



National Masters Newsletter



24th Issue

August 1980

\$1.00

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

HIGHLIGHTS

- World Records Set by:
 - Newton in 400
 - Fitzgerald in 800
 - Fenger in 800
 - Meyers in 110H
 - Gist in high jump
 - Brown in high jump
 - Hume in high jump
 - Salisbury in 3 events
 - Stock in 5K and 10K
 - Miller in 10000
- U.S. Marks Set by:
 - Newton in 200
 - York in shot
 - Sherrard in SP, DT and HJ
 - Fitzgerald in 1500
 - Salazar in 1500
 - Burnett in 400
 - O'Neil in 5K and 10K
 - Czarapata in 800 and 1500
 - Ward in high jump
 - Stock in 1/2 marathon & 10-mile
 - Storey in 1/2 marathon & 10-mile
 - Johnson in 1/2 marathon
- Pan-Am Games this month
- Results of:
 - National Championships
 - Western Regionals
 - Eastern Regionals
 - National Decathlon
 - Montana & Nebraska meets
 - North American Marathon
 - Metropolitan Championships
- Annual Masters T&F Meeting

10 WORLD MARKS SET AS OVER 500 COMPETE IN NATIONAL T&F CHAMPS

by Al Sheahan



Jim Burnett (left) of Philadelphia and Nick Newton of Los Angeles, who both set 400-meter records in the National Masters Championships in Philadelphia July 4-6. Burnett set a new U.S. record of 49.76 in the 40-44 age group. Newton set a new world mark of 51.00 in the 45-49 division.

photo by Tom Sturak

PHILADELPHIA, PA., July 4-6. Ten world records and 6 U.S. bests were set as over 500 athletes took part in the 13th Annual National Masters AAU/TAC Track and Field Championships this holiday weekend at the University of Pennsylvania's Franklin Field.

In hot, humid weather on one of America's finest track and field facilities, the City of Philadelphia, the Penn Mutual Life Insurance Co., the Nike Shoe Co., the Athletics Congress, the Philadelphia Masters Track and Field Association, the AAU and dozens of hard-working volunteers combined to produce an enjoyable, competitive weekend for most of the top masters track and field athletes in the nation.

Rescued at the 11th hour from the originally scheduled site of Charleston, West Virginia, meet directors Bert Lancaster and Fred Mannis literally worked day and night to make the meet a success.

"I never thought they could do it," said National Masters Track & Field Chairman Wendell Miller. "A month ago, I recommended we postpone or cancel the meet. The Philadelphia people did an incredible job to pull it off."

Of the 456 athletes who signed up early enough to be included in a very professional, slick-cover program, 427 (93%) were men and 31 (7%) were women. (In the 1979 World Games, 14% of the contestants were women.)

Entrants came from nearly every state to give the meet a truly national flavor.

Competition was held in 5-year age groups for men and women from age 30. Oldest male competitor was Vincent Schiavi, 86, of Wilmington, Delaware. Oldest female participant was Marilla Salisbury, 72, a retired school teacher from San Diego, Calif., who competed in nearly every running event colorfully adorned in an orange bonnet, clutching a handkerchief in each hand.

As usual, the caliber of competition ranged from outstanding to awesome.

16 Age Bests in Western Regionals

by Al Sheahan

SAN DIEGO, CALIF., June 21-22. Eight world and eight American 5-year age division bests were set as over 200 masters athletes competed in the Western Regional Masters Track & Field Championships at San Diego State University.

Dorothy Stock, 48, of La Mesa, Calif., 1979 national masters 45-49 road champion at 10K, 10K X-C and 5K X-C, broke two world marks in the 5000 and 10000. She ran an 18:47.1 in the 5000 to break the women's world age 45-49 time of 18:55.4, set by San Diego Track Club teammate Nicki Hobson on April 10, 1976. In the 10,000, Stock clocked 39:06.3

to smash the world best of 39:53.0, established by New Jersey's Toshiko d'Elia on June 25, 1977. (See separate story on Stock's achievements in the past 30 days)

Bill Fitzgerald, 55, of Palos Verdes, California, continued his assault on the world 800 mark. For the 2nd consecutive race, he lowered the world 55-59 standard. His time of 2:09.3 topped his 2:09.7, set June 7 in the SPA District meet in Northridge, Calif. In addition, Fitzgerald broke the U.S. 1500 mark for men 55-59 with a time of 4:28.9, narrowly edging Mauro Hernandez' 1977 time of 4:29.7.

continued on page 5...

continued on page 6...

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Write On!



Address letters to:

National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401

HASSLE IN WICHITA

I sent in my \$5 for the special Masters 5,000 in the TFA/USA National Championships May 30. My check was cashed but I was told my entry didn't arrive. Mr. Hershberger said he mailed me another form (if he did not receive the first one how did he know to send the second?) but I never received it (if there was one). Finally, I was told I could not run. What kind of treatment is this for a mature college professor who has been in track and field for 26 years? Why couldn't I just enter today? My entry HAD been received and in proper order, but still rejected. It's certainly a blemish for TFA/USA.

Larry M. Bridges, Ph.D.
Oklahoma State University,
Stillwater, Oklahoma

RESPONSE TO BRIDGES

Dear Larry:

I'm sorry to say that you are not the only person who was the victim of strange circumstances surrounding our 5,000 meter Run for Masters Men. We made the mistake of putting the administration of this one event in the hands of an outsider, and cannot understand what criteria he was using to accept or reject entries. I can assure that this will not happen in the future, but that doesn't help this year's event.

All I can say is that I'm sorry for the whole episode which marred an otherwise outstanding track and field meet, race walk, marathon, decathlon, and pentathlon. I hope that you'll not judge our entire organization and all of our activities by this one unfortunate incident.

Berny Wagner
Executive Director, TFA/USA

LACK OF MIDWEST COVERAGE

Rich Czarapata's letter you printed in the June 1980 NMN makes me sad. If, as they say they do, the Lincoln Track Club has started sending you its monthly newsletter you probably saw their response to my urging them to hype your national publication. Same comments as Rich; they feel you think there is nothing between Pennsylvania and California.

We are just packed with track meets and road races here in mid-America. Our Lincoln Track Club newsletter lists lots of those meets. Another source is the Mid-America Masters Newsletter.

Listen Al, I support your newsletter and feel it is the best thing we've got. And I realize that you can't print meet results and other news if you don't receive information about it. But you've got to do a little outreach too. Read those newsletters I've mentioned. Try to make the National Masters Newslet-

ter really a national masters track and field publication.

I will look forward to an improved National Masters Newsletter, at least in so far as mid-America and the plains states are concerned

Jacques Lebel
Lincoln, Nebraska

[Jacques--Your comments are welcome and appreciated. We still need more Masters news from Mid-America. However, we're improving. In May, we published the Lincoln Indoor results and entry forms for two Chicago pentathlons. We started a special Midwest and Rocky Mountain schedule in April. In June, we printed 4 midwest entry forms and the national decathlon in Colorado. We regularly publish news from Ohio and Indiana. We announced United Wisconsin's Masters meet on August 2. We noted Mary Czarapata's triumphs in June in Wisconsin and Kansas City. We want to cover Masters' activity in all areas. We will follow your suggestions, but we still must depend on NMN readers for information. We simply don't have the budget or staff to cover the nation as we'd like to. However, Penn Mutual has just agreed to begin to aid NMN financially, so we may be able to do a bit more in the future.--Ed.]

CONRO BIDS FAREWELL

This is a difficult letter to write, for it is basically a competitive "goodbye".

Two days before I was to compete in the Southeastern Masters Meet in Raleigh, my left knee "quit". It has turned out that a 25 year old untreated football injury has been grinding things up during all these years of hard running. I have had surgery, but the outlook is not good.

I shall miss all the fine people connected with masters track; but most of all, I shall miss all of you who were at the Goteborg World Games in 1977. You people were really special.

The best to everyone--both on the track and off.

Art Conro
Gardner, Mass.

"We feel close to each other when we see our planet as a tiny island of life in an immensity of nothingness. We also draw together when we become aware that night must close in on all living things, that we are condemned to death at birth and that life is a bus ride to the place of execution. All of our struggling and vying is about seats in the bus, and the ride is over before we know it."

-- Eric Hoffer

EAST

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, 11 a.m.

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

September 14 (Sunday): Berkshire 10KM, Westfield, MA.

September 21 (Sunday): National Masters 50KM Championships, Brattleboro, Vermont.

September 21 (Sunday): Philadelphia Distance Run, 9 a.m. Half-marathon. Send S.A.S.E. to Philadelphia Distance Run, YMCA, 1421 Arch St., Philadelphia, Pa 19102.

September 28 (Sunday): National Masters 20KM Road Championships, East Potomac Park, end of Hains Point, Washington, D.C., 8 a.m. S.A.S.E. to Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770. (301) 474-9362. Entry form in this issue.

September 28 (Sunday): 4th Annual Pittsburgh Great Race, 10KM, Dept. of Parks & Recreation, 400 City-County Building, Pittsburgh, Pa 15219.

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.

October 26 (Sunday): National Standard 10KM Cross-country run, Gaithersburg, Maryland. 11 a.m. Send SASE to Paul Lamperti, National Bureau of Standards, Gaithersburg, Md 20760.

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

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

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.

November 30 (Sunday): 11th annual Philadelphia Marathon. Send S.A.S.E. to Philadelphia Marathon, 515 W. Godfrey Ave., Philadelphia, PA 19126.

MIDWEST

August 2 (Saturday): Wisconsin United Athletic Club masters and submasters track & field meet, Univ. of Wisconsin Walnut St. track, Madison, Wisconsin. 1 p.m. Contact: Ron Dennis, 6408 West Gate Rd., Madison, WI 53716. (608) 221-8020.

schedule

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

August 10 (Sunday): Lincoln Pentathlon Championships, Nebraska Wesleyan University, Lincoln, Nebraska. 1:30 P.M. 6 Age Divisions: 18-, 19-29, 30-39, 40-49, 50-59, 60+. Contact: Jacques Lebel, 1145 South 7th, Lincoln, Ne 68502.

August 24 (Sunday): Midwest Masters & Submasters Weightman's Pentathlon Championship and Weight Throw, U. of Illinois at Chicago Circle, 9 a.m.

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

September 14 (Sunday): National Masters & Submasters Weightman's Pentathlon & Weight Throw, U. of Illinois at Chicago Circle, 9 a.m. form in this issue.

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

October 26 (Sunday): Great Lakes Weight Pentathlon, U. of Illinois Chicago Circle. Contact: Dave Jacobson, 2140 Lincoln Park West, Apt. 309, Chicago, IL 60614.

November 16 (Saturday): Canada vs. U.S.A. Cross Country 10KM, Ann Arbor, Mich., 5-year groups for men 40+, Women 35-39, 40-49, 50+. Special 30-39 and open XC held separately. Contact: Dr. Ed Rozloff, 10144 Lincoln, Huntingwoods, Mich. 48070.

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

SOUTH

October 18-19 (Sat-Sun): 1st Throw-athon, Raleigh, N.C. Each contestant throws all weight implements. Contact: Nolan Fowler, 660 Crestwood Dr., Cookeville, Tenn. 38501.

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

WEST

August 2 (Saturday): Southern California Striders vs Corona del Mar dual T&F meet. Noon. Contact: Walt Butler (213) 681-8531.

August 2 & 3 (Saturday & Sunday): Northwest Senior Classic, Mt. Hood Community College, Gresham, Oregon, 6 p.m. Jim Puckett (503) 667-7354.

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, USC, Los Angeles. Entry form in this issue.

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.

October 12 (Sunday): 3rd Annual Heart of San Diego Marathon and 10KM Fun Run, 7 a.m., Send S.A.S.E. to Bob Day, P.O. Box 3625, San Diego 92103. (714) 291-7454.

October 25 (Saturday): TFA National Open and Submasters Cross Country Championships, Reno, Nevada. Dr. Jack Cook, Dept. of Athletics, University of Nevada, Reno, NV 89557.

November 8 (Saturday): TFA National Cross Country Masters Championship, Green Valley, Arizona. Steven Myers, Green Valley Recreation, P.O. Box 984, Green Valley, AZ 85614.

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

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

November 30 (Sunday): Brooks/TFA National Masters 25KM Championships, San Francisco, Cal.

December 6 & 7 (Saturday & Sunday): TFA and Senior Olympics Decathlon Championships, Glendale, Calif. College.

December 7 (Sunday): Honolulu Marathon.

December 13 (Saturday): Weightmans Pentathlon Championships, Glendale.

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

FOREIGN

August 6-10 (Wednesday-Sunday) 2nd European Veterans T&F Championships, Helsinki, Finland. Contact: Pekka Dautto, Mannerhemintie 18 A 00100 Helsinki 10, Finland.

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 30-31 (Saturday-Sunday): Canadian Masters T&F Championships, Mooneys Bay, Ottawa, Ontario. 5-year groups for men 40+ and women 35+. Selected events for age 35-39. Contact: Dr. Danny Daniels, 1145 Ambleside Dr., Ottawa, Ontario, Canada K2B8E2. (613) 820-2131.

August 30-September 1 (Saturday-Monday): Pan American Masters Track & Field Championships, San Juan, Puerto Rico. P.O. Box 11074, Caparra Heights Station, San Juan, P.R. 00922.

September 21 (Sunday): North American Masters & Submasters Weight Pentathlon, Toronto Latvian Field, Stouffville, Ontario, Canada. Contact: J.E. Tovell. Home: (416) 889-3392. Bus. (416) 225-7821. Entry form in this issue.

September 21-22 (Sunday-Monday): British Veterans Decathlon Championships, Loughborough College.

October 5 (Sunday): British Veterans Marathon Championships, Stoke-on-Trent.

November 1 (Saturday): Canadian Masters Cross-Country Championships, Toronto. Contact: Don Farquharson (416) 282-2555.

January 3 & 4, 1981 (Saturday & Sunday): 14th Annual World Veterans Road Running Championships, 10KM and 25KM, Palmerston North, New Zealand. (Men 40+, Women 35+)

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

POSTAL

January 1 - August 31: One-Hour Run Postal. Al Huff, 18127 1st Ave. N.W., Seattle, WA 98177. (206) 542-2930.

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

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

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 September issue of NMN is August 10. Send to *National Masters Newsletter*, 6200 Hazeltine Ave., Van Nuys, CA 91401.

MASTERS SCENE

•On Saturday, July 12 in the Senior Olympics, **Bill Fitzgerald** lowered his American age 55-59 record in the 1500 from 4:28.9 to 4:28.7.

•Two months after his successful knee operation at the hands of Masters athlete and orthopedic surgeon **Bob Watanabe**, **Al Guidet** reinjured the knee in a motorcycle accident. Then he pulled a hamstring June 10th and was out for a month to miss some of the big meets. The indestructible Guidet is expected back shortly.

•**Dick Stolpe**, Western regional champ, pulled up in the 100 July 12 with a hamstring pull. Dick keeps in shape training at the high altitude in his home town of Los Alamos, New Mexico.

•The city of brotherly love was not so brotherly for at least four masters competitors. **Hilliard Sumner** lost his wallet. **Al Sheahan** was separated from his binoculars. **Stan** and **Dorothy Herrmann** were mugged outside the Hilton Hotel when a group of youths tried to grab Dorothy's jewelry. Stan, the 77-year-old world hammer record holder and gold medalist reportedly threw a few of the attackers around, scattering them like bowling pins.

•The Franklin Field track in Philadelphia is a fast, but unusual track. It's 400 meters around in lane 5, but only 403 meters around in lane 1. A 2-inch curb circles the track inside lane 5 where all races from 800 meters up are run. All 8 lanes are used in the 200 and 400, forcing those in lanes 1-4 to run unusually sharp turns. This layout means the stands (which hold about 40,000) are closer to the action.

•The 1980 Maple Leaf Half-Marathon--13.1 miles-- will be run over a certified course at 10:15 a.m. Sunday, September 21 in Manchester Center, Vermont,

reports race chairman **Guy Thomas**. The field is limited to 700 runners and closes September 13th. \$5 entry fee. No post entries. Contact Thomas at Way's Lane, Manchester Center, Vt. 05255. (802) 362-3401. **Garry Bjorklund**, **Patti Lyons**, **Benji Durden** and others will run.

•An open decathlon will be held in Fort Collins, Colorado September 4-5. Contact Jim Weed.

•**Ivor Welch**, at 85, the oldest active marathon runner in the USA, debuted in racewalking June 7. Welch writes Haiku poetry, and ran the Sri Chinmoy marathon June 1 in about 6 hours. On May 4, he ran the Avenue of the Giants Marathon in around 5½ hours.

•**Chuck Lichter** announces a new publication geared towards long distance runners. It's an official publication of the Southern Pacific Association Athletics Congress LDR Committee Box 9192, North Hollywood, CA 91606 for more info.

•**Susse Chalet Motor Lodges & Inns** sponsored the Holyoke Race of Champions & 200th Anniversary Massachusetts Constitution Marathon. Only 160 athletes braved the cold, wet weather. **Patrick Burke** 40, was top master in 2:52.86. **David Madsen**, 48, (3:18:09), **Roger Phillips**, 51, (3:35:36), **Hugh Short**, 58, (3:11:31) and **Rufus Reed**, 61, (3:57:02) won their 5-year divisions. **Sue Medaglia**, 44, of the Bronx, N.Y. clocked 3:23:25 to finish 2nd woman overall.

•**Carl Klehm** complained to **Wendell Miller** that some Philadelphia events scheduled for 1 p.m. were finished by 11 a.m. For other events, he said, not enough officials were present, so it took 3½ hours to finish the shot. Normally, the competitors pitch in and help, but the officials wanted to handle it them-

selves which reportedly added to the delays.

•The overall mood in the East is different than in the West. Harsh words and sharp criticism seemed commonplace in Philadelphia, far different from the more polite, easy-going, tolerant Western manner. Are people really more hostile in the East? Or is it simply no-nonsense, direct honesty?

•The San Diego County Chapter of the American Heart Association will sponsor the 3rd Annual Heart of San Diego Marathon and 10000 Meter Fun Run on Sunday, October 12, 1980 at 7 a.m. 6,000 marathon runners are expected, plus an additional 9,000 for the 10k. Write the Heart Association at 3640 5th Ave., San Diego, CA 92103 or phone (714) 291-7454.

•**Larry Noel** reports that 142 men and 59 women participated in the National RRCA meet of miles in Greenbelt, Maryland June 23. **Jim Sylvester**, 33, 4:42; **Charles Davies**, 43, 5:08; **Bill Osburn**, 56, 5:48; **Charles Frye**, 65, 6:52; **Patricia Hoefler**, 38, 6:25 and **Joannie Mallet**, 46, 6:44 were division winners.

•Professionalism is here! **Lee Courkamp** and his burro Bambi won \$750 prize money in the first annual Eagle pack-Burro Race in Eagle, Colorado, June 28. A virtual photo-finish culminated the 17-mile event, Courkamp clocking 1:59:37 to edge **Ardel Boes** and friend in 1:59:39 (\$500), and **Clint Roberts** and Andy in 1:59:43 (\$350). Contestants are not allowed to ride their burro, but must run as a team with a lead rope and halter. The Burro is equipped with a 33 pound pack saddle which may include a gold pan, pick and shovel. Courkamp invites everyone to bring their burro and shoot for \$1200 first prize on August 3 and August 17. (303) 422-1649.

•The 4th Annual Bonnie Bell 10k 1980 is set for Monday, October 13--Columbus Day holiday--on Boston Commons, Boston. Limited to 5,000 entrants. Contact Bonnie Bell, 11 Newbury St., Boston 02116.

•**Bill Seldon** reports that on June 14, **Ruben Whitney** of San Antonio, Texas

going to New Zealand?



For info, call or write:

Wendell Miller
180 N. LaSalle
Chicago, IL 60601
(312) 236-1315

tied the 35-39 world mark for the 100. Whitney's 10.3 would break the existing American mark of 10.4, set by **Mel Pender** in 1973. It would tie the global best time set by **Ed Jefferis** of South Africa in 1971. National Records Chairman Pete Mundle is verifying the mark. Whitney ran 10.7 in Philadelphia with what appeared to be a heavily taped hamstring.

•**Jim Gallup**, 44, won the 35+ age class in the Diet-Pepsi Hawaii 10k June 29 in 33:20. **Johnny Faerber**, 44, was 2nd in 33:33.

•**Faerber** won the masters division of the Big Island Marathon in Hilo, Hawaii July 6 in 2:39:17. **Bill Bulmer**, 40, took 2nd in 2:40:57. **Noel Murchie**, 44, was the overall winner among the women in 3:12:04.

•Top Hawaiian master **Mike Tymn** journeyed to Portland, Oregon to win the masters division of the Cascade Run in around 49:35. "I say 'around,'" Tymn commented, "because they didn't give us our times. I thought my competition would be **Ray Hatton**, and it was for a while--Ray finished 2nd in around 50:10." Tymn said his real competition was "my male ego. I battled **Patti Lyons** all the way. She kept passing me going downhill and then I would pass her on the uphill. It wasn't until the final mile that I passed her for good." Lyons' time was 49:42.5, an unofficial American record for women.

•**Barbara Ellner**, 35, was invited to watch a masters meet by friend **Juan Pedevilla** June 7. Was she bored by it all as others have been? It seems not. "I enjoyed it, but I thought it would be more fun to run than to watch," she said. Under the guidance of **Pedevilla** and **Dave Jackson**, Ellner began practicing her sprints and doing a little road work. Three weeks after she began training, she won the women's 35-39 100 meter dash at the Senior Olympics July 12 in 16.2. Welcome, Barbara.

•**Nick Newton** underwent 2 hour abdominal surgery in Kaiser Hospital in L.A. July 16. Newton had had the problem for several months. "It didn't bother my running, but I could feel it in the high jump," he said. The operation was reportedly successful as NMN went to press.



Entries now being accepted for the 4th annual PAN-AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS

sponsored by HOME SAVINGS AND LOAN ASSOCIATION
and the SOUTHERN CALIFORNIA STRIDERS

August 16 and 17

University of Southern California (U.S.C.)
Los Angeles, California

Entry fees: \$6.00--1st event, \$3.50--each additional event
Program and T-shirt to each competitor
Dinner-Dance & Awards Banquet--
Sunday evening, August 17: \$15 per ticket

Accommodations available nearby:

University of Southern California/Dormitory
Summer Housing
Birnkran Hall
University Park, California
(213) 741-7371, 741-2022
University Hilton
Los Angeles: (213) 748-4141

For additional information
and entry application,
send self-addressed, stamped
envelope to:

Hilliard Sumner, Jr., Meet Chairman
22713 Ventura Boulevard
Woodland Hills, California 91364
(213) 342-3147 or (213) 884-1349

HX-6079

Western Regionals continued from page 1

tied Stolpe's U.S. 200 standard of 22.9, as he continues to have an outstanding year.

Ralph "Lefty" York of Modesto, California upped his own age 65-69 U.S. shot put mark of 44-5½ with a toss of 45-1.

Cherrie Sherrard, 41, unobtrusively set 2 new American field marks and tied a third. Her shot put of 38-11¼ broke the old U.S. 40-44 women's

Margaret Miller, 53 also having an outstanding year, added another world women's age 50-54 mark to her collection with a 40:13.2 triumph in the 10000. The old world standard was 41:43.0, set by Lydia Backes of West Germany only last year at the World Games in Hannover. (On June 7, Miller broke the world 5000 mark in 19:27.0 for women 50-54.) Miller also set a new American best in the 1500 of 5:12.9, topping the 5:45.0 which Carol Cartwright ran in last year's Home Savings Pan-American Games. The world women's 50-54 1500 best is a formidable 4:54.5, set by South Africa's Anne McKenzie in 1975.

Nick Newton, 46, who broke Dick Stolpe's 45-49 mark in the 400 May 24, standard of 38-7 set by Joann Grissom of Indianapolis in 1979. Sherrard's discus throw of 94-10 broke her own mark of 91-11 set last year. She high jumped 4-6 to tie her winning height in the 1979 national masters championship in Gresham, Oregon.

A new personality emerged in the Masters movement as Marilla Salisbury, 72, of San Diego, set 4 new world bests for women over 70 while competing in virtually every running event. One of the first 70+ females to join the masters running movement, Salisbury--nicknamed "Sunbonnet Sue"--clocked

1:22.0 in the 200, 2:52.2 in the 400 and 39:38.5 in the 5000. Since no other marks were on the books, her times automatically became new world best. Felicitas Salazar upset Salisbury in the 1500 to establish a new global best in 9:50.0. Salisbury then lowered her own world 10000 standard to 1:27:16.6.

Meet director Dick Straub did a yeoman job of organizing the meet with the able help of the San Diego Track



Dorothy Stock, setting women's 45-49 world 10,000 mark of 39:06.3.

Club. Nevertheless, the meet was marred by events running up to 2 hours behind schedule, and a mixup in the 200 times. Medals ran out after the first day, but Straub said he'd get them to the winners within a month.

Outstanding performances included:

--Ruben Whitney's 11.02 and 22.07 in the M35 100 and 200.

--Doug Smith's 11.23 and 23.21 in the M40 100 and 200.

--Dick Stolpe's 3 wins in the M55 100, 200 and 400.

--Harry Koppel's 5 triumphs in the M65 100, 200, 400, and both hurdles.

--Hilliard Sumner's 48.4 in the M30 400.

--George Cohen's edging Mel Elliot in the M40 800, 2:00.8 to 2:01.3, and nipping Bob Packard in the 1500, 4:12.2 to 4:12.7.

--Dave Stevenson's M50 steeplechase win in 11:05.6, not far off his own American mark.

--Miki Hervey's 3 wins the W35 200, 400 and 800.



Miki Hervey (213), 38, winning women's 800 in 2:26.5 in Western Regionals. **Christa Romppanen** (228) wins 40-44

--Frank Duarte, 38, winning the 5000 in 15:30.2.

--Pete Mundle's two photo-finish wins in the M50 1500 (4:37.65) and 10000 (36:55.1).

--Christa Romppanen's wins in the W40 800 (2:39.4) and 1500 (5:12.9).

--Walt Butler's 14.74 in the M35 110 hurdles.

--Al Henry's 15.23 in the M40 barriers and 20-6½ long jump.

--Ed Oleata's 56.9 in the M40 400 hurdles (33") to edge Hugh Adams (57.6) in one of the meet's top races.

--Bob Hunt's 70.1 in the M60 intermediates, very close to the U.S. mark of 69.1; and 17.64 in the high, close to Al Guidet's world best of 17.5.

--Kent Guthrie's 10:39.8 in the M40 Steeplechase.

--Jim Brown, 40, and Herm Wyatt, 48, leaping 6-0 in the high jump.

--Dave Jackson, 46, with a 19-7½ long jump and 41-2½ triple jump.

--Christel Miller's 13-11 long jump in



Hilliard Sumner 34, Director of 4th Home Savings Pan-American Masters Championships, August 16-17 in L.A.

the W45 bracket, 27-2 triple jump, and 99-7 javelin, which betters the existing U.S. record of 69-6, set by Shirley Kinsey in 1979.

--Bob Humphrey's 159-7 M40 discus throw.

--Larry Stuart's prodigious 220-9 javelin throw in the M40 class.

The 1981 Western Regional Masters Championships are scheduled to move to the San Francisco/Northern California area in 1981 in the 3-city rotating system between Los Angeles (1979) and San Diego (1980). results on page 17

On Tap For August

Pay attention now. We have--get this--TWO (2) Pan-American Masters Track and Field Championships lined up for August. Both promise to be excellent events. One is the popular 4th Annual Home Savings and Loan Pan-American Masters Championships, directed by Hilliard Sumner, to be held in Los Angeles at USC August 16-17. The other is the 1st Pan Am Masters Championships, directed by Gilberto Gonzalez-Julia, to be held in San Juan, Puerto Rico, August 30-31 and September 1 over the Labor Day weekend.

Sumner reports that "this annual event is the only international Masters track & field competition being held in the USA this year, and I invite everyone to share with us the friendship and gamesmanship that is traditionally exemplified at this Championship meet. Sumner says hundreds of masters and submasters athletes from the United States, Mexico, Venezuela,

Columbia and other Latin American countries will be on hand in Los Angeles. An entry form is in this issue.

Gonzalez-Julia invites everyone to his meet in Puerto Rico. The 1935 Central-American 400-hurdle champion (55.0) promises an exciting time. "There are 4 million people in Puerto Rico, and there is tremendous enthusiasm for track and field," he said. "We expect 3000 to 5000 fans at \$8 per ticket. The meet will be televised locally. Contestants will be given a full sized poster--an original creation by the famous Lorenzo Homar."

Gonzalez-Julia says the National Council for Grandparents will provide trophies to all grandparents who excel in the games. To avoid the heat, the meet will run from 3 p.m. to midnight, instead of 10 a.m. to 6 p.m. as previously announced.

On August 2, the Wisconsin United Track Club will host its first masters T&F meet in Madison. In Gresham, Oregon, on the 2nd and 3rd, Jim Puckett will put on the twilight Northwest Seniors Classic.

On August 9, Dave Jackson conducts the very popular 8th annual CDM "Don Palmer Memorial" relays in Santa Ana, California, featuring individual field event competition and only-relay events for the runners. The meet is a relay-junkie's delight, with seven baton events (440, 880, Mile, 4-mile, Sprint medley, distance medley and 2-mile) on deck. You pay \$8 and run as many relays as your body can take.

The European Veterans T&F Championships--with over 2000 expected--will be held in Helsinki August 6-10. On the 23rd & 24th, the 13th annual World Veterans Road Championships will take place in Glasgow, Scotland. Many top American masters are pointing for this classic event.

Also on the 16th is the Masters Relay Carnival at Randall's Island, New York City. On the 10th is the Lincoln, Nebraska Pentathlon championships for open and masters athletes.

Also on Labor Day is the Canadian Masters T&F Championships in Ottawa. And development meets continue every

other Wednesday at 6 p.m. on Randall's Island.

The Midwest Masters and Submasters Weightman's Pentathlon is set for the 24th at the University of Chicago, and the Midwest Masters 25km championships are the following Sunday.

The postal one-hour run competition closes August 31.

Masters Age Records 1980

The 1980 Masters Age-Record Book contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 1, 1980. Plus walking and championship records. 48 pages. Lists name, age, state and date of record. Send \$3.00 plus 50 cents for postage and handling to National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401.

National Championships
continued from page 1



photo by Andy Boyajian

National Masters Championship Meet Director Fred Mannis, seated; Susan Walters, center, Sandra Knott (right)
photo by Andy Boyajian



Phil Mulkey of Atlanta, winning 45-49 pole vault at 12' in Philadelphia.

photo by Bob Pates

The new world marks established were:

1. Nick Newton of Los Angeles broke his own world record in the men's age 45-49 400 with a time of 51.0. He had set the old mark of 51.11 on May 24.

2. Bill Fitzgerald of Palos Verdes, California lowered his own world 800 mark in the 55-59 division for the 3rd consecutive race. His 2:08.9 topped the 2:09.3 he had run in the Western Regionals June 22.

3. Frank Fenger of Charlottesville, West Virginia erased Norm Bright's 800 standard of 2:27.2 in the 65-69 bracket with a time of 2:25.3.

4. Russ Meyers of Pensacola, Florida lowered his own 110 hurdle mark of 21.1 in the 75-79 group to 20.93.

5. The high-jumpers went wild. Three new world marks were set in the ideal hot, windless conditions. J.C. Brown of Staten Island, N.Y. leaped 5-9 to raise the world 50-54 standard of 5-8, jointly held by Orval Gillette (Dec. 1971) and Boo Morcom (July 1972).

6. Burl Gist of San Marcos, California was elated when he cleared 5-2 1/2 to erase Erik Stai of Norway's 6-2 global 60-64 high jump mark set in the 2nd World Games in Sweden in 1977.

7. Ian Hume's 4-11 in the 65-69 high jump eclipsed the 4-10 mark set by Richard Rafferty of Great Britain last year at the 3rd World Games in Hannover, Germany. Hume, a Canadian

and world veteran's technical chairman, then triple-jumped 34-11 to better the 34-7 previous world best, but it was wind aided, as were many triple jump marks.

8-10. Salisbury improved on 3 of the world women's 70-74 bests she set earlier in the year, winning the 200 (1:07.11), 400 (2:51.15, and 800 (5:35.4).

New American records established were:

1. Jim Burnett of Philadelphia nearly broke the world 40-44 mark of 49.5 in the 400, but settled for a 49.76, which destroyed Gary Miller's 1978 U.S. standard of 50.8.

2-3. Jim O'Neil of Sacramento improved the American 5000 and 10000 bests in the 55-59 age bracket with a 16:50.1 and 35:35.6, respectively. His 5000 time broke the mark of 16:58.6, set by Gerry Morrison of Kansas City at the 1978 National Championships in Atlanta. Australia's Jack Ryan hold the world mark of 15:52.8. In the 10000, O'Neil was well ahead of the pace needed to break Leon Dreher's 1977 record of 35:37.2. But with about 8 laps to go of the 25-lap race, the oppressing heat and humidity started to get to him, and he slowed noticeably. "I thought I had it easy the first half, but then the heat got to me and I didn't think I could get it at all," O'Neil said later. Ironically, watching in the stands and pulling for O'Neil to break the mark was Dreher, himself, a retired Philadelphia waiter, and a good friend of O'Neil's, who was nursing an injury. O'Neil needed a 5:43 final mile, but was falling behind with 87:88 laps. But he summoned the energy for an 83-second final oval to capture the record by 1.6 seconds. John Gilmour of Australia holds the world record of 33:40.

4-5. Mary Czarapata of New Berlin, Wisconsin toppled the U.S. 45-49 marks in the 800 and 1500. Her winning 2:27.8 in the 800 bettered Chris McKenzie's 2:36.4 standard set in 1979. The world women's 45-49 mark is an imposing 2:19.2, clocked by South Africa's Anne McKenzie in 1970. Czarapata's time of 5:08.6 in the 1500 improved on Dorothy Stock's 5:18.4, run January 6, 1979.

McKenzie also holds the global best of 4:49.2.

6. Wesley Ward of Indianapolis increased the 70-74 U.S. high jump mark by 3 1/2 inches, leaping 4-6 to break Homer VanGelder's 4-2 1/2 jump in 1977. Josef Sahlmann set the world mark of 4-7 1/4 in Hannover last year.

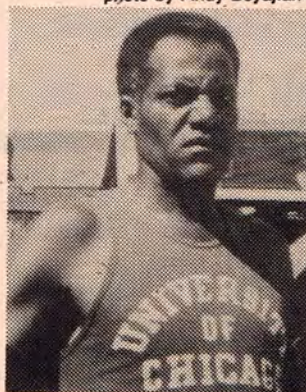
Outstanding performances were commonplace. Among them:

--Mike Jackson of Los Angeles captured the 100 (10.8) and 200 (22.41) in the 30-34 division. A former Presidential fellow with a Ph.D. in Public Administration, Jackson now works for U.S. Senator Alan Cranston (D-Cal.). "The Senator inspires me," Jackson said. "I ran these races for him. He wanted to compete today, but he wasn't able to get away. He wants me to run the 400, and I will. I've laid off for 2 years. Next year I'll run 10.4 or 10.3 in the 100 and the low 21's in the 200."

--Doug Smith of Huntington Beach, California kept the 40-44 sprint crowns on the west coast for the 3rd successive year, topping 1979 champion Ken Dennis in the 100, 11.40 to 11.49; and in the 200, 22.77 to 22.94.

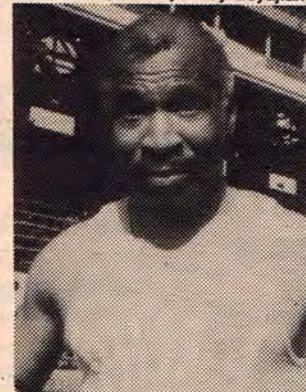
--Nick Newton reversed the order of finish in the M45 100 and 200 from the World Games last year, beating gold medalist Lloyd Riddick, 11.53 to 11.89 in the 100, with Matt Brown splitting them for 2nd in 11.70. In the 200, Newton triumphed in 23.55 to Riddick's 23.88 with Brown third. In Hannover, Riddick won two golds in 11.25 and 23.55, while Newton took both bronzes in 11.65 and 23.68. Thus, Newton, 46, improved on all three of his Hannover times (51.0 in the 400 here vs. 52.14 in Germany) to win three national championship gold medals in one of the meet's finest efforts.

photo by Andy Boyajian



National Masters 800 and 1500 champion Ernie Billups, 42.

photo by Andy Boyajian



Bert Lancaster, Executive Administrator of National Masters T&F Champs.

photo by Andy Boyajian



Kathy McIntyre, National Masters 1500, 5000 and 10,000 champion in 30-34.

--Bert Lancaster of Philadelphia and Jack Greenwood of Kansas engaged in three classic duels in the 50-54 bracket. Lancaster first topped Greenwood in the 100, 11.94 to 12.30. Then Greenwood, who has never lost a 400 in domestic competition, edged Lancaster, 54.88 to 55.85. "I caught him but I couldn't go by him," Lancaster said. "But I'm out to get him in the 200." He did, giving Greenwood his first U.S. defeat, to our knowledge, in the 200, 24.43 to 24.68. (Greenwood won the silver in Hannover in 24.23.) "I had a bad lane and I couldn't see him," Lancaster said. "But I ran a hard turn. I could hear him coming at the end." Lancaster's two-out-of-three wins over Greenwood were

even more impressive since the Philadelphia was the meet organizer, and was busy overseeing details. Greenwood, however, remained undefeated as a master in the 110 and 400 hurdles, easily winning the former in 16.48 (33") and the latter in 60.14 (30"), drawing a few "oohs" and "ahs" from Easterners who had never before seen the Kansan glide smoothly over the barriers.

--Bob Hunt of Anaheim, Calif., won both hurdles in the 60-64 category in 17.63 and 70.1, narrowly missing U.S. marks in each. His 400 victory in 61.43 is close to the world mark.

--Jose Ubarri of Puerto Rico, the 1954 Central American 100 (10.7) and 200 champ, captured the 55-59 sprints in 12.38 and 25.51.

--Miki Hervey successfully defended her championships in the women's 35-39 200, 400 and 800.

--U.S. 40-44 800 record-holder (1:56.0) and world gold-medalist Ernie Billups of Chicago hooked up in a torrid duel with George Cohen of Inglewood, Calif. Out fast as usual, Billups had just enough to withstand Cohen's closing rush, 1:57.8 to 1:57.9. "I moved too late," Cohen said. "I got boxed in. Ten more yards and I would have had him." The finish was so close that some observers on the finish line weren't sure who won. The two tangled again in the 1500. Cohen tried to stay with Billup's pace, but the American record-holder (4:02.5) was too much, Cohen eased to a 2nd place 4:11.3 as Billups breezed to a 4:02.8, only 0.3 off his domestic standard.

--Cliff Pauling and Kelsey Brown won the 800 in their 45-49 (2:02.7) and 50-54 (2:08.8) divisions, respectively.

--Diane Palmason of Ottawa, Ontario clocked 2:20.9 in the 40-44 800, which is

faster than Sandra Knott's U.S. mark of 2:24.6.

--Knott, 43, of Cleveland, Ohio, defended her 3 national championships and showed improvement in the process, winning the 1500 in 4:50.7 (vs. 4:58.4 in 1979), the 5000 in 18:11.1 (18:22.5 in '79) and the 10000 in 37:28.5 (38:05.5 last year).

--Barrie Almond of Rocky Hill, Connecticut took the 45-49 1500 in 4:17.9 with Hal Higdon of Michigan City, Indiana 2nd in 4:22.1. The 1500's were marred by the 40-44 and 45-49 groups running together, as well as the 50-54 and 55-59's competing as one. "I never knew what position I was in," said Higdon. "They should run those races

continued on next page...

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separately." The lead runners (the 40-44's) get all the attention, which isn't right, said Tom Sturak. Most felt the 45-49's and 55-59's deserved their own race. "It's frustrating to come to a national championship and not know whether you're running 1st or 5th," said one. "If competition is to be held in 5-year groups, the 1500 and under should be run that way. Otherwise, let's go to 10-year groups and be done with it."

photo by Wilbur Buchanan



George Cohen winning M40 800 in 1:59.9 in So. Pacific Champs.

--Dave Colton of State College, Pa., ran 4:23.9 to defeat defending champ Kelsey Brown in the 50-54 1500 by 11 seconds. Colton also copped the 5000 in 16:57.6.

Bob Fischer of Newark, New Jersey beat everyone to win the 40-44 10000 in 32:45.6.

--Wayne Vaughn doubled in the 30-34 5000 (15:37.9) and 1000 (33:34).

--John Forrest easily won the 45-49 10000 in 34:47.6.

--Kathy McIntyre, 31, of New York, N.Y., won the 10000 (36:59.6), 5000 (17:45.4) and 1500 (4:44.3) to top the women's 30-34 division.

--Toshiko d'Elia's 41:00.1 would have broken the women's 50-54 10000 mark by 5 minutes a month ago, but it fell 47 seconds short of Margaret Miller's new 40:13.2 record set in the Western regionals June 21.

--Rudy Enders of Potomac, Maryland, won the 45-49 pentathlon with 3203 points, the same as Sammy White in the 40-44 group, who edged Gary Miller by a mere 13 points. Enders also won the 400 hurdles in the fastest time (60.3) since Greenwood departed this division four years ago. Matt Brown (62.5) pushed him all the way and was not pleased by the loss.

--Hylke VanDerWal clocked 9:54.8 to win the 40-44 steeplechase.

--The Southern California Striders won the 30-39 4x100 relay in 42.23.

--Corona Del Mar clocked 43.8 to win the 40-49 4x100.

--The Philadelphia Masters won the 50-59 relay (49.3) and the 60-69 baton one-lapper (65.6).

--The Potomac Valley Seniors won the new 4x800 relay in 8:36.4, (40-49), while the Philadelphia Masters triumphed in 8:07.1 in the 30-39 group.

--The Striders took the 30-39 4x400 relay in 3:23.9, while CDM won the 40-49 heat in 3:32.3.

--Fred Dunn of San Francisco, won both 5K and 20K walks in the 50-54 category. Former Olympian Ron Laird, who's been training in Mexico City's mile-high altitude, took 3rd in the 40-44 5000 walk and 2nd in the 20K. Bob Mimm won both events in the 55-59 division.

--World-record holder in the 45-49 high jump (6-2 3/4) Herm Wyatt of Los Gatos, California clear 6-feet to edge

photo by Andy Boyajian



Bob Boal who won 65-69 steeplechase in Philadelphia.

Nick Newton.

--Spotswood Hall of Richmond, Virginia won the 55-59 high jump at 5-4, defeating former Olympians Morcom, Irv Ondschein and Floyd Simmons.

--Morcom pole-vaulted 12-6 to win the 55-59 gold.

--Dave Jackson, 48, and Al Henry, 41, both won 3 events; the long-jump, high-hurdles and triple jump.

--Meyers nearly broke the 75-79 long jump mark with a 12-9 1/2 leap.

--Jim Williamson's 15-6 in the 30-34 class led all pole vaulters.

Montana Holds 1st Masters T & F Champs

by Mike Carignan and Mike Price

BOZEMAN, MONTANA, June 14. Montana's first Masters Track and Field Championship brought us closer to having a program. There were forty participants, same as last year's Development Meet. Twenty-two returned, eighteen of which bettered their performance in at least one event. A fine group of newcomers produced a test of records and solid marks. A meeting was held at the conclusion of the meet and awards were received.

Edna Berg and Ruth Thibeault were outstanding. Berg set a new American-Age 65-69 record of 30:52.0 in the 5,000. Kelly Cole and Barb Bailey made a race of the SM 5,000, finishing close and with good times. Beth Browning repeated as the Division I 1500 champ and set a long jump record.

Marathoner Bill Foulk of Bozeman shook off a nagging injury to run a record 5,000 and win the 1500 in good time. A member of the MSU Track Team, Bill has a pending American Division I-B record for 10K; and his 2:34.36 marathon at Boston this year would be an American I-B record as well if the course were not point-to-point. No one older than Bill finished ahead of him at Boston. Chris Kafentzis of Helena took the 400, 1500 and 5,000 in Division II, setting records in each. A pair of Montana's most outstanding distance runners, George and Jenny Tuthill, regrettably did not participate this year.

NEED BACK ISSUES?

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Send to:

National Masters Newsletter
6200 Hazeltine Ave.
Van Nuys, CA 91401

Missoulan Glen Govertsen should consider regional competition. His times in the 100 and 400 are that good. He set a 1500 record and threw the 2K discus 124-9.

The SM javelin competition more resembled a college meet than a Masters', thanks to "ringers" Courtney Taylor of Corvallis and Don Poole of Belgrade. Courtney's 210-3 blast should make a lasting record, but he will have to stay sharp if he wants to hold the Division I record someday, as Don turns 40 next month. Don's 195-10 was a lifetime best. Courtney's wife Nedra set SM records in all three throwing events.

Some recognition is due to a few of the meets most-improved athletes, Edna Berg and Harold Ericson. Edna cut almost four minutes off her 5,000 time in one year, and Harold cut 19 seconds from his 400. Such improvement takes a lot of work. We found selecting an outstanding athlete in a Masters Meet impossible and we're not sure it's that important a think to do.

Looking ahead you can expect a better meet next year, more people and organization. Our meet has a future. Your continued support, particularly your ideas, will be greatly appreciated.

results on page 16



"Uncle Marty" Stern (4th from left) of Philadelphia Masters, and others check in for 400 at Nationals. photo by Andy Boyajian

--Larry Rodenbeck of West Plains, Missouri sailed 48-5 1/2 in the 30-34 bracket to top all triple jumpers.

--Lefty York of Modesto, Calif. nearly broke his won 65-69 shot put mark with

a 44-8 1/4 heave. Bill Walmroth of Southfield, Michigan captured the 55-59 crown with a 45-3 1/2 toss, and doubled in the discus at 136-2.

--Joann Grissom of Indianapolis shot-

putted 37-9 1/2, only a foot off her U.S. women's 40-44 mark of 38-7.

--Tom McDermott of Madison, Connecticut won the 60-64 discus at 152-11, while Bob Humphreys of Glendale, Calif. garnered the 40-44 title at 155-4. McDermott also won the 8-pound hammer at 162-11.

--Stu Thompson of Los Olivos, Calif. doubled in the discus and hammer, and just missed the gold in the 45-49 shot.

--Phil Conley won the 45-49 javelin in 195-10, only 6 feet shy of Bud Held's U.S. mark of 201-6; and took 2nd to Enders in the pentathlon.

--Christel Miller upped her 45-49 javelin PR to 101-0, better than the current U.S. mark of 69-6. Miller, who spent her childhood in Germany in the 30's and 40's, is not a U.S. citizen, which is the criterion for determining U.S. bests. "But I've only competed as a U.S. resident and as a member of a U.S. club," Miller reasons. It's an issue which has barred the likes of Fritz Mueller and others from possessing American records. National Records Chairman Pete Mundle is looking into the rules to see if it would make more sense to include marks such as Miller's as U.S. bests.

results on page 20

1980 Annual Masters T&F Meeting

PHILADELPHIA, PA, July 5. National Athletics Congress Track and Field Chairman Wendell Miller called the 1980 annual meeting to order in the Hilton Hotel at noon today. About 50 people were present.

1. Miller thanked and congratulated Bert Lancaster, Fred Mannis, the Penn Mutual Life Insurance Co., Spiro & Associates and others who had rescued the national championships at the last minute to stage the meet.

"When the Charleston, West Virginia site didn't work out," Miller said, "I thought we'd have to postpone or cancel the meet. The cost of the facility here at Franklin Field was originally going to be \$18,000 for the three days. That's outrageous. We were able to cut it down to near \$13,000, but we apologize for having to charge high entry fees."

2. National TAC masters representative Bob Fine reported on the recent TAC convention in Dallas. One recommendation at the convention was for the masters track & field group to consolidate its seven regions into six, by combining the Northwest into the Western Regional, as is done by the LDR committee. This was opposed today, however, and voted down, since "Seattle is as far removed from Southern California logistically as New York is from Chicago."

3. Fine said that national TAC officer Evie Dennis had proposed in Dallas to throw the masters out of the new Athletics Congress and let them go their own way. (A suggestion which has also been made by more than one master.) Fine reported that her motion was defeated, and cited the advantages of remaining within TAC:

"A) The mechanics of registration are set up and easily implemented.

B) The TAC/AAU insurance program is of enormous benefit. Without this insurance, a Masters meet or race director could be sued. And athletes would have to look elsewhere for insurance coverage.

C) Masters have input into the entire athletics program in the U.S. and abroad." (Indeed, it was Fine, as a member of the national AAU committee, who successfully moved at the November, 1979 convention, that the AAU recommend to the IAAF to drop Rule 53. Rule 53 is virtually the only thing that stands between totally open, professional, world-wide running competition.)

Fine announced that the Track and Field Association of the USA will get 30% representation in the Athletics Congress.

4. John Buzzard was introduced to the athletes and visitors. Buzzard is a veteran Masters swimmer who has been hired by the AAU through the funds supplied by Penn Mutual Life Insurance Co. to coordinate all masters sports activities throughout the United States.

He's head-quartered at the AAU office in Indianapolis.

"I've got a few things to learn about track and field," Buzzard admitted, "but I'm going to be working very hard to develop a strong, coordinated masters program."

5. "The relationship with Penn Mutual is going to be a very good one," said Fine. "They can help us with publicity. They've got a tremendous network of local agents who can get involved to help with meets and races."

Fine pointed out there are over 3 million over-40 runners in the U.S.; that if we could sign up only 10% of them, we'd have a self-supporting program.

6. George Hatzfeld, Assistant Vice President of Corporate Communications at Penn Mutual and the driving force behind Penn's involvement in the masters program, said Penn Mutual wanted to work with the masters with whatever program works best.

"For now," he said, "we want to work through the AAU and John Buzzard. We're very pleased with the kind of program you have and the kind of people in the masters program. Not all of our agents are familiar with the program, but we want to involve them as much as we can."

Hatzfeld said a main goal is to "increase masters registration" throughout the country.

7. Miller introduced Hal Platzkerc, Senior Account Executive of Spiro & Associates, the publicity-advertising-coordinating arm of Penn Mutual.

"We've gone all out to promote this meet and the masters program," Platzkerc said. "We ran several ads for the meet, and have a film crew and video-tape people covering the events."

Platzkerc said he just returned from Seattle where he spent his time on radio and with local Penn agents promoting masters activities. "We've just completed 12 syndicated articles under Bill Toomey's byline. They mainly cover track and field, swimming, and long distance running. You should be seeing them soon."

Platzkerc said that Fortune Magazine was on hand at the meet to take photos and interview competitors as part of an August 28th story on Penn Mutual's involvement with the masters program.

"We're producing a 30-minute-film of the meet by Glenn McCurdy, a master, which we plan to make available to groups, meetings, TV, etc. We've hired a video-tape crew and we're feeding 12 60-90 second spots to CNN." (Cable News Network, the 24-hour all-news TV network which began broadcasting 1 from Atlanta.)

Platzkerc said he's producing wrap-up pieces of the meet for VIZ-News® for world-wide distribution.

"We hope to make Masters a well-known name," he said, "so when you tell people you're a masters athlete, they'll say, 'Oh, yes!' Not, 'What's that?'"

(The publicity for the meet in the Philadelphia papers was easily the best for any of the 13 national championships. Both the Inquirer and the Bulletin--the two major dailies--featured stories, photos, profiles and results each

day of the competition. Reporters were at the track doing interviews; the public was encouraged to attend.)

8. Miller reaffirmed the 1981 National Masters T&F Championships will be held in Los Angeles, and in 1982 in Wichita, Kansas. A motion was made and passed to hold the championships sometime after the 4th of July, and before Labor Day to 1) avoid the traditional holiday traffic jam-ups, 2) give athletes a bit more time to get into condition, and 3) avoid conflicts with other open mid-summer meets which drain off potential officials.

1981 Meet Director Hilliard Sumner indicated he'd probably schedule the meet around August 24-25, one week after the Home Savings Pan American Championships. "That would give people two big meets in 9 days on the coast," he said. "It would make the trip really worthwhile."

The group also agreed a 2-day meet was better than 3-days, and complained about the awkwardness of this year's 3-day schedule. National Records Chairman Pete Mundle was appointed to work out a "perfect" 2-day schedule. The one used by Sumner for his Home Savings Pan-American Masters Games is said to be the best yet developed.

9. "Is this an official meeting or just a bull-session?" it was asked. Probably a bit of both, it turns out. Case in point: At the 1979 meeting in Gresham, it was unanimously voted to "make the U.S. implements/hurdles standards conform to international standards." It was so printed in the newsletter.

Since then, meet directors, including the directors of the 1980 nationals, have ignored the directive. In Philadelphia, international standards weren't used for the Hammer (60-79), high hurdles (40-69), and intermediates (40-59). Competitors are confused and complain.

Other than reading the newsletter, a short pamphlet outlining guidelines for running masters meets was suggested. It would list proper heights, weights, etc.

10. Hurdles/Implements Standards. This issue was really not discussed. Because a minority of masters are interested in the subject, Miller announced it would be discussed separately following the meeting. After the meeting, however, only one hurdler was standing around looking for someone to discuss it with. "Maybe I can apply for government aid," he dead-panned, "since my event seems to be an endangered species."

Dave Jackson, who had taken a survey of which heights and spacings the hurdlers, themselves, preferred, had to leave the meeting early. According to Jackson's survey, the vast majority of U.S. hurdlers prefer the lower heights and shorter spacings. But feeling is strong among others to stay with the international standards. (See separate story next month.)

11. Sumner complained that the Submasters have been getting short shrift from the Masters and the AAU/TAC. Fine disagreed, saying the submasters are welcome and can participate in any national or regional (and most local) meets. The World Veteran's Games are presently limited, however, to men over 40 and women over 35. The group unanimously expressed total support for the inclusion of Submasters in all levels of the program.

12. The 1981 North American Masters T&F Championships will be held in Philadelphia.

The meeting adjourned at about 1:20 p.m.

Stock Lowers Marks In 10K, Half-Marathon

Dorothy Stock, having perhaps her most brilliant running season, lowered her own world 10,000 best for women aged 45-49 with a time of 38:46.5 over a certified road course in Balboa Park, San Diego, June 28.

The time bettered her clocking of 39:06.3 run on the track in the Western Regional Masters T&F Championships June 21, and topped her 38:52 in a San Diego 10k road run June 14.

Then, on July 4, the La Mesa, California resident recorded a 1:25:08 for a new U.S. half-marathon record, smashing by nearly 5 minutes the old mark of 1:29:00, held by Nicki Hobson of the San Diego Track Club since July 5, 1976.

"A gal passed Dorothy about half-way and said 'hi,' but she didn't recognize her and couldn't see her finish tag color," Bill Stock said. "Turns out it was Sandra Kiddy who finished 7 seconds ahead of Dorothy."

The 1:24:01 by Kiddy is thus also a new U.S. mark for women 40-44, breaking the time of 1:25:02, set by Linda Sipprelle on September 10, 1978.

Mary Storey ran the 13.1-mile distance in 1:31:39 to lower the U.S. road mark of 1:55:59 for women 55-59 set by Mary Rodriguez of New York last September 8. Anne Johnson lowered the women's 50-54 standard she set a year ago in this same race of 1:36:48 by 3 minutes to 1:33:49.

On May 18, Stock completed a 10-mile course in 1:06:18 to better the U.S. mark of 1:09:49, set by Natalie Buzzell of Maryland April 1, 1979. In the same race, Storey ran 1:13.0 to smash the old 55-59 mark of 1:21:50 by nearly 9 minutes. The course was the Fed Mart/YMCA Breakers 10-miler at Mission Bay, which, according to Bill Stock, is certified.

Stock has thus set new marks this year in the 5000 (18:47.1), 10000 (38:46.5), 10-mile (1:06:18) and half-marathon (1:24:08). And we have a feeling she isn't through yet.



THE GUN LAP

MIKE TYMN

THE MILE RUN-- A MICROCOSM OF LIFE

"Only in something like running can finality be achieved, the sort of finality that is almost perfection. But it is not the kind of perfection that leaves you with nothing to live for. You are not your own executioner, because sport is not the main aim of life. Yet to achieve perfection in one thing, however small, makes it possible to face uncertainty in the more difficult problems of life."

--Roger Bannister

A mile seems like an odd distance when you break it down to 5,280 feet, 1,760 yards, 320 rods, eight furlongs, or 1.609 kilometers. But it is not without reason, for it was derived from an ancient Roman measure of 1,000 strides or 2,000 paces.

As a track event, there is even more rhyme and reason to the distance. Exercise physiologists tell us that it requires an equal balance of the aerobic and anaerobic capabilities of the body. Thus, it is half endurance, half strength.

But the mile run is much more than that. It is a microcosm of life. Like the seasons of the year and the stages of life, the mile is usually taken in four parts. The first quarter or 440 yards of the race is like spring and youth. The runner is spirited, fresh, impulsive, and possibly even reckless. Unless proper restraints are applied during this period, the ordeal ahead will be especially difficult.

In his book, *First Four Minutes*, Roger Bannister describes his feelings during that historic run 26 years ago:

"The gun fired a second time...(Chris) Brasher went into the lead and I slipped in effortlessly behind him, feeling tremendously full of running. My legs seemed to meet no resistance at all, as if propelled by some unknown force.

"We seemed to be going so slowly! Impatiently I shouted, 'Faster!' But Brasher kept his head and did not change the pace. I went on worrying until I heard the first lap time, 57.5 seconds. In the excitement my knowledge of pace had deserted me."

The second quarter is like summer and young adulthood. There is a striving for position as the heat of the battle begins to intensify. It is during this time that we settle down into the tempo that best suits us.

"At one and a half laps I was still worrying about the pace," Bannister goes on. "A voice shouting 'relax' penetrated to me above the noise of the

crowd...Unconsciously, I obeyed. If the speed was wrong it was too late to do anything about it, so why worry? I was relaxing so much that my mind seemed almost detached from my body. There was no strain."

The third quarter might be likened to autumn and mid-life. The body begins to wilt and feel the strain, but at the same time it is the most settling part of the entire event. It is the calm before the storm. It passes all too quickly.

"I barely noticed the half mile, passed in 1:58, nor when, round the next bend, Chataway went into the lead. At three-quarters of a mile the effort was still barely perceptible; the time was 3:00.7 and by now the crowd was roaring. Somehow I had to run that last lap in 59 seconds."

Then, winter and old age--the gun lap! The last of the life-giving oxygen begins to seep from the body and some form of arthritis begins to attack the joints. The muscles are no longer supple. The real effort now begins.

Bannister: "My body had long since exhausted all its energy, but it went on running just the same. The physical overdraft came only from greater will power. This was the crucial moment when my legs were strong enough to carry me over the last few yards as they could never have done in previous years."

The finish line looms ahead like death. Bannister recalls: "The tape meant finality--extinction perhaps."

Notice the expression on most milers as they cross the finish line--arms outstretched, neck taut, head tilted to the side and slightly upward, face contorted and in anguish. It is easy to imagine a wooden cross at the runner's back, and he might very well feel like crying out, "My God, my God, why have you forsaken me?"

"Those last few seconds seemed never-ending," Bannister recalls. "The faint line of the finishing tape stood ahead as a haven of peace after the struggle. The arms of the world were waiting to receive me if only I reached the tape without slackening my speed. If I faltered, there would be no arms to hold me and the world would be a cold, forbidding place, because I had been so close. I leapt at the tape like a man taking his last spring to save himself from the chasm that threatens to engulf him."

The finish line is reached, but it is not the end! The greatest part is yet to come--liberation!

"I felt suddenly and gloriously free of the burden of athletic ambition that I had been carrying for years," Bannister

continues. "No words could be invented for such supreme happiness, eclipsing all other feelings. I thought at that moment I could never again reach such a climax of singlemindedness. I felt bewildered and overpowered. I knew it would be sometime before I caught up with myself."

SECOND WIND

Some of the readers of this publication are into the "gun lap." Many, those in the 40 to 60 range, are still on the autumn lap. At 43, I see myself heading into the first turn on the third quarter. I can detect a leaf fall now and then and I sense the wind more than before. And while I'm not quite as strong now, I have more confidence and greater drive. I'm in good position and I'm cruising.

I don't fear the gun lap as I once did.

Having experienced it on many occasions, I know what to expect. I'm confident that I can make it to the finish line without faltering and I know what lies beyond the finish line.

Editor's Note: With this one, Mike Tymn begins a monthly column in NMN. A native of Alameda, California and now a resident of Honolulu, Mike has been running for nearly 30 years. His best times at distances beyond two miles have all been turned in since his 40th birthday. They include 31:38 for 10K, 11 miles, 524 yards in the one-hour run, 1:25:46 for 25K and 2:28:43 in the marathon. For the past two years, he had been writing a regular column on running for *The Honolulu Advertiser*.

As I See It

by Richard Stepp

I favor returning to ten year age groups in my event (the pole vault), and probably in all the field events. My reasons follow:

When I travel to a meet, I'm looking for a competitive test. To some extent, just travelling a long way, and knowing that I will have only three tries at each height, puts pressure on me. But a contest with several other vaulters in my own age group is decidedly more fun than competing unopposed. In my five years as a sub-master, about half of my "competitions" have been unopposed wins, and not once have I ever been in a meet where the number of vaulters in my age group exceeded the number of medals awarded! This is just fine if you want to collect medals, but dismaying for the reason stated above.

The problem described is not just a pole vaulter's problem, although that event and the hammer throw are probably the worst. To a greater or lesser degree, all field events suffer from it. They have not experienced the boom in popularity that the longer

running events have. What I propose would not cure the problem, but it would help a bit, and it would also make running the meets at least a little simpler.

The obvious objection is that it would not be fair--that a 49 year old, for example, should not have to compete with a 40 year old. My first response to this would be to guess that it is not so true in the field events (dominated as they are by technique) as it is with the running events. But clearly, the older man will be at some disadvantage. But then, so is the 44 year old in the 40-44 year age group. We have a trade off here between, on the one hand, insuring that the age spread of those competing against each other is sufficiently small to be fair, and on the other hand insuring that there are enough people in each division to have a real contest.

The records could probably be kept as they are--in five-year brackets, and perhaps the several biggest meets could be left that way also; but I would like to see the field events in ten-year brackets in all the rest. How about polling the readers for their opinions, and printing a tabulation, event by event?

[Send your opinions to National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401--Ed.]

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North American Masters Marathon

by Hal Higdon

(Ed. Note: In July's NMN, we reported that Hal Higdon and Alex Ratelle set new U.S. Masters Marathon records in the North American Masters Championships. Here is Higdon's eyewitness, on-the-run account of the event.)

It would be unfair to call it the best-ever collection of masters marathons in North America, because a lot of good ones showed at Boston this year, but the Manitoba Marathon came close. Because it was the North American Masters Championships, the sponsors put out a lot of effort in bringing top people in for their event.

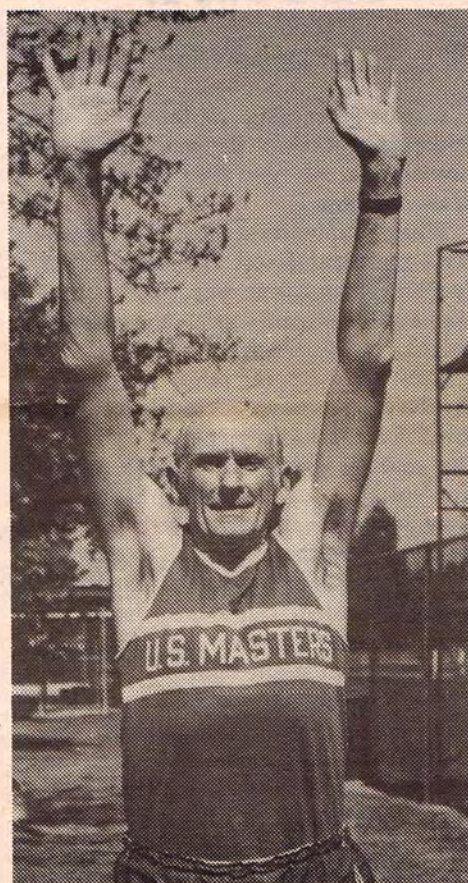
Included were John Robinson of New Zealand, en route to Glasgow to defend his world title won a year ago in Hanover in the marathon. Robinson was seventh in the Munich Olympics and has a lifetime best of 2:13. Dereck Fernee of Toronto with a best of 2:23:58 had just turned 40 and Fritz Mueller (2:20:47 best) also was fit and ready. And there was a sprinkling of other good marathoners including Roger Rouiller (2:25:02), Lee Wilcox (2:31:25, last year's Manitoba masters champ), and Alex Ratelle (whose goal is to break 2:30 at age 55). And also some good people more reknowned at shorter distances: Ernie Billups (world champ at 800), Ed Whitlock (world 45 champ at 1500), Hylke vander Wal (steeplechase placer in Hanover), and myself (another broken down steepler).

The start was at the University of Manitoba on a wide roadway with its lanes separated by a grass island, and so the organizers were able to give master runners their own starting line. They could run the first mile in contact with each other before being swallowed by the pack of younger runners, which included Frank Richardson of Iowa, Mike Dyon of Toronto, defending champion Wataru Sakamoto of Japan, and Jeff Galloway of Atlanta, who was in town partly to pump interest in a newly opened Phiddippides store. The youngsters finished in that order with Richardson first in 2:15 to Dyon's 2:17, despite being delayed 17 seconds by a train that crossed the course. (Shades of Murphy's Law: this particular train makes that crossing supposedly only once a week and the railroad has assured the organizers that it would not get in the way of the race.)

Back to the masters race. A pack of about 15 runners moved off the line, but that had narrowed to 10 by the mile-merging. Soon after it was Robinson, Fernee, and Mueller running alone. They held together until around 21 miles when John Robinson (no relation to the Roger Robinson of New Zealand who was passing through the states at the same time) simply pulled seemingly effortlessly away for the win. Fernee nipped Mueller by six seconds for the second masters position, but, as first Canadian finisher, won an expense-paid trip to New Zealand for the World Veterans Championships. Another free

trip to New Zealand went to Alex Ratelle, 10th in 2:34:59, for the person of any age or either sex who produced the best performance as judged by national Running Data Center tables. Fernee and Ratelle will be traveling to New Zealand with the Miller & Higdon Storm Window and Travel Co.'s tour group.

Ernie Billups was fourth master in 2:29 followed by Bob Daniels of Toronto in 2:30 and Roger Roullier in 2:31. I started slow well behind the pack, but caught Roullier at 18, battled back and forth with him to 25, then hit the was and 1st 50 seconds over the last mile, finishing in 2:35:42.1, which nevertheless is the fastest 45-49 time for an American over an un-aided course. (The Manitoba Marathon is run on a flat, out-and-back course. Temperature was in the low 60's on a clear and sunny day with a bit of wind that troubled runners in the latter stages; but otherwise good running conditions.) Ed Whitlock finished second in that age category with 2:38. John Thresher, a 4:10 miler of



GIVE UP? NEVER!----U.S. Senator Alan Cranston seems to be giving up, but don't let the posture fool you. 65-year-old Senator Cranston is merely doing his stretching exercises in preparation for a 100 meter race at a recent Masters Track and Field competition. Hundreds of masters athletes (competitors 40 years and over) and sub-masters athletes (competitors 30 to 39 years old) from the United States, Mexico, Venezuela, Columbia, and other Latin American countries will gather for the 4th Annual Pan American Masters Track and Field Championships co-sponsored by Home Savings and Southern California Striders, on August 16 and 17, at USC's Cromwell Field. This Championship Meet is an opportunity for national and international Masters athletes to prove that age doesn't interfere with the true spirit of amateur sports.

years back who only recently returned to competition, although he has been running continuously, was the first local finisher with a fine 2:36.

Cindy Dalrymple of Seattle was the

first woman finisher with a time of 2:46 and since she is 38 years old was the first female master as well. She won a trip to England. Sandra Kiddy was top 40+ female in 2:58.10.7. A super event.

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NATIONAL T.A.C. POSTAL RELAY CHAMPIONSHIPS FOR MASTERS

SPONSORED BY THE MASTERS ATHLETIC COMMITTEE OF THE ATHLETICS CONGRESS, U.S.A.

The following relays will be held in two age divisions: Division 1 (40-49) & Division 2 (50+) 440, 880, 1 mile, 2 mile, 4 mile, sprint medley (440-220-220-880); distance medley (3/4 mile, 440, 880, 1 mile). All distances will be in yards. Metric distances will be adjusted for time. There will also be an age group medley at 4x440 with a leadoff of a 40-49 year old; 2nd leg 50-59 year old; 3rd leg 40-49 year old; anchor leg 60+.

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

1. All times must be run from April 15th to Sept. 15th.
2. An individual can run in more than one relay but not more than once in any one relay event. (Example: A competitor can run the 440 in the mile relay, sprint medley, distance medley and the age-medley but can not run in more than one mile relay, sprint medley, etc.)
3. An athlete can go down in age but not up in age. A Division 2 athlete can compete in a Division 1 relay but a Division 1 athlete can not compete in a division 2 event.
4. For the 440 and 880 yard relays, if 400 meters & 800 meters are run instead; an adjustment in the time will be made.
5. A separate entry form must be used for each relay.

NO ENTRY FEES:

PRIZES: T.A.C. National Championship medals will be given to the first three teams in each relay plus TAC National Championship Masters Team patches to the winning team.

PROCEDURE TO ENTER: John MacLachlan will coordinate these postal championships. All entries must be received by Oct. 1st. The prizes will be mailed to the team director. All team members must be registered in the T.A.C.

RELAY EVENT _____ TEAM NAME _____

TEAM MEMBERS:

NAME: _____ ADDRESS: _____

1st leg AGE _____ TAC # _____

NAME: _____ ADDRESS: _____

2nd leg AGE _____ TAC # _____

NAME: _____ ADDRESS: _____

3rd leg AGE _____ TAC # _____

NAME: _____ ADDRESS: _____

4th leg AGE _____ TAC # _____

TIME: _____ TIME OF EACH LEG (OPTIONAL) _____

Mailing Address for Prize: NAME _____ ADDRESS _____

We certify that the above is true time.

TEAM DIRECTOR _____ CHIEF TIMER _____ ADDRESS _____

Mail entry to John MacLachlan, Horseshoe Bay, Box 7770, Marble Falls, TX 78654

47 Compete In TAC National Masters Decathlon Championships

DENVER, COLORADO, June 28-29. Twenty-eight individual event and total-point decathlon records were broken today as 47 of the best masters athletes in the country competed in the 1980 National Masters Decathlon Championships.

The Decathlon is traditionally the toughest event of the Olympics or any track and field program. The demands of the 2-day, 10-event contest are legendary. Only the strongest and fastest of competitors can hope to perform well in the grueling, testing ordeal. Olympians have broken down under the strain. The winner is generally regarded as the best athlete, period. To compete well in 10 events, whether as a youngster or a master, is a challenging, difficult feat that requires dedication, drive, desire and determination. It requires not only the will to win, but the will to prepare to win.

47 masters athletes accepted the challenge this year in Denver, and 41 were still around at the finish. Using the Olympic IAAF tables (not the World's Veterans tables), Mike Davis of New Lenox, Illinois led all finishers with 5932 points to win the 30-34 age division.

Dennis Stempel of Chico, California captured the 35-39 bracket with 5655 points. San Diego's Ed Oleata took the 40-44 crown with 5155 points. Larry Fuerst topped the 45-49 class with 4378; Jerry Donley won the 50-54 division with 3750; Marty Leggett took 55-59 honors with 2948; Bob Hunt was best in the 60-64 with 3289; Gilberto Gonzalez-Julia of Puerto Rico, A.J. Puglizevich, Herb Anderson and Buell Crane won their respective divisions.

Gonzalez-Julia broke six decathlon marks in his 65-69 category. Davis cleared the 110 hurdles in 15.7 and high-jumped 6-3/4. Stempel hurled the javelin 165-7 and pole-vaulted 13-7/8. Oleata hurdled the 39" 110 barriers in 15.8. Donley vaulted 13-1/4. Hunt ran the 100M in 13.4, 400M in 63.4 and 33" barriers in 17.6.

Meet director Jim Weed put on "an excellent event," as one finisher said. Weed says if anyone would like to put on next year's Decathlon Championships to contact Wendell Miller or Bob Fine.

results on page 22

MOVING?

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

National Running Data Center

U.S. Distance Rankings

by Bob Martin

Here are the times to be listed in the 1979 rankings and the all-time rankings at three distances:

	15 kilometers		25 kilometers		20 miles	
	1979	all-time	1979	all-time	1979	all-time
Men 35 thru 39 -	52:28	50:09	1:32:10	1:27:56	1:56:19	1:52:26
Men 40 thru 44 -	53:29	51:14	1:30:58	1:27:16	2:00:14	1:55:23
Men 45 thru 49 -	55:43	52:30	1:38:13	1:32:36	2:09:32	2:01:33
Men 50 thru 54 -	58:00	55:40	1:41:45	1:37:54	2:14:07	2:01:04
Men 55 thru 59 -	1:03:32	59:28	1:55:05	1:46:57	2:27:02	2:15:41
Men 60 thru 69 -	1:08:46	1:03:36	2:07:21	1:54:15	2:35:35	2:27:10
Men 70 and over -	any	1:23:30	any	any	any	3:25:33
Women 40 thru 44 -	1:08:03	1:03:31	1:57:18	1:50:14	2:30:10	2:22:33
Women 45 thru 49 -	1:13:36	1:12:11	2:06:10	1:49:29	2:47:35	2:21:13
Women 50 thru 59 -	1:20:54	1:15:15	2:35:59	2:17:36	2:52:54	2:52:54
Women 60 and over -	any	1:55:59	any	any	any	3:30:17

These times are for the last place listed in the 1980 edition of the NRDC book "U. S. Distance Rankings". The term "any" means that there were not enough marks to fill out all of the allotted spots in the rankings. All-time rankings are as of 1 Jan 80.

All-time U.S. Distance Rankings

Here is an example of the format used in the NRDC book "U.S. Distance Rankings". The all-time list for men at

MEN- 60 THRU 69

1	1:20:53	NORMAN BRIGHT	66	SEATTLE	WA (22 MAY 76,DC-A)
2	1:21:19	JOHN WALL	62	BALTIMORE	MD (22 MAY 76,DC-A)
3	1:23:53	FRANK MIORANDI	60	COFFEYVILLE	KS (13 OCT 79,OK-A)
4	1:24:42	WILLIAM ANDBERG	67	ANOKA	MN (28 MAY 79,DC-A)
5	1:25:09	CLYDE ALLING	60	CULVER CITY	CA (24 SEP 77,CA-B)
6	1:25:20	JOHN MONTOYA	63	COLTON	CA (27 SEP 79,CA-)
7	1:25:43	JOHN WOODS	61	WASHINGTON	DC (28 MAY 79,DC-A)
8	1:25:53	CHARLES SEEKINS	61	LOS ANGELES	CA (24 SEP 77,CA-B)
9	1:26:54	IRVING TAYLOR	60	E ORANGE	NJ (23 MAR 75,NY-)
10	1:27:00	WILLIAM ANDBERG	66	ANOKA	MN (27 AUG 77,MN-A)

Certified Courses

We hear of many instances in which runners are unhappy because their marks on uncertified courses are not accepted as official records or included in the rankings. We sympathize with these runners, and feel that all runners should have the opportunity to race on certified courses and have their marks officially recognized. Bill O'Brian, Results Editor of the Syracuse, NY, Chargers Track Newsletter, takes a very straightforward, realistic, and practical view of the situation. Writing in the May, 1980 issue, after detailing the exploits of star masters runner Ed Stabler, Bill says: "So why isn't Ed already listed in the official records for all of the accomplishments I've listed above? Because we (that is, most Central NY race directors and clubs) have failed to get our courses certified and to submit evidence of age for age group record claimants. In an area with plenty of big league performers, we've been bush league administrators. That isn't fair to the performers...I think we should launch a concerted effort to remedy our defects. And, great as Ed Stabler clearly is, I don't think he'll be the only area runner to benefit from such an effort. There are official national records for each individual age for a great number of distances. We may well find an unrecognized star or two in our midst."

20 kilometers, as of January 1, 1980, shows time, name, age, home town, home state, date of mark, and state in which it was set.

For how many other areas does this situation sound familiar? The first step is recognizing the problem, as Bill has done, and the second is following through to do something about it. Every area has some runners who can set national records or appear in the national rankings at some distance, if only given the opportunity.

U.S. Marathoners

The NRDC is pleased to be able to publish a book recognizing all marathon finishers for 1979. The book "U.S. Marathoners", 1980 edition, lists and ranks each reported mark of every runner who finished a marathon on a certified course last year. The book contains a wealth of other information besides each runner's name and time. Each listing shows age, home state, state in which the race was run, date of race, and a national ranking among runners of the same age group. Runners can also determine their national ranking and ranking within their own sex for each reported marathon finish.

Publishing the 1980 edition of "U.S. Marathoners" represents a monumental undertaking. With over 100,000 marathon marks key-punched, this makes over 50 boxes of computer cards, which would represent a stack of computer cards over 75 feet high. In the computer processing, this is reduced to a stack of computer output sheets about two feet high.

Once a runner has competed a marathon, one of the greater pleasures is to see the achievement recorded and publicized. Regardless of their time, finishers of a marathon can consider themselves a winner. The NRDC is glad to give every runner the recognition deserved. Runners who completed a marathon on a certified course in 1979 can see where they ranked in their age group and among all U.S. marathoners by getting a copy of "U.S. Marathoners". It may be obtained from the NRDC, Box 42888, Tucson, AZ 85733, for \$9.95 plus 75 cents shipping.

The NRDC appreciates a grant from Nike which permits publication of "U.S. Marathoners" as well as the other 1980 NRDC books. It also appreciates special financial support from Running Times magazine which permits inclusion of all marathon marks in the book.

NRDC News Notes

The official U.S. record for the marathon is 2:10:20. This record is held jointly by Tony Sandoval and Jeff Wells and was set September 9, 1979. Tony Sandoval's winning time of 2:10:19 in the May 24, 1980 Olympic trials becomes the sixth mark on a point-to-point course that is faster than the official record. Four of these marks are by Bill Rodgers and one is by Jeff Wells.

Race Directors

Please submit all results promptly to the National Masters Newsletter at 6200 Hazeltine Ave., Van Nuys, CA 91401 and to the National Running Data Center, Box 42888, Tucson, AZ 85733. Please be sure to show the date, location and distance, and whether or not it was run on a certified course, as approved by the National Standards committee.

NMN desires the top ten men and women of each age group over age 30. The NRDC requires a listing of ALL finishers, with name, age, sex, home-town, and finish time of each. It's important that the NRDC get such complete results in order to give all your runners credit in national records and rankings.

Important Notice

The Annual Meeting of the MASTERS SPORTS ASSOCIATION will be held during the Relay Carnival on Saturday, August 16, 1980.

There will be elections of officers and a general discussion of future plans.

The meeting is tentatively scheduled after the 440 relay at approximately 11:40 a.m.

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General facts of interest

Yes, the New Zealanders do speak English. However, many visitors to "Enzed" could use some extra help with the vocabulary. In addition to a different accent, the "Kiwis" have a "down under" slant on meanings as well as pronunciation. Wrap your tongue around a few words from "Godzone" and get a taste...and "entree"...of your WAVA Meet tour.

g'day	(gidday)	Hello
She's right		That's all right
Godzone		New Zealand, short form for God's own country.
Kiwi	(keewee)	1) a flightless, New Zealand native bird, national emblem of New Zealand 2) a person from New Zealand
Down-under	(dare-nunder)	Australia and New Zealand
Enzed		New Zealand
Enzedder		New Zealander
entree		an appetiser. A main course is simply called a main course

DID YOU KNOW THAT: New Zealand has 5,700 miles of coast line, many rivers and lakes, one of the world's largest waterfalls, i.e. 1,904 ft. Sutherland Falls, plus geysers, boiling mud, hot pools and springs.

Your ABC's of places you want to know about and to see: **Auckland** - the major city, located on the North Island, seat of commerce and night-life.

Bay of Islands - one of the most historically interesting areas of New Zealand, 160 miles north of Auckland. In 1840 at Waitangi, the Maori chiefs ceded sovereignty to Queen Victoria. The Treaty House is now a museum. The coastal waters are renowned for deep-sea fishing (swordfish, marlin, and mako shark.)

South Island's **Christchurch** - founded in 1850 as a model church settlement is more "English" than cities in England. Victorian and Gothic buildings, delightful gardens, neat residences, lovely well-kept parks, even the river Avon provide charming accents to this treasury of friendliness on the Canterbury Plains.

Now let Sports Travel International LTD. take you to New Zealand
Specific facts.....

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January 3-4, 1981

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

Name(s) _____

Address _____
street city state zip

Phone: home (_____) business (_____) _____

Questions: _____

Please send entry form for: ☐ Christchurch ☐ Palmerston North ☐ other _____

5 Months To Go

COUNTDOWN TO NEW ZEALAND

What: The Fourth World Veterans (or Masters) Athletics Championships....a track and field sporting event for men over 40 and women over 35.

When: January 1981 when the northern hemisphere will be in the grip of winter but it will be high summer in New Zealand.

Where: At the Queen Elizabeth II Stadium in Christchurch, the main city in New Zealand's spectacular South Island.

Lindsay Toynton of Christchurch, New Zealand called from the Los Angeles airport, enroute to Montreal, Moscow and Glasgow, Scotland for the 13th Veterans Road Racing Championships to tell us that "all is go" for the 4th World Veterans Games in Christchurch, in January, 1981.

"The Army will probably provide bus transportation for the athletes and their families to and from the stadium," Toynton said. "We're still working on getting sponsors. It's going a bit slow, but we hope to come up with several sponsors soon."

Airline deadlines are fast approaching so those planning on going should be arranging for transportation and housing now. Sports Travel International, Simone Travel and the Miller & Higdon Storm Window & Travel Co. have entry blanks and travel information for the World Games January 8-15 and the 14th World Veterans Road Championships in Palmerston North January 3-4.



by Roland Jerneryd, Secretary

Our world wide veteran athletic activity is growing. New national veteran associations have been established in Peru and South America. Israel and India veteran's activity is growing.

The first W.A.V.A. newsletter is out. For a subscription, contact WAVA, c/o Sport Ontario, 160 Vanderhoof Avenue, Toronto, Ontario, Canada M4G 4B8.

The European Veteran Athletic Championships on August 6-10, 1980 in Helsinki have so far more than 2000 veterans athletes entered.

The General Assembly will be held in Christchurch, New Zealand, January

7th at 9 a.m. in the Town Hall. Proposals for the agenda of the meeting and proposed amendments of the constitution must be received by the Secretary of the WAVA 90 days before the meeting; that is, on October 9th, 1980. All officer nominees must be submitted in writing to the secretary of the WAVA by October 9th. All officers but the secretary have agreed to run for a new 2-year period.

The women's meeting will be held on January 6th at 9:30 a.m. in the Town Hall in Christchurch. Please send the women's delegate, Jean O'Neill, proposals to the meeting, etc.

Regional meetings will be held in Christchurch on January 6th, 1981, at a time decided by the regional presidents; most likely in the Town Hall.

Candidates for hosting the next world veteran athletic championships in 1983 are requested to inform the WAVA secretary, stating place and date, capacity of accommodations, arena(s), number of tracks, etc. The candidates will then officially present their bids on January 6th, 1981, at 6 p.m. (18:00) in the Christchurch Town Hall. The election of the host nation and place will be balloted at the WAVA General Assembly on January 7th.



Kelsey Brown, Jim Manno, Arne Olson, Tom Asher of the North Jersey Masters 50-59 4x400 Relay Team.
photo by Andy Boyajian

The Ultimate Running Challenge

by Ruth Anderson

The Western States Trail 100-Mile Endurance Run proved to be all it was cracked up to be, and then some!

In the 5 a.m. dim light of Saturday, June 28th in Squaw Valley, California, just outside the Olympic training quarters, 251 brave runners set forth in this heroic event.

Our common goal was to reach Auburn before the 30-hour cut-off. If we broke 24 hours, we would receive beautiful commemorative silver belt-buckles. Five of the 26 women accepting this challenge would succeed in finishing under 24 hours, along with the 58 successful male runners. Another 51 men and 9 women made it under the 30-hour deadline. The first runner across was Mike Catlin, 28, of Davis, California, in 18:35 for his second win in a row. Sally Edwards, 32, of Sacramento won over Bjorg Austrheim-Smith, 37, also of Sacramento (22:13 to 22:15). Third place, woman, Colleen Conners, was the youngest female finisher at 23 years. Last years women's winner, Skip Swannack, 38, earned her second silver buckle in fifth place; but fourth place was the first over-40 masters woman, Martha Maricle, 46, of San Francisco with a time of 23:20.

All of these women certainly deserve the admiration I feel for their accomplishment. I would like to be able to tell each one's "story", but Marty Maricle is "special". She was the first master woman ever to finish under 24 hours in the six years of this competition. She is also a good friend and fellow member of the Northern California Seniors Track Club. We had a chance to share only one 50-mile training run in the Santa Cruz Mountains before the Western States 100, but I was thoroughly impressed with her strength and determination. It was no surprise to me to learn she had made it to our first check point, Hodgson's Cabin, 10 miles into the Western States Endurance Run, a good 20 minutes ahead of me!

It's hard to impress anyone who didn't start that steep climb out of Squaw Valley's 6,000 ft. to the 8,000 ft. summit of Emigrants Pass, via snow drifts, slippery muddy run off, streams and bogs, more slicker snow fields, with how difficult and energy-consuming it all was. I was afraid I would end up with "fanny frost-bite" from my numerous sits in the snow. Marty sped through this hazard far better than I, only to take a nasty tumble along Red Star Ridge in the rocky uneven footing. She looked more like an escapee from a bear encounter with all her scratches. Still she forged on through the steep sides of Duncan Canyon, arriving at Robinson Flat, the 32 mile station, some 45 minutes ahead of me now. Several of these check points had medical teams who checked each runner's blood pressure, pulse and weight loss. They were looking, in particular, for signs of dehydration, which they considered perhaps the most severe potential problem on this run. Some 19 aid

stations over the entire course attested to the organizers concern for the safe survival of the runners.

It was one o'clock in the afternoon when I left Robinson Flat to face still a few more miles of wet snow. The elevation stayed around 6,000 ft. for several miles before dropping down through "Deep Canyons I and II" to "Last Chance". Even with so much rough footing and tough grades, the beautiful scenery could still be appreciated. However, the least appealing stretch of the course was a logging road leading into "Last Chance." This was a foot deep in powdery dust that choked the throat and smarted the eyes. For me this was also the "heat of the day" around 3 p.m., but thanks to a great send-off at the last aid station by Gordy Ainsleigh, I didn't suffer too much. Gordy, the first winner of this challenge in 1974, was helping rather than competing this year, and I'm sure the wet spray of water on the backs of the runners at this point helped many make it through to Last Chance. Marty, being about 1½ hours farther along at 3 o'clock, was in the double-canyon stretch between Devil's Thumb and Michigan Bluff. Most heat warnings had been predicted for these canyons, but with good shade and several chances to cross streams, Marty said she actually enjoyed this stretch.

Alas for me, the "Devil" must have put his thumb right in the middle of my back between the shoulder blades. I could hardly walk up out of the canyon to the aid station called "Devil's Thumb", at the 51 mile mark. It was about 5:30 p.m. (mosquito feeding time!), and 1½ hours behind the time I had hoped to be by this point. A back problem was new to me. The consequences of continuing were too unknown (scary), so I reluctantly stopped. Excellent radio communications between all the aid stations constantly kept track of all the runners, so John, my husband, waiting at Michigan Bluff the next check point 14 miles away, was alerted that I had dropped out.

Marty, on the other hand, came charging into Michigan Bluff at 6:31 p.m. with 60 of the hardest miles behind her. At this point competitors are allowed to have crew run with them, especially during the night hours, more for protection than pacing. The two nice fellows awaiting to help me, Mike Frankfort and Ralph Hansen, were now available and willing to help Marty. She had planned to tough it out on her own, but welcomed the offered company with dark approaching.

White Oak Flats at 10 p.m. is a hubbub of flickering lights and excited chatter as runners come in to get weighed and checked over by the medical teams, and to pick up new supplies or new support runners. Marty's condition still seemed so strong, even after another fall in the narrow meadow path a few miles back. Her knee was beginning to swell some, so a medic taped it for her. No stopping for Marty! She actually ran off into the night (Many others were walking or barely jogging). Next hazard is a crossing of the Middle Fork of the American River.

This year there was so much water that the runners were ferried across in a boat rather than having to wade across hanging on to a cable strung across the river. Glad Marty was spared that!

The last eight miles still have several sharp up and downs, plus such interesting paths as an old rail road tressel called "No Hands Bridge" which doesn't

have any railings. The full moon did light up the river below--a nice reward for being out this time of night. Wish I could have been at the Placer High School Stadium to see these brave souls give their last efforts to finish (some did "sprint" the last 400 meters, even). Marty had made it with 40 minutes to spare.

Photos from National Championships

photo by Bob Pates



Sandra Knott, 43, of Cleveland, Ohio winning the 10,000 meter run in the women's 40-44 division in 37:28.5. She also won the 5000 and 1500.

photo by Bob Pates



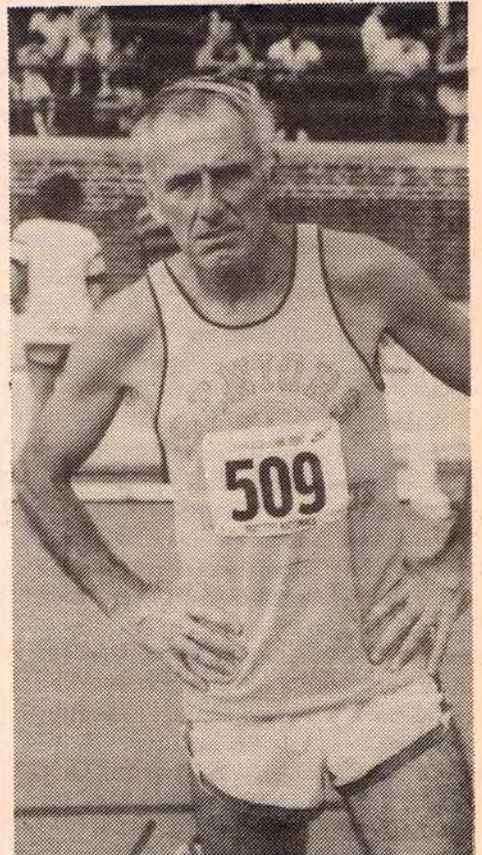
Jim O'Neill, setting one of his 2 U.S. age 55-59 records in the 5000 (16:50.1) and 10,000 (35:35.6) at Franklin Field.

photo by Bob Pates



National Masters Athletics Congress Representative Bob Fine placing 2nd in 5K Walk (26:28). Fine also took 2nd in 20K Walk (1:59:36).

photo by Tom Sturak



Bill Fitzgerald, 55, of Palos Verdes, California, who set a new world 800 mark of 2:08.9 for men 55-59.

Midwest

Report

by Ron Fox

The city of Elgin, Ill., located on the Fox River, sponsored the Third Annual Valley Fox Trot, a 10-miler through the hilly streets and parks of that city.

The day was cool; the times were good and 843 finished of the 989 who started. The race was very well organized and had the efficient cooperation of many departments of the city of Elgin, especially the police department. They used the most efficient finishing procedures of any race held in this area, and had the results posted just a few minutes after each runner finished.

Jim MacNider (29) won with a 50:34. The 40-49 male winner was Bob Schader (41) with 58:37; second was Dave Schertz (48) with 1:00:01 (tough luck, Dave) and third was Charles Brandt (40) of Ft. Wayne, Ind. in 1:00:31. Ladies 40-49 won by Dr. Joan Ulliot (40) of San Francisco in 1:05:22. Second, Nancy O'Malley (42) in 1:15:58 and third Camille Proud (42) in 1:18:53. Fourth, Sylvia Boecker (40) in 1:19:37 and fifth was Barbara Macaluso (40) in 1:20:02. There were 99 male finishers and 14 female.

50-59 Male Bob Christiansen (55) won in 1:06:56; second was Gordon Cummings (50) in 1:10:17 and third was George Rash of Munster, Ind. (56) in 1:11:04. There were 31 male finishers in the 50-59 age group.

50-59 Female division had two finishers. Emily Weber won in 1:19:05 and Jo Miles came in second in 1:21:24.

60 and over male was won by Floyd Smithberg (61) in 1:14:53; Robert Hoffer (61) was second in 1:32:39 and Chester Marshall (62) ran a 1:34:02 to take third. These were the only finishers.

Sandra Browning and the city of Elgin did a super job, and the race is becoming one of the classics in the area.

On June 8, Club North Shore Chicago had its 2nd Annual 1/2 marathon and, luckily, the Chicago area got another cool day. (We runners here have been blessed this year with a mild, almost snow-free winter and a cool spring and early summer.)

The race was held in Highland Park and Highwood, Illinois and was won by Scott Renken in 1:10:35. The course is mostly flat with some rolling hills but has one "killer" of a hill at the 9 mile mark at which point the racers run down to the shore of Lake Michigan and back up on another road.

The Masters division was won by Ernie Billups who took second overall in

the time of 1:11:05. Ernie is the Chicago high school principal who got a gold medal over in Germany last year in the World Veterans Championships. Second in the 40-44 was Bob Pates in 1:17:28. (Bob, many will remember, is the cometime professional photographer and full time super media salesman who has photographed some of our Masters meets around the country.) Third was Gabe Schmergel in 1:24:36.

45-49 was won by George Anagnostopoulos in 1:17:46. Second was Lloyd Williams in 1:26:07 and third was Eugene Lenarz in 1:26:50.

The 50-59 division was won by a newcomer to that division, Clyde Baker, who is happy not to have to run in the same division as Hal Higdon for a while. Clyde set a personal P.R. in 1:16:06. Second was Bernie O'Keefe in 1:24:24 and third was Neil King, the real estate executive who stopped several times along the way to give appraisals on homes of the spectators, in 1:24:42. Fourth was the statistics prof. from the U. of Chicago, Harry Roberts in 1:25:54. Fifth was the durable, actuarial genius who founded Club North Shore Chicago, the sponsor of the race, Bob Bruce in 1:26:11.

In the over 60 bracket Peter Casa won in 1:35. Second was marathoner, Chuch Mostow (76) and looking better every year, in 1:52:50. Third was Harold Comm in 1:58:04.

The Ladies Masters division and overall women's winner was Henni Volpe who put on a fantastic sprint in the last 200 yards to beat out a younger girl for the overall female winner in 1:32:46. Second was Sue Lipman in 1:43:45 and third was Carolyn Lippa in 1:49:35.

Women's 45-49 was won by Pat O'Neill in 1:46:43; second Joyce Elmes in 1:47:41 third Marge O'Farrell in 1:57:17. No women over 50. 520 starters, 459 finishers.

Out here we sometimes have two distances run at the same time but usually one of the races starts out before the other. In the first Gil Dodds Marathon on May 17, we all started out at the same time and took the same route. The first time we came by the stadium the 10K runners cut off; the second time the half-marathoners went into the stadium while the full-marathoners continued on another 13.1 miles. Though this was their first time to stage a race of this type everything went like clockwork. The results were available almost immediately after each runner crossed the finish line. The weather was cool and the course was well marshalled and marked. It is even harder to understand how well everything worked when you realize they asked our old buddy, Wendy Miller, for advice and consultation. Despite that handicap they put on a class race. There were 856 finishers in all three of the races so I estimate there were close to 925 starters. They did a fine job in compiling, printing and mailing out the results in less than a month. That's a record for the Chicago area.

M 40 - 49

1. Bob Day	32:01
2. Michael Brazier	36:46
3. Joe Johnson	37:27
4. Richard Dvorak	38:12
5. Ted Comden	:22
6. David Clarke	:47

M 50 - 59

1. Carl Schultz	41:55
2. Ralph Isaacson	43:55
3. Thomas Braid	44:50
4. Caleb Cutherell	46:24
5. Vito Andriola	:49
6. Weldon Thomas	50:34

M 60 -

Marvin Warner	54:53
John Stam	60:59

W 40 - 49

1. Faith Walkwitz	47:23
2. Fran Goss	52:33
3. Florence Scott	56:30
4. Ann Haller	:32
5. Marge Gieser	57:16
6. Helen Korth	:54

W 50 - 59

1. Katy Merrick	57:56
-----------------	-------

60 - 69

1. Anne Clarke	59:40
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HALF MARATHON RESULTS

M 40 - 49

1. Ronald Fox	1:26.30
2. Ronald Rosenberg	1:28.18
3. Jim Oury	1:29.06

M 50 - 59

1. Barnard O'Keefe	1:25.18
2. Bob Bruce	1:32.41
3. Phil Hey	1:37.59

Gil Dodds Marathon - May 17

M 60 and over

1. Michael Scott	1:53.54
2. Bill Gallagher	2:04.08
3. William Walker	2:09.00

W 30 - 39

1. Bonnie Payne	1:25.22
2. Betty Cahill	:42.27
3. Patricia Kuhn	:43.03

W 40 - 49

1. Sue Nevel	1:44.58
2. Charmaine Kellstedt	2:01.03
3. Day Golden	:04.02

MARATHON RESULTS

M 40 - 49

1. Robert Schrader	2:48.38
2. David Schertz	2:52.27
3. Fred Boshem	2:52.47

M 50 - 59

1. Harry Roberts	3:07.22
2. Charles Hinde	3:19.56
3. Paul Nelson	3:23.29

60 - - None

W 40 - 49

1. Matilee Christman	3:26.40
----------------------	---------

W 50 - 59 - None

W 60 - - None

Metropolitan Masters T&F Championships

by Haig Bohigian, Meet Director

NEW YORK, N.Y., June 14. The 1980 Metropolitan Outdoor Track & Field Championships were held at Downing Stadium today. The fact that it was Father's Day contributed to a below average turnout. Nevertheless, there were some very good performances turned in almost every event.

The standout performance in the sub-master category was turned in by Richard Landry 33, of the New York Athletic Club. He won five events (120 HH, LJ, HJ, PV, and javelin), and placed in three events (shot-2nd, 100-3rd, 220-4th). Koles Elion, 31, executed a double sprint victory in the blazing times of 9.68 and 22.7. In fact, there was a double sprint victor in every age category except 50-54, where Tom Brooks took the 100, but Jim Dowling came back to take the 220. Ray Alexander, 36, 10.7 and 23.6, John Moon 42, 10.23 and 23.0, Lloyd Riddick 45, 10.7 and 23.8, Rudy Valentine, 56, 11.26, and 25.2, David Lawyer, 61, 12.8 and 31.0, Leo Rothbart, 65, 13.6 and 34.5, were the double sprint winners. Only Rudy Valentine went on to win the 440. Among the women only Chris McKenzie pulled off a double sprint victory in 13.15 and 30.2.

The outstanding long distance feat was accomplished by Robert Clerk, 43, of the New York Masters who won the six mile run in 33:06.0--an average of 5:30.7. How is that for consistency?

Other distance double victors were Joe Kernan, 880 and mile; Lou Stern, mile and three mile; and August Prince, mile and six mile. Greg Fabian won the 440 and 880, and Jim Dowling won the 220 and 440.

Kathy McIntyre 30, was very impressive in winning the 880 (2:22), and the mile (5:07.6). Wally Sokolowski, 39, cleared 14-6 in the pole vault, and Gerry Counihan 41, cleared 14-0. Norm Cyprus 41 won the shot, weight throw, and the javelin. Larry Judd won the discus and the triple jump. Kurt Kratin won the shot, discus weight throw, and hammer.

results on page 16

200 Compete In Eastern Regional

from Suzanne McCarthy

WEST HARTFORD, CT, June 30. Approximately 200 athletes competed in the Eastern Regional Masters Outdoor Track & Field Championships at Concord High School today under overcast skies and occasional rain.

Susse Chalet Motor Lodges & Inns sponsored the meet sanctioned by the Athletics Congress under the auspices of the New Britain Track & Field Association. Susse Chalet donated athletic visors which were given to all competitors. The company's Inn in Hartford was the official meet headquarters.

Meet director Irv Black provided automatic timing for all track events. Medals were awarded to the first three finishers in each 5-year age group in each of 20 events.

results on page 18



4th Annual Pan American Masters Track & Field Championships 1980

Sponsored by Home Savings and Loan Association

Other Sponsors:	Southern California Striders Penn Mutual Life Co. Nike Shoe Co.	Awards:	Medals to first three places Trophies will be awarded to the outstanding performer in each age group after meet on Sunday at Awards Banquet.
Sanction:	Southern Pacific Athletic Congress— Competitors must have current T.A.C. card.	Banquet:	Sunday, 6:00 PM Ticket price \$15.00
Date:	August 16 & 17, 1980	Housing:	Meet Headquarters University Hilton 3450 S. Figueroa St. Los Angeles, Calif. 90007 213-748-4141
Site:	University of Southern California University Park Hoover Street and Childs Way		
Age Divisions:	Men: 0A (30-34) 0B (35-39) 1A (40-44) 1B (45-49) 2A (50-54) 2B (55-59) 3A (60-64) 3B (65-69) 4A (70-74) 4B (75-79) 5A (80 and over) Women: 0A (30-39) 0B (40-49) 0C (50-59) 0D (60-69)		
Implements:			
Division	Javelin	Discus	Shot
0A	800 GM.	2.0 KG.	16 lb.
0B	800 GM.	2.0 KG.	16 lb.
1A	800 GM.	2.0 KG.	16 lb.
1B	800 GM.	2.0 KG.	16 lb.
2A	800 GM.	1.6 KG.	12 lb.
2B	800 GM.	1.6 KG.	12 lb.
3A	600 GM.	1.0 KG.	8 lb.
3B	600 GM.	1.0 KG.	8 lb.
4A	600 GM.	1.0 KG.	8 lb.
4B	600 GM.	1.0 KG.	8 lb.
5A	600 GM.	1.0 KG.	8 lb.
Entry Fees:	\$ 6.00 First Event \$ 3.50 Each Additional Event \$12.00 Each Relay Team \$ 6.00 includes T-shirt and Souvenir Program to each competitor		
Entry Deadline:	July 28, 1980 (Midnight Postmark)		
Late Entries:	Late or incomplete entries will be assessed a \$3.00 fee. Clerk, of course, has right to reject late entries. No event changes!		
Registration:	Entrants are encouraged to register at the University Hilton, 3450 South Figueroa St., Los Angeles, between 6:00 and 9:00 PM Friday evening. Late arrivals should report 90 minutes before your event on Saturday.		
		Further Information:	Hillard I. Sumner, Jr., Executive Director 22713 Ventura Blvd., Suite "F" Woodland Hills, Calif. 91364 213-884-1349, 342-3147 Rodney Ferguson, Field Director 929 West Balboa Blvd. Newport Beach, Calif. 714-673-2141
		Entry Forms & Checks should be made payable to	"Pan American Masters"
		Mail to:	Hillard I. Sumner, Jr. Meet Chairman 22713 Ventura Blvd. Suite "F" Woodland Hills, CA 91364

4th Pan American Masters Track & Field Championships Schedule of Events

TIME	EVENTS	DIVISIONS	TIME	EVENTS	DIVISIONS
SATURDAY, AUGUST 16, 1980					
8:30	5,000 Meter Walk	All Ages	5:00	4x200 Meter Relay	50-59
9:15	10,000 Meter Run	50+ Over & Women	5:05	4x200 Meter Relay	40-49
10:15	10,000 Meter Run	30-49	5:10	4x200 Meter Relay	30-39
11:00	400 Meter Prelims	30-34	SUNDAY, AUGUST 17, 1980		
11:05	400 Meter Prelims	35-39	9:00	20 Kilometer Walk	(off track during race) All Div.
11:10	400 Meter Prelims	40-44	9:30	200 Meter Prelim	2B
11:15	400 Meter Prelims	45-49	9:35	200 Meter Prelim	2A
11:20	400 Meter Prelims	50-54	9:40	200 Meter Prelim	1B
11:30	400 Meter Relay	Women	9:45	200 Meter Prelim	0B
11:35	400 Meter Relay	30-39	9:50	200 Meter Prelim	0A
11:40	400 Meter Relay	40-49	9:55	200 Meter Prelim	0A
11:45	400 Meter Relay	50-59	10:00	5000 Meter Run Div.	50-over Women
12:00 pm	800 Meter Final	Women & 4A-4B-5A	10:30	5000 Meter Run Div.	30-49
12:05	800 Meter Final	3B	11:00	400 Meter Int. Hurdles	3A-3B
12:10	800 Meter Final	3A	11:05	400 Meter Int. Hurdles	2B
12:15	800 Meter Final	2B	11:10	400 Meter Int. Hurdles	2A
12:20	800 Meter Final	2A	11:15	400 Meter Int. Hurdles	1B
12:25	800 Meter Final	1B	11:20	400 Meter Int. Hurdles	1A
12:30	800 Meter Final	1A	11:25	400 Meter Int. Hurdles	0B
12:35	800 Meter Final	0B	11:30	400 Meter Int. Hurdles	0A
12:40	800 Meter Final	0A	11:45	200 Meter Final	Women
12:40-1:10	Lunch Officials Opening Ceremonies		11:50	200 Meter Final Men	4A-4B-5A
1:10	100 Meter Prelim Women (As needed)		11:55	200 Meter Final Men	3B
1:15	100 Meter Prelim Men	3B & 3A	12:00	200 Meter Final Men	3A
1:20	100 Meter Prelim Men	2B	12:05	200 Meter Final Men	2B
1:25	100 Meter Prelim Men	2A	12:10	200 Meter Final Men	2A
1:30	100 Meter Prelim Men	1B	12:15	200 Meter Final Men	1B
1:35	100 Meter Prelim Men	1A	12:20	200 Meter Final Men	1A
1:40	100 Meter Prelim Men	0B	12:25	200 Meter Final Men	0B
1:45	100 Meter Prelim Men	0A	12:30	200 Meter Final Men	0A
2:00	110 Meter Hurdles	3B	12:35-1:00 pm	Lunch	
2:05	110 Meter Hurdles	3A	1:05	1500 Meter Final	Women & 4A-4B-5A
2:10	110 Meter Hurdles	2B	1:15	1500 Meter Final	3A & 3B
2:15	110 Meter Hurdles	2A	1:25	1500 Meter Final	2B
2:20	110 Meter Hurdles	1B	1:30	1500 Meter Final	2A
2:25	110 Meter Hurdles	1A	1:35	1500 Meter Final	1B
2:30	110 Meter Hurdles	0B	1:40	1500 Meter Final	1A
2:35	110 Meter Hurdles	0A	1:45	1500 Meter Final	0B
2:45	Business Men and/or Celebrity Men's & Women's 60 yard Dash		1:50	1500 Meter Final	0A
3:00	400 Meter Finals	Women	2:00	3000 Meter Steeplechase	All Div.
3:05	400 Meter Finals Men	4A-4B-5A	2:30	1600 Meter Relay	50-59
3:10	400 Meter Finals Men	3B	2:35	1600 Meter Relay	40-49
3:15	400 Meter Finals Men	3A	2:45	1600 Meter Relay	30-39
3:20	400 Meter Finals Men	2B	3:00	Closing Ceremonies	
3:25	400 Meter Finals Men	2A			
3:30	400 Meter Finals Men	1B			
3:35	400 Meter Finals Men	1A			
3:40	400 Meter Finals Men	0B			
3:45	400 Meter Finals Men	0A			
4:00	100 Meter Finals	Women			
4:05	100 Meter Finals Men	4A-4B-5A			
4:10	100 Meter Finals Men	3B			
4:15	100 Meter Finals Men	3A			
4:20	100 Meter Finals Men	2B			
4:25	100 Meter Finals Men	2A			
4:30	100 Meter Finals Men	1B			
4:35	100 Meter Finals Men	1A			
4:40	100 Meter Finals Men	0B			
4:45	100 Meter Finals Men	0A			

FIELD EVENTS

Oldest Age Group First

SATURDAY 8-16-80	SUNDAY 8-17-80
9-1 pm Discus	9-1 pm Hammer
9-1 pm Pole Vault	9-1 pm High Jump
12-4 pm Shot Put	11-2 pm Javelin
12-4 pm Long Jump	11-2 pm Triple Jump

4th PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIP OFFICIAL ENTRY FORM

AAU Number _____ Team Affiliation _____

Name _____ First _____ Middle _____ Last _____ Age _____ Birthday _____

Address _____ City _____ State _____ Zip _____

Phone _____ Division _____

Events _____ Best Performance in 1980 _____ Fee _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

University of Southern California Dormitory Housing Single 10.00 X _____ # of days = \$ _____

(2 People) Double 14.00 X _____ # of days = \$ _____

(2 People) 1 Bedroom 22.00 X _____ # of days = \$ _____

(4 People) 2 Bedroom 36.00 X _____ # of days = \$ _____

Dinner Dance & Awards Banquet Tickets at 15.00 each \$ _____

(Sunday, August 17, 1980, 6:00 PM)

Total \$ _____

T-SHIRT S M L XL XXL
(circle one)

OFFICIAL RELAY FORM

(\$12.00 Per Team)

Event _____ Division _____ Club _____

Names 1. _____ 3. _____

2. _____ 4. _____

Alternates: 1. _____ 2. _____

Total Estimated Time _____

Note: Separate entry forms and \$12.00 for each event. Payment to Pan American Masters must be submitted for each team entered. Club official certifies with his signature below that all men named are members of the club and each member has sent an official individual entry form.

Club Official _____ Phone _____

Address _____ City _____ State _____ Zip _____

WAIVER FOR ALL EVENTS:

In consideration of the right to participate in the 1980 Pan American Masters Track & Field championships, I do hereby, for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have or which may hereafter accrue to me against the T.A.C. or their officers or agents, Home Savings and Loan, the Southern Calif. Striders, University of Southern California, and the City of Los Angeles, and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have trained for several months or have recently undergone a thorough physical exam by a certified medical doctor.

Date _____ Signed _____

Mail to: Pan American Masters Track & Field Championships
Hillard I. Sumner, Jr.
22713 Ventura Blvd.
Suite "F"
Woodland Hills, Calif. 91364



STRETCHING EXERCISES—48-year-old Masters athlete Dave Jackson describes his devotion to athletics as "...a way of life. I'll be in athletics for the rest of my life." Jackson stays in shape for his events (long jump, triple jump, high jump) by working out 4 days a week for 2½ hours each session and competing in as many Masters Track and Field meets as possible. Jackson will be among the hundreds of masters athletes (competitors 40 years and over) and submasters athletes (competitors 30-39 years old) from the United States,

Mexico, Venezuela, Columbia, and other Latin American countries gathering for the 4th Annual Pan American Masters Track and Field Championships on August 16-17 at USA's Cromwell Field. This Championship Meet, co-sponsored by Home Savings and the Southern California Striders, is the only international Masters Track and Field competition being held in the USA this year. For further information, contact: Hilliard Sumner, Meet Chairman, (213) 342-3147 or 884-1349.

METROPOLITAN 1980 OUTDOOR TRACK & FIELD CHAMPIONSHIPS
JUNE 14, 1980 DOWNING STADIUM RANDALL'S ISLAND, N.Y.

120 Yard High Hurdles

30-34
Richard Landry 33 AC 15.02
Ivan Black 31 AC 17.00

40-44

Haig Bohigian 44 NY 21.57
50-54
Harold Colon 52 NY 19.10
Arthur Bradley 54 NY 21.15

60-64

Marc Neuhof 64 NY 19.52

100 Yard Dash30-34

Koles Elion 31 UN 9.68
Arnold Minkoff 33 JG 10.70
Richard Landry 33 AC 11.00
Stanley Lundy 31 UN 11.00
Ivan Black 31 AC 11.25
Clifford O'Brien 34 UN 11.50

35-39

Ray Alexander 36 NY 10.70
Roy Pendelton 35 PC 10.70
Ernain Gil 39 PC 11.00

40-44

John Moon 42 NY 10.23
Charles Elion 41 NY 10.35
Mel Barnwell 41 PC 10.60
Richard Barnes 43 PC 10.60
Mason O'Neal 42 PC 10.80
Haig Bohigian 44 NY 11.20

45-49

Lloyd Riddick 45 NY 10.70
Joseph LaRue 48 AC 10.91
Cliff Pauling 45 NY 11.38
Rudy Clarence 47 PC 11.60

50-54

Tom Brooks 50 PC 11.30
Jim Dowling 53 NY 11.80

55-59

Rudy Valentine 56 PC 11.26
Kenneth Jack 59 NY 11.50

60-64

David Lawyer 61 PC 12.80
Marc Neuhof 64 NY 12.80

65-69

Leo Rothbart 65 NY 13.60

WOMEN30-34

Marie Beretey 30 NY 13.15

35-39

Sandy Pashkin 37 MF 13.00
Barbara Richardson 36 MF 13.50

45-49

Chris McKenzie 48 NY 13.15
Ann Cirulnick 45 NY 14.20

220 Yard Dash30-34

Koles Elion 31 UN 22.70
Arnold Minkoff 33 JG 24.80
Clifford O'Brien 34 UN 25.60
Richard Landry 33 AC 26.30

35-39

Ray Alexander 36 NY 23.6
Roy Pendelton 35 PC 23.8
Ernain Gil 39 PC 25.4

40-44

John Moon 42 NY 23.00
Mel Barnwell 41 PC 23.80
Charles Elion 41 NY 24.30
Richard Barnes 43 PC 24.70
Haig Bohigian 44 NY 25.70

45-49

Lloyd Riddick 45 NY 23.80
Cliff Pauling 45 NY 24.80
Joseph La Rue 48 AC 26.40
Rudy Clarence 47 PC 28.10

50-54

Jim Dowling 53 NY 26.40

55-59

Rudy Valentine 56 PC 25.20
Kenneth Jack 59 NY 26.10

60-64

David Lawyer 61 PC 31.10

65-69

Leo Rothbart 65 NY 34.50

220 Yard Dash Women35-39

Barbara Richards 36 MF 31.00

45-49

Chris McKenzie 48 NY 30.20

50-54

Ann Nauman 52 UN 37.70

440 Yard Dash30-34

Greg Fabian 30 PC 55.50

40-44

Mason O'Neal 41 PC 54.50

45-49

Cliff Pauling 45 NY 55.10
Rudy Clarence 47 PC 67.20

50-54

Jim Dowling 53 NY 60.50
Don Spitzer 51 PC 62.00

55-59

Rudy Valentine 56 PC 60.10

60-64

Marc Neuhof 64 NY 69.00

65-69

Joe McCluskey 69 AC 80.8

WOMEN30-34

Vilma Lee 33 NY 73.10

35-39

Sandy Pashkin 37 MF 68.70

880 Yard Run30-34

Greg Fabian 30 PC 2:03.3
Cliff O'Brien 34 UN 2:13.4

40-44

Ed Small 42 PC 2:17.0

45-49

Bill Krebs 45 NY 2:07.3
Tom Connelly 49 NY 2:10.1
Cliff Pauling 45 NY 2:12.1

50-59

Joseph Kernan 50 NY 2:20.2
Arthur Bradley 54 NY 2:37.1

880 Yard Run Women30-34

Kathy McIntyre 30 UN 2:22.0

35-39

Sandy Pashkin 37 MF 2:38.6

45-49

Chris McKenzie 48 NY 2:48.4

One Mile Run30-34

Joe Folber 32 MR 4:45.9
Dave Trizano 31 NY 4:55.9
Jack Hartog 33 UN 5:08.6

35-39

Eugene Myers 35 UN 6:10.0

45-49

Lou Stern 46 PP 5:00.1
Walter McCarthy 47 NY 5:06.1

50-54

Joseph Kernan 50 NY 5:08.8

55-59

August Prince 56 BR 5:38.4

WOMEN30-34

Kathy McIntyre 30 UN 5:07.6

50-54

Anne Nauman 52 UN 7:10.5

Three Mile Run30-34

James Barber 32 NY 20:47.0

40-44

Robert Clerk 43 NY 16:32.2

45-49

Lou Stern 46 PP 17:58.5
Dick Whitman 45 PC 19:02.9
Don Denig 48 NY 19:07.8
Nat Cirulnick 49 NY 23:21.0

Six Mile Run30-34

Jonathan Folber 32 MR 33:45.0

40-44

Robert Clerk 43 NY 33:06.0

45-49

Richard Whitman 45 PC 36:17.0
Nat Cirulnick 49 NY 45:16.0

55-59

August Prince 56 BR 36:57

65-69

Walter Westerholm 65 MR 47:41

Two Mile Walk30-34

Ivan Black 31 AC 18:48.6

45-49

Bernard Kaufman 45 IT 21:19.5

70-74

David Lakritz 70 NY 19:03.5

Long Jump30-34

Richard Landry 33 AC 19'8 1/8"
Noel Griffith 33 NY 19'3 1/2"
Ivan Black 31 AC 18'5 5/8"
Donald Pierson 33 NY 15'10 1/4"

35-39

Ernain Gil 39 PC 19'0"

40-44

Haig Bohigian 44 NY 17'2"

45-49

Joseph LaRue 48 AC 18'3 1/2"

50-54

Harold Colon 52 NY 14'3"

WOMEN30-34

Marie Beretey 30 NY 13'5 3/4"
Vilma Lee 33 NY 12'11 1/4"

35-39

Larry Judd 41 NY 38'2 1/4"
Haig Bohigian 44 NY 33'5 1/2"

50-54

Tom Brooks 50 PC 29'6"
Harold Colon 52 NY 28'4 1/2"

High Jump30-34

Richard Landry 33 AC 5'10"
Noel Griffith 32 NY 5'2"
Ivan Black 31 AC 5'2"
Donald Pierson 33 NY 5'2"

35-39

Victor Petrie 39 NY 4'6"

40-44

Gerald Counihan 41 AC 5'11"
Larry Judd 41 NY 5'10"
Haig Bohigian 44 NY 4'7"

45-49

Rudy Clarence 47 PC 4'6"
Kurt Krastin 45 NY 4'3"

50-54

Arthur Bradley 54 NY 4'6"

60-64

Marc Neuhof 64 NY 4'6"

65-69

Bill Eipel 67 AC 4'4"

Pole Vault30-34

Richard Landry 33 AC 11'6"

35-39

Wlodzimierz Sokolowski 39 AC 14'6"

40-44

Gerald Counihan 41 AC 14'0"
Norman Cyprus 41 AC 11'0"

Weight Throw30-34

James Barber 32 NY 33'10 1/2"
Noel Griffith 33 NY 32'6 1/2"
Donald Pierson 33 NY 30'3"

40-44

Norman Cyprus 41 AC 43'7"
Sol Barnett 41 NY 21'4"

45-49

Kurt Krastin 45 NY 30'9"

65-69

John Bruce 67 AC 30'4 1/2"
Bill Eipel 67 AC 30'1"
Joseph McCluskey 69 AC 25'8 1/4"

Shot Put30-34

Noel Griffith 33 NY 33'10"
Richard Landry 33 AC 32'5"
James Barber 32 NY 31'6"
Donald Pierson 33 NY 30'7"

40-44

Norman Cyprus 41 AC 36'5 1/2"
Sol Barnett 41 NY 28'5 1/2"

45-49

Kurt Krastin 45 NY 34'0"

50-54

Tom Brooks 50 AC 48'6"

65-69

Bill Eipel 67 AC 36'8"

Women30-34

Vilma Lee 33 NY 29'3"

45-49

Ann Cirulnick 45 NY 26'4"

Discus30-34

Richard Landry 33 AC 115'1"
James Barber 32 NY 100'6"
Donald Pierson 33 NY 99'9 1/2"
Noel Griffith 32 NY 95'6"

35-39

Bob Steigerwal 35 NY 134'1"

40-44

Larry Judd 41 NY 98'10"
Haig Bohigian 44 NY 85'5"

45-49

Kurt Krastin 45 NY 90'3"

60-64

Paul Sereghy 64 NY 92'4"

65-69

Bill Eipel 67 AC 99'7"
John Bruce 67 AC 90'2"

WOMEN30-34

Vilma Lee 33 NY 76'6"

45-49

Ann Cirulnick 45 NY 78'5"

CLUB CODES

AC New York Athletic Club
BR Brookhaven Road Runners
IT Island Track Club
JG Jaguar Track Club
MF Manhattan Flight Kings
MR Millrose Athletic Club
NY New York Masters Track Club
PC New York Pioneer Club
PP Prospect Park Track Club
UN Unattached

880 Yard Relay30-39

New York Athletic Club (I. Black, R. Landry, J. LaRue, N. Cyprus)

New York Masters (N. Griffith, J. Barber, D. Pierson, R. Alexander)

40-49

New York Pioneer Club (R. Barnes, E. Small, M. O'Neal, M. Barnwell)

New York Masters (C. Pauling, B. Krebs, L. Judd, H. Bohigian)

Hammer Throw30-34

James Barber 32 NY 110'5"

Donald Pierson 33 NY 91'1"

45-49

Kurt Krastin 45 NY 81'5"

50-54

Awin Phillip 52 NY 118'7"

65-69

Bill Eipel 67 AC 80'2"

John Bruce 67 AC 79'8"

Javelin Throw30-34

Richard Landry 33 AC 159'5"

Noel Griffith 32 NY 135'4"

Donald Pierson 33 NY 125'10"

James Barber 32 NY 116'1"

40-44

Norman Cyprus 41 AC 147'2"

Larry Judd 41 NY 118'11"

Haig Bohigian 44 NY 104'5"

Sol Barnett 41 NY 79'3"

WESTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS. SAN DIEGO STATE UNIVERSITY, SAN DIEGO, CAL.
JUNE 21-22, 1980.

M30			M60			M35			M70			M50		
Greg Marshall	11.12		Bob Hunt	NT		David Romaine	1:58.3		Felicitas Salazar	9:50.0 AR		Milton Creange	24.10	
Glen Johnson	11.13		Byron Walls	NT		George Mason	1:58.7		Marilla Salisbury	11:06.0		M60		
Hilliard Sumner	11.15		George Poloynis	NT		Steve Waggener	2:00.6					Bob Hunt	17.64	
M35			M65			M40			5000			Burl Gist	19.24	
Ruben Whitney	11.02		Harry Koppel	NT		George Cohen	2:00.8					Bill Burke	20.8	
Walt Butler	11.20		Ken Burns	NT		Mel Elliot	2:01.3		M30			M65		
Paul Dungan	11.41		M70			Dave Donaldson	2:02.6		Jim Partridge	17:23.7		Harry Koppel	20.8	
M40			Tony Castro	NT		M45			M35			Vince Godfrey	22.2	
Doug Smith	11.23		Ken Carnine	NT		Tom Sturak	2:17.0		Frank Duarte	15:30.2				
Ken Dennis	11.33		W30			John Harper	2:23.0		Dan McCaskill	16:07.1		400 HURDLES		
Lewis Smith	11.71		Ann Jankowski	NT		Loyd McGuire	2:33.6		Bruce Kostin	17:08.2		M30 (36")		
M45			Paula Crane	NT		M50			M40			Matt Pruitt	56.3	
Percy Knox	11.94		W35			Dave Stevenson	2:17.0		Christopher Bourke	17:27.0		Rudy Figueroa	73.6	
Bruce Springbett	11.96		Miki Hervey	29.55		Don Jackson	2:17.6		Bob Daniel	17:54.0		M35 (36")		
Jim Parks	12.40		W40			Walter Atcheson	2:18.1		Dennis Carey	17:58.4		Mike Smith	87.2	
M50			Cherrie Sherrard	27.81		M55*			M45			M40 (33")		
Ted Vick	12.2		Almeta Parish	30.34		Phil Arnot	2:18.5		T.R. Eddy	18:37.0		Ed Oleata	56.9	
Don Cheek	12.4		Jeanne Carter	31.13		Avery Bryant	2:21.3		M50			Hugh Adams	57.6	
Oswald Dawkins	12.4		W45			Bob Poet	2:27.8		Bill Stock	17:56.0		M45 (33")		
M55			Irene Obera	28.09		M60			Bruce Robinson	19:49.9		Al Sheahan	66.4	
Richard Stolpe	12.2		Alice Light	33.94		Ray Mahannah	2:37.0		Jim Waste	20:37.4		Dave Douglass	71.1	
Wilbur Buchanan	13.4		Lucia Benz	34.12		George Poloynis	3:04.1		M55			M60 (30")		
M60			W50			W35			David Pain	21:00.1		Bob Hunt	70.1	
Bob Hunt	13.42		Shirley Kinsey	31.71		Miki Hervey	2:26.5		M70			Herb Miller	94.4	
Byron Walls	13.7		Shirley Dietderich	NT		Lolitia Bache	2:37.3		Sid Madden	23:21.9		M65		
George Polynis	14.6		W55			Mimi Gerard	2:41.5		W35			Harry Koppel	86.9	
M65			Diana Smith	NT		W40			Lolitia Bache	19:28.5				
Harry Koppel	13.12		W70			Christa Romppanen	2:39.4		W40			3000 STEEPLECHASE		
Earl Gardner	19.07		Marilla Salisbury	1:22.0 WR		W45			Gail Hanna	22:53.6		M35		
M70						Carol Thomas	3:23.9		W45			Dan McCaskill	10:25.9	
Anthony Castro	14.2		400			Alice Werbel	3:46.0		Dorothy Stock	18:47.1 WR		Ira Yawnick	11:49.7	
Ken Carnine	14.96		M30			W70			W60			Mike Smith	15:52.0	
Joe Caruso	16.4		Hilliard Sumner	48.4		Marilla Salisbury	6:04.4		Alice Werbel	26:07.4		M40		
W30			Mat Pruitt	48.7		*Bill Fitzgerald, 55, ran			W70			Kent Guthrie	10:39.8	
Paula Crane	15.27		Glen Johnson	50.4		with the 40-44 age group in			Marilla Salisbury	39:38.5 WR		Jim Cullen	12:15.0	
Ann Jankowski	15.4		M35			the 800. His time of						M45		
W35			Dave Romaine	49.6		2:09.3 is a new world age			10000			Marsh Haraden	11:36.7	
Miriam Girard	14.78		Dave Kurrle	51.85		55-59 mark.			M35			M50		
M40			Bob Simpson	53.0					Pete Sanchez	37:05.7		Dave Stevenson	11:05.6	
Cherrie Sherrard	13.52		M40			1500			M40			M55		
Almeta Parish	14.02		Gary Miller	52.13		M30			Bob Packard	33:31.9		Avery Bryant	12:14.0	
Diane Stocklin	15.5		Bill Knocke	52.53		Jim Mosher	4:00.45		Kent Guthrie	34:46.0		M60		
W45			George Cohen	53.5		Earl Downing	4:08.08		Bill Dean	38:48.0		Bob Long	15:59.0	
Irene Obera	13.33		M45			Rudy Figueroa	4:52.5		M45					
Christel Miller	13.70		Nick Newton	56.08		M35			T.R. Eddy	38:59.2		5000 WALK		
Lucia Benz	16.3		Percy Knox	58.2		David Romaine	4:21.0		Russ Doolittle	40:35.7		M35		
W50			Bob Radford	61.5		Paul Steusel	4:29.6		Jeffrey Broido	42:01.8		Roger Brandiune	23:11	
Shirley Kinsey	15.1		M50			Richard Friedlander	4:30.4		M50			Mike Smith	37:05	
Shirley Dietderich	16.6		Don Cheek	56.10		M40			Pete Mundle	36:55.1		M40		
W55			Gene Harte	56.62		George Cohen	4:12.2		Dave Stevenson	36:56.4		DaTe Sutton	24:22	
Diana Smith	17.6		Bob Sieben	57.2		Bob Packard	4:12.75		Bill Phillips	37:29.2		M45		
W60			M55			Mel Elliot	4:13.6		M55			John McLachlan	28:33	
Marjorie Hunt	21.1		Dick Stolpe	57.12		M45			Anthony Valdiva	44:10.8		M50		
W70			Ray Spencer	61.5		Tom Sturak	4:56.6		Marvin Moar	57:42.3		John Kelly	25:26	
Marilla Salisbury	31.2		Wilbur Buchanan	62.0		M50			Demetrio Miller	41:44.9		Fred Dunn	26:26	
200			M60			Pete Mundle	4:37.65		M70			Milt Creange	30:07	
M30			Bob Hunt	64.84		Bill Phillips	4:37.77		Sid Madden	51:41.0		M60		
Mat Pruitt	22.59		George Poloynis	67.4		Walter Atcheson	4:41.3		W75			Bob Long	36:07	
Greg Marshall	22.62		M65			M55*			Willard Benton	57:42.3		M65		
Hilliard Sumner	22.69		Harry Koppel	67.8		Avery Bryant	4:51.22		W40			Mickey Blakesley	31:42	
M35			Ken Burns	73.2		Tom Rice	5:01.23		Christa Romppanen	NT		M70		
Ruben Whitney	22.07		M70			David Lewis	5:18.3		W45			Gordon Wallace	29:34	
Paul Dungan	23.08		Sid Madden	73.4		David Pain	5:34.1		Dorothy Stock	39:06.3 WR		John Hanna	30:30	
David Kurrle	23.37		W35			M60			W50			Chesley Unruh	32:41	
M40			Miki Hervey	63.7		Ray Mahannah	5:32.2		Margaret Miller	40:13.2 WR		W30		
Doug Smith	23.21		Mimi Gerard	69.8		George Poloynis	5:41.0		W70			Diane Uribe	26:35	
Ken Dennis	23.32		W40			M70			Marilla Salisbury	1:27:16.6 WR		Daphne Dunn	32:16	
Gary Miller	23.91		Almeta Parish	69.8		Lucian Salazar	7:41.5					W35		
M45			Irene Obera	63.21		M75						Vicki Jones	25:38	
Nick Newton	22.9 AR		W50			Willard Benton	6:42.5		110 HURDLES			Jolene Weege	28:15	
Bruce Springbett	24.7		Shirley Dietderich	85.1		W35			M30			W40		
Jim Parks	28.0		W55			Mimi Gerard	5:43.0		Fred Johnson	16.9		Gail Hanna	36:26	
M50			Diana Smith	2:37.3		W40			M35			W55		
Don Cheek	NT		W70			Christa Romppanen	5:12.9		Walt Butler	14.74		Rose Kash	32:15	
Gene Harte	NT		Marilla Salisbury	2:52.2 WR		W45			Larry Sallinger	14.85				
Oswald Dawkins	NT					Carol Thomas	7:00.0		David Kurrle	15.2				
M55			800			W50			M40					
Richard Stolpe	NT		Jim Partridge	2:08.3		Margaret Miller	5:12.9 AI		Alvin Henry	15.23		continued on next page...		
Ray Spencer	NT		Rudy Figueroa	2:21.8		W60			Ed Oleata	15.80				
Tom Clayton	NT					Alice Werber	7:22.0		Hugh Adams	16.51				

continued on next page...

Western Regionals
continued

HIGH JUMP

M30
Charlie Rader 6-6½
Warren Cummings 5-2

M40
Jim Brown 6-0
Ed Oleata 5-0
Roman Marenin 4-10

M45
Herman Wyatt 6-0
Nick Newton 5-6
Inder Singh 5-4

M50
Ed Austin 5-6
Harry Hawke 4-6

M55
Dave Brown 4-8
Tom DeVaughn 4-0

M65
George Redpath 3-8

M70
Red Doms 3-0

M75
Win McFadden 3-10

W40
Cherrie Sherrard 4-6 AR

POLE VAULT

M30
Warren Cummings 14-0
Rudy Figueroa 7-0

M40
Ron Fleming 11-6
Gary Bane 11-0
Ed Oleata 11-0

M45
Ray Fitzhugh 10-0

M50
Bob Holmes 9-0

M55
Dave Brown 10-6
Don Grosh 10-0
James Johnson 8-6

M60
Jim Vernon 9-6
Orval Gillett 8-6
Jim Minah 7-6

LONG JUMP

Carl Flowers 21-9
Greg Marshall 18-11½

M35
Larry Sallinger 20-½

M40
Al Henry 20-6½
Frank Nacozy 17-9½
Gary Bane 17-5

M45
Dave Jackson 19-7½

M50
Shirley Davisson 18-8½
Phil Schlegel 17-1½
Bob Sieben 16-4½

M55
Ray Spencer 17-1½
James Johnson 15-10½
Dave Brown 15-9

M60
Burl Gist 14-8
Bill Burke 14-5
Herb Miller 13-11½

M65
Mike Andors 14-6½

M70
Joe Caruso 12-1
Red Doms 10-1

M75
Win McFadden 12-4

W30
Latanya Glass 12-½
Stephanie Rowe 11-1½
Karen Behnke 10-2½

W45
Christel Miller 13-11
Alice Light 11-8½

TRIPLE JUMP

M35
Mike Smith 28-2

M45
Dave Jackson 41-2½

M55
Dave Brown 34-8
Ray Spencer 33-10
James Johnson 32-6

M60
Herb Miller 27-3½
George Poloynis 20-9½
Chuck McMahon 10-½

M70
Red Doms 22-10

W45
Christel Miller 27-2

SHOT PUT

M30
Fred Johnson 42-5
Buz Hamblin 37-6
Warren Cummings 36-4

M40
James Hart 44-1½
Hal Smith 39-10

M45
Dave Douglass 29-10
Clark Devilbiss 27-4

M50
Harry Hawke 43-7½
Paul Evans 37-1½
Emson Grimm 22-3½

M55
J. Kennedy 28-9½

M60
Jack Thatcher 45-7½
Jim Minah 43-6
Chuck McMahon 37-4½

M65
Ralph York 45-1 AR
Neel Buell 37-8½

M70
Red Doms 36-0
Randy Hubbell 29-8

M75
Stan Herrmann 32-10½

W30
Latanya Glass 29-9
Karen Behnke 19-4½

W40
Cherrie Sherrard 38-11½ AR
Catie Burke 21-½

W45
Margie Durkin 21-9

W50
Shirley Kinsey 25-7

DISCUS

M30
Tom Fahey 144-8

W40
Warren Cummings 115-9
Fred Johnson 110-11

M35
Lloyd Higgins 163-0
Jason Adams 69-4

M40
Bob Humphreys 159-7
James Hart 132-7
McNeal Black 99-11

M45
Clark Devilbiss 81-3
Dave Douglass 79-3

M50
Harry Hawk 139-9
Donn Maurer 124-6
Paul Evans 98-1

M55
J. Kennedy 66-0

M60
Jack Thatcher 133-6
Joe Sanz 123-2

Bill Burke 121-10

M65
Neel Buell 124-4
Ralph York 118-8
Mickey Blakesley 86-6

M70
Ken Carnine 127-8
Red Doms 118-0
Randy Hubbell 86-2

M75
Stan Herrmann 88-8
Win McFadden 84-10

W40
Cherrie Sherrard 94-10 AR
Catie Burke 54-2

W45
Margie Durkin 69-6

W50
Shirley Kinsey 80-1

HAMMER

M30
James Partridge 95-5
Rudy Figueroa 48-2

M40
James Hart 110-11

M45
Dave Douglass 102-4
Clark Devilbiss 75-2

M50
Paul Evans 115-2
Jerry Wojcik 108-5
Emson Grimm 55-3

M55
Tom DeVaughn 109-2

M60
Jim Minah 124-10
Joe Sanz 107-9
Chuck McMahon 92-7

M65
James York 93-3
Mickey Blakesley 60-2

M70
Randy Hubbell 87-11
Red Doms 56-0

M75
Stan Herrmann 93-2

JAVELIN

M30
Tony Griswold 194-3
Fred Johnson 153-7
Warren Cummings 145-6

M35
Jason Adams 93-10

M40
Larry Stuart 220-9
Gary Miller 153-7
Hal Smith 143-3

M45
Clark Devilbiss 117-3
Dave Douglass 112-6

M50
Jerry Wojcik 118-3
Emson Grimm 52-11

M55
Ed Chynoweth 133-6
Tom DeVaughn 84-2

M60
Bill Burke 124-7
Chuck McMahon 117-11
Joe Sanz 75-2

M70
Ken Carnine 114-1
Red Doms 87-8
Randy Hubbell 84-8

W30
Karen Behnke 35-5

W40
Catie Burke 45-6

W45
Christel Miller 99-7*

W50
Margie Durkin 44-1

*Bettters U.S. mark

W50
Shirley Kinsey 71-0

EASTERN REGIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

THE ATHLETIC CONGRESS OF THE UNITED STATES

CONARD HIGH SCHOOL, WEST HARTFORD, CT. JUNE 29, 1980

WEATHER - OVERCAST, SHOWERS, OCCASIONAL HEAVY RAIN - WIND NO FACTOR

HAMMER THROW

30-34
1. Mike Grisko 43.88
2. Joe Rose 40.76

35-39
1. George Frenn 58-10

40-44
1. Norman Cypress 41.70

45-49
1. Irving Black 45.22
2. Len Olson 36.52
3. Pay Carstensen 31.74

55-59
1. Greg Battick 27.62

60-64
1. Tom McDermott 46.30
2. Bill Gilligan 42.56
3. Nat Heard 38.88
4. Bob Stone 37.44

65-69
Bob Detweiler 38.26
2. Bill Eipel 31.64
3. John Bruce 30.64
4. Joe McCluskey 24.52

70+
1. Ray Connolly 27.96
2. Warren Pike 24.32

DISCUS THROW

30-34
1. Mike Grisko 47.16
2. Don Pierson 30.97
3. Jim Barber 18.13

35-39
1. Joe Roberson 31.71
2. Anthony Minni 29.03

40-44
1. David MacMillan 36.93
2. Karl Klehm 31.32
3. Haig Bohigian 29.52

45-49
1. Len Olson 37.36
2. Pay Carstensen 26.87
3. Irving Black 26.84

50-54
1. Ed Terranova 32.84

60-64
1. Bob Stone 40.80
2. Bill Gilligan 38.39
3. Mel Van Houten 28.63
4. Art O'Brien 23.46

65-69
1. Bill Eipel 31.73
2. Bob Detweiler 31.09
3. John Bruce 27.38
4. Joe McCluskey 22.84

70+
1. Ray Connolly 24.50
2. Harry McArdle 17.72

JAVELIN THROW

30-34
1. George MacLaughlin 17.72
2. Wayne Schiele 37.86
3. Jim Barber 35.50
4. Don Pierson 34.42

35-39
1. Dave Robertson 53.36
2. Anthony Minni 50.34
3. Ray Bury 50.26
4. Richard Kurnik 47.82
5. Jim Ackroyd 46.70

40-44
1. Pat Connely 42.00
2. John Polhemus 34.08
3. Haig Bohigian 32.36
4. Karl Klehm 31.30

45-49
1. Bob Youngs 52.50

2. Len Olson 40.64
Peter Conway 38.88
4. Pay Carstensen 32.98
5. Dick Bowering 25.60

WOMEN: DISCUS

35-39 - Susan Sherke 20.62
45-49 - Anna Cirulnick 20.71

WOMEN: JAVELIN

35-39 - Susan Sherke 18.80
55-59 - Elizabeth Messenger 10.74

SHOT PUT

30-34
1. Richard Dunphy 11.92
2. Wayne Schiele 10.42
3. William Sikorsky 9.04

35-39
1. Richard Kurnik 11.44
2. Joe Roberson 12.98
3. Jim Ackroyd 10.44

40-44
1. Richard Deere 11.44
2. Karl Klehm 10.80
3. John Polhemus 9.52

45-49
1. Len Olson 11.96
2. Pay Carstensen 10.70
3. Lou Gagliradi 9.40

50-54
1. Tom Brooks 10.77
2. Edv Terranova 10.58

55-59
1. Greg Battick 10.75
2. Payton Flournoy 8.79

60-64
1. Nat Heard 13.92
2. Bill Gilligan 12.96
3. Bob Stone 12.70

65-69
1. Bill Eipel 11.21
2. Bob Detweiler 9.73
3. Joe McCluskey 8.94
4. John Bruce 8.15

70+
1. Ray Connolly 9.38
2. Warren Pike 8.64

WOMEN: SHOT PUT

35-39 - Sue Sherka 7.21
45-49 - Anna Crulnick 8.07

POLE VAULT

30-34
1. Tom Rauscher 3.66

35-39
1. Wlod Sokolowski 4.27

40-44
1. Norman Cypress 3.51

50-54
1. John Hutchinson 2.59

45-49
1. Peter Conway 2.59

TRIPLE JUMP

30-34
1. Hannibal Preston 11.45
2. Ivan Black 11.31
3. Wayne Schiele 10.80

35-39
1. Ray Bury 12.20
2. Rob Flicker 10.32
3. Jim Ackroyd 8.15

40-44
1. Haig Bohigian 9.74

continued on next page...

Eastern Regionals
continued

50-54	
1. Ray Willis	9.38
2. Hal Cohen	8.21
55-59	
1. John Hutchinson	9.19
60-64	
1. R. Sorlein	9.01
65-69	
1. Bob Detweiler	7.85
HIGH JUMP	
30-34	
1. Ivan Black	1.58
2. Don Pierson	1.52
Wayne Schiele	1.52
35-39	
1. Richard Ross	1.65
2. Ray Bury	1.62
3. Bob Rottler	1.48
40-44	
1. Gerry Counihan	1.68
2. Norman Cypress	1.58
45-49	
1. Dick Bowering	1.52
2. Len Olson	1.22
50-54	
1. Ray Willis	1.37
2. Art Bradley	1.29
60-64	
Ted Ille	1.24
65-69	
1. Bill Eipel	1.24
70+	
1. Warren Pike	1.04
LONG JUMP	
30-34	
1. Ivan Black	5.79
2. Bill Sirkowsky	5.50
3. Don Pierson	5.17
4. Wayne Scheile	4.92
35-39	
1. Ray Bury	5.92
2. Gil Ermain	5.36
40-44	
1. Gerry Counihan	5.82
2. Haig Bohigian	5.04
3. James O'Hara	4.99
45-49	
1. Pay Carstensen	4.88
2. Len Olson	4.69
50-54	
2. Ray Willis	4.63
3. Hal Colen	4.45
4. Art Bradley	4.11
1. Charles Holland	4.85
55-59	
1. Jon Hutchinson	4.50
2. Payton Flourney	1.92
60-64	
1. R. Sorlein	4.29
2. Ted Ille	3.71
70+	
1. Warren Pike	3.64
2. Harry MacArdle	3.01
110 METER HURDLES	
30-34	
1. Brian Sullivan	15.05
2. Ivan Black	18.54
35-39	
1. Jim Ackroyd	16.59
40-44	
1. James O'Hara	15.66
2. Gerry Counihan	17.49
50-54	
1. Hal Colen	20.66
2. Art Bradley	22.34
55-59	
1. Jon Hutchinson	21.84

100 METER DASH

30-34	
1. Jim Lafferty	11.40
2. Brian Sullivan	11.46
3. Gary Geiger	11.52
35-39	
1. George Major	12.61
2. Bob Rottler	12.45
3. Gil Ermain	12.56
40-44	
1. John Moon	11.61
2. Mel Barnwell	11.76
3. Richard Deere	12.10
45-49	
1. Matt Brown	11.93
2. Gus Franze	12.46
3. Cliff Pauling	12.84
50-54	
1. Tom Brooks	12.86
2. Chas Holland	13.05
3. Jim Dowline	13.15
55-59	
1. Rudy Valentine	12.62
2. Ken Jack	12.83
3. Les Smith	14.03
60-64	
1. Dave Lawyer	13.88
2. Nat Heard	14.42
3. R. Sorlein	14.58
65-69	
1. Leo Rothbart	15.77
70+	
1. Manfred D'elia	14.63
2. Warren Pike	16.37
WOMEN: 100 METER DASH:	
45-49 - Anna Cirulnick	14.80
50-55 - Chris McKensie	14.97
400 METER HURDLES	
30-34	
1. Brian Sullivan	57.58
2. Tom Rauscher	67.16
3. Rob Flicker	69.94
45-49	
1. Matt Brown	63.02
2. Tom Talbott	78.20
50-54	
1. Gene Kelly	73.71
2. Art Bradley	79.20
55-59	
1. Jon Hutchinson	78.70
10,000 METER RUN	
30-34	
1. Jon Folber	36.08.61
2. Jim Barber	42.14.14
35-39	
1. Dick Ashley	36.32.00
40-44	
1. Bob Clerk	35.02.11
2. Bill Masterson	37.35.53
45-49	
1. Richard Whitman	35.49.39
50-54	
1. Herb Hardman	39.29.31
2. Peter Taggart	42.13.60
55-59	
1. Larry Rush	
WOMEN: 10,000 METER RUN	
Connie Comfort	45.48.18
Toshika D'elia	41.03.08
TEAM SCORES	
30-39 - Garden State Track Club - 91 points	
40-49 - New York Masters - 91 points	
50-59 - New York Masters - 60 points	
60-69 - New York Athletic Club - 38 points	
4X400 RELAY	
30-39 - Fairfield Country Striders - 3.38.43	
40-49 - New York Masters - 4.35.18	
50-59 - North Jersey Track Club - 4.22.86	

200 METER DASH

30-34	
1. Gary Geiger	23.55
2. Jim Lefferty	24.00
3. George Kaweck	24.46
35-39	
1. Joe Kopka	23.40
2. Robert Sanford	24.20
3. Alex Raymond	24.23
40-44	
1. Mel Barnwell	24.07
2. Dawson Prett	24.83
3. Jerom Willis	25.29
45-49	
Lloyd Riddick	24.60
Bob Seelig	27.25
Tom Talbott	31.05
50-54	
1. Charles Holland	26.88
2. Jim Dawline	27.09
3. Ray Willis	28.33
55-59	
1. Rudy Valentine	26.90
2. Ken Jack	27.18
3. Jim Manno	29.16
60-64	
1. Nat Heard	29.57
2. Dave Lawyer	30.12
3. R. Sorlein	30.77
70+	
1. Manfred D'elia	30.75
400 METER DASH	
30-34, 35-39	
1. Rob Maxwell	50.79
2. Joe Kopka	51.34
3. Rob Flicker	53.69
40-44	
1. Ken Baker	53.10
2. Ed Small	54.06
3. Dawson Pratt	54.86
45-49	
1. Cliff Pauling	56.66
2. Bob Seelig	58.72
3. Matt Boyle	62.14
50-54	
1. Bert Lancaster	55.80
2. Jim Dowline	59.44
3. Ray Willis	60.00
55-59	
1. Rudy Valentine	57.66
2. Ken Jack	60.34
3. Jim Mannp	62.51
60-64	
1. John Hubbard	69.09
2. Bob Mulliken	71.96
3. Tim Dyas	72.48

5000 METER WALK

30-34	
1. Bruce Douglass	28.50.63
2. Ivan Black	25.58.41
45-49	
1. Jack Boitano	23.24.78
2. Bob Fine	26.23.52
3. Bernard Kaufman	33.45.40
50-54	
1. Harry Sitonen	29.10.44
2. Tom Castingen	35.22.86
3. Maurice Lentze	37.46.83
60-64	
1. Don Johnson	28.45.84
2. Tim Dyas	31.42.42
WOMEN, 400 METER DASH	
50-54	
1. Anna Rush	31.24.83
55-59	
1. Anna Costigen	46.48.33
800 METER RUN	
30-34	
1. Laddy Lawrence	2.08.70
35-39	
1. Bob Maxwell	2.01.67
2. Ron Silvio	2.08.56
3. Robert Pratt	2.17.68
40-44	
1. Ken Baker	2.08.64
2. Delcen Gibson	2.13.53
45-49	
1. Tom Connolly	2.11.39
2. Tom Talbott	2.35.10
3. Mort Guertin	2.21.81
50-54	
1. Kellsey Brown	2.16.22
2. Joe Kernan	2.20.78
55-59	
1. Archie Messenger	2.21.16
2. Dave Harris	2.28.91
65-69	
1. Casey Witkowski	2.40.09
2. Joe McCluskey	3.06.59
70+	
1. Harry Mac Ardle	3.00.32
WOMEN:	
35-39	
1. Marcia Freeman	2.48.34
50-54	
Chris Mackensie	2.39.91

1500 METER RUN

30-34	
1. John Hastings	4.11.78
2. Edward Carney	4.12.72
3. Jon Folber	4.24.23
35-39	
1. Therman Evans	4.34.16
2. Bob Pratt	4.34.43
3. Rob Ward	4.34.70
40-44	
1. Bill Masterson	4.33
45-49	
1. Barry Almond	4.34.9
2. Mort Gurhn	4.36.50
3. Walter McCarthy	4.38.60
50-54	
1. Kellsey Brown	4.35.14
2. Joe Kernan	4.45.44
3. George Brown	4.54.89
60-64	
1. Geer Danforth	5.46.90
70+	
1. Harry MacArdle	6.12.17
WOMEN: 1500 METER RUN	
35-39	
1. Marcia Freeman	5.31.57
2. Chris Mackensie	5.21.42
WOMEN: 400 METER	
1. Barbara Pike	72.95
5000 METER RUN	
30-34	
1. Jon Folber	16.12.63
2. Bruce Douglass	19.11.99
35-39	
1. Tom Durie	15.52.04
2. Ralph Wadle	16.35.52
40-44	
1. Rob Clerk	16.12.66
2. David Sarles	16.13.32
45-49	
1. Bob Fine	18.35.38
50-54	
1. Howard Rubin	18.24.52
2. Herb Hardman	18.47.19
60-64	
1. John Hubbard	18.57.54
2. Dab Geer	20.44.45
WOMEN: 5000 METER RUN	
Connie Comfort	19.29.12
Linda Hawkes	21.12.95

GLORIA VANDERBILT ABRAHAM AND
STRAUS 5-MILER, PROSPECT PARK,
BROOKLYN, N.Y. JUNE 15, 1980.

Finishers: 833 men, 288 women.
Weather: Warm and humid.
Sponsor: NYRR

MEN 40-49	
Nelson Crader	40 28:38
Thomas Lisenbee	41 29:43
Cecil Burgin	41 29:55
Peter Ranis	44 30:10
Larry Smith	42 30:21

MEN 50-59	
Bob Muller	55 30:12
Harry Berner	56 31:00
Walter Brown	55 31:08
Jack Sokolofsky	53 31:15
Dan Dougherty	51 31:59

MEN 60-69	
George Donley	64 40:26
Edward Dewey	60 40:39
Jack Berman	61 43:06
Henry Winitt	67 53:22

WOMEN 40-49	
Polly Schonfeld	41 31:40
Margit Brosnan	41 37:38
Doreen Griffin	41 41:07

WOMEN 50-59	
Jean Cavrell	52 47:12
Yolanda Rodriguez	54 48:41
Terry Hauser	52 50:52

WOMEN 60-69	
Althea Jureidini	62 1:02:06

18TH ANNUAL 'JACKRABBIT 15'
SAT. JUNE 7, 1980. LINCOLN,
NEBRASKA. 148 FINISHERS.

Sponsor: Prairie Strider
Track Club.

MEN 40-49	
Richard Smith	41 1:31:39
Chuck Wildes	40 1:36:23
Russ Strande	46 1:37:27

MEN 50-59	
Art Hinman	51 1:39:40
Charles Roberts	56 1:52:04
Bruce Miller	56 1:53:15

MEN 60-69	
Lorne Bartling	65 1:55:16

WOMEN 30-39	
Patti Giebink	30 1:48:14
Audrey Watson	37 1:54:48
Vickie Kolb	32 2:04:26

WOMEN 40-49	
Lu Holwerda	43 2:06:58

Results

NATIONAL MASTERS T&F CHAMPIONSHIPS

Philadelphia, PA

July 4-6

Event No. 2--100 Meters

M OA 30-34 (hand timed)

1	Mike Jackson	10.8
2	Gerry Fitzgerald	10.9
3	Hilliard Sumner	11.0
4	Herman Franklin	11.1
5	James Lafferty	11.4

M OB 35-39 (hand timed)

1	Clarence Ray	10.6
2	Rubin Whitney	10.7
3	Tom Randolph	10.8
4	Bill Mabane	11.6
5	Ray Alexander	12.0
6	Robert Stanford	no time

M 1A 40-44

1	Doug Smith	11.40
2	Ken Dennis	11.49
3	Warren Crutchfield	11.56
4	Lewis Smith	11.80
5	Tom Stradley	11.84
6	Robert Jackson	no time
7	Larry Colbert	12.06

M 1B 45-49

1	Milton Newton	11.53
2	Matt Brown	11.70
3	Lloyd Riddick	11.89
4	Bobby Whilden	12.35
5	John Barrie	13.5 (ht)

M 2A 50-54

1	Bert Lancaster	11.94
2	Jack Greenwood	12.30
3	Edward Schular	12.47
4	Harold Green	12.54
5	Joe Murphy	12.71
6	Larry Gregory	12.75

M 2B 55-59

1	Jose Ubarri	12.38
2	Rush Jacobs	12.97

M 3A 60-64

1	Robert Hunt	13.60
2	Byron Wallis	13.93
3	Max Pickl	14.01
4	Robert Sorlien	14.38
5	B.H. Wright	14.54

M 3B 65-69

1	Gilberto Gonzalez	14.09
2	John Satti	14.13
3	George Braceland	15.13

M 4A 70-74

1	Anthony Castro	14.38
2	Manfred d'Elia	14.74

M 4B 75-79

1	Sing Lum	15.77
2	Russell Myers	16.00
3	Herbert Anderson	16.18
4	Konrad Boas	16.78
5	Curtis Wright	17.13

M 5B 85-89

1	Vincent Schiavi	27.62
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W OA 30-34

1	Eileen-Philippa Watson	12.76
2	Skipper Clark	12.83
3	Anna Mapps	14.21
4	Marie Berety	14.3 (ht)
5	Jane Bernhardt	no time

W OB 35-39

1	Sandy Paskin	14.0 (ht)
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W 1A 40-44

1	Joann Griesom	14.19
2	Alexandra Johnson	15.52

W 1B 45-49 (hand timed)

1	Christel Miller	13.9
2	Chris McKenzie	14.7
3	Anna Cirulnick	15.6
4	Marie Barrie	16.8
5	Dorothy Donley	21.4

W 2A 50-54 (ht)

1	Shirley Ammons	15.9
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W 3A 60-64 (ht)

1	Marjorie Hunt	21.9
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W 4A 70-74

1	Marilla Salisbury	29.86
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Event No. 18--200 Meters

M OA 30-34

1	Mike Jackson	22.41
2	Hilliard Sumner	22.53
3	Michael Purinton	22.79
4	Gary Geiger	23.26
5	Ellis Martin	23.29
6	James Lafferty	23.86
7	Frank Anthony	24.07
8	Rod Ferguson	24.35
9	Michael Smith	25.41

M OB 35-39

1	Rubin Whitney	22.04
2	Clarence Ray	22.07
3	Tom Randolph	22.87

4 Brad Hill

5	Robin Ficker	25.15
6	Kirt Vener	26.05

M 1A 40-44

1	Doug Smith	22.77
2	Kenneth Dennis	22.94
3	Dimitri Abayomi	23.19
4	Cliff Bertland	23.77
5	Larry Colbert	23.86
6	Jerome Willis	24.9 (ht)
7	Charles Dudley	24.9 (ht)
8	Haig Bohigian	25.0 (ht)

M 1B 45-49

1	Milton Newton	23.55
2	Lloyd Riddick	23.88
3	Matt Brown	24.59
4	Edward Sutton	25.70
5	Robert Seedig	26.1 (ht)
6	Joel Holman	26.7 (ht)
7	John Barrie	28.6 (ht)

M 2A 50-54

1	Bert Lancaster	24.43
2	Jack Greenwood	24.68
3	Oswald Dawkins	25.49
4	Gene Harte	25.74
5	Stuart Johnson	26.23
6	Edmund Schular	25.4 (ht)
7	Charles Rice	27.5 (ht)
8	Les Trubey	27.4 (ht)

M 2B 55-59

1	Jose L'Ubarri	25.51
2	Thompson	26.01
3	Rush Jacobs	26.39
4	Raymond Spencer	27.41
5	Jim Manno	27.2 (ht)
6	Oscar Harris	28.4 (ht)

M 3A 60-64

1	John Alexander	27.61
2	Robert Hunt	27.96
3	Byron Wallis	29.06
4	Wright	30.01
5	Robert Sorlien	30.01
6	Basil Karavassily	32.77

M 3B 65-69

1	Frank Finger	28.54
2	John Satti	29.22
3	George Braceland	32.56

M 4A 70-74

1	Anthony Castro	29.67
2	Manfred d'Elia	30.19
3	C.E. Kline	30.90

M 4B 75-79

1	Herbert Anderson	32.71
2	Sing Lum	32.82

W OA 30-34

1	Eileen-Philippa Watson	26.59
2	Anna Mapps	29.49
3	Jane Bernhardt	30.22

W OB 35-39

1	Miki Hervey	34.12
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W 1A 40-44

1	Joann Griesom	31.38
2	Alexandra Johnson	32.16

W 1B 45-49

1	Marie Barrie	34.91
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W 2A 50-54

1	Shelley Ammons	33.78
2	Marcia Spaeth	34.09

W 4A 70-74

1	Marilla Salisbury	67.11 W
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Event No. 12--400 Meters

M OA 30-34

1	Hilliard Sumner	48.95
2	Michael Purinton	50.87
3	Ellis Martin	52.26
4	Doug Hadden	52.40
5	Donald Moore	55.45
6	Clifford O'Brian	56.58

M OB 35-39

1	Tom O'Hara	51.64
2	Brad Hill	51.98
3	Maurice McDonald	52.40
4	Robin Ficker	52.62
5	Gary Carr	52.71
6	Robert Stanford	53.69
7	Ed King	54.69
8	Kirt Vener	58.20
9	Jim Clark	64.69

M 1A 40-44

1	James Burnett	49.76 A
2	Harry Tolliver	51.80
3	Larry Colbert	51.93
4	John Sanders	52.37
5	Ohrmiri Abayomi	52.71
6	Haig Bohigian	55.87
7	Marty Stern	56.53
8	DeLeon Gibson	57.07

M 1B 45-49

1	Milton Newton	51.0 W
2	Cliff Pauling	52.7
3	Rudy Enders	55.4
4	Edward Sutton	56.3
5	Joel Holman	58.3
6	Phil McClockey	59.7
7	John Snell	60.8
8	Rudy Clarence	1:03.9
9	Thomas Talbott	1:05.4

M 2A 50-54

1	Jack Greenwood	54.88
2	Bert Lancaster	55.85
3	Oswald Dawkins	57.13
4	Stafford Thompson	57.33
5	Gene Harte	58.10
6	Earl Sumner	60.98
7	Charles Rice	65.50
8	Rich Czarpata	no time

M 2B 55-59

1	Rush Jacobs	60.27
2	Jack Rice	60.83
3	Raymond Spencer	61.52
4	Archie Messenger	61.65
5	Robert Coughlin	65.22

M 3A 60-64

1	Robert Hunt	61.43
2	John Alexander	61.74
3	Milton Bass	64.59

M 3B 65-69

1	Frank Fenger	64.10
2	John Satti	66.60
3	Casey Witkowski	1:10.70

M 4A 70-74

1	C.E. Kline	1:09.03
2	Harry McArdle	1:13.40
3	Paul Fairbank	1:16.79
4	Richard Bredenbeck	1:17.68

M 4B 75-79

1	Herbert Anderson	1:14.95
2	Sing Lum	1:18.6 (ht)
3	Russell Meyers	1:27.6 (ht)

W OA 30-34

1	Alexis Harris	60.17
2	Skipper Clark	63.22
3	Marianne Winters	1:33.71

W OB 35-39

1	Miki Hervey	65.00
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W 1A 40-44

1	Pat Bessel	1:07.80
2	Alexandra Johnson	1:12.72

W 1B 45-49

1	Chris McKenzie	1:07.36
2	Marie Barrie	1:26.40

W 2A 50-54

1	Marcia Spaeth	1:15.88
2	Shelley Ammons	1:16.16

W 4A 70-74

1	Marilla Salisbury	2:51.15
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Event No. 10--800 Meters

M OA 30-34

1	Jim Waters	1:58.5
2	Alfonso Jennings	2:00.6
3	Terry Horton	2:00.9
4	George Jenkins	2:01.1
5	Earl Andrews	2:02.2
6	Bob Whitehead	2:03.6
7	Marc Anderson	2:04.4
8	Jim Sheaffer	2:07.3

M OB 35-39

1	Larry Miller	1:55.6
2	Gary Carr	1:56.1
3	Bob Maxwell	1:58.7
4	Maurice McDonald	2:00.0
5	David Shilling	2:00.9
6	James Skalski	2:11.2

M 1A 40-44

1	Ernest Billups	1:57.8
2	George Cohen	1:57.9
3	Harry Tolliver	1:58.5
4	Alby Williams	2:01.4
5	Kenneth Baker	2:02.5
6	James Demma	2:04.4
7	Richard Ocker	2:05.7
8	Lawrence Harvey	2:06.6
9	DeLeon Gibson	2:08.0
10	Kurt Berggren	2:09.2

M 1B 45-49

1	Clifford Pauling	2:02.7
2	Robert Saddler	2:03.3
3	Bill Krebs	2:05.1
4	James Schirber	2:10.4
5	William Kluman	2:13.1
6	Henry Kupczyk	2:13.7
7	Russell Glatz	2:14.7
8	George Jackson	2:15.6
9	Thomas Talbott	2:28.2
10	John Barrie	2:42.3

M 2A 50-54

1	Kelsey Brown	2:08.8
2	Joe Kernan	2:14.8
3	Louis Schneider	2:15.7
4	Stuart Johnson	2:16.9
5	Charles Rice	2:26.8
6	Robert Parsons	2:30.5
7	Rich Czarpata	2:49.9

M 2B 55-59

1	Bill Fitzgerald	2:08.9 W
2	Philip Arnot	2:13.2
3	Archie Messenger	2:18.6
4	Avery Bryant	2:19.8
5	Robert Coughlin	2:36.4

M 3A 60-64

1	Milton Bass	2:24.1
2	Harold Greenberg	2:37.0

M 3B 65-69

1	Frank Fenger	2:25.3 W
2	Casey Witkowski	2:48.1

M 4A 70-74

1	Richard Bredenbeck	
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National Masters
continued

M 2B 55-59	
1 Jim O'Neill	35:35.6 AR
2 Jack Start	39:10.3
3 Jack Pennington	41:58.5
4 Harold Sanderson	43:07.2
5 Dr. W.N. Hewson	43:49.5
6 Walt Kreimann	46:11.0
7 James Stevenson	54:37.1

M 3A 60-64	
1 Harold Greenberg	42:36.0
2 John McCarthy	42:36.8
3 Abe Bell	49:33
4 Danforth Geer	DNF

M 3B 65-69	
1 Rudolph Nilson	46:17

M 4A 70-74	
1 Charles Espy	46:42
2 Paul Carmichael	54:37.1

W OA 30-34	
1 Kathy McIntyre	36:59.6
2 Nina Crampe	40:59.5

W 1A 40-44	
1 Sandra Knott	37:28.5
2 Pat Bessel	40:21.8
3 Sandra Polzer	41:36
4 Jeanne Ulrich	49:23.1

W 2A 50-54	
1 Toshiko d'Elia	41:00.1

W 5A 70-74	
1 Marilla Salisbury	1:16:22

5000 Meter Walk

M OA 30-34	
1 Todd Scully	21:28
2 Ivan Black	22:42
3 Kerry Beely	34:50

M 1A 40-44	
1 Joe Stefanowicz	25:59
2 William Preston	26:19
3 Ron Laird	27:03

M 1B 45-49	
1 Jack Boitano	25:05
2 Bob Fine	26:28
3 John MacLachlan	29:40

M 2A 50-54	
1 Fred Dunn	26:53
2 Harry Siitonen	29:03
3 Tom Costigan	34:19

M 2B 55-59	
1 Bob Mimm	26:35
2 Tim Dyas	33:24
3 Max Gould	36:52

M 3A 60-64	
1 Don Johnson	29:19
2 Richard Lukes	33:39

M 3B 65-69	
1 John Wall	37:46

M 4A 70-74	
1 Gordon Wallace	30:40
2 David Lakritz	33:41
3 Chesley Unruh	35:53

W 2A 50-54	
1 Anna Kush	32:49

W 2B 55-59	
1 Agnes Costigan	46:08

Event No. 15--20 Kilometer Walk

M OA 30-34	
1 Ivan Black	2:24:08

M OB 35-39	
1 Robert Jennings	2:14:06

M 1A 40-44	
1 William Preston	1:52:38
2 Ron Laird	2:06:28
3 Paul Robertson	2:09:02
4 J.R. Fleagel	2:10:06

M 1B 45-49	
1 Jack Boitano	1:43:01
2 Robert Fine	1:59:36
3 Joel Holman	2:12:31
4 Bernard Kaufman	2:20:42
5 Paul Walkovic	2:46:27

M 2A 50-54	
1 Fred Dunn	1:55:18
2 Tony Diamond	2:18:01
3 Sanford Kalb	2:34:47.2

M 2B 55-59	
1 Robert Mim	1:54:48
2 Tim Dyas	2:09:04

M 3A 60-64	
1 Max Gould	1:51:40
2 Don Johnson	2:07:41

M 3B 65-69	
1 John Wall	2:43:00

M 4A 70-74	
1 Gordon Wallace	2:11:04
2 Chesley Unruh	2:34:47.6

W 2A 50-54	
1 Anna Rush	2:24:33

110 Meter Hurdles

M OA 30-34 (39")	
1 Tom Malik	15.04
2 Ron Warrington	15.22
3 Al Lipscomb	15.71

M OB 35-39 (39")	
1 Vernon Fassette	15.58
2 Bryan Westfield	16.51

M 1A 40-44 (36")	
1 Alvin Henry	15.22
2 Jim O'Hara	15.53
3 Lew Thorne	15.57

M 1B 45-49 (36")	
1 Dave Jackson	16.04
2 Phil Mulkey	17.17
3 Leon Trout	17.30

M 2A 50-54 (33")	
1 Jack Greenwood	16.48
2 Jay Wallace	17.65
3 Joe Murphy	18.01

M 2B 55-59 (33")	
1 Freeman Marr	19.90
2 Jim Johnson	21.10

M 3A 60-64 (30")	
1 Bob Hunt	17.63
2 Burl Gist	18.02
3 Marcus Neuhof	20.01

M 3B 65-69 (30")	
1 Claude Hills	20.01
2 George Braceland	20.09

M 4B 75-79 (30")	
1 Russell Meyers	20.93 WR
2 Herb Anderson	27.92

WOMEN (Open)	
1 Eileen Philippa-Watson	16.66
2 Joann Grissom	19.18
3 Skipper Clark	20.07

Event No. 16--400 Meter Intermediate

M OA 30-34 (36")	
1 Rodney Wiltshire	55.44
2 Brian Sullivan	57.79
3 Al Lipscomb	60.02
4 Ronald Warrington	60.09

M OB 35-39 (36")	
1 Bryan Westfield	58.85
2 David Van Dusen	62.05
3 Rich D'Amato	63.01
4 Robin Packer	1:10.51

M 1A 40-44 (33")	
1 Berkly Nelson	58.36
2 Gary Miller	59.24
3 Jack Brocksmith	61.26
4 Hylke Van Derwal	62.31
5 James Bradley	63.56
6 Joseph Littlejohn	68.24

M 1B 45-49 (hand timed) (33")	
1 Rudy Enders	60.3
2 Matt Brown	62.5
3 William Clark	65.0
4 Al Shgahan	67.2
5 George Taylor	1:08.3

M 2A 50-54 (30")	
1 Jack Greenwood	1:00.14
2 Harold Green	1:04.71
3 Jay Wallace	1:06.92
4 Joe Murphy	1:08.01
5 R.G. Wolf	1:08.31
6 John Martin	1:10.47
7 Gene Kelly	1:15.02
8 Franklin Womer	1:15.04

M 2B 55-59 (40")	
1 Ray Spencer	1:10.81
2 Avery Bryant	1:18.77

M 3A 60-64 (30")	
1 Robert Hunt	1:10.09
2 Max Pickl	1:15.22

M 3B 55-59 (30")	
1 George Braceland	1:19.07
2 Claude Hills	1:22.87
3 Bob Boal	1:25.52

M 4A 70-74 (30")	
1 Fred Bierlein	1:52.89

M 4B 75-59 (30")	
1 Herbert Anderson	1:32.46
2 Russell Meyers	1:34.46

W 1A 40-44 (30")	
1 Joann Grissom	1:20.98

3000 Meter Steeplechase

M OA 30-34	
1 Ron Salvio	11:14.8
2 Joel Liles	12:24.3

M OB 35-39	
1 Lou Coppens	10:53.0
2 John Shaw	13:05.8

M 1A 40-44	
1 Hylke VanDeWal	9:54.8
2 Fred Best	10:13.5
3 Ed Hotham	11:23.6

M 1B 45-49	
1 Walt McConnell	NT

M 2A 50-54	
1 Roland Anspach	11:25.1
2 Jim Waste	13:15.0
3 Rich Czarapata	13:41.2

M 2B 55-59	
1 Avery Bryant	12:09.0

M 3B 65-69	
1 Bob Boal	11:51.8

M 4A 70-74	
1 Charles Espy	16:09.0
2 Paul Carmichael	19:58.0

Event No. 13--4x100 Meter Relay (Men)

Ages 30-39	
1 Southern California Striders	42.0 42.21
2 Philadelphia Masters A	43.9 44.21
3 Greenville Track Club	44.7 44.82
4 Potomac Valley Seniors	44.7 44.89
5 Ann Arbor	51.3 51.45

Ages 40-49	
1 Corona Del Mar	43.8 43.98
2 New York Masters	44.9 45.03
3 Philadelphia Masters A	44.9 45.08
4 Southern California Striders	46.8 46.99
5 Potomac Valley Seniors	47.0 47.29
6 Philadelphia Masters B	52.5 52.61

Ages 50-59	
1 Philadelphia Masters A	49.3 49.55
2 Corona Del Mar	51.0 51.18

Ages 60-69	
1 Philadelphia Masters A	1:05.6 1:05.58
2 Philadelphia Masters B	1:09.2 1:09.67

4 X 400 RELAY

30-39	
1 So. Calif. Striders	3:23.9
2 Philadelphia Masters	3:26.9
3 Potomac Valley STC	3:29.7

40-49	
1 Corona Del Mar	3:32.3
2 Atlanta Track Club	3:42.4
3 New York Masters	3:48.6
4 Philadelphia Masters	3:53.9

50-59	
1 Richmond Track Club	4:02.6
2 North Jersey Masters	4:19.0

60-69	
1 Philadelphia Masters	4:49.6

Event No. 14--4x800 Meter Relay (Men)

Ages 30-39	
1 Philadelphia Masters A	8:07.1
2 Potomac Valley Seniors A	8:12.9
3 Philadelphia Masters B	8:52.1
4 Potomac Valley Seniors B	9:10.4

Ages 40-49	
1 Potomac Valley Seniors	8:36.4
2 Atlanta Track Club	8:38.3
3 New York Masters A	9:01
4 New York Masters B	10:14

MEN'S HIGH JUMP

Age 30-34	
1, Joseph David, 6-8	
2, Glen Stone, 6-6	
3, Ronald Purdum, 6-6	
4, Kenneth Johnson, 5-10	
5, Mike Davis, 5-10	
6, Al Zacharka, 5-6	
7, Ron Salvio, 5-4	
8, Joel Liles, 5-2	
9, Ivan Blac, 5-2	
10, Don Pierson, 5-2	
(Pat Matzdorf failed to clear)	

Age 35-39	
1, Frank Castello, 6-4	
2, Richard Ross, 6-2	
3, Michael O'Meara, 6-0	
4, James Littlejohn, 5-10	
5, Alonzo Littlejohn, 5-10	
6, Lyman Johnson, 5-4	

Age 40-44	
1, Jerry Counihan, 5-10	
2, Mamon Gibson, 5-10	
3, Tom Langenfeld, 5-8	

Age 45-49	
1, Herm Wyatt, 6-0	
2, Milton Newton, 5-10	
3, tie, Rich Richardson, 5-8	
Floyd Smith 5-8	

5, Walt Hutchins, 5-4	
6, Phil Mulkey, 5-2	
7, Ray Fitzhugh, 5-2	
8, Rudy Clarence, 4-6	
9, John Bankert, 4-2	

M 2A (50-54)	
1 J.C. Brown	1.75 (5-9) WK
(New age group World Record)	
2 Ed Austin	1.62 (5-4)
3 R.G. Wolf	1.37 (4-6)
4 Patrick Devine	1.32 (4-4)

M 2B (55-59)	
1 Spotswood Hall	1.62 (5-4)
2 Floyd Simmons	1.57 (5-2)
3 Irv Mondschein	1.52 (5-0)
4 David Brown	1.47 (4-10)
5 Boo Morcom	1.37 (4-6)
6 Tom Devaughn	1.27 (4-2)

M 3A 60-64	
1 Burl Gist	1.59 (5-24) wR
(New age group World Record)	
2 Orval Gillett	1.47 (4-10)
3 Marcus Neuhof	1.42 (4-8)
4 Max Pickl	1.32 (4-4)
5 Theodore Iile	1.27 (4-2)
6 Paul Eberhardinger	1.17 (3-10)
7 Alonzo Littlejohn	1.12 (3-8)

M 3B 65-69	
1 Ian Hume	1.50 (4-11) wR
(New age group World Record)	
2 William Eipel	1.37 (4-6)
3 Claude Hills	1.32 (4-4)
4 George Braceland	1.27 (4-2)
5 Don Hummel	1.22 (4-0)

M 4A 70-74	
1 Wesley Ward	4-6 WK
2 Warren Pike	3-6

M 4B 75-59	
1 Herb Anderson	4-0
2 Win McFadden	3-10
3 Konrad Boas	3-6

W OA 30-34	
1 Eileen-Philippa-Watson	4-10
2 Skipper Clark	4-10

W 1A 40-44	
1 Joann Grissom	4-4

W 1B 45-49	
1 Christel Miller	4-2

Pole Vault

M OA 30-34	
1 Jim Williamson	15-6
2 Mike Wolyniec	14-0
3 Mike Davis	13-6

M OB 35-39	
1 Wlodzimierz Sokolowski	14-0
2 Rober Avton	12-6
3 R.D. Stepp	12-0

M 1A 40-44	
1 Paul Richard	13-6
2 Counihan	13-6
3 Ed Hoyle	13-0

M 1B 45-49	
1 Phil Mulkey	12-0
2 Leon Trout	9-6
3 Ray Fitzhugh	9-0

Age 50-54	
1, Jerry Donley, 12-6	
2, Franklin Wommer, 10--	
3, R.G. Wolf, 8-6	
4, Richard Walkup, 8-0	

Age 55-59	
1, Boo Morcom, 12-6	
2, David Brown, 10-6	
3, James Johnson, 9-6	
4, Thomas DeVough, 8-0	

National Masters
continued

M 3B 65-69		
1	Ian Hume	10.64 (34-11)
2	John Satti	9.71 (31-10)
3	Claude Hills	8.81 (28-11)
4	Donald Hummel	8.13 (26-8)

M 4A 70-74		
1	Wesley Ward	8.16 (26-9)
2	Sherman Burho	7.50 (24-7)

M 4B 75-79		
1	Winfield McFadden	8.19 (26-10)
2	Herbert Anderson	7.46 (24-5 3/4)
3	Russell Meyers	6.80 (22-3 3/4)

W OA 30-34		
1	Eileen-Philippa Watson	8.86

Shot Put

M OA 30-34		
1	Rick Dunphy	40-0
2	John Vogler	38-0
3	Fred Johnston	37-10

M OB 35-39		
1	Edward Hill	49-1
2	John Anderson	35-0

M 1A 40-44		
1	Steve Hameroff	43-1
2	Hal Smith	42-1
3	Carl Klehm	37-3

M 1B 45-49		
1	Tom Henderson	42-2
2	Stewart Thompson	42-0
3	Carlos Fraundorfer	41-11

M 2A 50-54		
1	Tom Allison	36-11
2	Tom Hill	37-6
3	Richard Walkup	36-11

M 2B 55-59		
1	William Walmroth	45-3
2	Floyd Simmons	39-8
3	John Ward	29-6

M 3A 60-64		
1	Bill Gilligan	45-5
2	William Coleman	44-4
3	Harold Parsons	41-8

M 3B 65-69		
1	James York	44-8
2	Ross Carter	41-5
3	Neel Buell	39-6

M 4A 70-74		
1	Raymond Connolly	33-7
2	Warren Pike	31-4

M 4B 75-79		
1	Stan Herrmann	33-2
2	Herb Anderson	28-8
3	Curtis Wright	24-5

M 5B 85-89		
1	Vincent Schiavi	18-5

W OA 30-34		
1	Marie Berety	25-11
2	Anna Mapps	22-10

W OB 35-39		
1	Susan Sherke	22-8

W 1A 40-44		
1	Joann Grissom	37-9

W 1B 45-49		
1	Anne Cirulnick	26-10

Discus

M OA 30-34		
1	Les Rager	150-2
2	Paul Corrigan	149-10
3	Norman Bower	141-11

M OB 35-39		
1	Edward Hill	146-6
2	Larry Pratt	143-6
3	John Anderson	104-11

M 1A 40-44		
1	Bob Humphreys	47.37 (155-4)
2	David MacMillan	37.42 (122-9)
3	Hal Smith	35.25 (115-7)
4	Carl Klehm	33.77 (110-9)

M 1B 45-49		
1	Stewart Thomson	38.61 (126-8)
2	Len Olson	38.53 (126-4)
3	Carl Fraundorfer	38.48 (126-3)
4	Thomas Henderson	35.41 (116-2)

M 2A 50-54		
1	Edward Terranova	35.40 (116-2)
2	Tom Hill	33.75 (110-8)
3	Tom Allison	33.72 (110-7)
4	Charles Olson	22.84 (74-11)

M 2B 55-59		
1	William Walmroth	41.51 (136-2)
2	John Ward	28.51 (93-6)
3	Robert Sheipe	22.13 (72-7)
4	Payton Flournoy	20.74 (68-0)

M 3B 65-69		
1	Neel Buell	37.62 (123-5)
2	Larry R. Pratt	35.39 (116-1)
3	Bob Detwiler	34.86 (114-4)
4	Ross Carter	34.52 (113-3)
5	James York	33.56 (110-1)
6	Gilberto Gonzalez-Julia	32.10 (105-4)
7	William Eipel	30.84 (101-2)
8	Claude Hills	26.86 (88-1)

M 3A 60-64		
1	Tom McDermott	152-11
2	Bill Gilligan	135-10
3	Harold Parsons	123-8

M 4A 70-74		
1	W. Sherman Burho	87-2
2	Ray Connolly	80-0
3	Warren Pike	79-2

M 4B 75-79		
1	Win McFadden	89-3
2	Stan Herrmann	86-4
3	Herb Anderson	68-8

W OA 30-34		
1	Susan Skerke	71-11

W 1A 40-44		
1	Ann Smith	63-7

W 1B 45-49		
1	Anna Cirulnick	75-9

Event No. 34--Javelin		
M OA 30-34		
1	Scott Hagy	59.97 (196-9)
2	Dean Diehl	41.26 (135-4)
3	George MacLachlan	41.12 (134-11)

M OB 35-39		
1	Anthony Minni	50.02 (164-1)
2	Edward Hill	46.70 (153-2)

M 1A 40-44		
1	Hal Smith	44.15 (144-10)
2	Ken MacKenzie	37.98 (124-7)
3	Karl Klehm	28.65 (94-0)

M 1B 45-49		
1	Phil Conley	59.70 (195-10)
2	Robert Youngs	55.02 (180-6)
3	John Reider	49.33 (161-10)
4	Len Olson	45.64 (149-9)

M 2A 50-54		
1	Richard Walkup	38.42 (126-0)
2	Tom Hill	34.74 (114-0)

M 2B 55-59		
1	Floyd Simmons	42.10 (138-1)
2	Albert Selig	39.38 (129-2)

M 3A 60-64		
1	Herman Hand	31.50 (103-4)
2	Harold Parsons	30.61 (100-5)
3	Stan Laski	30.07 (98-8)
4	Paul Eberhardinger	25.57 (83-10 3/4)

M 3B 65-69		
1	Ian Hume	38.25 (125-5)
2	George Braceland	31.89 (104-7)
3	Robert Detwiler	28.68 (94-1)

M 4A 70-74		
1	William Dunham	25.00 (82-0)
2	Raymond Connolly	19.74 (64-9)

M 4B 75-79		
1	Herbert Anderson	23.74 (77-10 3/4)
2	Winfield McFadden	20.98 (68-10)

W OB 35-39		
1	Susan Skerke	20.62 (67-7 3/4)

W 1B 45-49		
1	Christel Miller	30.78 (101-0)

Event No. 34--Hammer Throw		
M OA 30-34		
1	Joe Ross	41.63 (136-6)
2	Norman Bower	39.96 (131-1)

M OB 35-39		
1	Edward Hill	41.12 (134-11)
2	Harold Jackson	32.96 (108-2)

M 1A 40-44		
1	Norm Cypress	40.54 (133-0)
2	Carl Klehm	35.22 (115-7)
3	Ken MacKenzie	27.25 (89-4 3/4)

M 1B 45-49		
1	Stewart Thomson	45.39 (148-11)
2	Irving Black	43.08 (141-4)
3	Carlos Fraundorfer	38.76 (127-2)
4	Len Olson	38.20 (125-3)
5	Hal Brossman	37.40 (122-8)
6	Thomas Henderson	36.53 (119-10)

M 2A 50-54		
1	Avin Phillip	36.39 (119-4)
2	Tom Hill	22.57 (74-0)

M 2B 55-59		
1	Irv Mondschain	35.96 (118-0)
2	Tom DeVaughn	34.20 (112-2)

M 3A 60-64 (Y & M)		
1	Thomas McDermott	48.67 (162-11)
2	Harold Parsons	41.41 (135-10)
3	Bill Gilligan	41.40 (135-10)
4	Stan Laski	37.51 (123-0)
5	Paul Eberhardinger	26.50 (86-11)
6	Herman Hand	24.10 (79-0 3/4)

M 3B 65-69 (Y & M)		
1	Nolan Fowler	43.88 (143-11)
2	Bob Detwiler	35.30 (115-10)
3	James York	32.80 (107-7)
4	George Braceland	21.27 (69-9)

M 4A 70-74 (Y & M)		
1	Raymond Connolly	26.86 (88-1)
2	Warren Pike	25.20 (82-8)

M 4B 75-79 (Y & M)		
1	Stan Herrmann	34.13 (111-11)

M 5B 85-89 (Y & M)		
1	Vincent Schiavi	6.05 (19-10)

EVENT #1 PENTATHLON

M OA 30-34		
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1	Landry, Richard	2,744
2	Davis, Mike	2,696
3	Johnston, Frederick	2,629
4	Liles, Joel	2,133
5	Pierson, Donald	1,808
6	Salvio, Ron	1,793
7	Puryear, Bob	1,749
8	Black, Ivan	838

M OB 35-39		
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1	Smith, William	2,531
2	Ficker, Robin	2,163
3	Williams, Joseph	1,340
4	Shaw, John	1,280

M 1A 40-44		
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1	White, Sammy	3,203
2	Miller, Gary	3,190

3	Bohigian, Haig	2,666
4	Smith, Hal	2,449
5	Littlejohn, Joe	2,340
6	Ulrich, Peter	1,563

M 1B 45-49		
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1	Enders, Rudy	3,203
2	Conley, Phil	3,059
3	Trout, Leon	2,689
4	Scott, Jack	2,551
5	Washington, James	2,010
6	Noreen, Ronald	1,240
7	Taylor, George	1,217

M 2A 50-54		
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1	Cox, Charles	2,265
2	Brooks, Thomas	2,213
3	Colen, Harold	1,766
4	Allison, Tom	1,355
5	Olson, Charles	557
6	Schlegel, Phil	324

M 2B 55-59		
1	Harris, Don	2,827
2	Buschman, Melvin	2,720
3	Harris, Oscar	1,444

M 3A 60-64		
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1	Alexander, John	3,923
2	Pickl, Max	1,997

M 3B 65-69		
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1	Hume, Ian	3,551
2	Hills, Claude	3,244
3	Braceland, George	3,128

M 4A 70-74		
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1	Ward, Wesley	2,646
2	Bierlein, Fred	1,507

M 4B 75-79		
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1	Anderson, Herbert	2,829
2	Meyers, Russell	2,125

TAC NATIONAL MASTERS DECATHLON CHAMPIONSHIPS

June 28-29, 1980 Denver, Colorado
temp. 90°+ no wind, 5300 ft.

	100M	L.J.	S.P.	H.J.	400M	H.H.	DISC.	P.V.	JAV.	1500	5K	10K	Pl	Total
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NORTH AMERICAN MASTERS & SUB MASTERS WEIGHT PENTATHLON

SPONSORED BY THE TORONTO LATVIAN TRACK & FIELD CLUB

DATE: SUNDAY, SEPTEMBER 21, 1980

SITE: TORONTO LATVIAN FIELD
BLOOMINGTON SIDEROAD
STOUFFVILLE, ONTARIO
CANADA

EVENTS: HAMMER, SHOT, DISCUS, JAVELIN, WEIGHT

ELIGIBILITY: OPEN TO ALL AMATEUR ATHLETES (MEN & WOMEN)

AWARDS: NORTH AMERICAN CHAMPIONSHIP MEDALS WILL BE AWARDED TO THE TOP FOUR PLACINGS. THERE ARE ALSO THREE TROPHY EVENTS

TIME SCHEDULE: 10:00 A.M. to 4:00 P.M.

AGE GROUPS: ALL MASTERS & SUB MASTER FIVE YEAR CATEGORIES

ENTRIES: DEADLINE SEPTEMBER 7, 1980. SEND TO: J. E. TOVELL
183 DUNCAN RD.
THORNHILL, ONT.
L3T 3N7
416-894-3342

NORTH AMERICAN MASTERS & SUB MASTERS WEIGHT PENTATHLON

PLEASE ENTER ME IN THIS EVENT, FOR WHICH I ENCLOSE EIGHT DOLLARS (MAKE CHEQUE PAYABLE TO J. E. TOVELL)

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES AGAINST THE CANADIAN MASTERS INTERNATIONAL TRACK TEAM & THE TORONTO LATVIAN TRACK AND FIELD CLUB, THEIR AGENTS, REPRESENTATIVES, SUCCESSORS AND ASSIGNS, FOR ANY AND ALL INJURIES SUFFERED BY ME WHILE GOING TO, RETURNING FROM AND COMPETING AT THIS MEET.

PLEASE PRINT ALL INFORMATION EXCEPT SIGNATURE

SIGNATURE _____ DATE _____

PRINT NAME _____ CLUB _____

ADDRESS _____ CITY _____

STATE _____ POSTAL CODE _____

PHONE NO. _____

BIRTH DATE _____ AGE _____ AGE GROUP _____

NATIONAL MASTERS 20 KILOMETER ROAD RUNNING CHAMPIONSHIPS FOR MEN AND WOMEN

Sunday, 28 September 1980. 8 A.M. East Potomac Park, Washington, D.C.

Sanctioned by: The Athletics Congress (TAC)

Eligibility: Men and women 40 years of age or over, and a current member of the AAU or TAC.

Entry fee: \$4.00. No extra for team entry.

Entry deadline: 21 September. \$5.00 after that date.

Awards: Championship medals to top 3 finishers in each 5-year age division from 40-44 through 80+. Team medals to 1st 5 finishers of top 3 teams: 40-49 and 50+ for men and women.

Course: Flat, asphalt surface around Hains Point.

OFFICIAL ENTRY: 1980 NATIONAL MASTERS 20 KILOMETER ROAD CHAMPIONSHIPS

Name _____ Age _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Male _____ Female _____ Best time for 20K _____ When? _____

Team, if any _____ AAU or TAC No. _____

Waiver: Please read and sign:

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims whatsoever, arising out of or caused by my participation in this athletic event, against the Athletics Congress, the AAU, the city of Washington, the Potomac Valley Seniors Track Club, and all of the foregoing subsidiaries, affiliates, assigns, representatives and successors of same as well as any and all other sponsors, persons and entities associated with the event. I further attest that I am physically fit, have sufficiently trained for competition in this event and have full knowledge of the risks involved in this event. I have read this entry information and certify my compliance by my signature.

Signature: _____ Date: _____

Make check for \$4 to Athletics Congress and mail to: Larry Noel, 105 Northway Road, Greenbelt, Md. 20770. Phone: (301) 474-9362. \$5.00 after 21 September.

(You may duplicate this form)

MASTERS SPORTS ASSOCIATION'S RUNNING RELAY AND FIELD EVENT RELAY CARNAVAL
SATURDAY, AUGUST 16, 1980 - DOWNING STADIUM, RANDALL'S ISLAND, NEW YORK CITY

OPEN TO ALL MEN AND WOMEN OVER THIRTY REGISTERED IN THE ATHLETICS CONGRESS. COMPETITION BY ATHLETIC CONGRESS CLUBS ONLY.

ENTRY FEES: \$10.00 for each team in the running events; \$5.00 per team in the field events.

DIVISIONS: SUB-MASTERS (30-39); MASTERS I (40-49); MASTERS II (50+); FOR BOTH MEN AND WOMEN

PRIZES: Awards to the first three teams in each division.

TEAM TROPHY: SEPARATE TEAM TROPHIES FOR RUNNING RELAYS AND FIELD EVENT RELAYS, ADDING ALL POINTS FOR BOTH MEN AND WOMEN ON BASIS OF 5-4-3-2-1

RUNNING RELAYS - All relay results will be submitted to the Athletic Congress for the National Postal Relay Championships for Masters only (there are no postal relays for sub-masters.)

EVENTS: (in yards) 440, 880, 1 mile, 2 mile, 4 mile, age-medley one mile (40-50-40-60+), Distance Medley (1320-440-880-1 mile) Sprint Medley (440-220-220-880).

TO ASSIST IN THE ADMINISTRATION OF THE MEET PLEASE PRE-ENTER. THE SPECIFIC TEAM MAY BE DECLARED PRIOR TO THE EVENT. ALL TEAM MEMBERS MUST BE REGISTERED IN TAC. AN ATHLETE CAN COMPETE IN A YOUNGER AGE GROUP.

SCHEDULE: 4 mile relay 11:00 A.M. 880 relay 1:00
440 11:30 Distance medley 1:30
1 mile 12:00 Sprint medley 2:00
2 mile 12:30 Age medley 2:30

FIELD EVENT RELAYS Each team will be composed of two competitors from the same club with the age of the younger team member determining the age division. Separate awards for male and female teams. Each competitor will have four jumps or throws. The two best jumps or throws of each competitor will be added together with that of the teammate for the total height or distance. Highest height or distance wins. Flights will be set up in each division for each specific relay. After each flight is finished the entire flight will go on to another event, if so entered. ALL COMPETITORS SHOULD BE PREPARED TO BEGIN COMPETITION AT 11:00 A.M. We plan on having all of the field event relays going on at the same time with specific flights (age divisions) rotating amongst each event. The first event will be the shuttle hurdle relay. The triple jump will follow the long jump as there is only one jumping pit. The pole vault will follow the high jump.

EVENTS: Shuttle hurdle relay; long jump; high jump; triple jump; shot put; discus; weight throw; pole vault; javelin.

SCHEDULE: 11:00 Shuttle hurdle relay (2 competitors each running one leg)

KEY: S-sub-masters; I-40-49; II-50+

Order by flights: ALL COMPETITORS BE PREPARED TO COMPETE AT 11:00 A.M.

long jump S - I - II followed by triple jump S - I - II

High jump II - S - I followed by the pole vault II - S - I

Shot Put I - II - S

Weight throw S - I - II

Discus II - S - I

Javelin S - I - II - after the shot put, weight throw and discus are finished.

RUNNING RELAY:

EVENT: _____ TEAM MEMBERS: _____ AGE _____ TAC # _____
_____ AGE _____ TAC # _____
_____ AGE _____ TAC # _____
_____ AGE _____ TAC # _____

FIELD EVENT RELAY:

EVENT: _____ TEAM MEMBERS: _____ AGE _____ TAC # _____
_____ AGE _____ TAC # _____
_____ AGE _____ TAC # _____
_____ AGE _____ TAC # _____

Use additional paper for each relay with name, event, club, age and TAC #.

CLUB NAME _____ MAKE CHECK PAYABLE TO MASTERS SPORTS ASSOC. (\$10 running relay; \$5 field event relay).

MAIL TO: ROBERT FINE, 77 Prospect Place, Brooklyn, NY 11217

Please list team captain, with address for all running relays.



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