



# National Masters Newsletter



20th Issue

April 1980

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

## HIGHLIGHTS

- Brennard, Kiddy win National 25KM
- 16 meet records set in Eastern Championships
- Small, Shane, NY Pioneers smash indoor marks
- Miller sets women's 25KM mark
- 121 compete in Midwest Championships
- Brennard, Hatton top One-Hour Run winners
- Beaver, Carr top Virginia masters
- 1980 regional schedules
- 47 meet records set in Metropolitan Champs
- MSA outdoor schedule
- Burgasser, Trees-Stricklin win Mardi Gras Marathon
- Braceland wins 7 in Philadelphia



John Brennard won the Masters National 25KM Championships on March 2, with a 1:25:45. Brennard was also 1979 Masters Postal One-Hour Run champion with 11 miles, 236 yards.

photo by Carl Pytlinski



Cliff Bertrand anchoring New York Masters Sports Club to a U.S. masters mile relay mark of 3:37.6 in the Millrose Games at Madison Square Garden, February 8.

photo by David Zinman

## Miller Sets Women's Mark

### Brennard, Kiddy Win National 25KM

VENTURA, CALIF., March 2. John Brennard of Santa Barbara, California topped all masters finishers to win the age 40-44 national masters crown in the combined Open-Masters U.S. National 25 Kilometer Championships.

Brennard, 44, at the "wrong" end of his age division, finished 15th overall in a time of 1:25:45 for one hour. He averaged 5:31-per mile and might have broken Ken Mueller's U.S. masters mark of 1:23:18 but for a stiff headwind on the return trip of the out-and-back course.

Pending certification of the course by the National Running Data Center, Margaret Miller, 54, of Thousand Oaks, California, demolished the American women's age 50-54 record by 8 minutes in 1:45:14, a 6:46-per-mile clip. The official record is held by Ruth Anderson at 1:53:37.

Sandra Kiddy, 43, of Palm Springs won her second straight national masters championship. She had won the women's age 40-44 marathon title in January and clocked 1:43:38 today.

Jim Knerr, 45, of Simi Valley, California, covered the course in 1:31:03 to successfully defend the national 45-49 25km title he won in Tulsa last year. Like Kiddy, he had also won the national marathon in January.

continued on page 2.....

## 16 Meet Records set in Eastern Indoor

BETHLEHEM, PA, March 9. Sixteen meet records and one age-record were broken in the Eighth Annual Eastern Regional Indoor Masters Championships at Lehigh University.

The meet was well attended thanks to the sponsorship of the Susse Chalet. The Chalet gave out complimentary visors to all competitors and under wrote a large part of the meet expenses.

Many of the old standbys performed

well with Rudy Valentine winning four events (55-59); Len Olsen (45-49) winning one and scoring in three others; Matt Brown (45-49) won both sprints; Russell Meyers (75-79) came up from Florida and won four events; George Braceland and Claude Hills (65-69) took turns dominating their division; Harold Grenberg (60-64) won all his distance races; Kelsey Brown (50-54) dominated

continued on page 8.....

## 121 Compete in Midwest Indoor

By Wendell Miller

HIGHLAND PARK, IL, March 16. Some kind of indoor weather in good 'ol Chicago--it was 60 degrees outside. We had 121 entries with some new faces to go with some old faces. We had visitors from Atlanta, (Phil Mulkey) Kansas, (Alex Pappas) Tenn., (Freeman Marr) and a host of new sub-masters. Good to see Mary Czarapata back from injury. John Dick isn't healed yet but he couldn't stay away. Quality sprinting

continued on page 18.....

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## BRENNAND, HATTON TOP ONE-HOUR RUN CHAMPIONS

John Brennand and Ray Hatton ran near record-breaking efforts to lead Masters age division champions in the 1979 postal one-hour run competition.

Brennand 43, of Santa Barbara, California won the age 40-44 division with a distance of 11 miles, 236 yards, not far off the American mark of 11 miles, 740 yards, set by Hatton in 1976.

Hatton 47, of Bend, Oregon, went almost as far--11 miles, 202 yards--to win the 45-49 category. The American 45-49 mark is 11 miles, 223 yards, set by Hal Higdon 48, in June, 1979. Higdon's time was not included in the official postal results of 346 competitors compiled by the Snohomish Track Club of Seattle.

Postal competition is held on specified dates in specified locations throughout the year. Each runner competes against the clock. Results are compared at the end of the year and the best performances win.

Bob Bartling of the Prairie Striders captured the 50-54 crown with a run of 10 miles, 641 yards, about 2 laps shy of Pete Mundle's 1978 record of 10 miles, 1335 yards.

Sid Toabe of Fresno, California took honors in the 55-59 group with a 9-mile, 892 yard effort. John Holoubek covered 9 miles, 95 yards to win the 60+ title.

Chris Curtis 41, finished as the top woman master with an 8-mile, 932 yard performance.

The Potomac Valley Senior Track Club won both the men's 50-59 and 60-69 team championships, being led by Tony Diamond and John Woods respectively.

### RESULTS:

Men 40-44:	miles-yards
1. John Brennand(43)	11-236
2. Herb Parsons(41)	10-1414
3. Dave Petkethly(43)	10-1181
4. John Pagliano(40)	10-1085
5. Maurice F. Pratt(42)	10-925
Men 45-49:	
1. Ray Hatton(47)	11-202
2. Dick Barter(46)	10-1248
3. Allan Lawrence(48)	10-826
4. Keith Kahl(48)	10-482
5. Allyn Schwinkendorf(45)	10-155
Men 50-54:	
1. Bob Bartling(53)	10-641
2. John Stowers(50)	10-416
3. Tracy Brown(50)	9-1125
4. Harvey Mills(52)	9-441
5. Frank Ruliffson(53)	9-293
Men 55-59:	
1. Sid Toabe(55)	9-892
2. Glenn Coleman(56)	9-541
3. Francis Kelley(57)	8-1628
4. Gene Askew(58)	8-1362
5. John McManus(56)	8-1286
Men 60 and over:	
1. John Holoubek(63)	9-95
2. John P. Woods(61)	8-787
3. Lorne Bartling(64)	8-389
4. Clyde Villemez(67)	8-245
5. Harry Harder(62)	8-94
Women 40 and over:	
1. Chris Curtis(41)	8-932
2. Anne Vanderhoff(41)	8-796
3. Marcie Trent(61)	8-0
4. Lida Askew(52)	7-935
5. Norma Thompson(40)	7-890
Veterans Men Team Scores:	
1. Potomac Valley Senior TC	44-421
2. Potomac Valley Senior TC	37-849

## NATIONAL 25KM.....continued from page 1

"There wasn't much wind when we started out," Brennand recalled. "But it built up to about 5mph at the turn-around, then really hit us at 10-12mph all the way home."

Top American distance runner Gary Tuttle took the open title among the 414 finishers in 1:18:48, averaging 5:04 per mile.

John Botke, 36, finished a tick behind Brennand to take the 35-39 men's championship. Tracy Brown led the 50-54 contingent in 1:37:27. Pat Story took the women's 30-39 crown in 1:37:46. Keith Albright captured the men's 55-59 division in 1:47:01. Demetrio Miller won the 60-64 category in 1:48:42. Belva Norins was 1st woman 45-49 in 2:18:48. Jim Bole took the men's 70+ title in 2:06:34. John Thomson led the 65-69's in 2:32:14 and Mary Storey ran an outstanding 1:52:46 to easily win the women's 55-59 title.

While long distance records are presently only kept in ten-year age increments for women over 50, Storey's mark was faster than any other over-50 woman - except Miller - has officially recorded. The next best is Ruth Anderson's 1:53:57, set at age 50 just last September.

Most of the masters participants were Southern Californians. So while the

times were outstanding, the race lacked a national flavor. Originally scheduled for May 26 in Washington, D.C., the 25km masters championships were switched at the last minute to Ventura, and the word, nationally, just didn't get out.

Led by Andre Tocco, the Culver City Athletic Club won the masters age 40+ team championship, edging the Seniors Track Club by 0.6 seconds per man, 1:34:02.1 to 1:34:02.7. The Seniors Track Club garnered the 50+ team crown and the women's 40+ team title.

### RESULTS

Men 35-39:	
1. John Botke (36)	1:25:46
2. Seppo Matela (36)	1:26:50
3. Marshall Matye (36)	1:28:40
4. Julian Sanchez (38)	1:31:17
5. David Holland (39)	1:31:19
6. Ron Milne (35)	1:31:20
7. Pete Petersen (39)	1:31:34
8. Bruce Mitchell (37)	1:32:31
9. Jim Minami (35)	1:32:33
10. Paul Farren (35)	1:33:24
Men 40-44:	
1. John Brennand (44)	1:25:45
2. Ray Hughes (41)	1:30:38
3. Andre Tocco (44)	1:32:32
4. Leonard Efron (44)	1:32:48
5. Roger Bryan (44)	1:32:57
6. Buzz Bennetts (42)	1:33:00
7. Eino Romppanen (40)	1:33:36
8. Ray Craig (44)	1:35:04
9. John Starr (44)	1:35:36
10. Joseph Marino (40)	1:35:40

## LETTERS TO THE EDITOR

Address letters to:  
National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401

### MASTERS IN OLYMPICS

If in fact, the United States Olympic team does not run in the competition in Moscow, and further that an alternate meet would be held within the United States to take the place of the Olympics this year, I think it would be good idea to include masters category, including submasters, in that track meet. It is my understanding that the purpose of this meet is to provide a "family" type of athletic competition for all the American athletes, so why not have the sub-masters and masters competition also.

Jack Dunn  
Metairie, Louisiana

### GOOD SHOW

The Newsletter is the only publication at present which covers the Masters scene completely. Keep up the good work.

Henry Carter  
Tucson, Arizona

### MORE RESULTS AND AWARDS

Congratulations on a great improvement in the Newsletter. I would like to offer a few suggestions and corrections.

1. The world's record in the 600 yard dash indoors is held by Ed Small at 1:17.7 set at West Point on March 24, 1979 at the First Annual Metropolitan Track & Field Championships.

2. I was glad to read about the awards to the outstanding athletes of 1979 and I agree with the decisions. However, I believe that there should be more awards in track and field. For example: Best Sprinter (Hurdles 50-300 yards), Best Middle Distance Runner (440-1000 yards), Best Distance Runner (1500 meters-3K), Best Weight Person (Shot, Javelin, Discus, Weight Throw), and Best Field Person (LJ, TJ, HJ, PV).

3. Often too much of the Newsletter is devoted to lengthy articles that are only tangentially related to running. While I do not object to such articles in general it is upsetting when they are printed and important meet results get no or little coverage (e.g. PanAm games, North American Champs, Met. Champs, etc).

Haig Bohigian  
N. Tarrytown, New York

### EYE OPENER

Some of the articles in the Newsletter are real eye openers. I wasn't aware of some of the inside struggles of the Masters program. Being a Masters runner and not getting the newsletter is like running in the dark ages.

Herb Lorenz  
Willingboro, New Jersey

Men 45-49:	
1. Jim Knerr (45)	1:31:03
2. John Rudberg (45)	1:33:19
3. Frederick Kiddy (46)	1:34:48
4. Bob Holtel (48)	1:35:22
5. Tom Sturak (48)	1:37:28
6. Ronald Moser (45)	1:39:16
7. John Richards (48)	1:42:03
8. Ted Oviatt (46)	1:42:29
9. David Parker (49)	1:43:01
10. Bob Carman (48)	1:43:03
Men 50-54:	
1. Tracy Brown (51)	1:37:27
2. Jan Fekkes (50)	1:38:48
3. Conrad Eroen (50)	1:39:38
4. David Hirschson (53)	1:42:41
5. Richard Durand (51)	1:43:55
6. Marvin Powers (51)	1:45:34
7. Fred McWaid (50)	1:47:40
8. David Heiman (51)	1:50:12
Men 55-59:	
1. Keith Albright (55)	1:47:01
2. Keiji Taki (56)	1:49:05
3. Richard Diener (56)	1:53:48
4. Howard King (55)	1:53:57
5. John McManus (57)	1:55:52
6. George Williams (58)	1:58:42
7. Edwin Bishop (58)	2:03:33
Men 60-64:	
1. Demetrio Miller (60)	1:48:42
2. Sol Lieberman (61)	1:53:52
3. Norton Davey (61)	1:55:44
4. Alfred Engel (62)	2:13:35
Men 65-69:	
1. John Thomson (68)	2:32:14

Men 70 & Over:	
1. Jim Bole (72)	2:06:34
Women 30-39:	
1. Patricia Story (30)	1:37:46
2. Sue Petersen (35)	1:40:50
3. Shirley Saunders (39)	1:48:33
4. Jan Edwards (31)	1:50:30
5. Theresa Acerro (34)	1:54:23
Women 40-44:	
1. Sandra Kiddy (43)	1:43:38
2. Christa Romppanen (41)	1:52:34
3. Jennifer Wright (44)	1:53:34
4. Mary Cullen (41)	1:55:06
5. Norene Hendrix (42)	1:59:51
Women 45-49:	
1. Belva Norins (46)	2:18:48
2. Marci Bishop (46)	2:29:01
3. Joyce Boedecker (48)	2:37:25
Women 50-54:	
1. Margaret Miller (54)	1:45:14
2. Phyllis Regis (50)	2:06:44
Women 55-59:	
1. Mary Story (55)	1:52:46
2. Helen Dick (55)	1:56:05
3. Ruby Taki (55)	2:29:01
Men 40 & Over Team	Average
1. Culver City AC	1:34:03
2. Seniors TC A	1:34:03
3. Southern Calif. Striders	1:41:02
4. Seniors Track Club B	1:43:19
Men 50 & Over Team	
1. Seniors TC A	1:40:07
2. Seniors Track Club B	1:55:59
Women 40 & Over Team	
1. Seniors Track Club	1:50:27



# schedule

## EAST

**April 5 (Saturday):** National 50KM Masters Walk Championships, New York City.

**April 5 (Saturday):** 5KM Run sponsored by NY Masters Sports Club. Prospect Park, Brooklyn, 11 a.m. All ages. \$3.

**April 21 (Monday):** Boston Marathon.

**April 23 (Wednesday):** Development T&F meet, Randall's Island, NYC, 6 p.m.

**May 7 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**May 11 (Sunday):** Masters Sports Association T&F Championships, Randall's Island, New York City. No Spikes.

**May 21 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**May 24 (Saturday):** Olympic Trials Marathon Buffalo, N.Y.

**June 1 (Sunday):** New Jersey Masters 10KM, Cedar Grove Reservoir 10 a.m.

**June 4 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**June 15 (Sunday):** Metropolitan Masters T&F Championships, Randall's Island, New York City.

**June 18 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**June 29 (Sunday):** Eastern Regional Masters T&F Championships, New Britain, Conn. (tentative)

**July 2 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**July 16 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**July 30 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**August 13 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**August 16 (Saturday):** Masters Relay Carnival, Randall's Island, New York City.

**August 27 (Wednesday):** Development T&F Meet, Randall's Island, NYC, 6 p.m.

**September 14 or 21** National Masters 50KM Championships, Brattleboro, Vermont.

**October 12 (Sunday):** Masters Sports Association 10KM X-C, Van Cortlandt Park, Bronx, 12 Noon.

**October 18 (Saturday):** National 10KM Masters Road Championships NYC.

**October 18 (Saturday):** Skylon Marathon, Buffalo, N.Y. Contact: (716) 881-2736.

**October 19 (Sunday):** Brooks/TFA National Masters 15KM Championships, Arlington, Va.

**Mid-October:** National Masters 20KM Championships, Washington, D.C.

**October 26 (Sunday):** National Masters 15KM Cross-Country Championships New York City.

**October 26 (Sunday):** New York Marathon. Contact: (212) 580-6880.

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups, with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event.

**November 1 (Saturday):** National 40KM Walk Championships, Long Branch, N.J.

**November 2 (Sunday):** Marine Corps Marathon, Washington, D.C. Contact: (202) 433-3238.

**November:** Canada/USA Cross Country Dual Meet, Buffalo, N.Y.

## MIDWEST

**April 27 (Sunday):** Drake Relays and National TFA Marathon Championships. Men 40+. Women 30+. Contact: Bob Ehrhart, Drake U., Des Moines, IA 50311.

**May 18 (Sunday):** Road Runners Club of America National Masters Marathon Championship, Cleveland State Univ., Cleveland, Ohio. Contact: Reno Starnoni (216) 232-6373.

**May 18 (Sunday):** One-hour run. Dyche Stadium, Northwestern Univ., Evanston, Ill. Contact: Wendell Miller (312) 234-5936.

**May 18 (Sunday):** Michigan AAU Masters T&F Championships, 10 a.m. Macomb Community College, Warren, Mich. Contact: Roger Johnson, 19240 Lancaster Court, Woodhaven, Mich. 48183. (313) 676-0156.

**May 24 (Saturday):** National 10KM Walk, Chicago, Ill.

**June 14 (Saturday):** Indiana Masters T&F Championships, Indianapolis. Contact: Bob Coughlin (317) 241-5446.

**June 28 (Saturday):** Midwest Regional Masters T&F Championships, Northwestern University, Evanston, Illinois.

**July 4 (Friday):** Chicago 20KM Distance Classic. Contact: Wendell Miller.

**August 31 (Sunday):** Midwest Masters 25KM Championships, Lake Bluff, Ill.

**October 4 (Saturday):** Brooks/TFA National Masters 20KM Championships, Chesterton Indiana.

**October 19 (Sunday):** America's Marathon, Chicago. Contact: (800) 621-6940.

**December 28 (Sunday):** Midwest Masters 30KM Championships, Lake Bluff, Ill.

## SOUTH

**April 12 (Saturday):** Southeast Athletics Congress Masters T&F Championships, Orlando, Florida. Contact: Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA. 30339.

**April 26 (Saturday):** 10th annual Southeastern Masters T&F Meet, Raleigh, N.C. 7 a.m. Contact: John Duncan, PO Box 590, Raleigh, N.C. (919) 755-6640.

**April 27 (Sunday):** Southeastern Masters Marathon, Half-marathon, 10KM, 21KM walk and weight pentathlon. Contact: John Duncan, above.

**May 10 (Saturday):** Southern TFA/USA Masters T&F Championships, Greenville, South Carolina. Contact: Ken Kirk, above.

**June 8-10** National Masters 5KM Championships, Dallas, Texas.

**June 8-10:** Athletic Congress Convention, Dallas, Texas.

**June 14 (Saturday):** National TFA/USA Masters T&F Championships, Atlanta, Ga. Contact: Ken Kirk, above.

**July 4 (Friday):** Peachtree 10KM, Box 11762, Atlanta, Ga. 30335.

**July 4 (Friday):** National Masters 5KM Walk Championships, Charleston, W.V.

**July 4-6 (Friday-Sunday):** USA Masters and Submasters T&F and Pentathlon Championships, Charleston, West Virginia.

**July 6 (Sunday):** National Masters 20KM Walk Championships, Charleston, W.V.

**August 24 (Sunday):** Midwest Weight Pentathlon Championships, Chicago.

**November 30 (Sunday):** National 25KM Walk Championships, Miami Beach, Fla., (tentative).

## ROCKY MOUNTAIN

**May 31-June 1 (Saturday-Sunday):** Denver TC Decathlon, Aurora Central High School. Contact: Jim Weed. (303) 341-2980.

**June 7:** All-Comers T&F Meets, same as above.

**June 21:** All-Comers T&F Meets, same as above.

**June 28 & 29 (Saturday & Sunday):** USA Masters Decathlon Championships, Denver, Colorado. Contact: Jim Weed, above.

## WEST

**April 5 (Saturday):** 21st Annual Sacramento Relays, Sacramento State University, 10 a.m. Fully-integrated Collegiate-Masters meet.

**April 12 (Saturday):** 2nd Annual Northeast Masters T&F Relays, Cal State Los Angeles, Noon.

**April 19 (Saturday):** 1980 West Valley Masters Track & Field Meet and Mountain Charley's Great Chase Race, Los Gatos HS, Los Gatos, Calif. Contact: Bruce Springbett, (408) 354-2005.

**April 20 (Sunday):** Mt. San Antonio College Relays, Walnut Hills, Calif. Contact: Hal Smith (213) 342-1174. 40 and over.

**May 3 (Saturday):** Herbert Hoover Relays, Menlo Park, Calif. Contact: Van Parish. (415) 325-7275.

**May 3 (Saturday):** 5th Annual Golden State Masters T&F Meet, Porterville,

Calif. 4 p.m. Contact: Allen Nelson, 900 S. Main, Porterville 93257.

**May 4 (Sunday):** Avenue of the Giants Marathon, Box 214, Arcata, Calif. 95521.

**May 10 (Saturday):** 10th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, Calif. Entry form in this issue.

**May 11 (Sunday):** 11th Annual Senior Olympics Marathon, Irvine, Calif. Contact: Warren Blaney. (213) 938-5548.

**May 17 (Saturday):** 5th Annual Striders Relays, Cal Poly Pomona, Ca. Noon. Contact: Ann Smith, (213) 348-6352.

**May 18 (Sunday):** Bay to Breakers 7.6 mile run, San Francisco. Examiner, 110 5th St., San Francisco 94103.

**May 31-June 1 (Saturday-Sunday):** 1980 Hawaii Masters T&F Championships, including 5KM, 10KM and Decathlon.

**May 31 (Saturday):** Pacific District Masters T&F Championships, Los Gatos HS, Los Gatos, Calif. 8 a.m. Contact: Bruce Springbett, P.O. Box 1238, Los Gatos, Ca 95030.

**June 7 (Saturday):** Southern Pacific District Masters T&F Championships, Cal State University, Northridge, Calif. 4 p.m. Contact: Tom Sturak (213) 394-0034.

**June 21 9 22 (Saturday 9 Sunday):** Western Regional Masters Championships, San Diego State University.

**June 21-29 (Saturday Sunday):** Olympic Trials, Eugene, Oregon.

**June 23-July 24 (Monday-Thursday):** All-comers T&F meets, Los Angeles area. Mon-Gardena HS; Tues-Venice HS; Wed-Birmingham HS; Thurs-Bell HS. 7 p.m.

**July 12 & 13 (Saturday & Sunday):** 11th Annual Senior Olympics, University of Southern California, Los Angeles. Contact: Warren Blaney. (213) 938-5548.

**July 26 (Saturday):** Southern California Striders vs. Corona del Mar dual T&F meet. Noon. Contact: Walt Butler. (213) 681-8531.

**August 9 (Saturday):** 8th Annual CDM "Don Palmer Memorial" Relays, Santa Ana College, Santa Ana, Calif. 10 a.m. Contact: Dave Jackson. (213) 638-7125.

**August 16 & 17 (Saturday & Sunday):** 4th Annual Home Savings & Loan Pan American Masters Games, UCLA, Los Angeles.

**September 7 (Sunday):** Nike OTC Marathon, 99 W. 10th St., Eugene, Oregon 97401.

**October 4 (Saturday):** 7th Annual Santa Barbara Masters T&F Meet, Univ. of Calif. at Santa Barbara, Goleta, Calif. 1 p.m. Contact: George Adams (805) 687-6323.

**October 4 (Saturday):** National 100 KM Walk Championships, Longmont, Calif.

**November 9 (Sunday):** National 10KM Cross-Country Championships, Seattle, Washington.

continued on page 4.....



SCHEDULE .....continued from page 3

**November 29 (Saturday):** Brooks/TFA National Masters 10KM Champion ships, Monterey, Calif. M-6. Contact: Hal Higdon.

**November 29 (Saturday):** National masters 5KM Cross-Country Champion ships, San Diego. Balboa Park.

**November 30 (Sunday):** Brooks/TFA National Masters 25KM Championships, Monterey, Calif. Contact: Hal Higdon.

**December 6 & 7 (Saturday & Sunday):** TFA and Senior Olympics Decathlon Championships, Glendale, Calif. College. All day. L-1.

**December 13 (Saturday):** Weightmans Pentathlon Championships, Glendale, Calif. College. All day.

**December 14 (Sunday):** Honolulu Marathon.

**December 14 (Sunday):** National 50 Mile Track Championships, Santa Monica, Calif.

## POSTAL & OUTSIDE U.S.

**May 31-June 1 (Saturday-Sunday):** North American Masters T&F Championships, Mexico City.

**June 15 (Sunday):** 2nd Annual Manitoba Marathon in aid of the Mentally Retarded. North American Masters Championships. Men 40+. Women 35+. Contact: Manitoba Marathon, P.O. Box 53, Winnipeg, Manitoba, Canada R3C 2G1. (204) 453-0931. Entries close 6-1.

**July 19-August 3 (Saturday-Sunday):** 1980 Olympics. Moscow.

**August 2:** Avon Women's International Marathon. London. All ages. No qualifying times. Contact: Avon, 9 W. 57 st., NYC 10022.

**August 1- November 30:** Postal 1-hour walk. Jim Beam, director.

**One-Hour Run.** Postal. Al Huff, 18127 1st Ave. N.W., Seattle, WA (206) 542-2930.

**August 23 & 24 (Saturday & Sunday):** 3th Annual World Veterans Road Championships (IGAL) Glasgow, Scotland. 10KM and Marathon. Men 40+. Women 35+. Contact: 1980 World Veteran Events, Scottish Amateur Athletic Association, 16 Royal Crescent, Glasgow G3756 Scotland.

**August 30-September 1 (Saturday-Monday):** Pan-American Masters Track & Field Championships, San Juan, Puerto Rico.

**January 3 & 4, 1981 (Saturday & Sunday):** 14th Annual World Veterans Road Running Championships, 10KM and 25KM, Palmerston North, New Zealand.

**January 8-14, 1981 (Thursday-Wednesday):** 4th World Veterans Track and Field Championships, Christchurch, New Zealand. (Men 40+. Women 35+.)

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Please send any additions or omissions to Al Sheahen, Editor, National Masters Newsletter, 6200. Hazeltine Ave., Van Nuys, CA 91401.

## 1980 MSA Schedule

### 1980 Masters Sports Association's Outdoor Development Meet Schedule

Every other Wednesday night starting April 23rd to August 27th at Randall's Island, for members of the MSA over 30. All races are post entries with a \$1.00 entry fee. All Races start at 6:00 P.M. with the sprints first. Locker facilities are available.

**NO SPIKES ARE PERMITTED.** Severe rainstorms will cancel the meet.

**Prizes** In the scratch races there will be three medals. In all other types of races there will be five awards.

#### Types of events:

**S = Scratch.** 10 year groups for men and women: 30-39; 40-49; 50-59; 60+, unless there are more than five competitors in each five year age group in each decade. In that event, prizes will be given by five year groupings. For example - if there are 5 men between 30-34 and 5 men between 35-39 then prizes will be given to each five year group; if there are 4 men 30-34 and 6 men 35-39 prizes will be given on a ten year basis.

**H = Handicap.** At the check in the estimated time will be given to the meet director. 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, at present, no tables for women. Men and women's scores will be computed together for the purposes of prizes.

**P = Predict your time.** Prior to each race each competitor will advise the meet director as to the estimate time. Prizes will be awarded based on the accuracy of the prediction. No lap times will be given and no watches permitted to be worn by the competitors. Age and sex will not be a factor.

**April 23rd:** 100-S, 880-S, discus-S, shot-S.

**May 7th:** 220-P, 3/4-P, high jump-A, triple jump-A.

**May 21st:** 100-S, mile-A, weight throw-S, hammer-S.

**June 4th:** 100 meters-A, 2 mile-P, long jump-A, 440-A.

**June 18th:** 150-P, 880-A, 3 mile-A, shot-S, Discus-S.

**July 2nd:** 220-S, 2 mile-A, high jump-S, long jump-S.

**July 16th:** 100-S, mile-H, Hammer-S, weight-S.

**July 30th:** 220-A, 3/4-S, 3 mile-S, shot-S, discus-S.

**August 13th:** 2 mile-H, high jump-A, long jump-A.

**August 27th:** 100-S, mile-S, discus-S, triple jump-S.

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

It is emphasized that these are low keyed development meets. All competitors are requested to bring stop watches, implements for the weight throws and to assist in officiating in events in which they are not competing. The field event competitors will serve as their own officials.

## Weight Pentathlons

Here is a planned schedule of weight pentathlons:

**Saturday, April 19:** Throwing Clinic, 9-11 am. Weight pentathlon and regular pentathlon start at 1 pm. Director: Carlos Fraundorfer, 4127 Poplar, Tampa Fla. 33603.

**Friday, Saturday, Sunday, April 25, 26, 27:** Southeastern U.S. Masters Championship. All events. N.C. State U., Raleigh, N.C. Director: Bill Hafley, 3024-C, Biltmore Hall, N.C. State University, Raleigh, N.C. 27607.

**Great Lakes Weight Pentathlon.** Date and location later (W. Michigan). P.H. Partridge, 337 S.W. 14th Ave., Boynton Beach, Fla. 33435.

**Midwest Weight Pentathlon Championships.** Tentative date: Sunday, August 24. U. of IL Chicago Circle. Director: Dave Jacobson, 2140 Lincoln Park West, Apt. 309, Chicago, IL 60614.

**National Weight Pentathlon Championships.** Sunday, September 14. U. of IL Chicago Circle. Director: Dave Jacobson, 2140 Lincoln Park West, Apt. 309, Chicago, IL 60614.

**Eastern Regular Pentathlon.** Boston. Tentative, Saturday, September 27. Director: Bill Gilligan, 30 Pelton, W. Roxbury, Mass. 02132.

Nolan Fowler and Bob Boal are collaborating on a two-day throwing fiesta - clinic, followed by medley - each contestant throwing all weights: Discus 2K, 1.6K, 1K; Shot 16lb, 12lb, 8lb; Javelin 800g, 600g; Hammer 16lb, 12lb, 8lb; Weight Throw 56lb, 35lb, 25lb. Tentatively set for Saturday-Sunday, October 18-19 at N.C. State U. Raleigh. This will be a real sod buster and a great opportunity to set age records. Director: Nolan Fowler, 660 Crestwood Dr., Cookeville, Tenn. 38501.

## Boston, South and West Highlight April Action

The eyes of the running world will be on Boston, Monday, April 21st for the annual renewal of the most prestigious marathon in the world. Hundreds of masters who met the tough qualifying standards will be among the 3000+ competitors.

The outdoor track and field season gets underway in earnest with two major meets in the South: the Southeast Athletics Congress Championships in Orlando, Florida, April 12th and the 10th Annual Southeastern Masters Meet in Raleigh, April 26th.

Out West, there are track and field meets for masters in Sacramento, April 5th; Los Angeles, April 12 (at Cal State Los Angeles - a change from original site); in Los Gatos, April 19; and at Mt. San Antonio College, April 20th.

In New York, the Randall's Island Development Meets begin Wednesday, April 23rd.

## 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 for the May issue of NMN is April 16th. Send to *National Masters Newsletter*, 6200 Hazeltine Ave., Van Nuys, CA 91401.



**Dave Douglas (left) and Jerry Wojcik during javelin throw at 1979 Nationals in Oregon.**



## METROPOLITAN CHAMPIONSHIPS

By Haig Bohigian, Meet Director

The second annual Metropolitan Indoor Track and Field Championships were held Sunday, February 24, 1980 at the Rockland Community Field House in Viola, New York. Forty-seven meet records were set and one was tied in the eighty-four events contested. A total of 82 athletes took part. The New York Pioneer Club took the sub-masters team title, while the New York Masters Sports Club took all the other division titles.

The oldest competitor, Konrad Boas, 76, captured six firsts and set records in five events, including a 7.96 in the 50 yard dash. Harry McArdle 73, won the 1000, mile and two mile runs, turning in an impressive 7:09.3 for the mile. David Lawyer, 60, looked smooth in winning the 50 and 300 yard dashes. Marc Neuhof, 64, set meet records in the hurdles and high jump.

The world record holder in the 600, Ed Small, 41, (1:17.7, set at last year's meet) turned in the best performances in winning the 300 in 34.61, and the 600 in 1:19.86. Teammates Glen Shane (35.06), and Mason O'Neal (1:20.7) pressed him to the very end in both races. Tom Brooks looked rejuvenated since turning 50 as he won the 50 and 300. Bill Krebs, 45, is again a force to contend with as he coasted to victories in the 600 and 1000.

Richard Rizzo, 43, a candidate for the top all around runner from 50 yards to 10K, won the 1000 in the best time of the day, 2:31.92, and was also second in the mile. Charlie Kennedy, 41, had the fastest mile time, 4:52, and was third in a very hotly contested 1000 yard race. Lou Stern, 45, ran the fastest two mile, 10:44.88, and won the mile in division 1B.

Roosevelt Weaver, 42, continued his string of sprint victories in 1A. Willie Overby, 32, turned in the fastest sprint clockings with a 5.82 50 and a 33.33 300. Rudy Valentine, 56, won two events as he slowly returns to top shape from a serious knee injury. Greg Fabian, 30, had the fastest 600 in 1:18.6. Robert Fine, 47, turned in the fastest two mile race walk time of 17:51.9. Skipper Clark, 32, captured five firsts and set five records. Patricia Kelly, 50, won the mile and two mile in record times.

The outstanding field events performance was turned in by Norm Cyprus, 41, who won the pole vault (13 feet), and the weight throw (42-2), and was third in the high jump and shot put. Larry Judd, 41, won the triple jump, was second in the high jump and long jump, and fourth in the shot, and first in the hurdles in record time. Gerald Counihan, 41, won the high jump and long jump, and was second in the pole vault. Robert Jackson, 30, set a record of 21-6½ in winning the long jump, and also set a record in winning the high jump in 5-4.

Ivan Black, 30, won three events, the triple jump, the hurdles, and the two mile walk. Joe Kernan, 50, Archie Messenger, 56, and John Popowich, 62, were all double winners and each captured the 1000 and mile in their division. Other double winners were Ernie Gill, 39, 50 and long jump; Jim Barber, 32, two mile and shot put; Tom Talbott, 47, 50 and hurdles; and James Ryan, 51, hurdles and long jump.

## Burgasser, Trees-Stricklin Win Mardi Gras Marathon

NEW ORLEANS, LOUISIANA, February 10. Joe Burgasser and Sue Trees-Stricklin, two California masters, won the masters divisions of the 1980 Mardi Gras Marathon today in icy, windy, 31-degree weather.

Burgasser, 41, from Rancho Palos Verdes, California, who won the national 25km masters championships last year in Tulsa, continued his "have-Nikes-will-travel" career, winning the 40-49 division in 2:27:08 to become the second fastest American master behind Herb Lorenz.

Trees-Stricklin, 41, from Northern California, won the women's masters division in 3:07:00.

John Stowers, 51, of Texas led the 50-59 group in 2:38:58, not far off Alex Ratelle's American mark of 2:31:56.

Bill Brobston, 67, flew in from New York to capture the 60-69 award in 3:16:00. Charlotte Tanner, 54, of Georgia won the women's 50-59 competition in 4:06:00.

Ron Tabb, 26, was the overall winner in 2:11:00 on the straight course which started in St. Tammany Parish and crossed the 24-mile long Lake Pontchartrain Causeway into New Orleans.



JOE BURGASSER

California Track News photo



photo by Dave Stock

BILL RANNEY

## Dooley, Ranney Lead Walkers

SAN FRANCISCO, March 2. Tom Dooley 30, won the Pacific AAU/AC 25k Track Walk at San Francisco State with a time of 2:04:03. Bill Ranney 44, took 2nd in 2:27:57. Fred Dunn 51, was 3rd in 2:36:12, followed by Harry Siitonen 53 in 2:46:15 and Otto Sommerauer 61 in 2:48:42. Bonnie Dillon 33, led all women finishers in 57:20:06 in a 10k walk.

-from Harry Siitonen

## Eastern TFA/USA Championships

SLIPPERY ROCK, PA, February 3. The West Penn Track Club won its fourth straight men's title and the first ever women's title in the Eastern TFA/USA Masters Indoor Track Championships today.

The men topped the Potomac Valley Seniors 419 to 156, and the women edged the same club 64-60.

Eighty-eight meet records were set including 3 each by Rachel Bourn and Jo Tober in the women's 50-54 class, Bryan Westfield of Ann Arbor, Michigan in the men's 35-39 division, Bernard Tober in the 55-59 group and Ray Gordon in the 60-64 competition.

Double-meet-record-setters included Rudy Enders of Potomac Valley in the 45-49 class, Phil Couchner of Flint, Michigan in the 55-59 category, Doug Moorhead in the 45-49, and Jim Demma, Ed Zuraw and Tom Stradley in the 40-44 rivalry.

Athletes came from Pennsylvania, Ohio, West Virginia, Michigan and Kentucky.

## NORTHERN OHIO REPORT

Contrary to reports, Northern Ohio DOES have an active long distance running program. Fifty separate races are scheduled for May through July, an average of three per week.

The Road Runners Club of America National Masters Marathon Championships will be held May 18, 1980 at Cleveland State University as part of the Revco-Cleveland Marathon.

John Forrest 47, was top master in the Bedford 8-mile run February 24 in 46:55, a 5:52-per-mile pace. Sandra Knott was 2nd woman overall in 57:05, despite having donated blood 4 days earlier. The race was not for the squeamish as gusty winds, 30-degree temperatures, and a 2-mile uphill finish greeted the finishers.

Most local clubs are social, help-each-other-train groups. Except for the Summit AC, none help their non-school athletes go to meets and races.

-from Sandra Knott

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## Braceland Wins 7 in Philadelphia Masters

PHILADELPHIA, PA., March 1. Entering eight of the ten events on the schedule, George Braceland of Drexel Hill, Pennsylvania took seven first and one second in the Philadelphia Masters Track Association Indoor Track Championships tonight.

Passing up only the mile and 2-mile, Braceland won the age 65-69 division of the 60, 60 hurdles, 300, 1000, shot, high jump and mile-walk, taking 2nd in the 600.

It wasn't a walkover. He had tough competition from Claude Hills in the 60, 60 hurdles, 300, and high jump, and from Sam Monastero in the 1000. George Witkowski topped him in the 600.

Richard Ross, 39, won the 35-39 high jump in a good 6-0½, and the shot in 39-6.

Triple winners included Bert Lancaster and Kelsey Brown in the 50-54 division, and Anna Mapps in the women's 30-34 class. Ed Small and Rudy Enders won doubles in the 300 and 600. Jim Demma won the 40-44 1000 in 2:25.9. Sean O'Connor took the 40-44 mile in 4:37.7. Bob Fine won the 45-49 two-mile and mile-walk. Bob Mimm won the same double in the 55-59 group. Chris McKenzie took the 60 and 600 in the women's 45-49 category.

### 60 Yard Dash:

30-34	Art Wright	6.5
35-39	Bob Stanford	6.9
40-44	Larry Wilson	6.6
45-49	Matt Brown	7.0
50-54	Bert Lancaster	7.0
55-59	Rudy Valentine	7.4
60-64	John Scheer	8.4
65-69	George Braceland	8.2
Women 30-34	Anna Mapps	8.1
Women 45-49	Chris McKenzie	8.9

### 60 Yard Hurdles:

30-34	Ron Warrington	8.1
35-39	J.U. Fassette	8.1
40-44	James O'Hara	8.2
45-49	William Clark	8.7
50-54	Hal Colen	10.3
65-69	George Braceland	9.9

### 300 Yard Dash:

30-34	Willie Overby	33.0
35-39	Bob Stanford	34.8
40-44	Edward Small	34.7
45-49	Rudy Enders	36.0
50-54	Bert Lancaster	36.6
55-59	Rudy Valentine	39.2
60-64	Bill Karavassily	44.0
65-69	George Braceland	44.9
Women 30-34	Anna Mapps	45.2

### 600 Yards:

30-34	Rob Jackson	1:23.9
35-39	Bob Maxwell	1:17.6
40-44	Edward Small	1:21.8
45-49	Rudy Enders	1:27.1
50-54	Kelsey Brown	1:30.4
60-64	Harold Greenberg	1:41.7
65-69	Casey Witkowski	1:44.8
Women 45-49	Chris McKenzie	1:45.0

### 1000 Yards:

30-34	K. Alfonso Jennings	2:25.4
35-39	Bob Maxwell	2:30.6
40-44	Jim Demma	2:25.9

45-49	Tom Talbott	2:55.2
50-54	Kelsey Brown	2:50.9
60-64	Harold Greenberg	3:07.9
65-69	George Braceland	3:18.3

### 1 Mile:

30-34	Jim Waters	4:25.3
35-39	Bob Kirkner	5:04.0
40-44	Sean O'Connor	4:37.7
45-49	Walt Szmidt	5:02.8
50-54	Kelsey Brown	5:02.2
60-64	Harold Greenberg	5:42.7
65-69	Sam Monastero	6:24.9
Women 30-34	Tina DiRienzo	6:48.7
Women 35-39	Kay Croll	6:22.4
Women 45-49	Chris McKenzie	6:01.8

### 1 Mile Walk:

30-34	Jim Barber	10:10.3
40-44	Bill Preston	7:39.5
45-49	Bob Fine	8:48.3
50-54	Sanford Kalb	10:26.9
55-59	Bob Mimm	7:41.1
60-64	Don Johnson	8:51.4
65-69	George Braceland	9:23.2

### 2 Mile:

30-34	Byron Mundy	10:19.5
40-44	Sean O'Connor	9:55.8
45-49	Bob Fine	11:31.1
50-54	Gus Constant	13:07.5
55-59	Bob Mimm	12:26.9

### Shot Put:

30-34	John Vogler	36-0¼
35-39	Rich Ross	39-6
40-44	L. Judd	33-6½
45-49	Stan Derry	39-9½
50-54	Thomas Brooks	41-9½
55-59	J.W. Pierson	35-11
60-64	Murray Oguss	42-2¼
65-69	George Braceland	38-7¾
Women 30-34	Anna Mapps	24-3
Women 45-49	A. Cirulnick	29-0½

### High Jump:

30-34	Kenneth Johnson	5-6
35-39	Rich Ross	6-0½
40-44	L. Judd	5-4
45-49	Walt Hutchins	5-6
50-54	Bert Lancaster	4-8
55-59	B. Tober	5-0
65-69	George Braceland	4-8

from Pete Taylor

## 24-Hour Relay Mark

SAN DIEGO, CALIF., March 2. The San Diego Track club's relay team composed of runners 60 and older established a world record for the 24-hour relay at the Grossmont College track today.

Nine runners went 196 miles, 1660 yards in 24 hours, starting at 9 a.m. Saturday. They averaged just under 22 miles per person. Their average time per mile was 6:53.

The old record of 132 miles was set in Northern California in 1978.

Running for SDTC were John Lafferty 62, Wayne Zook 63, Dr. Hal Elrick 61, Leo Leonard 60, Woody Derby 61, Ed Coverly 63, Sef Torres 62, Dr. Carl Stroud 71, and Cecil Smith 61.

## California Masters Athletes-Of-Year

Masters athletes-of-the-year in California have been announced by California Track News, the bible of the sport in that state.

A panel of experts comprised of masters athletes and correspondents throughout the states selected the following outstanding performers for 1979. (Vote-points in parenthesis):

### Track and Field:

Men 40-49. Nick Newton (50): Won 9 championships. Took silver medals in 400 and high jump at World Games, plus third in 100 and 200. Won AAU indoor 50 and 300. Others: Al Henry (36), Gary Miller (18), Percy Knox (8), Dave Jackson (8).

Men 50-59. Tom Patsalis (46): Won long jump and triple jump at World Games. Others: Bill Fitzgerald (30), Ozzie Dawkins (16), Bob Hunt (16), Avery Bryant (10).

Men 60-69. Harry Koppel (38). Won 3 gold medals in U.S. Championships in 100, 200, and 400. Set U.S. mark in 400. Others: Al Guidet (32), Bill Morales (18), Payton Jordan (16), Jim Vernon (10).

Men 70+. Joe Packard (30). Won 100, 200 and 400 in U.S. Championships. Broke world marks in regionals for all 3 events. Others: Stan Hermann (26), Walt Frederick (12), Win McFadden (12), Paul Spangler (11).

Women 40+. Irene Obera (36). Won the U.S. 100, 200 and 400. Won the World 100, and took 2nd in 200 and 400. Broke 3 U.S. marks. Others: Miki Gorman (34), Cherrie Sherrard (22), Shirley Kinsey (12), Jo Kolda (10), Ruth Anderson (9), Dorothy Stock (8).

### Long Distance Running:

Men 40-49. Joe Burgasser (36): Won National 25K and 2nd in U.S. Marathon. 1st American in World Masters Championships in England. Others: John Brennand (34), Doug Latimer (11), Ken Napier (10).

Men 50-59. Jim O'Neil (60): National 10K Cross-Country champ. U.S. 5K and 10K Track champion. Others: Bill Stock (20), Fred Nagelschmidt (10), Pete Mundle (8).

Men 60-69. Ed Lewin (28). Consistent winner in local road races. Others: Jim Oleson (24), Ed Lowell (16), Paul Reese (14), John Lafferty (14).

Men 70+. Monty Montgomery (50). U.S. marathon record holder. Consistent winner. Others: Paul Spangler (30), Walt Stack (12), Ivor Welch (10).

Women 40+. Miki Gorman (42). Won three gold medals at World Games. Consistent winner in Los Angeles races. Others: Dorothy Stock (34), Ruth Anderson (33), Margaret Miller (18), Sandra Kiddy (11), Dorothy Thomas (10), Sue Stricklin (8).

Ten issues per year are published by California Track News. Subscriptions are \$7 from PO Box 6103, Fresno, Ca 93703.



PAUL SPANGLER

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## 25 Meet Records Set In Virginia Masters

by Joe Martin

LEVINGTON, VA., March 8. 25 records fell, one was tied, and 10 were set automatically in new events in the Fourth Annual Virginia Association AAU State Masters Track and Field Championships held in the Virginia Military Institute Field House. New events were the pole vault and triple jump, and for the first time women submasters entered.

James Beaver (Charlottesville Track Club) won the "Outstanding Masters" trophy while Thomas Carr, also CTC, won the "Outstanding Submasters" trophy. CTC won the team championship, Richmond Track & Field Club was second, and the Tidewater Striders finished third.

### SHOT PUT

Submasters:	
1. Ernst Soudek (39)	*15.40
2. Charles Falk (31)	14.28
3. Bob Green (31)	13.65
Masters I:	
1. Louis Bartek (40)	11.16
2. Jim Beaver (45)	10.28
3. Del Cook (47)	9.78
Masters II:	
1. W.H. McLarin (53)	*10.87
2. John Phillips (51)	9.68
3. Spottswood Hall (55)	9.59

### POLE VAULT

Submasters:	
1. Jim Holdren (37)	*3.07
2. William Wallis (36)	3.07
Masters I:	
1. Jim Beaver (45)	*2.59
2. Del Cook (47)	1.83
3. H.W. Carle (48)	0.91
Masters II:	
1. W.H. McLarin (53)	*1.52

### LONG JUMP

Submasters:	
1. Jerry Gaines (30)	*6.57
2. Jeffrey Hughes (30)	6.15
3. Jim Sherrard (36)	5.85
Masters I:	
1. Jim Beaver (45)	*5.46
2. H.W. Carle (48)	5.22
3. Ed Zini (41)	5.21
Masters II:	
1. Bill Cole (50)	4.78
2. John Phillips (51)	4.64
3. W.H. McLarin (53)	4.31
Women Submasters:	
1. Ellen Schrum (31)	2.78

### TRIPLE JUMP

Submasters:	
1. Michael Harvey (31)	*11.45
2. Jim Sherrard (36)	11.20

3. Palmer Sweet (36)	10.33
Masters I:	
1. Jim Beaver (45)	*10.78
2. Ernie Anglin (45)	8.32
3. H.W. Carle (48)	2.57
Masters II:	
1. Bill Cole (50)	*9.97
2. Spottswood Hall (55)	8.22
3. John Phillips (51)	7.78

### HIGH JUMP

Submasters:	
1. Mike Wondree (30)	*1.71
2. Bob Green (31)	1.63
3. Palmer Sweet (36)	1.57
Masters I:	
1. Gordon Prior (45)	**1.57
2. Jim Beaver (45)	1.52
3. Louis Bartek (40)	1.47
Masters II:	
1. Spottswood Hall (55)	*1.52
2. W.H. McLarin (53)	1.37
3. Norb Weckstern (56)	1.23
Masters III:	
1. Frank Finger (64)	*1.27

### 55 METER DASH

Submasters:	
1. Irving Joseph (32)	*6.5
2. Jeffrey Hughes (30)	6.6
3. Bob Green (31)	7.0
Masters I:	
1. Jim Hickey (40)	*7.0
2. Jim Beaver (45)	7.3
3. Dil Cook (47)	7.4
Masters II:	
1. Harold Green (50)	*7.0
2. Bill Cole (50)	7.6
3. Joe Martin (58)	7.9
Masters III:	
1. Cokey Daman (61)	9.0

### 1500 METER RUN

Submasters:	
1. Thomas Carr (31)	*4:09.5
2. Oliver Marshall (30)	4:26.4
3. Randy Cook (32)	4:33.8
Masters I:	
1. Lew Faxon (40)	4:34.5
2. Charles Goetz (41)	4:35.9
3. Fred Schwab (40)	4:38.1
Masters II:	
1. John Hosner (53)	4:56.9
2. Richard Izquierdo (51)	5:10.1
3. M.C. Wilhelm (56)	5:14.4
Masters III:	
1. Ray Gordon (61)	*5:13.6
2. Cokey Daman (61)	5:51.4
3. Richard Schrum	6:59.7
Women Submasters:	
1. Kathy Thomas (31)	*5:16.8
2. Ellen Schrum (30)	6:56.6

### 55 METER HURDLES

Submasters:	
1. Jerry Gaines (30)	*8.0
2. Bob Green (31)	9.1
3. William Willis (36)	9.4
Masters I:	
1. Jim Beaver (45)	*8.0
2. Ed Zini (41)	8.7
3. Dil Cook (47)	10.4
Masters II:	
1. Joe Martin (58)	9.2
2. Harold Green (50)	9.3

### 800 METER RUN

Submasters:	
1. Thomas Carr (31)	*2:01.0
2. Randy Estes (31)	2:20.6
3. Stephen Mann (33)	2:40.5
Masters I:	
1. Lew Faxon (40)	2:15.8
2. Charles Goetz (41)	2:17.8
3. Dil Cook (47)	3:04.4

Masters II:	
1. W.S. Johnson (50)	*2:21.7
2. John Hosner (53)	2:24.7
3. Louis Hundley (53)	2:44.7
Masters III:	
1. Cokey Daman (61)	3:02.2
Women Submasters:	
1. Kathy Thomas (30)	*2:41.5

### 400 METER DASH

Submasters:	
1. John Tucker (30)	54.6
2. Jeffrey Hughes (30)	54.7
3. Bob Green (31)	57.3
Masters I:	
1. David Frye (40)	*56.5
2. Lew Faxon (40)	57.2
3. Jim Hickey (40)	60.4
Masters II:	
1. Harold Green (50)	*60.1
2. Bill Cole (50)	60.9
3. Joe Martin (58)	66.1
Masters III:	
1. Ray Gordon (61)	62.7
2. Frank Finger (64)	62.7
3. Cokey Daman (61)	79.5

### 5000 METER RUN

Submasters:	
1. Ireland Sloan (37)	*15:34.2
2. Thomas Carr (30)	16:06.6
3. Oliver Marshall (30)	16:27.6
Masters I:	
1. Robert Jenkins (40)	*16:08.1
2. David Bloor (40)	16:33.4
3. Lew Faxon (40)	16:39.0
Masters II:	
1. John Hosner (53)	*19:07.0
2. M.C. Wilhelm (56)	19:57.0
3. Richard Izquierdo (51)	20:19.1
Masters III:	
1. Cokey Daman (61)	*22:30.8
2. George Cunningham (60)	23:17.7

Women Submasters:	
1. Kathy Thomas (30)	*20:14.0

### 1600 METER RELAY

Submasters:	
1. Charlottesville TC	3:58.2
2. Tidewater Striders	3:58.9
3. Unattached	4:00.7

Masters I:	
1. Richmond Track & Field	4:16.0
Masters II:	
1. Charlottesville TC	4:46.1

## NON VIRGINIA ASSOCIATION RESULTS

Long Jump: Mike Riddle (31)	20-10 1/2.
55 Meter Dash: Mike Riddle (31)	6.8.
55 Meter Dash: Jim Bradley (43)	7.4.
55 Meter Hurdles: Jim Bradley (43)	10.4.
800 Meter: Jim Bradley (43)	2:24.0.
400 Meter: Mike Riddle (31)	52.2.
400 Meter: Jim Bradley (43)	57.5.

\* = meet record  
\*\* = ties meet record

## New York Road Runner Club Runs:

### REVERSIBLE 7 MILE RUN

CENTRAL PARK, February 17. 321 starters, 279 finishers. Cold, mid-20's, windy.	
Men 40-49:	
14. Hans Hartmann (44)	41:02
21. George Stillman (47)	42:38
24. Dennis Donahue (40)	42:58
Men 50-59:	
46. Frank Lorey (50)	45:06
57. Jack Ryan (50)	45:46

64. Stan Edelman (55)	46:38
Men 60-69:	
71. Rufus Schatzberg (62)	47:20
118. Wilfredo Rios (63)	50:39
133. Joe Galaburri (69)	52:03
Women 40-49:	
12. Samara Balfour (44)	51:38
22. Joyce Fletcher (45)	55:55
27. G. Bordonaba (49)	57:59
Women 50-59:	
25. Christine Dickinson (50)	56:39.

### WASHINGTON'S BIRTHDAY 10K

PROSPECT PARK, BROOKLYN, February 18. 371 starters, 354 finishers. Sunny, mid-20's.

Men 40-49:	
27. Charles Kennedy (41)	35:45
47. Jim Aneshansley (44)	37:14
55. Geza Feld (46)	37:46
Men 50-59:	
59. Bob Muller (55)	37:55
90. Joe Durns (50)	39:17
94. Bill Halpin (50)	39:29
Men 60-69:	
177. Al Goldstein (60)	43:36
224. Wilfredo Rios (63)	47:01
293. Tom Wiley (60)	1:01:22
Women 40-49:	
4. Polly Schonfeld (40)	42:42
9. Margit Brosnan (40)	46:09
24. Guillermina Bordonaba (49)	50:46
Women 50-59:	
45. Patricia Kelly (51)	1:00:11
52. Maria Noguera (50)	1:04:44

### MEMORIAL 20 MILE RUN

CENTRAL PARK, February 24. 497 starters, 384 finishers. Sunny, 50's.

Men 40-49:	
5. Fritz Mueller (43)	1:49:30
29. Bob Clerk (42)	1:56:01
47. Nelson Crader (40)	2:02:54
Men 50-59:	
46. Don Dixon (52)	2:02:38
93. Jim Stoltzfus (53)	2:14:05
99. Frank Lorey (50)	2:14:34
Men 60-69:	
69. George Sheehan (61)	2:09:12
160. Rufus Schatzber (62)	2:21:55
315. Luis Martin (68)	2:56:59
Women 40-49:	
9. Nina Kuscsik (41)	2:24:37
18. Margit Brosnan (40)	2:38:20
27. Nancy Tighe (49)	2:45:45
Women 50-59:	
37. Mary Rodriguez (58)	3:03:29

### 10K BAGEL RUN

CENTRAL PARK, March 2. 1003 starters, 870 finishers. Cold, mid-20's.

Men 40-49:	
47. Charles Kennedy (41)	35:36
59. Hans Hartman (44)	36:10
67. Arno Niemand (45)	36:38
Men 50-59:	
102. Evan Kane (55)	37:33
117. Joe Burns (51)	38:03
132. Jim Stoltzfus (53)	38:18
Men 60-69:	
324. Ruberto Renny (62)	43:46
388. Wilfredo Rios (63)	45:23
589. Fred Burke (61)	52:35
Women 40-49:	
20. Polly Schonfeld (40)	43:09
32. Linda Wolfowitz (40)	45:29
41. Toni Carter (41)	46:42
Women 50-59:	
68. Chris Dickinson (50)	49:58
92. Lya Kilian (51)	51:49
138. Joyce Kuschke (50)	56:11

## Attention Running Stores!

Runner's Necktie available for resale in your store. Write: **Front-Runner, Box 287, Bala Cynwyd, PA 19004.**



## COLLEGE OF MARIN MEET

KENTFIELD, CALIF., March 15, 1980.

### Javelin

40-44	Don Rose	137-6
45-49	Spencer Letcher	175-10
50-54	Bob Roemer	123-2
55-59	Bob Stone	117-6
70-74	Fred Bierlein	48-7

### High Jump

40-44	Kermit Walker	5-2
50-54	Bob Roemer	4-8
55-59	Mark Henderson	4-4
70-74	Fred Bierlein	3-6
75-79	Homer Van Gelder	3-8

### Long Jump

40-44	Kermit Walker	20-3/4
50-54	Bob Roemer	16-8 3/4
55-59	Jim Johnson	16-7 1/2
60-66	John Satti	15-4 1/4

### Triple Jump

40-44	Kermit Walker	40-6 1/2
60-66	John Satti	26-10 3/4

### Shot Put

45-49	Spencer Letcher	35-5
50-54	Roy Wigginton	35-6 1/2
55-59	Mark Henderson	34-6 1/2
60-66	James York	42-2 1/2
75-79	Homer Van Gelder	32-1/2

### Discus

50-54	Roy Wigginton	91-11
55-59	Bob Stone	106
65-69	James York	106-10
70-74	Fred Bierlein	61-3
75-79	Homer Van Gelder	69-2

### Hammer

55-59	Bob Stone	108-2
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### 6 Mile

Submaster	Mark Gallo	35:11
40-44	women Joan Don	41:52
45-49	Ray Whitaker	45:20

### 3 Mile

40-44	women Lillian Woodward	20:18.5
65-69	Bill Bigelow	25:01

### 1 Mile

Submaster	William Zollner	4:44.5
Submaster	women Daphne Dunn	7:27.6
40-44	Bert Botta	4:45.7
45-49	Burl Lennier	5:23
60-64	Ray Mahannah	6:09
65-69	Bill Bigelow	7:41

### 880

Submaster	William Zollner	2:09
55-59	Phil Arnot	2:17
60-64	Ray Mahannah	2:52.1
70-74	Fred Bierlein	3:37.5

### 440

Submaster	Dan Fitzsimmons	53.8
40-44	Jack Sanchez	63.5
45-49	Bruce Springbett	56.5
50-54	Roy Wigginton	65.0
55-59	Mark Henderson	76.8
60-66	John Satti	73.2

### 220

Submaster	Dan Fitzsimmons	23.6w
40-44	Jack Sanchez	27.4w
45-49	Bruce Springbett	24.1w
50-54	Bob Roemer	25.9w
55-59	Bob Cooper	26.1w
60-66	John Satti	29.0

### 100

Submaster	Dan Fitzsimmons	10.5w
40-44	Kermit Walker	11.4w
45-49	Bruce Springbett	10.8w
50-54	Vernon Regier	11.2w
55-59	Bob Cooper	11.35w
60-66	John Satti	12.4w

from Don Rose, Chairman

## New York Masters Sports Club Indoor Championships

From Bob Fine

WEST POINT, NY, March 15. The most exciting race was the 600 yard run in Division 1A. The first three finishers broke the American Indoor Record, separated by only a half second. Glen Shane led all the way to win in 1:16.0, followed by Ed Small and Ken Baker. Ed and Ken were timed in 1:16.5. Glen and Ed compete for the New York Pioneers and Ken for the North Jersey Masters.

Ed Small in the 300 yard dash got the record all to himself in running 33.5.

The New York Pioneer Club shattered the American Indoor Record for the One Mile Relay in 3:34.4. The Pioneers were behind the New York Masters, who finished in 3:37.5, until

Glen Shane broke the race open on the third leg.

Bob Mimm, age 55, of the Shore A.C. did 16:26.1 to break the age-group record in the two mile walk.

In the Women's Mile Run, Chris McKenzie, 48, of the New York Masters in 5:53.1 and Janet Grenda of Onteora, age 54, in 6:28.0 set age-group records.

In the field events Boo Morcum of the Philadelphia Masters, age 58, set age-group records in the pole vault at 12 feet and long jump at 17 feet 6 1/4 inches; Richard Ross, age 39, of the Garden State Masters did six feet even, and Ann Cirulnick, 45, of the New York Masters threw the shot 26-11.

Bill Krebs, 45, of the New York

Masters won the 600 in 1:21.1 and the 1,000 in 2:24.2.

Lou Stern, 45, of the Prospect Park Track Club, won the mile in 4:57.2 and the two mile in 10:41.0. Russell Meyers, age 76, from Florida, won the 60 (9.03), 60 yd. high hurdles (10.6), long jump (11-9 3/4 an age-group record) and the triple jump (20-8).

Len Olson, 48, Green Mountain A.C., won the high hurdles (9.7); long jump (14-8 1/2), shot put (40-0 1/4) and the weight throw (39-9 3/4).

Other National and World Class athletes that won multiple events were Matt Brown (46, 60, 300), Jim Ryan (51, 60, hurdles, long jump), Kelsey Brown, 52, (1,000, 600, 2 mile) and Harold Greenberg, 60 (600, 1000, mile, 2 mile).

see page 16 for results.....

## Olympic Boycott

NMN has purposely refrained from analyzing the proposed Olympic boycott. NMN tries to provide information you can't get anywhere else. The boycott, by contrast, has been analyzed and dissected by every media in the land. There's little we could add.

Besides, we've gone through it all before in the Masters program. And we probably will again when the 4th World Games begin. Most masters feel politics should be kept out of sports. Sport as an instrument of international policy is a spitball against a battleship. And so on.

But we couldn't resist reporting on one historical aspect which has been overlooked, it seems, by political and sports writers.

An interesting article uncovered by Joe Stein of the San Diego Tribune, and written by Edwin Kiester in *Science 80* magazine says the original Olympic games were quite different than our romantic vision of them.

"In the dream world of the sports-writer and rhetoric of the International Olympic Committee, the Games of classical antiquity, which began in 776 B.C., were pure and uncorrupted-pitting the best athletes of the civilized world against each other in a non-commercial atmosphere of peace and goodwill," writes Kiester.

But classical scholars know better, Kiester says. "When Greek met Greek, politics, professionalism and the cash register were as much a part of the Games as running. The ultimate achievement was for an athlete to win at all 4 Games sites-Olympia, Nemea, Isthmia and Delphi. That proved impossible for some athletes, however, who were ordered by their city-states not to participate in the Games when they were held in an arch-rival's city."

So Olympic boycotts are old hat. Kiester also cites parallels between East Germany and several Greek communities which dedicated themselves to winning at all costs.

"Kroton, a small Greek settlement in Italy, was one dominant participant which was obviously operating a big jock factory," reports the article.

Nostalgia tells us all performers were amateurs who only competed for the love of sport. "Winners received free meals for life from their governments," Kiester says. "Eventually professionals crowded amateurs out of competition. Professionalism also begat corruption." Those were the good old days.



AL OERTER  
Masters Olympic hopeful

## EASTERN INDOOR CHAMPS

continued from page 1

the middle distance runners; and Dave Lawyer (60-64) the sprinters.

George Vernosky, 49, Potomac Valley, came back after a year of injuries to win the mile in 4:47.4, in a close race with defending champion Hal Snyder (4:48.2) and then almost broke his meet record in the two mile with a time of 10:18.5. Boo Morcum, also coming back after injuries set a record in the long jump (55-59) in 17-4.

Ed Small of the New York Pioneers, after winning the 300 in 34.5, ran an outstanding anchor leg in the mile relay to overcome the lead of the New York Masters and set a meet record in 3:43.3.

Meet Director Bert Lancaster (50-54) Philadelphia Masters, won the 60, 300 (in record time) and the long jump.

Bob Fine, 48, of the New York Masters set an age-48 record in the two-mile walk, in just out kicking defending champion Sal Corrallo in 15:52.9.

The Team Championship for the 30 and the 50 year olds were close. Garden State edged Greater Rochester by 13 points. This was the first appearance for Greater Rochester. They did so well in the 30 year old group that they may be a future sponsor for the meet. In the fifty year old division, Philadelphia Masters edged the New York Masters and Potomac Valley by 12 points. In the 40 year old and the 60+ championships, New York Masters and Philadelphia won by 31 and 63 points.

Penn Mutual also contributed to the meet in donating the team awards and t-shirts.

from Bob Fine

see page 13 for results.....



## COUNTDOWN TO NEW ZEALAND

Plans continue to take shape for the 4th World Veterans Athletics Championships and 14th World Veterans Road Running Championships in New Zealand in January, 1981.

Organizers of the World Games in Christchurch January 8-14 are planning on 3000 competitors. The printed invitations should be ready shortly. A schedule is in the works. Sports Travel International and Simone Travel are firming tour prices.

Competition will be held from mornings till late evenings. The crosscountry for women will be the same distance as for men, 10km. Women aged 35-39 will run 100m hurdles. Women over 40 will run 80m hurdles.

Walking events will be held on January 10th or 11th and 13th. (20Km men. 10Km women. 5Km men and women on the track.)

Implements and pentathlon point scoring will be the same as in Hannover. In team competitions (XC, marathon, walks) there will be only one team per country included in the awards. Protests will be delivered only by team managers.

Competitors will not get a free summary of results because of large postage expense. They will get an excerpt from the schedule of the program in their packets.

Palmerston North (The City of Roses) and the organizing committee of the 14th I.G.A.L. World Road Race Championships (10Km on January 3; 25Km on January 4) announce some of the attractions for the week leading up to the Championships will be specifically arranged. They include a Picnic Orienteering event, a Garden Party on a New Zealand farm with demonstrations of sheep shearing, Sheep Dog Trials and Harvesting, a Maori Hangi (a New Zealand Native Meal cooked under-

ground on hot stones) and climaxing with a Cabaret evening for all with presentation of special awards.

Competition for both road championship races will be held in 5-year age division for men over 40 through 80+ and for women over 35 through 70+.

## WHO'S THE DINGIEST IN THE LAND?

By Wendell Miller

About six months ago I started weight lifting. don't ask why--all my reasons are equally disgusting. Regardless, I'm pumping in my basement three times a week and the similarities abound: It isn't much fun but I feel much better for having done it. Sound familiar? The other day I was thinking about the workout I would give the following day when it hit me: I had now started to dread the weight workout as much as my daily run. And get this--maybe more.

No matter, there's more. Since getting into iron, I have touched several of the accepted bases. I now talk to guys who look as if they're wearing younger brothers' clothes, I've hit a couple of iron hit spots, including the legendary Irving Park YMCA in Chicago. I'll give it to you straight--they're a bigger bunch of whachos than runners. I mean, they're into mirrors and tuna fish. The experience, I must admit, has caused me to look at my fellow runners in a different light. They don't seem quite so weird anymore. Have you checked out the cross-country skiing crowd? I have it on a good authority (can't mention the name because it's Higdon) that they stand around the starting line talking about the wax they used. Maybe I'm going to have to take back some things I've said about runners--they're looking more normal by the day. Just for good measure, throw in the body building article Sports Illustrated ran on women and a man who talks to trees while he runs seems a pretty regular guy.

## 4th World Veterans Athletic Championships

January 7-15, 1981 in Christchurch, New Zealand

and

## 14th I.G.A.L. World Road Race Championships

January 3-4, 1981 in Palmerston North, New Zealand

Your Keyway to Kiwi Land  
is now available

through the US Masters' 1st travel agent  
**SPORTS TRAVEL INTERNATIONAL, LTD.**

Basic tours available from \$1345 to \$1803 per person (plus \$25 non-refundable administrative fee). Extensions available to sight-see in New Zealand, Australia, or a bit of both.

Group departures are from Los Angeles:

- December 27, 1980. Take this one if you want 2 days in Auckland, and then go to Palmerston North and/or Christchurch.
- December 28, 1980. For the light-in-heart who want 2 days beachcombing and sailing in Fiji before they head for Palmerston North and/or Christchurch.
- January 1, 1981. "You just can't get away from home any earlier" and you aren't planning to compete at Palmerston North, but you do want those 2 carefree days in Fiji.
- January 3, 1981. OK, so you are limited in time. Take this departure, spend an overnight in Auckland, and arrive in Christchurch the day before the Opening.

The return dates give you just as many options: January 15, 17, 22, and 24.

- If you must return as soon as the Games are finished on the 14th, then you will opt for return on the 15th.
- If you have time and interest for sight-seeing, then choose the 17th, 22nd, or 24th. A wide variety of post-tours for the U.S. Masters will be available...or "do your own thing." Rumor has it that there will be a select group taking the "most beautiful walk in the world" - the Milford Track. For those who wish to stop in Hawaii on the return home, track meets and running events are scheduled for both weekends, January 17-18 and January 24-25.

The Basic Tours are priced from departure date to January 15...on double occupancy, and three classes of accommodations: budget (university housing/Christchurch), standard, and first class. The airfare is the best available as of February 1, 1980. Increases will depend on fuel prices. The land prices are firm.

There are a limited number of reservations for each departure and return. You certainly may have a choice...but only as long as space is available. There are many more things of great interest that we could talk about but I would suggest that you fill out the coupon and send it along to make sure that you are included...And do ask all those questions that pop into your mind. We do have experts here at Sports Travel International...and we'll be delighted to be of assistance.


Oh, yes, of course we'll take care of your entry form (which you will receive shortly upon registering for the tour.)

We've talked before about the trip of a lifetime...this is it...so far!

Complete the form below and send to: Sports Travel International, LTD.  
4869 "B" Santa Monica Avenue  
San Diego, CA 92107  
(714) 225-9555

## For the World Championships in New Zealand in January, 1981

We again offer:

- \* **UNBEATABLE** airfares with confirmed seats via  **air new zealand**
- \* **GUARANTEED** accommodations in both Christchurch and Palmerston North
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- \* **ENTRY FORMS**

**Call Diana Schneider**

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200 West 57th Street

New York, New York 10019

I would like to reserve \_\_\_\_\_ places. Enclosed please find check for \$\_\_\_\_\_ (\$200. deposit + \$25. non-refundable registration fee = \$225. per person.) All deposits are totally refundable at least until September 15, 1980, when the balance of payment is due. (Total tour prices are now available in brochure which will be sent by return mail.)

Check box for desired accommodations:

- ☐ budget
- ☐ standard
- ☐ 1st class

Check box for desired departure date:

- ☐ December 27
- ☐ December 28
- ☐ January 1
- ☐ January 3

Check box for desired return date:

- ☐ January 15
- ☐ January 17
- ☐ January 22
- ☐ January 24

Name(s) \_\_\_\_\_

Address \_\_\_\_\_  
street city state zip

Phone: home (\_\_\_\_\_) business (\_\_\_\_\_) \_\_\_\_\_

Questions: \_\_\_\_\_



## ON THE MASTERS SCENE

LAKE BLUFF, ILLINOIS, April 1. Wendell Miller, top Masters marathoner and national masters track and field chairman, ran into unexpected trouble last month.

It seems that Miller has been quietly practicing the steeplechase, in hopes of finding a soft spot in the national masters championships this summer. "Just one gold medal in my life is all I ask for," Miller has repeatedly stated to close friends.

But while perfecting his jumping technique in a practice session at the University of Chicago, Wendell's rear spike clipped the top of the water barrier and he plunged headlong into nearly three feet of water.

Although struggling desperately, he was going down for the third time until a passerby, Linda Mammery, heard his cries for help and rushed over in time to provide artificial respiration.

The good news is that Miller will be okay after a brief period of recuperation. The bad news is that his wife Marlene has forbidden him to practice anywhere near Ms. Mammery, thus seriously jeopardizing Miller's chances for success in this year's steeplechase competition.

GRANADA HILLS, CALIF., April 1. Trouble continues to dog Masters discus and hammer thrower Jerry Wojcik.

Wojcik has been practicing for months in his backyard with a makeshift hammer in preparation for the 1980 season. Recently, however, he splurged on the real thing and confidently set out to see how far he could throw his new "hammer."

Understanding his strength, Jerry let fly a heave that sent the missile careening over his garage and through his neighbor's rhododendron plants. It completely destroyed the neighbor's tomato garden, smashed the rumpus-room window, and landed with a thud on the belly of his neighbor who was trying to take a nap at the time.

Not only has the neighbor filed a very unfriendly lawsuit against Wojcik, but he has stubbornly refused to give back the hammer in spite of repeated requests by Jerry. A few local Masters decided it was only right to pitch in and help Jerry get a new hammer. If you'd like to assist, send your donations to "Hammer Fund," 17743 San Fernando Mission Blvd., Granada Hills, Calif. 91344.

CLEVELAND, OHIO, April 1. The 4th Annual Buckeye 10K Run set a dubious record of sorts today by having 322 starters and 0 finishers.

It happened about the 4-mile mark. All was going well when the leading pack of runners, all fighting doggedly for position on a narrow path in Metropolitan Park, missed a tree-obscured course marker and went to the left when they should have gone to the right.

Like a hydra-headed Pied Piper, the pack led the remainder of the field

deeper into the woods of the park, across the rain-swollen, swift-moving Rocky River Creek and through a Steelworkers Union picnic and beer bust.

The survivors wound up at the General Electric plant on Euclid Avenue, face to face with an angry confrontation of anti-nuclear demonstrators and Cleveland police. The police did not take kindly to the intrusion on this delicate scene by the confused and "aggressive looking" runners.

Race directors declared the race null and void and said they would save the trophies for next year's race. Of the 322 starters, 24 said they'd never run again, 33 said it was just one of those things, 66 had an unprintable comment, 52 were hospitalized with assorted injuries and 147 were still missing and unaccounted for.

WHITTIER, CALIF., April 1. Submaster Reid Pressley has improved his marathon times steadily over the last few years and plans to take on the world's best when he turns 40.

Nothing comes easy, however, and one reason for Pressley's improvement is his morning and evening 10 to 20 mile runs in a nearby park. Coupled with a demanding job as a computer programmer, this tough schedule has had its effects. Reid now has only a passing acquaintance with his wife Leslie and their three children. When he unexpectedly returned early from his evening workout recently, Leslie is reported to have looked bewildered, saying: "The face is familiar, but I can't place the name."

Marathon running, however, demands sacrifices and Pressley is up to the challenge. Moreover, we've learned that his daily runs are not the drudge they used to be. It seems that each morning, and often in the evening, Reid is accompanied by, and has become extremely close to, a St. Bernard named Olaf.

VAN NUYS, CALIF., April 1. Most of us are conditioned to believe that abstaining from food prior to a race is the only way to prepare for a serious run.

John Damski, however, a triple-medal winner at the 1st World Masters Championships, has found just the opposite approach works for him. Prior to each competition, Damski can be seen building his strength by stuffing large quantities of chicken into his system.

His success did not go unnoticed by John Brown, founder and former President of the Kentucky Fried Chicken chain. We've learned that Damski has just signed a multi-year contract with the firm to promote the value of eating chicken just prior to your competition. John will make a series of commercials to be aired this fall, showing him eating a leg or two of Kentucky Fried Chicken, then immediately going into his event in what, hopefully, will be a world age-record performance. Word is that this

could revolutionize the eating habits of top track and field athletes throughout the world. Medical expert Dr. George Sheehan, however, calls the idea "patently ridiculous."

ENCINO, CALIF., April 1. The 10th Annual Great Ostrich Race was held today in the Sepulveda Basin in Los Angeles, probable site of the 1984 Olympic swimming and bicycling competition.

A early-April staple of the San Fernando Valley, the event this year was marred. First, the race was held up over a half-hour by the difficulty of properly attaching identifying numbers to each competitor.

Then, charges of cheating were hurled by the losers, claiming that the winning ostriches in the masters category were actually younger than the rules prescribed. Confusion reigned, as no one seemed to be sure how to verify the winners' true ages.

The ill-will generated cast doubt upon the renewal in 1981 of this always-popular sporting event.

WASHINGTON, D.C., April 1. A tax on runners was proposed today by the National Committee for Fair Taxation at a House Ways and Means Subcommittee hearing.

John Fitzgerald, chairman of the Committee and an admitted heavy smoker, complained: "Every time Congress wants to raise taxes, they tax guys who smoke. It's tough enough to handle our guilt feelings about smoking. Now we're being segregated in restaurants, on planes, everywhere. We're always embarrassed by health nuts who cough and hack when we light up an after-dinner puff."

The committee recommended a special tax be levied on running shoes.

"I'm tired of having my disgusting habit exploited by politicians," Fitzgerald said. "There are plenty of other disgusting habits we can tax. Like running, for example."

Co-chairman Myra Concannon of Boston charged that runnes are annoying to everyone. "They make otherwise-calm dogs excited," she said, "and cause premature aging and ulcers in the dogs."

Her argument was supported by Dr. Ronald J. Olson of New York a veterinarian who said he's treating more and more dogs for hypertension and other nervous disorders.

"So many joggers run past them while they're leashed," Olson pointed out, "frustrating their natural instinct to bite things that run."

Testimony will continue later this month.

--from Al Sheahan

## Reliable Source

- A new English magazine Athletics Monthly is due out in April, produced by active athletes. Stan Allen is organizing the Veterans section.

- Ross Winton, Founder of the National Masters Champion Corona Del Mar Track Club in 1968, died Feb. 29 following a period of illness and hospitalization.

- "Researchers are unraveling the basic puzzle of physical life," says regional masters sprint champion and U.S. Senator Alan Cranston. "It is only a matter of time--perhaps only a short time--until we know how to cure or prevent our major diseases and disabilities. We have the technical and intellectual capacity to overcome senility, arthritis, hardening of the arteries and cancer."

- Nor-Cal Running Review covers track & field, long distance running and race walking with a primary emphasis on Northern California. Scheduling information includes all of California, Oregon and Nevada, plus important national events. Covers all ages with in-depth results, interviews, medicals advice, rankings and more. All profits go to help needy athletes attend important competitions. Subscriptions are \$6 a year for six issues or \$3 for six months. NCR, Box 155, San Mateo, Ca 94401.

- Dwight Stones and the ITA professionals have been readmitted to international competition by the IAAF. But the former pro athletes--like John Smith, Rod Milburn and Brian Oldfield--may not be able to compete in the Olympics because the IOC eligibility rules are stiffer than those of the IAAF.

- John Allen 54, of Pomona, California has retired from competitive race walking. At least for now. He took a couple of years off to train for international open and masters competition. He was superb, smashing age records from the 5Km thru the 50Km walks.

"I had my day," he tells NMN, "with records of 2:11:01 in the 25Km walk in 1978. That beat my 1954 National AAU Championship win of 2:13:09." His 1978 10Km 50:21 topped his 1953 2nd place National AAU time of 50:44.

"But I'm most proud," Allen says, "of my 1978 50Km in 4:55:12, which would have put me on the 1964 Olympic team."

So at age 50-54, Allen performed on a higher level than he did 25 years earlier.

He plans to compete in Masters track & field and long distance running "as soon as my heel and tight hamstrings get some rest."

- The entry forms for the 13th annual World Championships 10Km and Marathon August 23-24 in Glasgow, Scotland are now available. Hal Higdon says he's not planning a full tour, but if anyone is interested, "I'll try and help them with travel arrangements. I'm going to be working with Avon," he says, "in putting together a tour to the Women's International Marathon in London. Dates may be either August 2 or August 31. If the latter, this might offer an

continued on next page....



## RELIABLE SOURCE continued from page 10

interesting double for masters women. And I'm trying to locate a male race the same weekend as the Avon run for others who go along." Higdon operates Running Tours at 2815 Lake Shore Drive in Michigan City, Indiana 46360. He reports that his training is going good and he hopes to "tear one off" at Boston.

• Russ Hodge, former Olympic Decathlon athlete, was elected President of the Southern Pacific Athletics Congress on March 2. Hal Connally, John Brennand and Bob Hickey were elected Vice-Presidents. Linda Fisher is Secretary and Hilliard Sumner is treasurer. Other delegates are Cliff Abel, Sherry Calvert, Dennis Caldwell, Jackie Hansen and Willie Banks.



## Profile on:

### Bob Higgenbotham

Some masters began running early in life and have continued throughout their 30's and beyond. Some got into it when they turned 40. Bob Higgenbotham of Visalia, California began at age 52.

A social sciences and former physical education teacher for 22 years at Green Acres Junior High School, he began running the 110-meter hurdles in April, 1979. He won the Golden West Master Meet and then placed second to Jack Greenwood in the U.S. Masters Championships in Oregon last July, clocking 19.66 over the 33-inch barriers.

"Higg," as some of his contemporaries call him, is five-foot, eight-inches tall. Why would a man, at age 52, decide to compete in a very demanding event that traditionally attracts taller competitors?

"I got into running the hurdles for a variety of reasons," Higgenbotham says. "Because I've always kept active jogging and playing tennis, for one thing. That kept me in pretty good shape, but the hurdles gave me a chance to compete and I liked that."

Higgenbotham says he knew the principles of hurdling from his phys-ed teaching days, although I had never competed in the hurdles in high school or college.

Getting started on the discipline required to train seriously for the hurdles at age 52 was probably the hardest part for Bob.

"Just going out there five or six days a week was a challenge. Some days I really didn't feel like it to start with. But once I got myself out there and warmed up, I'd start to feel pretty good and I'd forget about not wanting to do it."

His biggest problem so far has been his stride. At 5'8", he's had some problem making the standard three strides between hurdles most younger runners take. (So have taller Masters athletes).

## DIARY OF A MARATHON

by Joe Burgasser

Together with Linda Burke, I competed in the New Orleans Mardi Gras Marathon in Louisiana on February 10. Since my 2:27:08 time is the fastest marathon ever run by someone wearing the STC colors in its 15-year history, I thought it appropriate to share the race and preparatory event with you...

Spend long apprenticeship consisting of eight years of 14+ mile-a-day average and 265 races (to learn pace techniques).

Arrive in New Orleans (pronounced O'Lins by locals) on a cool rainy Friday evening after spending a week in St. Petersburg, Florida sleeping late, training VERY easy, lying in the sun, eating well, and generally being treated like royalty by Linda's parents, our hosts. Decide not to rent a car to save money.

Wake up on race morning with a mild headache but don't take anything (afraid of urinalysis if I run well). Eat



"I have to chop my steps," he says, "and run four strides between hurdles which means changing my lead leg on every hurdle. Some people thought that might be too tiring over the course of the race, but I managed to do it okay..."

Running in the nationals against Greenwood was "a real thrill. It was a beautifully organized meet. Greenwood was way ahead of the rest of us, and I was happy just to take second."

Higgenbotham feels awards and recognition are unnecessary to spur his interest in hurdling.

"Being able to compete is the important thing to me," he said. "Not being first or even second. Just being able to run the race."



remainder of donuts from last night with a cup of coffee (have to free my fatty acids) and get on "star" bus. Ride 27 miles to start of race trying not to notice the distance. Patter on the bus has the lead pace at 5:00/mile flat. See lots of special looking shoes and warm-up suits and observe lots of laughter (the nervous kind). Arrive at start where it's cold as hell. Linda points out that even northern-based runners are wearing long sleeves. Glad we're wearing turtle-necks under our STC uniform tops. Linda gives me some ankle socks for my hands. Think it's 31°F. with a wind. Get really cold when I go into the wood for last minute preparations. Quick hurry and put my warm-ups in a bag for the trip back, and jog over to the start. Get last minute inspirational kiss from Linda. Now, I'm ready.

Gun fires and suddenly we're off. Jet helicopter right on us overhead. First mile goes easy uphill in 5:30--I'm about 100th place. Head out onto the Lake Pontchartrain Causeway and can see nothing but water and the bridge which disappears into a vanishing point on the horizon. No cars, no bicycles, no spectators--just friendly people at aid stations every three miles. Five miles goes in 27:55, ten in 56:40--the all concrete roadway is starting to take its toll on the heavy hitters and they start to come back. At twelve or so, one of the guys I'm running with throws away his cup after an aid station and keeps pace for fifty yards. I know it's a favorable day--halfway in 73:20, I continue the paces on the dead flat course. Only a few bumps where the ships pass under.

Pass twenty in 1:51:50 running hard--the sun comes out briefly and it gets hot but only lasts for sixty seconds. Legs really start to cramp from cold and the pace, but at least I can now see land on the horizon. Pass a guy at 22 who looks over forty (he was). Somehow make it to 25 still going hard with legs hurting a lot. Time is 2:20:17, still at 5:35 pace. Come off the Causeway and hit the last mile+ as hard as I can but just can't move as fast as I'd like. Keep looking down at my feet--feel like I've lost something. Do a lot of talking to the enthusiastic spectators to take my mind off the hurt. Lean around the first (and last) turn in the race at 26 miles and look up and see the big clock--2:26--with 100 meters to go. Cross the finish in 2:27:08, raise my clenched right fist and do a lot of smiling. Legs are almost useless within ten minutes, so the quarter mile walk to the bag with my warmups becomes another challenge. Linda cruises into the women's finish chute in 3:19 with a big relaxed smile and spoils my surprise by saying, "I know you did it--what was your time?"

The awards presentation is great and scheduled to allow an even greater hot bath before it. Didn't think I'd ever feel warm again! Linda gets third place women's master for her training run. I get invited to race in New Jersey in May. We have a fine spaghetti dinner and fly home to California.

Thanks, New Orleans. See you next year.

-from Seniors Track Club Newsletter

## ICE OR HEAT

A noted orthopedic surgeon who has a special interest in sports medicine claims that when patients come to his office with sports injuries--sprains or strains or even fractures--the question they most frequently ask is, "What should I have put on the injury when it first happened--ice or heat, cold or hot?"

The answer, says S. Andrew Schwartz, M.D., is ice for the first 24 hours and then moist heat. Dr. Schwartz says several basic reasons support this general rule.

"For example," the doctor says, "a patient with an ankle injury will usually have pain and swelling. The immediate application of ice will decrease the swelling by causing the blood vessels to constrict and slow down the flow of blood to the injured area."

Dr. Schwartz says the same reasoning holds true for elevation of the injured part of the body in that it restricts the flow of blood into and helps blood flow out of the injured area. "To really be effective, the injured area should be held above the level of the heart," he says. "That is why hand and wrist injuries are kept in slings."

Ice is also useful to combat pain, the doctor says. "By keeping the injured area cold, the nerve supply from this region is numbed, much the same way your nose or fingertips get numb in extremely cold weather."

"As you can imagine, the time element is important for many reasons," the doctor continues. "The sooner ice is applied the better control of the swelling. However, ice should never be left in direct contact with the skin for more than five minutes. And there should be 20-minute breaks between applications."

"Second, when used in a plastic bag or towel, 20 minutes on and 20 minutes off is a good schedule. This should be maintained as long as is practical up to 24 hours. After 24 hours, normal tissue blood clotting usually has occurred and there is the sealing of these injured vessels so that swelling does not continue."

Dr. Schwartz says that between 24 to 48 hours after the injury the area should be continually elevated as much as possible and during this time one can begin using moist heat, which provides comfort and enhances circulation which in turn will eventually decrease the swelling. "Moist heat is preferred to dry heat," the doctor claims, "because it is more effective: it achieves better contact with the skin. Moist heat can be applied through a hydrocollator, an apparatus commonly used in physical therapy departments, or a bath towel soaked in hot water."

Dr. Schwartz says that it is not recommended that one use a tub or basin filled with hot water to soak the injured area because this usually requires a dependent position.

"There is also a certain amount of dilation of the veins, which again helps to decrease the swelling at this point. Remember, this can only occur if the injured vessels are sealed off by the normal clotting mechanism which is normally completed at 24 hours."



# CHAOS IN NATIONAL MARATHON

## Masters Ingored, No Results, No Awards, Short Course

by Herb Lorenz

photo by Don Gosney

California Track News photo

On behalf of some of the masters runners who ran the Paul Masson race in January, I would like to make a couple of comments in regard to the "Masters Championship."

Since joining the ranks of the masters in 1979, I have had the occasion to run in 2 National Championships. The first was a 20K in Washington D.C., the second the marathon held at Skylon. Both were a very nice introduction into the masters program for me. The 20K was a small, just masters, race held in a warm, informal atmosphere by the Potomac Seniors. The Skylon race was an open race with the Masters division receiving top billing.

Last January 27th, I participated in this year's Masters Championship in the marathon. The race selected was the Paul Masson in Saratoga, California. It was also the Seniors and Womens AAU Championship. As for the Masters division, it was a stark contrast to the 1979 edition at Skylon. Among other things, post race activities consisted of waiting in an unfinished, cold computer company warehouse, trying to figure out what was going on. When no results, no awards, no information of any kind was forthcoming, the runners drifted off for home not knowing who won what. It was hardly the proper way to treat a National Championship.

The director of the marathon had the vision of making this one of the best on the running calendar. His ideas were admirable but unrealistic. We had occasion to meet a month before the race, and I came away feeling a bit apprehensive about the race. I saw one man taking on a monumental task; that of organizing not just any marathon, but a combination of National Championships and making it into a class race, with seemingly little help.

The race is now history, and for its director it has become a nightmare. The course which was "certified" turned out to be short, in addition the runners were misdirected and cut another 1/4 mile off the course making it a total of about 600 yards short. There were no results available after the race, there were no post race awards to be given out; chaos was the order of the day.

Whenever things go wrong it's easy to lay the blame on one individual. In this case it was the race director of the Paul Masson Marathon. He certainly had "screwed up," and his vision of a "class" race, one that would be at the top of the running calendar, had gone down the drain. But was it all the race director's fault? Could he have gotten some help from knowledgeable personnel. It was after all the AAU Championships? Who approved the certification of the course? Why was the Paul Masson Marathon selected in the first place for the AAU Marathon Championships?

The Paul Masson Marathon did not have a good reputation for organization.



**RUTH ANDERSON**



**DAVE HAMBLY**

David Hambly and Ruth Anderson were two of the top masters competitors in the National AAU Championship Marathon. Hambly, 40, placed second in the 40-44 division with a 2:27:12; while Anderson, 50, won the women's 50-54 title.

Many of the local runners opted to run Mission Bay a few weeks earlier. The marathon has been in existence for 8 years, yet only 456 of the 2305 entrants had previously competed in one of the 8 Paul Masson Marathons. The race director worked hard in making this, the 8th annual, one of the best. However, I feel he was overwhelmed by the awesome task of organizing a National Championship for Seniors, Masters, and Women. This was my second Masters marathon championship. Last October I ran at Skylon, the site of the '79 championships, and a super organized race. In this year's race, just 3 months later, the Masters runner was put on the back burner.

The masters runner can no longer be treated the occasional entrant in a race. At Paul Masson there were over 700, Skylon had over 600, and Boston had over 3,000 masters runners. The time has come for a National Championship at the Masters level not only in the marathon but in the intermediate distances that are worthy of being called "Championship." "Brooks" is in the process of setting up regional masters races, culminating with a national championship, certainly a step in the right direction. Why not use races such as this for the various championships.

The Masters runner needs a voice near the top to make himself heard, and present the needs of the Masters Program at the proper time and place.

## CHAOS, ETC

by Joe Burgasser

The race was the National AAU Championship for all divisions, both men and women--a step seemingly in the opposite direction of progress. The move in the past six or seven years has been toward separate manageable championship races for open (senior) men, open (senior) women, and masters men and women. The combining of these divisions in one championship race has been proven to be unmanageable and unfair to the competitors on many occasions and this was certainly no exception.

Diametrically opposed to an entry blank that promised total computer control of the race and finish, an

unfunny comedy of miscalculations ensued crowned by deleterious finish system that included feeding yogurt to the runners while still in the finish chute. This maneuver seemed dichotomous to the efforts of the finish line attendants persisting in that all-too-familiar chant, "Keep moving, please, keep moving." And when the chute predictably overflowed, directors simply set up a new finish line around a corner and down the street. Rumors (not verified) also persisted that a set of misplaced traffic cones cause the lead runner to cut "a couple minutes" off the course.

Mr. Dan O'Keefe, the Race Director, wandered about seemingly lost most of the morning. After several announcements that awards would be presented shortly, he incongruously wandered

home, leaving the award winners waiting patiently in an unheated, incomplete building for several hours. Mr. O'Keefe never did appear to distribute the awards. In fact, no race official ever appeared in the building and no official information was ever given. Eventually, the award aspirants, some of the best athletes in this country, left for home--emptyhanded.

The Pacific Association of the AAU, or whatever the hell group now "governs" distance running in Northern California, had best take a hard look at this guy before granting him such an important event again. This was supposed to be the National AAU Championship Marathon--it ended as an insult to every serious runner present.

I won't be drinking Paul Masson Champagne again!

for the Seniors Track Club Newsletter



## RESULTS of Metropolitan Indoor Championships, February 24.

## 50 YARD HIGH HURDLES

30-34:		
1. Ivan Black	30 NYAC	7.75
40-44:		
1. Larry Judd	41 NYM	7.28*
2. Haig Bohigian	43 NYM	8.88
45-49:		
1. Tom Talbott	47 NYM	10.3
50-54:		
1. James Ryan	51 NYM	8.42
2. Harold Colen	51 NYM	8.55
60-64:		
1. Marc Neuhof	64 NYM	8.73*
75-79:		
1. Konrad Boas	76 NYM	11.53*

## WOMEN

30-34:		
1. Skipper Clark	32 NYM	8.96*

## 50 YARD DASH

30-34:		
1. Willie Overby	32 NYP	5.82
2. Robert Jackson	30 NYP	5.89
3. Dennis Brown	30 NYP	6.11
4. Ivan Black	30 NYAC	6.69
35-39:		
1. Ernie Gill	39 NYP	6.19
2. Roy Pendelton	35 NYP	6.21
40-44:		
1. Roosevelt Weaver	42 NYM	6.05
2. Melville Barnwell	41 NYP	6.11
3. Richard Deere	42 NYM	6.15
4. Richard Barnes	42 NYP	6.44
45-49:		
1. Tom Talbott	47 NYM	6.75
50-54:		
1. Tom Brooks	50 NYP	6.31
2. James Ryan	51 NYM	6.40
3. Maurice Lentzer	54 NYM	6.47
4. Jim Casey	50 ITC	6.53
5. Harold Colen	51 NYM	6.60
60-64:		
1. David Lawyer	60 NYP	6.67
2. Marc Neuhof	64 NYM	7.33
65-69:		
1. Leo Rothbart	65 NYM	7.88
75-79:		
1. Konrad Boas	76 NYM	7.96*

## 300 YARD DASH

30-34:		
1. Willie Overby	32 NYP	33.33
2. Chip Robinson	33 NYP	33.73
3. Robert Jackson	30 NYP	34.97
4. Dennis Brown	30 NYP	34.98
35-39:		
1. Roy Pendelton	35 NYP	34.78
2. Ernie Gill	39 NYP	36.78
40-44:		
1. Ed Small	41 NYP	34.61
2. John Shane	40 NYP	35.06
3. Arthur Jaton	43 NYP	35.56
4. Melville Barnwell	41 NYP	35.97
5. Richard Barnes	42 NYP	36.60
45-49:		
1. Cliff Pauling	45 NYM	37.01*
2. Tom Talbott	47 NYM	43.50
50-54:		
1. Tom Brooks	50 NYP	38.39*
2. Jim Dowling	52 NYM	39.49
3. Jim Casey	50 ITC	40.37
4. Maurice Lentzer	54 NYM	42.86
55-59:		
1. Rudy Valentine	56 NYP	39.37
60-64:		
1. David Lawyer	60 NYP	41.89*
2. Marc Neuhof	64 NYM	44.83
75-79:		
1. Konrad Boas	76 NYM	52.24*

## 600 YARD DASH

30-34:		
1. Greg Fabian	30 NYP	1:18.6*
40-44:		
1. Ed Small	41 NYP	1:19.86
2. Mason O'Neal	41 NYP	1:20.70
3. Haig Bohigian	43 NYM	1:20.80
45-49:		
1. William Krebs	45 NYM	1:22.69*
2. Cliff Pauling	45 NYM	1:24.95
3. Tom Talbott	47 NYM	1:35.87
50-54:		
1. Bill Welsh	50 SIAC	1:36.73*
2. Arthur Bradley	53 NYM	1:39.20
55-59:		
1. Rudy Valentine	56 NYP	1:35.50

WOMEN 30-34:		
1. Skipper Clark	32 NYM	1:36.87
1000 YARD RUN		
30-34:		
1. Genis Devlin	34 NYP	2:49.91
2. Jim Barber	32 NYM	3:08.78
3. George Hay	30 NYAC	3:25.56
40-44:		
1. Richard Rizzo	43 NYM	2:31.92
2. Herman Willis	42 NYP	2:32.56

3. Charles Kennedy	41 NYM	2:33.48
4. Haig Bohigian	43 NYM	2:35.03
45-49:		
1. William Krebs	45 NYM	2:45.73
2. Cliff Pauling	45 NYM	2:48.48
3. Tom Talbott	47 NYM	3:01.15

50-54:		
1. Joe Kernan	50 NYM	2:50.26*
55-59:		
1. Archie Messenger	56 NYM	2:50.17*
60-64:		
1. John Popowich	62 NYM	3:35.09*
70-74:		
1. Harry McArdle	73 NYM	3:46.39*

## ONE MILE RUN

40-44:		
1. Charles Kennedy	41 NYM	4:52.0
2. Richard Rizzo	43 NYM	5:08.0
45-49:		
1. Lou Stern	45 PPTC	4:56.0*
2. Bob Fine	48 NYM	5:11.0
3. Cliff Pauling	45 NYM	5:22.0
50-54:		
1. Joe Kernan	50 NYM	5:39.0*
55-59:		
1. Archie Messenger	56 NYM	5:28.7*
60-64:		
1. John Popowich	62 NYM	6:31.8
70-74:		
1. Harry McArdle	73 NYM	7:09.3*

## WOMEN

50-54:		
1. Patricia Kelly	50 NYM	8:06.4*

## TWO MILE RUN

30-34:		
1. Jim Barber	32 NYM	13:17.06
45-49:		
1. Lou Stern	45 PPTC	10:44.88*
2. Don Denig	47 NYM	12:28.42
3. Tom Talbott	47 NYM	14:04.00
70-74:		
1. Harry McArdle	73 NYM	15:50.36*

## WOMEN

50-54:		
1. Patricia Kelly	50 NYM	17:13.77*

## TWO MILE RACE WALK

30-34:		
1. Ivan Black	30 NYAC	19:53.24
45-49:		
1. Robert Fine	48 NYM	17:51.90
2. Bernard Kaufman	45 ITC	20:11.11
50-54:		
1. Maurice Lentzer	54 NYM	22:45.34*

## LONG JUMP

30-34:		
1. Robert Jackson	30 NYP	21' 6.5"
2. Ivan Black	30 NYAC	18' 3"
3. Don Pierson	32 NYM	16' 2"
4. Jim Barber	32 NYM	15' 9.5"
35-39:		
1. Ernie Gill	39 NYP	18' 2.75"
40-44:		
1. Gerald Counihan	41 NYAC	18' 6"
2. Larry Judd	41 NYM	18' 5"
3. Haig Bohigian	43 NYM	18' 2"
4. Rick Deere	42 NYM	17' 8.75"
50-54:		
1. James Ryan	51 NYM	15' 10.5"
2. Harold Colen	51 NYM	14' 6.5"
75-79:		
1. Konrad Boas	76 NYM	8' 4"

## WOMEN

30-34:		
1. Skipper Clark	32 NYM	15' 7.5"
TRIPLE JUMP (New Event)		
30-34:		
1. Ivan Black	30 NYAC	36' 6"
2. Don Pierson	32 NYM	33' 2"
3. Jim Barber	32 NYM	32' 5"
40-44:		
1. Larry Judd	40 NYM	33' 0"
50-54:		
1. Harold Colen	51 NYM	27' 9.5"

## HIGH JUMP

30-34:		
1. Robert Jackson	30 NYP	5' 4"
2. Ivan Black	30 NYAC	5' 0"
3. Don Pierson	32 NYM	4' 10"
40-44:		
1. Gerald Counihan	41 NYAC	5' 4" (Fewer)
2. Larry Judd	41 NYM	5' 4" (Tries)
3. Norm Cyprus	41 NYAC	5' 2"
50-54:		
1. Arthur Bradley	53 NYM	4' 2"
60-64:		
1. Marc Neuhof	54 NYM	4' 6"
75-79:		
1. Konrad Boas	76 NYM	3' 6"

## WOMEN 30-32:

1. Skipper Clark	32 NYM	4' 8"
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## POLE VAULT (New Event)

30-34:		
1. Al Berardi	32 NYAC	11' 0"
40-44:		
1. Norman Cyprus	41 NYAC	13' 0"
2. Gerald Counihan	41 NYAC	12' 6"

## SHOT PUT

30-34:		
1. Jim Barber	32 NYM	37' 7.5"

2. Don Pierson	32 NYM	35' 11.5"
3. Ivan Black	30 NYAC	26' 3"
35-39:		
1. Tom Miller	37 NYAC	36' 2.5"
40-44:		
1. Jack Goldstein	40 NYM	43' 7.5"
2. Rick Deere	42 NYM	42' 10"
3. Norm Cyprus	41 NYAC	40' 8"
4. Larry Judd	41 NYM	34' 5"
45-49:		
1. Pay Carstensen	48 NYM	42' 6.5"
50-54:		
1. Harold Colen	51 NYM	31' 7.5"
60-64:		
1. Murray OGuss	62 NYM	44' 6.5"
2. Paul Sereghy	64 NYM	36' 8.25"
75-79:		
1. Konrad Boas	76 NYM	26' 4.5"

## WOMEN

30-34:		
1. Skipper Clark	32 NYM	29' 6.25"

## WEIGHT THROW

30-34:		
1. Don Pierson	32 NYM	31' 5"
2. Jim Barber	32 NYM	30' 7.5"
35-39:		
1. Tom Miller	37 NYAC	45' 7"
40-44:		
1. Norm Cyprus	41 NYAC	42' 2"
2. Andy Magna	41 NYAC	23' 7"
45-49:		
1. Pay Carstensen	48 NYM	32' 8"
60-64:		
1. Paul Sereghy	64 NYM	37' 1"

## ONE MILE RELAY

30-39:		
1. New York Pioneer Club - Team A		
W. Overby, C. Robinson, G. Fabian,		
R. Jackson 3:39.24		
2. New York Pioneer Club - Team B		
A. Gaton, E. Gil, D. Brown,		
G. Devlin 3:41.81		
40-49:		
1. New York Masters Sports Club		
H. Bohigian, W. Krebs, C. Pauling,		
R. Rizzo 3:50.53		

## TWO MILE RELAY

40-49:		
1. New York Pioneer Club		
H. Willis, E. Small, G. Shane,		
M. O'Neal 9:20.3*		
2. New York Masters Sports Club		
R. Fine, A. Bradley, T. Talbott,		
J. Kernan 10:38.8		

## TEAM SCORING

30-39:		
1. New York Pioneer Club (NYP)	78	
2. New York Masters Sports Club (NYM)	67	
3. New York Athletic Club (NYAC)	46	
40-49:		
1. New York Masters Sports Club (NYM)	151	
2. New York Pioneer Club (NYP)	38	
3. New York Athletic Club (NYAC)	34	
4. Prospect Park Track Club (PPTC)	10	
5. Island Track Club (ITC)	4	
50-59:		
1. New York Masters Sports Club (NYM)	86	
2. New York Pioneer Club (NYP)	20	
3. Staten Island Track Club (SITC)	5	
Island Track Club (ITC) tie	5	
60-69:		
1. New York Masters Sports Club (NYM)	47	
2. New York Pioneer Club (NYP)	10	
70-79:		
1. New York Masters Sports Club (NYM)	45	

\* DESIGNATES NEW MEET RECORD  
+ DESIGNATES MEET RECORD TIED

## RESULTS of Eastern Indoor Championships, March 9.

## 60 Yard Dash

30-39		
Arthur Wright	PM	6.4
Jim Lafferty	PM	6.4
35-39		
Robert Stanford	PM	6.9
Roy Pendleton	PC	6.9
Ed King	GS	7.1
40-44		
Larry Wilson	PM	6.7
Roosevelt Weaver	NY	6.7
Melvin Barnwell	PC	6.7

Paul Richards	SH	6.8
Rick Rizzo	NY	7.0

## 45-49

Matt Brown	SH	6.9
Stan Derry	PM	7.1
Rudy Enders	PV	7.1
Rudy Clarence	PC	7.5
Tom Talbott	NY	8.0
John Barrier	PM	8.0

## 50-54

Bert Lancaster	PM	6.9
Larry Gregory	PM	7.1
James Ryan	NY	7.3
Maurice Lentzer	NY	7.7
Gene Kelly	UN	7.8
Thomas Brooks	PC	8.0

## 55-59

Rudy Valentine	PC	7.4
B. Tober	PV	7.6
John Ullam	WP	7.6
Jim Manno	NJ	7.6
J. Walker Pierson	PM	8.0
Frank Farnan	RR	8.1

## 60-64

David Lawyer	PC	7.4
Marcus Neuhof	NY	8.1
Robert Sorlien	RT	8.1
John Scheer	GS	8.4

## 65-69

George Braceland	PM	8.3
Claude Hills	PM	8.4
Leo Rothbart	NY	9.0

## 75-79

Russell Meyer	UN	9.0
Konrad Boas	NY	9.2

## 60 Yard Dash

## WOMEN

30-34		
1. Mapp	RR	8.0

## 35-39

Priscilla Taylor	GS	8.2
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## 45-49

Anna Ginalnick	NY	9.0
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## 50-54

Josephine Tober	PV	10.3
Arlene Farnan	UN	11.1

## 60 yard high hurdles

30-34		
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Mike Carroll	UN	8.1
John Vogler	GS	8.8
Mike Van Auker	GS	9.5
Graig Pearson	PV	
Dale Ladd	CR	
Salvio Row	SH	

## 35-39

J. Passatus	UN</
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Eastern Indoor Championships  
continued from page 13

## 55-59

Rudy Valentine PC 10.0  
B. Tober PV 10.1

## 60-64

Marc Neuhof NY 10.1

## 65-69

George Braceland PM 10.0  
Calude Hills PM 10.4

## 70-74

Russell Meyers UN 10.7  
Konrad Boas NY 13.8

## 300 Yard Dash

## 30-34

Ellsworth Robinson PC 32.7  
Arthur Wright PM 32.9  
Mike Van Auker GR 34.1  
Carl Warner HP 35.0  
David Bell SH 35.1

## 300 Yard Dash

## 35-39

Dennis Dyce PC 32.4  
Robin Ficker PV 33.8  
Robert Standford PM 34.4  
Ernie Gil PC 35.6  
Ed King GS 35.6

## 40-44

Edward Small PC 34.5  
Richard Rizzo NY 34.5  
Ken Baker NJ 34.5  
Melvin Barnwell PC 34.8  
D. Pratt PM 35.2

## 45-49

Matt Brown SH 35.3  
Rudy Enders PV 35.5  
Cliff Pauling NY 35.9  
Stan Derrig PM 39.8  
Rudy Calrence PC 42.2

## 50-54

Bert Lancaster PM 35.6  
Larry Gregory PM 39.0  
James Dowling NY 39.0  
Maurice Lentzer NY 44.4  
Arthur Bradley NY 44.4

## 55-59

Rudy Valentine PC 37.3  
J. Walker Pierson PM 38.9  
Jim Manno NJ 40.0  
Don Harris PM 41.1

## 60-64

David Lawyer PC 39.8  
Sparks Sorlien RJ 44.4

## 65-69

George Braceland PM 45.6

## 70-74

Manfred D'Elia NJ 45.8

## 75-79

Russell Meyers UN 51.1

## FEMALES

## 30-34

Anna Mapps FK 45.8

## 35-39

Sandy Pashkin FK 42.4  
Priscilla Taylor GS 43.3

## 40-44

Alexandria Johnson FK 46.2

## 50-54

Josephine Tober PV 53.3

## 600 Yard Dash

## 30-34

George Fabian PC 1:17.0  
Robert Jackson PC 1:17.9  
Mike VanAker GR 1:19.3

Rom McDonald GS 1:22.4  
Cortez Austin PV 1:30.4

## 600 Yard Dash

## 35-39

Dennis Dyce PC 1:14.8  
Robin Ficker PV 1:19.3  
Rick Guido GR 1:21.1  
Ed King GS 1:21.6

## 40-44

Ken Baker NJ 1:19.0  
Haig Bohigian NY 1:20.1  
Rick Rizzo NY 1:20.5  
Ed Small PC 1:22.4

## 45-49

Cliff Pauling NY 1:20.9  
Bill Krebs NY 1:21.5  
Rudy Enders PV 1:21.9  
Tom Talbott NY 1:32.3  
John Barrie PM 1:33.6

## 50-54

Kelsey Brown JS 1:30.5  
James Dowling NY 1:31.6  
Roy Cherniak CJ 1:32.6  
Gene Kelly UN 1:33.6  
Arthur Bradley NY 1:39.5

## 55-59

Rudy Valentine PC 1:27.9  
Archie Messenger NY 1:30.4  
Don Harris PM 1:39.5  
Frank Farnum BK 1:56.0

## 60-64

Harold Greenberg SH 1:36.3

## 65-69

George Braceland PM 1:42.7  
Casey Witkowski UN 1:44.0

## WOMEN

## 35-39

Sandy Pashkin FK 1:37.1

## 40-44

Alexandria Johnson FK 1:49.9

## 1000 Yard Run

## 30-34

Jim Waters SJ 2:24.0  
Rick Myers SJ 2:26.8  
Dale Ladd GR 2:29.4  
Michael Patterson NY 2:23.2  
Bruce Davis SH 2:47.9

## 35-39

John Kuhl SH 2:35.2

## 40-44

Jim Demma PV 2:26.2  
Lawrence Harvey PM 2:28.3  
DeLeon Gibson NJ 2:34.8  
Haig Bohigian NY 2:36.7

## 45-49

Herb Zipper NY 2:31.8  
Bill Krebs NY 2:32.4  
Frank Green PV 2:34.0  
Cliff Pauling NY 2:50.7  
Tom Talbott NY 3:04.0  
Henry Griffendorf NJ 4:04.1

## 50-54

Kelsey Brown JS 2:45.1  
Joe Kernan NY 2:45.4  
Roy Cherniak CJ 2:46.7

## 55-59

Archie Messenger NY 2:47.4

## 60-64

Harold Greenberg SH 3:01.7

## 65-69

George Braceland PM 3:20.0  
Sam Monastero PM 3:21.0  
Casey Witowski UN 3:52.1

## 70-74

Harry McCardle NY 3:43.2

## One Mile Run

## 30-34

Jim Waters SJ 4:24.9  
John Grube PM 4:27.0  
Rich Myers SJ 4:29.4  
Rod Williams GR 4:33.5  
Gerard Benedict GR 4:35.5  
Bruce Davis UN 5:06.3

## 35-39

Derck Frechette GR 4:34.7  
Ben O'Reilly PR 4:42.6  
Glen Sickels PV 5:31.8

## 40-44

Herman Willis PC 4:55.1  
Dave Gerridge UN 4:59.4

## 45-49

George Vernosky PV 4:47.4  
Harold Snyder UN 4:48.2  
Walt Schmidt SJ 5:04.2  
Marty Uher WP 5:08.1  
Bob Fine NY 5:11.4  
Henry Griffendorf NJ 6:49.2

## 50-54

Kelsey Brown NJ 5:07.1  
Joe Kernan NY 5:18.9  
Herbert Harman NH 5:26.1

## 55-59

Carl Hammen BA 5:38.1

## 60-64

Harold Greenberg SH 5:33.2  
Jay Spnoseller PM 6:16.3  
David Knordquist LH 6:35.3

## 65-69

Sam Monastero PM 6:19.6

## 70-74

Harry McCardle NY 7:01.5

## Two Mile Run

## 30-34

Dave Winn GR 10:07.8  
Michael Patterson NY 11:26.8

## 35-39

Derck Frechette GR 9:50.8  
Ben O'Reilly PR 10:07.8  
Glen Sickels PV 11:32.2

## Two Mile Run

## 40-44

Herman Willis PC 10:46.2

## 45-49

George Vernosky PV 10:18.5  
Bob Fine NY 12:27.9  
Tom Talbott NY 12:32.8

## 50-54

John Choelman SH 11:35.9  
Herbert Hardman NH 12:05.5

## 55-59

Carl Hammen BA 12:09.6  
Bob Mimm SH 12:18.3  
Ed Cunningham PM 13:22.7

## 60-64

Harold Greenberg SH 12:38.5  
Daude Nordquist LH 13:53.0  
Don Johnson BH 15:01.4

## Two Mile Walk

## 30-34

Ron Salvio SH 17:53.5  
Ivan Black AC 19:55.1  
Jim Barber NY 20:58.6  
Larry Royce GS 22:33.6

## 40-44

Bill Preston PM 16:05.4

## 45-49

Bob Fine 48 NY 15:52.9

Sal Corrallo PV 15:56.5

## 50-54

Sanford Kalb SH 21:36.4  
Maurice Lentzer NY 23:07.0

## 55-59

Bob Mimm SH 16:20.5  
Tim Dyas NJ 18:51.5  
Egon Kafka PV 23:07.0

## 60-64

Don Johnson SH 18:00.0

## 65-69

George Braceland PM 19:13.7

## 70-74

David Lakritz NY 18:53.0

## WOMEN

## 45-49

Virginia Alucas SH 22:35.9

## One Mile Relay

## 30-39

N.Y. Pioneer Club 3:37.1  
Jackson-Fabian-Robinson-Dyce  
Greater Rochester 3:53.3  
Rouchak, Stroud-Guido-VanAnker  
Garden State  
King-Botto-Vogler-North

## 40-49

N.Y. Pioneer Club 3:43.3  
Barnwell-Gaton-Valentine-Small  
N.Y. Masters 3:46.0  
Bohigian-Pauling-Zipper-Rizzo

## 50-59

Shore A.C. 5:12.5

## Two Mile Relay

## 30-39

Greater Rochester 8:44.8  
Shore A.C. 10:37.5

## 40-49

N.Y. Masters 10:14.0  
Talbot-Fine-Kernan-Krebs

## 50-59

Shore A.C. 11:38.5

## Long Jump

## 30-34

Robert Jackson PC 21' 6 3/4  
Mike Carroll UN 20' 11 5/8  
Richard Quivey GR 18' 10 1/2  
Ivan Black AC 18' 2 7/8

## Greg Pearson

PV 17' 8 3/8  
Austin Cortez PV 16' 9 1/8  
John Vogler GS 16' 3 3/8  
Richard Botto GS 17' 5/8  
Donald Pearson NY 15' 9 5/4

## 35-39

Kurt Vener PV 19' 7 1/2  
Bob Ayton PM 19' 5 1/2  
Ernie Gil PC 19' 2 1/4  
Ray Bury CS 18' 9

## 40-44

Jackie Fassetto UN 18' 4 3/4  
John North GS 18' 4 1/4  
Pete Taule NY 15' 9 1/2

## 45-49

Paul Richard SH 21' 3 3/8  
Ed Zuran PV 19' 2 1/2  
Gerald Counihan AC 19' 3 1/2  
Larry Judd NY 18' 7/8  
Haig Bohigian NY 17' 5

## 50-54

John Snell PM 16' 3 3/4  
Nate Byrd PM 15' 9 1/2

## 55-59

Bill Clark PM 19' 4 7/8  
Rudy Enders PV 18' 9 5/8  
Len Olson GM 14' 7 5/8  
John Barrie PM 14' 6 1/8

## 60-64

continued on next page.....



Eastern Indoor Championships  
continued from page 14

George Taylor	PM 14' 1/4	P. Eberhardinger	PM 32' 5	High Jump		Club Code	
Tom Jackson	GS 12' 7			30-34		AC = New York Athletic Club	
50-54		G. Braceland	PM 38' 6	Carroll	UN 6'0	CJ = Central Jersey	
Bert Lancaster	PI 16'10 7/8	B. Detweiler	PM 35' 7 1/2	Quivey	GR 5'8	CD = Corona Del Mar	
Jim Ryan	NY 15' 2 7/8	W. Burho	RH 30'9	Johnson,K	CD 5'6	BR = Baltimore Runners	
Harold Colen	NY 14' 1 1/4	C. Hills	PM 28' 1	Johnson,L	PM 5'4	AT = Atlantic	
Tom Hill	GS 13' 7/8			Vogler	CS 5'2	GM = Green Mountain	
Sanford Kalb	SH 11'	Shot Put		Jackson	PC 5'2	GR = Greater Rochester	
55-59		75-79		Black	AC 5'2	GS = Garden State	
Boo Morcum	PM 17' 4	K. Boas	NY 23'5 1/2	Pearson	PV 4'6	JS = Jersey Seniors	
Dixon Hemphill	PV 15' 7 3/4	WOMEN				FK = Manhattan Flight Kings	
J. Walker Pierson	PM 11' 7	30-34		Ross	GS 5'10	NJ = North Jersey Masters	
60-64		S. Skerke	UN 23'11	Bury	GS 5'8	NY = New York Masters Sports	
Sparks Sorlien	RI 14' 1/2	Anna Mapps	FK 23' 7	North	GS 5'4	PC = New York Pioneers	
Paul Eberhardinger	PM 9' 4 1/2	45-49		Vener	PV 4'10	PM = Philadelphia Masters	
65-69		A. Girulnick	NY 27' 1	40-44		PV = Potomac Valley	
Claude Hills	PM 13' 4 3/4	Weight Throw		Counihan	AC 5'8	RH = Richmond Track Club	
Sherman Burko	RH 13' 1/4	30-34 35#		Zuran	PV 5'8	PR = Prospect Park Track Club	
George Braceland	PM 12'11 1/4	John Vogler	GS 37' 8	Judd	NY 5'4	SH = Shore Athletic Club	
Long Jump		Don Pierson	NY 30' 0	45-49		SJ = South Jersey	
75-79		Jim Barber	NY 29' 9	Hutchins	PM 5'4	WP = West Penn	
Russell Meyers	UN 11'10 1/4	Ron Salvo	SH 25' 0	Olson	GM 4'8	BA = Boston Athletic Club	
WOMEN		Larry Royce	GS 21' 9	Clarence	PC 4'8	PI = Philadelphia Pioneers	
30-34		Kenny Beely	SH 17' 1	50-54 (fewer misses)		RE = Reading Athletic Attic	
Anna Mapps	FK 14' 8 3/4	35-39 35#		Lancaster	PM 4'8	NH = New Hampshire Y	
35-39		Ed Hill	UN 41'11	Womer	PM 4'8		
Priscilla Taylor	SJ 11' 9 5/8	Pepe Taule	NY 27' 4 1/4	Hill	CS 4'8	TEAM SCORES - 6-4-3-2-1 By ten	
Shot Put		40-44 35#		Foroyce	PV 4'6	year groupings. Scored in each	
30-34		Norm Cyprus	AC 43' 8	Colen	NY 4'0	five year group for men and wom	
J. Vogler	GS 39' 6	Carl Klehm	UN 38' 5	Stern	GS 4'0	en seperately and then added	
R. Quivey	GR 36' 0	K. MacKenzie	PM 30' 3	55-59		together.	
J. Anderson	PM 34'10 1/2	45-49 35#		Tober	PV 4'10		
Donald Pierson	NY 32' 3	Hal Brossman	RE 41' 2	Hemphill	PV 4'8	30-39	
J. Barber	NY 33' 4	Len Olsen	CM 41' 1/2	Vislocky	GS 4'4	Garden State	80
L. Royce	GS 29' 2	Ray Frick	PM 35' 6 1/4	DeVaughn	CD 4'4	Greater Rochester	67
R. Salvo	SH 26' 6	50-54 35#		60-64		New York Pioneers	49
K. Beely	SH 23' 9 1/2	Sam Fordyce	PV 27' 1 1/2	Neuhof	NY 4'6	Philadelphia Masters	39
35-39		Tom Hill	GS 26' 5	65-69		Manhattan Flight Kings	34
E. Hill	AT 47' 7 1/2	Sanford Kalb	SH 20' 4	Hills	PM 4'2	Potomac Valley	28
J. Roberson	CJ 45' 3 1/2	Tom Jackson (45-49)	GS 28' 1/2	Braceland	PM 4'2	New York Masters	27
R. Ross	GS 38' 9 1/2	55-59 35#		75-79		South Jersey	23
P. Taule	NY 31' 1/2	Dave Batchelor	UN 32'11 1/2	Boas	NY 3'5	Shore A.C.	16
S. Robinson	PM 25'11	Al Selig	RE 27'10 1/2	Triple Jump		Prospect Park	8
40-44		T. DeVaughn	CD 24'11	30-34		New York Athletic Club	9
K. MacKenzie	PM 40'	Flournez Payton	PM 21' 8 1/2	Mike Carroll	UN 41'11	Corona Del Mar	6
J. Goldstein	NY 39'10 1/2	60-64 25#		Richard Quivey	GR 39'7	50-59	
C. Klehm	UN 38' 3	Paul Sereghy	NY 36' 7	Ivan Black	AC 38'5 1/2	Philadelphia Mastess	75
E. Smith	GS 34' 1	Herman Hand	PM 18' 9 1/2	Donald Pierson	NY 32'6 3/4	New York Masters	63
J. Snell	PM 32' 8	65-69 25#		Jim Barber	NY 32'5 5/8	Potomac Valley	63
45-49		Bob Detweiler	PM 32' 6 1/2	Richard Botto	GS 28'3	Shore A.C.	38
Len Olson	GM 43'10 1/2	75-79 25#		35-39		Garden State	36
R. Fleck	PM 36' 9 1/2	Conrad Boas	NY 15' 8	Ray Bury	GS 37'6 5/8	New York Pioneers	24
T. Jackson	GS 35' 3	Pole Vault		Emmie Gil	PC 36'3	Jersey Senior T.C.	18
S. Derry	PM 35' 0	30-34		John North	GS 35 3/8	Boston A.A.	12
50-54		Cooke	BL 14'6	40-44		Corona Del Mar	11
T. Hill	GS 37' 2	Rauscher	GR 12'	Larry Judd	NY 35'5 3/8	40-49	
S. Fordyce	PV 35'4	Berardi	PV 11'6	Haig Bohigian	NY 33'11 1/2	New York Masters	108
H. Colen	NY 31' 5	35-39 Sokolowski	UN 13'6	45-49		Philadelphia Masters	76
J. Casey	GS 27'2	Quido	GR 5' 6	Rudy Enders	PV 32'7 1/4	Pbtomac Valley	49
E. Stern	GS 27' 1 1/2	40-44		Hal Brossman	RE 29'11 5/8	New York Pioneers	35
M. Lentzer	NY 27' 0	Counihan	AC 13'6	Tom Jackson	GS 25'3 7/8	Shore A.C.	26
55-59		Schroeder	UN 12'	George Taylor	PM 24'2 3/8	New York Athletic Club	21
J. Ulam	WP 35' 5	Illuzzi	GS 9'6	50-54		Green Mountain A.C.	20
D. Batchelor	UN 34'11	45-49		Harold Colen	NY 28'4 1/8	Manhattan Flight Kings	12
J. Pierson	PM 31' 2	Taylor	PM 6'6	Tom Hill	GS 28'1 1/8	North Jersey Masters	12
J. Vislocky	GS 30' 8	50-54		Elliot Stern	GS 19'2	Garden State	10
A. Selig	RE 30' 5	Womer	PM 8'	55-59		Reading Athletic Attic	10
R. Flournoy	PM 28'11	Pole Vault		Thomas DeVaughan	CD 28'8 1/2	60+	
E. Kafka	PV 24' 2 1/2	55-59		David Hemphill	PV 27'10 1/4	Philadelphia Masters	132
60-64		Hemphill	PV 10'	60-64		New York Masters	69
Murray Oguss	NY 44' 4	Biesmeyer	PV 8'6	Sparks Sorlien	RI 30'8 1/8	Shore A.C.	33
Paul Sereghy	NY 38' 0	65-69		65-69		New York Pioneers	22
Herman Hand	PM 37' 1 1/4	Burho	UN 8'6	Claude Hills	PM 26'9 5/8	Rhode Island	19
H. Scharmacher	GS 31' 6	Hills	PM 6'6	George Braceland	PM 24'3 1/4	North Jersey Masters	12
				Bud Detweiler	PM 21'1 1/2		



# RESULTS of New York Masters Sports Club Indoor Championships.

March 15

## 60 yd. dash

30-34

Arthur Wright	33 PM 6.33
Kenneth Johnson	32 CD 6.69
Arnold Minkoff	33 JG 6.90
Ivan Black	31 AC 7.03

35-39

Ray Alexander	36 NY 6.9
Ernie Gil	39 PC 7.3

40-44

Roosevelt Weaver	42 NY 6.6
Richard Deere	42 NY 6.7
Richard Barnes	42 PC 6.8

45-49

Matt Brown	46 SH 6.8
Rudy Clarence	47 PC 7.4
Norman Anderson	49 GS 7.6
Tom Talbott	47 NY 7.85
Ray Feick	48 HP 7.9

50-54

James Ryan	51 NY 7.34
Maurice Lentzer	54 NY 7.59
Eugene Kelly	52 SH 7.6
Harold Colen	51 NY 7.9
Tom Costigan	50 NY 9.9

55-59

Rudy Valentine	56 PC 7.49
Don Harris	57 PM 7.6

60-64

David Lawyer	60 PC 7.59
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75-79

Russell Meyers	76 UN 9.03
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WOMEN

30-34

Anna Mapps	32 FK 7.94
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35-39

Carole Mulligan	38 FK 9.6
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40-44

Alexandria Johnson	43 FK 8.62
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45-49

Chris McKenzie	48 NY 8.63
Ann Cirulnick	45 NY 8.76

60 yard High Hurdles

30-34

John Vogler	21 GS 8.5
Ivan Black	31 AC 9.34

40-44

James O'Hara	41 PM 7.62
Larry Judd	41 NY 8.19

45-49

Len Olsen	48 GM 9.7
George Taylor	49 PM 10.22
Dick McNeil	47 LI 10.4

50-54

James Ryan	51 NY 9.7
Harold Colen	51 NY 9.83
Arthur Bradley	53 NY 10.9

55-59

Rudy Valentine	56 PC 9.95
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65-69

Gilberto Gonzales	66 PR 11.0
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75-79

Russell Meyers	76 UN 10.6
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WOMEN

30-34

Skipper Clark	32 NY 10.58
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## 300 yard Dash

30-34

Arthur Wright	33 PM 32.9
Dennis Brown	30 PC 35.0
Ghani Raines	30 PC 36.0

35-39

Bib Maxwell	35 UN 33.8
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40-44

Edward Small	41 PC 33.5 *
Richard Rizzo	43 NY 34.3
Mason O'Neil	42 PC 35.2
Richard Barnes	42 PC 36.5

45-49

Matt Brown	46 SH 35.5
Rudy Clarence	47 PC 41.5
Norman Anderson	49 GS 42.5

50-54

Jim Dowling	52 NY 38.9
Eugene Kelly	52 SH 40.0
Maurice Lentzer	54 NY 44.1
Rudy Valentine	56 PC 39.6
Don Harris	57 PM 40.7
John Hutchinson	58 TT 41.9

60-64

David Lawyer	60 PC 42.9
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70-74

Manfred D'Elia	71 NJ 45.1
Harry McArdle	73 NY 50.5

75-79

Russell Meyers	76 UN 50.8
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WOMEN

30-34

Anna Mapps	32 FK 45.0
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35-39

Carole Mulligan	38 FK 58.3
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40-44

Alexandria Johnson	43 FK 45.5
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Two Mile Walk

30-34

Ivan Black	31 AC 20.39.9
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45-49

Dick McNeil	47 FL 20.42.9
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50-54

Sanford Kalb	52 SH 21.41.8
Thomas Costigan	50 NY 23.33.4
Maurice Lentzer	54 NY 24.09.2

55-59

Bob Mimm	55 SH 16.26.1
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60-64

Don Johnson	63 SH 18.30.2
WOMEN: Mary McNeil	43 FL 26.32.8

One Mile Relay

30-39

New York Pioneer Club	3.37.7
Jackson-Brown-Gil-Ahmet	
New York Masters	4.27.6
Barber-Talbott-Lebofsky-Pierson	

40-49

New York Pioneers	3.34.4 *
Mason O'Neil-54.9 Rudy Valentine	
1.49.6-Glen Shane 2.42.0 Small	

New York Masters

Rizzo-54.2 Krebs 1.48.6	
Zipper 2.43.7 Bohigian	

50-59

New York Masters	4.31.7
Dowling-Lentzer-Bradley-Kernan	
Shore Athletic Club	
Kalb-Kelly-Greenberg-Mimm	

WOMEN

30-39

Manhattan Flight Kings	4.50.1
Mapps-Johnson-Richardson-Pashkin	
New York Masters	5.06.3
McKenzie-Wakefield-Cirulnick-Clark	

Two Mile Relay

New York Masters	10.40.7
Kennedy-Denig-Fine-Talbott	

45-49

Bill Krebs	45 NY 2.24.2
Herb Zipper	46 NY 2.26.6
Tom Talbott	47 NY 2.55.7

50-54

Kelsey Brown	52 JS 2.37.3
Joe Kernan	40 NY 2.47.2
Ted Grenda	53 ON 2.55.8
Arthur Bradley	53 NY 3.08.7

60-64

Harold Greenberg	60 SH 2.56.8
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One Mile Run

30-34

Terry Horton	31 WE 4.28.2
Jim Barber	32 NY 5.46.1

40-44

Jim Fellis	42 ML 4.50.3
Charles Kennedy	41 NY 4.53.6

45-49

Lou Stern	45 PP 4.57.2
Robert Fine	48 NY 5.07.1
Don Denig	47 NY 5.37.0

50-54

Joe Kernan	50 NY 5.14.1
Ted Grenda	53 ON 5.34.6
Christian Charles	54 CD 5.34.7

60-64

*Harold Greenberg	60 SH 5.38.3
*John Popowich	61 NY 6.08.6

\* WOMEN

45-49

Chris McKenzie	48 NY 5.53.1
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50-54

Janet Grenda	54 ON 6.28.0
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45-49

Bill Krebs	45 NY 1.21.1
Tom Talbott	47 NY 1.31.9
Rudy Clarence	47 NY 1.41.1

50-54

Kelsey Brown	52 JS 1.26.9
Jim Dowling	52 NY 1.30.3
Bill Welsh	50 SI 1.37.9

55-59

Rudy Valentine	56 PC 1.27.5
Don Harris	57 PM 1.40.1

70-74

Harry McArdle	73 NY 2.00.2
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WOMEN

30-34

Skipper Clark	32 NY 1.40.3
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1000 yard Run

30-34

Michael Patterson	31 NY 2.27.4
Jim Barber	32 NY 3.01.6
Don Pierson	33 NY 3.20.1

40-44

Haig Bohigian	43 NY 2.34.7
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Two Mile Run

30-34

Jim Patten	34 TT 10.21.3
Jim Barber	32 NY 13.12.2

35-39

Art Lebofsky	37 NY 12.01.7
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40-44

Charles Kennedy	41 NY 10.30.3
Martin Dieney	40 DL 12.45.1

45-49

Lou Stern	45 PP 10.41.0
Robert Fine	48 NY 11.32.0
Tom Talbott	47 NY 12.04.1
Don Denig	47 NY 12.25.3

50-54

Kelsey Brown	52 JS 11.26.4
Charles Christian	54 CD 11.56.5
Ted Grenda	52 ON 12.45.4

55-59

Bob Mimm	55 SH 12.07.1
Ed Cunningham	58 PM 13.19.6

60-64

Harold Greenberg	60 SH 12.18.9
John Popowich	61 NY 14.34.6



photo by Richard Slotkin

CAROL CARTWRIGHT

## 600 yard Dash

30-34

Mustafa Ahmed	32 PC 1.15.3
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35-39

Bob Maxwell	35 UN 1.15.2
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40-44

Glen Shane	40 PC 1.16.0
Ed Small	41 PC 1.16.5
Ken Baker	43 NJ 1.16.5
Mason O'Neil	42 PC 1.19.8
Haig Bohigian	43 NY 1.20.5



California Track News photo

GEORGE KER

continued on next page.....



N.Y.M.S.C. continued from  
page 16Long Jump

30-34	
Robert Jackson	30 PC 21'
Preston Hannibal	31 UN 19'9.25
Ivan Black	31 AC 18'10
Don Pierson	32 NY 16'7
Lou Juhasz	34 NY 14'10.25

35-39	
Michael Patterson	31 NY 14' 8.75

40-44	
Ray Bury	37 GS 18'7

45-49	
Rick Deere	42 NY 18'1.75
Larry Judd	41 NY 17'6

50-54	
Len Olson	48 GM 14'8.5
George Taylor	49 PM 14'7.75

55-59	
James Ryan	51 NY 14'9.5
Arthur Bradley	53 NY 13'8.25
Harold Colen	51 NY 13'6.5
Thomas Costigan	50 NY 8'8.25

75-79	
Richard Morcom	58 PM 17'6.25
Russell Meyers	75 UN 11'9.75

Women	
30-34	
Skipper Clark	32 NY 14'10.2
Anna Mapps	32 FK 13' 9.5

35-39	
Ray Bury	37 GS 39'11

40-44	
Haig Bohigian	43 NY 34'10.2

45-49	
George Taylor	49 PM 23'6.5

50-54	
Harold Colen	51 NY 28'9.75
Thomas Brooks	50 PC 27'5.75

65-69	
Bob Detweiler	66 PM 21'6.75

75-79	
Russell Meyers	76 UN 20'8

Pole Vault	
30-34	
Al Berardi	33 AC 11'

40-44	
Frank Illuzzi	43 GS 10'

45-49	
George Taylor	49 PM 7'

55-59	
Richmond Morcum	58 PM 12' +

High Jump	
30-34	
Kenneth Johnson	32 CD 5'9

35-39	
Robert Jackson	30 PC 5'3
Ivan Black	31 AC 5'3
Don Pierson	32 NY 4'9

40-44	
Richard Ross	39 GS 6'0 +
Ray Bury	37 GS 5'9

45-49	
Larry Judd	41 NY 5'5

50-54	
Rudy Clarence	47 PC 4'4
Ray Feick	48 HP 4'2
Kurt Krastin	45 NY 4'2

50-54

Arthur Bradley	53 NY 4'2
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55-59

Richmond Morcum	58 PM 4'11
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John Vislocky	58 GS 4'7
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WOMEN30-34

Skipper Clark	32 NY 4'7
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Shot Put30-34 16#

Richard Dunphy	32 SH 38'7.5
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Jim Vogler	31 GS 38'4.5
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Jim Barber	32 NY 33'5.5
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Don Pierson	32 NY 33'0.5
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Lou Juhasz	34 NY 28'5
------------	------------

35-39 16#

Richard Kurnik	NB 45'0.25
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40-44 16#

Rick Deere	42 NY 40'2.75
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Jack Goldstein	41 NY 38'8.75
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Ed Smith	41 GS 34'0.5
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Larry Judd	41 NY 30'8.5
------------	--------------

45-49 16#

Len Olson	48 GM 40'0.25
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Ray Feick	48 HP 35'3
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Pay Carstensen	48 NY 33'7.75
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50-54 12#

Tom Brooks	50 PC 42'6.5
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Harold Colen	51 NY 34'2
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Maurice Lentzer	54 NY 34'11.7
-----------------	---------------

55-59 12#

Greg Battick	59 VT 38'6
--------------	------------

John Vislocky	58 GS 35'7
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60-64 8#

Murray Oguss	62 NY 44'9
--------------	------------

Paul Sereghy	64 NY 37'2
--------------	------------

65-69 8#

Gilberto Gonzales	66 PR 37'6.5
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Bob Detweiler	66 PM 35'3.25
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WOMEN30-34

Skipper Clark	33 NY 26'11.5
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Anna Mapps	32 FK 25'3
------------	------------

45-49

Ann Cirulnick	45 NY 26'11 +
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Weight Throw30-34 35#

John Vogler	31 GS 39'0
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Joe Ross	33 TT 38'5
----------	------------

Don Pierson	32 NY 28'6.5
-------------	--------------

Jim Barber	32 NY 25'11
------------	-------------

45-49 35#

Len Olson	48 GM 39'9.75
-----------	---------------

Pay Carstensen	48 NY 33'6
----------------	------------

Ray Feick	48 HP 32'7.5
-----------	--------------

Kurt Krastin	45 NY 32'3
--------------	------------

55-59 35#

Gregory Battuck	59 VT 27'9.5
-----------------	--------------

60-64

Paul Sereghy	64 NY 26'4.5
--------------	--------------

65-69

Bob Detweiler	66 PM 25'9
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Club Code

AC = New York Athletic Club
-----------------------------

CD = Corona Del Mar
---------------------

GS = Garden State
-------------------

GM = Green Mountain
---------------------

HP = High Point
-----------------

FK = Manhattan Fight Kings
----------------------------

DL = Delco Runners
--------------------

NJ = North Jersey Masters
---------------------------

JS = Jersey Senior Track Club
-------------------------------

NY = New York Masters Sports
------------------------------

PC = New York Pioneer Club
----------------------------

PM = Philadelphia Masters Track
---------------------------------

SH = Shore Athletic Club
--------------------------

TT = Torrington Track Club
----------------------------

FL = Finger Lakes Athletic Club
---------------------------------

JG = Jaguar Track Club
------------------------

LI = Long Island Track Club
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ON = Onteora
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UN = Unattached
-----------------

VT = University of Vermont T.C.
---------------------------------

NB = New Britain T.C.
-----------------------

PP = Prospect Park Track Club
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*=American Indoor Masters'
----------------------------

Record
--------

+ = Age-Group Record
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**SENIOR OLYMPICS June 13-14**  
**Indianapolis, Indiana****June 13 (Friday):** 10K Run, 5:00 P.M. "All" age groups.**June 14 (Saturday):** Sub-masters & Masters track and field meet 30 up. 5 year age groups through 75 up. All track and field events including 1500 M walk in 55 up groups. Morning and afternoon schedules 8:00 A.M. Excellent all-weather metric track. Expert officiating. All events held at Park Tudor H.S., 71st and College, Indianapolis, In. Entry fees: 10K \$4.00 per person; track & field \$3.00 for one event, \$1.00 each additional event. Entries received after May 31, 1980 will be doubled.**ENTRY FORM****ALL ENTRIES DUE BY MAY 31, 1980**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

☐ Male ☐ Female Age as of 12/31/80 \_\_\_\_\_Event: ☐ 10K Run ☐ Track & Field \_\_\_\_\_

I will not hold the Hoosier Track Club or any of their departments, agents, or representatives for my health, safety or any injury resulting from my participation in these events.

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

Send to: **Bob Coughlin, Hoosier Track Club**  
**305 S. Barton**  
**Indianapolis, In. 46241 - (317) 241-5446****Two California speedsters: Almeta Parish (left) and Cherrie Sherrard**  
California Track News photo



# Midwest Masters Indoor Championships

continued from page 1

by Mike Daniels, Jerry Hedgcock, Jay Avery and Alex Pappas. Mike Davis did some great all-around performing, Ernie Billups took it easy and still won going away. Ron Fox clerked the meet with style and grace while the Millers made disgusting profits selling oranges, coffee and t-shirts.

## RESULTS

### 50 YARD DASH

<b>Men 30-34:</b>	
1. Mike Daniels	5.67
2. Mike Davis	6.08
<b>Men 35-39:</b>	
1. Jerry Hedgcock	5.99
2. John Hess	6.01
<b>Men 40-44:</b>	
1. Bruce Mills	6.31
2. Jim Lipsky	6.51
<b>Women 40-44:</b>	
1. Joanne Grissam	6.91
2. Linda Brannen	7.31
<b>Men 44-49:</b>	
1. Jay Avery	5.99
2. Charles Edmons	6.31
<b>Men 50-54:</b>	
1. Alex Pappas	6.29
2. R.G. Wolf	6.64
<b>Men 55-59:</b>	
1. Leon Potter	6.70
2. Joe Jenkin	6.76
<b>Men 65-69:</b>	
1. John Dick	7.98

### 50 YARD HIGH HURDLES

<b>Men 30-34:</b>	
1. Bob Demmerele	6.78
2. Mike Davis	6.98
<b>Men 40-44:</b>	
1. Bruce Mills	7.70
2. Ray Micholls	7.92
<b>Men 45-49:</b>	
1. Phil Mulkey	7.48
2. Paul Lemkuhl	8.97
<b>Men 50-54:</b>	
1. R.G. Wolf	8.18
2. Don Walsh	8.28
<b>Men 55-59:</b>	
1. Freeman Marr	10.27
<b>Men 65-69:</b>	
1. John Dick	11.91

### 300 YARD DASH

<b>Men 30-34:</b>	
1. Robell McMiller	38.02
2. John Nicosia	39.75
<b>Men 35-39:</b>	
1. John Hess	39.12
2. Wayne Benjamin	46.27
<b>Men 40-44:</b>	
1. Bruce Mills	37.23
2. Bruce Shirer	39.22
<b>Men 45-49:</b>	
1. Charles Edmons	38.47
2. Dick Katte	39.12

### Men 50-54:

1. Alex Pappas	38.96
2. Don Walsh	41.08

### Men 55-59:

1. Joe Jenkin	41.10
2. Elmer Beth	46.1

### Women 30-34:

1. Marianne Whatley	48.11
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### Women 40-44:

1. Mary Czarapata	47.04
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### 600 YARD DASH

<b>Men 30-34:</b>	
1. Jerry Elkins	1:25.98
2. Roy Brise	1:29.04
<b>Men 35-39:</b>	
1. Gary Carr	1:20.01
2. Mike Persak	1:25.57
<b>Men 45-49:</b>	
1. Bob Sadler	1:24.78
2. Dick Katte	1:34.53
<b>Men 50-54:</b>	
1. Alex Pappas	1:41.61
2. Don Walsh	1:42.51
<b>Men 55-59:</b>	
1. Elmer Beth	1:46.2
2. Joe Jenkin	1:53.4
<b>Men 65-69:</b>	
1. John Dick	2:22.3

### 1,000 YARD RUN

<b>Men 30-34:</b>	
1. Steve Currins	2:28.2
2. Jerry Elkins	2:32.1
<b>Men 35-39:</b>	
1. Gary Carr	2:23.1
2. Mike Persak	2:30.2
<b>Men 40-44:</b>	
1. Ernie Billups	2:22.2
2. Gil Kamrath	2:31.7
<b>Men 45-49:</b>	
1. Bob Sadler	2:36.3
2. Jim Evans	2:40.7
<b>Men 50-54:</b>	
1. Rich Czarapata	3:18.2
2. Bob Christensen	4:03.1
<b>Men 55-59:</b>	
1. Elmer Beth	2:59.1
2. Joe Jenkin	3:38.0
<b>Men 70-74:</b>	
1. Richard Bredenbeck	3:43.2
<b>Women 40-44:</b>	
1. Mary Czarapata	3:05.7

### ONE MILE RUN

<b>Men 30-34:</b>	
1. Steve Currins	4:39.9
2. Kermit Welty	4:45
<b>Men 35-39:</b>	
1. Jim Lkalski	4:53
2. Jim Benston	5:30
<b>Men 40-44:</b>	
1. Ernie Billups	4:37.1
2. Clark Bauerman	5:25
<b>Men 45-49:</b>	
1. Art Liederman	5:42
2. Duane Hoven	5:44
<b>Men 50-54:</b>	
1. Bob Christensen	7:10
2. Lars Kindem	7:25
<b>Men 55-59:</b>	
1. Elmer Beth	5:40
<b>Men 65-69:</b>	
1. John Dick	7:17
<b>Men 70-74:</b>	
1. Richard Bredenbeck	6:45
<b>Women 40-44:</b>	
1. Mary Czarapata	6:16

### 3 MILE RUN

<b>Men 30-34:</b>	
1. Dennis Spars	15:42
2. Kermit Walde	15:43

### Men 35-39:

1. Dave Gruenlich	16:29
2. Trevor Foy	18:19

### Men 40-44:

1. Henning Falkenstein	16:38
2. Bernie Martin	17:15

### Men 45-49:

1. Otto Volkmann	18:58
2. Derek Ginn	21:20

### Men 50-54:

1. BillTouns	22:14
--------------	-------

### Men 55-59:

1. George Raseh	20:20
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### Men 50-54:

1. Emily Weber	22:21
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### 6 MILE RUN

<b>Men 30-34:</b>	
1. Mike Collins	34:30
2. Jon Saunders	39:35
<b>Men 35-39:</b>	
1. Ed Koven	39:33
2. Lew Kuberman	42:47
<b>Men 40-44:</b>	
1. Pat Mooney	35:58
2. Frank Oswald	42:57
<b>Men 45-49:</b>	
1. Otto Volkmann	38:18
2. Carl Hartman	42:04
<b>Men 50-54:</b>	
1. Ted Zabel	50:20
2. Jim Severson	51:12
<b>Men 55-59:</b>	
1. Ernie Glenisk	43:45
2. George Griffith	53:38
<b>Men 60-64:</b>	
1. Bob Barnard	54:33
2. Frank Durham	56:14
<b>Men 65-69:</b>	
1. Ted Kaliski	58:04
<b>Women 50-54:</b>	
1. Emily Weber	45:44

### POLE VAULT

<b>Men 30-34:</b>	
1. Mike Davis	13-6
<b>Men 40-44:</b>	
1. Ed Hoyle	12-0
<b>Men 45-49:</b>	
1. Phil Mulkey	8-6
<b>Men 50-54:</b>	
1. Tom Hinkes	10-6
2. R.G. Wolf	7-6

### HIGH JUMP

<b>Men 30-34:</b>	
1. Mike Davis	5-10
2. Mike Daniels	5-4
<b>Men 35-39:</b>	
1. Bob Patrick	5-4
2. H. Sanstead	5-2
<b>Men 40-44:</b>	
1. Mamon Gibson	5-8
2. Tom Langenfeld	5-8
<b>Men 45-49:</b>	
1. Phil Mulkey	4-10
2. Jack Scott	4-8
<b>Men 50-54:</b>	
1. R.G. Wolf	4-4
2. Chuck Olson	4-4
<b>Men 55-59:</b>	
1. Freeman Marr	4-6
<b>Men 65-69:</b>	
1. John Dick	4-0
<b>Women 55-59:</b>	
1. Frances Rogers	2-3

### LONG JUMP

<b>Men 30-34:</b>	
1. Mike Daniels	19-10
2. Mike Davis	18-10
<b>Men 35-39:</b>	
1. H. Sanstead	16-8
2. John Shaw	14-0

### Women 35-39:

1. Joanne Grissam	14-5
-------------------	------

### Men 40-44:

1. Phil Lander	15-11
2. Len Turner	15-8

### Men 45-49:

1. Phil Mulkey	16-11
2. Paul Lemkuhl	16-7

### Men 50-54:

1. Bob Christensen	13
2. R.G. Wolf	12

### Men 55-59:

1. Leon Potter	15-0
2. Joe Jenkin	13-11½

### TRIPLE JUMP

<b>Men 30-34:</b>	
1. Mike Daniels	40-10
2. Mike Davis	40-5
<b>Men 35-39:</b>	
1. H. Sandstead	33-4
2. Ralph Perry	31-7
<b>Men 40-44:</b>	
1. Wayne Brown	32-8
2. Sam Gorvan	29-11
<b>Men 45-49:</b>	
1. Phil Mulkey	37-4
2. Paul Lemkuhl	32-6
<b>Men 50-54:</b>	
1. Charles Olson	28-7
2. Bob Christensen	27-2
<b>Men 55-59:</b>	
1. Leon Potter	29-10
2. Freeman Marr	29-1
<b>Men 65-69:</b>	
1. John Dick	21-10

### SHOT PUT

<b>Men 30-34:</b>	
1. Mike Davis	32-2
2. Dick Nickerson	30-11
<b>Women 30-34:</b>	
1. Marianne Whatley	29-5
<b>Men 35-39:</b>	
1. John Hess	50-10
2. Jerry Hedgcock	35-11
<b>Men 40-44:</b>	
1. Carl Klehm	49-0
2. Lee Slick	45-9
<b>Men 45-49:</b>	
1. Phil Mulkey	38-1
2. Jack Scott	34-11
<b>Men 50-54:</b>	
1. Bob Christensen	37-11¼
2. R.G. Wolf	35-8
<b>Men 55-59:</b>	
1. Joe Jenkin	32-8
<b>Men 65-69:</b>	
1. John Dick	33-0
<b>Women 30-34:</b>	
1. Joanne Grissam	36-1
2. Sue Skerke	25-3

### 35 POUND WEIGHT

<b>Men 40-44:</b>	
1. Carl Klehm	37-5
2. Lee Slick	33-3

### 56 POUND WEIGHT

<b>Men 40-44:</b>	
1. Carl Klehm	26-0
2. Lee Slick	23-2

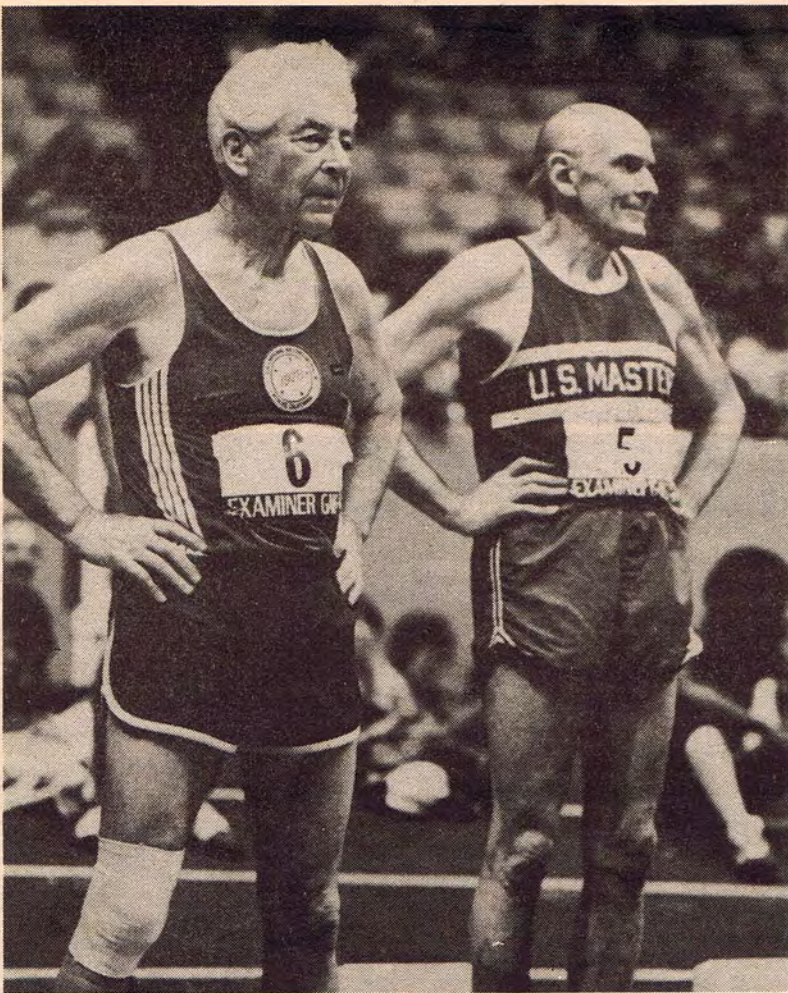
### PREDICTION RUN

1. Kevin Sandstead	7:30/7:30
2. Kerry Richardson	6:10/6:05

## MOVING?

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





John Satti (left) and Alan Cranston lining up for the Masters 50 Meter Dash at the San Francisco Indoor Games.

photo by Dave Stock

IF YOU'RE OVER 30, YOU'LL WANT TO READ THE

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Name

Address

City  State  Zip

MASTERS SPORTS ASSOCIATION'S NINTH ANNUAL TRACK & FIELD CHAMPIONSHIPS.  
SUNDAY, MAY 11, 1980, RANDALL'S ISLAND, NEW YORK CITY

**ELIGIBILITY:** Open to members of the American Masters Athletic Assoc. The following is a partial listing of affiliated clubs: Garden State; North Jersey; Phila. Masters; Potomac Valley; N.Y. Pioneers; N.Y. Masters; Syracuse Chargers; Millrose; N.Y. Road Runners. IF YOU ARE NOT A MEMBER OF AN AFFILIATED CLUB YOU MUST JOIN ANY OF THEM OR THE MASTERS SPORTS ASSOCIATION. If you are not sure whether your club is affiliated phone 212-789-6622 between 7:30 and 9:30 P.M. New York time.

**EVENTS:** Open to men and women over the age of 30. Awards by five year groupings to age 75+.

**PRIZES:** Three awards per event.

**ENTRY FEE:** \$5.00 for the first event; \$4.00 for each additional event. (Higher entry fees due to rental charge). \$10 fee per relay.

**RELAYS:** Prizes to the first three teams for men and women in the following age categories: 30-39; 40-49; 50+. All relay team members must be from the same club and registered within the Athletic Congress. Teams can be declared prior to the race. All results will be forwarded for consideration of the Athletic Congress National Postal Relay Championships.

**POST ENTRIES:** Post entries will be accepted but are strongly discouraged as they prolong the meet, upset seedings and cause a great deal of additional work. There will be an additional charge of \$1.00 per event (\$6.00 for the first event and \$5.00 for each additional event). We would prefer to have you enter prior to the deadline rather than collect the surcharge. Entries post-marked after May 8th will be considered post-entries. PLEASE COOPERATE.

**FACILITIES:** Randall's Island is an artificial track. There are shower and changing facilities. **NO SPIKES PERMITTED.**

**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. dash	11:30	2 Mile Walk	1:00	Sprint Medley	3:15
Long Jump	10:00	One Mile run	12:00	Pole Vault	1:00	(440-220-220-880)	
Javelin	10:00	440 yd. dash	12:30	220 yd. dash	1:30		
weight throw	10:00	High Jump	12:00	Triple Jump	2:00	Distance Medley	3:30
high hurdles	11:00	Hammer Throw	12:00	880 yd. run	2:00	(3/4 mile-440-880-1 mile)	
Discus throw	11:00			3 mile run	2:30		

(Please print)

NAME  ADDRESS

ZIP  PHONE #  AGE  SEX: MALE ☐ FEMALE ☐

EVENTS: (Give predicted time for seeding purposes in the running events)

EVENT	TIME	EVENT	TIME	EVENT	TIME	EVENT	TIME
EVENT	TIME	EVENT	TIME	EVENT	TIME	EVENT	TIME

I hereby waive any claim I or my heirs may have against the Masters Sports Association; A.A.U.; Athletic Congress and the City and State of New York for any claims or injuries sustained by me in participating in the Ninth Annual Masters Sports Association Championships.

SIGNATURE

CLUB

If you wish to join the Masters Sports Assoc. the dues are \$12 per year for which you'll receive the National Masters Newsletter and the Age-Record book.

Amount enclosed \$  (Pre entry \$5.00 first event; \$4.00 each additional event; \$10 relays)

MAKE CHECKS PAYABLE TO MASTERS SPORTS ASSOC. and mail to: GLORIA FINE, 77 Prospect Place, Brooklyn, N.Y. 11217

## 10th Annual GRANDFATHER GAMES

DATE-----Sat. May 10, 1980

WHERE-----Los Angeles Valley College, 5800 Fulton Ave., Van Nuys, CA 91401

DIVISIONS-----Sub Masters (30-39), Division I (40-49), Division II (50-59), Division III (60-69), Division IV (70+), and Women (30+)

ENTRY FEES-----Four (\$4.00) for one event, Six (\$6.00) for two events, Eight (\$8.00) for three events and Ten (\$10.00) for four or more events. Clubs pay for relay teams \$10.00 per team. Make checks payable to George Ker. (Post entries will be \$5.00 for one event and \$3.00 for each additional event when space is available).

FACILITIES-----400 Meter dirt track, tartan runways and concrete rings (except Javelin-Grass). Dressing facilities and showers available (bring your own towels).

AWARDS-----Awards to the first 3 places in all events where sufficient entries warrant. (Awards to the winning relay teams only). Awards are based on best time where more than one heat per event, per division.

SOUVENIERS-----Tee shirts will be on sale at cost. Patches and pens are free to each competitor.

ENTRY DEADLINE-----May 3, 1980 (in my hands).

TEAR OFF

NAME  PHONE

ADDRESS  City  State  Zip

CLUB

AGE AS OF MAY 10, 1980  DIVISION: Women, Sub Masters, I, II, III, or IV  
(Please circle one of the above)

EVENTS I AM ENTERING

ENCLOSED PLEASE FIND CHECK (PAYABLE TO GEORGE KER) FOR \$

MAIL TO GEORGE KER  
8220 Langdon #36  
Van Nuys, CA 91406  
Phone (213) 785-3770



Triumph



Vainqueur



Fly



Universe



Sprint Sister



## WORLD'S FASTEST NIKES.

### Men's

800	1:42.4
1500	3:32.1
Mile	3:49.0
3000	7:32.1
Steeplechase	8:05.4
5000	13:08.4
10,000	27:22.4

### Women's

1500 (indoors)	4:00.8
Mile	4:21.7
60yd. Hurdles (indoors)	7.47
Mile Relay	3:41.5
Mile (indoors)	4:17.5



Beaverton, Oregon