

National Masters Newsletter

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Facilities and meet directors outstanding for 7th annual Eastern Masters AAU Indoor Championships

The only question about the 7th annual Eastern Regional Masters Track and Field Championships was whether the facilities at the Manley Field House of Syracuse University were superior to the meet directors, Ed Stabler and Dick Fisher.

The worst thing that could be said about the meet is that you hated to leave—particularly with minus-18-degree temperature outside. Applause must go to everyone connected with the meet—the Syracuse Chargers, Occidental Life of North Carolina and Syracuse University.

Short spikes were permitted for the Feb. 10 meet and the artificial surface track is one of the best indoor facilities in the country. This, plus the fact that it was the best administered meet in a long time, resulted in 30 meet records and quality performances throughout. Only 11 athletes were able to defend their championships.

Rudy Valentine retained his titles in Div. 2B in the 50, 300 and 600, and set meet records in all three events (6.0, 35.1 and 1:22.7). To top this off, Rudy then ran on the record breaking New York Pioneer One-Mile Relay team (3:38.6) in which he turned in a leg of about 55 seconds. Rudy has been told that a 55-year-old has no business running such times but he just doesn't listen. A review of Rudy's career as a Master shows that he has slowed down less than three seconds in the 440 over the past seven years! With Rudy the big news will be when he doesn't win a race.

The "new kid on the block," Oscar Moore of the Pioneers, "only" ran 4:28.2 for the mile. Oscar passed the half in 2:10 breathing as hard as a sleepwalker. However, with three laps to go on the 200-meter track, Oscar felt a cramp in his calfs and slowed down to 2:18 for the second half. Oscar plans to

compete in all of the major Masters meets. It's worth the cost of going to the meet just to watch him run.

Ed Small of the Pioneers set two meet records in edging out teammate Mason O'Neal in the 1A 300 (34.1) and 600 (1:18.4).

In 1B, Bill Clark of the Philadelphia Masters and Rudy Enders of Potomac Valley between them won six events. Hal Snyder, who won the mile a few years back, outkicked Ed Stabler to win the mile in 4:44.8. Ed was outkicked again by Don Farley, Finger Lakes, T.C., in the two mile (10:12.2). Ed's times of 4:50.5 and 10:16.8 would have won most any other of the championship meets. Let's pray that this won't discourage Ed from being a meet director in the future.

George Braceland, Claude Hills, Sam Monastero, Max Pickl and Ray Edwards just about won every Division 3 event for the

Philadelphia Masters. Philadelphia scored more points than all of the other teams combined for the 60-plus group.

The Syracuse Chargers won Division 1 by 35 points over the New York Masters, the newest Masters club in the region, who reversed things in Division 2 by besting the Chargers by 4 points.

Thanks to the cooperation of Syracuse University and Occidental Life of North Carolina (the National Masters T & F sponsor) entry fees were kept at the \$3 level; top-flight officiating was provided and a free post-meet open house was provided.

Special thanks must go to Irv Black, who organized the shot put and weight throw at College, Conn. The "whales" set seven meet records, led by Bob Backus's 59 feet in the weight throw. Bob threw farther than any other competitor of any age in the meet.

7th ANNUAL EASTERN MASTERS AAU INDOOR CHAMPIONSHIPS, FEB. 10, 1979, MANLEY FIELDHOUSE, SYRACUSE, N.Y. (*=meet record: SA=30-34; SB=35-39; IA=40-44; IB=45-49; 2A=50-54; 2B=55-59; 3A=60-64; 3B=65-69)

<u>50 yd. dash</u>		2B	2A	1A
SA		* Rudy Valentine NYPC 6.0	Jim Ryan NYM 8.4	Ed Small NYPC 34.1 *
Arthur Wright PM 5.6		Don Harris PM 6.6	2B	Mason O'Neal NYPC 34.6
Arnold Minkoff JAG 5.7		Jim Manno NJ 6.6	Ed Lukins SYC 8.6	Arthur Gatton NYPC 35.9
Ton Van Auker GRTC 5.8		T. Ille NJ 6.7	3A	Richard Barnes NYPC 36.1
Jasper Royal SYC 5.9		Egon Kafka PV 7.4	* Max Pickl PM 8.3	Haig Bohigian NYM 36.2
Richard Quivey GRTC 6.1		3A		1B
SB		* Max Pickl PM 6.6		Rudy Enders PV 37.7
Robert Stanford UN 5.8		Sparks Sorlien RI 6.7	<u>50 yd. Hurdles</u>	Wm. Clark PM 38.4
Ed King GS 6.0		3B	3B	Tom Talbott NYM 41.5
Ernie Gil NYPC 6.0		* Ray Edwards PM 7.0	George Braceland PM 8.2 *	Bruce Laidlaw SYC 42.8
Kevin Kaderli SYC 6.3		George Braceland PM 7.0	Claude Hills PM 9.0	Wally Mcrae SYC 43.1
Alfred Taule NYM 6.3		Claude Hills PM 7.3		2A
1A		<u>50 yd. Hurdles</u>	<u>300 yd. dash</u>	Phil Kelly SYC 50.4
* Roosevelt Weaver NJ 5.6		SA	SA	John Fegley SYC 52.0
Richard Deere NYM 5.8		James Ackroyd BAA 6.8	Arthur Wright PM 33.6	2B
Richard Barnes NYPC 6.0		John Vogler GS 7.2	Tom VanAuker GRTC 34.0	Rudy Valentine NYPC 35.1 *
Arhutr Gatton NYPC 6.0		SB	Arnold Minkoff JAG 35.0	Don Harris PM 40.4
B. Bridgeman GRTC 6.3		B. Westfield AA 7.0	Jasper Royal SYC 35.0	Jim Manno NJ 40.4
1B		1A	Richard Guido GRTC 37.1	Egon Kafka PV 45.9
R. Enders PV 6.0		Gerry Lanier SYC 8.3	SB	
Wm. Clark PM 6.3		1B	R. Stanford UN 34.6	<u>600 yd. run</u>
George John AL 6.5		* Wm. Clark PM 7.4	B. Westfield AA 34.8	SA
Tom Talbott NYM 7.0		R. Enders PV 7.5	James Demma PV 35.9	Tom Vanauker GRTC 1.17.2
2A		Len Olson GM 8.3	Ed King GS 36.0	Bob Maxwell UN 1.18.1
* James Ryan NYM 6.1			Kevin Kaderli SYC 36.6	Arthur Wright PM 1.19.5
John Ulam WP 6.3				

continued

continued

Richard Guido	GRTC	1.22.5
Bob Congdon	FL	1.26.0
SB		
James Demma	PV	1.18.4
Ed King	GS	1.25.1
Alfred Taule	NYM	1.32.5
1A		
Edward Small	NYPC	1.18.4
Mason O'Neal	NYPC	1.19.7
Cliff Pauling	NYM	1.23.7
Haig Bohigian	NYM	1.24.8
Tom Fondy	SYC	1.25.0

1B

Rudy Enders	PV	1.24.5
Tom Talbott	NYM	1.31.4
Bruce Laidlaw	SYC	1.33.9
Wally McRae	SYC	1.34.0
Bill O'Brien	SYC	1.35.6
2A		
Kelsey Brown	JS	1.32.0
John Fegley	SYC	2.02.3
2B		
Rudy Valentine	NYPC	1.22.7
Jim Manno	NJ	1.42.1
3B		
George Braceland	PM	1.48.3
Sam Monastero	PM	1.48.4

1,000 yd. run

SA		
G. Jenkins	UN	2.23.3
Dale Ladd	GRTC	2.24.0
Bob Maxwell	UN	2.30.9

Kelly

FL	2.31.4	
Dukes	FL	2.31.5
Delon Gibson	NJ	2.34.7
James Verdier	PV	2.35.0

1A

B. Fredrikson	SYC	2.33.1
Bob Milner	SYC	2.33.7
Herman Willis	PP	2.35.1
Cliff Pauling	NYM	2.40.3
M. Gratzner	SYC	2.41.0

1B

Bob Fine	NYM	2.40.2
Bob Brack	SYC	2.45.0
Roger Hahn	SYC	2.45.3
Tony Diamond	PV	2.49.2
Tom Dyckman	FL	3.05.3

2A

Danforth Geer	CTC	3.05.8
3A		
Robert Mulligan	UN	3.38.4

3B

Sam Monastero	PM	3.24.5 *
4A		
Paul Fairbank	PV	3.16.3 *

1 Mile Run

SA		
G. Benedict	GRTC	4.39.1
* G. Jenkins	UN	4.41.4
SB		

Dave Winn	GRTC	4.34.3
Richard Dukes	FL	4.40.1
Jerry Smith	STC	4.47.0

1A

Oscar Moore	NYPC	4.28.2
B. Fredrikson	SYC	4.45.6
Charles Kennedy	NYM	4.47.4
Herman Willis	PP	4.50.0
Steve Six	PV	4.50.3

1B

Hal Snyder	UN	4.44.8
Ed Stabler	SYC	4.50.5

Bob Fine	NYM	4.57.6
C. Collins	FL	5.00.0
Tony Diamond	PV	5.14.8
2A		
Howard Rubin	UTP	4.55.8
Kelsey Brown	JS	4.59.2
Dick Packard	BAA	5.11.8
Don Carter	UN	5.16.6
Tom Walnut	SYC	5.21.0

2B		
Danforth Geer	CTC	5.48.6
Nate White	SYC	6.40.0
3A		
Don Johnson	SHR	5.58.9
E. Osborne	GRTC	6.11.8
Arnie Briggs	SYC	6.49.3
3B		
Sam Monastero	PM	6.38.0 *

2 mile run

SA		
D. Frechette	GRTC	9.38.1
G. Benedict	GRTC	10.04.3
Alan Ladd	GRTC	10.25.3
Tom Homeyer	STC	10.31.1
Larry Naukam	GRTC	10.48.0
SB		

G. Glyde	UN	10.00.6
Jerry Smith	STC	10.08.8
T.J. Pempel	FL	10.44.1
D. Goldsmith	SYC	10.20.0
Steve Murphy	SYC	11.25.7

1A		
Steve Six	PV	10.33.8
Jack Tuttle	PV	10.34.0

B. Fredrikson	SYC	10.45.0
Lou Crisafulli	SYC	10.48.9
Tom Blake	STC	11.41.3

1B		
Don Farley	FL	10.12.2
Ed Stabler	SYC	10.16.8

Hal Snyder	UN	10.25.5
Tony Diamond	PV	11.11.9

Manfred DiFlo	STC	11.27.9
2A		

Howard Rubin	UTP	10.59.4
Dick Packard	BAA	11.01.5

Ed Krawitz	POC	11.41.1
Tom Walnut	SYC	11.42.6

W. S. Pow	GRTC	12.29.6
2B		

Danforth Geer	CTC	12.40.6
Nate White	SYC	13.12.0

3A		
E. Osborne	GRTC	13.34.8

Arnie Briggs	SYC	15.03.9
4A		

Paul Fairbanks	PV	13.18.5 *
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2 Mile Walk

SB		
Dan Stanek	NIA	15.15.3

1A		
Phil Rice	SYC	20.24.0

Fred Lyman	SYC	20.24.5
1B		

Hal Corrallo	PV	15.23.5
Howie Jacobson	ES	15.51.2

2A		
Bob Mimm	SHR	17.07.0

2B		
Tim Dyas	NJ	19.06.1

Egon Kafka	PV	20.47.0
3A		

Don Johnson	SHR	17.12.0
3B		

George Braceland	PM	17.13.3 *
Claude Hills	PM	23.09.0

Long Jump

SA		
Richard Quivey	GRTC	19-8.5
James Ackroyd	BAA	19-4.5
John Vogler	GS	18-2.5
Curtis Kinsman	ALL	18-1.0
SB		
Ed King	GS	17-8.0
Alfred Taule	NYM	17.1.5
Deleon Gibson	NJ	16-6.5

1A		
Richard Deere	NYM	19-5.5
Gerry Lanier	SYC	18-1.0
Haig Bohigian	NYM	18-0.5
L. Judd	NYM	17-6.0
1B		
R. Enders	PV	19-1.0 *
Wm. Clark	PM	18-3.0
George John	ALL	16-7.0
Len Olson	GM	15.4.5
Bob Brock	SYC	13.4.0

2A		
James Ryan	NYM	16-10.5
Harold Colen	NYM	15-7.5

2B		
Ed Lukins	SYC	17-2.5 *
T. Ille	NJ	14-11.5

Don Harris	PM	14.6.0
3A		

Max Pickl	PM	16-4.0 *
Sparks Sorlien	URI	15-0.5

3B		
Claude Hills	PM	13-11.0 *
George Braceland	PM	13-4.5

John Bruce	NYAC	12-9.5
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High Jump		
SA		

Richard Quivey	GRTC	5-8
James Ackroyd	BAA	5-4
John Vogler	GS	5-4

1A		
L. Judd	NYM	5-4

M. Gratzner	SYC	4-4
Gerry Lanier	SYC	4-4

1B		
Wm. Clark	PM	4-8

Len Olson	GM	4-6
George John	ALL	4-6

2A		
Sam Fordyce	PV	4-4

Harold Colen	NYM	4-4
2B		

Ed Lukins	SYC	4-4
Ty Ille	NJ	4-4

3A		
Max Pickl	PM	4-4

3B		
George Braceland	PM	4-0

Claude Hills	PM	3-10
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Pole Vault

SA		
Ron Cooke	BOC	13-6

1A		
H. Davenport	BOC	12-0
F. Illuzzi	GRTC	10-0
1B		
Wally McRae	SYC	9-0
2A		
Harold Colen	NYM	6-0
3B		
George Braceland	PM	8-6 *
Claude Hills	PM	7-0

Weight Throw

SA 351b.		
James Ackroyd	BAA	34-5.5
John Vogler	GS	31-11
SB 351b.		
Richard Kurnik	NB	34-1

1A		
Tom Jackson	GS	31-9.5

1B		
Irving Black	CCAA	44-2

Len Olson	GM	42-5.5
Paul Meyer	UN	36-10.25

Ray Carstenson	NYM	35-11.25
2A 35 lb.		

Bob Backus	NYAC	59-0 *
Awin Phillip	NYM	39-10.5

Herb Canter	NYM	31-8.5
2B 351b.		

Dave Batchelor	UN	30-10
Geg Battick	UN	28-1

3A 25 lb.		
Bill Gilligan	EA	39-3.5 *

Paul Sereghy	NYM	38-6.25
3B 251b.		

Bob Setmiller	PM	29-11 *
John Bruce	NYAC	29-3.5

Joe McCluskey	NYAC	28-4.5
Phil Partridge	NYM	22-11 (25#)

Shot Put

NOTE: Due to a schuling error the shot put was held both at Syracuse & at Conn. These are the combined results		
SA 16 lb.		

Paul Sdler	GRTC	44-4.5
John Vogler	GS	40-2

James Ackroyd	BAA	39-8
Bill Dunn	CH	39.7

Lawrence Royce	GS	26-6
SB 16 lb.		

Richard Kurnik	NB	47-4
1A 161b.		

Edward Smith	UN	34-10
Tom Jackson	GS	34-5.5

Haig Bohigian	NYM	28-8.5
B. Fredrikson	SYC	20-6

1B 16 lb.		
Len Olson	GM	40-10

Ray Carstenson	NYM	35-7
Paul Meyer	UN	32-3.5

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Summer, 1979—9th Issue

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continued

1979 Masters Sports Association outdoor development meet schedule

2A			
Herb Canter	NYM	41-7.5	*
John Ulam	WP	36-6.5	
Sam Fordyce	PV	36-0.5	
Awin Phillips	NYM	29-8	

2B			
Greg Battuck	UN	34-11.5	
Dave Batchelor	UN	35-5.5	
Egon Kafka	PV	26-9	

3A 8 lb.			
Bill Gilligan	EA	44-11	*
Paul Sereghy	NYM	39-10	

3B 8 lb.			
Bob Setmiller	PM	35-11	*
George Braceland	PM	35-1	
Phil Partridge	NYM	32-9	
John Bruce	NYAC	31-1	
Joe McCluskey	NYAC		

4A 8 lb.			
Ray Connolly	UN	33-5	*

1 mile relay

N.Y. Pioneer Club	3:38.6	*
Gaton-Small-O'Neal-Valentine		
Greater Rochester T.C.	4:10.9	
Syracuse Chargers A	4:11.9	
Syracuse Chargers B	4:46.3	

2 Mile relay

New York Masters	9:10.2	
Bohigian-Pauling-Fine-Kennedy		
Syracuse Chargers A	9:20.0	
Finger Lakes	9:40.1	
Syracuse Chargers B	10:03.3	

Women

50 yd. dash

SA Anna Mapps	PM	6.7
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300 yd. dash

SA Anna Mapps	PM	45.2
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600 yd. run

SA Anna Mapps	PM	1.48.7
SB Chris Hubbard	STC	1.47.5

1 mile run

SA Nancy Murphy	SYC	6.15.3
1A Pat Bessel	GI	5.36.5
Nancy Galizia	SYC	6.21.7

2A Marcia Spaeth	FL	6.23.2
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2 mile run

SA Nancy Murphy	SYC	13.33.3
SB Chris Hubbard	STC	13.44.1
1A Pat Bessel	GI	12.37.0
Nancy Galizia	SYC	13.34.9
G. Armeson	STC	14.30.6
Beverly Miller	STC	15.13.9
1B Karen Twichell	STC	19.24.6
2A Marcia Spaeth	FL	13.53.8
Clare Bagiakis	STC	19.07.7

2 mile walk

SB Ruth Frawley	NIA	17.43.9
1A Mary Smith	PV	19.54.0

Long Jump

SA Anna Mapps	PM	15-4.5
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TEAM SCORES

DIVISION 1 (40-49)

Syracuse Chargers	95
New York Masters	61
Potomac Valley	49

DIVISION 2 (50-59)

New York Masters	36
Syracuse Chargers	32
North Jersey Masters	21

DIVISION 3 (60+)

Philadelphia Masters	84
Potomac Valley	15
Shore Athletic Club	10

The following is the 1979 Masters Sports Association's outdoor development meet schedule.

* Meets will be held every other Wednesday night starting April 25 and continuing to Aug. 15.

* These meets are open to members of the MSA for men and women over 30. All races are post entry with a \$1 entry fee. All races start at 6 p.m. with the sprints getting started first. All meets will be held at Randall's Island, New York City.

There are locker facilities. * Short spikes are permitted on the artificial surface. We try to be through with the races by 7 p.m. All races on Wednesday nights. Severe rainstorm will cancel meet.

PRIZES: In the scratch races there will be three medals. In all other types of races there will be three trophies and two medals.

TYPES OF EVENTS
S—Scratch. Ten-year groups for men and women: 30-39, 40-49, 50-59, 60-plus.

P—Predict your time. Prior to each race each competitor will advise the meet director as to the estimated time. Prizes awarded based on accuracy of the prediction. No lap times or watches permitted. Age and sex will not be a factor.

H—Handicap. At check-in the competitor will advise the meet director as to estimated time. Age and sex will not be a factor.

A—Age grading. Points will be awarded based on age and performance using Ken Young's computer schedules. Women will have 22 years added to their age for computation purposes since there are no tables for women. Men and women's scores will be computed together for the purpose of awarding prizes.

Dual meet with open women. No entry fees for women and men

TEAM CODE

AA =Ann Arbor	NB =New Britain T.C.
ALL =Alden Lions	PV =Potomac Valley Senior T.C.
EA =Eagle Track Club	SYC =Syracuse Chargers
FL =Finger Lakes T.C.	STC =Syracuse Track Club
GS =Garden State	PP =Prospect Park T.C.
GRIC=Greater Rochester T.C.	CTC =Capitol T.C.
GM =Green Mountain A.C.	UTP =Utica Track Pacers
CCAA=Central Conn. A.A.	POC =Pocono T.C.
BAA =Boston Athletic Assoc.	ES =East Side T.C.
BOC =Baltimore Olympic Club	SHR =Shore Athletic Club
NYAC=New York Athletic Club	URI =University of Rhode Island T.C.
NYM =New York Masters Sports Club	JAG =Jaguar T.C.
NYPC=New York Pioneer Club	CH =Charlottesville T.C.
NJ =North Jersey Masters	GI =Grand Isle T.C.
JS =Jersey Senior T.C.	

over 40. All competitors will receive a participation award. Sub-masters will have scratch races the day of the meet.

April 25—100-S; 880-S; discus-S; Shot-S.

May 9—220-P; 3/4-P; high jump-A; triple jump-S

May 23—Dual meet with open women (100-220-440-880-mile-880 relay-mile relay) sub-masters (men) 440-S; 1 mile-S

June 6—100 meters-A; 2 mile-P; long jump

June 20—150-P; 880-A; 3 mile-A; shot-S; discus-S

July 4—No meet

July 18—100-S; 1 mile-H; Hammer-S; Weight throw-S

Aug. 1—220-S; 3/4-S; 3 mile-S; shot-S; discus-S

Aug. 15—440-H; 2 mile-H; High jump-A; Long Jump-A

Note: Additional events can be

added if there is sufficient demand at the day of the meet. At least five competitors in such events would be required.

Note: In the scratch events if there are more than five competitors in each five-year age group in each decade then prizes will be given for each five-year grouping. For example, if there are five men between 30-34 and five men between 35-39, then prizes will be given to each five-year group. If there are four men 30-34 and six men 35-39, prizes will be given on a ten-year basis.

It is emphasized that these are "low-keyed" development meets. All competitors are requested to bring stopwatches and to assist in officiating in events in which they are not competing. The field event competitors will serve as their own officials.

A schedule of Masters Weight Pentathlons for the East Coast

Phil Partridge sent the following schedule of 1979 Masters Weight Pentathlons for the East Coast.

"This is by far the best program of Masters throwing events ever put together anywhere," Phil reported.

The schedule for the seven events, which include discus, shot, javelin, hammer and weight throw:

The Big Apple Weight Pentathlon, Randalls Island, New York City, Sunday, April 22, starting at 10 a.m. Entry fee \$6. Entries to Phil Partridge, 77 Columbia St., Apt. 17B, New York, N.Y. 10002.

Southeastern U.S. Championships, North Carolina State University, Raleigh, N.C., May 4, starting at 2 p.m. Entries to John L. Duncan, Raleigh Parks &

Recreation Dept., P.O. Box 590, Raleigh, N.C. 27602. Hammer Pent. 8# 12# 16 35# 56# May 5, 6 Dir. Nolan Fowler.

Dutch Masters Championships by Reading Athletic Track Club, Sunday, June 4, Muhlenberg High School, Laureldale, Pa. Entries to Harold A. Jackson, 620 Beach St., Reading, Pa. 19605.

1979 National Masters AAU Weight Pentathlon Championship at University of Vermont Sunday, June 17, starting at 10 a.m. Meet Director Coach Ed Kusiak, c/o University of Vermont, Room 213, Patrick Gym, Burlington, Vt., 05405.

North American Weight Pentathlon Championship Sunday, July 15, 10 a.m., West Point Military Academy, West Point, N.Y. Entry fee \$6. Entries to Phil Partridge, same address as above.

September Weight Pentathlon Championships, Boston College, Sunday, Sept. 15, 10 a.m. Entries to Coach Bill Gilligan, Boston College Athletic Assn., Chestnut Hill, Mass. 02167.

Holiday Weight Pentathlon, University of Florida, Saturday, Dec. 29, 10 a.m. Entry fee \$6. Meet Director Coach Roy T. Benson, University Athletic Association, Inc., P.O. Box 14485, Gainesville, Fla. 32604.

8th Annual Metropolitan AAU Masters Track & Field Championships & First Annual Metropolitan AAU Sub-Masters Track & Field Championships—AAU Sanctioned

AT RANDALL'S ISLAND,
NEW YORK CITY

PRIZES: 3 AAU Championships medals in each event.

TEAM PRIZE: Team trophy for Masters (40+) on 5-3-1 basis with all divisions added together.

ELIGIBILITY: Open to men and women over 30 registered in the Metropolitan AAU. If not regis-

tered obtain registration form from the Met. AAU, 15 Park Row, NYC 10038.

WOMEN: Women will have the same events and prizes as men.
FACILITIES: Dressing facilities available. Spikes may not be allowed—bring flats also.

EVENTS & THEIR ORDER:

6 mile run	10:00	high hurdles	11:00	440 yd. run	12:30	880 yd. run	2:00
long jump	10:00	100 yd. dash	11:30	pole vault	1:00	triple jump	2:00
javelin	10:00	one mile run	12:00	shot put	1:00	3 mile run	2:30
weight throw	10:00	hammer	12:00	2 mile walk	1:00		
discus	11:00	high jump	12:00	220 yd. dash	1:30		

AGE GROUPS: Ten-year age groupings for men and women from age 30 to 79. If there are 5 competitors in each 5-yr. group within the 10-yr. division, then 3 medals will be given for that 5-yr. group, with scoring in that event by 5-yr. grouping. Example: if there are 5 competitors age 40-44 and another 5 age 45-49 in the 100-yd. dash, then 3 prizes will be given in both groups. If there are 6 competitors age 40-44 and 4 age 45-49 in the 100-yd. dash, then only 3 prizes will be given for ages 40-49. Separate groupings will not be held.

I hereby waive any claim I or my heirs may have against the Met. A.A.U., Masters Sports Assoc., or the City of New York for any injuries sustained as a result of participation in the Eighth Annual Met. A.A.U. Masters Track & Field Meet.

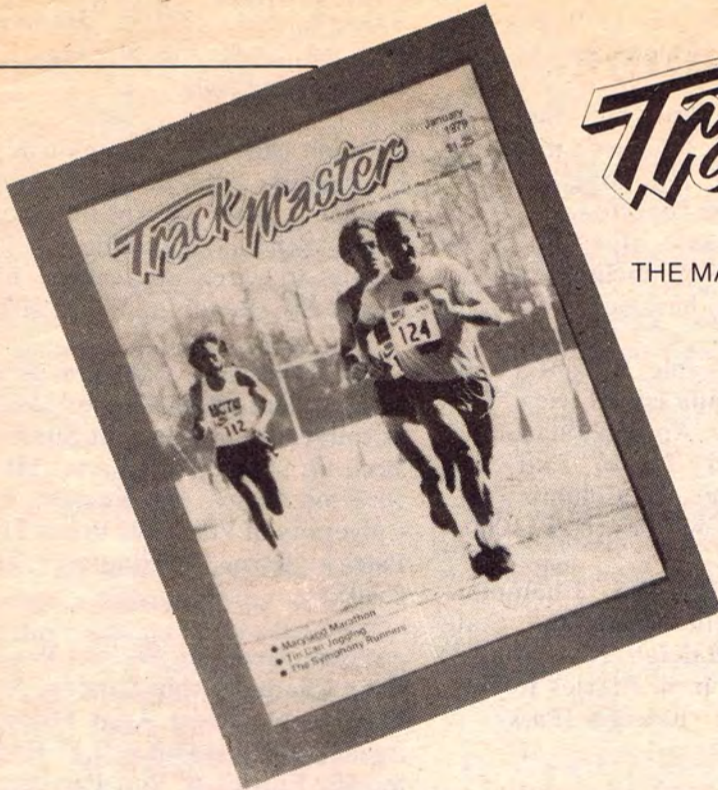
SIGNATURE _____ CLUB _____

NAME(Print) _____ ADDRESS _____

ZIP _____ PHONE # _____ AAU# _____ SEX: MALE _____ FEMALE _____

EVENT(S) _____

Make check payable to MASTERS SPORTS ASSOC. and send to ROBERT FINE, 77 Prospect Place, Brooklyn, N.Y. 11217



TrackMaster

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ADDRESS _____

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National AAU Postal Relay Championships for Masters

The National AAU Postal Relay Championships for Masters will be sponsored by the Occidental Life Insurance Company of North Carolina, Financial Fitness Inc., and the AAU National Masters Track & Field Committee.

The following relays will be held in two age divisions: Division 1 (40-49) and Division 2 (50-plus): 440, 880, 1 mile, 2 mile, 4 mile, sprint medley (440-220-220-880); distance medley (3/4 mile, 440, 880, 1 mile). All distances will be

in yards.

There will also be an age group medley at 4 x 440 with a leadoff of a 40-49-year-old; 2nd leg, 50-59-year-old; 3rd leg 40-49-year-old; anchor leg 60-plus.

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

1. All times must be run from

April 15 to Sept. 15.

2. An individual can run in more than one relay but not more than once in any one relay event. (Example: a competitor can run the 440 in the mile relay, sprint medley, distance medley and the age-medley, but can not run in more than one mile relay, sprint medley, etc.)

3. An athlete can go down in age but not up in age. A Division 2 athlete can compete in a Division 1 relay but a Division 1 athlete can not compete in a division 2 event.

4. For the 440 and 880-yard relays, if 400 meters and 800 meters are run instead, an adjustment in the time will be made.

5. A separate entry form must be used for each relay.

No entry fees—thanks to the sponsorship of Occidental Life-Financial Fitness.

Prizes: Official AAU National Championship medals will be given to the first three teams in each relay, plus AAU National Championship Masters Team patches to the winning team.

Procedure to enter: John MacLachlan will coordinate these postal championships. All entries must be received by Oct. 1. The prizes will be mailed to the team director. All team members must be registered in the A.A.U.

RELAY EVENT _____ TEAM NAME _____

TEAM MEMBERS:

NAME: _____ ADDRESS _____

1st leg AGE _____ AAU # _____

NAME: _____ ADDRESS _____

2nd leg AGE: _____ AAU # _____

NAME: _____ ADDRESS _____

3rd leg AGE: _____ AAU # _____

NAME: _____ ADDRESS _____

4th leg AGE: _____ AAU # _____

TIME: _____ TIME OF EACH LEG(OPTIONAL) _____

MAILING ADDRESS FOR PRIZE: NAME _____ ADDRESS _____

We certify that the above is a true time.

TEAM DIRECTOR _____ CHIEF TIMER _____ ADDRESS _____

Mail entry form to JOHN MacLACHLAN, HORSESHOE BAY, BOX 7770, MARBLE FALLS, TEXAS 78654

Masters Sports Association's 8th Annual Track & Field Championships

SUNDAY, MAY 27, 1979. RANDALL'S ISLAND, NEW YORK CITY

(Bus from 125th St. in Manhattan or by car to Tri-borough Bridge)

ELIGIBILITY: Open to any man or woman over 30 who is a member of the Masters Sports Assoc. or an affiliated club of the American Masters Athletic Assoc. The following is a *partial* listing of affiliated clubs: Boston AA, Capitol TC, Garden State, Jersey Senior TC, North Jersey Masters, NY Pioneer Club, NY Athletic Club, Nittany

Valley, Phila. Masters, Potomac Valley, Syracuse Chargers, West Penn, NY Road Runners, NY Masters. IF YOU ARE NOT A MEMBER OF AN AFFILIATED CLUB YOU MUST JOIN ANY OF THEM OR THE MASTERS SPORTS ASSOC. If not sure whether your club is affiliated phone 212-789-6622 between 7:30 and 9:30 p.m. New York time.

ENTRY FEE: \$3.00 per event. \$10.00 per relay with fee going to AAU Postal Relay Championship.

Spikes may not be allowed—bring flats also

PRIZES: 3 trophies per event; medals for the relays.

EVENTS AND THEIR ORDER: Seeded sections and combined age

groups may be used at the discretion of the meet director.

6 mile run	10:00	100 yd. trials	11:30	2 mile walk	1:00	sprint medley	3:15
long jump	10:00	100 yd. finals	11:45	pole vault	1:00	440-220-220-880	
javelin	10:00	1 mile run	12:00	shot put	1:00	Distance medley	3:30
weight throw	10:00	440 yd. dash	12:30	220 yd. dash	1:30	3/4-440-880-1 mile	
high hurdles	11:00	high jump	12:00	880 yd. run	2:00	(Relays only for 40+	
discus	11:00	hammer throw	12:00	3 mile run	2:30	registered in A.A.U.)	

POST ENTRIES: Post entries will be accepted but are strongly discouraged as they unnecessarily prolong the meet, upset seedings and cause needless additional work. There will be a \$3.00 charge per event for post entries. Entries postmarked after May 22 will be considered post entries. Please cooperate. We would prefer to have you properly pre-enter than collect the \$3.00 per event post entry penalty.

AGE GROUPING: Men—five-year groupings from age 30 to 75+; women—10-year grouping from age 30 to 79

FACILITIES: Locker facilities are available. Bring your own lock. Showers are available. Bring your own soap. Toilet facilities are available. Bring your own toilet paper. (This is a New York City facility—be happy that it is available). This is a brand new surface. It should be good as it took over a year to put in the track.

PLEASE PRINT

NAME _____ ADDRESS _____

ZIP _____ PHONE # _____ AGE _____ SEX: MALE _____ FEMALE _____

List event(s), with predicted time for seeding purposes in the running events.

EVENT _____ TIME _____ EVENT _____ TIME _____ EVENT _____ TIME _____

EVENT _____ TIME _____ EVENT _____ TIME _____ EVENT _____ TIME _____

\$3.00 per event.

If not a member of the Masters Sports dues are \$6.00 per year.

CLUB AFFILIATION: _____

SIGNATURE _____

I hereby waive any claim I or my heirs may have against the Masters Sports Assoc., the AAU and the City of New York, for any claims or injuries sustained by me in participating in the Eighth Annual Masters Sports Association's Championships. Make checks payable to: Masters Sports Association and mail to Gloria Fine, 77 Prospect Place, Brooklyn, N.Y. 11217.

A reminder from Masters Sports Association that renewals are due

The following are names of the 1978 members of the Masters Sports Association who have not renewed for 1979.

We publish this list not to embarrass anyone but because this is the fastest and least expensive way of contacting a large number of people. If you have paid your dues, please accept our apologies and advise John Popowich when you paid.

If you owe your 1979 dues, please remit same at once or we will have no choice but to remove you from the mailing list.

If it were not for MSA there would have been no Indoor or Outdoor 1978 Eastern Championships. We continue to sponsor more events for Masters than any other Masters group.

For our \$6 dues you'll receive

the Newsletter (retailing for \$3) and the Track and Field News Age-Record Book (now retailing for \$2). We continue to be the largest Masters club in the world. Please renew now.

Stan Adams	R. Barnes Sr.
L. Aiello	T. Basick
A. Alderson	C. Beaudry
Wm. Allen	David Bell
Wm. Andberg	Wm. Benick
A. Ashurst	M. Bennett
B. Audelensky	H. Berberian
R. August	J. Bessel
R. Austin	F. Best
J. Aweshansly	J. Bixler
W. Axness	L. Blake
E. Baker	R. Boal
J. Bals	K. Boas
A. Bangs	D. Bodine
C. Barg	Wm. Boggs
H. Barkmeyer	J. Bomer

J. Booras	G. Carr
A. Boyce	P. Carstensen
D. Boyle	J. Casey
G. Braceland	H. Chapson
Wm. Brackney	S. Chenette
B. Bradley	V. Chaipetta
J. Bradley	S. Chodnicki
R. Bredenback	C. Christian
L. Brenner	N. Cirulnick
Al. Briede	R. Clarence
C. Brockman	V. Coiro Jr.
F. Brooks	H. Colen
T. Brooks	R. Condon
D. Brown	R. Connelly
C.F. Brown	T. Connelly
Matt Brown	D. Conte
S. Buchanan	F. Cooley Jr.
R. Buckes	A. Cook Jr.
A. Buss	Wm. Cooney
M.D. Burger	B. Cooper
F. Burke	M. Coren
J. Burns	J. Cordero
K. Burres	L. Courkamp
R. Burt	A. Crichton
J. Burton	Wm. Cunnmingham
R. Butt	E. Cunnion
T. Butterfield	N. Cyrus
J. Calbro	A. Dadagian
A. Campbell	R. Damato
Kay Campbell	Wm. Daniel Jr.
H. Cantor	R. Davan

S. Daniels	F. Lamont
B. Deacon	P. Fetter
M. D'Elia	R. Fillotiaz
R. Deland	J. Fillis
R. Deluca	R. Finch
R. Demarco	E. Finkelstein
J. Demma	R. Fite
V. Dempsey	T. Fitzgerald
Don Denig	R. Fletcher
D. Deutsch	H. Flint
T. Diamond	J. Fodor
Tony Diamond	J. Forshee
R. Diaz	D. Ann Frank
E. Dibble	I. Frawely
Wm. Dixon	J. Fredette
D. Dougherty	N. Freestone
J. Doig	T. Fridley
L. Domenech	H. Friedman
Ed Doran	E. Fuchsman
J. Donley	N. Galante
L. Dreher	P. Galante
Wm. Drinkard	J. Galbraithe
A. Druckman	R. Gayle
C. Dudley	C. Genovese
Ken Duke	B. Gentry
J. Duncan	S. Guersten
A. Dunn	N. Giaquinto
Dan Dunn	R. Gillespie
C. Dyson	C. Gilliam
R. Edwards	Wm. Gilligan
Wm. Eipel	B. Gist
B. Erickson	P. Goble
J. Erskine	R. Goe
O. Essig	M. Goldsmith
G. Ethrington	D. Golnzales
R. Ewart	D. Grace
S. Faison	M. Grant
V. Fandetti	J. Green
D. Farley	

continued

Notices of coming events

The Memorial High School Relay Carnival will be held at 12 noon on Saturday, April 14, at Farleigh Dickinson University, Route 4, Teaneck, N.J.

This is a major high school meet. The meet director is adding a Masters Mile, with six prizes and a Masters Age-Medley Mile Relay (2 over 40, 1 over 50, 1 over 60) with five team prizes.

Entry fee is \$2 for the individual mile and \$8 for the relay. If there is a good response these can become permanent events, with the possibility of having additional Masters events.

Write to Bob Van Zanten, Memorial High School, 5501 Park Ave., West New York, N.J. 07093 for entry blanks. Bob's phone number is 201-861-2555.

The 12th World Veterans Road Running Championships will be held the weekend before the start of the World Veterans Track and Field Championships in Hanover, Germany. There will be two races held in Manchester, England—a 10-kilometer on Saturday, July 21, at 2 p.m. and a 25-kilometer on Sunday, July 22, at 10 a.m.

Write to Jack Haslam, 10 Higher Dunscar, Egerton, Bolton, England, for entry forms.

A tour is being arranged by an English travel agency. Contact: A.C.T. Specialist Travel, Ltd., Sports Division, 17 Chorley Old Rd., Bolton BL1, 3AD, United Kingdom, for prices and all details.

You can arrange to attend these road running championships and then continue on to Hanover for the Track and Field Championships. This would insure you of

two weeks of world class competition, exhaustion, probable injuries and a jolly good time.

The Raleigh, N.C., meet will be held on May 4, 5 and 6. Contact Southeastern U.S. Masters Track & Field, Inc., Box 5576, Raleigh, N.C. 27607 or Phone John Duncan, 919-755-6640 for entry forms. Entries close on April 30.

The Second North American Track & Field Championships will be held outside of Toronto, Canada, on June 9 and 10. Write to Brian Olexy, 66 Felicity Drive, Scarborough, Ontario, Canada M1H 1E3 for entry blanks.

The Fifth Hawaiian International Masters Track & Field Meet will be held April 13, 14 and 15 in Honolulu. For entry forms contact Jim Hart, 2114 Bancroft Dr., Kailua (Oahu) Hawaii 96734 (808-254-2354).

First North American Weight Pentathlon, Sunday, July 15, West Point, N.Y. For entry form send self-addressed stamped envelope to Phil Partridge, 77 Columbia St., NYC 10002.

Second North American Masters Track & Field Championships, June 9 and 10, Scarborough (Toronto) Ontario, Canada. New 400-meter Chevron facilities. Men 40 to 75+, women 35 and over. For entry forms and information write Eric Malmstrom, Suite 16, 5584 Yonge St., Willowdale, Ontario, Canada M2M-5S2, phone 225-9055.



1979 TFA/USA National Masters Outdoor Track & Field Championships

June 9/10 at Slippery Rock State College, Slippery Rock, Pa.

All events for Women and Men in 5-year age divisions starting with 30-34

Entry blanks are available by sending a self-addressed, stamped envelope to:

John Harwick
467 Beverly Road
Pittsburgh, Pa. 15216
412-561-0338

continued

- | | | | |
|-----------------|-------------------|-----------------|-----------------|
| H. Greenberg | C. Kline | J. Noble | A. Simone |
| R. Green | J. Koltun | A. Nordey | R. Simonson |
| T. Grenda | C. Koons | L. Norris | R. Smith |
| R. Griespenburg | J. Kopka | D. Nystrom | R. Snedeker |
| O. Griffin | Wm. Krebs | C. Oates | G. Snyder |
| N. Griffin | K. Krastin | T. O'Brien | H. Snyder |
| L. Grossman | E. Krawitz | M. Oguss | K. Snyder |
| D. Growley | E. Kunitz | A. Oerter | M. Sonsky |
| R. Guenter | P. Kurnik | W. O'Hara Jr. | R. Sorlien |
| H. Habegger | A. Kurtz | C. Olson | P. Spangler |
| G. Halfpenny | D. Lakritz | L. Olson | J. Sparkman Jr. |
| E. Halpin | A. Lally | B. Omeltchenko | D. Spitzer |
| H. Hand | D. Lawyer | M. O'Neil | C. Spotten |
| J. Handleman | F. Lebow | M. Oppenheim | S. Evans |
| Wm. Hanna | M. Lentzer | R. Osburn | R. Stanford |
| E. Hanely | Lillian Levine | E. Osborn | Wm. Stanford |
| J. Harrington | C. Levy | J. O'Sullivan | C. Steinmetz |
| Jonas Harris | F. Lewis | M. O'Sullivan | Wm. Steiner |
| G. Harte | H. Lieberman | Al Pagnelli | C. Stephanowicz |
| H. Hartenstein | R. Lindsay | R. Packard | D. Stepp |
| J. Hartshorne | D. Longnecker | R. Paige | A. Sterenbuch |
| J. Harwick | C. Loubert | D. Pain | E. Stern |
| P. Hascup | E.J. Loucke | B. Pakaian | L. Stern |
| N. Heard | W. Lucas | A. Pappas | I. Stewart |
| C. Helmuth | W. Lumpkins | N. Pappas | R. Stillman |
| J. Hemminger | C. Lunetta | W. Parker | D. Stillwagon |
| H. Henriques | W. Lundsford | J. Pardo | B. Stout |
| P. Herlow | C. Lyons | P. Partridge | J. Stratford |
| H. Herron | D. McMillan | S. Pashkin | T. Sturak |
| Miki Herway | A. Magna | G. Paton | J. Suriano |
| R. Hewitt | G. Mahoney | T. Patsalis | J.R. Sweet |
| D.V. Hickey | Wm. Maida Sr. | C. Pauling | M. Skekersh Jr. |
| H. Higdon | G. Major | T. Pawel | W. Tashaian |
| S. Hill | Mort Malkin | J. Pearce | Al Taule |
| T. Hill | J. Manno | J. Pedevilla | J. Thatcher |
| Wm. Hinds | V. Marella Sr. | D. Peelle | J. Taylor |
| Wm. Hines | M. Marks | H. Peer | Don Thomas |
| J. Hnath | J. Martin | F. Pflaging | G. Thomas |
| T. Hoffman | H. Mathews | A. Phillip | R. Thomas |
| L. Holzman | A. Mauro | J. Pierson | D. Thompson |
| A. Hossack | H. May | G. Pietsch | D. Tooley |
| R. Huffman | Wm. Mayor | P. Warren | J. Tovey |
| L. Hundley | L. Medris Jr. | P. Plant | Wm. Tribou |
| A.L. Hunt | A. Messenger | J. Plantares | M. Treoneze |
| J. Hutchinson | B. Messersmith | H. Poore | L. Trout |
| G. Iler | R. Miguel | M. Post | R. Tucker |
| F. Illuzi | M. Mieslesky | B. Puchansi | K. Tuinzing |
| F. Imperato | N. Milicevic | Wm. Purnell | J. Tyler |
| G. Ingram | L. Millegan | K. Putman | M. Uher |
| D. Ingerfeld | N. Miller | M. Quackenbos | U. John |
| B. Ivers | U. Miller | D. Rodov | E. Useman |
| K. Jack | A. Minkoff | D. Ramos | E. Uhor |
| D. Jackson | A. Ninni | D. Reichberg | Rudy Valentine |
| Tom Jackson | W. Mollenhour III | A. Reider | Van Auken |
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| W. James | J. Moran | G. Reutar | F. Vellardito |
| P. Jarrett | T. Moore | L. Richard | J. Viscoky |
| P. Jayson | G. Morfitt | A. Richards | N. Voss |
| D. Jenny | Ed Morris | R. Richardson | H. Wagner |
| Mrs. A. Johnson | Hugh Moss | L. Riddick | H. Wall |
| Don Johnson | G. Muhrccke | S. Robbins | J. Wall |
| Joe Johnson | A. Mulkey | J. Roessler | G. Wallace |
| L. Johnson | A. Mulrain | M. Rosenblum | Wm. Walmroth |
| R. Johnson | R. Munns | R. Ross | D. Ward Jr. |
| B. Forrester | B. Murphy | J. Roundtree | A. Waterman |
| Rudy Jones | J. McAllister | H. Rubin | R. Weaver |
| Tom Jones | C. McCarthy | H. Ruhner | C. Weiderburn |
| L. Jowett | B. McLintock | C. Russell | D. Weiss |
| B. Joyner | Ed Mcomas | P. Sale | Wm. Welsh |
| K. Judd | I. McConnell | J. Sanz | H. West |
| J. Kacandes | W. McConnell | S. Shaffer | R. Whilden |
| S. Kaminski | H. McDaniel Jr. | H. Scharamacher | F. White |
| R. Keating | T. McDermott | A. Schneiser | P. Whitehorse |
| J. Keefe | D. McDonald | B. Schoeoder | R. Whitman |
| G. Keller | J. McGowan | S. Shulman | D. Weiderman |
| J. Kelly | A. McKinley | A. Schwartz | B. Williams |
| M. Kieschke | R. McNichols | J. Scott | H. Willis |
| J. Kilbuck | G. McNevin | E. Seiff | R. Willis |
| A. Kijack | Ted Nash | S. Seiple | C. Wilson |
| G. King | S. Newhouse | W. Seldon | R. Winblad |
| M. Kintish | L. Neuwirth | A. Sheahen | E. Wold |
| H. Klein | T. Herman | G. Shane | G. Wood |
| | W. Nicoll | G. Sheehan | N. Wortmann |
| | A. Niemand Jr. | A. Simon | A. Wright |

- C. Wright
G. Wright
Will Wright
B. Wynne

- Ms. Wynne
Joe Yancy
Ross Yates

- R. Young
J. Zenko
D. Zinman
H. Zipper

Philadelphia Masters Indoor Championships

John M. Sanders reported the results of the Philadelphia Masters Indoor Championships held on the 176-yard Tartan track at Widener College on March 3.

60-YD. HURDLES

- 30-34
J. Vogler 8.5
35-39
R. Ayton 8.6
40-44
N. Byrd 8.5
L. Judd 8.9
R. Deere 9.5
45-49
W. Clark 9.0
G. Taylor 10.9
R. Enders 15.2
50-54
H. Colen 10.2
55-59
R. Valentine 9.9
60-64
M. Pickl 10.0
65-69
C. Hills 11.2

MEN'S 60-YD. DASH

- 30-34
F. Shabazz 6.4
A. Wright 6.8
J. Lafferty 6.8
35-39
R. Stanford 6.8
E. King 7.1
J. Littlejohn 7.2
40-44
L. Wilson 6.8
R. Weaver 7.0
R. Deere 7.0
45-49
M. Brown 6.8
R. Enders 7.4
G. Taylor 7.9
50-54
W. Liddell 7.2
H. Colen 8.1
A. Harris 8.1

- 55-59
Valentine 7.2
D. Harris 8.0
J. Manno 8.0
60-64
Pickl 8.0
B. Wright 9.0
65-69
C. Hills 9.3
70-74
B. Till 9.4
75-79
M. Brennan 10.1

WOMEN'S 60-YD. DASH

- 30-34
P. Taylor 8.0
A. Mapps 8.4
40-44
A. Johnson 9.2

MEN'S 300

- 30-34
F. Shabazz 33.6
A. Wright 34.3
A. Ahmed
R. Whitehead 34.8
35-39
R. Ficker 34.2
R. Stanford 34.7
J. Demma
E. King 36.2
40-44
E. Small 34.7
D. Pratt 35.0
L. Harvey 36.4
45-49
M. Brown 36.2
J. Barrie 42.9
50-54
W. Liddell 41.3
H. Colen 45.0
M. Schlenoff 47.5
55-59
Valentine 36.7
Harris 40.0
Manno 41.5

continued

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For Information Call (After 6:30 p.m.): (215) 485-3870
Or write Falcon Travel for Details and Pamphlet

continued

60-64
 B. Karavassily 41.8
 Pickl 42.4
 Wright 45.5
 65-69
 C. Witkowski 45.9
 Hills 47.4
 70-74
 Till 53.3
 75-79
 Brennan 54.0

WOMEN'S 300

30-34
 P. Taylor 45.3
 A. Mapps 46.1
 40-44
 Johnson 47.7

MEN'S 600

30-34
 R. Maxwell 1:18.4
 R. Whitehead 1:19.6
 M. Ahmed 1:19.6
 35-39
 Ficker 1:20.0
 M. Canoyer 1:21.8
 E. King 1:25.9
 40-44
 E. Small 1:22.0
 C. Pauling 1:23.9
 H. Bohigian 1:23.9
 45-49
 J. Watmuff 1:25.3
 R. Enders 1:26.2
 J. Blood 1:29.6
 50-54
 K. Brown 1:27.7
 55-59
 Valentine 1:26.8
 B. Morcom 1:31.0
 H. Greenberg 1:42.5
 60-64
 Pickl 1:55.1
 65-69
 S. Monastero 1:50.3
 75-79
 Brennan 2:21.6

WOMEN'S 600

30-34
 Mapps 1:58.1

MEN'S 1000

30-34
 R. Myers 2:26.5
 G. Devlin 2:27.9
 D. Irving 2:29.0
 35-39
 J. Demma 2:29.7
 M. Canover 2:33.9
 R. Wiegler 2:34.1
 40-44
 H. Willis 2:40.3
 B. Bohigian 2:43.8
 J. Bradley 3:09.0
 45-49
 R. Fine 2:46.4
 W. Kleman 2:50.0
 50-54
 Brown 2:56.0
 55-59
 Greenberg 3:05.1
 65-69
 C. Witkowski 3:24.5

WOMEN'S 1000

35-39
 S. Pashkin 3:07.9

1-MILE WALK

40-44
 C.J. Stefanowicz 7:35.6
 W. Preston 7:42.3
 T. Jackson 11:06.8
 45-49
 Fine 8:47.3
 P. Walkovic 10:05.0
 G. Taylor 11:54.1
 50-54
 R. Mimm 7:45.2
 55-59
 E. Kafka 10:04.0
 65-69
 J. Wall 10:31.9
 Hills 11:17.8

1-MILE

30-34
 R. Myers 4:33.2
 J. Grube 4:39.2
 35-39
 B. O'Reilly 4:46.6
 R. Wiegler 4:49.1
 D. Gibson 4:49.8
 40-44
 E. Hotham 4:45.7
 S. Six 4:49.0
 C. Kennedy 4:51.1
 45-49
 Fine 5:05.1
 W. Szmidt 5:09.5
 C. Roy 5:12.2
 50-54
 K. Brown 5:01.9
 G. Constant 5:41.1
 55-59
 Greenberg 5:23.9
 60-64
 J. Hascup 6:12.7
 65-69
 S. Monastero 6:17.1

MEN'S 2-MILE

30-34
 G. Sickels 11:39.6
 35-39
 B. O'Reilly 10:45.4
 30-34
 N. Gallante 5'5"
 J. Vogler 5'3"
 A. Cortez 4'11"
 35-39
 R. Ayton 5'1"
 J. Littlejohn 4'11"
 K. MacKenzie 4'9"

40-44
 Six 10:54.4
 45-49
 V. DellaValle 13:07.6
 50-54
 D. Webster 12:09.4
 R. Mimm 12:23.2

WOMEN'S 2-MILE

30-34
 P. McGrath 11:44.0

HIGH JUMP

40-44
 L. Judd 5'3"
 N. Byrd 5'1"
 G. McCurdy 4'7"
 45-49
 W. Hutchins 5'7"
 W. Clark
 G. Taylor 4'5"
 50-54
 A. Harris 4'5"
 H. Colen 4'2"
 55-59
 T. Ille 4'2"
 60-64
 Pickl 4'2"
 65-69
 Hills 4'

SHOT PUT

30-34
 Gallante 41'8"
 Vogler 38'11"
 35-39
 H. O'Callaghan 39'4"
 MacKenzie 38'11 1/2"
 H. Friedman 33'7"
 40-44
 Deere 36'3"
 R. Murray 36'1"
 T. Jackson 34'2 1/2"
 45-49
 R. Carstensen 36'3"
 R. Enders 29'7 1/2"
 J. Barrie 28'7"
 50-54
 J. White 33'8 1/2"
 A. Harris 31'1"
 H. Colen 30'8"
 55-59
 J. Pierson 30' 1/2"
 E. Kafka 27'2 1/2"
 60-64
 H. Parsons 40'10"
 H. Hand 35'9"
 Pickl 30'8"
 65-69
 Hills 27'10"

Berkshire Masters 10,000-Meter Road Race

Some of the age group results
 of the Berkshire Masters
 10,000-Meter Road Race held at
 Westfield, Mass., Sept. 10:

(40-44)	Age	Time
B. Almond	44	33:46
Low. Montgomery	43	34:12
A. Doyle	40	:44
E. Connor	43	:50
W. Hixson	41	35:06
J. Woods	44	:10
D. Bamford	43	:12
J. Skillern	42	:52
L. Morrell	42	:55
M. Yesley	41	36:10

Age 45 - 49

L. Damon	45	33:58
C. Fortier	45	34:23
A. Wick	46	:37
E. DeMarrais	48	35:02
D. Chartier	45	:14

(50-54)

H. Rubin	50	34:52
R. Packard	50	36:05
W. McCaffrey	52	:31
A. Prince	54	:48
R. Gray	50	:57

(55-59)

A. Hossack	56	37:35
F. DiMarco	56	38:12
W. Tribou	58	39:07
F. Lester	55	:11
B. Driscoll	56	:34

(60-64)

J. Woods	60	41:23
R. Phinney	63	42:26
M. Huckins	60	44:58
J. Martin	60	45:02
W. Westerholm	64	:12

(65-69)

L. Young	66	44:20
E. Estle	68	45:40
W. Murray	65	47:11
J. Carroll	69	:28
E. Sienkiewicz	65	:41

(70-74)

J. Labaj	72	54:47
D. Davey	70	55:38
W. Poulen	70	56:53
F. Brown	72	107:14

(75-79)

1. L. Gregory	76	49:25
2. P. Perry	75	106:09
3. W. Daniell	77	110:04
4. F. Fetter	79	116:41

(80 plus)

C. Willberg	81	113:35
M. Karp	88	122:49

LADIES

CLASS 1 (35-39)

L. Leland	36	44:29
M. Brosnan	39	47:30
H. Elovich	38	51:02
D. Peck	35	:42
J. Winkler	36	55:42

LADIES

CLASS 2 (40-44)

M. Cushing	40	40:19
V. Brelsford	43	45:01
M. Atamanvik	40	:34
J. Rasmussen	42	48:29
L. Mosa	42	:55

LADIES

CLASS 3 (45-49)

R. Johnson	46	44:04
D. Ellerson	48	:38
B. Paine	49	46:20
L. Hall	46	51:52
D. Fitzgibbon	49	53:15

LADIES

CLASS 4 (50 plus)

L. Eiben	52	44:45
H. Fosse	50	45:30
A. Nauman	51	51:40
C. Bills	52	56:57
J. Graham	52	59:11

News Note

Lou "Doc" Gregory, who may have amassed more running victories than anyone else in history, suffered a slight stroke on Feb. 1.

But that didn't stop him long. The 76-year-old physician, who collected 54 first place age-group awards in 1978 alone, is running again.

He breezed through an eight-mile course in 76:32 to win the 70-and-over class in a cold rain on Feb. 24 in the Pensacola Runners Association monthly road race.

Lou reported he's sent his entry in for the Masters indoor meet to be held at Ann Arbor on March 17 and 18 and "I also plan to compete at the World Masters at Hanover, Germany, this summer."

On Jan. 6, Gregory, former Pensacola Junior College track coach, established a new Senior Masters record with his time of one hour, 23 minutes and 45 seconds in the 22nd annual Troy 10-Mile Run at Troy, Ala.

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