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## 63rd Issue

# WORLD GAMES DRAW 1,935 

 caster, Pennsylvania combine to capture the gold medal in the age 50-59 800-meter relay in the V World Veterans Games in San Juan, Puerto
Rico.

## 782 COMPETE IN NATIONALS

by AL SHEAHEN
HOUSTON, September 16-18. Anyone who doubts that Masters Track \& Field is growing need only have been at Rice University Stadium in Houston this weekend for the 16th Annual TAC National Masters T\&F Championships.
The event drew 782 entries, more than any masters meet ever held in the U.S.A. It surpassed the previous high of 615 competitors at the 1975 Na tional Masters Championships in New York.

The total was bolstered by 153 foreign entrants en route to the World Masters Games in Puerto Rico.

Competition was held in 5-year age groups for men and women from age 30 up. Lee Van Rensburg and Paul Spangler, both 84, were the oldest participants.

Meet director Jim McLatchie and his dedicated, hard-working Houston Harriers staff overcame a myriad of logistical problems and some bad luck Continued on Page 13

Best-ever Masters Field for Nike Run Villanueva, Dalrymple Win National 15K

Perhaps the finest field of North American masters long distance runners ever assembled in one race showed up in the unlikely place of El Paso, Texas October 1 for the 4th Annual Nike International Run Against Crime, which also served as the 1983 TAC National Masters 15 K Road Championships.

Race organizer John Hinshaw and his sponsors picked up the travel tabs for about 30 of the top age- 40 -andover runners in the hemisphere, along with dozens of open runners.

Mexico's Antonio Villanueva, 43, already a legend after only three years of brilliant masters running, captured the masters title in $46: 58$. Cindy Dalyrmple, 41 , now running out of Washington, D.C. took yet another women's national masters crown in 55:19.
Villanueva defeated the top Continued on Page 10

## 40 WORLD RECORDS SET IN PUERTO RICO

Forty world and 15 separate American age-division records were established at the V World Veterans Games in San Juan, Puerto Rico from September 23-30.

The record bonanza approached the 45 world and 13 American marks set at the 4th World Games in New Zealand in 1981.

The level of veteran athletic performances reached new highs, not only at the top level, but virtually all across the board.

The world marks were almost evenly divided between the men (21) and women (19). Four of the 40 marks came in the 40-49 bracket, nine were set by the $50-59$ 's, nine by the $60-69$ 's and 18 by the 70 -and-overs. Of the 15 American marks, the men set four, the women 11.

American athletes picked up 91 gold Continued on Page 19

## Problems Mar Successful Event <br> by AL SHEAHEN

Nineteen-hundred thirty-five veteran athletes from 48 nations competed in the $V$ World Veterans Games in San Juan, Puerto Rico in a nine-day athletics extravaganza from September 23 to October 1.

Competition was held in 5 -year age groups for men age 40 and over, and for women age 35 and over. The biennial event is the virtual equivalent of the Olympics for older athletes.

Despite massive organizational problems early in the Games, the event was successful. There is something almost magical about the World Veterans Games. Meeting people from other nations, forming bonds of friendship that would otherwise be impossible, experiencing the thrill of competing against the finest veteran athletes in the world, witnessing world record-breaking age-group performances, taking nine days out of your life to do nothing but relish the fun of athletics competition . . . all of this overshadowed, for most participants, the myriad of frustrations that threatened to sink these Games into a bog of organizational mud before they even began.
In short, it was hard not to have a good time.

Of the 1935 contestants, 19 percent were women, a new high for a World Games, and well above the $14 \%$ in the 1979 Games in Germany, and the $8 \%$ in most U.S. meets.

The total of 1935 was the lowest at a World Veterans Games since the 1427 entrants at the Toronto Worid Championships in 1975, and far short of the peak 3126 participants in Germany. Most felt September was a bad month; that too many teachers and business people couldn't get away.

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## NATIONAL MASTERS NEWS

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

## SENIOR OLYMPICS

As a warning to all masters, unless there is a change in leadership for the Senior Olympics, I highly recommend all concerned avoid this event in the future. I competed in this event about six years ago and vowed not to do it again. Having been overseas for 5 years, I innocently thought things would change. I was right. It is considerably worse! You would think that any event which was the 14th annual would be well organized. To the contrary, this was by far the worst I had ever experienced and unless there's new leadership, I shall never enter again. I could write enough horror stories to fill your paper. I would have withdrawn but when you get socked $\$ 10$ for one event, you feel you are a part owner. Paying that much gives me the right to criticize.

Dick Glasgow
San Diego, CA

## FIELD EVENT CHAOS

With great regret do I write this letter about the running of masters meets.

The people that schedule these meets and events have to realize that you can't run off 30 vaulters in 2 hours. It took 7 hours at Houston, where I had to jump with the aid of car lights, and $81 / 2$ hours at the World Games, where I had to catch a flight early next morning without my gold medal and official t-shirt.

There have got to be some changes Here is an alternative: in the high jump and pole vault, have 2 divisions. One starting at 9:00 a.m., where the starting height is low, HJ 3', PV 6'. In the afternoon at 1:00 p.m., you could have a starting height of HJ 5', PV 13 ' and then score them in age groups. Until these changes are made I will no longer compete in masters meets.

As one foreign visitor put it about the nationals in Houston, "We call this a PICNIC at home; you bring the dog and the kids and especially the food and the water because you never can tell when or where things will take place.'

As I am training and starving full

## BOOK REVIEW

By B. Palmer

THE COMPETITIVE RUNNER'S HANDBOOK: THE COMPLETE TRAINING PROGRAM FOR ALL DISTANCE RUNNING by Bob Glover and Pete Schuder, Penguin, 1983, 544 pg. $\$ 7.95$ paper, $\$ 15.75$ hardback.

An intelligent, comprehensive and well-organized handbook for competitive runners from the beginner to the advanced competitor. The authors speak to all ages, from the Jr. High performer to the masters athlete. You will find the no-nonsense writing style and concise format provide copious informative as well as ancecdotal material. Bob Glover and Pete Schuder cover not only a complete general training program, but also specific programs which are designed for races of all distances from the mile to the ultramarathon. Also included are: racing
strategy, technique, injury, illness, exercises, food, drink, weight, and stress. The compact and valuable tables include: rhythm and power workout guides, a race-time comparison and prediction chart, twelve pages of racing charts and a brief metric conversion chart. THE COMPETITIVE RUNNER'S HANDBOOK is especially helpful as a guide to improving your performance and for training for competition. There is a lot of information under one cover by the author of the popular 'The Runner's Handbook'. A major promotion campaign by the publishers should make this title available at local bookstores. High usage may require the paperback edition to be re-inforced with a strip of tape on the first few pages. Serious users will benefit from the hard copy. $\square$

## 100-Mile Relay Mark Broken In New Zealand

The world veterans (age 40 and over) record for the $100 \times 1$ mile relay has been bouncing around from the USA to England and back to the USA.
But, on April 17, two months before a group of 100 San Diego masters set what they thought was a world record of 8:41:04 (5:12.6 per mile), a group of 100 Auckland, New Zealand Veterans
recorded a time of 8:37:04 (5:10.3 per mile).

The Kiwis were led by D. Sirl's 4:28.4 mile. The slowest leg was 5:42.0.

The Aucklanders also set a world veterans 10 -mile relay record ( 10 X 1 -mile) of $46: 52.2$ on the first ten legs of the longer relay ( $4: 41.2$ per mile). $\square$
time, I will be more than glad to help anyone arrange meets and schedule events. I may be contacted at 912/423-4800.

Charlie Polhamus
Atlanta, Georgia

## 1982 Ranking Book

Advance order on the 1982 Ranking Book are now being accepted at $\$ 8.00$, up to December 31, 1983 - thereafter the price is $\$ 10.00$. Publication is set for late December. Send check to $H$. Bohigian, 225 Hunter Ave., N. Tarytown, NMY 10591.

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## Green, Keim Win In Philadelphia

Norm Green, 51, Wayne, PA, again broke the $50-54$ half-marathon record with a 1:10:33 in the Philadelphia Distance Run, September 20. Green had run a point-to-point 1:12:09 in the San Diego Half-marathon, Aug. 21, thirty-eight seconds below Hal Higdon's mark of November, 1982.
George Keim, 41, Waynesboro, PA, was the first $40+$ in 1:08:57. Jack Start, 62, Trenton, NJ, won the $60+$ segment with 1:22:27. The first W35 + was Eileen Portz, 36, Mertztown, PA, who finished in 1:21:46.
The masters club championship was won by the Greater Rochester TC team led by Bill Fuller, 44, who ran 1:13:35. The Haverford team, paced by Tony Gerrity, 45, 1:15:39, was second, followed by the Baltimore " $A$ " trio.

The corporate masters team title went to Bell of Pennsylvania, whose first place finisher was Ed Kandrot, 41, $1: 13: 28$. The Delta team, with frontrunner Al Venanzi, 43, 1:15:32, took second place over the Rohm and Haas " $A$ " runners. $\square$


## Boas, Valentine, Kania Shine At Empire State Games

from BILL O'BRIAN
SYRACUSE, N.Y., August 12-14. The Masters division of the Empire State Games celebrated its second year here with significant increases in quantity, quality and variety.

Two world and three American agedivision marks were bettered: Konrad Boas broke the M80 200 mark with a fast 34.8; and Rudy Valentine lowered the M60 400-hurdle standard to 66.3;

Mila Kania set two American women's records in the 800 (2:39.8) and 5000 (19:02), while Chris McKenzie's 70.9 was a new national women's W50 mark.

Other top marks included: Pat Bessel, W45, 1500, 5:06.2; Anna Cirulnick, W45, shot, 22'11/4'; Jane Ferber, W35, Javelin, 74; 2''; and Phyllis Kent, W55, 400, 88.7;

This year, the Masters meet was held on a separate track in suburban Baldwinsville, which gave considerably more time and elbow room than had been available in 1982. Officiating was universally praised. Planning is already under way for increased quality and quantity in 1984. $\square$

## Conway, Anderson Win Nike Finale

Dan Conway ran 31:27 to become this year's winner of the Nike Grand Prix Series in the 4th American Cancer Society/Nike Masters Championship 10K, in Santa Barbara, September 11. Conway, from Chetek, Wisc., was nine seconds short of first place overall, of 315 finishers, in the race won by Mike Lohr.

Conway, who had qualified by winning the Minnesota Masters 15K, May 8 , was pushed by M40's Sal Vasquez, Alameda, CA, 31:49, and George Keim, Waynesboro, PA, 31:55, who qualified at the National Masters 20K, May 29.

Other Grand Prix Series qualifiers who won were Ken Winn, M45, 33:55; Ray Hatton, M50, 33:40; Ross Smith, M55, 35:37; and Clive Davies, M60 + 37:51.
The women's race was won by Gabrielle Anderson, Sun Valley, ID, who also took the W35 division in 35:10. Fordie Madeira, Sherborn, MA, was second woman overall and second W35 in a close $35: 14$. Grand Prix qualifier Elfrieda Wyner, Jacksonville, FL, won the W40 division, 38:37, as did Alice Turowski, Portland, OR, in the W55 race, 48:56.

The race was managed by John Brennand, Santa Barbara, who, despite director's duties, ran a creditable M45 time of 35:01. $\square$


## Nike/ OTC Marathon Won By Hayes, Welch

David Hayes, 41, Grangeville, Idaho, used the fine marathon course of the Nike/OTC Marathon in Eugene, Oregon, Sept. 11, to produce a personal best of $2: 26: 18$ and win the masters division. Dawn Welch, 35, Grants Pass, Oregon, was the first W35 + in 2:49:11, an Olympic trial qualifying time and also a personal
record.
Piet Van Alphen, Amsterdam, Netherlands, set a world age- 53 best time of $2: 28: 53$, which is faster than his age- 52 mark of $2: 30: 47$. Ivor Davies, 56, won the M55 race in 2:53:51. Molly Thayer, 40, outdistanced her closest opponent by 27 minutes with her time of 3:08:01.

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## SPRINTERS STEAM AT CITRACK

by JERRY WOJCIK
Sprinters and field eventers had the spotlight at the twilight Citrack Masters Meet, Azusa, Calif., September 11. The quantity, but not the quality, of the meet was somewhat lessened by no-show registrants, particularly middle and distance runners, who may have been turned off by the $100+$ temperature and smog. In addition, the Senior Olympics were held earlier that day. Some field event people, having already paid for the Sr. Olympics, went to both meets.
However, those who showed at Citrus College produced some highlevel performances.
In the M30-39 division, Billy Hicks won the 100 m with a 10.5 , over Rufus Morris' 10.9 , and the 200 m in 21.8 . Morris took the long jump, $22^{\prime} 1 \frac{1}{2}{ }^{\prime \prime}$. Milan Tiff triple jumped 48'10'. Warren Wilke continued his dominance in the pole vault, 14', and javelin, 194'9'
Among the M40-49 group, Kenny Dennis bolted to an age-group 45-49 100 m WR of 10.9 , which, unfortunately, will have to be listed as wind-aided Walt Butler and Reg Austin were with Dennis at the finish, both in 11.0, Butler taking second. But, Austin beat Butler in the $200 \mathrm{~m}, 23.2 / 23.8$, and Butler placed first in the $110 \mathrm{mH}, 14.2$, to Alvin Henry's 15.2. Henry took the long jump, $20^{\prime} 3^{1 / 2 \prime \prime}$, and the triple jump, $40^{\prime} 10^{1 / 2 \prime \prime}$. Dave Welty won the javelin in a PR $162^{\prime} 4^{\prime \prime}$
In the M50-59 class, Tony Nasralla won the $100 \mathrm{~m}, 11.9$ (wind-aided), the $200 \mathrm{~m}, 25.3$, and $400 \mathrm{~m}, 57.1$. Ed Van

Pelt and Charles Renfro finished their discus attempts only $5^{\prime \prime}$ apart with Van Pelt's the farthest, $145^{\prime} 3^{\prime \prime} / 144^{\prime} 10^{\prime \prime}$. Renfro got his first place in the shot 44'1/2".
George Ker won the M60-69 shot, $50^{\prime} 11^{1 / 2 \prime \prime}$, and discus $153^{\prime} 6^{\prime \prime}$. Ed Chenoweth, recently 60 , uncorked a 157'3" javelin throw. Bert Morrow won the M70 $+100 \mathrm{~m}, 14.8,200 \mathrm{M}$, 32.1 , and $110 \mathrm{mH}, 21.0$.

The women competed without agegroups. Annelies Steekelenburg high jumped 5'; Jeanne Carter ran a 1:05 400 m and a 28.920 m ; Christel Miller won the discus, 74', and the javelin, 94'10'".

The Citrack Meet was staged by Lloyd Higgins on short notice as an alternative for athletes dissatisfied with the Sr . Olympics. If continued in the future, the Citrack, with a few adjustments, some favorable weather, and strong support won't be the alternative, but perhaps the only meet in town at this time in the season. $\square$

## Hills, Gonzalez Set Records North American Masters Survive Heat

Again this season, masters athletes had to contend not only with each other but aso with abnormally high temperatures, $97^{\circ}$ on the first day and $99^{\circ}$ on the second, at the North American Masters T\&F Championships in New York City, September 10-11. Despite the heat, two world agedivision records were set.

Claude Hills, 71, PA, broke the 70-74 400IH WR of 84.1 with an 82.7 , and Gilberto Gonzalez, 70, of Puerto Rico knocked one-tenth of a second off Fred Reid's $70-74100 \mathrm{~m}$ world

## NOW AVAILABLE Masters Age - Records 1983

Compiled by National TAC Masters T\&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track \& Field Events, age 35 and up, as of Jan. 1, 1983.
-U.S. Age Bests for Men \& Women for all race-walking events, age 40 and up, as of Jan. 1, 1983
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-48 pages. Thousands of entries. Lists name, age, state and date of record.

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mark with a 13.4 .
Luis Velez of Puerto Rico threw the 6 k hammer to an age- 53 WR distance of $151^{\prime} 2^{\prime \prime}$, surpassing the old mark of 139'2'. Arthur Byrnes, McLean, VA, high jumped to an age- 66 AR of $4^{\prime} 9^{\prime \prime}$ to erase the former $4^{\prime} 7^{1 / 2}$ '"

Chris McKenzie, Great Neck, NY, was the meet's outstanding female performer, breaking three age-52 AR's: in the 100 m with 13.4 ( 13.5 ); the 200 with 28.4 (28.62); and the 800 with $2: 47$ (2:51.3).

## POTOMAC VALLEY TC POSTS FOURTH WIN

from INES KERCH
For the fourth consecutive year, the Potomac Valley Seniors Track Club of Washington, DC, remained undefeated after the premier 1983 East Coast Club Championship "Quadrangular Meet" in Alexandria, VA, July 10.

Hosted by the PVSTC, this year's meet included the New Jersey Shore AC, which was approved for participation by the original three clubs: PVSTC, NY Masters TC, and Philadelphia Masters. PVSTC's total was 912 , far out-distancing runner-up NY Masters TC's 741. The Shore Athletic Club finished with 254, a little in front of the Philadelphia Masters 232.

One hundred and fifty-nine participants found the balmy weather and excellent facilities at St. Stephens Episcopal School so much to their liking that, as the day waned, the meet took on the aura of a family picnic.

The NJ Shore AC will host the 1984 East Coast Club Championship.

## Keim Captures Crim 10 Mile

Pennsylvanian George Keim, 40, of Waynesboro, fought off the $75^{\circ}$ temperature and $100 \%$ humidity and Michigander Bill Stewart, 40, to win the masters race in the Bobby Crim 10

Mile, Flint, Mich., Aug. 31. Keim finished in 52:10, ahead of Stewart's 53:48 in the M40 division.

Brian Harris, Royal Oak, MI, had little competition in the M/45 group, winning in a fast $55: 25$. Norman Eastman, Lansing, MI, was the winner of the M50-59 race in an unchallenged but quick 57:04.

Laurie Binder, Oakland, CA, was the first woman over 35 and fourth woman overall in 57:30. Tina Hayward, Vicksburg, Mich., 1983 Boston Marathon $40+$ winner, ran $63: 16$ to win the $40-44$ division. Mary Van Camp, Ann Arbor, MI, defeated he $45-49$ entrants in 74:24. Melba Hatch, Canton, MI, was the best $50-59$ with 75:09.

The Crim 10 Mile had raised almost $\$ 500,000$ for the Special Olympics, and over 4,400 finishers helped add another $\$ 125,000$ to that amount this year. $\square$


1. The bi-ennial meeting of the WAVA General Assembly was opened at 9:15 a.m at the San Juan Convention Center by WAVA President Don Farquharson. About 100 delegates and athletes were in attendance.
2. President's Report. Farquharson:
a. Said former Treasurer Harm Hendriks was impeached for improperly opening a WAVA bank account in his own name, and for spending WAVA funds on unauthorized expenses.
b. Asked for a moment of silence in memory of former WAVA Asian representative Hideo Okada.
c. Said that the WAVA Newsletter had been discontinued because of a lack of funds to subsidize it.
d. Deplored the ban on South African athletes to the V World Games, adding he had nearly cancelled the Games, but felt it was necessary to meet to iron out our problems.
3. Interim Treasurer's Report. While only $\$ 428$ is currently in the WAVA account, $\$ 2000$ has been promised from the $\$ 90,000$ profit made at the 4th World Games in Christchurch in 1981. Another $\$ 19,000$ will soon be deposited by the V World Games organizers from the $\$ 10$ entry fee paid by each of the 1900 entrants. In future World

## MINUTES OF GENERAL ASSEMBLY: WORLD ASSOCIATION OF VETERAN ATHLETES(WAVA) SEPT. 25, 1983

Games, a sliding scale of payments will be made to WAVA (in addition to the $\$ 10$ entry fee) by World Games oganizers, as follows: The first 2000 entries: $\$ 0$. From 2001-3000: $\$ 5$ each. From 3001-4000: $\$ 8$ each. From 4001 and above, $\$ 10$ each. A contract will be signed, including insurance in case the games are cancelled.
4. Report of Women's Meeting. Bridget Cushen of Great Britain was elected Women's delegate to the WAVA Executive Council, replacing Australia's Jean O'Neill. The women's meeting supported WAVA's minimum age for women of 35 , rather than 40 as some had suggested to parallel the men.
5. Medal Standards. No medal standards were adopted. It was agreed that virtually all World Games competitors were serious, and medal standards were unpopular and could be unfair. The Assembly, however, gave power to the Executive Council to impose medal standards, if it so chose. (The Council later gave authority to the 1985 Games organizers to "move any slow com-
petitor to an outside lane."
6. Qualifying Standards. It was reaffirmed that there are no qualifying standards for World Games competition.
7. Masters Rule Book. Farquharson said the Executive Council planned to prepare a rule book for use by World Games organizers, as well as national associations
8. Dues. By a vote of about 60-6, the dues of national affiliates were increased from $\$ 10$ per delegate to $\$ 50$. Thus, maximum dues (for larger nations such as the USA) are now $\$ 250$.
9. Motions. A Constitutional Amendment was proposed by WAVA Secretary Owen Flaherty of Spain that "motions at the General Assembly shall be proposed only by affiliated organizations or the Executive Council," rather than by individual delegates. After a tie vote, $20-20$, the motion was defeated by a no vote by Chairman Farquharson.
10. Relays. A motion by U.S. delegate Bruce Springbett that 'relays be reinstated to the regular track and field program for
the 1985 WAVA Championships" passed, about $60-5$, with the Executive Council given authority to determine exactly what kind of relays to schedule. An informal poll found 26 favored regional teams (Asia, South America, Europe, etc.), 29 preferred national teams, and 10 opted for pickup teams. (The Council later voted to hold official relays in the 1985 Games using regional teams.)
11. Team Races. A motion by Flaherty to exclude team races from the World Games was defeated, with the Executive Council again given power to determine whether team scoring would be on a regional, naional or some other basis. An informal poll showed 25 preferred regional scoring, 32 national and 2 club or other
12. WAVA/ IGAL Relationship. WAVA will attempt to merge IGAL into WAVA to consolidate the veterans athletics program. If unsuccessful, WAVA will declare itself the official world veterans athletics governing body.
13. Election of Officers
a. President. Farquharson was the only nominee and was unanimously re-elected.
b. Vice-Presidents. V-P's Hans Axmann of West Germany (Track \& Field) and Jacques Serruys of Belgium (Road Running

Continued on Page 12

# THE ARIZONA 10K 

## And 2 Mile Fun Run

DATE: |Saturday, December 24, 1983 Under 40 start 9:30 AM/40 \& over start 10:30 AM LOCATION: Ahwatukee Community Center, Phoenix, AZ (Take Elliott Road exit off I-10 Freeway; just south of Tempe; 10 minutes from Sky Harbor Airport)
COURSE: TAC Certified 10,000 Meter Championship Ahwatukee Course FINAL ARIZONA SERIES EVENT: Double points towards 1983 Arizona T.A.C. 10,000 Meter Championship

SANCTIONED BY: The Athletics Congress/U.S.A.
ADMINISTERED BY: Valley Events, Inc.
RACE DIRECTORS: Pete Fairman and Dave Berman
INFORMATION: 949-1633-For entry forms send SASE to Valley Events, Inc., 8131 E. Buena Terra Way, Scottsdale, AZ 85253
AID STATIONS: 2, 4 and finish; Accurate mile marks posted, Splits called DIVISIONS:

11 and under, 12-15, 16-19, 20-29, 30-34, 35-39, U.S. Championship-40-44, 45-49, 50-54, 55-59, 60-69, 70 \& over, Wheelchair, Racewalk

FEATURES: This event has pledged to meet the high standards you have come to expect from Valley Events, (Visual Clocks and Electronic Timing, Accurate Distance, Accurate Scoring, Quality T-Shirts, Trophies and Awards, Merchandise Drawings, Prompt Awards Ceremony, Splits, Stations, Etc., etc. . .)
BENEFIT: TAC Athlete Development Fund of Valley Roadrunners' Club


## NO MIDDLE ROAD

Mike Tymn
don't ask me how I am. And one other thing. Don't tell me I look well. Runners who look well are at least five pounds overweight, and are on their way to being happy and contented and psychologically invulnerable. I want no part of that. "-Dr. George Sheehan

In sickness I have rediscovered fitness. I have made the transformation from runner to fighter and lover in just 60 days.
A few months ago, when the laboratory tests revealed that I was suffering from an occult liver disorder, I was a competitive distance runner. Even though my 80-90 miles a week of training often left me too fatigued at night to do my strength and flexibility routine, not to mention acts of consortium, I considered myself physically fit.

It didn't matter that Gina, my wife,
continually told me that I was too thin and that my gaunt face made me appear my age, maybe older. I deemed myself fit only when I was capable of doing 20 interval quarters in under 68 seconds each or racing 10 K in something close to 32 minutes.

Today, I am 20 pounds heavier, run-

## I don't think God ever meant for man to run close to 100 miles a week year after year.

ning about 15 miles a week, and outside of the low fatigue threshold associated with liver disease, I feel a different kind of fitness. I can walk up and down stairs without holding on to the handrails, something I had trouble doing on the high mileage training. I have no difficulty getting in my strength and flexibility routine, and based upon the weights I'm handling, I

am about 30 percent stronger than I was while racing.

Many of the creases and wrinkles in my face, especially under the eyes, have disappeared, and Gina tells me that I now look ten years younger than my 46 years. She's also pleased with the little blobs of fat I have on the sides of my lower back. And, no one has kicked sand in my face at the beach lately.
At 168 pounds, I'm in no condition to break any of my local masters records. Just to see how much I had lost, I raced a 10 K recently and clocked $37: 42$, some $51 / 2$ minutes slower than I turned in on the same course several years ago. I did break something that day, though. Before leaving the race, I cracked my toilet seat. I guess I'm now in the Wendy Miller Class.
I don't think God ever meant for me to be a 147-pound welterweight or for man to run close to 100 miles a week year after year. From the time I reached my present height of 5-11 until about age 35 , I was a lightheavyweight, usually scaling around 165. During track season I'd peel down, like a middle-weight boxer, to what I thought was a lean 159. It never occurred to me that I should or could go much lower. Training on only around 25 miles a week, I didn't burn enough calories to even consider it.

It wasn't until I got into long-slow distance and high mileage training about ten years ago that my weight dropped to the mid 150's.
Until about age 42, I was content to compete at 154 pounds. It was that year that I realized that there wasn't much more I could do in the way of training to improve or even hold my own. As the effects of aging began to set in and I sensed myself slowing a lit-

## I have long recognized that running for fitness and running for sport are different, even opposed to some degree.

tle, I decided that the only thing I could do to keep pace with my old self was to lose more weight. I reasoned that if former Olympian and three time Honolulu Marathon winner Duncan Macdonald, who is my height, could get by on 138 pounds, then perhaps I could.

After dipping below 150 for the first time about four years ago, I continued to see how low I could take it. During the past two years, I'd get down to 146 or 147 for a big race. I could tell that I was walking a thin line between sharp racing fitness and exhaustion because there were days when I raced well and others when I had no strength at all.

The doctor's haven't been able to figure out what caused my liver problem, but Gina has offered me a full diagnosis. She believes that I was in the initial stage of anorexia nervosa, a conclusion she came to after watching a
television program about the disease and noting that the liver often goes first. She tells me that I had a chronic low blood sugar condition and that I had extracted essential nutrients from the organ over a period of time. Finally , it rebelled.

At first, I scoffed at this theory, but the more I read on the subject, the more I began to think that maybe she is right. I have sensed other glandular problems also associated with anorexia and hypoglycemia, which seem to be, along with the liver ailment, in remission, now that I am running much less and properly fueling my body.

I have long recognized that running for fitness and running for sport are different, even opposed to some degree. If nothing else, my left knee has been telling me that for the past few years. The problem is that there is no middle ground. As Dr. Kenneth Cooper, the Aerobics authority, says, if you're running more than 15 miles a week you're doing it for something other than health and fitness. To be competitive I must average 85 miles a week and get the weight down to 150 or below. Therefore, for me to attempt some kind of compromise, as both my body and my wife suggest-say 50 miles a week and 160 pounds - makes no sense unless I'm prepared to compete at a lower level. Since I'm not motivated to compete at anything less than full commitment, no compromise is possible. This is my dilemma and one I'm sure that many others face.

It feels good to be strong again, and it's a relief not to have to make so many other things secondary to my daily workout. Still, I miss the flow of rhythm of competitive running and the challenges that go along with it.

Why does there have to be such amচivalence? $\square$

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## TO MASTERS TRACK AND FIELD PARTICIPANTS (T \& F) \& <br> MASTERS LONG DISTANCE RUNNERS (LDR) NIKE MASTERS PROGRAM

NIKE, Inc. has been proud to support masters athletes and masters events since 1977. NIKE was the first company to recognize the promotional potential of older athletes and remains the only shoe company with a comprehensive program of support.

Although small in terms of NIKE's promotional support of elite (and usually) younger athletes, the program has grown year-by-year in support of the sport. We expect to continue this support into the indefinite future.

NIKE has asked for little in return, yet has succeeded in building a reservoir of good will in masters athletics which has repaid us several-fold. Thank you.

During the past year, NIKE supported, in one way or another, well over 100 masters meets and races. For national championships, our support was considerable; for regional, state and local events, it was usually less.

The quality of these masters events, both in terms of the administration of the events themselves and the amount of sponsor and media interest, has been uneven. Normally it takes all the volunteer energies available in order simply to put on a technically sound meet. Often left out of the planning are press releases, attempts to get sponsors, public announcing, etc.

$$
1984
$$

NIKE, $\sim$ nc. will be assisting masters events in 1984. We will do much more for those events which are able to sell themselves successfully to other (noncompetitive) sponsors, are publicized well and which affiliate themselves with local accounts of NIKE. National and regional events, in addition to some local events, will be able to purchase event-related items at cost, when adequate lead time is allowed. Further subsidies must be negotiated.

Last year, the Masters $T$ \& $F$ Committee of the TAC spent the year chasing rainbows, with the result that NIKE became, by default, the only national sponsor. Meanwhile willing sponsors on a lesser scale were overlooked. In 1984, there will be no NIKE bailout. Hard work will be rewarded; we will generally provide product to well-run, well-sponsored, well-publicized meets, which provide marketing opportunities.

At the same time, the Masters LDR Committee, not needing national sponsorship so desperately, got along on the few bones thrown to it by its parent body. It was enticed into selecting its championships on the basis of promises of support, which often did not materialize. The committee was left with a championship event schedule packed into a two-month time frame in October and November, in direct conflict with major international masters events and other prominent distance runs.

As with the two insurance company sponsors in the past, who left the Masters Program, no sponsor can be expected to carry the whole load. There must be promotional opportunities. That means efforts to find more participants, more spectators, more media interest, along with some indication that other sponsors, local and national, are interested. When these important elements of putting on a major race or meet are covered, NIKE Masters Athletics will also be there to make your efforts more effective.

All the best in ' 84 ,
Valdemar Schultz
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## AN OLD WIVES TALE

I suppose if there was anyway to assemble a score on this kind of thing it would show that I have eaten my share of crow in this here life. I'm the one, you may recall, who said knee socks and the Walkman radio would be a flash in the pan. I said Los Angeles would have the best marathon in the world before New York and Chicago got past who was going to take credit for what. In case you lost interest, LA hasn't had a marathon yet. It does appear the Olympic Games will be forcing some sort of showdown within a year or so. Chicago, at last resort, was still pretty much bogged down with who did what to whom, and, New York . . . What can I say about New York. It introduced the world to Fred Lebow. Oh well, fate could have placed Fred in Amarillo and we'd all have trouble getting there on race day.

Hell, I don't know why selecting a course for the Olympic marathon has been so difficult. I suggested early on that they just run the whole thing down Melrose Avenue. Look at all you'd accomplish; it's straight as a string so you avoid all the turning and freeway ramps that are so prevalant in the pro-
posed course. You'd give all these foreigners a look at a little bit of the U.S. that might make them want to go back home. Might help the immigration mess too. I know it would cut back the defections during the games.
Several years ago, I pointed out the fact that marathon runners were searching the country for that perfect short, downhill course with a prevailing 15 MPH wind at their back. They seemed to have found it in New Orleans. Alas, as they all assembled, the wind was not 15 MPH , but 25 MPH, and not at their back, but in their face. I scored it as a deserving stroke at the expense of some very deserving folks.
Years later as these things are wont to happen, a marathon in Utah was brought to my attention by some opportunistic corner-cutters from the far west. Whispers of, "She's downhill all the way" gained such momentum over the summer and so totally ravaged my young supple body that, in late September, I clandestinally rendevouzed with these two. "Something for nothing" excuses for friends in St. George, Utah. Oh God, was God

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aware of what we were doing. We were in the heart of Mormon country, man, and although some of the custom isn't all bad for man, (more on this later) we hadn't come here on religious grounds, pal. We had come here for " a running free lunch", so to speak.

Whatever your religious preference, somebody, somewhere, was both aware and mad. It started raining on Friday night. The race was held on Saturday, of course, because come Sunday in Utah, the 7-11 and Denny's are both boarded up like they were never open. On Saturday morning at 5 a.m. we get on a school bus at the finish line in the park for the ride to the starting line. I mean - what a ride! It is straight up the mountain on a road that looks like the bobsled tunnel in the Winter Olympics.
Now it's raining like I've never seen it rain in my life. I'm always agreeing with people wherever I travel about what lousy weather Chicago has, but I always seem to be in weather that doesn't appear to be any bargain, either. I mean, it is thundering and lightning and the vaseline jars on the floor all slide to the back of the bus. Someone screams, "I saw lightning below us". "Nonsense," says a local, "that was probably a mountain cat touching an electric fence".
No one is saying a word and I'm scared to death someone is going to start singing, "nearer my God to Thee". You could have heard a pin drop had the race officials seen fit to include pins in the race packet. The rumor swept through the bus that the buses were being pulled up the mountain by a large cable and two years ago it almost snapped. I admit it, I screamed, yes, at the thought of 2,000 runners and buses crumpled at the bottom of a box canyon, but also the hot coffee soméone had poured on the crotch of my new Dolfins.
Now we're at the top and it is raining harder. I mean, the driving sideways variety. I open a window and it stings. The driver opens the door and nobody moves a muscle. The driver makes an old Chicagoan feel right at home by shouting, "everyone has to get out now!' He's acting like he has another job at 5:45 a.m. Saturday morning. We search one another's eyes for courage. Unfortunately, what is needed is intelligence. I needn't detail how much of that there is around.

We get out and start to assemble at the start. There is lightning below us! This is what it must have been like during the war, people helping people. A female runner is doing some stretching nearby. Right? Wrong, she's peeing on my foot. Damn, my new Tigers, at that. "Sorry about that" says she. "No prob," says I, no room for hot dogs up here anyway. She punched me hard in the groin. As I fell to my knees I heard her saying, "Damn Californians have always tried to make racing a big joke".
Everyone wore a garbage baggie for the first ten miles. The only real danger
during the 5,700 foot drop was spin out. At sharp turns you'd see fellow runners impaled on the side of mountains. It was truly the only marathon I'd ever seen with 'Reduce Your Speed' signs. I'll definitely go back. I mean, where else can you run 8 -minute pace and do a $2: 48$. Along this course there was an interesting kind of support. People stood along the road with pitch forks daring you to get off. Signs along the course read "Let's Hear it for Brigham Young" and "Burn the Infidels." In general, a special kind of festive mood prevailed.

I'm back in Chicago now, having run a true downhill marathon. My quadriceps will be arriving by Greyhound in about two weeks. I'm still puzzled by a conversation I had during the race. I asked a fellow alongside what the record was in St. George and he said, "Oh, there's a guy south of town who had 22 wives for awhile but one ran off with the Amway salesman.

The quality of the field wasn't all that good among the men - the women, however, were great. But then how can you expect the guys to be good - you do your intervals, the long one once a week, and then a bunch of wives to take care of. Personally, I always wondered, however, if that interval crap was all that important. A person should always be open to other approaches in running. My wife's reaction was predictable, "If I had something to share, $\mathrm{I}^{\prime} \mathrm{d}$ be all for it. Incidentally, Lover Boy, do you still have a headache from that marathon?" $\square$


Mavis Lindgren, W75, in the finishing chute at the Avon International Marathon. Photo by Richard Slotkin

## No Change in Heights

## WAVA Changes Hurdle Spacings

In a compromise between European and American hurdlers, the WAVA Technical Committee in San Juan agreed to change the spacings of the age 40-49 and 50-59 110-meter hurdles back to the standard Olympic distance of 30 -feet between each hurdle.
It left all other WAVA hurdle spacings as is, and rejected a U.S. request to lower the heights of the hurdles to conform to U.S. standards.

The Committee also changed the weights of the shot put and hammer in some age divisions.
The new measurements will be used in the 1985 World Veterans Games in Rome.

In an effort to achieve conformity with WAVA, the U.S. is expected to adopt the WAVA measurements for domestic competition when it meets at the annual TAC Convention in Indianapolis next month.

The Committee was composed of three men appointed by the Executive Council: Vice-Presidents Hans Axmann and Roland Jerneryd; and Technical Chairman Ian Hume. When Hume couldn't attend, Hans Warwas was asked to substitute. The Committee invited U.S. delegate Al Sheahen and Holland delegate Jan Parlivliet to speak for their respective positions. It closed the meeting to others, feeling that too many opinions would result in chaos.

Parlivliet argued that the shorter spacings used by WAVA in the 1979, 1981 and 1983 World Games (8.7 meters for the $40-49$ 's and $50-59$ 's) made it possible for veteran hurdlers to maintain the traditional "three-steps-between-each-hurdle." Sheahen claimed the shortening was done at too young an age, that hurdlers age differently, and, more important, there were no such 8.7 meter ( $28^{\prime} 2^{\prime \prime}$ ) markings on U.S. tracks so it caused delavs and infuriated meet directors.

He said that American hurdlers experimented with the WAVA spacings in 1981, but voted to return to the traditional Olympic spacing in 1982 and 1983.

The compromise was reached when Sheahen, representing the U.S. position, agreed to the higher WAVA heights in exchange for WAVA adopting the U.S. $40-59$ spacings. The American masters have experimented with the lower heights (in both the 110 and 400 events) for the past two years in an effort to draw more competitors into the event. The evidence is inconclusive that the lower heights arew any more participants; and many U.S. hurdlers have always preferred the higher heights, anyway. It's been a divisive issue in the U.S. So by adopting the WAVA standards, it is hoped that the issue will be put to rest, once and for all.

WAVA left the men's $60-69$ and women's $35-39$ spacings at 8.5 meters ( $27^{\prime} 10^{\prime} / 2^{\prime \prime}$ ), the same spacing as the women's Olympic race, for which there ARE markings on U.S. tracks. It also left the distance for these two groups at 100 meters, and raised the W35 height to $33^{\prime \prime}$.

WAVA also left the men's $70+$ and women's $40+$ spacings at 8.0 meters ( $26^{\prime} 3^{\prime \prime}$ ), for which there are no markings on most U.S. tracks, and left the distance at 80 meters for these groups.
The argument for shortening the spacing for older groups-that three strides can be maintained-received a jolting blow later in the week when most of the $60+$ hurdlers took anywhere from 5 to 9 steps-not three-between the WAVA-spaced hurdles. Observers noted that the hurdles would have to be about 12 feet apart for most 70 -year-olds to maintain a three-step hurdling stride.
On this page are the new WAVA standards, with the changes noted with an asterisk. $\square$


[^1] 1:16:07. She also won the Nike Grand Prix Final, 10K, Santa Barbara, Sept. 11, 35:10.. Photo by Richard Lee Slotkin


From L, Marlys Green, Jo-Ann Kambar, Marita Hayhurst. Breakers to Bay, Sausalito, CA, 1983. Photo by Gene Cohn


## L.A.-VALLEY ATHLETIC CLUB ANNOUNCES THE FORMATION OF A MASTERS TRACK \& FIELD AND RUNNING CLUB FOR ATHLETES AGE 30AND OVER.. OFFICERS \& DIRECTORS

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## National Masters Track \& Field Championships

The 1983 championships was the biggest meet ever staged in the U.S.A. with a total of 782 entries received. The influx of foreigners added a great deal of depth to the program, and I, for one, really appreciated the fine performances they turned in. A total of 153 foreign athletes entered: 42 Australia; 2 - Canada; 1 - England; 4 - Mexico; 44 - New Zealand; 2 Puerto Rico; 10 - Republic of China; 48 - South Africa. The South African contingent was allowed to compete without interference from Canadian, Bruce Kidd.
Some interesting statistics: 100 m 18 heats, 16 Finals; $220 \mathrm{~m}-24$ heats, 16 Finals; $400 \mathrm{~m}-18$ heats, 16 Finals; discus - 97 throwers; $5000 \mathrm{~m}-84$ starters. The discus took $81 / 2$ hours to compete; pole vault - $61 / 2 \mathrm{hrs}$; javelin -6 hrs ; triple jump - $51 / 2 \mathrm{hrs}$. Try to imagine the poor officials (who are all volunteers giving their time that you may compete) trying to keep track of multiple age groups, retrieving implements, marking and measuring, listening to all the bitching about nothrows, fouls, bad seedings in heats,
results not posted, no patches, no medals, and the list goes on.

There is an old Scottish saying "To see ourselves as others see us is not a gift that God has given us". Think about how you looked to us as you did all your pissing and moaning. It is very difficult to obtain the services of individuals who wish to give their time for 3 days to a track meet and a lot of these officials would have liked to have competed in the meet. Some of us were at the Stadium on Saturday from 7 a.m. - 9:30 p.m. with no break.

What I am saying is be a little more considerate of the people who are busting their asses to give you the best they have under very trying conditions. Better still, volunteer to help at one of these meets where you have 12 age divisions, male and female, giving you 24 different types of classifications to monitor.

With respect to recommendations for the future to help keep this meet alive: 1 - Spread it over 3 days; 2 Field events need to be split up into age groups; 3 - Pentathlons and walks could be conducted at other locations;


4 - qualification standards should be imposed.

Most people think TAC does a wonderful job, but in reality, they don't do much at all. They do not supply medals or patches (They must be purchased by the meet director), nor funds to defray any expenses. They supply a sanction and a Rule Book that a lot of people like to quote.
I have to thank the officials who made the meet a success because
without them nothing would have happened. Also a big thank you to Roy and Mary Cullen, Nike, and Seven-Up for their generous support.
I wish Oregon luck in 1984 with the meet. I feel that I have done my part in conducting National Championships - 1977 - Cross-Country; 1983 Masters Track \& Field. As for the future - no more. It is someone else's turn to direct TAC Championships. $\square$

## National 15K

Continued from Page 1
American runners by over two minutes, Sal Vasquez, 43, of Oakland, California copped runner-up honors in 49:09. Masters newcomer Steve Lester, 40, of Salt Lake City garnered third place in 49:27
'It's been three months since I raced," Villanueva said. "I ran this race to see how I'd feel."

Villanueva played soccer for Mexico's all-star team in the late fifties, and later layed pro soccer in Chicago. A battle with alcoholism nearly finished him, but he said: "I began running and stopped drinking and smoking."

Dalrymple's victory margin was even more impressive than Villanueva's as she raced to a three-minute triumph over New York City's Elaine Kirchen, 40. Another $1: 14$ back in 59:29 was California's Shirley Matson, 42 , rounding back into form after an injury.
"I was pretty tired after the first four miles," Dalrymple said. "I wished the race was over then. I thought I ran a good race, but not a great one. The altitude had a lot to do with it. If you're not used to it, it seems you don't get enough air per breath."

There were some classic matchups in the race, and a few surprises.

Pennsylvania's Norm Green, 51, and Oregon's Ray Hatton, 51, met head-tohead for the first time ever. Hatton has been one of the giants of masters running for a decade, with a laundry list of road and track records to his credit. Green burst on the masters scene less than a year ago, and has been unbeatable, even besting 40 -year-olds in championship races.

Today it was Green by a convincing margin of 80 seconds, speeding to a $50: 51$ clocking as 7th master overall to Hatton's 52:11 for 12th.

Bob Packard, 47, of Flagstaff, Arizona, was one of the few top national masters runners who paid his own way. Packard, the onetime American 45-49 1500-meter record holder (4:07.9) until broken by Chicago's Ernie Billups (4:06.0), had suffered a bad case of frostbitten toes while hiking near Grand Canyon in 1981. Sure enough, on the starting line was the man who broke his record, the great Billups, 46, himself, fresh from double gold medals in the 800 and 1500 at the National Masters T\&F Championships in Houston, and the $V$ World Veterans Games in San Juan.

To everyone's surprise but Packard's, the Arizonan prevailed by a full minute, $51: 53$ to $52: 53$, to annex the national 45-49 title.
San Diego'ss Jim O'Neil, 58, and Reno's Ross Smith, 55, hooked up again. Smith had won their personal duel in the Nike Masters Grand Prix Chamionships in San Barbara September 11. Today it was O'Neil who reeled in Smith in the later stages to win the M55 crown, 55:07 to 56:23.

The shock of the day came in the 65-69 competition, when New Mexico's Don Longenecker, 67, defeated the unbeatable Clive Davies of Oregon by 10 seconds, $58: 23$ to $58: 33$. The time was three minutes over Davies' American 65-69 record of 55:16. Taking third in the M65 group was the famous doctor/author, George Sheehan, in 65:35.

Maryland's Ed Benham, also fresh from a World Veterans track triumph in Puerto Rico, took the measure of the venerable Johnny Kelley, 76, of Massachusetts in the M75 competition, 68:53 to 71:29.

Paul Spangler, at 84 the oldest runner, won another $80+$ national title in 98:50.

Vicki Bigelow, 48, took the W45 crown from Karen Scannell, 45, who's just getting back into shape, $60: 55$ to 62:41.

California's Marion Irvine 53, and New York's Mila Kania, 52, together, have amassed most of the national women's $50-54$ records. When they met for the first time last year in the Nike Grand Prix finals in Philadelphia, Kania was the upset winner when Irvine reportedly was not in top shape. Today, Irvine evened the score by a convincing $1: 43$ margin, $62: 36$ to 64:19. Probably because of the altitude, the times, like the other divisions, were well off Irvine's national W50 mark of $58: 42$.

Ruth Rothfarb, 82, added to the illustrious field as the oldest female in the race, finishing in a creditable $1: 45: 41$. It was the first time she and Spangler had ever run together in a masters race.

Gidamis Shahanga was the overall winner of the talent-packed race in $44 ; 13$, outkicking Mike Musyoki. Regina Joyce took the open women's title in 51:52. $\square$

## 1987 Site Postponed

## VI World Games Set For Rome In 1985

SAN JUAN, September 26. Rome, Italy will be the site of the VI World Veterans Games in late June, 1985.
There were no other bidders for the 1985 Championships, so Rome was unanimously selected by the delegates at the WAVA Site Selection Meeting.
Cesare Beccalli, European delegate to the WAVA Executive Council and President of the Italian Masters International Track \& Field Team, said three stadiums, including the 9 -lane Olympic stadium, will be used. "They are all within a radius of 300 meters," Beccalli said, "meaning the transportation problems normally faced by athletes at World Games will be eliminated.'
Beccalli said low-cost (\$7 a day) lodging will be available at University quarters near the stadium, along with hotels of different rates. Free daily transportation from hotels to the stadiums will be provided.

Because the months of July and August are too hot and much of the city shuts down for its annual holiday in those months, and because September is too crowded and expensive, the


Games will be held in the second part of June, when rates are low and weather is a moderate 75-80 degrees. There will be a two-day break during the Games for sight-seeing and meetings.

The Italians are experienced in masters meets. They staged the successful Europeans Veterans Championships several years ago. The city of Rome and the Italian National Federation promise their complete support. The Italians will use the Games as a testing ground for the 1987 World IAAF Championships, much as the Canadians used the 1975 World Veterans Games in Toronto as a trial run for the 1976 Montreal Olympics. This means top officials and facilities will be used.

Beccalli predicted more than 5000 athletes from over 50 nations will attend. The relatively small total of 1900 for the V World Games in Puerto Rico was due largely, most felt, to the scheduling in September, a-month when teachers and many business people find it impossible to get away. Moreover, Europe is the hotbed of athletics, and any World Games in Europe can be assured of thousands of entrants.

Beccalli promised that the WAVA Constitution, which gurantees that the "competition shall be open to anyone, regardless of national origin or political belief," will be honored. He said that while "a team from South Africa will not be permitted to compete, all individuals, regardless of what nation they live in, will be allowed to compete in the Games. The athletes will be listed by alphabetical order, by event and by age group. In these lists, the indication of a code per country will take for merely organizational purposes."

WAVA had also planned to select, in San Juan, the site of the VII World Games in 1987, to give organizers four years, rather than two, to prepare and plan. The only bidder for 1987 was Johannesburg, South Africa. African delegate Danie Burger and South African Veterans President Hans Booysen proposed the Games for June or July when the weather is brisk. They promised that all athletes could compete with no political interference; that \$15 B\&B rates were available; that two stadiums in the Johannesburg/Pretoria complex would be used.
The bid was sudden and unexpected. No hint of such a bid had been talked of before the meeting. Athletes from Holland, Australia, Trinidad-Tobago and India said if they were to compete in South Africa, they would be barred from competition in their own countries.

Burger said it was time "veteran athletes stood on their own two feet and stopped knuckling under to politi-
cians." He said athletics in South Africa was free from apartheid, and "to see and understand the true conditions in South Africa, you must come and see for yourselves."
U.S. delegate Al Sheahen moved that, because of the suddenness and obviously controversial nature of the bid, that a decision on the 1987 site be postponed until 1985 at Rome. "While it is our clear goal to allow everyone, including South Africans, to compete in the World Games," Sheahen said, "going to South Africa and contributing millions of dollars to its apartheid economy is something else entirely." He said a postponement of the site selection would give athletes a chance to think about it, and to poll their national associations at home as to their
feelings about a South African site. It would also give other nations more time to prepare possible bids.

The motion passed, 30-24.
John Macdonald, director of the 4th World Games in 1981 in new Zealand, confirmed that his Christchurch group had made an unexpected $\$ 90,000$ profit on the Games. Since no contract had previously been signed with WAVA, Macdonald has kept all the profit in a New Zealand bank. He donated $\$ 2,000$ to WAVA, and said the $\$ 90,000$ could be used to help stage the VIII World Games in Auckland in 1989. The Auckland representative briefly mentioned the beauties of New Zealand's north island and said a bid for the 1989 Games will be officially made in Rome. $\square$



## Working Out: <br> Running With Others

Among the many options that the runner has to choose from is who he will run with and when. The decisions to be made have become so enmeshed in my life style and running style, that I rarely give conscious through to the matter. And yet, the pluses and minuses of these simple selections are very important and are reflected in my running success at any given moment.

No more than one-third of my training is done in the company of friends. This is in part due to the time available, and, equally important, is dictated by my training mode and requirements.

As preparation for a given event approaches, I first train alone, not wishing people about. As sharpening reaches completion, I become increasingly lonely, and during the 3-4 day period before racing, seek out companionship.

The woods of Minnesota are filled with good runners. Not all are fast, but most are very good. They are disciplined, friendly, durable and tolerant.

With experience gained over many
years, our local runners have adopted some simple rules for training. These rules are the linchpin of our congenial and successful training relationships. The most rigidly enforced "laws" are those applying to safety.
It has been well documented that a multi-runner group has a substantially higher risk when interfacing with vehicles than a runner training alone.
In respect to this danger, we avoid running at night and avoid running on highly traveled roadways. When there is rain or snow to contend with, we travel by car to a site that has running paths. In the winter this may result in circling a plowed lane no longer than a mile in length. In this last circumstance, the mental fatigue is far less than it would seem.
Another important virtue of running with others is the social opportunity: to visit and exchange humor and stories does much to make the time pass. Without the threat of cars or bikes we can relax and run several abreast as we jog along.

If the "game plan" requires that we run on roads, we always run facing traffic. We always run in trail, i.e. in single file. The lead runner is expected to be alert to potential problems, alerting those behind him. He also adjusts his pace to that of the slowest runner, keeping the terrain and footing in mind. Oncoming vehicles are given the widest possible birth. No "bull-fighting" here. To run a twentymile workout with a windchill of fiftybelow zero is evidence enough of dedication. No need to charge a pair of oncoming headlights to prove one's courage.
A second matter of safety when training together is to run together and to stay together. When weather or terrain are extreme, it is a great comfort to have a good friend at your elbow. Many times the mileage and duration can be extended to the "breaking point" knowing that there are others to support you. Prior to the run, the pace and route and distance are arrived at by common consent. Anyone with a special need or a special problem is heard from. When the circumstances are especially difficult, a leader is selected. It is his responsiblity to keep a "body count", and to maintain a pace and path that keeps him in constant and direct communication with the runner in the last rank.
This may sound extravagant and too complicated, but by adopting these simple rules, everyone can relax and enjoy himself without great concern for the circumstances. The runner who needs something quicker can do some intervals, charge some hills, or alter his pace. But he will advise the leader and

the other runners of his intentions. He will be held responsible for not breaking contact with the group.

What does the runner get from this other than the safety? He gets tons of LSD, a surprisingly low risk of musculokeletal injury, stamina, increased work capacity, a workout with little injury of attitude, and great company!

I confess to a certain "moodiness" when it comes to running with others. After a particularly frantic and frenetic day in the operating room, I need to be alone. If I'm plagued by some nagging injury, I like a workout alone, so that I can warm up very slowly and explore the injury carefully and run the subsequent miles well within reason and not precipitate further injuries.

What is the ideal size running group? Here in Minneapolis, there is an "Eleven O'clock Running Club." They meet weekly on the north shore of Lake Calhoun. The membership of this unofficial and unorganized club has grown into the hundreds. Often there are short classes on aspects running prior to the eleven o'clock start. Then, the runners separate in groups of runners of somewhat equal ability and goals. Packs of thirty are not unusual as they start along the wide macadam jogging trail. Also there may be paired runners doing their thing quite separated from the larger groups. The most notable characteristic of this club is the hilarity. Raconteurs seem to hold onto their stories all week, just to share them with their sweaty running mates. To give the Eleven O'clock Club some sense of respectability, the "gang" is often times made up of Gary Bjorkland, Dick Beardsley, Steve Hoag, Mike Slack, Janis HornsKlecker, Barney Klecker, Tina Gandy, Dan Conway, Paul Noreen and, if I can get to early mass, I'll be there too.

In two days, I run the Twin Cities Marathon. Right here at home, and then off to Perpignan, France, for the World's Veterans Ten and Twenty-five Kilometer championships. Wish us well and pass on the left. $\square$

## Minutes

Continued from Page 5
and Road Walking) were the only nominees and were unanimously re-elected.
c. Executive Vice-President. Ronald Jerneryd decided not to stand for another term. Wal Sheppard of Australia, John Macdonald of New Zealand and Lopez of Mexico were nominated. Sheppard was elected.
d. Secretary. Flaherty was the oniy nominee and was unanimously re-elected.
e. Treasurer. Alistair Lynn of Canada was nominated by the Executive Council. Guys Knoppert of Holland was nominated from the floor. Lynn was elected.
14. Delegates to Executive Council. Farquharson announced the delegates to the Executive Council, each chosen at their respective Regional Championships: North

Continued on Page 22

## Nationals

Continued from Rage 1
to provide an enjoyable weekend of competition and camaraderie for almost everyone.

The problems developed when 782, instead of the anticipated 500 athletes, signed up. There were 27 preliminary heats in the 100 , many with severa false starts. There were five heats, plus semi-finals, in both the men's 30-34 100 and 200.

Ninety-seven athletes entered the
discus throw, which took $81 / 2$ hours to complete. The pole vaulters were still at it at 9:30 p.m. on Saturday. There were 84 starters in the 5000 . The high jump for women and men-over-50 had to be rescheduled from 3 p.m. Saturday to 8 a.m. on Sunday. Some, naturally, had a plane to catch, and departed without competing.
The meet ran about two hours late on Saturday, right through the scheduled break and annual T\&F meeting. It was about $11 / 2$ hours late on Sunday.

Adding to the confusion was a 30 -minute thunderstorm each day which sent everyone scattering and wiped out the remainder of the high jump A steady drizzle throughout Sunday's action helped cool the $90^{9}+$ temperature and oppressive, muggy humidity.

Yet the meet lucked out, because, the next day, a five-hour thunderstorm hit Houston, dumping more rain on the town than during all of Hurricane Alicia. The city virtually shut down. Some streets were under three feet of

## Compete with the elite on the Olympic Marathon course the Road to Gold!



For one day, Los Angeles becomes the international marathon capitol of the world on Sunday, Feb. 19, 1984.
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| $50-59$ | $3: 20$ | $3: 40$ |
| $60+$ | $3: 30$ | $3: 50$ |

- LAIM is sanctioned by the TAC/USA and the Southern Pacific Region TAC. This is a qualifying race for the USA Olympic Marathon Trials and the Boston Marathon. American entrants must have a valid 1984 TAC membership number. The deadline for entries is Jan. 15, 1984.
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water, the track was submerged, and a track meet would have been impossible.

The Rice track near downtown Houston proved an ideal location. Several nearby motels meant athletes had only a short walk to their competition.

Hosts Mary and Roy Cullen, who were largely responsible for bringing the meet to Houston, graciously opened their fashionable Houston home to athletes and their families for a free turkey/ham/all-the-trimmings buffet Saturday evening, with all the beer and wine you could drink. No one went hungry.

Of the 153 foreign athletes, 42 came from Australia, 44 from New Zealand, and 48 from South Africa, including 8 or 9 blacks. Over 120 South Africans had originally planned on competing, but, when they were barred from the World Games, most stayed home.

The level of the competition was the highest in recent years, due, in no small to NIKE paying the airfares of over 30 regional champions. NIKE and its masters promotion director, Val Schultz, deserve a special accolade in making the meet a truly national championship.

Foreign athletes received separate medals, so that Americans would still get national gold, silver and bronze medals.

Because of the crush of entries, the medals ran out, but will be mailed to those who placed in the top three.

A videotape of the meet was made, with excerpts shown at the Cullen party. The tape is available at a special $\$ 39$ discount rate to participants and NMN readers from Mel Elliott, 15135 Sunset Blvd., \#210, Pacific Palisades, CA 90272.

As always in a national masters championship, performances were awesome.

Ten world and four American 5-year age-division records were set.

Aileen Hogan, 60, of Australian set two women's world age $60-64$ marks in the 100 (14.8) and 400 (72.5); and tied her own 200 world standard of 31.1.

Australia's Jack Stevens broke his own world 65-69 800 mark in 2:21.1, and lowered Fritz Assmy's 400 record of 62.3 to 62.0 .
Winifred (Audrey) Reid of South Africa shattered three world 65-69

Continued on Page 14


## Nationals

Continued from Page 13
women's marks in the 100 (15.7), 200 (33.7) and 400 (78.3).

New York's Chris McKenzie set two U.S. $50-54$ women's marks in the 400 ( 70.9 while losing to Australian Daphne Pirie's 66.1) and 800 (2:43.3).
Chicago's Ernie Billups, for the second consecutive year at the nationals, broke the American 45-49 1500-meter record. Facing a formidable field, Billups went to the front, as usual, then out-kicked former New Zealand Olympian Bill Baille to win by three seconds in 4:06.0.
In the 800 , Billups was pressed all the way by Baille, Californians Pete Richardson and Mel Elliott and New Jersey's Ken Baker, but prevailed in 1:59.8.
New York's just-turned-60 Rudy Valentine broke the $60-64$ world 400 -hurdle record in 68.0 , and just missed the world 400 record of 58.4 by 0.1 seconds.

Colorado's Herb Anderson and Indiana's Arling Pitcher, both 81, battled head-to-head all weekend in seven different events. Anderson came out narrowly on top in all seven, but Pitcher got credit for a new world $80+$ pole vault of 6 '1', one of the few events Anderson sat out.

The West Valley Track Club of Northern California broke its own U.S. 50-59 400-meter relay record of 46.6 with a smooth-passing 46.2 .

Other top performances included:
The amazing George Cohen, 43 , of Los Angeles, successfully defended his national championships in the 40-44 800 ( $1: 57.5$ ) and 1500 (4:07.3), defeating Dave Romain and Harry Tolliver in the former, and Kirk Randall and Harvey Franklin in the latter.

+ Reggie Austin, 46, of Australia, still holder of the world 40-44 200 record (21.9), narrowly missed George Rhoden's 45-49 mark of 22.3 by only 0.1.
+ Bruce Springbett, 50, of Los Gatos, California, remained undefeated in 1983 by capturing the $50-54100$ (11.69) and 200
(23.8). His only disappointment was not being able to run against defending champion and world $50-54$ record holder (11.3) Thane Baker, who withdrew after the preliminaries with a tender hamstring.
+ Two other athletes, never before defeated in masters competition, met headon in the 40-44 400 and 200. Chicago's Jim Burnett, 43, the world 40-44 400 recordholder (49.36), held on to his national title in the one-lapper, 49.9 to Australian Brendon Wilson's 50.5 . Wilson evened the score the next day with a win in the $200,22.2$ to 22.3.
+1968 Olympic 400 gold medalist Lee Evans, 36, whose 43.86 still stands as the world record 15 years later, flew in from California to delight everyone with a blazing 48.51 in his specialty. He was favored in the 800 (off his $1: 55$ Western Regional win), but dropped out after 300 with a hamstring twinge.
+ Los Angeles' Billy Hicks, 31, rolled to an impressive double-win in the 30-34 200 (21.6) and 400 (48.74), as he continues his training for the 1984 Olympic Trials, using the Masters meets to sharpen up.
+ California's Marion McCoy blazed to a 10.3 win in the M30 100, a time which would win many open meets.
+ Bruce MacPhail of New Zealand won the M45 400 (53.5).
+ One of the finest masters T\&F athletes ever to come out of St. Louis is Lee Blount, 50. The red-jerseyed Missourian took on a good field in the 400 and 800 and won them both in 55.2 and 2:11.5.
+ Three-time masters athlete-of-the-year Jack Greenwood, 57, mysteriously retains his awesome ability while the rest of us are slowing up. He won his usual five events, all in superb times: 100 (12.41), 200 (24.6), 400 (55.7), 110 H ( 15.8 ) and $400 \mathrm{H}(62.0)$.
+ Clarence Ray and Lamar Miller, both M35 sprinters from Michigan, carry on a personal duel at the highest competitive level. Ray beat Miller in last year's nationals in both the 100 and 200 . Miller topped Ray in both events in this year's Midwest Regionals. This time, they split. In the 100 , both overcame an obvious, but unrecalled, false start by another runner with Ray winning, 10.93 to 10.98 . In the 200 , Miller won his first national title convincingly, 22.0 to 22.6.
+ Australia's Bernie Hogan, 62, showed he hasn't lost much as he turned back

California's Tom Patsalis in the 100 (12.75) and Valentine in the 200 (26.0).

+ Phil Raschker, 36, of Atlanta, successfully defended all seven of her national titles in another outstanding display of speed, strength and agility. She copped the W35 100 (12.33), 200 (25.1), 400 (56.94), 100H ( 15.1 ) LJ ( $19^{\prime} 3^{\prime \prime}$ ), TJ ( $36^{\prime} 7^{\prime \prime}$ ) and HJ (5'1").
+ Colorado's Polly Clarke easily recaptured her national $70-74$ crowns in the 100 (16.2), 200 (35.2), 400 (87.1) and 800 (3:45.2).
+ New Zealand's Frank Evans upset California's Bill Fitzgerald in the M55 800 , 2:13.2 to 2:15.5, with New Jersey's Kelsey Brown splitting them for the silver in 2:15.2.
+ Georgia's Susan Houlton out-dueled California's Janie Duff in two exciting W35
( $35^{\prime} 3^{\prime \prime}$ ), triple jump ( $30^{\prime} 8^{\prime \prime}$ ), HJ ( $4^{\prime} 2^{\prime \prime}$ ) and LJ ( $12^{\prime} 6^{1 / 2} 2^{\prime \prime}$ ).
+ Larry Stuart captured the M45 javelin in 209'1', not far off the $218^{\prime} 4^{\prime \prime}$ of M40 winner V. Ngwenya, a black South African.
+ Another South African black, Godfrey Zwakala, took the M40 gold with a $42^{\prime}$ triple jump.
+ Jay Silvester hurled the discus $179^{\prime}$ for his M40 gold, while New Zealand's Arthur Greyburn heaved the javelin a good $152^{\prime}$ in the M50 division.
+ Texan John Hartfield's $23^{\prime} 31 / 4$ '" long jump is a U.S. age- 38 mark.
+ Top pentathlon scorer with 3349 points, only 42 off the M40 world record, was Australia's Lloyd Mitchelson, 44.
+ Californians Bob Stone, M60, Edith Mendyka, W70, and Shirley Kinsey, W50,

matchups in the 800 (2:25.2 to 2:27.9) and 1500 (4:56 to 5:04).
+ New Zealand's Valerie Robinson impressed with two triumphs in the W40 800 (2:26.3) and 1500 (4:59.3).
+ Texan Dave Reinhart picked up two quality wins in the M30 1500 (3:54.3) and 5000 (15:21).
+ New Mexico's Web Loudat, 37, was equally impressive with M35 wins in the same events (3:59.5 and 15:31).
+ New Zealand's John Robinson, 44, edged Loudat by 2 seconds in the combined 5000 in 15:29 for the M40 crown, while countryman and 4th World Veterans Games director John Macdonald, 49, garnered the M45 title in a good 15:41. Robinson overcame the heat for a solid 32:47 win in the M40 10,000 .
+ No less than 7 runners held the lead in the M35 800 before California's George Mason came out of the pack for a 1:56.7 photo-finish win.
+ Josh Culbreath, 50, the 1956 Olympic 400 -hurdle bronze medalist, raced to a PR-as-a-master 59.9, becoming only the second age-50-or-over hurdler (Jack Greenwood was the first) to ever break 60 seconds in the event.
+ Florida's Nate Robinson (14.2) and California's Walt Butler (14.8) blazed to 110 hurdle wins in the M30 and M40 brackets, respectively.
+ Indiana's Joann Grissom, former Olympian, scored W45 wins in the Shot
each won three golds in the shot, discus and javelin.
+ Tom Patsalis picked off the M60 110 H (16.4), long jump (18'7') and triple jump (34'9').
+ Texan Dave Denison surprised Olympian and U.S. masters record holder Ron Whitney in the M40 $400 \mathrm{H}, 57.5$ to 57.9 . Gary Miller garnered the M45 $\mathbf{4 0 0 H}$ in 58.2 .
"I'll never do it again; it's too much work," McLatchie said. "With this many people, we should split the discus and pole vault into two days and hold the javelin somewhere else."

Financially, McLatchie expected to come out in the black. Nike donated 800 T-shirts, which sold out at $\$ 5$ each. Entry fees should reach $\$ 6000$. The computerized printed program cost $\$ 2200$. Some of the staff/ officials were paid. 7-Up donated $\$ 800$. Nothing was available from TAC.

Dale Grace, representing the Oregon Track Club, host for the 1984 National Masters T\&F Championships in Eugene, was optimistic.
"I learned a few things here," he said. "We want to put on a week-long sports festival, culminating with the weekend masters championships on Hayward Field. We hope to have as many or more than were here this weekend." $\square$


## World Games Draw 1,935

Continued from Page 1
The largest number of entrants from any one country was about 400 from the United States. Next was West Germany's 296.

The scope of the meet was immense. Despite the drop in total numbers, there were as many sprinters in Puerto Rico as in any World Games. In the 200 -meter dash, there were 51 preliminary heats, 39 semi-finals and 18 finals. A real track nut could watch 88400 -meter races.
There were 15 participants over age 80 , and three over 85 . There were 13 women over age 70 . In the 200 -meter dash for men 80 and over, two heats were scheduled with nine entrants.

The oldest competitor in the Games was 87 -year-old Bill Empey of Australia. It was worth the nominal admission charge to see Colorado's Herb Anderson, 81, pick up 11 medals. Or to watch the inspirational and blind Fritz Assmy, 67, defeat America's great Payton Jordan, two out of three, in the sprints. Or to see the amazing Jack Greenwood take nearly three seconds off the previous 400 -meter hurdles record for men 55-59.

The Games got off to the shakiest start possible. Numbers didn't arrive until the last moment. Then there was a long wait to get them. It was near-total confusion on the track. Runners didn't know where to check in. There were virtually no announcements. Entrants in the 100 -meter trials had no idea who would qualify for the semifinals, so they all had to run hard. The officials didn't know, either. Some officials made matters worse by giving out false information.

The promised transportation was chaotic. A 20 -minute walk to your hotel took 45 minutes by bus, as the drivers took the overland route. Incorrect implements were used. Illegal "heaving" was allowed in the shot put. The meet immediately fell two hours behind. No heat sheets were available. The numbers didn't identify an athlete's age group, and they were in no particular sequence. The program
was virtually useless in trying to identify a competitor.
Some runners were told no heats were necessary, then were called at their hotel when officials changed their minds. Runners in the 5000 -meters were not permitted to wear watches, no lap times were given, so runners had no
hours late.
Incorrect times were given to several runners, like Ruth Anderson. Wrong places were given to others, like Daphne Pirie. Some runners were omitted completely from the results, like Gunnar Linde.
Officials would suddenly walk off the track for a break when athletes were warmed up and ready to run. Laps were miscounted in the longer runs. Many of the world records listed in the program were wrong. There were no maps of the walk or marathon course.

The police at Park Central were accused of being gruff and officious. "They won't let you warm up," screamed Ed Stotsenberg. "It's outrageous."
There was no organized presentation of awards. Medals weren't available until hours after the event. Joan Stubbings was told she had completed her 10000 meter race. She stopped. Then she was told to run another lap.

No $5 \mathrm{~K}, 10 \mathrm{~K}$ or 15 K splits were given in the 20 K walk. "And they screwed up the laps," John Kelley said.
"It's a farce," said Sylvester Stein of England.
"I spent $\$ 10,000$ to come half-way


Passing the torch. The former world M45 400-meter record holder (51.00), Nick Newton, left; congratulates the new standard bearer, Reggie Austin, 267, who blazed to a new record 50.51 in the M45 finals at the $V$ World Veterans Games in San Juan, Puerto Rico September 28. Bruce MacPhail of New Zealand (1185) was runner-up in 52.10. Larry Colbert of the USA (1237) finished third in 52.50 . Photo by Valdemar Schultz.
idea what pace they were running.
The Games organizers had promised that all distance finals would be on the main track at Sixto Escobar Stadium. But several 5000 and 10000 finals were relegated to the " $B$ " track at Park Central Stadium. In the 800 meter semi-finals, runners were herded to the starting line at random; then the clerk pointed to the left half of the group and said, "You're in the first heat." The others were in the second heat. As a result, some fast runners missed making it to the finals.

The schedule was changed at the last minute, making the published schedule unreliable. The T-shirt distribution was a joke. Some athletes got three or more shirts. Some got none. The shot putters voted amongst themselves whether or not to let a fellow competitor throw. A competitor had to hunt down the list of entrants to begin the high jump, two
around the world for this," said Australia's Bernie Hogan. "I'll never come to another one."
"If I had known it was going to be this bad, I wouldn't have come," said Atlanta's Phil Raschker.
"The worst local meet we've ever had was better organized than this," said a Californian. Compared to this, the Visalia meet was a model of efficiency."

Athletes wondered why Puerto Rico had been selected, 41-31, over Athens, Greece at the 1981 Games in Christchurch. "We were conned," one said. "The Puerto Ricans sold us a bill of goods."
"I'll never come to another masters meet until they get their act together," said Charlie Polhamus of Georgia, who won the M40 pole vault after the announced location of the event kept switching back and forth between the
two stadiums.
A New Zealand athlete said all his teammates had given up on the transportation, and were taking taxis everywhere.
The Germans bitterly complained about the lack of organization and specifically about having "to wait an hour for our bus to take us to the stadium," and scheduled events which "don't begin on time, and when they do begin, you don't have the proper equipment."
"I cannot understand," said Karlein


Beck, a member of the German Sports Federation and a 100 -meter sprinter, "why they couldn't organize this better than they have. After all, they've known for the past two years they were going to have these Games."

By Saturday, when things failed to improve, some athletes threatened to leave. "We ought to just pack up and get out," said an Australian. "All they're interested in is our money."
Indeed, the San Juan Star had flatly stated what the Games were mainly all about, as far as Puerto Rico was concerned: "The Games," the Star reported, "will produce between $\$ 3$ and $\$ 5$ million to give the local economy, particularly the hotel industry, a badly needed shot in the arm."
By Sunday, the third day, even the Star felt forced to editorialize: "The fifth World Masters Games have another week to go, but they are already setting records for foulups, inadequacies and disorganization. Participants, who come from around the globe, are complaining of slow to nonexistent transportation, inadequate equipment, late starting times, faulty recording of events and even wrong lap courts.
"The Games were put together by the San Juan city government after a running battle between Mayor Hernan Padilla and Governor Romero over funds and the attendance of in-

| SOMPETITORS BY AGE-GROUP IN $\checkmark$ WORLD VETERANS GAMES IN SAN JUAN, PUERTO RICO |  |  |  |
| :---: | :---: | :---: | :---: |
|  | 304 | W35 | 59 |
|  | 287 | W40 | 83 |
|  | 265 | W45 | 65 |
|  | 213 | W50 | 54 |
|  | 163 |  | 45 |
|  | 121 |  | 23 |
|  | 108 |  | 17 |
|  | 37 |  |  |
|  | 13 |  |  |
|  | 1513 |  | 359 |
| Late entries: 63 |  |  |  |
| Total entries: 1935 |  |  |  |


dividuals from South Africa. The South African issue was a phony one, as far as we are concerned, used by the governor to make it difficult for Padilla to stage a successful international event.
"Miguel Rivera-Veve, director of operations, said the struggle caused a stream of problems and much uncertainty, and their effects on the games have been heavy. However, many of the faults are the result of just plain inefficiency.
"Every effort should be made to bring some order to things and to salvage Puerto Rico's reputation with the 2000 veteran athletes who have come to the island from 48 countries."

Rivera said the problems were caused by the fact that the Games had nearly been cancelled due to the South African dispute.
"Our entire organization virtually came to a halt in the crucial weeks


Athletes from Chile relax at World Veterans Games. Photo by Gretchen Snyder
prior to the opening of the Games," he said. "There was a moment when I received instructions to begin preparations to dismantle the entire thing. So we stopped ordering numbers, T-shirts and all of the things we were going to need to have these Games. Then came the word to begin again. Everything had to be done at the last minute."
Rivera said further problems arose when a group of athletes from India hit

## VIDEO TAPES World Games Puerto Rico

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town without pre-registering. "What were we to do?" he asked. "The Mayor told us we had to accept their entries, which meant a complete revision of the program and lane assignments."

The official opening ceremonies were held on the second day, Saturday, and the contrast with the meet organization was noticeable. The athletes paraded in by age-groups, waving to over 3000 spectators in the stands at Hiram Bithorn Stadium. In one section of the stands, over 1000 children flipped cards (a la half-time football) and chanted in near-perfect unison in an impressive display of vocal synchronization. Dancers performed. The band played. Two parachuters made perfect landings at the speaker's podium. The legendary Sri Chinmoy, 52, who also competed in the sprints, walks and javelin, delivered a spiritual message of peace and brotherhood. "Here we have people from various countries meeting together and making friends," he told the crowd. "If I come here and make a friend, and that person comes to my country and makes a friend, then how can there ever be a reason for conflict? These types of games are the world's best opportunity to become one family."

Although the ceremonies ran long, and many athletes left early to warm up for their events, many said the opening ceremonies were the best of any World Veterans Games.

On Sunday, after the General Assembly meeting, a group of athletes - Bob Fine, Mike O'Neill, Pete Mundle and Al Sheahen - sat down with Rivera and his top staff people to try to


Local favorite Ovidio DeJesus, 50, of Puerto Rico, won a popular victory in the M50 400-Meter hurdles at the World Veterans Games in San Juan September 27 in a fast 59.49. He defeated defending champion Jan Parlevliet of Holland (left, 60.20) and 1956 Olympic 4001 H bronze medalist Josh Culbreath of the USA (61.06). Photo by Valdemar Schultz.

## National Masters News November, 1983 page 17



A team of USA Masters captured the W 35800 -meter relay gold medal at the World Veterans Games in San Juan. From left, Una Adel Gore, Gretchen Snyder, Irene Obera, Phil Raschker.

## iron out the problems.

As it turns out, the key to the meet was the computer operation. The computer was working perfectly, under the guidance of a brilliant programmer, Alejandro Singer. The trouble was, the communication between the computer center and the field personnel was weak.

Singer explained the seeding and heat procedures, and arranged for heat sheets and results to be printed. He got the scoreboard working. He corrected the improper times and places. Rivera's referee defended his officials, including the "put-your-watches-in-the-sack" fiasco in the 5000 , but Rivera told him to be less dictatorial and start using some common sense. O'Neill, Sheahen, Mundle and Val Schultz took over the microphone and began informing athletes and spectators, in English, as to what was going on. Mundle programmed the correct world records into Singer's computer. Rivera posted maps of the marathon, walk and cross-country courses.

Rivera and the Puerto Ricans were more than happy to have some help. Rivera could have hidden out during
the week, but he was always there, ready to take the heat and try to solve a problem.
The Puerto Ricans, to the last person, were cooperative, friendly, well meaning and eager to get the job done in the best way possible. If that meant being assisted by some out-of-towners, fine. There were no ego problems. The only problem was a lack of experience by the Puerto Ricans in knowing how to run a track meet.

Things went smoother after that. By the end of the week, some of the early frustrations were forgotten. The events went off on time, the results were posted, the scoreboard worked, the announcers called the races, gave results and explained the qualifying procedures. Some award presentations were made.
Even the transportation system began to work. Rivera arranged for more buses. The National Guard was called out to help with the driving. Even when taxis were necessary, the fares were low and the drivers were always friendly and helpful. The Clerk of the Course worked long and tirelessly to keep things moving. The starters


On the victory stand at the $V$ World Veterans Games in Puerto Rico are the medalists in the women's $70-74400$-meter dash. 1st, Polly Clarke, USA: 2nd, Bess James, USA; 3rd, Ivy Granstrom, Canada. photo by Gretchen Snyder
were excellent. Many officials were capable and hard working.

One could not help spend a week in Puerto Rico without coming away with a feeling of affection for the Puerto Rican people. They graciously spoke English to strangers, even though Spanish is their primary language. They never got upset or excitable. They didn't giggle or laugh at unfunny things. They are a no-nonsense people who have been through life's struggle without becoming embittered. They were a pleasure to be with and to get to know.

Just as the problems on the track were coming under control, however, near disaster struck. It was no one's fault in particular. The Tuesday crosscountry race was due to begin at 7 a.m., but was delayed until 8 a.m.,
when the temperatures and humidity rose fast.

About a dozen runners collapsed on the course and required hospitalization. Others were defecating, with pants down, right on the course. Women were crying from exhaustion. A New Zealand runner's heart completely stopped.

Dorothy Dorion, a nurse who just happened to be at the scene as a spectator, gave CPR to several runners, young and old.
"If I hadn't been there," she calmly said, "we would probably have lost a couple of them.'

Trouble still persisted on the track. New York's Rudy Valentine, 60, who had a solid shot at setting a world $60-64$ 400 -meter record, was deprived of that chance when an official reportedly told

NEW WORLD RECORDS SET AT V NORLD VETERANS GAMES IN
SAN JUAN, PUERTO RICO -- SEPTEMBER 23-OCTOBER 1,1283

| Event |  | Name N | Nation | New Mark | 01d Mark | Heid by |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100 | M45 | Ken Dennis | USA | 10,92 | 11.0 | Thane Baker |
|  | M70 | Gilberto Gonzalez | PR | 13,44 | 13,5 | Fred Reid |
|  | M80 | Konrad Boas | USA | 16,40 | 16,5 | Herら Anderson |
|  | W55 | Lieselotte Seuberlich | h FRG | 14,36 | 14.6 | Ruth Christian |
|  | W60 | Paula Schneiderhan | FRG | 14.47 | 15,2 | Alleen Hogan |
| 200 | M80 | Konrad Boas | USA | 33.75 | 35,4 | Arling Pitcher |
|  | W50 | Daphne Pirie | AUS | 27,65 | 27.86 | Maeve Kyle |
|  | W55 | Lieselotte Seuberlich | h FRG | 29.59 | 30.59 | Kirsten Hveem |
|  | W60 | Paula Schneiderhian | FRG | 30,26 | 37.1 | Alleen Hogan |
|  | W65 | Winifred Reid | SA | 33,67 | 34.7 | Winifred Rei |
| 400 | M40 | Manuel Ulacio | VEN | 49,00 | 49.36 | Jim Burnett |
|  | M45 | Reggie Austin | AUS | 50.51 | 51.0 | Nick Newton |
|  | W60 | Aileen Hogan | AUS | 75.70 | 76.29 | E7izabeth Haule |
|  | W70 | Polly Clarke | USA | 84.23 | 85.7 | Polly Clarke |
| 800 | W60 | Erika Werner | FRG | 3:00,06 | 3:01.0 | Britta Tibbling |
| 1500 | W65 | Britta Tibbling | STE | 6:22.20 | 6:59.0 | Johanna Luther |
|  | W70 | Johanna Luther | FRG | 6:47.10 | 7:31.9 | Polly Clarke |
| 5000 | M75 | Ed Benham | USA | 20:59.00 | 21:19.0 | Luis Rivera |
|  | W70 | Johanna Luther | FRG | 24:58.26 | 28:33.8 | Bess James |
| 10000 | W70 | Johanna Luther | FRG | 51:03,00 | 59:20.7 | Allsa Forbes |
| 3000 H | M50 | Maurice Morrell | GBR | 10:00.20 | 10:04.2 | Maurice Morrell |
| 110 H | $\begin{aligned} & \text { M40 } \\ & \text { M55 } \end{aligned}$ | Fiorenzo Marchesi Jack Greenwood | SWI <br> SKI | $\begin{aligned} & 14.69 \\ & 16.15 \end{aligned}$ | $14.7$ | Leopold Marien |
| 400 H | M55 | Jack Greenwood | USA |  |  |  |
|  | M70 | Gilberto Gonzalez | PR | 77.50 | 84.1 | Wilfred Bigelow |
| LJ | M70 | Mazumi Morita | JPN | 4.83 | 4.57 | Josef Sahlman |
|  | M75 | Gulab Singh | IND | 4.28 | 4.27 | Gulab Singh |
|  | W55 | Lieselotte Seuberlich | FRG | 4.40 | 4.21 | Kirsten Hveem |
|  | W60 | Paula Schneiderhan | FRG | 4.35 | 3.64 | Elizabeth Haule |
|  | W70 | Johanna Gelbrich | FRG | 2.97 | 2.44 | Edith Mendyka |
| TJ | M70 | Mazuni Morita | JPK | 9.79 | 9.03 | Taraki Miyata |
| SHOT | $\begin{aligned} & \text { W55 } \\ & \text { W60 } \end{aligned}$ | Marianne Hamm Isuzu Tsujii | $\begin{aligned} & \text { FRG } \\ & \text { JPN } \end{aligned}$ | $\begin{array}{r} 11.21 \\ 9.95 \end{array}$ | $\begin{array}{r} 11.13 \\ 9.55 \end{array}$ | M. Van As Edith Mend |
| DISC | M75 | Karsten Broderson | CHI | 38,76 | 36.08 | Verner Andersoh |
|  | W70 | Johanna Gelbrich | FRG | 20.00 | 19.05 | Edith Mendyka |
| HAM | M50 | Hans Potsch | AUS | 57.40 | 57.30 | Malik Noor |
|  | M70 | Aarne Miettinen | FIN | 44.78 | 40.22 | Olay Reppen |
|  | M75 | Karsten Brodersen | CHI | 39, 05 | 29.77 | Stan Hermann |
| JAV | M60 | Aloysius Sibidol | BRU | 54.51 | 54.20 |  |
|  | M70 | Gerhard Schepe | FRG | 41.08 | 40.24 | Bob MacConnaghy |
|  | W70 | Johanna Gelbrich | FRG | 24.97 | 21.84 | Edith Mendyka |
| Total: 40, Men: 21, Women: 19. |  |  |  |  |  |  |


| NEW A SAN | AMERICAN RECORDS SET AT $V$ WORLD VETERANS GAMES IN JUAN, PUERTO RICO ~ SEPTEMBER 23 - OCTOBER 1, 1983 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Event | Age | Name | Nation | $\begin{gathered} \text { New } \\ \text { n } \end{gathered}$ | 01d Mark | Held by |
| 200 | $\begin{aligned} & \text { W35 } \\ & \text { W50 } \\ & \text { W55 } \end{aligned}$ | Phil Raschker Chris McKenzie Florence Reardon | USA USA USA | $\begin{aligned} & 24.63 \\ & 30.96 \\ & 33.64 \end{aligned}$ | $\begin{aligned} & 24.8 \\ & 31.7 \\ & 35.0 \end{aligned}$ | Phil Raschker Shirley Kinsey Shirley Dietderich |
| 400 | $\begin{aligned} & \text { W55 } \\ & \text { W50 } \end{aligned}$ | Florence Reardon Chris McKenzie | $\begin{aligned} & \text { USA } \\ & \text { USA } \end{aligned}$ | $\begin{array}{r} 85.00 \\ 69.66 \end{array}$ | $\begin{aligned} & 85.69 \\ & 72.35 \end{aligned}$ | Edith Leiby <br> Ellen Fuller |
| 800 | $\begin{aligned} & \text { W50 } \\ & \text { W55 } \end{aligned}$ | Chris McKenzie Melba Hatch | $\begin{aligned} & \text { USA } \\ & \text { USA } \end{aligned}$ | $\begin{aligned} & 2: 41: 58 \\ & 3: 00.30 \end{aligned}$ | $\begin{aligned} & 2: 45.4 \\ & 3: 04.9 \end{aligned}$ | Ruth Anderson Melba Hatch |
| 1500 | M45 | Ernie Billups | USA | 4:04.40 | 4:06.0 | Ernie Billups |
| 5000 | W70 | Bess James | USA | 27:25.80 | 28:33.8 | Bess James |
| 400H | M70 | Claude Hills | USA | 81.70 | 84.7 | Wilfred Bigelow |
| LJ | W50 | Magdalena Kuehne | USA | 3.23 | 3.14 | Ellen Fuller |
| DISC | $\begin{aligned} & \text { M65 } \\ & \text { W55 } \end{aligned}$ | Dan Aldrich <br> Bernice Holland | $\begin{aligned} & \text { USA } \\ & \text { USA } \end{aligned}$ | $\begin{aligned} & 46.22 \\ & 25.98 \end{aligned}$ | $\begin{aligned} & 43.25 \\ & 13.28 \end{aligned}$ | Ken Carnine Melanie Paschal |
| HAM | M65 | Tom McDermott | USA | 40.74 | 38.66 | Nolan Fowler |
| JAV | W55 | Bernice Holland | USA | 24.21 | 19.95 | Shirley Dietderich |
| Total | 1: 15 | Men 4, Women 11, |  |  |  |  |

him he didn't have to check in for the trials because all runners would advance to the semi-finals. Wrong. When Valentine showed up for the semis, he was denied permission to run, despite jury appeals.

Someone arbitrarily lopped off several 400 -meter qualifiers from the semi-final lists for no apparent reason other than personal whim. As a result, many semi-finals were contested by only six runners instead of the scheduled eight.

Despite Rivera's order to let the 10,000 meter runners wear watches, the word didn't filter down to the field. Runners were again told to place their watches in the bag, until Ruth Anderson protested. The officials finally shrugged and said, "we don't care. Wear them if you want."

Once the medals arrived, they were the most impressive, rich-looking awards ever seen. Costing a reported $\$ 14$ each, they were treasured by all

who were fortunate enough to win one.
The evening weather in San Juan was beautiful - about 75 degrees perfect for a track and field meet. The daytime heat and humidity were oppressive, and it seemed to rain for an hour each day at about 2 p.m. But, on most days, the events began at 3 p.m. There were no man-eating mosquitos, as there were in Houston. Since almost everyone spoke English, language was not a problem for most of the competitors.
There were a few off-the-track unpleasantries. Canada's George Smith, who was to win the M40 800 and 400 -hurdles, was relieved of his clothes, spikes and money on the meet's first day. An athlete visiting El


Miguel Rivera-Veve (1), Director of Operations of $V$ World Veterans Games in Puerto Rico, chats with competitor. Photo by Valdemar Schultz
Yunque Rain Forest had the trunk of his rented car broken open, losing his wallet, airline ticket and running gear.

Rudolf Schindler, 72, of West Germany, was attacked by 15 youths while walking along the main hotel strip, and was hospitalized with a black eye, several body bruises and a cut above his eyebrow.

Len Trzetziak, 50, of Canada, was mugged by two men who stole a camera and film equipment worth $\$ 1000$. He was pummeled by the men and spent the night in the hospital.
Irene Just, a 40 -year-old distance runner from West Germany, was out for an evening run near her hotel when a large man jumped from a car and tried to force her in. Ms. Just, however, is a karate expert. She gave the man a few quick chops and held him until police arrived.

Kojima Nobusaku, an 81 -year-old competitor from Japan, was hit by a car while crossing a busy highway, and was hospitalized with severe injuries.
An excellent banquet was held on the next-to-last-evening at the Convention Center, costing only $\$ 10$ each. It was the buy of the Games, and a chance to firm up friendships.

Bob and Gloria Fine, with Sandy Pashkin, organized the final day's unofficial relays, which provided an enormous amount of fun for all those whose bodies were still strong enough to run.
As the competition came to a close, the early frustrations had mostly been

forgotten. Most competitors, when asked if they would have come, knowing the problems, unhesitatingly said "yes."

Joe Estrella of the San Juan Star observed, as only a Puerto Rican with a keen political eye could: "It's a shame that certain factions chose to take an event like the Masters something designed to bring people from around the world together to compete in friendship and harmony and attempted to turn it to their political advantage.
"If there are people who came away from this year's competition with a sour taste in their mouth, and doubts concerning Puerto Rico's ability to host such an event, and concerns about whether this island should be permitted to attempt it again in the future, these feelings might be traced to the political bickering which, at the eleventh hour, still had the games in doubt.
"Further, it's regrettable that the two sides would be willing to allow the Puerto Rican people to suffer the consequences of their game of musical chairs."

As to the VI World Games in Rome in 1985, director Cesare Beccalli promised the Puerto Rican mistakes would not be repeated, and that the Italians would be every bit as hospitable as the Puerto Ricans had been. Many of the 1983 participants were already making plans to attend. As Gretchen Snyder and Irene Obera said as they boarded their plane at the San Juan airport, 'Despite all the problems, these Games are just too much fun to miss. We'll see you in Rome." $\square$


Timers clock winner at World Games in San Juan.
Photo by Valdemar Schultz
U.S. MEDAL WINNERS IN
V WORLD VETERANS GAMES
SAN JUAN, PUERTO RICO
SEPTEMBER $23-30,1283$


## 40 World Records Set

Continued from Page 1
medals, 94 silvers and 63 bronze.
While it's impossible to label any one event or performer the meet's "best," several stunning performances are indelibly impressed on the mind:

Jack Greenwood, 57, of Kansas, won four gold medals in the 55-59 age category, in the $100,200,110$-meter hurdles and 400-meter hurdles, setting a world M55 mark in each hurdle event. His awesome 59.85 in the intermediates trounced a good field by nearly 50 meters and broke the previous world mark by $21 / 2$ seconds.
Venezuela's Manuel Ulacio, 40, proved to any skeptics that his sensational 400 -meter times early this year (47.87) in South America were no fluke as he powered to a convincing 15 -meter win in the M400 in 49.00 to again better Jim Burnett's long-standing official record of 49.36 . The appliance salesman played a lot of baseball in his younger days, but didn't take up running until he was 31 , since 'there isn't much interest in the sport in Venezuela.'
Great Britain's Tim Johnston reaffirmed his claim as one of the world's finest veteran distance runners by overcoming the heat, humidity and tough opposition to capture three gold medals in the M40 marathon (2:27:04), 10,000 ( $31: 18.0$ ) and 10 K cross-country (33:38.8). He just missed a fourth gold in the 5000 .
Puerto Rico's Ovidio de Jesus, 50, a local favorite, dominated a strong M50 field in both the 400 ( 53.31 ) and 400 -hurdles (59.49) and received a standing ovation from the crowd on each of his victory laps.
Phil Raschker, 36, of Atlanta, won four gold medals in the $100,200,400$ and long jump in the W35 division. Her 400 race was one of the meet's genuine classics. Facing two runners with faster 1983 times, Raschker stayed well back in the early going as Britain's Jeannette Roscoe and Holland's Ina Blauw both went out fast. With less than 60 meters to go, Raschker was 5 meters behind and seemingly out of it. But she went into another gear and


Don Farquharson, President of WAVA at V World Veterans Games in San Juan. Photo by Valdemar Schultz
powered by them both to a photofinish win in 56.90 , only 0.1 off her U.S. record. "There was too much wind on the backstretch," she said, "so I let them go. I knew exactly what I had to do, and, when the time came, I just went into a drive."

Gilberto Gonzalez, 70, of Puerto Rico, broke the world M70 400-hurdle mark by an astonishing seven seconds in 77.50, pulling Pennsylvania's Claude Hills along to an American record 81.27. Gonzalez also broke the world M70 100 -meter record with a 13.44, and added a gold medal in the 200 as the crowd cheered each of his winning efforts. The popular attorney and retired Army officer was one of the men most responsible for bringing the Games to the island.

California's Phil Conley, who has been struggling with his own inner demons for years as his javelin distance tailed off, and who has publicly said he might quit the sport entirely since he can no longer throw as far as his selfimage demands, rose to the occasion to unleash a heave from out of the past in 63.02 meters (206'9') to capture the gold medal in the M45 division.

Ken Dennis of Los Angeles won the title of "world's fastest masters human" as he blew away a great M45 100 -meter field by daylight in 11.03 , which followed his world record 10.92 in the semi-finals.
Australia's Reggie Austin, 46, couldn't handle Dennis in the 100, but blazed to two gold medals in the 200 and 400, breaking Nick Newton's world M45 record in the one-lapper in 50.51 .

Fritz Assmy, 67, the blind sprinter from West Germany who runs in lane eight with a short rope tethered to the wrist of his son/guide, inspired the: crowd to standing ovations as he won two out three M65 races against California's world record-holder Payton Jordan. This was Jordan's first World Games, and he promptly bested Assmy in the 100. Assmy, who lost his, sight when his plane crashed prior to World War II, evened the score in the 200. In the rubber match - the 400 Assmy and his son both were staggering as Jordan closed fast. But Payton ran out of room as the crowd went wild. Assmy looked okay, but his son was completely out of gas. While the son had been sharply criticized for "pulling" Assmy in the 100 and 200, most spectators felt Assmy had done the pulling in this one.

The West German women were awesome, as usual. Four of them tied for the honor of setting the most world records in the Games - three each: Paula Schneiderhan in the W60 100, 200 and long jump; Lieselotte Seuberlich in the W55 100, 200 and long jump; Johanna Luther in the W70 1500,5000 and 10000 ; and Johanna Gelbrich in the W70 long jump, discus and javelin.

Richard Richardson of Illinois upset world M50 high jump record-holder ( $6^{\prime} 2^{\prime \prime}$ ) Herm Wyatt of California at


Payton Jordan, World M65 Champion in 100 Meter Dash in San Juan in 12.78. Photo by Valdemar Schultz.

6, 3/4".
Konrad Boas of New York took on the best 80 -year-olds in the world (there were two heats needed in the M80 100) and set two world marks in the 100 ( 16.40 ) and 200 (33.75). Herb Anderson, 81, however, dominated the $80-84$ bracket with five gold and 11 medals overall.

Sweden's Sven Falk, 85, picked up seven gold medals in the $85+$ division, turning in good efforts in each.

Marilla Salisbury, 75, of San Diego, took home the most gold medals of anyone - eight.

Olympic gold medalist Thane Baker, 51 , after dropping out of the nationals in Houston with a tender hamstring, showed why he's the best fifty-andover sprinter in the world, beating U.S. champion Bruce Springbett in both the 100 (11.40 to 11.60 ) and 200 ( 23.46 to 23.60).

Tom Patsalis of Los Angeles picked up three victories in the M60 100 -hurdles, long jump ( $188^{\prime} 3^{\prime} 2^{\prime \prime}$ ) and triple jump ( $38^{\prime} 1^{1 / 2}{ }^{\prime \prime}$ ).
Maryland's Ed Benham and India's Gulab Singh each won four golds in the M75 bracket: Benham in the 1500 , 5000,10000 and cross-country; Singh in the high jump, long jump, triple jump and pole vault.
Irene Obera, 49, lost her W45 100 -meter world title to Britain's Una Gore by an eyelash, but successfully defended her 200 -meter crown (27.27) and added the $400(63.74)$ for good measure.

Colorado's Polly Clarke delighted the crowd with her driving, openmouthed, all-out running style in capturing four golds in the W70 100, 200, 400 and 800.

Daphne Pirie of Australia garnered three wins in the W50 100, 200 and

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400, breaking Maeve Kyle's world 200 record in 27.65 .

California's Gary Miller, 45, won the M45 intermediates in 58.66 and held the world M45 pentathlon record for 20 minutes before West Germany's Werner Schallau took it away from him, 4124 points to 4028.

Canada's George Smith lost his wallet and clothes on the meet's first day, but he borrowed some spikes and raced to sensational victories in the M40 800 ( $1: 56.3$ ) and 400 -hurdles (54.76).

Chicago's Ernie Billups, 46, won two wire-to-wire victories in the M45 800, with a near-American record $1: 58.2$; and in the 1500 , with an American and near-world record 4:04.4.

Ann Arbor, Michigan's Bill Stewart, pointing for this race all year, didn't disappoint. He devoured Billups' M40 American M40 1500-mark of 3:59.8, beating the best masters middledistance runners in the world in $3: 56.20$, only four seconds off the world veterans mark.

Dave Jackson of Los Angeles won the M50 long jump ( $19^{\prime} 2^{1 / 4}{ }^{\prime \prime}$ ) and triple jump ( $42^{\prime 3 / 4, ')}$ ) and just lost to Guyana's Cliff Murray in the 110-highs.
San Diego's Jim O'Neil won his first world track championship in the 5000 (17:01) and 10000 (35:18).
Australia's Bernie Hogan remained undefeated through 34 straight world masters events with two triumphs in the M60 100 (12.64) and 200 (25.94) defeating New York's Rudy Valentine in each.

There were dozens of other outstanding performances. Among them, by division:
M40

- Great Britain's Bob Dobson won both the $5 \mathrm{~K}(23: 38)$ and $20 \mathrm{~K}(1: 44: 07)$ walks.
- West Germany's Klaus Schneider edged Australia's Brendon Wilson in the 100 (11.19), but Wilson came back to top Italy's Armando Sardi and the USA's Tom Randolph in the 200 (22.23).
- Ireland's Jim McNamara took the 5000

in a thrilling duel with Johnston by 0.3 seconds in 14:49.59 with Belgium's Pierre Voets only five seconds back. Johnston took the 10 K with Voets second and McNamara third.
- Fiorenzo Marchesi of Switzerland set an M40 WR of 14.69 in the 110 -hurdles, beating Jim O'Hara of the USA (15.80).
- Charlie Polhamus of Georgia vaulted 14, $51 / 4$ " to defeat defending champion Wlodzimierz Sokolowski of New York.
- The West Germans dominated the field events.
M45
- The all-black of New Zealand's Bruce MacPhail seemed to be in every photo. He took third in the 100 and seconds in the 200 and 400 . Countryman and former Olympian, Bill Baille, chased Billups in both the 800 and 1500, and got nipped by Belgium's Jean Van Onse ( $15: 25$ ) in the 5000.
- Belgium's Henri Salavarda captured the 10000 (32:34) and marathon (2:33:23).
- California's AI Henry led a USA 1-2-3 sweep, with Lew Thorne and Dale Lance, in the $110 \mathrm{H}(15.94)$.
- Portugal's Pericles Pinto accounted for the high jump, long jump and triple jump, beating Americans Nick Newton in the high, and Ira Davis in the others.
- Akron's Ed Hoyle won the pole vault at $12^{\prime} 11^{1 / 2 \prime \prime}$, and West Germany's Peter Speckens copped the shot and discus. M50
- West Germany's Alfons Ida edged Ireland's Bill Neenan (4:16.5 to 4:16.9) in the 1500 , and lost the steeple to Britain's


Maurice Morrell, who lowered his own M50 mark to 10:00.20.

- Britain's Jim Hogan took the 5000 over Italy's Luciano Acquaron, 15:50 to 15:56. Acquaron came back to outlast Britain's Mike Barratt in the 10 K in $33: 19$, as the heat nearly forced several runners into collapse.
- Jerry Donley of Colorado vaulted to an impressive $12^{\prime} 111 / 2^{\prime \prime}$ win over Georgia's Phil Mulkey.
- Austria's Hans Potsch won the shot in $53^{\prime} 10^{\prime \prime}$ and set a new world M50 hammer mark of $188^{\prime} 4^{\prime \prime}$.
- Germany's Helmut Fackler topped Mulkey in the pentathlon.
M5S
- Bert Lancaster of Philadelphia took the 400 in 56.07.
- New Zealand's Frank Evans overtook New Jersey's Kelsey Brown in the 800 in 2:10.6, and commented: "When I went by, I said, 'Sorry, Kelsey,' cause he had done all the work."
- Puerto Rico's Luis Torres captured two popular wins in the 1500 (4:34.7) and steeplechase (11:00.2).
- Former Olympic gold medalist Bob Richards vaulted 11' for the gold, and Americans Sheldon Varney and Bob Backus won the high jump and hammer, respectively.
M60
- Finland's Toivo Vikman won the 400 in 59.75 when Valentine missed the preliminary heat and lost his chance to set a new WR. Vikman added the 800 crown in 2:18.5.
- Northern Ireland's Jim Todd bested Australia's John Gilmour in the 5000 in 18:24. Reportedly not in top shape, Gilmour retired from the remainder of the competition.
- Steve Richards of the USA easily picked off the 10000 title in 39:27, and added the cross-country in 43:28.
- Ray Spencer won the steeple in 12:53.9, Burl Gist took the high jump in $5^{\prime} 2^{\prime \prime}$, and Finland's Kauko Jouppila took gold medals away from California's George Ker in the shot and discus.
- Brunei's Al Sibidol upped his own javelin WR to $178^{\prime} 10^{\prime \prime}$.


## M65

- Jack Stevens of Australia easily won the gold in the 800 (2:23.7) and 1500 ( $5: 10.5$ ).
- Wilfredo Rios annexed the 5000 (19:59) and 10000 (43:02).
- Virginia's Frank Finger nipped California's Al Guidet at the wire in the 400 hurdles, 74.31 to 74.48 , but Guidet took the short barriers in 17.83 .
- Jim Vernon won the pole vault in $9^{\prime} 6^{\prime \prime}$.
- Dan Aldrich notched the shot by $1 / 2^{\prime \prime}$
with a heave of $44^{\prime} 4^{1 / 1 / 4}$ and toppled the "Irish Whale" himself, Tom McDermitt, in the discus at $151^{\prime} 71 / 2^{\prime \prime}$.
- McDermott came back to win the hammer over Aldrich at $133^{\prime} 8^{\prime \prime}$, and Gene Keller of the USA won the cross-country in 46:46.
M70:
- Bill Brobston took the 1500 ( $5: 47.8$ ), 5000 (21:01.1) and 10000 (43:59).
- TAC National Masters Long Distance Running Chairman Bob Boal of North Carolina captured the new 2000 -meter steeplechase in $9: 19.9$, while Fred White won a 400 photo.
- Japan's Mazumi Morita won the pole vault ( $8^{\prime} 4^{\prime \prime}$ ) and set world M70 marks in the long jump ( $15^{\prime} 10^{\prime \prime}$ ) and triple jump ( $32^{\prime} 11 / 2^{\prime \prime}$ ).
M75
New Zealand's Harry Gathercole impressed with wins in the 100 (15.00), 200 (31.11) and 400 (75.5).
- Chile's Karsten Brodersen picked up three gold medais in the shot, discus (WR) and hammer.
- Australia's George Simpson won the 80 -meter hurdles and pentathlon.
M80
- Besides Boas and Anderson, the USA's Al Gordon surprised Paul Spangler with wins in the 5000 (27:21) and 10000 (58:20). Spangler won two goids in the 5K walk and the cross-country.
- Arling Pitcher turned the hat trick on the 80 H , HJ ( $3^{\prime} 7^{\prime \prime}$ ) and vault ( $5^{\prime} 5^{\prime \prime}$ ).
- West Germany's Jakob Schumann garnered four first places in the long jump, shot, discus and hammer.
M85
- Oldest competitor in the meet was Australia's Bill Empey, 87. He lost to Falk in most of the $85+$ events, but managed two gold medals in the $400(1: 52: 00)$ and 5 K Racewalk in Falk's absence. Empey didn't get into running shoes till two years ago. "I hadn't heard of the World Veterans competition until I was 85 , and I quickly became interested in it," he said. "I took up golf at 70 and walked a lot, so I've always been in fair condition." A retired scientist, Empey said: "I train at home four days a week. I'm quite serious about all this."
- Canada's Liz McBlain won the pentathlon and high jump; Britain's Janis Kerr took the shot and discus; and Canada's Linda Findlay took the 5 K and crosscountry.
- Ford Madiera survived the humidity to win the 10000 by five minutes in $36: 53$, while Canada's Erna Kozak won the 1500 in 4:41.
W40
- Australia's Kathy Holland picked off the 200 ( 26.56 ) and $400(60: 44)$.
- New Zealand's Valerie Robinson reeled in Barbara Pike of Massachusetts (the only U.S. medal in this category) in the last jumps in the 1500 in 4:53.4; but lost to Norway's Susanna Wold $(2: 22.96)$ in the 800 .
- New Zealand's Ruth Maclough took the 5000 ( $18: 44$ ) and cross-country.
- Britain's Yvonne Miles annexed the 10000 (39:50) and marathon (3:11). W45
- Holland's Corrie Roovers garnered the 80 H , long jump and pentathlon.
- Vicki Bigelow won the 5000 (18:39) and cross-country (43:32).
- West Germany's Almut Brommel took the shot, discus and javelin. W50
- Ruth Anderson nailed down two golds Continued on Page 22.


## 30 SOUTH AFRICANS COMPETE IN WORLD GAMES DESPITE OFFICIAL BAN

Despite the official ban imposed on South African athletes by the Puerto Rican government, about 30 South Africans still managed to compete in the V World Veterans Games in San Juan.

Neither the government or the press was apparently aware of their participation, and no trouble of any kind took place.
All South African entries had been returned in August, and their names stricken from the official program as Governor Romero and Mayor Padilla had demanded. But some South Africans, including many with foreign passports, were re-entered into the of ficial computer system, given a number, assigned a lane, etc. with their "alternate" country listed. (Holland, USA, Belgium, Yugoslavia, etc.)

It was a far cry, however, from the 178 South Africans originally entered in the Games. Of the 14 black South Africans entered, none competed in San Juan.

Sylvester Stein, the veteran sprinter from England who reportedly informed the Christchurch press in 1981 of the presence of South African competitors (which led to week-long demonstrations and violence), was aware of the South African competitors in Puerto Rico. While visibly upset, he decided not to go to the press with the disclosure. "It's their (the South Africans) business," he said.

So despite the daily press coverage of the games, reporters never discovered, were never told or perhaps chose not to report that South Africans were competing. Trouble was thus avoided.

Not all South Africans could make it. "I was denied a U.S. visa," Monty Hacker wrote, "when I refused to give
a written undertaking to the USA Consul in Johannesburg that I would not be competing in Puerto Rico. So I cancelled my travel arrangements and stayed home.'

Hacker wrote that "those South Africans who completed their visa application forms without disclosing the true purpose for which the visas were being applied for (competing in the World Games), received their visas, whereas those who disclosed the true purpose, like me, were refused their visas."

As it turns out, the main reason the South Africans were barred from the 1983 Games in Puerto Rico was an internal political struggle between Governor Romero and Mayor Padilla. The Games were to be a showcase for the Mayor. But when the Mayor announced he would run against Romero for the governorship, Romero seized upon the South African issue to embarrass Padilla. Romero did everything he could to show that Padilla couldn't even run a track meet, let alone the entire island, and the world veterans got caught in the middle.
"The key is finance," said Great Britain's Keith Whittaker at a special WAVA meeting called to discuss the South African problem. "If we depend on government support, we leave ourselves open to government control. Our European Veterans Championships next year in Brighton will be selfsupporting."
Bob Fine, North American Representative to WAVA, said we have to communicate better with each other; to learn more about each other's national problems. 'Some nations don't have enough masters athletes to. run a meet. They have to depend on


Friendship transcended national borders as (from left), Gunnar Linde, USA; Colin Silcock, Australia; AI Sheahen, USA; and Marion Sanchez, USA; team up for bronze medals in M50 1600-meter relay.
their national association." Fine said the main problem for veteran athletes is not the South Africans, but that the IAAF "wants to control the veterans program."
Danie Burger, African Representative to WAVA, pointed out that the IAAF Constitution specifically states that "no discrimination is allowed because of national origin;" that the IAAF's ban of South Africans from world competition is a direct violation of its own Constitution; and that, in any case, its Rule 53 excludes veterans from such restrictions.

Lew Thorne, organizer of the U.S. National Masters 1984 T\&F Cham-
pionships in Oregon said "everyone, including South Africans, will be welcome next August in Eugene."

It appears likely that, in future World Games, the South African athletes will take a "once bitten, twice shy" approach. They can be expected to simply list another country beside their name when mailing their entry fee. For even though it is the clear intent of WAVA and, for 1985, the Rome organizers, to admit everyone, there is always the threat that an Italian politician, at the last moment, will ban South Africans from the competition, as has been done in each of the five World Games. $\square$

## AHTLETES WHO ENTER A NEW DIVISION THIS MONTH NOV 1983

ATHLETE(RESIDENCE)
JIM BOWERS(SANTA ROSA, CA)
LOUIS CHARBONNEAU(FRA)
ROBERT COOPER(DAVIS, CA)
ALVAN CORWIN(ROLLING HILLS, CA)
DONALD DONNELLY (SAN DIEGO, CALIF)
HENRY FAIRBANK (DURHAM.NC)
NOLAN FOWLER (COOKEVILLE, TENN)
MOHAMED GAMMOUDI (TUN)
PETER HIGGINS (GB)
JAMES LAUT (OXNARD, CA)
DAVID MARCUS(US)
RUBEN MELGOSA (SACRAMENTO,CA)
FRANTISEK MIROVSKY (CZE)
MILTON NEWTON(INGLEWOOD,CA)
MILTON NEWTON(INGLEWOOD,CA)
ROBERT O'RAFFERTY(GB)
ROBERT O'RAFFERTY(GB)
BOB PERRY (ENCINO, CA)
BOWER RAYMOND (PITTSBURG,PA)
BOWER RAYMOND (PITTSBURG
ATTILIO ROSSETTI (FRA)
GEORGE SHEEHAN(RED BANK,NJ)
GEORGE SHEEHAN (RED
GERHARD TILMANN (WG)
VICTOR ZWOLAK (WILMINGTON, DE)
NOLA BRUHN(SEATTLE, WA)
SARAH COOTS(US)
MARIE FRIEND(US)
CATHY HARGUS(SAN DIEGO,CA)
MARJORIE HUNT (ANAHEIM,CA)
CATHERINE SMITH(RENO, NEV)
KARIN LARSSON(SWE)
KARIN LARSSON(SWE)
NELL DU PLESSIS(RSA)
NELL DU PLESSIS(R
ILSE PLEUGER(WG)

| BIRTHDATE | AGE GROUP |
| :--- | :---: |
| $11-6-38$ | $45-49$ |
| $11-22-03$ | $80+$ |
| $11-7-23$ | $60-64$ |
| $11-5-23$ | $60-64$ |
| $11-23-28$ | $55-59$ |
| $11-9-18$ | $65-69$ |
| $11-3-13$ | $70-74$ |
| $11-2-38$ | $45-49$ |
| $11-16-28$ | $55-59$ |
| $11-2-28$ | $55-59$ |
| $11-9-08$ | $75-79$ |
| $11-24-28$ | $55-59$ |
| $11-10-13$ | $70-74$ |
| $11-6-33$ | $50-54$ |
| $11-11-13$ | $70-74$ |
| $11-10-13$ | $70-74$ |
| $11-11-28$ | $55-59$ |
| $11-19-23$ | $60-64$ |
| $11-8-03$ | $80+$ |
| $11-5-18$ | $65-69$ |
| $11-13-38$ | $45-49$ |
| $11-30-38$ | $45-49$ |
| $11-20-28$ | $55-59$ |
| $11-2-38$ | $45-49$ |
| $11-6-43$ | $40-44$ |
| $11-22-18$ | $65-69$ |
| $11-21-18$ | $65-69$ |
| $11-4-33$ | $50-54$ |
| $11-16-23$ | $60-64$ |
| $11-23-33$ | $50-54$ |
| $11-17-23$ | $60-64$ |
| $11-19-23$ | $60-64$ |

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## Continued from Page 20

in the 10000 (43:44) and cross-country (49:29).

- New Zealand's June Miles won the 1500 (5:29.6) and 5000 (20:40).
W55
- Germany's Aloisia Haushofer won the 800 (2:49.2) and 1500 (5:34.3).
- Australia's Shirley Brasher impressed with three golds in the 5000 (20:59), 10000 (44:57) and marathon (4:19).
- Germany's Marianne Hamm won the discus, javelin and set a new world W55 shot put of $36^{\prime} 9$.'
- Norway's Kirsten Hveem won the 80 hurdles and pentathlon.
W60
- West Germany's Erika Werner set the only 800 -meter world record at the Games with a 3:00.6. She added the 1500 gold in 6:18.7.
- Canada's Lenore Martin captured the 10000 and cross-country. W65
- Cincinnati's Mary Bowermaster grabbed a gold in the long jump ( $10^{\prime} 5^{\prime \prime}$ ) and a couple of silvers and a bronze.
- South Africa's Winifred Reid took both the 100 (16.13) and a WR 200 (33.67).
- Sweden's Britta Tibbling took four golds in the 800 (3:34.7), 1500 (6:22.2WR), and both walks.
- West Germany's Annchen Reile copped four golds in the high jump, shot, discus and javelin, while countrywoman Hildegard Keuchel took the 5000, 10000 and cross-country. W70
- Bess James took 5 seconds and a third. for a total of 7 medals.

There were many personal disappointments. One was California's George Cohen. The favorite in the M40 800, he got off a step slow at the start, found himself in a box until the final turn, and could only manage to get up for third to Smith and Ulacio in 1:57.20. Then, in the 1500, he was late for the fast section, then won the slower section by 50 meters, but only placed sixth by time in 4:07.7 to Stewart's AR. "I saw the officials walk off the track just before the start of the fast section, so I thought I had time to go to the john," Cohen lamented. "When I got back, the race was on. I have no one to blame but myself."
In this issue of NMN are the official results of the World Veterans Games. Listed are the first three finishers in each event, plus the time and place of each American in the finals, semifinals and preliminaries. For this, NMN is indebted to computer wizard Alejandro Singer, who graciously put in extra time and effort to create this special printout exclusively for NMN readers.

We also wish to thank Miguel Rivera-Veve and Rafael Serrati for their outstanding help and cooperation, all year, in providing information to NMN readers about the Games. They will print and mail the complete results to each competitor within 60 days.

Next month, NMN will have a 2-page photo spread of Games' highlights taken by the official World Games photographer. $\square$

## Weight Pentathlon Successful

from PHIL PARTRIDGE
The Masters Weight Pentathlon Championship held at Delray Beach, Florida, October 2, drew 77 paid entries, including ten who paid $\$ 10$ just to be supportive.
Sixty-seven athletes from six countries, including 32 from outside the U.S., competed on eight throwing arenas under balmy, lightly overcast skies.

Heroic efforts by John and Kathy Butler, Randy Cooper and others kept the schedule on course.

A number of age records were set, which will appear in a future issue of the National Masters News.

At the completion of the Pentathlon,
six throwers still had enough left to run a Discorama, performances not outstanding.

Each contestant who completed the five Pentathlon events received a gold medallion of the friendly handclasp, which was symbolic of the camaraderie at this meet, mounted on a marble slab with a commemorative engraved plate on the reverse side.

After the meet, Carl Klehm, TAC Masters Weight Pentathlon Chairman, discussed plans for a future pentathlon. two years hence. If we do not find the situation suitable for a repeat performance, he will hold it in the Chicago area. The continuity of the Pentathlon seems assured.


## Notionol Run@ing Doto Center

The 1982 rankings lists, published in previous issues of NMN , have generated correspondence regarding several races which the NRDC has been unable to process for records and rankings.
In particular, the Semana Nautica 15 K and the TAC National Open and Masters 5-Mile Championships last December in Philadelphia. Neither race was certified and no marks have been processed.

NRDC has done all in its power to get race directors to certify their courses well in advance of race day. It is now time for runners to speak out. NRDC needs your help. The top invited runners have the right to a certified course and the right to accurate finish line procedures. We advise runners to check for certification before
lending their name to the event's publicity.
The NRDC is the official TAC road record keeper and course validator. All applications for road records are processed by the NRDC. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition.

A "road record" does not become a record unless it has been cleared by the NRDC after it determines that the course was certified by the TAC National Standards Committee chairman; that the race was run on the course as it was measured for certification (verified by statement and examination of video; and that the timing procedures were adequate to ensure accurate assignment of time and place. No postrace certifications are permitted.

## Minutes

Continued from Page 12
America: Bob Fine; South America: Ernan Figueroas; Europe; Cesare Beccalli; Asia: Milkus Singh; Oceania: Clem Green; Africa: Danie Burger.

The Israel delegate claimed he had never received an invitation to the Asian Championships. The Japanese delegation said it was unaware that a new rep had been chosen for Asia.
Sylvester Stein of England challenged Burger's claim to the African representation, saying "since you live in South Africa, you are hardly a true representative of all the African nations." Burger said that "other African nations, including Zimbabwe and Kenya, had been invited to attend the African Regional meeting, held in South Africa, but none had attended."
15. Eastern European and Third World Nations. Farquharson said WAVA had extended invitations to Eastern European and Third World nations to participate in the World Games, but few had accepted. He said WAVA would continue to try to bring all nations into the Veterans Athletics program.
16. Records. U.S. T\&F Records Chairman Pete Mundle said world records should be submitted on the proper form. Working with fellow WAVA Records Committee members Knoppert and Jack Fitzgerald of England, Mundle has computerized the official list of veterans world records. Forms are periodically printed in the National Masters News, or are available from Mundle at 4017 Via Marina, No. C-301; Venice CA 90291 USA.
17. Masters Games. After much objection, Maureen O'Bryan, President of the "Masters Games," was permitted to speak. She said that her organization, completely separate from WAVA or the National

Masters Sports Festival, will stage a "Masters Games" in Toronto in August, 1985, featuring masters competition in 22 different sports, including athletics. "It will be held each four years thereafter in a different city in the world," O'Brien said. "It will be a low-cost, no frills approach. We estimate 15,000 participants. The entry fee will be $\$ 50$ per person, which will include a bag, jacket, transportation, etc." O'Bryan said the Games have a budget of $\$ 5.2$ million, including corporate and government funding.
Beccalli, Fine and others said O'Bryan's organization is trying to undercut WAVA, compete with WAVA's VI World Veterans Games in Rome in 1985, and is "mainly interested in making a fast buck."
Fine moved that "WAVA disassociate itself from the Toronto 'Masters Games' and recommend that athietes not participate." The motion passed.
18. Communication. Since the WAVA Newsletter has ceased publication, Al Sheahen, editor of the U.S. National Masters News, was asked if he could turn NMN into an international publication. Sheahen said yes; that he would start by publishing an 8 -page international supplement every third issue or so. He urged delegates to encourage their fellow athletes in each country to subscribe to the paper for $\$ 15$ a year.
19. Fritz Assmy. A protest had been made that the blind M65 sprinter, Fritz Assmy of West Germany, was being "pulled," instead of merely guided, by his son in his races. The Council ruled that the guidance was legal, as long as the son ran parallel to Assmy, not in front of him.
20. Suggestions. Anyone with suggestions on any aspect of the WAVA program, and particularly for the VI Worid Games in Rome in 1985, was asked to send them to Secretary Owen Flaherty at CN. UTR. 207, Javea, Alicante, Spain. $\square$

# MMASTERS SCENE 

## NATIONAL

-Twenty of America's Olympic gold medalists were inducted into the U.S. Olympic Hall of Fame, Oct. 6, in Chicago. Ten of the 20 charter inductees (selected from a list of 50 by the National Sportscasters and Sportswriters Assn. under the auspices of the U.S. Olympic Commit tee and sponsored by Coca-Cola USA) were track and field athletes. Jesse Owens was top point-getter overall; Jim Thorpe was 3rd after Mark Spitz; Al Oerter placed 5th. Decathlete Bob Matthias was 6th followed by Babe Didrickson ( 7 th) and Wilma Rudolph (8th) Another decathlete, Rafer Johnson placed 11 th, while Ray Ewry (winner of gold medals in the now discontinued standing high and long jumps


1900, 1904, 1908) took the 15th place. Vaulter Bob Richards was 17 th and hurdier/sprinter Harrison Dillard got the 18th slot. Other Olympic champions from the 1000 American gold medalists will be selected and enshrined annually
-The 1984 TAC National Masters Indoor Track \& Field Championships will be held March 24-25 in Princeton, New Jersey

## NEW ENGLAND

- Jack Boitano, Conn., despite shin splints, walked a world best age-50 10K of 50:14
-William Springer, 44, Keene, NH, combined his 2nd overall ( $16: 25.1$ ) with 3rd w/overall (18:50.1) Mary Bart, 41, Concord, NH, to prevail in the $80-89$ group and place 2 nd in the open in the Budweiser Light Couples 5 K , Concord, Sept. 10. Bernadette Nay, 44, Concord, 20:03.9, and Robert Shelton, 53, Bradford, VT, 19:10, paired for the $90-99$ crown
-Anne Moore, 37, Jackson, Hts., NY, running in the evening-held Moving Comfort 5 Mile on Nantucket Island, MA, took the 2nd W30-39 spot and 6 th overall in $36: 34$. Top $40-49$ was Mary Ciunci, 46, in 42:41.
-Susan Hughes' $5: 07$ was a meet record at the Kendall Classic, MIT, July $9-10$, in the sub masters mile. Barbara Nelson was runner-up 5:25.7, and Linda Upton took 3rd. 5:30.6. Bar bara Pike won the masters mile, $5: 19$. Carrie

Parsi followed, 5:39.0. Pike placed 2nd, 5:23.8, in the open mile at the Bay State Games, MIT, Aug. 11-12. Parsi was 1st master, 39:40, in the Pickering Wharf 6-Mile, Salem, MA, Aug. 16. Joyce Hals, 50, finished 3rd, 43:21.

## EAST

- In five years, the Syosset Sprint 5K (Nov. 19, Long Island) has increased in quality and depth of masters entrants. Last year, two masters WR holders and over a dozen U.S. age group or age record holders competed. Some course records: Mike Schuster (40-49) 16:11; Gordon McKenzie (50-59) 16:22; Patty Lee Parmalee (40-49) 18:32. In 1982, in M40-49 17:12 was good only for 8th place, and the promise of awards for everybody $60+$ brought out 23M and 5W in an often thin category. Geza Feld says "... top national class runners should contact me to work out some accommodation . if they wish to participate." $516 / 364-3542$ or 364-3221
-Harry Cummins, 40, ran his heat in the 5th Ave. Mile Qualifier, Aug. 20, on the Delacorte Oval, Central Park, in 4:43. Gary Muhrcke, 43, finished in 4:45. Witold Bialokur, 48, posted a 4:54
-While Max Popper, 80, punched into U.S. records a 1:59:21 for the $80+$ half-marathon at the Puerto Rican Hispanic Half-marathon, Central Park, Aug. 28, Gabriel Bernal, 44, won his division and finished 18th over 1000 runners in 1:16:04. Not far behind in 1:17:02, Jerzy Sulek, 46, took the M45 race and the 22th overall spot.
-David Reichert, 47, with a time of 35:33, was the fastest M40 + in the American General Classic 10K, June 12, Syracuse, NY, where Howard Rubin, 55, ran an impressive 36:07 and Mary Leivers, 36, was 1st W35 + in 40:59.
- John Dugdale, 48, in 50:33, and Margret Betz, 46, in 63:08, were two of the nine course record breaking masters in the Boilermaker 15 K , also the national open championships, July 10, Utica, NY
- Bill GreenPlate's 35:46 made him the top $40+$ finisher and 7 th overall in the North East, MD, Pepsi Challenge 10K, Sept. 3.
-Cindy Dalrymple, 41, Wash., DC, after a fast first 2 miles ( $10: 46$ ) with open winner Suzanne Girard, placed 2nd in $34: 43$, only 3 seconds off her national record, in the Moving Comfort 10K, Wash., DC, Sept. 18.
-Eamonn McEvilly, 40, Alexandria, VA, was 4th overall in $54: 36$ in the Greenbelt (MD) 15 K , Sept. 4. Jack Randolph, 43, Herndon, VA, came in 2nd 40 + with 59:19. Floyd Sandlin, 51 Bethesda, MD, did a 62:41 for 1st $50+$
- Laurie Binder, 36, Oakland, CA, did the two loops around Central Park, NY, in 1:16:19 to place 3 rd in the Avon Half-marathon, Sept. 24. Isabelle Carmichael, 33, NY, was 2nd in 1:15:44 over the 1592 runners in the largest women's-only 13.1 mile race ever, which was won by 16 -year-old Cathy Schiro, NH. Maddy Hamerling, 38, Merrick, NY, finished 9th $1: 19: 04$. The Atalanta masters $(40+)$ team of Patty Lee Parmalee, Mimi Lerner, and Lina Connors placed 1-2-4 for team honors. In the last 6 months, the Atalanta club has increased its masters emphasis to arrive at a $50 \%$ team membership for age $35+$ runners. It now has 14 national class caliber age group runners based on top 25 times by 5 -year-age groups.
-Hubert Morgan, 61, Sayre, PA, scorched to 38:38 in the Troy 10K, Troy, PA, Aug. 21.


## SOUTHEAST

-Sterling Martin, 35:24, and Nancy Lowden, were the top masters in the United Way Cor porate Cup Challenge 10 K , Charlotte, NC, Oct. 2, which was won by the Burlington Mills team from Statesville, NC. Martin's time led the Davidson College team to 2nd place in the 725 . runner event.

## MIDWEST

-Elroy Zemke, Rothschild, WI, led a fastfinishing trio of M40's to win, in 37:26, at the Pepsi Challenge 10 K , Wausau, WI, Aug. 13. Olat Aanrud, Stevens Point, WI, followed in 37:32, and Keith McCaffery, Wausau, closed in 37:34. Donald Kampfer, Wausau, set the pace for M50 + , 40:27. Joan Belongia, Wausau, took the W40 with 46:41.

## MIDAMERICA

-Richard Smith, 44, Hawarden, IA, set a 6:01 pace in the Jim Emmerich 15K, Aug. 28, Bookings, SD, for a 1 st $40+$ time of $56: 06$. On Sept. 5 at Brookings, John Grandia, 41, Elk River, MN, sweated out ( $98 \%$ humidity) the Garry Bentley 20 K in $1: 18: 36$ for masters honors.
-Ted Nelson, Dave Griffith, and nine other masters tested the new polyurethane/rubber track at Carleton College, MN, in an attempt to break Griffith's recent state masters mile record of $4: 35.8$. After pumping out 64 second 1st quarter times in the 40-49 heat and changing leads throughout, Nelson had the kick and won in 4:34.9, Griffith finishing in 4:35.1. However, Nelson, 44, an ex-Mankato St. runner and 1st Minnesotan to break 4 minutes ( $3: 59.4$ ) in 1966, is now a 15 -year veteran of the L.A. city fire department, so Griffith retained his new state resident record. Rick Kleyman, who led much of the way, was 3 rd in 4:40.4. William Fraser, 53, an Edina stockbroker, broke his own $50+$ state time with $5: 10.8$
-Thomas Eckelman, 40, juiced the V. 8 Missouri River 8K, St. Louis, July 17, in 28:01 for 1 st 40 + awards; Norm Colter, 52 , beat the M50 + crowd, 30:19; John Braloski, 67, topped the M60's, 40:24; Troy Organ, 70, won his race in 41:52. Lynda Merrill, 41, grabbed the 1st W35 + spot with $34: 58$. Nancy Obata, 36 , was 2nd in 36:26; Betty Benkert, 54, ran a 38:03 to place 41 st over 196 women
-Bob Green, 49, was the Silver Fox Run winner, in 21:39, of the 3.75 -mile race for $40+$ runners held in conjunction, but run separately, with the 1st 1984 Bolder Boulder Tune-Up, Boulder, Co. Oct. 2. Tommie Farina, 41, finished 18th over all runners in 25:20. Age categories for awards were in 3 -year increments to age 60.

## WEST

- Larry Banuelos, 59, Pico Rivera, CA, churned out a PR $37: 58$ 10K in La Palma, July 4, and a PR 18:19 5K, three months earlier.
-Ed Chynoweth, Sanger, Ca. speared a new age-59 WR javelin mark of $162^{\prime} 8$ " in San Diego, Aug. 27. Bill Morales held the old mark of 161'5" set in May, '76.
- Jim O'Neil, 57, San Diego, hot-footed through the 800 -runner Honsport 30 K . Honolulu, Aug. 28, in 1:56:36.8 to better Bob Bartlett's old 55-59 AR of 1:57:49


Jim O'Neil, 57. San Diego, bettered $55-59$ AR for 30K, Honolulu, Aug. 28, 1:56:36.8.

- Frank Stempski, San Jose, CA, ran up 57 points to out-total James Erbes, San Jose, by 2 points to win the California Vintage Run Tour ' 83 masters crown. Yvonne Burtness, Palo Aito, was the W40 + titlist with 59 pts. The Tour consisted of races, spaced from May - October, through Calif. vineyards.
- Bad weather, as it has all year, again affected a meet, in this case, the last one of the season, the Club West Masters, Goleta, CA, Oct. 1, when the posibility of rain resulted in 53 paid-up no shows, even though the weather and facility were ideal. Dan Aldrich, Irvine, CA, erased Ken Carnine's 10 -year-oid $65-69$ discus record of $141^{\prime} 10^{\prime \prime}$ with a $160^{\prime} 2^{\prime \prime}$ toss. James Harvey, N. Hollywood, CA, running uncontested as usual, zipped to a 50.0 M 30400 m 1 1st. Stew Thomson won the M50 hammer, throwing the $16^{\prime}$ 164'1". John Damski, Van Nuys, CA, competing after a year's lay-off, TJ-ed $28^{\prime} 9$ ' for a M65 win. C. Eader, M35, soared 6'7" in the HJ. Ed Chymoweth, now M60, threw the javelin 162'10"
-The L.A. Valley Athletic Club will put on the Olympic Legends T\&F Meet at UCLA, April 28 29, 1984, with sponsorship from Home Savings \& Loan and UCLA coach Jim Bush serving as facuity sponsor. So far, LA-VAC has received commitments from 15 ex-Olympians, and Bill Cosby of the Phily Masters has indicated a strong interest in competing. In addition, UNLas Vegas track coach AI McDaniels has made the university track available for a masters meet on April 21-22, 1984, for which a sponsor is being sought. This will provide two meets in one week for visiting foreign and U.S. entrants from other regions.


## CANADA

-Linda Findley, 35, won the 1st Canadian National Masters 10 K for women, $36: 34$, Ottawa, Ont.
-Diane Palmason, 45, recorded a 1:21:34 in the Avon Women's 20K, Ottawa, Ont., Sept. 4.
-Len Olsen, 52, NY, won the M50-54 weight pentathlon and (for the 2nd year) the Versteeg Memorial Trophy over thirty throwers at the Canadian Master Weight Pent. Championships, Stouffville, Ont., Sept. 4, hosted by the Latvian T\&F Club and directed by Jackson Tovell. Phil Partridge, M70, MI, was awarded a Purgalis carving for the 2nd best total of the meet; Evald Poltrok went home with the Ticmanis Latvian Trophy for his M65 victory total.
-After five hours in the sun on one of the hottest day $\left(90^{\circ}+\right)$ of the year, 10 of the 14 pentathietes who completed the 1500 in the Ontario Masters Pentathlon Championships, Scarborough, July 16, ran under 6:00, with Glenn Nordcliffe, M40, the quickest in $4: 46.7$. The five highest scorers of the 25 competitors were Kari Kinanen, M55, 2797: George Glupe, M50 2565; Kurt Hering, M55, 2524; Norman Baum, M55, 2488; and Barry Ward, M40, 2429.
-The Masters Sprint Club outscored the Latvian T\&F Club to claim the Canadian Masters In-ter-Club Championship, Toronto, July 23. Points were scored across age and sex lines (W40 scores equaled M50, etc.) according to pentattion and decathion tables, plus a special 5 K table. Only the two top members' scores counted for each club in one event, and medals were awarded by point score in each event, so that a M70 or a W45 could beat a faster, younger athlete on the basis of points. For instance George Horton, M45, with 11.2 ( 1060 pts.) won the gold medal over all 100 m competitors. David Morris, M45, 11.3 (1040 pts.) was 2nd overall. Scott Tyler, M40, ran 11.1 ( 980 pts.) to tie with Norman Baum, M55, 12.6 ( 980 pts.) for the bronze medal. Arnolds Ticmanis, M75, threw 10.11 ( 916.5 pts.), winning the meet's shot put gold medal. Max Pickl, M65, outpointed all HJ Jers with an $888 \mathrm{pt}$.1.35 leap for 1 st place.

INTERNATIONAL
-Two masters T\&F meets are set for Buenos Aires, Argentina, December 2-4, and Montevideo, Uruguay, December 9-10. Lodging and food is inexpensive in both countries; gifts, clothing, etc. can be purchased at low cost. It's an opportunity to strengthen the bonds of friendship with our neighbors from South America.

## 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 execption of national masters championships, which may be limited to men and women over age 40 . Entry blanks for national and regional championships will generally be printed in the newsletter $30-60$ days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

## TRACK \& FIELD EAST

January 8, 1984. Pennsylvania Masters Indoor State Championships, Dickinson College, Carlisle, PA. Scott Thornsley, 519 Cooledge St., New Cumberland, PA 17070, SASE. 717/774-3569.

## SOUTHEAST

November 6. 2nd Annual Running Pentathlon. On the track at Clearwater HS FL. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

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, FL 33444, Randy Cooper, Meet Director.

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

## MIDWEST

January 8, 1984. Lake Erie Indoor T\&F Championships, Maple Heights (Cleveland), Ohio. Joe/Mary Chadbourne, 18554 Haskins Rd., Chagrin Falls, OH 44022. 216/543-1932.

## WEST

December 3-4. Winter Decathlon, Long Beach, CA. John Tansley, CSU-Long Beach, Long Beach, CA 90840

April 21-22, 1984. Masters T\&F Meet, Las Vegas, NV. Tentative. See Bill Adler, April 28-29 meet below.

April 28-29, 1984. Olympic Legends Masters T\&F Meet, Los Angeles, CA. Bill Adler, LA-VAC, 1801 Ave. of the Stars, Suite 415, Los Angeles, CA 90067. 213/557-2422.

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

## HAWAII

December 4. 7th Hawaii International Masters T\&F Meet, includes pentathlon.

## Need Back Issues?

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National Masters News
P.O. Box 2372

Van Nuys, CA 91404

Kaiser HS, Honolulu. Stan Thompson, 1549 Ipukula St., Honolulu, HI 96821. 808/373-4181.

December 10-11. 7th Hawaii International Masters T\&F Meet No. 2, includes decathlon. Kaiser HS, Honolulu. Stan Thompson, above.

December 24. 8th Hawaii Regional Senior Olympics Christmas Track Meet. Kaiser HS, Honolulu. Stan Thompson, above.

## INTERNATIONAL

December 2-4. V Torneo Internacional Ciudad De Buenos Aires, Buenos Aires, Argentina. Submasters and masters. Juan H. Kulzer, Circulo Argentino de Atletas Veteranos, Ave. H. Irigoyen 3549, Buenos Aires, Argentina.

December 9-10. Masters meet, Montevideo, Uruguay. $\$ 6$ a day B\&B. Jose Figueras, Canelones St., 1136, Montevideo, Uruguay.

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

## LONG DISTANCE RUNNING NATIONAL

November 13. TAC National Masters 10 K Cross-Country Championships, Van Cortlandt Park, Bronx, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY.

November 25. TAC National Masters 5 K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue St., Raleigh NC 27609. 919/876-5674.

Thru November 30. TAC National Postal One-Hour Racewalk. (Masters in at least 3 categories, ( $40-44,45-49, \& 50+$ ) Ray Somers, Box 123, R.D. 5, Flemington, N J 08822.

December 3. TAC National Masters 8 K Championships, Indianapolis, IN. Tom Burleson, 6020 E. 82 St., Rm 158, Indianapolis, IN 46250. 317/842-0999.

December 18. TAC National Masters 30K Championships, Central Park, New York City. Vince Chiapetta, 3400 Corlear Ave., Bronx NY 10463. 212/796-5189.

December 24. TAC National Masters 10 K Road Championships, Phoenix, Arizona. Pete Fairman, 2200 N. Scottsdale Rd.; Suite N; Scottsdale AZ 85257.

January 22, 1984. TAC National 'Masters 20K Road Championships, Sacramento, CA.

February 5. TAC National Masters 5 K Road Championships, Clearwater, FL. Separate races for men and women. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

September 8, 1984. TAC National Masters 10K Road Championships, North Creek, NY.

## EAST

November 6. Marine Corps Marathon, Washington, DC. MC Marathon, PO Box 188, Quantico, VA 22134. 703/640-2225.

November 6. 12th TAC Eastern Masters 10K Cross-country Championship, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.
November 27. Philadelphia Independence Marathon. Chris Tatreau, Memorial Hall, Phila., PA 19131.

December 12. Maryland's Marathon, Baltimore, MD. Maryland Marathon Commission, Box 11354, Baltimore, MD 21239. 301/882-5455.

## SOUTHEAST

November 24. Atlanta Marathon. Royce Hodge, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9064.

November 24. Turkey Trot 10K, Clearwater, FL. Charles Stantz, 1448 Southridge Dr., Clearwater, FL 33516. 813/581-4344.

December 3. Moving Comfort 5000, Jacksonville, FL. Susan Duss, PO Box 515 , Jacksonville, FL 32201

December 10. Rocket City Marathon, Huntsville, AL. Huntsville TC, 8811 Edgehill Dr., Hunstville, AL 35802. Edgehill Dr.
205/881-9077.

## MIDWEST

November 12. Wendy's 10 K Classic, Bowling Green, KY. David L. Mason, 2530 Scottsville Rd., Suite 8, Bowling Green, KY 42101. 502/781-2834.

November 20. Midwest Masters TAC 5-Mile Cross-Country, Crystal Lake, IL. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315

December 18. RRCA National 50K Championships, East Peoria, IL. Paul Appel, RR, Alton, IL 61414.

January 1. Midwest Masters TAC 30K Road Championship, Lake Bluff, IL. W. Miller, 180 N. LaSalle, Chicago, IL 60601. 312/236-1315.

## MID-AMERICA

August-November. Oaklahoma Grand Prix Races. Harry L. Deupree, Allied Oklahoma Bank, PO Box 75250, Oklahoma City, OK 73147. 405/943-5711.

November 5. Omaha Riverfront Marathon and 1983 RRCA National Championship for Men, Women \& Masters. Kathy Loper, 3177 Golden Blvd., Omaha NE 68123, 402/291-1895.

## WEST

November 6. Central Avenue Stampede 10K, Phoenix, AZ. Harvey Beller, 4602 N. 16th St., Phoenix, AZ 85016. 602/264-9806.

December 4. Beverly Hills/Perrier 10K, Beverly Hills, CA. Beverly Hills Rec. \& Parks, 450 N. Crescent Dr., Beverly Hills, CA 91210. 213/550-4864.

December 4. Sub-4/Caprolan 8K, Newport Beach, CA. Glenn Rouse, 11615 Coley River Circle, Fountain Valley, CA 92708. 714/754-0385.

## ON TAP FOR NOYEMBER

To a runner, November means erosscountry. Two TAC Nasional Masters Championships wat be runs the 10 K at the Bronx on the 13 th and the SK at Raleigh on the 2sth. Two regional championships will be heid the Eastern Masters s.0x ar the Bronx on the 6 th and the Midwest Masters 5 mile at Crystal Lake, Winois on the 20th.
The brisk cool November cirmate makes marathons popular this month with: the Omaha Reverficont \& RRCA National Chatrapionships as Dmaha on the 5th, the Marine Corps Marathon at Washington D.C. on the 6 th, the big Atlanta Marathon on the 24h, the Seattle Marathon of the 26th; and the Philadelhia Marathon on the 27th.

The Central Avenue Stampede 10K is at Phoenix on the 6th, Wendy's 10X Classic at Bowling Citeen, Kentucky on the 12 th, and the Turkey Trot IOK at Clearwater, Florida on the 24 th

Southeastern running pentathlon enthusiasts cat rum, run, run on the fth at Clearwater Floricla $[\square$

December 10. Las Vegas Classic Half Marathon, 10KK, 2M, Las Vegas, NV. Las Vegas Classics, Hacienda Hotel, 3950 Las Vegas Blvd., Las Vegas, NV 89119. 800/634-6611.

December 11. TAC/SPA 8 K Championships, San Pedro, CA. Ronald Watson, 1809 John St., Manhattan Beach, CA 90266. 213/546-3659 (before 9 p.m.)

December 31. Fiesta Bowl 10K, Scottsdale, AZ. Bob Wallich, 4015C N. 16th St., Phoenix, AZ 85016. 602/277-4333.

January 15. Mission Bay Marathon, San Diego, CA. SASE to Jeff Broido, 8811 Robinhood Lane, La Jolla, CA 92037.

January 22. Super Bowl Sunday 10K, Redondo Beach, CA. Super Bowl Sun. 10K, PO Box 637, Redondo Beach, CA 90277.

## NORTHWEST

November 26 . Seattle Marathon, Seattle, WA. Laurel James, 7210 E. Green Lk. Dr. N. Seattle, WA 98115. 206/522-7711.

March 18. Emerald City Marathon, Seattle, WA. Kim Brown, 1815 7th Ave., Seattle, WA 98101. 206/447-7729.

## HAWAII

December 11. Honolulu Marathon. David Benson, Box 27244, Chinatown Station, Honolulu, HI 96827. 808/734-7200.

## 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.

| 63rd Issue |
| :---: |
| November '83 |

## 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.
*BOILERMAKER 15K (NATIONA JULY 10, 1983

Ernest Dumas
Dave Winn 40
Jerry Smith 40 Jerry Smith 40
M45-49 John Dugdale 48
Benjamin Johns
Jack Meegan 47
$\frac{\text { M50-54 }}{\text { Jim McDade }} 50$ Jim McDade 50 Ted Bick 5
$\frac{\text { Howard Rubin } 55}{\text { Charles Edwards }}$ Charles Christian M60-64
John Rastani 64
Philip Russell 62
Albert Savicki 64
M65-69
Whitey Sheridan $67 \quad 70: 09$ Lawrence Bierna
Ralph Agone 68 $\frac{\text { M } 70-74}{\text { Bill }}$ Brobston 70
$\frac{\text { M75-79 }}{\text { C. Hackenheimer }}$

| W35-39 |  |
| :---: | :---: |
| Mary Krupsi 35 | 67:56 |
| Martha Culan 39 | 68:37 |
| Eileen Benzo 35 | 68:38 |
| W40-44 |  |
| Betsey O'Neill 44 | 64:58 |
| Setsu Rosen 42 | 66:44 |
| Marsha Crist 40 | 67:04 |
| W45-49 |  |
| Margret Betz 46 | 63:08* |
| Becky Morris 45 | 68:19 |
| Connie LaSalle 47 | 73:42 |
| W50-54 |  |
| Gloria Brown 51 | 63:20* |
| Anny Stocknan 51 | 65:21 |
| Peggy Fletcher 52 | 65:50 |
| W55-59 |  |
| Delores Quinn 55 | 78:07* |
| Fern Dunn 56 | 101:33 |
| W60-64 |  |
| Loretta Shehan 60 | 80:36* |
| *course record |  |
| KANDOHE 10K; HONOLULU, HI; AUGUST 14, 1983 |  |
|  |  |
| 1 st Overall |  |
| Bruce Hall | 32:01 |
| Julia Mangan | 43:20 |
| M40-44 |  |
| Mike Sheedy | 36:57 |
| Hank Cavender | 38:15 |
| Jiro Saegusa | 38:41 |
| M45-49 38.41 |  |
| James Gallup | 34:15 |
| Jack Tuttle | 36:19 |
| Tom Smyth | 38:44 |
| M50-54 38.44 |  |
| Carl Ellsworth | 36:54 |
| Gordon Dugan | 40:25 |
| Robert Hubbard | 41:52 |




NIKE-OTC MARATHON
EUGRNE, ORRSON EUGGENE, ORDSON
SEPTEMER 11,1983

| M35-39 |  |
| :---: | :---: |
| Jerry Tighe 38 | 2:23:34 |
| Earl Showerman 39 | 2:25:15* |
| Larry Almberg 36 | 2:27:53* |
| John Loeschorn 39 | 2:28:30 |
| Daniel Murray 38 | 2:34:30 |
| M40-44 |  |
| David Hayes 41 | 2:26:18* |
| Richard Jones 42 | 2:36:00 |
| Jack Ford 40 | 2:38:38* |
| Bil2. Dunn 41 | 2:39:06 |
| Bobus Smithton 40 | 2:43:37 |
| M45-49 |  |
| Rom Jansen 47 | 2:30:44 |
| Bruce Holtranan 48 | 2:37:49 |
| Philip Hager 46 | 2:42:12* |
| Vance McDonald 46 | 2:44:41* |
| John O'Deary 45 | 2:56:58 |
| M50-54 |  |
| Piet Van Alphen 53 | 2:28:53 |
| William Foulk 50 | 2:41:22 |
| John Hepner 51 | 2:49:49* |
| Patrick Quinn 50 | 2:57:50 |
| Buck Levy 51 | 2:58:17 |
| M55-59 |  |
| Ivor Davies 56 | 2:53:51 |
| Harry Daniell 55 | 2:58:19 |
| Don Lucero 56 | 3:01:13 |
| Robert Blair 58 | 3:29:29* |
| Tom Hartung 56 | 3:34:17 |
| M60 |  |
| Charles Ogilvie 65 | 3:48:43 |
| Brice Hammack 63 | 3:49:15 |
| Gearge Weinzeth 64 | 3:50:25 |
| Loren Kernes 62 | 3:52:36* |
| Don Johnson 64 | 4:08:24 |
| W35-39 |  |
| Dawn Welch 35 | 2:49:11* |
| G. Proudfoot-Shoup373:03:44 |  |
| Maryellen Mencimer 363:11:14 |  |
| Grace Voss 39 | 3:15:41 |
| Sharon Gerl 35 | 3:15:56* |
| W40-44 |  |
| Molly Thayer 40 | 3:08:01 |
| H. Bonnlander 41 | 3:35:10 |
| Enid Bianchini 42 | 3:44:58 |
| Paula Luta 42 | 3:47:48 |
| Hisano Kincaid 43 | 3:54:59 |
| W45-49 |  |
| Christine Curtis 45 | 3:06:48 |
| Sylvia Quinn 46 | 3:08:10 |
| Joyce Ambrose 46 | 3:34:43 |
| Lyn Lagrander 46 | 4:01:59 |
| W50-54 |  |
| Madorna Buder 53 | 3:43:03 |
| Betty Bredbenner 51 W55-59 | 4:31:30 |
| Harriet Wilson 55 | 3:55:01 |


| 4th AMERICAN CANCER SOCIETY/NIKE MASTERS CHAMPIONSHIP |  |
| :---: | :---: |
| 10K; SANIA BARRARA, CALIF. SEPTEMERER 11, 1983 |  |
| 1st Overall |  |
| Mike Lohr | 31:18 |
| Gabrielle Anderson | 35:10 |
| M40-44 |  |
| Dan Conway | 31:27 |
| Sal Vasquez | 31:49 |
| George Keim | 31:55 |
| Michael Heffernan | 32:25 |
| Stephen Lester | 32:49 |
| M45-49 |  |
| Ken Winn | 33:55 |
| Al Huff | 34:29 |
| Jim Knerr | 34:39 |
| John Brennand | 35:01 |
| Curtis Ridling | 37:36 |
| M50-54 |  |
| Ray Hatton | 33:40 |
| Fred Lehr | 38:01 |
| M55-59 |  |
| Ross Smith | 35:37 |
| Jim 0 'Neil | 35:41 |
| Fred Nagelschmidt | 39:12 |
| M60+ |  |
| Clive Davies | 37:57 |
| John Holoubek | 40:35 |
| Ken Morrison | 42:57 |



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 3000 METER RUN
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## Saturday, August 13

$4 \times 100$ RELAY
Women $30 / 39$
Long Island: 65.1
Maddy Harmeling Maddy Harmeling
Kathy Kelly Kathy Kelly
Esther Arginar Esther Arginarty
Christine McKenzie

Men $35 / 39$
1 NYC: 44.9
William Overby Ron Johnson Dennis Dyce

2 NYC "B": 46.0 Ed Small
Robert Jackson Ronald McDonald Alfonzo McDonald

40/49
NYC:
Mel Barnme Mel Barnwell
Rudy Valentine Russ Robinson Charles Chestnut

Central:
Allen Drew

50.4 Allen Drew
Pat McCall Louis Boston

Western: 50.8 Gene Zastawrny Texas Arnold Walker

50/59
Hudson Valley: 54.0 Murphy
Herb Kania
Kernan
Alan Cohen
50/59 (cont.)
2 Central: 54.2
Howard MacMullin
Joel Fleming
Jill Townsend Fred Schlereth

60/69
Central: 70
Russ More Nate Hacker Gordon Kent Ed Buckley

## $4 \times 400$ Relay

Men 30/39
1 NYC: $3: 31.0$ Win ram Overby
Ronald McDoonald Ron Johnson Dennis Dyce
2 Central: $3: 36.7$ Alex Hloderwski
Scott Bennett Jim Lawton Royal Jasper
3 Western: 3:37.7 Rick Guido Ed Pettinella Ron Hardy

4 NYC "B": 3:41.2 Iran Black
Alfonzo Dance
Robert Jackson Ell sworth Robinson

Men 40/49
1 NYC: 3:50.7
Ed Small
Mel Barnuell
Rudy Valenti
Rudy Valent

2 Adirondack: 4:01.7 John Harm Ed Fennel1 Carlos Cupril
Marshall Jones

3 Hudson Valley: 4:04.5 Richard Kaye Bob Fabish Boldan Carmello
Rold
David Smith David Smith

Men $50 / 59$
Hudson Valley: 4:16.5 Herbert Kany
John Murphy John Murphy Archie Mess inger Alan Cohen
2 Adirondack: 4:35.5 Will fam Cooney Ted Grenda Bob Henning
3 Central: 5:17.5 Nate Hacker Toby Johnse
Russ Moore Howard MCMUll an

Women 40/49
1 Hudson Valley: 5:47.1 Jane Grenda Mila Kania Geri owens
$4 \times 800$ RELAY
Men $30 / 39$
1 Adirondack: 8:11.0 Frank Myers Frank Myers
Bill Robinson
Western: 8:25.3 West Contario
Joe Pettinella
Ed Rod Williams Mike Van Auker
Central: 8:36.8 Rick Nastasi
Jasper Royal Kevin Kelly
Jim Lawton
Long Island: 9:16.2-
John Folber John Folber Rene Guzman
John Papalla Herb Kahl

Men 40/49
Central: $9: 23$
Dan Cohen
Dan Cohen
Dave Pearce
Dave McCall
Jerry Smith
Adirondack: 9:23.8
Carlos Cuprill
Carlos Cuprill
Ed Fennell
Ed Fennell
John Harm
Doug Allen
3 Western: $9: 53.5$
Floyd Williams
Floyd Willi
Dick Winthrow
Chuck Lachinsa
$4 \times 800$ RELAY (cont.)
1 Central: 9:51.0
Howard Rubin
Jim McDade
Manny DiF10
Fritz Schlereth
2 Hudson Valley: 10:07.0 Art Ahr
Kernan
Kernan
Archie Messinger
Alan Cohen
3 Adirondack: 10:42.0 $B i 11$ Coone
Bob Warner Bob Warner
Bob Henning Bill Brobston

## 60/69 Men

1. Central: 12:21.9

John Rastani
Ed Buakley
Nate White
Charlife Hackenheimer

page 32 National Masters News November, 1983

| HICH Jutp |  |  | $\begin{aligned} & 100 \text { meter women } \\ & 6 \end{aligned}$ |  | DKGOBERTO GONZALES $43^{\prime}$ | $\begin{aligned} & \text { 8no meters } \\ & y_{1}^{3} 30 \end{aligned}$ |  |
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| com |  |  |  |  |  | ROB JACKSON SCOTT THORNSLEY | 2,00.0 |
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| cermp | $\stackrel{4-8}{4-6}$ |  |  | $\underbrace{}_{\substack{\text { Mat } \\ \text { Rospr cle } \\ 1 \sim 50}}$ | ${ }_{\substack{4 \\ \text { MruT } \\ \text { wilu }}}$ | ctipr pruling |  |
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|  | ${ }_{\substack{\text { 33-6 } \\ 33-8}}^{\text {3 }}$ |  | Rom |  |  |  |  |
|  |  |  | ${ }_{\text {MIKE VALLE }} \quad 63.5$ | soon meter |  | ARChtr messemger |  |
| M35 SOHN hrtrfiew ED JONESRTCHRR WOO POB EVEROSKI |  |  |  | 24, ${ }_{\text {and }}$ |  |  |  |
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|  |  |  |  |  | HRL |  |  |
| EMEMS | ${ }_{\text {27-6\% }}^{27}$ | H.L. Coner |  |  |  | $\frac{5}{4} \frac{1}{455}$ |  |
|  |  | ThL | NLS |  |  |  |  |
| mab sumpis |  | ¢¢ |  |  | Mrar charo |  | :23,8 |
|  |  |  | (exne keily | GEORC: |  | GERO |  |
|  |  |  | tce |  |  |  |  |
| $\frac{M 70}{\text { RRED WHITE }}$ pole vault |  |  | 65.5 |  | том Mcodramort 136.34, | ${ }_{\text {des }}{ }^{\text {des mincer }}$ |  |
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SOME RUNNERS MF末D A LITTLE EXTRA PROTECTION.


In the end, it is a question of anatomy. Not ability. Only when you come to terms with the structure of your own body and how it reacts under stress-can you hope to live up to your potential. The Odyssey is an Air shoe. It comes in models for both men and women who, if they want to avoid a world of hurt, had better control that inward roll that occurs on footstrike.

One thing is certain. If anatomy is destiny, you never had so much to look forward to.



[^0]:    POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena CA 91107.

[^1]:    Gabrielle Anderson, 38, Sun Valley, ID, 4th female at America's Finest City Half-marathon,

