2 1:18.6 1:18.6
45-49	Jerry Stanners Don Gray	1:19.1 1:19.9
40-44	Dee DeWitt Bob McIntyre Bill Knocke	1:15.9 1:16.0 1:17.5
35-39	Mac McCormick Gary Laine	1:16.2 1:16.9
400-meter hurdles		
40-44	Bud Tulette	1:33.9
35-39	Gary Laine	1:04.7
4x100 relay		
50-59	West Valley (Dick Marlin, Jim Lingle, Marion Sanchez, Bruce Springbett)	1:47.3 (WR)
Northern Calif. Seniors		
40-49	West Valley (Bob Simpson, Mel Brooks, Gil LaTorre, Dave Romaine)	1:46.8
Southern Oregon		
30-39	Far West (Bill Zollner, Ruben Melgosa, Tom Allen, Dave Schroeder)	1:48.5
Sprint medley relay		
40-49	West Valley (Bob Simpson, Mel Brooks, Pete Richardson, Dave Romaine)	4:07.7
4x400 relay		
40-49	West Valley (individual names not available)	4:02.2
W30-up	Northern Calif. Seniors (Gretchen Snyder, Irene Obera, Annette Borden, Almeta Parrish)	5:05.2

NORTH COAST RELAYS - April 24, 1983
Cleveland Heights, Ohio

30-39 MEN

400 METER RELAY

- Potomac Valley (Martin, Crawford, Langley, Walton) 45.54
- West Penn 47.60
- Over The Hill 48.95

800 METER RELAY

- Potomac Valley (Martin, Crawford, Langley, Walton) 1:33.64
- Fitness 1:33.88
- West Penn 1:43.67
- Over The Hill 1:45.81

SPRINT MEDLEY

- Fitness (Teague, Burnett, Thomas, Ray) 1:38.81
- Potomac Valley 1:38.99
- West Penn 1:49.80
- Over The Hill 1:51.77
- Emanon Jaguars 1:56.90

1600 METER RELAY

- Potomac Valley (Walton, Martin, Showers, Crawford) 3:41.01
- West Penn 3:55.64
- Over The Hill 3:59.14

3200 METER RELAY

- Over The Hill (Thomas, Hunt, Witherspoon, Hillers) 9:32.59
- West Penn 10:18.5

6400 METER RELAY

- Over The Hill (Gerson, Hillers, Hall, Barrett) 23:58.5
- Emanon Jaguars 24:06.7

DISTANCE MEDLEY

- Over The Hill (Gerson, Morgan, Thomas, Hillers) 12:27.65
- Emanon Jaguars 13:47.09

SHUTTLE HURDLES

- West Penn (Kline, Boyd, Lemster, Galloway) 1:11.45

SHOT PUT

- University of Chicago TC (Bower-39'15"; Klehm-38'11") 78'4"
- Over The Hill (Kohl-40'9"; Morgan-36'4") 77'14"

DISCUS

- Over The Hill (Mirka-139'1"; Morgan-103'3") 242'4"
- University of Chicago (Bower-155'4"; Klehm-104'9") 219'9"
- Wolfpack (Kaye-125'9"; Strack-85'11") 211'10"

JAVELIN

- West Penn (Shulin-173'3"; Lemster-143'2") 316'5"
- Over The Hill (Morgan-186'7"; Bower-128'3") 314'10"
- Over The Hill 'B' (Hunt-109'6") 109'6"

HAMMER

- University of Chicago (Bower-141'10"; Klehm-131'2") 273'0"
- Piqua (Kohl-138'3") 138'3"

35 POUND WEIGHT

- University of Chicago (Bower-46'2 1/2"; Klehm-41'7 1/2") 87'10"
- Piqua (Kohl-44'4") 44'4"
- Wolfpack (Kaye-35'3") 35'3"

HIGH JUMP

- West Penn (Lemster-5'; Galloway-5') 10'0"
- Over The Hill (Morgan-5') 5'0"

LONG JUMP

- Peabody TC (Prentiss-21'; Marinella-17'3") 38'3"
- Over The Hill (Morgan-18'2"; Myers-17'9") 35'11 1/2"

TRIPLE JUMP

- Run For Fun (Myers-38'8 1/2") 38'8 1/2"
- Over The Hill (Morgan-33'10") 33'10"

40-49 MEN

400 METER RELAY

- Over The Hill (Ragland, McClain, Conns, Campbell) 50.46
- West Penn 51.68

800 METER RELAY

- Over The Hill (Ragland, Barrett, McClain, Conns) 1:47.49
- West Penn 2:00.66

SPRINT MEDLEY

- West Penn (Kline, Phillips, Boyd, Sutton) 1:53.12
- Over The Hill 2:00.33

SHOT PUT

- West Penn (Allardice-36'2"; Hoyt-35'8") 71'10"
- Over The Hill (McClain-27'6"; Coats-22'6") 50'0"

DISCUS

- West Penn (Allardice-110'9"; Hoyt-110'6") 223'3"

JAVELIN

- West Penn (Allardice-114'7"; Hoyt-107'1") 221'8"
- Over The Hill (Mann-97'3"; Klehm-77'10") 175'1"

HAMMER

- West Penn (Hoyt-128'9"; Allardice-80'9") 209'6"

35 POUND WEIGHT

- West Penn (Hoyt-44'9"; Allardice-38'3") 83'0"

HIGH JUMP

- OTH-West Penn (Kline-5'4"; Coats-4'10") 10'2"
- West Penn (Boyd-5'2"; Phillips-5'5") 9'7"

LONG JUMP

- Over The Hill (Coats-16'11"; McClain-15'8") 32'7"

50-59 MEN

400 METER RELAY

- OTH (Turner, Jordan, Weinacht, Jackson) 54.30

800 METER RELAY

- OTH (Jackson, Weinacht, Turner, Cavicchi) 2:11.85

SPRINT MEDLEY RELAY

- OTH (Turner, Jordan, Weinacht) 2:11.77

SHOT PUT

- OTH "A" (Johnson, Eredenbeck) 75' 7" 36' 9" 38' 10"
- OTH "B" (Chadbourne, Mann) 73' 8" 35' 10" 37' 10"
- OTH "C" (Jackson, Gray) 60' 11" 31' 14" 29' 4"

DISCUS

- OTH "B" (Bredenbeck, Mann) 213' 9" 108' 8" 105' 3"
- OTH "A" (Chadbourne, Johnson) 183' 11 1/2" 101' 7 1/2" 82' 4"
- OTH "C" (Jackson, Gray) 149' 2" 88' 8" 60' 6"

JAVELIN

- OTH (Chadbourne) 78' 6"

35 POUND WEIGHT THROW

- OTH (Chadbourne, Mann) 72' 11 1/2" 39' 4" 33' 7 1/2"

HAMMER THROW

- OTH (Chadbourne, Mann) 252' 4" 139' 4" 112' 8 1/2"

LONG JUMP

- OTH (Johnson, Turner) 29' 11 1/2" 15' 14' 11 1/2"

HIGH JUMP

- OTH (Johnson, Jackson) 7' 3' 6" 3' 6"

60-69 MEN

SHOT PUT

- OTH (Cavicchi, Weinacht) 58' 4" 26' 9 1/2" 31' 3 1/2"

JAVELIN

- OTH (Cavicchi, Weinacht) 107' 3" 48' 7" 58' 6"

LONG JUMP

- OTH (Cavicchi, Weinacht) 24' 3" 11' 4" 12' 9"

TRIPLE JUMP

- OTH (Cavicchi, Weinacht) 42' 4" 19' 23' 4"

MEN 70-79

SHOT PUT

- OTH (Siringer, Hosack) 58' 10" 32' 4" 26' 9 1/2"

DISCUS

- OTH (Siringer, Hosack) 125' 8" 72' 11" 52' 9"

JAVELIN

- OTH (Siringer, Hosack) 100' 59' 9" 40' 3"

25 POUND WEIGHT

- OTH (Siringer, Hosack) 39' 24' 3" 14' 9"

70-79 MEN (continued)

8 POUND HAMMER

- OTH (Siringer, Hosack) 90' 11 1/2" 51' 2" 39' 9 1/2"

LONG JUMP

- OTH (Siringer, Hosack) 18' 10' 8'

TRIPLE JUMP

- OTH (Siringer, Hosack) 36' 7" 21' 5" 15' 2"

HIGH JUMP

- OTH (Siringer, Hosack) 6' 10" 3' 10" 3' 4"

30-39 WOMEN

400 METER RELAY

- West Penn 67.7
- OTH 74.11

800 METER RELAY

- West Penn 2:25.43
- Over the Hill 2:28.63

SPRINT MEDLEY RELAY

- Over the Hill 2:20.55

1600 METER RELAY

- Over the Hill 5:19.24

SHOT PUT

- OTH (Holland, Chadbourne) 46' 9" 25' 1 1/2" 21' 7 1/2"

DISCUS

- OTH (Chadbourne, Ogletree) 100' 8 1/2" 53' 6 1/2" 47' 2"

JAVELIN

- OTH (Ogletree) 60'

16 POUND WEIGHT

- OTH (Chadbourne, Cotten) 64' 11" 33' 1 1/2" 31' 9 1/2"

8 POUND HAMMER

- OTH (Chadbourne, Gibson) 99' 5 1/2" 67' 6" 31' 11 1/2"

LONG JUMP

- OTH (Ogletree, Siringer) 17' 4" 11' 8" 5' 8"

40-49 WOMEN

SHOT PUT

- OTH (Kea Cotten) 46' 2 1/2" 23' 2 1/2" 23'
- OTH (Ogletree, Gibson) 40' 10" 25' 4" 15' 6"

DISCUS

- OTH (Cotten, Gibson) 77' 3" 52' 5" 24' 10"

JAVELIN

- OTH (Cotten, Kea) 91' 1 1/2" 66' 1 1/2" 25' 7"

HIGH JUMP

- OTH (Cotten, Kea) 6' 3' 3'

WOMEN 50-59

DISCUS

- OTH (Holland, Siringer) 117' 8" 93' 1" 24' 7"

JAVELIN

- OTH (Holland, Siringer) 89' 1 1/2" 62' 8 1/2" 26' 5 1/2"

16 POUND WEIGHT

- OTH (Holland, Siringer) 44' 6" 30' 7 1/2" 13'

WOMEN 60-69

SHOT PUT

- OTH (Siringer) 12' 8"



MOUNT SAC RELAYS, MASTERS DIVISION
WALNUT, CALIF.; SUNDAY, MAY, 1, 1983

4 x 100 RELAY		SUBMASTER
1. Sub-Master All Stars (Nolan Smith, Marvin Thompson, Phil Burton, Harper)		46.1
2. Corona Del Mar TC (Wong, Roberson, Davls, Johnson)		47.1
3. San Diego AA (Hunter, Seiben, Williams, Nacozy)		47.5
40-49		
1. So Cal Striders Blue (Newton, Smith, Knocke, Duffy)		45.3
2. So Cal Striders Red (Dobroth, Neldemeyer, Tsuda, Duffy)		46.3
3. San Diego AA (Hunter, Sieben, Williams, Nacozy)		47.8
50+		
1. Corona Del Mar TC (Patsalis, Radford, Jackson, Messerschmidt)		49.7
2. So Cal Striders (Watanabe, Simon, Miller, Kishi)		56.1
100 METERS SUBMASTER 1st RACE		
1. Marvin Thompson		11.6
2. Gerald Robinson		11.7
3. Mike Black		11.7
4. Steve Caminitl		11.8
5. Nolan Smith		12.2
6. Glenn Johnson		12.3
7. John Harper	TIE	12.6
7. George Wong		12.6
100 METERS SUBMASTER 2nd RACE		
1. Johnson		11.3
2. Beatie		11.7
3. Roberson		12.0
4. Robin Williams		12.1
100 METERS SUBMASTER OVERALL WINNERS		
1. Johnson		11.3
2. Marvin Thompson		11.6
3. Mike Black		11.7
3. Gerald Robinson	TIE	11.7
3. Beatie		11.7
100 METERS 40-49		
1. Walt Butler		11.3
2. Lewis Smith		12.1
3. Dennis Duffy		12.2
4. Roger Tsuda		12.7
5. Tom Woodring		12.8
100 METERS 50-59		
1st Race		
1. Dave Jackson, Corona Del Mar TC		12.3
2. Messersmith		12.5
3. Ronald Collins		12.7
4. Nasralla, Seniors TC		12.8
5. Hugh Cobb, So Cal Striders		12.8
6. Robert Watanabe, So Cal Striders		13.0
7. Emson Grimm		18.5
2nd Race		
1. Bob Sieben		13.0
2. Fred Gallardo		13.6
3. Barney Phillips		13.8
4. Tom Miller		14.5
5. James Warren		15.4
OVERALL WINNERS FOR AWARDS:		
1. Dave Jackson, Corona Del Mar TC		12.3
2. Messersmith		12.5
3. Ronald Collins		12.7

100 METERS 60+	
1. Tom Patsalis	13.0
2. Bob Hunt	13.4
3. Byron Walls	14.4
4. Andy Collins	14.9
5. George Simon	15.7
200M 1st Race 40-49	
1. Walt Butler	23.5
2. Bill Knocke	23.5
3. George Cohen	24.1
4. Nick Newton	24.4
5. Anthony Craddock	25.2
200M 2nd Race 40-49	
1. Jesse Carrington	26.1
2. Roger Tsuda	26.4
3. Ron Wagner	27.0
4. Ed Martin	28.4
OVERALL WINNERS FOR AWARDS:	
1. Walt Butler	23.5
2. Bill Knocke	23.5
3. George Cohen	24.1
200M 50-59	
1. Messersmith	25.3
2. Bob Sieben	25.9
3. Tony Nasralla	25.9
4. Andy Collins 60+	26.0
5. Fred Gallardo	27.7
6. Tom Miller	29.7

HIGH JUMP 40-49	
1. Nick Newton	5'8
2. Ray Fitzhugh	5'0
3. Ed Oleata	5'0

HIGH JUMP 50-59	
1. Leon Frankamp	4'8
2. Dave Douglass	4'8
3. Burton Otzinger	4'6

HIGH JUMP 60+	
1. Burl Gist	5'0 1/2 *
2. Bob Ogle	4'4
3. Orv Gillett	4'2
3. Jim Vernon TIE	4'2
5. Bill Burke	4'2
* New World Record	

LONG JUMP 40-49	
1. Al Henry	18'11 1/2
2. Gary Miller	18'8 1/2
3. Robert Jones	17'3 1/2
4. Roger Tsuda	16'7-3/4
5. Frank Nacozy	16'3 1/2
6. Ed Martin	15'4 1/2

LONG JUMP 50-59	
1. Burton Otzinger	15'8
2. Fred Gallardo	15'7
3. Barney Phillips	12'6

LONG JUMP 60+	
1. Tom Patsalis	18'11
2. Bill Burke	12'1 1/2

400 METERS 1st Race 40-49	
1. Gary Miller	53.5
2. Fred Wiedermeyer	54.6
3. Bob Hunter	54.8
4. Jesse Carrington	56.5
5. Randy Kirby	58.8
400 METERS 2nd Race 40-49	
1. Anthony Craddock	59.5
2. Ron Wagner	1:01.6
3. Ed Martin	1:01.9
4. A. Young	1:06.9
OVERALL WINNERS FOR AWARDS	
1. Gary Miller	53.5
2. Fred Wiedermeyer	54.6
3. Bob Hunter	54.8
400 METERS 50-59	
1. Bob Messersmith	58.6
2. Tony Nasralla	58.9
3. Louis R. Beadle	1:01.0
4. Dave Douglass	1:04.8
400 METERS 60+	
1. Bob Hunt	1:05.0
2. David Lewis	1:10.0
1500 METERS 40, 50, 60	
1. George Cohen	43 4:15.5
2. Jerry Withers	53 4:44.3
3. Jay Harris	52 4:53.8
4. A. Bryant	58 4:54.9
5. John Harper	49 4:57.4
6. Louis Beadle	55 5:02.2
7. Ray Manion	50 5:19.4
8. David Cohen	63 5:20.8
9. Dave Lewis	61 5:22.5
110 M HURDLES MASTERS INV	
1. Marvin Thompson	14.8
2. Walt Butler	14.8
3. John Dobroth	15.8
4. Al Henry	16.7
5000M 40/50/60	
1. Tom Burns	15:55.5
2. Skip Shaffer	16:16.2
3. James Murphy	16:34.7
4. Eugene Blankenship	16:41.3
5. Earl Beverly	17:20.5
6. Nelson Crader	17:25.6
7. Peter Mundle	18:20.1
8. Gunnar Linde	18:27.2
9. Jerry Withers	18:30.4
10. Avery Bryant	18:30.5
11. John Harper	19:25.1
12. Ray Manion	20:34.2
4 x 200 RELAY SUBMASTERS/40-49	
1. So Cal Striders (Duffy, Knocke, Cohen, H Lewis Smith)	40-49 1:35.6
2. Corona Del Mar TC (Wong, Jones, Beatie, Roberson)	SUB 1:36.2
3. San Diego AA (Hunter, Oleata, Williams, Nacozy)	SUB 1:38.1
TRIPLE JUMP MASTERS INV	
1. Dave Jackson, Corona Del Mar TC	51 40'8 1/2
2. Gary Moody	32 39'3 1/2
3. Phillip Burton, Unattached	43 38'6
4. Tom Patsalis, Corona Del Mar TC	61 37'7 1/2

POLE VAULT

1. Mardon Connelly	41	13'0"
2. Tom Woodring	46	12'6"
3. Ed Oleata	46	10'6"
4. Ray Fitzhugh	48	9'6"
1. Fred Gallardo	52	10'6"
2. Dave Douglass	51	10'0"
3. Hal Wallace	55	10'0"
4. Don Grosh	58	9'0"
5. Ron DeVoe	53	8'6"
6. Dick Hoppe	52	7'6"
1. Jim Vernon	66	10'6"
2. Ralph Biesemeyer	63	9'0"
3. Dave Brown	60	8'6"
4. Bill Burke	64	8'0"
5. Orv Gillett	63	8'0"

JAVELIN

1. Ron Rook	34	128'10"
1. Lloyd Higgins	41	180'9"
2. Gary Miller	45	151'11"
3. Ed Oleata	46	119'4"
4. Ed Martin	49	117'4"
5. Ray Fitzhugh	48	109'0"
1. R.E. Hudson	51	154'11"
2. Hal Wallace	55	125'5"
1. Bill Burke	64	119'9"
1. Lloyd Higgins	167'8"	
2. Bob Humphreys	161'9"	
3. Chuck Wade	117'6"	
4. Ed Oleata	106'9"	
5. Ed Martin	97'3"	
6. Abe Sheinker	86'7"	
7. Ray Fitzhugh	84'10"	

HAMMER THROW

Gary Kelmenson	(39)	138'3"
Dave Douglass, So Cal Striders	(51)	128'0"
Bill Bangert	(59)	101'8"
Abe Sheinker	(43)	97'1"

Fresno State University Men's TAC Central California Association
(Sub) Masters Pentathlon Championships

Saturday, April 2, 1983

Wamerdam Field, FSU all weather surface and fully automatic timed (FAT)

	Long Jump	Javelin	200m	Discus	1500m	Total	
Bill	4.01	34.34	33.82	29.80m	DNF		
Burke (3a)	13'2"	112'8"	(9)	97'9"	0		
Trojan	(402)	(278)	(220)	(470)	0		
TC	116	518	527	997	997		IAAF
	505	(606.9)	(220)	(503.2)	0		
		1111.9	1331.9	1835	1835	1835	WAVA
Jock	4.53m	27.11m	28.91	17.56m	5:42.80		
Jocoy (2b)	14'10 1/4"	88'11 1/4"	(278)	57'7 1/4"	(204)		
SDTC	254	532	804	957	1161	1161	IAAF
	562.5	(353.85)	(610)	(87.04)	(5028)		
		916.35	1526.35	1613.39	2116.19	2116	WAVA
Gary	6.18m	46.72m	23.89	32.92m	4:57.39		
Miller (1b)	20'3 1/4"	153'3"	(588)	108'0"	(422)		
CDMTC	644	1232	1885	2424	2846	2846	IAAF
	903	(743)	(910)	(573)	(715)		
		1646	2556	3129	3844	3844	WAVA
Thom	4.74m	30.20m	28.69	23.56m	6:22.31		
Jones (1a)	15'6 3/4"	99'1"	(333)	77'3 1/4"	(56)		
WVTC	306	639	924	1242	1298	1298	IAAF
	342	(264)	(370)	(239.7)	(1458)		
		606	976	1215.7	1361.5	1361.5	WAVA
Jerry	6.05m	52.00m	25.58	32.00m	6:06.49		
Hougen (ub)	19'10 1/4"	170'7"	(659)	105'0"	(111)		
WVTC	615	1274	1781	2300	2411	2411	IAAF

DISCUS 50-59

1. Edward Van Pelt	136'4"
2. Bill Bangert	119'1"
3. Hal Wallace	107'9"
4. Leon Frankamp	95'9"
5. Emson Grimm	49'11"

DISCUS 60+

1. George Ker	132'1"
2. Jack Thatcher	126'8"
3. E.J. (Mike) Castaneda	110'8"
4. Bill Burke	108'11"
5. Bob Hunt	106'7"

SHOT PUT 40-49

1. Lloyd Higgins	49'0"
2. Chuck Wade	45'9 1/2"
3. Ray Martin	45'6"
4. Hal Smith	45'2"
5. Ed Oleata	42'7"
6. Bob Frahm	37'2"
7. Ray Fitzhugh	32'5"
8. Abe Sheinker	29'4"

SHOT PUT 50-59

1. Bill Bangert	41'10"
2. Hal Wallace	37'11 1/2"
3. Leon Frankamp	37'11"
4. Emson Grimm	20'11"

SHOT PUT 60+

1. George Ker	50'10"
2. Jack Thatcher	44'0"
3. E.J. (Mike) Castaneda	42'7 1/2"
4. Bill Burke	37'4"



NORTHWEST MASTERS 15K
SEATTLE, WASH.; MARCH 19

1. Al Huff	45	51:05
2. Robert Hughes	42	55:00
3. Jim Volk	50	55:25
4. Jim O'Brien	41	55:55
5. Ed Kraemer	51	58:12
6. Peter Jones	42	58:48
7. Fred Stone	44	59:31
8. Bob Burd	50	1:00:07
9. Richard Kegel	48	1:00:32
10. Dean Fournier	48	1:00:43
11. Bob Thomas	48	1:01:49
12. Jack Herring	55	1:02:30
13. Michael Clarke	49	1:02:33
14. George Eason	42	1:03:03
15. Robt. Mortenson	45	1:03:15
16. Sandy Urganhart	43	1:03:22
17. George Richards	46	1:03:34
18. Richard Jones	48	1:03:50
19. Ron Williamson	46	1:03:55
20. Steve Martin	42	1:04:19
21. Bill Williams	58	1:06:01
22. Isaiah Eler	52	1:07:07
23. Richard Swanson	43	1:08:06
24. Keiji Yoshitomi	46	1:08:13
25. Rich Serrano	42	1:09:32
26. Dan Peterson	53	1:09:38
27. Nancy Peterson	F45	1:10:04
28. Gabriel Patterson	42	1:11:07
29. Mike Kubo	53	1:11:21
30. Maury Cummings	66	1:11:34
31. Hal Hummel	56	1:11:53
32. Barbara Gregg	F46	1:11:58
33. John E. Bandur	45	1:11:58
34. Charles Mathisson	47	1:12:39
35. Barbara Peterson	F42	1:13:16
36. Philip Andersen	42	1:13:42
37. Genard Catalano	44	1:13:52
38. N.L. Donatt	60	1:14:10
39. Richard Evans	52	1:14:14
40. Urban Miller	71	1:14:16
41. Clark Hall	45	1:15:43
42. Willie Hampton	41	1:15:46
43. George Kudo	58	1:17:24
44. Rik Budd	43	1:19:02
45. John Neville	64	1:21:30
46. Jim Hanken	43	1:24:00
47. Joe Forte	49	1:28:00
48. Sylvia Neville	F52	1:34:05
49. John Stout	71	1:38:11
50. Helen Stout	F72	2:17:16

LONG DISTANCE RESULTS

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

OKLAHOMA TAC 25K CHAMPIONSHIPS; TULSA MARCH 5, 1983

1st Overall			
Ilkka Salo	21	1:21:05	
Sharon Cooper	44	1:57:39	
M35 Jim Lewis	35	1:37:57	
M40 Gil Krout	40	1:43:13	
M45 R. Bennett	45	1:36:23	
M50 Colin Bray	50	1:46:32	
M55 N. McIntosh	57	1:45:21	
M60 Jim Smith	60	1:48:40	
W30 M.A. Basore	32	2:04:05	
W40 Sharon Cooper	44	1:57:39	

OKLAHOMA CITY RC 20K OKLAHOMA CITY MARCH 19, 1983

1st Overall			
David Miley	23	1:03:55	
Karen Cramond	24	1:19:30	
M30 C. St. John	30	1:12:18	
M35 G. Ferguson	35	1:15:49	
M40 Kent Metcalf	44	1:15:01	
M45 Everett Crum	48	1:15:49	
M50 Robert McAfee	52	1:32:14	
M55 D. Shively	57	1:57:18	
M60 Jim Smith	60	1:27:27	
W30 Kathy White	34	1:40:25	
W35 P. Lambert	35	1:32:59	
W40 R. Carlisle	40	1:29:36	

ATLANTA HALF-MARATHON ATLANTA, GEORGIA MARCH 6, 1983

1st Overall		
Aregha Abroha	1:08:56	
Carolyn Spillman	1:30:10	

35 - 39		
1. David Firmin (35)	1:19:09	
2. Bill Brockin (35)	1:20:39	
3. Kenneth Lord (38)	1:21:00	
4. Joseph Dahn (36)	1:23:02	
5. Ken Bedelle (36)	1:23:21	
6. Gabriel Stanley (39)	1:23:35	
7. Bobby Sasherry (35)	1:25:40	
8. Ken Strickland (35)	1:25:47	
9. Richard Westbrook (36)	1:27:10	
10. Steve Hart (35)	1:27:30	
11. Terrel Davis (39)	1:27:37	
12. B. Goodno (35)	1:27:44	
13. Tom Crews (36)	1:27:48	
14. Gary Jenkins (35)	1:27:49	
15. Ray Hogan (39)	1:27:54	
16. Bill Liard (37)	1:28:04	
17. P. Cohen (35)	1:28:17	
18. William Pau (36)	1:29:45	

40 - 44		
1. Alan Pilling (40)	1:18:41	
2. George Sharp (42)	1:22:40	
3. Terry Anderson (42)	1:23:30	
4. Tommy Owens (43)	1:23:33	
5. Rod Spence (42)	1:23:50	
6. Jim Cavston (40)	1:26:54	
7. Karl Hoch (42)	1:29:10	
8. Charlie Baker (44)	1:30:05	
9. Mike Campbell (40)	1:31:00	
10. Joe Jenkins (42)	1:32:01	
11. George Richardson (40)	1:32:14	
12. Lory Coffey (40)	1:32:44	
13. Dennis Kelly (44)	1:33:00	
14. James Kendall (40)	1:33:43	
15. Max Staples (43)	1:33:59	
16. Dwight Sheftall (43)	1:34:08	
17. Jimmy Clay (44)	1:34:58	
18. Jim Dehan (41)	1:35:15	

45 - 49		
1. Gene Berry (46)	1:25:20	
2. F. Nichols (48)	1:30:55	
3. Charles Teague (48)	1:31:14	
4. Frank Crane (47)	1:36:14	
5. Rick Smith (44)	1:36:32	
6. Phil Bohan (49)	1:36:40	
7. Herb Laws (49)	1:37:25	
8. Hans Vorpahl (46)	1:39:01	
9. Roy Johnson (49)	1:40:35	
10. Alex Aguilas (44)	1:42:02	
11. Bill Wynn (45)	1:42:51	
12. J. Filippo (48)	1:43:11	
13. Alan Rosenstein (46)	1:44:16	
14. Eugene Heckl (48)	1:44:44	
15. Alan Missroon (44)	1:46:08	
16. Ben Brooks (46)	1:47:18	
17. Alan Hinman (45)	1:47:35	
18. Dave McNeil (47)	1:47:43	

50 - 54		
1. Ben Gross (52)	1:27:54	
2. Jim Yamanaka (50)	1:32:21	
3. W. McDaniel (50)	1:36:58	
4. Alan Harris (51)	1:37:48	
5. J. Thomas (51)	1:39:00	
6. Kip Sengstock (54)	1:39:27	
7. Warren Culppepper (54)	1:40:32	
8. Dave Lincoln (51)	1:41:03	
9. Conway Hayes (52)	1:47:03	
10. Don Bromlett (53)	1:49:11	
11. Jim Missroon (50)	1:52:20	
12. Ed Smith (53)	1:55:10	
13. Jack Greer (51)	2:02:12	
14. Jack Lang (54)	2:04:12	

55 - 59		
1. Gordon English (57)	1:33:57	
2. Joe Petrolino (56)	1:35:58	
3. Dudley Evans (58)	1:50:12	
4. Myron Dublin (57)	2:01:34	
5. Harold Johnson (57)	2:02:58	
6. Randolph Smith (57)	2:03:30	

60+		
1. Pat Stone (63)	1:45:33	
2. Charles Lewis (64)	1:49:39	

30 - 39		
1. Lynda McHugh		
2. Melody Tosi		
3. Peggy Bosse		
4. Melonie Couble (34)	1:41:07	
5. Robin Waffett (31)	1:44:00	
6. Whit Perrin (33)	1:47:28	
7. Mary Shea (31)	1:48:17	
8. Sara Hurlb (34)	1:48:34	
9. Terri Chondler (33)	1:48:47	
10. Linda Padgett (31)	1:50:50	
11. Barbara Cohen (33)	1:51:20	
12. Sarah Davis (37)	1:51:44	
13. Karen Fleming (30)	1:53:24	
14. Connie Lemming (36)	1:55:00	
15. Barbara Collins (30)	1:58:21	
16. Marie Greer (36)	1:59:51	
17. Currey (39)	2:02:55	
18. Carol Neal (35)	2:03:14	
19. Sandi Bryan (38)	2:03:34	
20. Adrienne Findley (38)	2:03:45	
21. Linda Royals (31)	2:03:53	
22. Carolyn Birkdale (39)	2:05:24	
23. Nora Wood (34)	2:06:50	
24. Sandra Sanders (37)	2:08:15	
25. Susie Kowitz (37)	2:08:32	

40 - 49		
1. H.J. Kennedy (41)	1:42:59	
2. Shirley Carter (44)	1:48:12	
3. Helen Crosby (47)	1:48:34	
4. Lynn Cobb (40)	1:54:59	
5. Jean Vornes (48)	1:55:11	
6. Lilo Brasheer (40)	1:57:15	
7. Annie Boughton (44)	2:03:48	
8. Carol Whittaker (41)	2:04:23	
9. Roslyn Peller (49)	3:01:28	

50+		
1. Rita Tomr (41)	2:01:29	



SUN RUN 15K TUCSON, ARIZONA MARCH 13, 1983

1st Overall		
Phil Petersen	45:49	
Regina Joyce	51:29	

M40	David Mellady	52:47
	James Gerace	54:58
	John Lacy	55:48
	Bob Williams	56:06
	Don Branaman	56:21

PEPSI CHALLENGE 10K
MEMPHIS, TENNESSEE
MARCH 19, 1983

1st Overall	
Tim Isbell	31:44
Kim Burns	34:38
M30	
Rick Ellis	33:15
Jim Bowles	33:39
Rusty Sartin	35:50
M40	
Bill Butler	35:26
Phil Dickens	36:15
Jack Rockett	36:52
M50+	
Bob Creed	39:57
Ethan Busby	40:07
David Hadley	41:17
W30	
Carolyn Martin	44:30
Cathy Laurie	44:31
Linda Matthews	49:47
W40	
Pat Love	46:41
Suzanne McDonald	53:17
Ann Rodgers	53:18
W50+	
Pauline Sessions	54:06
Ann L. Campbell	55:38
Frances Curtis	58:19

7th NIKE/CATALINA 10K
CANTALINA, CALIFORNIA
MARCH 19, 1983

1st Overall	
Steve Holl	29 32:42
Lorrie Dierdorff	25 40:09
M35-39	
Bob Day	38 35:54
Bill Langdon	36 36:05
J. Cruickshank	39 37:07
David Lesley	38 39:12
George Luiken	39 39:46
M40-44	
Jim Williams	41 37:15
Tom Kirchner	44 38:23
Michael Termine	42 39:09
M45-49	
Terrel Eddy	49 40:33
Ed Gookin	49 41:06
Lee VanLewen	45 41:46
M50-59	
Wally Ingram	50 39:20
Ken Brown	50 46:03
Dwight Moberg	50 46:15
M60+	
Russell Stumpus	60 57:52
Walton Harris	69 57:54
Walter Buchmann	63 62:11
W35-39	
Barbara Magid	39 44:49
Patty Robinson	35 46:01
Gail Goettelman	38 46:20
Alice Felix	36 46:54
W40-44	
Sylvia Crise	44 52:02
Marilyn Edington	42 52:56
Carole Pinkner	44 54:39
W45-49	
Donna Gookin	46 52:47
Anita Miller	48 54:37
Pauline Dean	48 57:43
W50-59	
Anne Johnson	54 47:03
Iris Sellers	53 62:34
Dolores Barrios	51 66:50
W60+	
Bess James	73 68:06

GUARD SPRING RUN 10K
LINCOLN, NEBRASKA
MARCH 20, 1983

1st Overall	
Cliff Karthaus	33:53
Heidi Tussing	41:14
M30	
Joshua Kaufman	35:44
Bill Genuchi	36:51
Larry DeVries	39:37
M35	
Gary Julin	35:43
Rick Jackson	37:49
Ron King	37:59
M40	
Bob Elwood	36:19
Don Dickmeyer	36:46
Helmut Bossert	38:42
M50+Leonard Jennings	
Duane Epp	44:54
Keith Brennan	46:42
W30	
Jill Garlock	43:55
Barb Calder	47:09
Pat Shuman	47:24
W35	
Linda Stock	47:49
Darlene Tussing	48:53
Pat Abels	51:08
W40+Bobbi McGinn	
Arlene Craig	53:16
Rita Weber	53:45

ST. PATTY'S 10 MILER
OLEY, PENNSYLVANIA
MARCH 20, 1983

1st Overall	
Greg Fredericks	32 48:53
M35-39	
Bob Thomas	35 55:40
Jean P. Lalande	35 55:48
James Marianaccio	39 56:51
Jim Cain	38 57:20
M40-49	
Ben Hyser	48 56:42
Jeff Martin	41 56:52
Stan Williams	41 57:15
Richard Haines	44 57:51
Herb Townsend	44 58:10
Terry Engleman	42 58:22
Donald Hendricks	41 58:46
Richard Stotlar	41 59:01
(no ages after top 150 or for all women in results)	
MOCKINGBIRD CANYON 5/10K RIVERSIDE, CALIFORNIA MARCH 26, 1983	
5K	
M40 Bill Crum	16:20
Frank Ogawa	17:01
Sam Mayo	17:06
M50	
Wally Ingram	16:57
Jason Harris	17:57
Bill Wagner	18:32
M60+Bill Cornett	
Frank Ostoich	21:32
W40	
Sigrid McAllister	20:50
Sharron Cordaro	24:06
Clarice Flower	24:19
W50	
Ruth Webb	26:10
Helen Eckert	36:22
10K	
M40 Bill Crum	35:49
Frank Ogawa	36:55
Sterling St.Claire	37:59
M50	
Wally Ingram	36:36
Michael Keefe	40:31
Jason Harris	41:17
M60+Harold Daughters	
John Goodyear	41:24
Stephen White	42:48
W40	
Sigrid McAllister	46:21
Clarice Flower	53:40
Cathy Wedel	55:55

INDIANAPOLIS MARATHON
INDIANAPOLIS, INDIANA
MARCH 27, 1983

Open	
Bob Copeland	2:31:56
Karen McQuilken	3:03:20
M35	
Paul Hullinger	2:39:45
Dennis C. Scott	2:44:46
John Lippard	2:52:43
M40	
Ron Berby	2:52:08
Larry Averbeck	2:53:27
Floyd Romack	2:58:43
M45	
Lee Dye	2:52:28
John Norris	3:06:25
Tony Clouse	3:14:44
M50	
Clyde Baker	2:57:21
Edward Dibble	2:57:42
Terry Jayroe	3:04:22
M55	
Lyle Boelter	3:42:42
Wendell Adams	3:56:48
M60	
Bill Kowalsyn	3:35:44
M65	
Charles Symmes	4:19:01
W35	
Janet Hancock	3:24:41
Virginia Brichler	4:08:17
W40	
Linda Byrley	3:56:09

WALKERS CLUB of Los Angeles
5 KM WALK - ROSE BOWL PASADENA, CA
April 9, 1983

1. Ron Daniel		41 27:21
2. John Allen		57 27:39
3. Carl Acosta		49 28:27
4. Gordon Wallace		73 30:45AR
5. Clyde Sydnor		51 32:22
6. Elaine Ward		45 32:27
7. Minka Friedman		37:44
8. Estelle Mertens		44 45:06

SOUTH BAY TRACK CLUB
5KM MASTERS WALK DIV.
LOS ANGELES CITY COLLEGE
APRIL 10, 1983

1. Ron Daniel		41 25:53
2. Vicki Jones		37 24:45
3. John Allen		57 27:46
4. Caroline Butler		36 30:29
5. Hal McWilliams		67 30:41
6. Rose Kash		61 35:16

Perrier 10 Kilometer Run
Central Park, NYC

Sponsored by Perrier
Under the auspices of the
New York Road Runners Club
Date: April 2, 1983, 11 AM
Distance: 6.2 Miles 39.37
Check-in: Men-#278, Women-#667
Total-965 549
Finishers: Men-3296 and 15 racewalkers.
Women-1206 and 11 racewalkers.
Total-4502
Weather: Overcast, later sunny, mid 50's

Subvet (30-39)	
1. Fanelli, Gary, 32	29:41
2. Carter, Tom, 30	29:49
3. Scholl, Bill, 31	29:54
4. Kivlan, Brian, 35	30:17
5. Webber, Chris, 31	30:19
6. Hall, Art, 36	30:54
7. Cruz-Martin, Placido, 31	30:56
8. Hassel, Tim, 37	31:00
9. Torella, Lawrence, 33	31:12
10. Clark, Cliff, 38	31:16
Vet A (40-44)	
1. Muhroce, Gary, 42	32:27
2. Leary, Perry, 44	32:45
3. Lusted, Frederick, 40	33:23
4. Sammon, James, 41	33:31
5. Bernal, Gabriel, 43	33:56
6. Cucchiaro, Matteo, 40	34:23
Vet B (45-49)	
1. Sulek, Jerzy, 45	34:42
2. Gomez, Santos, 46	35:12
3. Stern, Lou, 48	35:46
4. Clark, Charles, 47	35:53
5. Dolphin, Robert, 45	35:58
6. Messerschmitt, Jim, 46	36:13
Masters (50-59)	
1. Green, Arnie, 51	34:44
2. Sutherland, Jim, 50	35:08
3. Kania, Herbert, 54	36:53
4. Stillman, George, 51	37:12
Seniors (60-69)	
1. Sheehan, George, 64	40:05
2. Gibbons, Thomas, 62	41:21
3. Mahta, Peter, 61	41:50
Golden Age (70+)	
Brobston, William, 70	44:15
Teams	
1. Super Runners: 2-14-15-26-28	85
2. Westchester Puma: 3-13-25-35-49	125
3. Central Park: 23-27-36-40-45	171
Subvet (30-39)	
1. Hearn, Angela, 37	37 25
2. Tiso, Theresa, 30	38 14
3. Rosen, Yvonne, 32	38 31
4. Rodriguez, Nancy, 33	39 36
5. Hawkins, Diane, 31	39 54
6. McNeil, Kathleen, 31	40 09
7. Crooks, Mary Jean, 31	41 14
8. Nero, Michelle, 30	42 24
9. Messina, Frances, 33	42 26
10. Lunger, Caroline, 31	42 44
Vet A (40-44)	
1. Thornhill, Anna, 42	38 41
2. Bing, Anne, 44	39 22
3. Kevies, Barbara, 42	43 42
4. Jones, Edith, 43	44 12
5. Samuelson, Helene, 42	46 12
Vet B (45-49)	
1. Bedrock, Helene, 48	41 22
2. Marcus, Esther, 47	48 39
3. Hour, Barbara, 46	50 40
4. Klopfer, Ulrike, 46	53 30
5. Biesiadecki, Elizabeth, 47	53 33
Masters (50-59)	
1. Kania, Mita, 51	39 10
2. Fichera, Katherine, 51	50 49
3. Rose, Florence, 53	51 48
4. Autorino, Ethel, 53	56 25
Seniors (60 and over)	
1. Wetherbee, Althea, 64	52 45
2. Rodriguez, Mary, 61	53 50
3. Goldman, Juanita, 60	1:02 17
Teams	
1. Atlanta: 3-6-14	23
2. Central Park: 8-12-57	77
3. Millrose: 9-43-51	103

PIGEON PASS ROAD RACES
QUARTER, HALF, AND FULL
MARATHON; LOMA LINDA, CA
APRIL 10, 1983

1/2 MARATHON	
M40-44 Tom Richards	39:24
Tom Cuevas	40:31
Jess Maxcy	40:55
M45-49	
Bill Crum	37:18
Warren Osborn	40:34
Don Moore	45:54
M50-59	
Wally Ingram	39:38
Tommy Hodges	47:41
Bill Melvin	48:41
M60-69	
Bill Cornett	51:27
Karlis Smitens	56:10
S. Montgomery	62:53
W40-44	
Laura White	52:52
D. Eckenwiler	57:54
S. Anderson	1:00:59
W45-49	
June Hibbard	1:07:54
M. Campbell	1:09:52
B. Wilson	1:21:48
W50-59	
D. Bezenah	1:05:15
Joyce Wood	1:06:55
W60-69	
M. Kegley	1:03:45
Nettie Wall	1:39:20
W70+	
Ethel Lane	1:34:01
Hilda Crooks	1:45:36
(86 years old)	

1/2 MARATHON

M40	Bob Nations	1:20:23
	Joe Cuevas	1:23:33
	Bob McGeough	1:24:53
M45	Dick Donohue	1:30:20
	Dick Johnson	1:31:12
	Ruben Vasquez	1:38:24
M50	William Ferrel	1:30:30
	Richard O'Keefe	1:32:36
	Stanley Neufeld	1:58:13
M60	Steve White	1:39:49
	Cliff Cummins	1:44:06
	Ross Adey	2:04:40
M70+John Montoya	1:56:13	
	Nat Pisciotta	2:27:48
W40		
Myra Lauder	1:46:52	
Sheila Closson	1:53:01	
Barbara Denmark	1:58:02	
W45		
Jeanette Wells	1:32:52	
Duann Kinzer	2:00:49	
W50		
Mary Storey	1:41:45	
Betty Roberts	2:10:14	
MARATHON		
M40	Russell Moore	2:54:21
	Charles McClung	2:55:08
	Bernd Leopold	3:02:56
M45	Joe Udgl	2:57:20
	Ted Alarcon	3:06:08
	Ken Hamrick	3:17:23
M50		
Gene Parsons	3:26:10	
Marvin Powers	3:29:03	
Bob Wroth	3:35:18	
M60		
Dick Kegley	4:04:07	
Sam Samon	4:13:20	
Art DeLeon	4:23:42	
M70+Ernest Lyons		
4:40:26		
W40		
Terri Hayes	3:51:49	
R. Phillip	4:13:25	
W45+D. Kobayashi		
4:19:57		
(from Wally Ingram)		

4th ANNUAL RUN FOR THE ARTS
10K; CHELSEHAM, PA
APRIL 10, 1983

1st Overall	
Sam Pelletier	30:33
Kim Even	42:47
M30	
Dave Patterson	33:58
Jack Eckenrode	35:46
Armand Meyer	37:28
M35	
H. Ben-Abdul Alim	34:28
Dave Drabic	35:57
John Goudy	36:50
M40	
Herb Townsend	36:30
Doug LaRue	39:09
Charles Kelly	39:35
M45	
Dick Patterson	39:05
Dick Pomerantz	41:11
Wadim Buzan	42:46
M50	
Lou Foster	40:55
Joe Schmid	45:40
Art Wetten	45:47
M55	
C. Buyukmihci	43:06
Ward Vinson	46:59
Len Ohrin	47:18
M60+Jack Pennington	
John Derylls	45:04
Joseph Cochran	47:46
W30	
Terri Norelius	43:59
Althea Zancosky	47:51
Mary Ann Dehan	48:07
W35	
Kattie Statler	43:20
Catherine Schweige	46:19
Carol Glenn	46:20
W40	
Bernice Kaplan	46:50
Joan Donovan	52:51
Diane Bushe	54:24
W45	
Irene Gross	51:20
W50	
Helen Zimmora	51:18
Kamryn Kalkhof	54:17
Peggy Schofield	57:54
W55+Ann Goff	
Joyce Haupe	57:07
Joyce Haupe	57:58
(500 runners/heavy rain)	

RUN FOR YOUR 200 10K
ASHEBORO, NORTH CAROLINA
APRIL 16, 1983

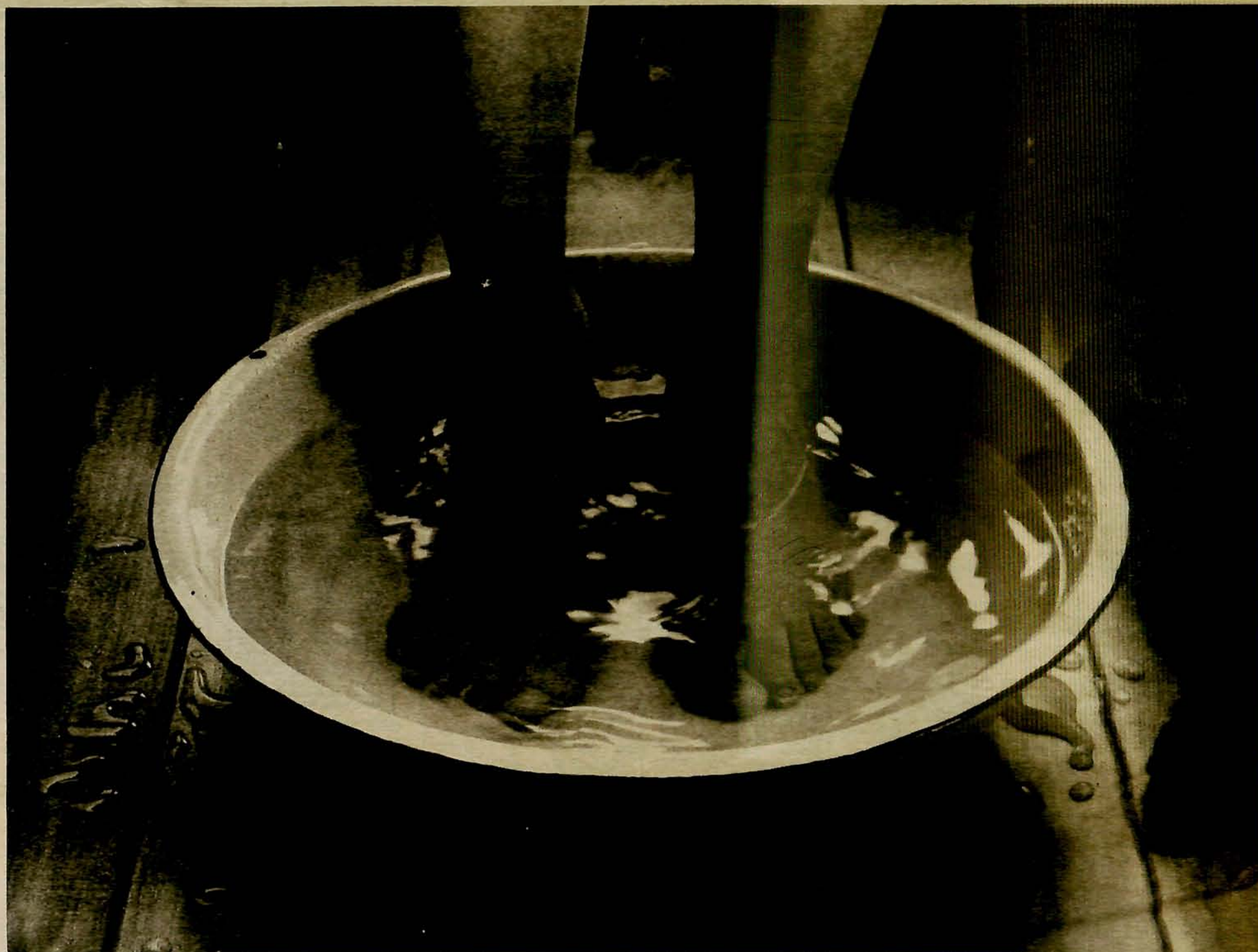
1st Overall	
Brian Wortman	32:29
Kemper Knight	39:12
M36-44	
Ramsey Thomas	33:47
Jim Svava	36:41
J. Patterson	38:57
M45-49	
Alex Coffin	37:57
Arzie Brown	38:55
C. Brookhouse	39:01
M50+	
Marv Galloway	48:06
Dave Robinson	57:07
Sam Bass	57:58
W40+	
Betsi Sanders	46:18
Diana Durden	
Trudi Proctor	

MASTERS 100M
JENNER I MEET, MASTERS 100M
SAN JOSE CITY COLLEGE, CA
APRIL 16, 1983

1. David Romain		40 11:87
2. Bill Knocke		43 11:88
3. Mel Brooks		41 11:89
4. Gil LaTorre		45 12:06
5. Bob Simpson		41 12:16
6. Ben Anixter		45 12:23
7. B. Springbett		50 12:33

BOSTON MARATHON
BOSTON, MASS.
APRIL 17, 1983

The top 25 masters
1. Bill Reil, Durham, N.C., 2:25:19; 2. Gary Muhroce, Huntington, N.Y., 2:28:33; 3. John Weston, Canada, 2:24:05; 4. Fay Bradley, Washington, 2:28:45; 5. George Kaim, Waynesboro, Pa., 2:27:38; 6. Brian Harris, Royal Oak, Mich., 2:28:39; 7. Peter Jeffers, Homer, N.Y.,



PUT AN END TO WOMEN'S SUFFERAGE.

There is no such thing as the gentle sex.

When it comes to battering the body, women runners are every bit men's equal. With each step, they send a shock wave roaring through the bones of their foot, up the skeleton to the brain—at over 200 miles per hour.

And you wonder why proper cushioning is so important? Without it, runners are flirting with stress fractures, tendinitis, lower back pain and migraine headaches.

If you're the female of the species, the best place to cool your heels may well be in our new Aurora.

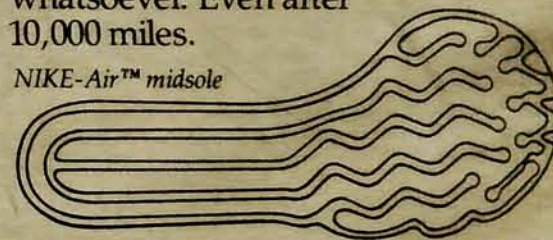
It is the only woman's shoe that features the full-length NIKE-Air™ midsole.

In tests at our Sport Research Lab, we found the simple addition of the NIKE-Air midsole will automatically increase a shoe's cushioning ability a full 12 percent.

And the Aurora will take all the abuse you can dish out. Whereas most EVA midsoles can lose a good fourth of their cushioning after just 500 miles, the NIKE-Air midsole shows no loss

whatsoever. Even after 10,000 miles.

NIKE-Air™ midsole



We should point out, however, that this shoe discriminates on the basis of sex. It is strictly for women. Made on our new woman's curved last. Compared to its male counterpart, the Columbia, the new Aurora is more narrow in the forefoot, more trim at the instep and more snug at the heel.

Of course, that doesn't mean the Aurora is functionally superior to the men's Columbia. We don't think women want those sort of special favors.

We just want to make sure they're on equal footing.



Beaverton, Oregon

